

→ WELCOME

COMMUNITY SERVICE INFORMATION FOR NEWLY ARRIVED MIGRANTS AND THEIR FAMILIES

TAREE
FORSTER
GLOUCESTER



Manning Valley
NEIGHBOURHOOD SERVICES





REGION INFORMATION

TAREE, FORSTER AND GLOUCESTER

Taree, Forster and Gloucester are part of the MidCoast Council area.

The MidCoast Council area has a population of 92,464 people and is located on the Mid North Coast of New South Wales, about 320 kilometres north of the Sydney CBD.



THE MIGRANT SETTLEMENT SERVICE

The Migrant Settlement Service provides settlement services to newly arrived eligible migrants and refugees in the Kempsey, Port Macquarie, Taree, Forster and Gloucester areas. The program aims to equip and empower clients to address their settlement needs, in order to improve social participation, economic well-being, independence, personal wellbeing and community connectedness.

Who and Where

- Sundus Jamil
- Manning Valley Neighbourhood Services at
The Old Court House
4 Farquhar St,
Wingham 2429

Outreach services available on request

Contact Details

- Phone: 6553 5121 or 0497 832 079
- Email: rmw@mvns.org.au
- Web: www.mvns.org.au
- Facebook: [Migrant Support Mid North Coast](#)



EMPLOYMENT & EDUCATION



EMPLOYMENT

- **Jobactive Providers**
- **ParentsNext**
- **Disability Employment**
- **Support Services**

To find your local Jobactive provider, ParentsNext or Disability Employment Support Service visit

<https://jobsearch.gov.au/serviceproviders?emp=1>

Looking for a job?

To search for jobs in your local area go to -

<https://www.seek.com.au/>

ENGLISH LANGUAGE

Adult Migrant English Program (AMEP): Available to eligible migrants and refugees. TAFE NSW is the AMEP provider in Forster and Taree.

Go to:

- **Taree, 6591 3711**
- **TAFE NSW Tuncurry Campus: The Northern Pwy Tuncurry, 6591 3711**
- **ATWEA College Tuncurry: Crn Manning and Lakes Sts, 31 Manning St Tuncurry, 6554 9215**

EDUCATION



VOCATIONAL EDUCATION & TRAINING

- TAFE NSW Taree Campus: Montgomery Cres, Taree, 13 16 01
- TAFE NSW Tuncurry Campus: The Northern Pwy, Tuncurry, 13 16 01
- ATWEA College Tuncurry: Corner Manning and Lakes Sts, 31 Manning St Tuncurry, 6554 9215
- ATWEA College Taree: contact Tuncurry campus on 6554 9215

UNIVERSITY

TAREE UNIVERSITY CAMPUS (TUC) - <https://www.tareeuni.org.au/>

UNIVERSITY OF NEW ENGLAND (UNE) TAREE - <https://www.une.edu.au/campus-life/une-taree>

HIGH SCHOOLS AND PRIMARY SCHOOLS

There are a number of public and private high school and primary schools in Taree, Forster and outlying areas.

- Public Schools: go to the NSW Public School finder at <https://education.nsw.gov.au/school-finder>
- Private Schools: go to the Private Schools Directory at <https://www.privateschoolsdirectory.com.au/>

CHILD CARE DIRECTORY

There are a number of community and private child care centres in the area.

Go to Care for Kids childcare directory at: <https://www.careforkids.com.au/child-care/nsw>



ACCOMMODATION



RENTALS

Websites you can look at to find rental accommodation include:

- Realestate.com.au: <https://www.realestate.com.au/rent/>
- Domain: <https://www.domain.com.au/>

HOUSING AND SUPPORT SERVICES

- **Great Lakes/Manning Homelessness Support Service (homelessness service for men, women and families and women escaping domestic violence):** 103 Victoria St, Taree, 6539 3400
- **Taree Women and Children's Refuge (short term crisis accommodation for women and children escaping domestic violence):** Taree, 6551 0011 or 1800 65 64 63
- **Great Lakes Women's Shelter (short term crisis accommodation for women and children escaping domestic violence):** Forster, 6555 9835
- **Community Housing Ltd: 185 Victoria St Taree,** 1300 245 468
- **Compass Housing Services: 57 Albert St Taree,** 1300 333 733
- **Great Lakes and Manning Youth Homelessness Service (16-24yrs):** 6551 6996
- **Link2home (accommodation information and referral including temporary accommodation 24/7):** 1800 152 152



HEALTH & HOSPITALS

Public Health Services

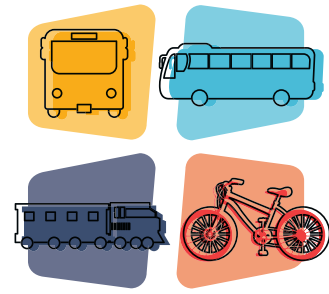
- **Manning Base Hospital:** 26 York St, Taree, 6592 9111
- **Taree Community Health Centre:** 64 Pultney St, Taree, 6592 9315
- **Forster Community Health Centre:** 16 Breese Pde, Forster, 6555 1800
- **Gloucester Soldier's Memorial Hospital:** Church St, Gloucester, 6538 5000
- **Gloucester Community Health Centre:** Church St, Gloucester, 6538 5056 or 6538 5058
- **Dental Service:** 1300 651 625
- **Mental Health Line:** 1800 011 511

Private Health Services

- Mayo Private Hospital: Potoroo Dr Taree, 6539 3600
- Forster Private Hospital: 15 South St, Forster, 6555 1333

There are a number of GP, private dental, allied health and counselling services available in Taree, Forster and Gloucester.

TRANSPORT



BUSES

- **Eggins Comfort Coaches:** 6552 2700 <https://egginscomfortcoaches.com.au/timetables/>
- **Wingham Buslines:** 6553 4310 <https://www.buslinesgroup.com.au/wingham-mapstimetables.htm>
- **Tinonee Bus Service:** 6551 0033 <http://www.tinoneebusco.com.au/timetables.html>
- **Forster Buslines:** 6554 6434 <https://www.buslinesgroup.com.au/forster-mapstimetables.html>
- **Newcombe Coast Lines (Gloucester):** 6558 1418 <https://newcombebus.com/glouster/>
- **Holiday Coast Connections** (Taree and Forster direct to John Hunter Hospital): 1800 022 222
- **Busways Port Macquarie:** 1300 69 2929 <https://www.busways.com.au/plan-yourtrip/routes/timetables> (Great Lakes region)

TAXIS

- **Taree Taxis: 6551 7000**
- **Taree Combined Taxi: 6551 3555**
- **Taree Maxi Taxi: 0447 456 294**
- **Wingham Taxis: 6553 5353**
- **Green Way Taxis: 0428 419 365**
- **Forster Tuncurry Taxi: 6554 6555**
- **Taxi Forster-Tuncurry: 13 1008**
- **Gloucester Taxi Cabs: 0427 089 900**

AIRPORT

- **Port Macquarie Airport:** Phone 6581 8111
<https://www.portmacquarieairport.com.au/FlightInformation/Airlines>
- **Newcastle Airport:** Phone tel:+61 2 4928 9800
<https://www.newcastleairport.com.au/>

TRAIN

NSW Trainlink: 13 33 32, to book a train or bus ticket go to <https://transportnsw.info/regional>



LEGAL SUPPORT

LEGAL SERVICES

Free Legal Advice Clinics are held regularly in the Mid North Coast areas for civil, family and criminal matters.

- **Legal Aid NSW: (02) 5525 1600**
- **Mid North Coast Community Legal Centre: 30 Murray St, Port Macquarie, (02) 6580 2111**
- **Law Access: 1300 888 529 (a free services providing legal help as a starting point for people who have a legal problem or enquiry in NSW)**

Private Solicitors

There are a number of private solicitors available in Kempsey and Port Macquarie areas. Go to: <https://www.lawsociety.com.au/for-the-public/find-a-lawyer>

MIGRATION AND ADVICE

- **MOSAIC: 4969 3399**
- **Immigration Advice and Rights Centre (IARC): 8234 0700**
- **Legal Aid Immigration Specialist Team: 9727 3777**
- **The Salvation Army Legal Service: 8202 1500**
- **Migrant Employment Legal Service: 9137 6067**
- **Domestic Violence Advice Line: 1800 810 784**

CONNECTION



Places of Worship and Community Contacts

There are many churches in the Taree and Forster areas including (but not limited to) Catholic, Uniting, Anglican, Baptist, Jehovah's Witness, Presbyterian, Wesleyan Methodist and Seventh-day Adventist Churches.

- St Mary and Pope Kyrillos Coptic Orthodox Church: 89 Main St, Cundletown, 6500 4472
- Tibetan Buddhist Institute of Studies: 22 Tulloch Road, Tuncurry NSW, 65556219 or 0423 925 224 (meditation sessions, study groups and discussions)
- Muslim community: If you want to find out more and make contact with the Muslim community, please let me know and I can connect you.

SHOPPING AND FOOD

Taree, Forster and surrounding area have many shops including Woolworths and Coles where all household needs can be purchased.

Cultural

- Newcastle is 170km (2hrs) south of Taree and has an extensive range of shops stocking cultural food products, halal products and more.

Halal

There are a number of halal restaurants and fast food outlets in Taree and Forster

- Coles and Woolworths stock halal certified Lilydale and Steggle's chicken
- Cundletown Gourmet Meats & Chicken: halal beef and lamb available on request - 6 Else St, Cundletown, 6553 9319

COMMUNITY



Government Services

- **Mid Coast Council:** 7955 7777, <https://www.midcoast.nsw.gov.au/Home>
- **Libraries:** To find your local library go to <https://library.midcoast.nsw.gov.au/Home>
- **Manning Regional Art Gallery:** 12 Macquarie St, Taree, 6592 5455, <https://mrag.midcoast.nsw.gov.au/Home>
- **Service NSW:** 13 77 88, Taree (7 Macquarie St) and Tuncurry (Shop 10/22-25 Manning St)
- **Services Australia (Centrelink and Medicare):** 13 24 68 Taree (184-188 Victoria St) and Tuncurry (116 Manning St)
- **Services Australia Multilingual Phone Service:** speak with a bilingual service officer about your payments 131 202
- **Gloucester Centrelink Agent:** MidCoast Council Gloucester Office, 89 King St, Gloucester

Volunteering Services

- **MSS Volunteering in the Community:** Suite 3/57-61 Albert St, Taree, 6551 1800
- **Mid Coast Council:** 6591 7222
<https://www.midcoast.nsw.gov.au/Community/People/Volunteering>
- **Seek Volunteer:** <https://www.volunteer.com.au/volunteering>
- **NSW Volunteering:** <https://makeadifference.volunteering.nsw.gov.au/>

SPORT & EVENTS



Sport, Recreation and Events

There are a number of sports activities for children and adults. For further information Google the relevant activity to find contact details or contact the Migrant Settlement Service.

- **PCYC** (activities for children and adults including boxing, gymnastics, martial arts and school holiday activities): 95 Commerce St Taree, 6551 0292
- **Manning Aquatic Leisure Centre (YMCA)**: 51 Manning River Drive, Taree, 6550 0500
- **Great Lakes Aquatic Centre (YMCA)**: 51 Lakes St Forster, 6555 4617
- **National Parks NSW**: to find out about camping and things to do in your local area go to

Refugee Support Groups

Refugee Support Groups

- Manning Rural Australians for Refugees: Taree, 0439 814 616
- Great Lakes Rural Australians for Refugees: email info@greatlakesrar.org

FURTHER SUPPORT

EMERGENCY



Emergency Triple Zero (000)

For immediate assistance from Police, Ambulance or Fire call 000

- **Taree Police Station:** 83 Albert St Taree, 6552 0399
- **Forster Police Station:** Cnr Lake and West Sts, Forster, 6555 1299
- **Gloucester Police Station:** 8 Church St, Gloucester, 6558 1204
- **State Emergency Service (SES) Mid North Coast:** 6592 5800 or 132 500 (emergency help)
- **Link2home** (accommodation information and referral including temporary accommodation 24/7): 1800 152 152
- **Domestic Violence Support** (1800 RESPECT): 1800 737 732
- **Lifeline** (24hr counselling service): 13 11 14
- **Kids Helpline** (phone and online counselling for young people aged 5-25): 1800 551 800
- **Men's Referral Service** (men's family violence telephone counselling, information and referral service): 1300 766 491
- **MensLine Australia** (telephone and online counselling service for men with family and relationship concerns): 1300 78 97 78

OTHER USEFUL NUMBERS

MID NORTH COAST Neighbourhood Services:

- Manning Valley Neighbourhood Services: 4 Farquhar St, Wingham, 6553 5121
- Forster Neighbourhood Centre: 3 Lake St, Forster 6555 4351
- Bucketts Way Neighbourhood Group (Gloucester): 88 King St Gloucester, 6558 2454
- **Translating and Interpreting Service (TIS): 131 450**

CAN'T FIND WHAT YOU NEED?

This list is not exhaustive.

If you cannot find what you are looking for call
Sundus Jamil - your Migrant Settlement worker on 6553 5121 or
0497 832 079



Manning Valley

NEIGHBOURHOOD SERVICES

MANNING VALLEY NEIGHBORHOOD SERVICES

ADDRESS: OLD COURTHOUSE BUILDING, 4 FARQUHAR ST,
WINGHAM NSW AUSTRALIA 2429

TELEPHONE: (02) 6553 5121



[ManningValleyNeighbourhoodServices](#)



[@mvnservices](#)