

## LEARNING FROM HOME 2B & 3/4P

### COMING EVENTS

#### TERM 4

##### Week 1

**Monday 4 October**  
Public Holiday

##### Tuesday 5 October

Staff and Essential  
Students only return to  
school

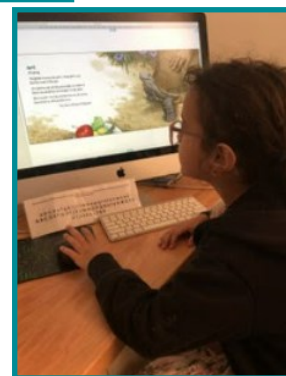
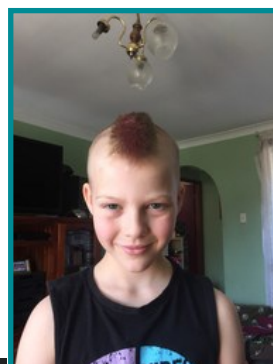
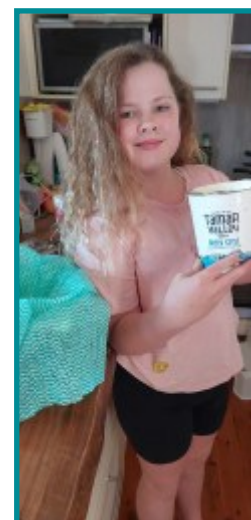
##### Week 11

**Thursday 16 December**  
Last Day of Term 4

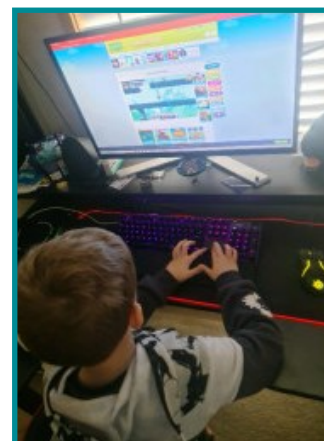
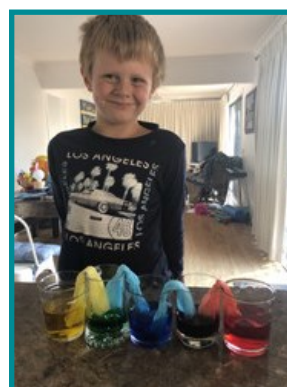
##### Friday 17 December

Staff Development day

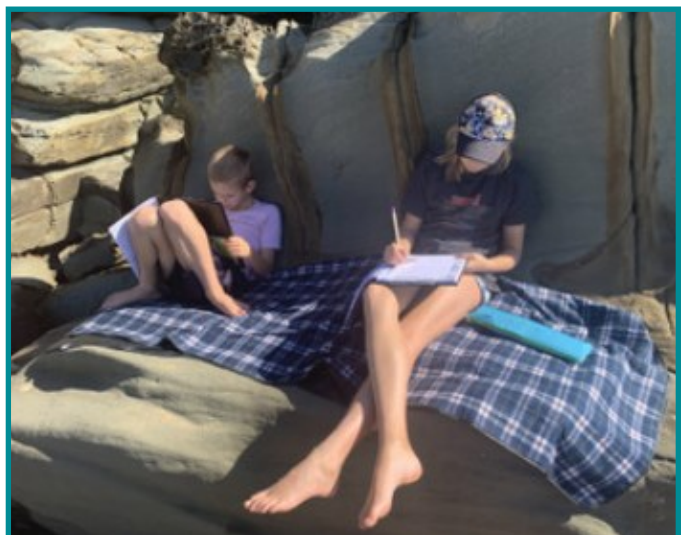
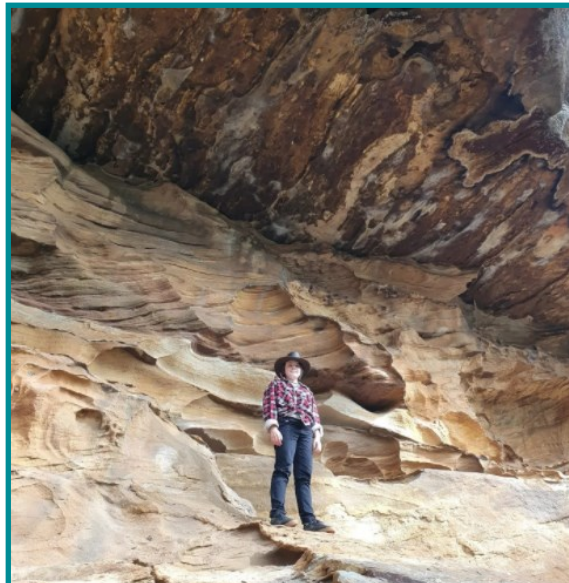
*Happy Holidays*



**'RESILIENCE IS THE ABILITY TO RECOVER FROM SETBACKS, ADAPT WELL TO CHANGE AND KEEP GOING OR CHOOSE TO GIVE UP IN THE FACE OF ADVERSITY. SO WE EMERGE STRONGER, WISER AND MORE ABLE.'**







## PRINCIPAL'S MESSAGE

We made it! It's Week 10 and the end of what has been a long, and at times, arduous term. However, there's so much that can be taken from what we have gone through this term and there are many, many positives – improved resilience, increased technology skills, improved independence. Although your children may be tired and becoming reluctant to get tasks complete, please don't think it's you, we see it at the end of each and every term so it is very normal behaviour. This week will be 'Celebration Week' and will involve lots of fun, engaging activities for your children including virtual discos, incursions, trivia games and it will be a nice way to end the term. A timetable of planned events can be found on each stage's Google Classroom.

After the announcement from the Premier this week that stay at home orders will remain in place for the Central Coast, at this stage school will return in the same format it is now with Learning from Home to continue. Following is advice from the Department of Education:

"Schools will return to face-to-face learning either through a 'staged return' or 'full return', depending on NSW Health conditions in their area.

### Full return (Level 3)

Areas across NSW that are removed from stay-at-home rules will return to school under Level 3 settings. This is a full return for **all** cohorts to schools, with reduced mingling and on-site activities. Schools returning through the full return model should refer to the Level 3 guidance for schools.

### Staged return (Level 3 plus)

When stay-at-home rules are still in place but other community vaccination and transmission conditions are met, students will return to school in a staged way. This is a staggered return for **prioritised** cohorts, with no mingling or on-site activities.

Students will return to face-to-face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

- ♦ from 25 October – **Kindergarten and Year 1**
- ♦ from 1 November – **Years 2, 6 and 11**
- ♦ from 8 November – **Years 3, 4, 5, 7, 8, 9 and 10**

When things change for us we will let you know as soon as we can and will send out detailed guidelines when we are told at what level we will be returning at. In the meantime, you can refer to the DoE's website for further information. The NSW Department of Education has an 'Advice for Families' page on their website and can be found using the following link:

<https://education.nsw.gov.au/covid-19/advice-for-families?deliveryName=DM18546>

### NAPLAN

This year all NAPLAN results for Years 3 and 5 have been posted to families so keep an eye out on the mail. If you have any questions, please feel free to contact the school to discuss. Staff will be analysing the data in the coming weeks to help support future teaching and learning programs.

### P&C Meeting

The September meeting of the P&C will be held tonight from 7pm virtually. Please see P&C news for the link and feel free to come along. We will be joined this month by the Member for The Entrance, David Mehan.

### Holidays

Holidays begin this Friday and will run through until **Tuesday, 5th October** due to the public holiday on Monday, 4th. I wanted to pass on a huge thank you on behalf of VVPS to all of our wonderful students for their hard work and dedication to their studies this term. We know it has been challenging at times but the work that is being produced you should all be proud of. We also wanted to say a sincere thank you to our wonderful parents and carers that have supported their child/ren's educational journey this term – you're all amazing and I hope you get to enjoy a nice, relaxing break (albeit a quiet lockdown one), switch off from teacher mode and enjoy mum and dad mode again. Finally, a big thank you to the staff of Valley View PS. The dedication, care, flexibility and support they have shown this term has been impressive!

*Kirsty Squires  
Principal*





## Messages From Your Teachers

### 3/4TH

Hi Valley View

I really am missing seeing all of your faces each week, but it will just make our return to school all the more special and exciting! You have all done such an amazing job with learning from home (both students and parents) and you should all be very proud of yourselves. Enjoy a well deserved holiday break and I will see you soon.

**Mrs Harpur**

Hi everyone, congratulations on completing a term of learning from home. You have been so resilient and we are proud of you. I can't wait to see you all again when we return to school, but I have enjoyed seeing you on Zoom! Have a great break.

**Mrs Tomlinson.**

### 2B

Hello 2B! I cannot tell you how proud I am of you and your families for the amazing effort you have put into your school learning and staying connected this term. I feel so lucky to be learning with you even if it is a most unusual circumstance. You have faced uncertainty and unforeseen challenges with resilience and bravery. Well done 2B, I miss you immensely and cannot wait to see you all again soon!

**Miss Betteridge**

### 5/6S

Dear Parents,

I wanted to congratulate you and your children on your fantastic efforts learning from home. It has been absolutely wonderful to see everyone on Zoom, their work on Google Classroom and/or in their booklets. I have received some photos of students working on projects, engaging in art experiences and being really creative in learning some fundamental life skills. I feel so privileged to be your child's teacher and to watch how resilient they have been in such difficult times. It has been a challenging term but in a lot of ways it has brought us all closer together as a community of learners. Thank you for all of your patience, hard work and support. Have a well deserved break and I look forward to seeing you all next term whether it be online or in the classroom. Stay safe, healthy and happy.

**Miss Stone**

### KAM

We have been so proud of all the work we have seen from KAM either online, in booklets or photos sent through to us. We have thoroughly enjoyed our weekly zooms where we draw, play games and dance! We have also loved seeing photos of how our class have put their own spin on their learning, like making volcanoes, baking, craft and of course play! Whilst it has been nice seeing all these things, we cannot wait to have them all back in the classroom with us!

**Mrs Anderson & Mrs Manson**

### 2HM

Hello Everyone,

We are missing seeing all your faces at school although it is important we learn from home at this time where possible, as the Premier has been telling us each day! Some of the positives for us have been the learning you are doing in ways that are different to normal. We love seeing the different learning environments and our technology communication skills have improved so much! Take care everyone, stay safe and we look forward to seeing you all return to school when it is safe to do so!

**Mrs McCabe & Mrs Horncastle**

Mrs West is so proud of all of you at Valley View for all of your hard work this term. Enjoy your well deserved holidays and I'm looking forward to seeing you all when we get back to school. Stay Safe.

**Mrs West**

Well done Valley View for the perseverance and hard work you have put in during these difficult and challenging times. Enjoy your very well earned break!

**Mr Keyes**



**5/6T**

Thank you for all your incredible hard work this semester. No one could have prepared us all for this challenging time. As I worked from home, it was so lovely to see how brave and resilient you have all become. One thing I have learnt over the past couple of months is that my role as your teacher has also been one of a student. For it is you guys who have helped me learn how to best support and teach you throughout this pandemic. We can learn from this experience and reflect on how much we have grown. Hopefully the new term brings us a fresh start and I get to see your smiling faces once again. Take care, enjoy your break and lets see what Term 4 has in store!

*Mrs Turner*

**3/4H**

Hi Everyone,

**To students:** You have done a terrific job with your online learning. You have completed some wonderful and at times challenging work on your own and with your parent's help. I am so proud of you for maintaining your focus across the term. We should all be back together at some point in Term 4 and I can't wait for then.

**To Parents:** I can't thank you enough for the support and encouragement you have given to your children. This situation isn't what any of us would want but together we have managed to keep some level of normality during a difficult time. Thank you for the photos and stories which have for me, kept me connected to my students daily lives. Thank you so much and lets all look forward to being back at school at sometime during Term 4.

*Mrs Hearne*

**5/6H**

Words can't express just how proud I have been of the students in 5/6H during this 2021 lockdown!

The shift to temporary online learning has been hard on all of us; students, teachers as well as our wonderful parents/carers. The one thing that has maintained a tiny bit of normality has been seeing all your positive, smiling faces, our daily stage zooms (and weekly class zooms). Those times have definitely been the highlight of my days at home!

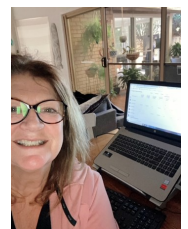
The students of 5/6H have done a terrific job with learning from home, whether it's been on Google Classroom or in the work booklets. Everyone has been doing their own personal best and should be proud of their growing patience, resilience and determination.

I have also been sent so many photos of learning experiences that extend beyond the classroom setting. It just goes to show that learning surely does take on many different forms. Many of the 5/6H students have participated in breath taking bushwalk adventures within our beautiful LGA. I have also received many photos of our mini "Master Chefs" proudly showing off their culinary delights. A few of our students have also shared additional science experiments they have completed, as well as independent research tasks on historical topics of their choice. This has demonstrated incredible initiative and determination to extend their learning. Keep up the good work 5/6H

*Mrs Hollingsworth*

**3/4P**

It's been a very unusual Term 3! I have enjoyed seeing how hard you have all been working from home, both in your booklets and on Google Classroom. We have chatted on the phone, sent messages via DOJO and zoom, zoom, zoomed so many times. You have seen my little video every single day! I have loved seeing photos of you learning from home, keeping busy and being adventurous and creative. I'm very proud that you are all trying your personal best and can't wait until we can be a class together again next term some time. I miss you all very much. Have a lovely school holiday. Lots of smiles and virtual hugs.



*Mrs Pratt*

**KK**

Hi KK, you have been doing such a great job learning from home and I am very proud of you all. I have thoroughly enjoyed seeing your work and the improvements you have made. There has been a lot of quality work which has put a huge smile on my face. I am looking forward to seeing everyone back together sometime next Term. It's going to be great to sing our favourite songs and have fun times with our friends. Have a wonderful holiday and enjoy some fun activities with your family.

*Mrs Koopman*

**4/5S**

We can never truly be prepared for big changes. In recent times, the boundaries of home and school have blurred and we've had to find new ways of doing even the most simple things. We have had to adjust ourselves and every radical adjustment has been a crisis in self-esteem. It has required great self-confidence to face the drastic changes. Thank you for being more independent and responsible than we could have asked. Thank you for meeting the challenges of learning and for returning our encouragement with kind words of your own. Thank you to your parents for teaching independence and modelling calm and patient problem solving, and thank you to our community who have been supportive of our efforts during this time. Term 4 will bring its own challenges and I look forward to meeting them with you. Look after yourselves and your families and enjoy your break!

**Mr Smith**

**To my WONDERFUL 1B Kidlets,**

Mrs Bulloch misses you all very much. I am so impressed with what you have been doing with your home learning. I love seeing your smiling faces when you send photos of your work to class dojo. This always makes my day, especially when I have seen huge improvements in things such as your sight words and reading.

I can not wait to see your smiling faces in person at some stage next term. Have a FANTASTIC 2 weeks break without the pressures of schoolwork and enjoy your family time. Take care.

**Mrs Bulloch**

**K/1B**

I am so incredibly proud of all the parents and students of Valley View Public School, but in particular those from my very own K/1B. In their most formative years of school, my Kinders and Year 1s have adapted to the current situation so incredibly well and continue to do their personal best very week. You are doing such an amazing job and I love seeing your work everyday. I can't wait to see everyone back at school sometime next term, but until then, enjoy your holidays and take your flat teacher Mr Boreland with you!

**Mr Boreland**

It has been a pleasure to mark your work booklets. I am so impressed to see such fantastic efforts and so many people doing their personal best. Keep up the great work and I can't wait to see you all back at school" Enjoy your holidays.

**Ms Brown**

**K-6L**

Hi Valley View, I have loved looking at all of your photos being sent through and your work being submitted each day. You have all shown a great commitment to your learning whilst working at home this term. You should all be very proud. I miss seeing you all at school each day, but I look forward to seeing you all again when it is safe for us to return.

**Miss Long**

**1R**

1R have been doing some outstanding learning from home this term. They have not only persevered but they have shown resilience with their learning tasks, helping them grow into strong, positive and hard-working humans! 1R have also used learning from home as an opportunity to develop their skill set by engaging in all sorts of other learning activities such as cooking, building projects, helping out around the house and creating artworks. I am extremely proud of each student in 1R and how well they have done this term, especially on our zoom calls. You should be proud of yourselves too, you truly all are superstars!

**Miss Rodwell**

To Valley View students,

I miss seeing so many of you every single day! Even though the days were busy, getting to teach 4-5 classes a day kept me on my toes! I look forward to being back at school with you all very soon.

**Mrs Raines**



## LIBRARY

Although we have not been at school this term, it has still been a big term for the Library. I hope you all really enjoyed the Virtual Book Parade this year. I was pleasantly surprised by the creativity in the costumes across all stages, and I thank you for taking part in our annual tradition. We also had the completion of the Premier's Reading Challenge and I look forward to handing these certificates out towards the end of Term 4.

I would like to thank everyone who has been joining me in the Library Zoom sessions. I am super impressed with the reading happening at home. Keep up this great reading habit even throughout the holidays. I have really missed seeing all your smiling faces as you walk through the Library doors this term, but it has been wonderful utilising technology to connect with you all. I hope you all have a restful holiday ready for return to school sometime in Term 4.

**Vanessa McCarthy**  
Teacher Librarian

## BOOK WEEK NEWS

I would like to say a huge congratulations to everyone who dressed up and created a poster as part of Book Week 2021. I am pleased to announce the winners for Book Week below:

### For Best Dressed:

Early Stage 1  
Siya M



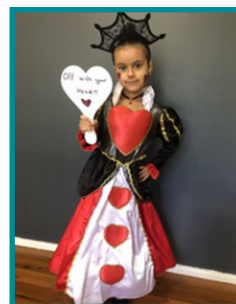
Early Stage 1  
Xander T



Stage 1  
Amelia D



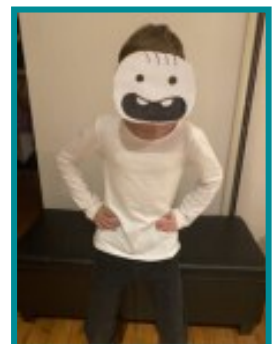
Stage 1  
Layla A



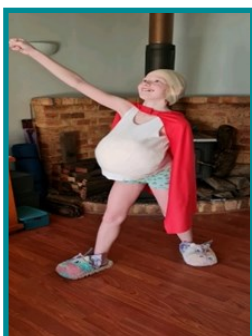
Stage 2  
Hunter H



Stage 2  
Eston T



Stage 3  
Emma B



Stage 3  
Kayla T



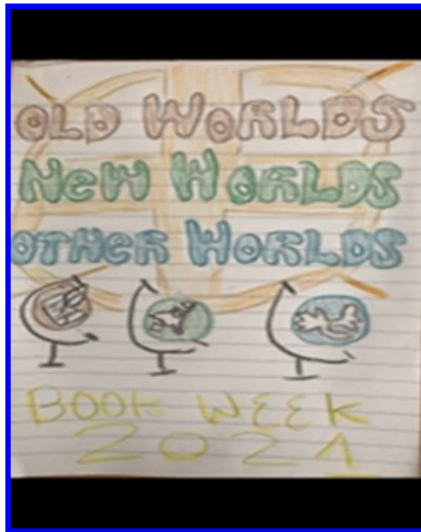
Stage 3  
Elizabeth B





For the Posters:

Kindergarten  
Peter F



Stage 2  
Penny O



Stage 1  
Mahi P



Stage 3  
Ezekiel A



Prizes will be handed out when we return to school. It is something to look forward to when we are back together.

## OPERATION ART UPDATE

Entries received by the Operation Art team are still going to be displayed in an exhibition, though with some changes. The art works will be either displayed as prints or projections at Sydney Olympic Park in outdoor spaces.

As this is a major vaccination hub, the artworks will have a positive and healing influence on the community during these unusual times.

They are also creating a virtual exhibition, and will supply further details on how to access this when we have them.

Congratulations again to our school entrants, Faith M, Ivy H and Tara B

**Mrs Tomlinson**



## ONLINE ENROLMENTS

The Online Enrolment System is now up and running. This system is designed to provide flexibility for our parents to submit an enrolment application online and at the time that suits you best. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- ◆ Enrolments into **local** schools only
- ◆ Children who are Australian citizens, New Zealand citizens or permanent residents
- ◆ Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#).

## SCHOOL GATES — During Lockdown

Both Chamberlain Road pedestrian gate, and Binya Avenue gate are the only gates open in the mornings and afternoons. Both gates are locked each morning at 9:30am and opened again in the afternoon at 2:30pm. No adults are allowed on site under any circumstance. **Please phone the office if you require any information on 4328 4433.**



## BWPSSA UPDATE

As you are all aware, the COVID lockdown and restrictions has resulted in the total shutdown of representative sport.

### NSWPSSA Knockout Competition

The state knockout competition has now been cancelled for 2021. Sadly, for those schools that have progressed in the draw, there is no further rounds or finals. The following events have now also been cancelled in Term 3 and 4:

- ◆ Sydney North primary orienteering
- ◆ Sydney North primary athletics
- ◆ Sydney North primary golf trials
- ◆ Sydney North primary boys softball trials

### Brisbane Water Primary School Sport Association

Unfortunately, due to current restrictions, the BWPSSA has had to cancel our Brisbane Water Zone Athletics Carnival for 2021. This decision has been made due to the number of schools who have not yet run their school carnivals and unknown future COVID rules (such as not mixing between schools). The BWPSSA acknowledge that this will be the second year that the zone athletics carnival has been cancelled, which is very disappointing. We encourage schools to still consider providing a sporting opportunity in this area, such as school sport with an athletics theme or running a modified school athletics carnival, perhaps only completing the field events if space is an issue.





# Valley View Public School

# Kindergarten Enrolment!

for children in Kindergarten 2022



Online enrolments are open for children starting school in 2022.



To enrol - go to our school website and use the Enrolment tab at the top of the page.

Please call the school office to register your child to be kept informed of upcoming events.



Information about our View Start Program will be sent out soon.

Made with PosterMyWall.com

## P&C NEWS

Here we are in our 11th week of lockdown. Our homes have been converted into classrooms, offices, playgrounds, gyms, performing arts studios and even the psychology ward on some days! But we've made it so far and a well-deserved break is on the way. So to all the parents, grandparents and carers in our community - your home may look like a campsite, but please; stop, breathe, and take a moment to thank yourselves! From all of us at the P&C, have a safe and happy school holiday.

Our next meeting is at 7pm on Tuesday, 14 September and it's our pleasure to host guest speaker David Mehan MP. Please visit the P&C Facebook event page <https://fb.me/e/4d4DXYXJk> to post your questions and find the meeting link to join us online via Google Meet.



## Take a break with your P&C

Name: Melanie Williams

### What's your role?

I'm the Treasurer. I keep track of expenses and get to write the cheques 😊

### Tell us your most memorable lockdown experience?

Oh, definitely buying my air fryer - that machine has changed my life!

### Who is your role model and why?

My mum. She was amazing and very community minded, always there with a helping hand. I aspire to be like her 💖

*Well the apple definitely didn't fall far from the tree! We're grateful for your service to the P&C Mel.*

### What are your top three book recommendations?

This is super tough because I adore reading so it's hard to pick just 3!

1. Lines upon the Skin by Julie Haydon
2. Anything by Laurel K Hamilton
3. The Painted Man series by Peter V Brett

### Who would you like to take a break with next?

I think we need to hear from Ash.

## Contact us

Email: [secretaryvvpc@gmail.com](mailto:secretaryvvpc@gmail.com)

Uniform shop: [www.valleyviewpandc.org.au](http://www.valleyviewpandc.org.au)

Facebook: P&C Association for Valley View Public School



## Mental Health & Wellbeing Resource List - Central Coast

### Central Coast Mental Health Service

The Central Coast Mental Health Service (CCMHS) sees people experiencing moderate to severe mental illness, including people at risk of suicide. Both Gosford and Wyong hospitals have inpatient units that provide specialist mental health care for people who are acutely unwell. Community mental health services provide support in the community across the Central Coast. These community services are aged based:

- Child & Adolescent Mental Health Service
- Adult Mental Health
- Older People's Mental Health Service

**Mental Health Line - 1800 011 511** (available 24/7)

Call the Mental Health Line to make contact with the CCMHS. The Mental Health Line will link people into the most appropriate part of the CCMHS OR provide information about other specialised services that are more suitable.

**NOTE:** The Mental Health Line is not a telephone counselling service or an emergency service. If an emergency response is needed, call 000.



### Mental Health & Wellbeing Services, Groups, Helplines & Websites.

#### Crisis Support

Lifeline Crisis Support	
<ul style="list-style-type: none"> <li>• Phone (24/7)</li> <li>• Text the mobile number (from 12pm – 2am)</li> <li>• Chat via the website (available 12pm – 2am)</li> </ul>	<p>13 11 14 0477 13 11 14 <a href="http://lifeline.org.au/crisischat">lifeline.org.au/crisischat</a></p>
Suicide Call Back Service	1300 659 467

#### Alcohol & Other Drugs

Al-Anon Family Groups	1300 252 666
Alcoholics Anonymous (AA)	1300 222 222 or 4323 3890
Alcohol and Drug Information Service (ADIS) NSW	1800 250 015
Drug & Alcohol Services (CCLHD)	4394 4880
Family Drug Support: for families affected by alcohol & drug use	1300 368 186
Narcotics Anonymous Australia	1300 652 820 or 4325 0524

#### Carers & Family

Carer Connection Helpline: information, referrals and support for mental health carers. (Mon to Fri, 9.00am to 4.30pm)	1300 554 660 <a href="http://www.mentalhealthcarersnsw.org">www.mentalhealthcarersnsw.org</a>
Carer Gateway: find local services & supports (Mon to Fri, 8am to 6pm)	1800 422 737 <a href="http://www.carergateway.gov.au">www.carergateway.gov.au</a>
Carer Gateway Counselling Service: a free service for carers. (Mon to Fri, 8am to 6pm)	Call 1800 422 737 & Select Option 2 <a href="http://counselling.carergateway.gov.au/s">counselling.carergateway.gov.au/s</a>
Carer Retreat: Gosford Hospital (CCLHD)	4320 5556
Family & Carer Mental Health Program, Parramatta Mission	4322 1855 <a href="mailto:fcmhinfo@parramattamission.org.au">fcmhinfo@parramattamission.org.au</a>
Mental Health & More (ARAFMI Central Coast)	4323 7731

#### Counselling Services

Lifeline Central Coast - Personal & Relationship Counselling	
<ul style="list-style-type: none"> <li>• face to face or telehealth appointments available. Call to book an appointment (Mon – Fri, 9am-5pm).</li> <li>• community (video) counselling service which can be accessed via the website. (Mon – Fri, 9am-5pm)</li> </ul>	1300 152 854 <a href="http://www.lifeline.org.au/community-counselling">www.lifeline.org.au/community-counselling</a>
Open Arms - Veterans & Families Counselling (24/7)	1800 011 046
Qlife: provides LGBTI peer support & referral. 3pm to midnight, every day. Webchat available on the website.	1800 184 527 <a href="http://qlife.org.au">qlife.org.au</a>
Relationships Australia	1300 364 277
Uniting Counselling & Mediation Central Coast	1800 864 846

Updated August 2021

**Thinking about suicide or experiencing a personal crisis? Call Lifeline on 13 11 14. Available 24/7.**

<b>COVID-19 Supports</b>		
Coronavirus Mental Wellbeing Support Service (Beyond Blue)		1800 512 348 <a href="https://coronavirus.beyondblue.org.au">coronavirus.beyondblue.org.au</a>
Health Direct		<a href="https://www.healthdirect.gov.au/covid-19-and-mental-health">www.healthdirect.gov.au/covid-19-and-mental-health</a>
Head to Health		<a href="https://www.headtohealth.gov.au/covid-19-support/covid-19-support">www.headtohealth.gov.au/covid-19-support/covid-19-support</a>
National Coronavirus Helpline		1800 020 080
<b>Gambling</b>		
Gamble Aware (Gambling Help): support and information around gambling		1800 858 858 <a href="https://www.gambleaware.nsw.gov.au">www.gambleaware.nsw.gov.au</a>
Gambling Help Online		<a href="https://www.gamblinghelponline.org.au">www.gamblinghelponline.org.au</a>
Gambling Solutions (Coast Community Connections)		4344 7992
Multicultural Problem Gambling Service		1800 856 800
Parramatta Mission Counselling Services (Mon/Tue: 8am – 4pm; Wed: 10am – 6pm; Sat: 9am – 1pm)		0428 535 967
Wesley Gambling Counselling		1300 827 638
<b>Financial</b>		
ASIC's Money Smart		<a href="https://www.moneysmart.gov.au">www.moneysmart.gov.au</a>
Lifeline Central Coast: access to free financial counselling to Central Coast residents. Call or email to book an appointment. <i>This service is currently only available in the Central Coast region.</i>		9498 8805 <a href="mailto:csappointments@lifelineh2h.org.au">csappointments@lifelineh2h.org.au</a>
National Debt Hotline: free financial counselling		1800 007 007
NILS (No Interest Loan Scheme)		<a href="https://www.nils.com.au">www.nils.com.au</a>
Salvation Army Financial Assistance		1300 371 288
Moneycare Financial Counselling (Salvation Army)		1800 722 363
Wesley Financial Counselling		1300 827 638
<b>Food and Meal Services</b>		
Coast Shelter Community Centre, North Gosford - 11am – 1pm and 6.30pm – 7.30pm		4346 1263
Mary Macs, Woy Woy - 11am – 1pm (free meals)		4341 0584
Meals on Wheels Central Coast		4357 8444
St Vincent De Paul, Wyong - 9.30am – 2pm (food hampers)		4356 6700
Toukley Neighbourhood Centre - 9am – 2pm (frozen meals)		4396 1555
Other Crisis Relief Food Services can be found at: <a href="https://www.centralcoast.nsw.gov.au/residents/support-programs/community-health-and-safety/hardship-and-homelessness-services">https://www.centralcoast.nsw.gov.au/residents/support-programs/community-health-and-safety/hardship-and-homelessness-services</a>		
<b>Homelessness &amp; Housing Assistance</b>		
Coast Shelter		4325 3540
Link2Home: link to homelessness services and support (24/7).		1800 152 152
Link2Home Veterans and Ex-Service		1800 326 989
Pacific Link Housing		4324 7617
UnitingCare Doorways (CC Homelessness Coordination Service)		1800 067 967
<b>Legal</b>		
Disaster Response Legal Service NSW - legal help for victims of natural disasters. (Mon to Fri: 9am-5pm)		1800 801 529
Central Coast Community Legal Centre		4353 4988
Law Access NSW (Mon to Fri: 9am and 5pm)		1300 888 529
Legal Aid NSW		4324 5611 or 1300 888 529
Seniors Rights Service		1800 424 079 <a href="https://seniorsrightsservice.org.au">seniorsrightsservice.org.au</a>
<b>Men</b>		
Mensline Australia		1300 78 99 78 <a href="https://mensline.org.au">mensline.org.au</a>
Men's Shed		<a href="https://mensshed.org/find-a-shed">mensshed.org/find-a-shed</a>
MATES Helpline is available 24/7 – click the red button or dial.		24/7 support 1300 642 111

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<b>Mental Health &amp; Wellbeing</b>	
Beyond Blue Support Service	1300 22 4636 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Butterfly Foundation: support for eating disorders & body image issues	1800 33 4673
Mental Health Information Line (WayAhead)	1300 794 991
<ul style="list-style-type: none"> <li>Support line for general mental health enquiries</li> <li>Support line specifically for anxiety disorders</li> </ul>	1300 794 992
Head To Health – lots of great online mental health resources	<a href="http://www.headtohealth.gov.au">www.headtohealth.gov.au</a>
PANDA (Perinatal Anxiety & Depression Aust) (M-F: 9am – 7.30pm)	1300 726 306
QPR (Question, Persuade, Refer) – 1 hour online training on early warning signs for suicide & having a conversation.	<a href="http://suicidepreventioncentralcoast.org.au">suicidepreventioncentralcoast.org.au</a>
SANE Australia: Phone and online counselling support (Mon to Fri: 10am - 10pm)	1800 18 7263 <a href="http://www.sane.org/counselling-support/sane-support-services">www.sane.org/counselling-support/sane-support-services</a>
WayAhead Directory – information about services and supports	<a href="http://directory.wayahead.org.au">directory.wayahead.org.au</a>
<b>Older People</b>	
Dementia Support Australia (DSA)	1800 699 799 <a href="https://dementia.com.au/">https://dementia.com.au/</a>
My Aged Care (Mon to Fri: 8am - 8pm, Sat: 10am - 2pm)	1800 200 422 <a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>
National Dementia Helpline (Dementia Australia) (M-F: 8am - 8pm)	1800 100 500
<b>Domestic Violence, Abuse &amp; Neglect</b>	
Ageing & Disability Abuse Helpline (Mon to Fri: 9am – 5pm)	1800 628 221
Domestic & family violence, sexual assault or child abuse	1800RESPECT or 1800 737 732
Domestic Violence Impact Line	1800 643 539
LGBTIQ+ Violence Service	1800 497 212
NSW Domestic Violence Line	1800 65 64 63
NSW Rape Crisis	1800 424 017
Rape & Domestic Violence Services Australia	<a href="http://www.rape-dvservices.org.au">www.rape-dvservices.org.au</a>
Sexual Assault Counselling Australia	1800 211 028
<b>Physical Health</b>	
Get Healthy (Mon to Fri: 8am - 8pm)	1300 806 258 <a href="http://www.gethealthynsw.com.au">www.gethealthynsw.com.au</a>
HealthDirect – Registered Nurses available 24/7 for advice	1800 022 222
Quitline (Mon to Fri: 7am – 10.30pm / Sat, Sun: 9am – 5pm)	13 7848
I Can Quit	<a href="http://www.icanquit.com.au">www.icanquit.com.au</a>
<b>Self Help/Support Groups</b>	
Central Coast Support Groups and Services Directory	<a href="http://www.cclhd.health.nsw.gov.au/patients-and-visitors/carers-support">www.cclhd.health.nsw.gov.au/patients-and-visitors/carers-support</a>
Central Coast Schizophrenia & Bipolar Fellowship	4344 7989 or 4368 2214
Grow - A 12-step program for people experiencing mental illness	9633 1800 or 1800 558 268
Wyoming Anxiety Support Group – meets every 3 <sup>rd</sup> Saturday of the month, 9am – 11am. Register to attend by phone or email.	9339 6013 <a href="mailto:supportgroups@wayahead.org.au">supportgroups@wayahead.org.au</a>
<b>Women</b>	
CC Community Women's Health Centres	Wyong 4351 1152 / Wyoming 4324 2533 / Woy Woy 4342 5905
Women's Health Service (CCLHD)	4367 9600
<b>Young People</b>	
Child and Family Health Service (CCLHD)	4328 7900
headspace Gosford - Suite 1, Level 2, Gateway Centre, Gosford	4304 7870
headspace Lakehaven - 70 Chelmsford Road, Lake Haven	4394 9100
Kids Helpline (for ages 5 to 25)	1800 55 1800
Youth Health Service (CCLHD)	4356 9333

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