



Newsletter

Contact Us



St Bernadette's Parish School, Lalor Park

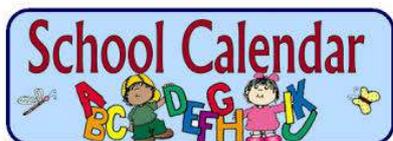
18 Wheeler Street (PO Box 4161)

Lalor Park, NSW 2147

Phone: 8869 6400

Email: stbernadettespark@parra.catholic.edu.au Website: www.stbernadetteslalorpark.catholic.edu.au

Parent Group Email: sbparentgroup@gmail.com Canteen: sbcanteen@gmail.com



August

August **Spring Fair** Collection is:

Cans of soft drink and bottled water

- 23rd Parramatta Diocesan Athletics Carnival
Early Stage 1 Farm Visit
- 26th-30th Book Week
See invite for Book Fair opening times
- 27th Vocabulary Book Week Parade 9.30am
Captive Demonstration
Morning Tea provided 11am
- 28th School Fees Due
- 29th Father's Day Breakfast BBQ 7.45am

September

- 2nd Coding with Altino (Yrs 1 to 3)
3.20-4.20pm
- 5th-6th Stage 3 overnight Camp
- 9th Coding with Altino (Yrs 1 to 3)
3.20-4.20pm
- 13th Disco - Spooky Theme
- 14th First Communion 6pm
- 15th First Communion 10am
- 16th Coding with Altino (Yrs 1 to 3)
3.20-4.20pm
- 20th **STAFF DEVELOPMENT DAY**

September continued

- 21st First Communion 6pm
- 22nd First Communion 10am
- 22nd Youth Group - 6 - 7.30pm
- 23rd Coding with Altino (Yrs 1 to 3)
3.20-4.20pm
- 25th Environment Team to Lalor Park
Community Garden
- 27th Term 3 Ends

October

- 14th Term 4 Commences (Summer
Uniform)
- 22nd Coding with Altino (Yrs 4 to 6)
3.20-4.20pm
- 29th Coding with Altino (Yrs 4 to 6)
3.20-4.20pm

November

- 5th Coding with Altino (Yrs 4 to 6)
3.20-4.20pm
- 8th Spring Fair
- 12th Coding with Altino (Yrs 4 to 6)
3.20-4.20pm

See more ...



From Our Principal

At the Infants Liturgy on the 9th of August, Father Andrew reminded the children in Early Stage 1 and Stage 1 that we were all picked by God to be part of His team. God worked through their parents to have them Baptised and thus join the Catholic family. An extension of this thought is to acknowledge the choice all of our parents have made to send their children to a Catholic school where the word of God permeates through everything that we do. Therefore, all students were picked by God through their parents to be a part of our Catholic community.

As the family of God we are called to live like Jesus in our thoughts and actions. This is true membership of a Catholic community. At St Bernadette's we endeavour to make God's message lived by the students and staff in their daily lives. This becomes evident in daily interactions whilst learning and playing. No one child is perfect but our role as adults and Catholic educators is to help children to aspire to live God's word practically everyday.

Morning Arrival - A reminder to all parents that students should not be at school prior to the opening of gates at 8.30. If students are dropped off earlier this is done with parents accepting the risks involved as no supervision is provided.

It has been reported that students who are dropped off early are not entering the school when gates open. It's a parental responsibility to ensure students enter the school gates where supervision is available. Please ensure this is communicated to your children.

Music / Captivate Update - In conjunction with Captivate staff we are working on implementing the following; Students who participate in additional small group lessons will have the opportunity to form a band. The tutors are currently working on how this will look and which specific students are ready for this challenge. The goal is to ensure this is successful for all students involved. More information will be announced in the coming weeks.

There have been some issues with parents understanding how their child has progressed in music, particularly those in Year 4 and 5 who attend the weekly 40 minute lesson. The music grades provided by the music teachers were integrated into the overall mark for Creative. This is problematic as you are unable to clearly distinguish the grade for music. We hope to rectify this in Semester Two reports.

We are working with the music teachers to determine a suitable time for a performance. The teachers are very aware of the need to perform, but are balancing this with current skill level of the students. Obviously we all want this to be successful for the students.

Staff Update - It is with great pleasure that I announce that Mrs Mogan is expecting a baby. Mr and Mrs Mogan are expecting their third child early next year. Mrs Mogan plans to remain at St Bernadette's until the end of the 2019 school year when she will commence maternity leave. On behalf of the school we congratulate Mr and Mrs Mogan and wish them well as they prepare for the new arrival.

Staff Leave - Next week Mrs Stapley will be on leave for 3 weeks. We wish her well and trust that she will return to St Bernadette's refreshed.

Mr Crothers will be on leave from Week 7 for the remainder of Term 3. We wish Mr Crothers well as he embarks on a family holiday. Mr Crothers will return for the beginning of Term 4.

In Mr Crothers absence the following changes to the School Leadership Team will be made;

Mrs Murphy will be the Acting Assistant Principal, Mrs Stapley will be Acting REC, Mrs Huntington will be the Acting Special Projects Coordinator

These positions will remain in place for the first two weeks of Term 4 when Mr Kapitanow goes on leave. In this time Mr Crothers will be Acting Principal.

I want to congratulate and thank all members of staff who will be stepping up to take on additional Leadership roles over the coming 6 weeks. Affected classes will be notified of teacher changes.

Phill Kapitanow, Principal

Spooky Disco Friday 13th September

The Parent Group is excited to announce that this years 'SPOOKY Disco' will be held on Friday 13th September, 6pm - 8pm in the School/Parish Hall.

Tickets can be ordered by returning the note that was sent home last week. Tickets will be sent home the week of the disco. Admission cost is \$5 per child or \$10 per Family. (Free Entry for Adults) ALL children must be accompanied and supervised by an Adult for the duration of the disco. Admission cost will include a drink and treat for each child.

Please BYO Nibbles / Dinner and Drinks

Additional drinks and snacks will also be available to purchase on the night along with glow sticks.

**KIDS & PARENTS COME ALONG DRESSED UP IN
YOUR SPOOKIEST COSTUME**



 **Disco Note**

Coding with Altino

Please see the following schedule. Saeon advised us that they would contact all primary students who had booked to advise of recent changes.

If you have not enrolled yet and are interested in enrolling, using your Creative Kids Voucher provided by NSW Government please contact us on the link below.

INFANTS AFTERNOON COURSES

Years 1 to 3 - Monday afternoons 3.20pm to 4.20pm

(Term 3 - 2nd, 9th, 16th and 23rd September)

PRIMARY AFTERNOON COURSES

Years 4 to 6 - Tuesday afternoons 3.20pm to 4.20pm

(Term 4 - 22nd Oct, 29th Oct, 5th Nov and 12th Nov.)

DON'T MISS OUT

Dates are on our school calendar



 **Contact us**

**LIMITED
SPACES STILL
AVAILABLE
BOOK NOW**

News From our Parent Group



PARENT GROUP NEWS

We'd like to welcome our new Canteen Coordinator Kim Straney to the Parent Group Committee. We wish Kim the best of luck in canteen, and thanks so much for volunteering for the role.

We love our volunteers!

Please forward any canteen enquiries to Kim at sbcanteen@gmail.com



**St Bernadette's Lalor Park
SPRING FAIR**

FRIDAY 8TH NOVEMBER

**11
weeks
to go!**

Voice of Youth - FINAL

On Tuesday 20th August, St Bernadette's held the Blacktown Cluster, Eastern Division Voice of Youth final. We welcomed St John Vianney's Doonside, St Michaels Blacktown South, St Patricks Blacktown and our three guest judges including Ms Michelle Rowland, Federal Member for Greenway. Whilst our two participants did not proceed to the next stage, we congratulate Emma Elias who received the Social Justice Award.

Mrs Maloney S3-6

My name is Reno and I was one of the contestants representing our school at the Voice of Youth, Eastern Division, cluster final. When I first entered the hall, I could hear a very large crowd shouting and yelling. When I walked up onto the stage to take my seat, I observed my surroundings and I was shocked because I realised I was the only boy! I was fourth in line but for some reason they called me up third. When they announced my name, I could see all my classmates clapping. After my speech, I felt so much relief. After the whole competition was over, they announced the winners. No-one from St Bernadette's made it, however Emma won the Social Justice Award. When I met all my friends at the end, they congratulated me for doing good and being humorous. Reno Rajkumar S3-6

On Tuesday the 20th August, I got to watch Voice of Youth 2019 cluster finals. We had three other schools come here. I thought that they were all magnificent but when I found out only one could get through I wanted Reno or Emma E to win. They didn't, but I am still happy for the winner. Hayley Shepherd S3-6

On Tuesday the 20th August, Year 6 attended the Voice of Youth cluster finals. There were three other schools competing. There were 8 fantastic hard working speakers ready to present speeches not just to us but to the judges as well. Representing St Bernadette's, we had Emma Elias whose speech was about pollution and Reno Rajkumar whose speech was about travelling Europe. When everyone had presented their speeches, we all waited for the winner to be decided. The judges decided and all the speakers were congratulated and got a huge round of applause. Leilani Laupama S3-6

I chose pollution as a subject because I had seen it on TV and in real life so thought that the world ought to know about it.

I was surprised to win the Social Justice Award and thrilled to have made it to the cluster finals. I wish the winners luck in the next round and hope they bring their schools victory. Emma Elias S3-6



REC News

Over the last two weeks the infants and primary students and their families have had the opportunity to participate in liturgical celebrations at our St Bernadette's parish. The Infants had a liturgy and the Primary students a mass. The theme was- God has chosen me.

Last Tuesday Nicholas Andreacchio , Leilani Laupama and their mothers represented our school at the Mission Mass held in Parramatta at the Cathedral. Congratulations to our leaders for their participation and reverence.

A little bit of wisdom from Pope Francis

"When we pray , we need to have the courage of faith. Have trust that the Lord hears us"

With blessings

Ms Judy Murphy

Acting REC



**STAFF DEVELOPMENT DAY
FRIDAY 20TH SEPTEMBER
NO SCHOOL ON THIS DAY**

IMPORTANT

Lost Property / 2nd hand uniforms

Each term members of our lovely Parent Group have been emptying the lost property box located on the decking area outside Stage 2. We thank them for doing this for us. They have been washing all items and returning any uniforms that have a name on them to those students. There are lots of almost new uniforms that have no name on them.

All 2nd hand uniforms will be on sale next week during Book Week on Tuesday at morning tea.

All items will be on sale for \$5 each.

There are also some items possibly left over from the Athletics carnival that were deposited into lost property. If you are missing anything please contact the office or check the lost property box.

Thank you



Father's Day BBQ Breakfast and Liturgy

Thursday 29th August
7.45am

Please RSVP to the note that was sent home last week.

Responses are required for catering asap.

Thank you



Library News

Book Week Term 3

Author Visit

On Monday 26th August, the author, Louise Park will be visiting our school to run workshops with the students. Students will learn about the writing process and how to get books written and published. Louise will talk about how she became an author and where she gets inspiration for her books.

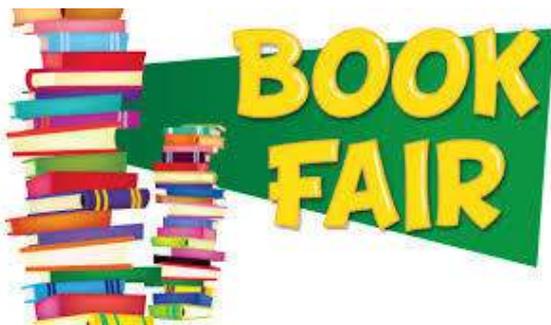
Some more information about Louise Park...

Louise Park draws from a strong background in Education and literacy to produce her blockbuster bestsellers that include, *Boy vs Beast*, *Bella Dancerella* and *D-Bot Squad*. As an author she spends her days battling beasts, finding those secret doors, portals and hidden tunnels to magical lands, pretending to be the world's best ballerina, and solving Harriet Clare's MEGA-HUGE and terribly troublesome dramas while helping her cope with anxiety. She writes under her own name as well as the hugely successful pseudonyms: H. I. Larry, Mac Park and Poppy Rose. Her latest is picture book *Grace's Secrets*.

Vocabulary Parade- Tuesday 27th August 9:30am (School Playground)

This year each student will select a word that will represent their costume, for our first ever VOCABULARY PARADE. How could you represent words such as spectacular, artistic, luminous, mechanical, chameleon, robotic? Think about unusual words that others may not already know. You can recycle all sorts of items and costumes that you already have at home. Remember to make a card or sign with your word on it, so we'll know which word you represent in the parade. You can carry the word, make a headband or have it as part of your costume. Your word just needs to be visible somewhere on you.

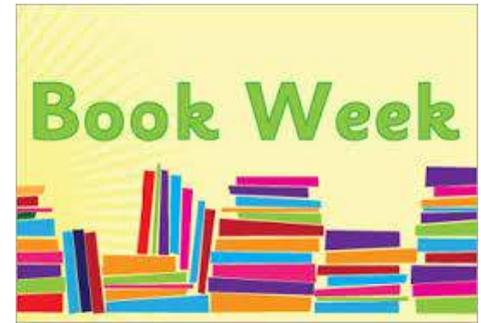
Scholastic Book Fair



The Book Fair will be visiting our school during Book Week from Monday 26th August to Thursday 29th August. It will be open before and after school each day from 8:30- 9am and 3:30 - 4pm. It will also be opened on Tuesday at recess time. All Welcome to visit to browse or purchase books and novelty items at great prices.

Thank you,

Mrs Monique O'Brien (Teacher Librarian)



School Fees

Just a reminder that Term 3 School Fees are due on Wednesday the 28th August 2019. Thank you to those families who have paid or contacted the school to organise a payment plan. Any concerns regarding School Fees please do not hesitate to contact Mrs Mizzi on 8869 6400.





ST BERNADETTE'S SCHOOL AND PARISH SPRING FAIR

Friday 8th November

This will be our Fete page until November.

Keep a watch on this page to see what we have organised for our Fete.

August collections will be for **soft drink cans and bottles of water**. This is our major collection and will run for the whole month of **August**. The number of cans / bottles will be collated and the class who collects the most will win a pizza lunch. Tally so far:

Early Stage 1 Blue - **56**

Early Stage 1 Gold - **24**

Stage 1 Blue - **None**

Stage 1 Gold - **192**

Stage 1 White - **None**

Stage 2 Blue - **24**

Stage 2 Gold - **90**

Stage 2 White **None**

Stage 3 Year 5 - **20**

Stage 3 Year 6 - **64**

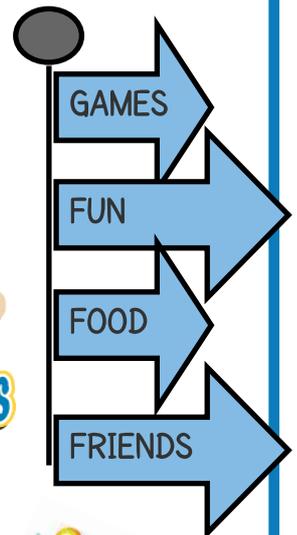


This table will be updated each week.

If anyone would like a small stall or knows of a business who would like an area to sell their products please contact me. There is a limited number so you must be quick.

Thanks

Zeina , Fete Co-Ordinator



FIREWORKS!!!

Rides for all ages



Dunk your favourite teacher!



Pies and Sausage Rolls For Sale



St Bernadette's Garden



Some students were "doing their bit" to help with the relocation of the garden, by watering plants which are on **stand-by**, replanting the jonquils and giving them a good drink! It seems a worm had also relocated ... **well spotted, Ariel!** Meanwhile, Stage 2 and 3 were given a practical lesson in how to **Reduce, Reuse and Recycle**, by Marc from **Keep New South Wales Beautiful** ... Antonia and Acuoth, said that the session was : "Very interesting, educational and the Rubbish Game was the best!"

[More Photos](#)



To be part of the learning and fun make contact via: claresgarden118@gmail.com and visit <http://kitchengardensinschools.blogspot.com> or the school office on 8869 6400 or stbernadetteslpark@parra.catholic.edu.au Please see our website www.stbernadetteslpark.parra.catholic.edu.au for more photos from the garden

Photos recently added to our website

- Our Garden



[Photos](#)

Note that have been sent home recently:

- Moving toy design - Science
- Message from the Bishop
- Father's Day Craft Stall
- Vision Valley Information Stage 3
- Father's Day BBQ Breakfast
- Book Week and Garden Naming Competition

[School Notes](#)



SCHOOL ZONE OFFENCES
WHAT ARE YOU RISKING?

<p>No Stopping Do not stop near a No Stopping sign.</p>	<p>\$330 + 3 demerit points</p>	<p>No Parking 2 min to drop off or pick up, stay within 3m of vehicle.</p>	<p>\$183 + 3 demerit points</p>	<p>Bus Zone Only a public bus can stop in a bus zone.</p>	<p>\$330 + 3 demerit points</p>
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Help keep our children safe

PENRITH CITY COUNCIL Blacktown City Council

www.evolutionorthodontics.com.au
evolution orthodontics
Telephone: Blacktown 02 9676 3400 Dubbo 02 6885 2110
info@evolutionorthodontics.com.au



SUPERHERO SCHOOL HOLIDAYS



Are you ready for an epic adventure?

This Spring, we've got a brave, bold, exciting line-up of activities. Book into an experience that will bring out the superhero in all children, join us at

Superhero School Holidays!

Your kids will experience fun workshops and activities to build their superhero characters from concept to reality.

They'll create their costumes in **Masks & Magic**, bowl away the baddies in **Strike Force!** and complete their first superhero mission in **Operation: Rescue**.



Masks & Magic



Operation: Rescue



Strike Force!

Book now. To find out when these activities are on during the school holidays and join in the fun, visit: www.campastralia.com.au/holidayclubs.

Plus, every attended booking gets an entry into our competition. Your family could be on your way to the theme parks in the Gold Coast. See our website for more info.

We look forward to seeing you at **Superhero School Holidays**.

The Camp Australia Team

Conditions apply, see <https://www.campastralia.com.au/promotion-terms-and-conditions>. AU res 18+. Starts: 9/8/19. Ends: 11:59pm AEDST 20/10/19. 1 entry p/session p/child booked. Child must attend session for entry to be valid. Draw: 55 Erina Plaza, 210 Central Coast HWY, Erina NSW 2250 at 10am AEDST on 22/10/19. Winners at campastralia.com.au/families/holidayclubs & The Advertiser for any SA winners) on 25/10/19. Prizes: 1x trip for 2 adults & 2 children (12yrs & under) to Coolangatta, QLD valued at \$6,600; & 8x \$500 travel vouchers. Promoter: Camp Australia Pty Ltd (ABN 96 060 703 120) of 1731 Malvern Rd, Glen Iris, VIC, 3146. Permits: NSW. LTPS/19/36128 ACT. TP19/03714 SA. T19/1121.

ST BERNADETTE'S

Where We Learn and Grow Together



**WINSTON HILLS
ATHLETICS CENTRE**



FAMILY, FUN & FITNESS

SEASON: Sept 14 2019
to March 14 2020

Saturday Morning
Running Days
8am onwards

Tiny Tots
U6-U17
Seniors

Winston Hills
Athletics Centre
info@whlac.org.au
Gooden Reserve
Cnr Gooden Drv &
Kanili Ave Baulkham Hills

**REGISTER
ONLINE
FOR THE
2019/20 SEASON**

* Registrations open on 1 August 2019

VISIT US NOW @
www.whlac.org.au
www.facebook.com/whlac



Parents Representative Council
SUPPORT | CELEBRATE | EDUCATE



Building Young People to Face Modern Day Challenges

James will speak to the modern day challenges facing our young people as revealed through a number of recent national and local surveys, Diocesan student forums and countless candid conversations with young people in the Diocese of Parramatta. James presentation will explore a culture of belonging, Wellbeing and positive engagement. He will outline what and how his team is able to assist young people to face these modern day challenges.



High school aged students are invited to attend with a caregiver or parent.



Our guest speaker for the evening is:

JAMES CAMDEN

Director of Catholic Youth Parramatta

Register FREE now: www.prc.catholic.edu.au



Monday, 26th August 2019

Doors open: 6:30pm for 7:00pm (2 hours)
(PRC General Meeting - will be held prior to guest speaker)

St Andrews Primary School,

36 Breakfast Rd, Marayong, NSW 2148

Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

www.prc.catholic.edu.au



@preparra



@preparra



THANK YOU TO OUR 2019 SPONSOR
Floral Expressions

For details on the School fundraising program

Call Charles Lukasik on 02 9683 1116



Lalor Park Preschool Annual Fete

SATURDAY 14TH SEPTEMBER 2019

9am to 1pm

Pony
Rides

Reptile
Show

BBQ

Jumping
Castle

Specialty
Stores

Animal
Farm

Gift packs * White elephant stall * Plants *
Stage Performances * Auction * Raffle * Clown *
Cake stall * Face painting * Tea & Coffee *
& Much More!

**Chifley Park and Community Hall
Freeman street Lalor Park**

Great fun for all ages!

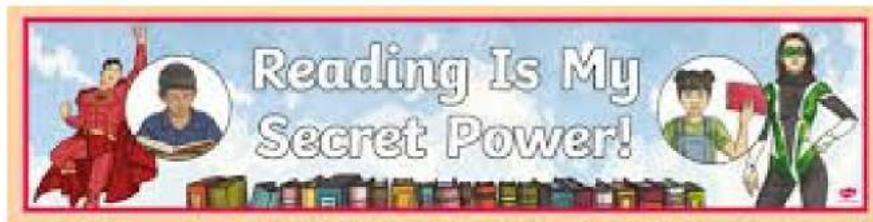
Ph: 02 9674 8155

Email: director@lalorparkpreschool.org.au



St Bernadette's Primary School Lalor Park

We invite you to join us and celebrate
Book Week



Monday 26th August

- 8.30am – 9.00am Book Fair Open in our Library
Author to visit school (**Students Only**)
3.30pm – 4.00pm Book Fair Open in our Library

Tuesday 27th August

- 8.30am – 9.00am Book Fair Open in our Library
9.30am Vocabulary Parade - All Welcome
10.30am Band Performance
11.00am-11.30 Picnic Morning Tea (Book Fair Open)
3.30pm-4.00pm Book Fair Open in our Library

Wednesday 28th August

- 8.30am – 9.00am Book Fair Open in our Library
3.30pm-4.00pm Book Fair Open in our Library

Thursday 29th August

- 7:45am Father's Day BBQ Breakfast (**Please RSVP**)
8.15am – 9.00am Book Fair Open in our Library (last chance to buy)
8.30am Father's Day Liturgy
8.45am-9.15am Open Classrooms
All Day – Father's Day Craft Stall (**Students Only**)

We look forward to seeing you for our celebrations!

18 Wheeler Street, Lalor Park

Phone: 8869 6400



Most Reverend Vincent Long Van Nguyen OFM Conv DD STL
Bishop of Parramatta

Level 2, 12 Victoria Rd, Parramatta NSW 2150
PO Box 3066, North Parramatta, NSW 1750

☎ 02 8838 3400 📠 02 9630 4813

✉ bishop@parracatholic.org

🌐 parracatholic.org

21 August 2019

My dear brothers and sisters in Christ,

The case involving Cardinal Pell on historic child sexual abuse crimes has again dominated the media and public discourse following the appeal decision that was handed down today.

We respect that decision and the process of law.

We know that for some, this case has reopened existing wounds and past traumas. I want to reiterate our support to the victims of abuse and to all those who are hurting.

As the Bishop of Parramatta with responsibility for the Catholic Church in Western Sydney and the Blue Mountains, I remain absolutely committed to protecting children in our care from harm.

I am determined to enable survivors of abuse to have a voice and are responded to in a caring, practical, and meaningful way.

Catholic parish communities in the Diocese of Parramatta have support mechanisms in place to help those in need.

At a parish level, I would encourage you to reach out to your parish priest for help.

At a diocesan level, we strongly encourage anyone who has been affected by abuse from within the Catholic Church to contact the Diocese of Parramatta via our Office of Safeguarding & Professional Standards on (02) 8838 3419 or safeguarding@parracatholic.org.

Any concerns or allegations about any criminal offence should be reported to NSW Police on 131 444.

For more information about safeguarding support services in Catholic schools run by the Diocese of Parramatta please contact the Child Protection Information Line on 1300 661 015.

Safeguarding information and support contacts are available on our safeguarding website at safeguarding.org.au.

During this period of continued crisis and deep darkness, as the Catholic Church, let us pray for the survivors of abuse, their families and all those affected.

May we all - as a community of disciples - accompany one another on the journey towards justice, healing and restoration of trust.

Yours in Christ,

Most Reverend Vincent Long Van Nguyen OFM Conv
Bishop of Parramatta



DIOCESE of PARRAMATTA

OFFICE FOR SAFEGUARDING AND PROFESSIONAL STANDARDS

AT TIMES WE ALL NEED SUPPORT. THIS DOCUMENT CONTAINS A VARIETY OF SUPPORT SERVICES AVAILABLE FOR THOSE SEEKING SOMEONE TO TALK TO, GUIDANCE OR ASSISTANCE.



LIFELINE AUSTRALIA

24/7 crisis support and suicide prevention services.

☎ 13 11 14



Mental Health Line
1800 011 511

THE MENTAL HEALTH LINE

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW.

☎ 1800 011 511



BEYOND BLUE

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

☎ 1300 22 4636 | 🌐 beyondblue.org.au



1800 RESPECT

Confidential information, counselling and support service. Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

🌐 1800respect.org.au



Australian Government
Department of Home Affairs

INTERPRETER SERVICES

Australian Government Department of Home Affairs. Call this service if you need someone to help you make a phone call in English.

24/7 free translation/interpreter services

☎ 13 14 50 | 🌐 tisnational.gov.au



KIDS HELPLINE

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

When you need to talk, phone is fastest. 24/7. Every day and night.
☎ 1800 55 1800

Prefer to write? We understand. Email us at
✉ counsellor@kidshelpline.com.au

More information or to chat one-on-one over the web in real time go to [🌐 kidshelpline.com.au](https://www.kidshelpline.com.au)



BLUE KNOT FOUNDATION

Blue Knot Foundation is a national organisation focused exclusively on advancing the needs of the estimated 4 to 5 million Australian adults who are survivors of childhood trauma.

☎ 1300 22 4636 | [🌐 beyondblue.org.au](https://www.beyondblue.org.au)



NATIONAL DISABILITY ABUSE & NEGLECT HOTLINE

A free, independent and confidential service for reporting abuse and neglect of people with disability. The Hotline works with callers to find appropriate ways of dealing with reports of abuse and neglect of people with disability.

To make a report
☎ 1800 880 052 | ✉ hotline@workfocus.com

Callers who are deaf or have a hearing or speech impairment can contact the National Relay Service (NRS) by calling ☎ 1800 555 677 then asking for ☎ 1800 880 052.

Callers from a non-English speaking background can use the Translating and Interpreting Service (TIS) by calling ☎ 13 14 50



ELDER ABUSE

Offers a free service that provides information, support and referrals relating to the abuse of older people living in the community across NSW.

If you witness, suspect or experience abuse, call the NSW Elder Abuse Helpline & Resource Unit on ☎ 1800 628 221 for information, support and referrals.

☎ 1800 628 221 (for an interpreter, first call 131 450
[🌐 elderabusehelpline.com.au](https://www.elderabusehelpline.com.au)



HEADSPACE

Early intervention mental health services to 12-25 year olds, on four core areas: mental health, physical health, work and study support and alcohol and other drug services.

Counselling by phone or online chat, every day from 9am - 1pm.
☎ 1800 650 890 | [🌐 beyondblue.org.au](https://www.beyondblue.org.au)

SANE AUSTRALIA

SANE

Counselling by phone or chat on Mon-Fri from 9am-5pm, or by email. Free mental health information and referral service on weekdays during office hours.

☎ 1800 187 263 | 🌐 sane.org



HEALTHDIRECT AUSTRALIA

Healthdirect Australia is a 24-hour telephone health advice line staffed by Registered Nurses to provide expert health advice.

☎ 1800 022 222



GAMBLING HELP HOTLINE

24/7 free and confidential support for anyone affected by gambling.

☎ 1800 858 858 | 🌐 gamblinghelp.nsw.gov.au



ST VINCENT'S ALCOHOL & DRUG INFORMATION SERVICE (ADIS)

ADIS is a NSW state-wide telephone service providing education, information, referral, crisis counselling and support about illegal drugs such as heroin, ice and cannabis, as well as legal drugs such as alcohol.

ADIS operates 24 hours, 7 days a week. All calls are confidential and anonymous.

☎ 02 9361 8000 | 🌐 yourroom.com.au



RELATIONSHIPS AUSTRALIA

Offers family and relationship counselling as well as a range of specialist counselling services.

☎ 1300 364 277 | 🌐 relationshipsnsw.org.au



WESTERN SYDNEY COMMUNITY LEGAL CENTRE

Western Sydney Community Legal Centre is a non-profit community organisation. They assist residents of Local Government Areas in Western Sydney who are socially or economically disadvantaged by providing free general legal advice in various areas of law.

They have 3 main offices in Western Sydney -

PARRAMATTA ☎ 02 8833 0911

ROOTY HILL ☎ 02 9675 2009

WINDSOR ☎ 02 4587 8877



DIOCESE of
PARRAMATTA

HEALING AND SUPPORT SERVICE DIOCESE OF PARRAMATTA

A service for persons who have been affected by abuse perpetrated by personnel working for the Church in the Diocese of Parramatta.

This is a therapeutic case management service that assists a person to locate and engage in relevant supports, tell their story and access the various pathways for a response or outcome they may be seeking.

☎ 02 8838 3429



CATHOLICCARE WESTERN SYDNEY & THE BLUE MOUNTAINS

Provides a variety of support services including counselling.

☎ 02 8843 2500 | 🌐 ccss.org.au



1800 65 64 63

NSW Domestic Violence Line
(free call) - 24 hours a day, 7 days a week

DOMESTIC VIOLENCE LINE

The Domestic Violence Line is a NSW statewide telephone crisis counselling and referral service for women and persons who identify as female.

☎ 1800 65 64 63

🌐 facts.nsw.gov.au/domestic-violence/helpline

If you are a man experiencing domestic and family violence you can contact: 🌐 mensline.org.au | 🌐 1800respect.org.au



NSW DEPARTMENT OF HEALTH – DRUG & ALCOHOL SERVICE

Western Sydney ☎ (02) 9840 3355



SAMSN

Survivors & Mates Support Network (SAMSN) SAMSN is a not-for-profit organisation that is not affiliated with any religious organisation. It works to increase public awareness of the effects that childhood sexual abuse can have on men in their adult lives.

SAMSN employs psychologists and social workers who have experience working with male survivors to facilitate support groups for men and their families and supporters.

☎ 02 8355 3711 | HELPLINE ☎ 1800 4 SAMSN (72 676)

✉ SUPPORT@SAMSN.ORG.AU | 🌐 samsn.org.au