

Support, conversation and other services



Organisation	Service and time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Salvation Army Centre 67 Cleary Street, Hamilton 4088 5850	Rest Stop safe place for people sleeping rough. Showers, phone, wifi. 9am - 2pm	✓		✓	✓	✓		
	Youth support, vocational training at Café Oasis. Learner driving instruction. Various hours.							
Salvation Army Welfare Assistance hotline Support Voucher Hotline 02 8775 7988	Call hotline to organise support voucher. Pick up from Salvo's office at 67 Cleary St. 9.30am - 12.30pm	✓			✓			
Hamilton Uniting Church 150 Beaumont Street, Hamilton 0407 401 833	Call in if wanting to join social groups.	✓	✓	✓	✓	✓	✓	✓
	Wifi, games (Wed 10.15am) and social gatherings.	✓	✓	✓	✓	✓	✓	✓
Hamilton Community Hive 152 Beaumont Street, Hamilton 0487 764 783	Programs and community group activities. 9am - 5pm	✓	✓	✓	✓	✓		
LIVEfree Project 486 Glebe Road, Adamstown	Caring for people in a practical way with food, companionship and support. Various hours. Call 4952 1277 or 0412 429 193 for information.							
Soul Hub 2/49 Hunter Street, Newcastle 4926 1758	Haircuts, laundry and legal and medical services. 8am - 2pm	✓	✓	✓	✓			
Men's Shed 99 Beaumont Street, Hamilton 0421 249 836	Support, conversation and activities for men. 9am - 2pm	✓	✓		✓	✓		
Mosaic Multicultural Connections 8 Chaucer Street, Hamilton 4969 3399	Multiple services for people from migrant and refugee backgrounds. 9am - 5pm	✓	✓	✓	✓	✓		
Got Your Back Sista HQ 15 Elizabeth Street, Tighes Hill 4989 2777	Relief and support to women and children who are escaping DV. 9am - 5pm	✓	✓	✓	✓	✓		

- 1 Uniting Church**
150 Beaumont Street, Hamilton
- 2 Salvation Army Centre**
67 Cleary Street, Hamilton
- 3 Hamilton South Community Centre**
29 Fowler Street, Hamilton
- 4 SDA Pantry**
105 Lindsay Street, Hamilton
- 5 Reach**
James Street Plaza, Hamilton
- 6 Reach**
Hamilton Station Park, Hamilton

- 7 CatholicCare Hamilton South Community Kitchen**
29 Fowler Street, Hamilton South
- 8 Mosaic Multicultural Connections**
8 Chaucer Street, Hamilton
- 9 Men's Shed**
99 Beaumont Street, Hamilton
- 10 Samaritans Shop**
19 Beaumont Street, Hamilton
- 11 Red Cross Shop**
63B Beaumont Street, Hamilton
- 12 Vinnies Islington**
125 Maitland Road, Islington

- 13 Vinnies Hamilton**
143 Beaumont Street, Hamilton
- 14 Village People Op Shop**
88 Maitland Road, Islington
- 15 Salvos Shop**
3/24 Hudson Street, Hamilton
- 16 Got Your Back Sista HQ**
15 Elizabeth Street, Tighes Hill
- 17 WDVCS**
54 Clyde Street, Hamilton North
- 18 Awabakal Aboriginal Medical Services**
38A Samdon Street, Hamilton

Hotlines

Mental Health, Crisis Support and Counselling

Lifeline 13 11 14
24 hour crisis support and suicide prevention services.

1800RESPECT 1800 732 732
Domestic family and sexual violence confidential information, counselling and support service.

NSW Domestic Violence Assistance 1800 656 463
Counselling, safety planning and referrals to women experiencing family and domestic violence.

Mensline Australia 1300 789 978
Support, referrals and counselling including mental health, relationships, divorce, wellbeing and social connections.

Mental Health Line 1800 011 511
24 hour support to help with mental health care.

Disability

Disability Advocacy 1300 365 085
Supports for people with disabilities.

Legal and finance

Law Access NSW 1300 888 529

Credit and Debt Hotline 1800 654 504
Legal advice for financial matters.

Hunter Community Legal Centre 1800 650 073
Free legal advice by phone. Mon, Wed and Fri, 9.30am - 4pm

Housing and accommodation

Link2Home 1800 152 152
Information and referrals to those experiencing homelessness.

Hunter Tenants Advice and Advocacy Service 1300 888 529
Assistance for tenants in private rentals, social housing, boarders and lodgers.

If you are in danger call 000

Hamilton Help on Hand Services

This directory lists services local to you.

City of Newcastle is committed to helping create a supportive city - a place for everyone.

We hope this flyer helps you connect with services in your local community.

If you notice incorrect information, let us know by calling 4974 2000.

For more information, visit newcastle.nsw.gov.au

Information correct at time of printing and subject to change (August 2023).



City of Newcastle



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Free meals

Organisation	Service and time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Reach Homeless Services Hamilton Station Park, Hamilton 0435 828 410	Breakfast. 6.30am - 8.30am	✓	✓	✓	✓	✓		
Reach Homeless Services James Street Plaza, Hamilton 0435 828 410	Sausage sizzle. 7pm - 8.30pm					✓		
Salvation Army Centre 67 Cleary Street, Hamilton (entry at rear of building) 4088 5850	Emergency meals. 9am - 2pm.	✓		✓	✓	✓		
	Tea and coffee. 9.30am					✓		
	Lunch. 12pm					✓		
SDA Pantry 105 Lindsay Street, Hamilton	Weetbix and bread. 4pm - 5.30pm				✓			
CatholicCare Hamilton South Community Kitchen 29 Fowler Street, Hamilton South 4979 1339	Community meals. 12pm - 1pm			✓				
Soul Hub 2/49 Hunter Street, Newcastle 4926 1758	Hot breakfast. 7am - 8.30am	✓		✓	✓	✓		✓
	Hot lunch. 10.30am - 12.30pm	✓	✓	✓	✓			

Food parcels and groceries

Organisation	Service and time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Salvation Army Centre 67 Cleary Street, Hamilton (entry at rear of building) 4088 5850	Oz Harvest food delivery. 1.30pm - 3.30pm		✓					
Hamilton Uniting Church 150 Beaumont Street, Hamilton 0407 401 833	'Shoe box' care packs, non-perishable food and toiletry items.	✓	✓	✓	✓	✓	✓	✓
SDA Pantry 105 Lindsay Street, Hamilton	Affordable fresh, packaged or frozen meals and toiletries.				✓			
Pop-up SDA Pantry, Hamilton Community Centre 29 Fowler Street, Hamilton South	10am - 11.30am					✓		
Soul Pantry 2/49 Hunter Street, Newcastle 4926 1758	1pm - 1.45pm		✓	✓				
	8.30am - 9.15am					✓		

Affordable clothing and household goods

Organisation	Service and time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Salvos Shop 3/24 Hudson Street, Hamilton 4908 8660	Affordable prices.	✓	✓	✓	✓	✓		
Samaritans Shop 19 Beaumont Street, Hamilton 4961 5233	\$1 rack and some free items for emergencies. 9am - 4pm.		✓	✓	✓	✓		
	\$1 rack and some free items for emergencies. 10am - 2pm						✓	
Red Cross Shop 63B Beaumont Street, Hamilton	Affordable prices. 9am - 5pm	✓	✓	✓	✓	✓		
	Affordable prices. 9am - 3pm						✓	
Vinnies Hamilton 143 Beaumont Street, Hamilton 4961 3241	Affordable prices. 9am - 4pm	✓	✓		✓	✓		
Vinnies Islington 125 Maitland Road, Islington 4961 1476	9am - 1pm						✓	
Bill's Place 150 Beaumont Street, Hamilton 0407 401 833	Affordable prices, free items for emergencies. 9.30am - 2.30pm	✓	✓	✓	✓	✓		
Village People Op Shop for Got Your Back Sista 88 Maitland Road, Islington 4081 2999	9.30am - 3pm		✓		✓	✓		
	10am - 2pm						✓	

Free laundry service (Orange Sky)

Organisation	Service and time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Salvation Army Centre 67 Cleary Street, Hamilton	12pm - 2pm		✓					
	10am - 12.30pm					✓		
Hamilton South Community Centre 29 Fowler Street	11am - 1pm			✓				

Medical

Vision Australia 4927 3300

Services for people who are blind or have low vision.
7-9 Beaumont Street, Hamilton.
Monday to Friday, 9am - 5pm.

Awabakal Aboriginal Medical Services 1300 174 908

An Aboriginal community-controlled health service, aiming to deliver culturally appropriate primary health care services, advocacy and social and emotional support to Aboriginal people and their families in our community.
38A Samdon Street, Hamilton.
Monday to Friday, 8:30am - 5pm

Domestic and Family Violence Supports

Women's Domestic Violence Court Advocacy Services (WDVCAS) 4940 8766

Information, support, advice and referrals for women and their children who are victims of domestic and family violence. 54 Clyde Street, Hamilton North
Monday to Saturday, 8.30am - 5pm.

Got Your Back Sista HQ 4989 2777

Relief and support to women and children escaping domestic violence and are at risk of living below the poverty line. We provide furniture and household items to set up a safe home free from violence. We also run courses and programs to rebuild confidence, self-esteem, physical and emotional wellbeing and create pathways to study and employment.
15 Elizabeth Street, Tighes Hill.
Monday to Friday, 9am - 5pm.

Homeless Services

Australian Red Cross 1800 733 276

Emergency community support.

Samaritans Assistance Centre 4922 1540

Emergency Relief for those experiencing financial hardship, food vouchers, Electricity and gas vouchers, chemist assistance, clothing and financial options.
Monday to Friday (not open Tuesdays), 10am - 2pm.

St Vincent de Paul, Newcastle Assistance Centre 4961 6885

Emergency assistance with food parcels, food vouchers, and material goods after meeting with a Vinnies help officer.
Monday to Friday, 9am - 12.30pm.

Salvos Assistance Line 02 8775 7988

Emergency community support.

Matthew Talbot Homeless Services 4961 1411

Specialised support specifically to men and men with children and/or pets who are homeless or at risk of homelessness. Immediate support for people at the time of crisis and for sustaining long term housing. Also facilitates access to other essential services.

Car 2 Home 0402 155 586

Providing safe parking space for those who are experiencing homelessness and sleeping in their cars.

Assertive Outreach Newcastle 1300 305 667 (option 4)

Support to help rough sleepers access and keep supported housing.

Soul Hub 4926 1758

Offering food, a friendly face, and many other types of essential support from a accommodation to drug and substance abuse programs, haircuts, laundry and legal and medical services, whatever our guests need, we help them access it. Most importantly we deliver hope - hope that people care and that lives can heal.
2/49 Hunter Street, Newcastle.
Monday to Thursday, 8am - 2pm.

