

Pathways to Opportunities



Getting By... Getting Ahead

A guide to concessions
and other ways of
keeping costs down

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Getting By...Getting Ahead

**A guide to concessions
and other ways of keeping costs down**

This guide is for people living on a low income. It has been prepared following consultation with Urban Network participants and Ruah Inreach workers. It includes information about useful concessions and other ways of getting by on a low income which people are already tapping into, and other information which people requested be included.

A BIG THANK YOU to everyone who contributed to this process.

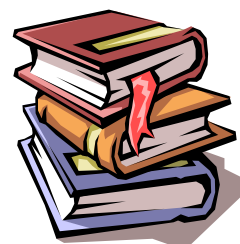
We aim to update this publication every 12 months. **Please help to keep it up to date:** If you are aware of, or if you find out about, a service or concession that should be in this guide, please fill in the Update Form at the back of this guide, or contact:

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GETTING AN EDUCATION AND HOLDING IT TOGETHER



Resource	Information	Contact Details
EDUCATION ENTRY PAYMENT	CENTRELINK If you receive a DISABILITY SUPPORT PENSION or a PARENTING PAYMENT, you may be able to get an extra annual payment of \$208 if you are enrolled in an approved course of study.	Ph: 13 24 90 Website www.centrelink.gov.au
LITERACY NUMERACY ALLOWANCE	CENTRELINK If you are a registered job seeker with Centrelink, they can arrange up to 800 hours of help to improve your reading, writing and/or maths skills.	Ph: 13 24 90 Website www.centrelink.gov.au
PENSIONER EDUCATION SUPPLEMENT	CENTRELINK If you receive a DISABILITY SUPPORT PENSION or a PARENTING PAYMENT you may be able to get an additional weekly allowance if you are enrolled (full time or part time) in an approved course of study.	Ph: 13 24 90 Website www.centrelink.gov.au
TAFE FEES	COSTS OF WA TAFE COURSES Tuition Cost: \$1.32 per curriculum hour (to a maximum of \$481.80 per semester) or \$0.69 per curriculum hour concession* (to a maximum of \$251.85 per semester) Resource Fee: Costs vary from subject to subject, with the majority falling within the \$5-\$40 range (some subjects may have resource fees between \$80 and \$220). Enrolment Charge: For all students (full-time and part-time): \$22.20 per semester. All fees and charges must be paid at the time of enrolling.	For information about careers and courses please contact the Training Info Centre Ph: Email: training.information@det.wa.edu.au Website: www.tafe.wa.gov.au
FREE TUTORING	READ, WRITE, NOW Community-based organisation which provides a free, one-to-one adult literacy tutoring service to all adults. Tutors are available in many different locations and are matched to the needs of students.	Ph: 1800 018 802
SCHOOL FEES	Holders of a low income Health Care Card and those who receive a Single Parenting Payment receive fee discounts at Catholic schools. With discounts, primary school is \$140 per year, and secondary school \$880 per year.	Ph: 63805200 Website www.ceo.wa.edu.au

Resource	Information	Contact Details
<p>CONTRIBUTIONS AND CHARGES AND UNIFORMS</p> 	<p>EDUCATION DEPT OF WA “Secondary Assistance Scheme” An allowance to assist eligible families with secondary schooling costs at Government schools. Paid up to and including the year the student turns 18. Consists of two components: \$115 Clothing Allowance paid directly to the parent/guardian or the school, and \$135 Educational Program Allowance paid directly to the school. Parent/ guardian must hold a Pensioner Concession Card/Family Health Care Card or Veterans Affairs Pensioner Concession Card.</p>	<p>Application forms are available at all secondary schools and can be completed at the school in Term 1 of each year by the parent or guardian of student/s enrolled in Years 8 –12.</p> <p>www.eddept.wa.edu.au</p>
<p>FARES ALLOWANCE</p>	<p>CENTRELINK If you are a student and receive YOUTH ALLOWANCE, AUSTUDY, PENSIONER EDUCATION SUPPLEMENT and study away from home, you may be able to have some of your trips home paid.</p>	<p>Ph: 13 24 90</p> <p>www.centrelink.gov.au</p>
<p>FINANCIAL SUPPORT – GRANTS, LOANS AND SCHOLARSHIPS</p> 	<p>CURTIN UNI SCHOLARSHIPS You can get information about scholarships from the Scholarships Office or from their website.</p> <p>BUYING BOOKS If you can prove that you receive a low income and are a member of the student guild then you may be able to get a Bookshop Grant from the student guild to help pay for your books.</p>	<p>Ph: 9266 3119 www.scholarships.curtin.edu.au</p> <p>Ph: 9266 2900 www.curtin.edu.au</p>
	<p>MURDOCH UNI SCHOLARSHIPS You can get information about THE MICK YOUNG SCHOLARSHIP RSTC GORDON SMITH SCHOLARSHIP and others from the Scholarships Office</p>	<p>Ph: 9360 7688 Website www.oss.murdoch.edu.au</p>
	<p>MURDOCH UNI - BUYING BOOKS If you are an enrolled student and can prove that you are a low-income earner you may be able to get a voucher to help pay for the cost of your books. A pensioner or health care card is required.</p>	<p>Ph: 9360 2158 Website www.murdoch.edu.au</p>
	<p>MURDOCH UNIVERSITY NO INTEREST LOANS If you are an enrolled student you may be able to get a no interest loan to help with your studies.</p>	<p>Ph: 9360 6127 Student Services Website www.murdoch.edu.au</p>

Resource	Information	Contact Details
	<p>UNIVERSITY OF WA DISABILITY SUPPORT SERVICES SCHOLARSHIPS Some undergraduate scholarships are available, check on website, follow links to “Scholarships” then “Undergraduate”</p>	<p>Ph: 6488 3809 UniAccess Officer PH: 6488 2477 Prospective Students Officer Website http://www.transition.uwa.edu.au/welcome/disability_office</p>
	<p>UNIVERSITY OF WA If you are enrolled and experiencing financial difficulties you may be able to get a GUILD GENERAL GRANT or a NO INTEREST LOAN or FINANCIAL ADVICE Applications through the Guild Office, or Student services.</p>	<p>Ph: 6488 2423 Student Services Website www.studentservices.uwa.edu.au</p>
	<p>EDITH COWAN UNIVERSITY SCHOLARSHIPS You can get Information about scholarships through the Scholarships Office at Joondalup Campus.</p>	<p>Ph: 9273 8816 Website www.ecu.edu.au/scholarships</p>
	<p>EDITH COWAN UNIVERSITY If you are studying for the first time you may be able to get an EQUITY BURSARY. Applications can be made through the Disability Officer. If you have completed one semester of study you may be able to get an EMERGENCY LOAN to help out in a crisis through the university’s counselling services</p>	<p>Ph: 13 43 28 Website www.ecu.edu.au</p>
 <p>COMMONWEALTH LEARNING SCHOLARSHIPS</p> 	<p>1. Commonwealth Education Costs Scholarships (CECS) \$2,120 per year (indexed) for up to four years to assist with education costs. ELIGIBILITY: Full-time undergraduate students from a low socio-economic background or indigenous. 2. Commonwealth Accommodation Scholarships (CAS) \$4,240 (indexed) per year for up to four years to assist with accommodation expenses. ELIGIBILITY: Full-time undergraduate students who are from a low socio-economic background, are indigenous or have had to move from a rural or regional area to undertake higher education. Applicants for both the above must be citizens or on an humanitarian visa, be able to demonstrate financial hardship and be studying with an approved higher education provider.</p>	<p>Ph 1800 020 108 1300 363 079 www.goingtouni.gov.au and follow the scholarships links</p>
<p>Ruah’s Vision: A socially just, compassionate, sustainable and participative community. Ruah’s Mission: To redress disadvantage and enhance the human spirit</p>		



COMPUTERS AND INTERNET ACCESS



Resource	Information	Contact Details
TADWA	ELIGIBILITY: DSP / Pension Card SERVICES: Computer loans. Includes support and guarantee. Desktops - \$360 for 2 years (payable \$5 quarterly for the first year, then \$30 per quarter). Laptops - \$300 for 1 year payable at \$75 quarterly. Additional hardware available at cost price.	Ph: 9379 3733 www.technicalaidwa.org.au
TADAust	ELIGIBILITY: DSP / Pension Card SERVICES: Internet connection for \$5.50 per month, with unlimited time and unlimited downloads. There is a \$36.00 once-off connection fee. There are 3 plans available – 3, 6 and 12 months.	Ph: 1300 735 439 http://www.tadaustconnect.org.au
GREEN PC	ELIGIBILITY: Health Care Card SERVICE: Refurbished computers from \$130	Ph: 94393688 Browse the catalogue, or order, at www.greenpc.com.au
COMPUTER ANGELS	ELIGIBILITY: Open SERVICE: Free computers to people who complete a training course. The course is \$120 and consists of six 3-hour sessions.	Ph: 9258 8002 www.computerangels.org.au
MURDOCH UNI 8Ball Program	ELIGIBILITY: Proof of low income SERVICE: Free rebuilt computers for Murdoch Student Guild members; \$20 for non-students.	Ph: 9360 2158 Ph: 9553 7016 (Rockingham campus) http://guild.murdoch.edu.au/
JOBSWEST	ELIGIBILITY: Pension or Health Care Card SERVICE: Low cost (starting at \$250), refurbished computers. Delivered for minimum cost. Support desk (phone and online). 3 month warranty. Also recycling.	.Ph: 9209 4300 450 Victoria Road Malaga www.jobswest.com.au
PASSAGES Drop In Centre	Free Computer and internet access for checking emails and job searching.	9228 1478 22 Palmerston Street Northbridge
LORIKEET CENTRE	ELIGIBILITY: Diagnosed Mental Health Issues SERVICES: Computers and Internet access. Printing at minimal cost. Tuesday – Friday.....9.00am-4.30pm	Ph: 9381 9144 104 Cambridge Street Leederville

Resource	Information	Contact Details
ALEXANDER LIBRARY	FREE 1 hour internet access Bookings required	Ph: 9427 3111. Perth Cultural Centre, James St Northbridge
PUBLIC LIBRARIES	Most libraries provide word processing, printing, fax and internet access free or cheaply. All charge for email service. Phone your local library or council to find out more.	Phone your local council or visit the council website for the location of your nearest library.
ECU, CURTIN, MURDOCH AND UWA	Internet is free at universities to enrolled students. COMMUNITY BORROWERS You can join the library of your nearest university for a fee. This gives you access to computers and restricted internet use. ECU Curtin University (\$70.40 half yearly) Murdoch University (\$99 annually) University of WA (\$165)	ECU Ph: 9370 6251 Curtin Ph: 9266 7167 Murdoch Ph: 9360 2563 UWA Ph: 6488 1777
UWA PUBLIC INTERNET	UWA Reid Library There is free access to the internet at the Reid Library Café. Mon – Thurs 8am-10pm Fri 8am-6pm Sat, Sun 10am-6pm	Ph: 6488 1777 Website www.library.uwa.edu.au 35 Stirling Hwy Crawley
TAFE COLLEGES	Computers and internet are free for enrolled students	www.tafe.wa.gov.au Central TAFE Ph: 1300 300 822 Challenger TAFE Ph: 9239 8189 Swan TAFE Ph: 9267 7500 West Coast TAFE Ph: 1300 134 881

WELLNESS RECOVERY ACTION PLAN (WRAP)

This innovative 8 week course (2.5 hours per week) is designed by consumers and led by consumers for consumers.

The course is highly participatory and conversational and draws heavily on the resources of the group—a cooperative effort. It is an educational course, not therapy.

The WRAP facilitators are mental health consumers with experience as facilitators and educators.

Key concepts underlying the course content are **Hope** (recovery is possible), **Personal Responsibility** (I can do it), **Education** (I can learn how), **Self-advocacy** (I can stick up for myself) and **Strong Support System** (I don't have to do it alone).

Skills and strategies for achieving and maintaining well being are discussed and individually planned.

For more information phone Trish at Ruah on 9227 7012

or go to <http://www.ruah.com.au/wrap.html>

COMMUNITY EDUCATION



<p>COMMUNITY LEGAL CENTRES</p>	<p>Many Community Legal Centres run free workshops, seminars and training on a variety of legal and financial issues. Contact your Local CLC (see page 35) or ring the CLC Association of WA to find out your nearest CLC.</p>	<p>CLC Association of WA. Ph: 9221 3322 http://www.communitylaw.net/</p>
<p>COMMUNITY ORGANISATIONS</p>	<p>Community organisations often run workshops on topics like budgeting, tenancy, using a mobile phone, arts and crafts; some provide computer training; others on growing your own food; or even planning nutritious meals on a limited budget.</p>	<p>Check out what's happening in your area. Try your:</p> <ul style="list-style-type: none"> - local community centre - local council - community newspapers - local notice boards
<p>BASIC COMPUTER TRAINING</p>	<p>A number of community based agencies are funded to provide free computer literacy training.</p>	<p>To find your nearest provider go to: www.det.wa.edu.au/training/ Click on "Training", then "First Click/Second Click" the "Recommended organisations".</p>
<p>JOBSWEST</p>	<p>Registered Training Organisation, Community based, hands on learning. Phone for info and eligibility criteria.</p>	<p>Ph: 9209 4300 450 Victoria Road Malaga www.jobswest.com.au</p>
<p>ON LINE RESOURCES</p>	<p>The internet can be a great place to find information about keeping costs down. Do your own search but here are some useful websites to get you started.</p>	<p>www.community.wa.gov.au/ www.fido.asic.gov.au/ www.understandingmoney.gov.au/ www.docep.wa.gov.au</p>
<p>ENGLISH CLASSES</p>	<p>ADULT MIGRANT ENGLISH CLASSES Free, community based classes for newly arrived migrants and refugees. Phone for your nearest class.</p> <p>BLUE SKY COMMUNITY GROUP Community based, supported learning.</p>	<p>Ph: 9229 3670</p> <p>Ph: 9376 9999 34 Dianna Crescent Lockridge</p>

<p style="text-align: center;">FOOD CENTS</p>	<p>DEPARTMENT OF HEALTH FREE PUBLICATIONS RECIPE IDEAS: low cost recipes for a balanced diet. KILO-CENTS COUNTER: How to compare prices by weight. FOOD CENTS: Feed a family of four for around \$5 per day. FOOD CENTS: 10- Plan Shopping Guide</p> <p>WORKSHOPS Nutrition, Budgeting and cooking based on the Food Cents Program.</p>	<p>Ph: 1300 135 030</p> <p>Department of Health WA Ph: 1300 135 030 www.health.wa.gov.au</p> <p>FoodBank Ph: 92589277 www.foodbankwa.org.au</p> <p>Atwell Financial Counselling Service Ph: 9414 6302 1 Lamb Gardens Atwell</p>
<p style="text-align: center;">FIRST AID TRAINING</p>	<p>ST JOHN'S AMBULANCE If you have a Pensioner Concession Card you may be able to get a discount on first aid courses. Aged pensioners + over-65s receive free. DSP, Carer payment, sole parent, mature = 50% off.</p> <p>RED CROSS First Aid Training, including mental health first aid. Concession rates may be available.</p>	<p>Ph: 9334 1222 209 Gt Eastern Hwy Belmont</p> <p>Ph: 9325 5111 Freecall: 1800 810 710 110 Goderich Street East Perth</p>

RUAH COMMUNITY SERVICES

Ruah Community Services is committed to working in partnership with citizens marginalised by mainstream society to enable them to overcome their disadvantage, improve the quality of their lives, enhance their spirit and participate more fully in the community. Ruah services support people to:

- Address homelessness and accommodation vulnerabilities;
- Break the cycle of domestic or family violence;
- in their mental health recovery journey and achieve improved quality of life;
- Reduce the impact of poverty and find pathways to mainstream opportunities;
- Address problematic substance use;
- Make the transition from prison into the community; and
- Access employment and education opportunities.



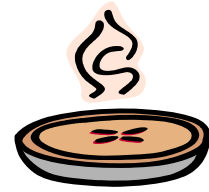
PLACES TO BUY CHEAP FOOD





Area	Information	Contact Details
ARMADALE	ARMADALE FOOD CENTRE ST VINCENT DE PAUL ELIGIBILITY: Pension or Health Care Card Wed-Fri..... 10.00am-2.00pm	Ph: 9497 4670 Unit 11/49 William St Armadale
BEECHBORO	IDEAL CASH & CARRY LOW COST FOOD STORE ELIGIBILITY: Pension or Health Care Card Mon - Fri 9.30am-3.30pm Sat 9.00am-12.00pm Thursdays – Free Bread	Ph: 9378 9254 499 Beechboro Rd Beechboro
BELMONT	BELMONT COMMUNITY FOOD CENTRE SECOND HARVEST ELIGIBILITY: Pension or Health Care Card Wed-Fri 8.00am-12.00am	Ph: 9277 3756 26 Fisher St Belmont
BIBRA LAKE	GRANARY HOUSE ST VINCENT DE PAUL ELIGIBILITY: Pension or Health Care Card Wed/Thurs 10.00am-2.30pm Fri 10.00am-1.30pm	Ph: 9418 7155 Lot 50 Cnr Phoenix and Sudlow Rds Bibra Lake
GOSNELLS	TJ's SHOPnSAVE (used to be RITE PRICE) Mon-Fri 9.30am-5.00pm Sat 9.00am-2.00pm	Ph: 9398 1358 Unit 6, 2150 Albany Hwy Gosnells
MANNING	MANKARA (at Southcare) ELIGIBILITY: Pension or Health Care Card Mon-Fri 8.30am-2.00pm	Ph: 9450 6233 Cnr Manning Rd and Bickley Cres Manning
MAYLANDS	TJ's Shop n Save (used to be RITE PRICE) Mon-Fri 9.00am-5.30pm Sat 9.00am-2.00pm	Ph: 9271 1766 58 Eighth Ave Maylands
MIDLAND	TJ's Shop n Save (used to be RITE PRICE) Mon-Fri 9.00am-5.00pm Sat 9.00am-2.00pm	Ph: 9250 1759 2/52 Helena St Midland
ROCKINGHAM	ROCKINGHAM LOW COST FOOD CENTRE ELIGIBILITY: Pension or Health Care Card Wed-Fri 9.00am-12.45pm	Ph: 9592 6060 Unit 4/29 Hurrell Way Rockingham





LOW COST OR FREE MEALS




Meal	Information	Contact Details
<p style="text-align: center;">BREAKFAST</p> 	<p>SALVATION ARMY SOUP PATROL FREE soup and rolls at these times/locations: Wellington Square 8.00am Supreme Court Gardens 8.30am</p>	<p>Ph: 9442 5777 Perth</p>
	<p>TRANBY DAY CENTRE Sandwiches, Fruit, Tea and Coffee Sun 7.30-11.00 am Mon-Thurs 7.30-11.00 am</p>	<p>Ph: 0408 946 637 Level 1 6 Pier Street Perth</p>
	<p>CITIPLACE \$5.20 with Seniors / DSP Card Mon-Fri 8.30am-10.00am</p>	<p>Ph: 9325 3264 or 9325 3688 Upper Level City Rail Station Complex Perth</p>
	<p>ST PATRICK'S COMMUNITY SUPPORT CENTRE FREE Mon-Sat Beginning at 8.00am Sun Beginning at 9.00am</p>	<p>Ph: 9430 4159 9 Parry Street Fremantle</p>
	<p>"PITSTOP CAFÉ" - SOUTHSIDE CARE FREE with Pension or Health Care Card Mon, Wed, Thurs & Fri 9.00-10.00</p>	<p>Ph: 9399 1909 76 Forrest Rd Armadale</p>
	<p>RUAH CENTRE Drop in for free tea or coffee Mon-Fri.....9.00am-1.00pm See also page 23</p>	<p>Ph: 9328 7682 33 Shenton St Northbridge</p>
<p style="text-align: center;">BREAKFAST 4 KIDS</p>	<p>Over 200 schools in Perth are now providing nutritious breakfasts for children through a Foodbank program.</p>	<p>Enquire at your child's school.</p>
<p style="text-align: center;">LUNCH</p>	<p>GOVINDA RESTAURANT HARE KRISHNA FOOD FOR LIFE \$5.00 Hot meal If you are able to do some work in the kitchen you may be able to get a FREE meal Mon-Fri 11.30am-2.30pm</p>	<p>Ph: 9227 1684 200 William Street Northbridge</p>
	<p>CROSSWAYS \$8.00 3-course meal Wed-Fri..... 12.00-1.30pm</p>	<p>Ph: 9390 5388 Crossways Community Service Cnr Centre and Lake Rd Westfield</p>

Meal	Information	Contact Details
<p style="text-align: center;">LUNCH</p> 	<p>“PITSTOP CAFÉ” - SOUTHSIDE CARE FREE with Pension or Health Care Card Mon, Wed, Thurs & Fri 12.00 – 2.00pm</p>	<p>Ph: 9399 1909 76 Forrest Rd, Armadale</p>
	<p>RUAH CENTRE Sandwiches 50c Tea and Coffee free Mon-Fri 12.00-1.00pm Cooking practice (food included) twice a week</p>	<p>Ph: 9328 7682 33 Shenton Street Northbridge (also see page 23)</p>
	<p>LORIKEET CLUBHOUSE From \$2.50 (Need to order by 10.45am) Tues-Fri 9.00-4.30pm</p>	<p>Ph: 9381 9144 104 Cambridge Street West Leederville</p>
	<p>CITIPLACE \$6.20 Mon-Fri 11.30am-1.30pm Seniors / DSP Card</p>	<p>Ph: 9325 3264 or 9325 3688 Upper Level City Rail Station Complex Perth</p>
	<p>ST PATRICK’S CARE CENTRE 3 Course Meal \$4.00 Mon-Fri 11.45am-1.45pm Sat/Sun 11.45am-12.30pm</p>	<p>Ph: 9430 4159 9 Parry Street Fremantle</p>
	<p>THE JUICY BEETROOT CAFE All hot food is half price after 3pm.</p>	<p>Tum Tum Tree Lane 132 High St, (across from Tropicana café) Fremantle</p>
	<p>TRANBY CAFETERIA \$2.60 -\$5.50 (sandwiches/soup/hot meal) Mon-Thur From 12.00pm Sun From 11.00am</p>	<p>Ph: 0408 946 637 Level 1 6 Pier Street Perth</p>
	<p>GIRRAWHEEN UNITINGCARE Mon-Fri 10.00am-1.00pm \$3.00 includes Morning tea, lunch & activities Pick up is available for locals</p>	<p>Ph: 9342 9756 65 Salcott Rd, Girrawheen</p>
	<p>CHRISTIAN CENTRE FOR SOCIAL ACTION Mon – Fri 12.30pm FREE</p>	<p>9472 4227 879 Albany Hwy Victoria Park</p>
	<p>CHURCHLANDS COMMUNITY SERVICES Wednesday Café.....11.00am FREE</p>	<p>Ph: 6241 2700 154 Balcatta Road Balcatta</p>
<p>EARTHWISE COMMUNITY ASSOCIATION FREE Lunch Thursdays Phone to book</p>	<p>Ph: 0422 941 492 315 Bagot Road Subiaco</p>	
<p>GENESIS Meals in the Park Mon – Fri.....12noon</p>	<p>Ph: 9227 1780 108 Beaufort Street Northbridge</p>	

Meal	Information	Contact Details
LUNCH	HOPE INC (HELPING OUT PEOPLE EVERYWHERE INC) Tues and Fri.....1 pm	Ph: 9221 5021 142 146 Beaufort Street Northbridge
	SALVATION ARMY COMMUNITY LUNCH FREE – during school term only DAILY.....11.00am-12.00pm	Ph: 95273460 Corner Read Street and Wilmott Drive Cooloongup.
	SALVATION ARMY COMMUNITY LUNCH FREE (donation if possible) Thursday.....12noon	Ph: 9398 2244 42 Goodall Street Gosnells
	COOLBELLUP BAPTIST CHURCH FREE hot lunch Wednesday	70 Waverley Road Coolbellup
	PASSAGES DROP IN-CENTRE ELIGIBILITY: 12-25 years and homeless. Passages follow a format of learning to cook for the first hour and preparing a meal in the second hour. FREE. Tues Cooking Class9am start Friday.....BBQ 9am -1.00pm	Ph: 9228 1478 22 Palmerston Street Northbridge
	MARKETS Some outlets in market food halls reduce meals to half price just before closing time. Most markets are open Thursday – Sunday. Phone to find out what time your local market food hall closes.	
		<i>Ruah means 'wind', 'breath', 'Spirit of Life'.</i>

Meal	Information	Contact Details
LUNCH	<p>RAINBOW PROJECT LUNCHES Friendship-focused lunches are held by the Rainbow Project in Manning, Wembley Downs, Gosnells, Maylands, Duncraig, Claremont and Mandurah. Gold coin donation.</p> <p>CLAREMONT: Fortnightly Thursdays, 11.30am</p> <p>DUNCRAIG: Fortnightly Tuesdays, 11.30am</p> <p>GOSNELLS: First & Third Tuesdays, 11.30am</p> <p>MANNING: Fortnightly Wednesdays, 11.30am</p> <p>MAYLANDS: Fortnightly Tuesdays, 11.30am</p> <p>WEMBLEY DOWNS: Second and fourth Tuesdays, 12pm</p>	<p>Ph: 9450 3905 rainbowproject@iinet.net.au</p> <p>MANNING 19 Pether Road</p> <p>WEMBLEY DOWNS 130 Calais Road</p> <p>GOSNELLS Corner Bert & Hicks Streets</p> <p>MAYLANDS 2 Rowlands Street</p> <p>DUNCRAIG Cnr Wandoo Road & Manuka Place</p> <p>CLAREMONT 324a Stirling Highway</p>
EVENING MEAL	<p>CHRISTIAN CENTRE FOR SOCIAL ACTION Wed 7.00pm</p> <p>GOVINDAS RESTAURANT HARE KRISHNA FOOD FOR LIFE \$2.50 Takeaway only Mon-Fri 4.15 –6.15 Sun 5.00-6.30pm</p> <p>ST ALBAN'S SOUP KITCHEN FREE Saturday 5.30-7.00pm</p> <p>ST BARTHOLOMEW'S \$8.00 Every day 5.00pm</p> <p>EARTHWISE COMMUNITY ASSOCIATION FREE Evening Meals Friday Phone to book</p> <p>CELEBRATE RECOVERY FREE Halal 3 course meals Mon and Wed 4.00 – 5.30pm</p> <p>VICTORY LIFE CENTRE FREE Evening Meal Thursday 5.00 - 7.00pm</p>	<p>9472 4227 879 Albany Hwy Victoria Park</p> <p>Ph: 9227 1684 200 William Street Northbridge</p> <p>Ph: 9328 8071 423 Beaufort St Highgate</p> <p>Ph: 9323 5100 78 Brown St, East Perth</p> <p>Ph: 0422 941 492 315 Bagot Road Subiaco</p> <p>Ph: 1300 727766 Banksia Grove Community Centre Grass Tree Bend Banksia Grove</p> <p>Ph: 9202 7111 1 Neil Street Osbourne Park</p>



Meal	Information	Contact Details
	<p>FREE RED CROSS SOUP PATROL</p> <p>PERTH <i>Every Day</i> Murray Street (red cat station)6.45pm The Esplanade.....7.00pm Wellington Square (YHA backpackers)7.15pm Goderich St (back of Red Cross).....7.30pm Newcastle St (Tom Burke House)8.00pm</p> <p>FREMANTLE <i>Every day</i> Beach St (near ferry).....7.00pm Ellen St (opposite Christian Brothers)7.15pm Short St (nr Spare Parts Puppets).....7.30pm Chester St (cnr Lefroy st).....7.45pm Goldfield House (South Tce & Douro Rd)8.00pm</p>	<p>Ph: 9325 5111 992 Hay Street Perth</p>



'The Big Issue' is a current affairs magazine sold on the streets by marginalised people.

The Big Issue provides people who are socially excluded, or at risk of becoming marginalised, the opportunity to earn an income and to take steps towards a more constructive role in the community.

Discover a greater sense of self-worth through a process of support, training and mentoring.

For further details contact

The Big Issue WA
60 John St,
Northbridge 6005
Telephone: 08 9228 2711



EMERGENCY RELIEF



Area	Information	Contact Details
<p>ANYWHERE</p>	<p>ADVENTIST DEVELOPMENT AND RELIEF AGENCY Food Parcels Mon-Wed 9.00am-2.00pm</p>	<p>Ph: 9342 1460</p>
	<p>CENTRELINK CRISIS PAYMENT If you have been forced to leave home by violence or extreme circumstances, or have been released from jail, you may be eligible for a one-off payment equal to a week of your basic Centrelink payment. Claims must be lodged within seven days of the extreme event.</p>	<p>Ph: 13 28 50</p>
<p>ARMADALE</p>	<p>ARMADALE INFORMATION AND REFERRAL SERVICE INC ELIGIBILITY: Low Income Earners living in Armadale area SERVICE: Food Vouchers, Food Parcels, Electricity & Gas bills, blankets, fuel assistance, prescriptions. Financial Counselling. Mon, Wed-Fri 9.00am-3.00pm Closed between 12 and 1pm</p>	<p>Ph: 94971406 28 Sexty Street Armadale</p>
	<p>SOUTHSIDE CARE ELIGIBILITY: Residents of Armadale and Serpentine/Jarrahdale. HCC or Pension Card. SERVICE: Assistance with utility and phone bills, prescription costs, essential travel costs. Food Parcels. Budgeting Advice. Mon, Wed, Thurs, Fri 9.00am-3.00pm</p>	<p>Ph: 9399 1909 76 Forrest Road Armadale</p>
	<p>CROSSWAYS COMMUNITY SERVICES ELIGIBILITY: Low Income residents of the Armadale and Kelmscott areas. SERVICE: Food Parcels and Emergency Relief. Phone for appointment Wed, Thurs, Fri 9.30-11.00am</p>	<p>Ph: 93905388 Corner Lake Road and Centre Road Westfield</p>
	<p>SALVATION ARMY ELIGIBILITY: Health Care Card or Pension Card SERVICE: Food Vouchers, Food Parcels, Telstra Vouchers (limited), Clothing vouchers. Tues/Thurs 9.00am-12.00pm</p>	<p>Ph: 9497 1803 57 Braemore Street, Armadale</p>

Area	Information	Contact Details
ATWELL	ATWELL FINANCIAL COUNCELLING SERVICE Emergency Relief - Telstra and Utility accounts, No Interest Loans (Health Care Card required), information and referral. Mon-Fri.....9.00am-3.00pm	Ph: 9414 6302 1 Lamb Gardens Atwell
BALGA	SALVATION ARMY ELIGIBILITY: Low Income, Health Care Card or Pension Card SERVICE: Blankets, Cash, Food Vouchers – Subject to availability, Food Parcels, Assistance with Bills, Financial counselling. Mon-Fri 9.00am-12.00pm Mon-Fri 1.00pm-3.00pm Appointments needed	Ph: 9349 7488 10-18 Lavant Way Corner Princess Road and Lavant Way Balga
BELLEVUE	NEW LIFE WELFARE (WA) INC ELIGIBILITY: Low Income Earners SERVICE: Blankets, Clothes, Financial Counselling, Food Parcels, Furniture HOURS: 24 Hours 7 Days by phone appointment	Ph: 9255 1039
BELMONT	GOWRIE COMMUNITY SERVICES ELIGIBILITY: Belmont City Residents with a Health Care Card SERVICE: Emergency Relief; NILS loans; Financial Counselling. Ring for appointment Mon & Thurs.....9.30am – 11.30am JACARANDA COMMUNITY HOUSE ELIGIBILITY: Belmont and surrounding areas. SERVICE: Emergency Relief, NILS loans, AlintaCare, Financial Counselling Mon, Tue & Thurs..... 9.15am-3.00pm	Ph: 9478 7500 275 Abernethy Rd Cloverdale Ph: 9477 4346 146 Epsom Avenue Belmont
BENTLEY	SALVATION ARMY ELIGIBILITY: Open SERVICE: Food parcels only Wed.....9.00am-12.00noon You must ring for an appointment.	Ph: 9458 1855 Lot 48 Dumond St Bentley
CANNINGTON	COMMUNICARE ELIGIBILITY: Residents of Shire of Canning, Holder of Health Care Card or Pension Card. SERVICE: Food Vouchers, Food Parcels, Electricity & Gas Bills, Water, Financial counselling, Blankets. Ring first for appointment Mon..... 10.00am-2.30pm Tues.....9.00am–12.30pm Thurs..... 10.00am-2.30pm Fri..... 9.00am-1.00pm	Ph: 9251 9777 28 Cecil Avenue Cannington

Area	Information	Contact Details
COOLBELLUP	COCKBURN FINANCIAL COUNSELLING ELIGIBILITY: Open SERVICE: Financial counselling. Assistance with Alinta and Synergy Bills. Please phone first. Mon-Fri9.00am-3.00pm	Ph: 9331 1174 86 Cordelia Ave Coolbelup
DUNCRAIG	DUNCRAIG INFORMATION & CARE ELIGIBILITY: Open to residents of Joondalup Shire SERVICE: Food hampers, interest-free loans for household goods. Mon, Thurs, Fri..... 9.00am -12.00pm	Ph: 9448 5111 29 Wandoo Road Duncraig
EAST PERTH	ANGLICARE ELIGIBILITY: Open SERVICE: Food Vouchers, Food Parcels, Clothes, Blankets, Assistance with Bills. Mon, Wed and Fri..... 9.00am-11.00am	Ph: 9325 7033 23 Adelaide Tce East Perth
FORRESTFIELD	FOOTHILLS INFORMATION AND REFERRAL SERVICE ELIGIBILITY: Residents of the Shire of Kalamunda SERVICE: Food Vouchers, Assistance with Bills, Financial Counselling Mon-Fri 9.00am-4.00pm	Ph: 9359 1253 24 Anderson Road Forrestfield
FREMANTLE	PORTCARE ELIGIBILITY: Open SERVICE: Food hampers by appointment	Ph: 0407727455
GIRRAWHEEN	DAISY HOUSE ELIGIBILITY: Open SERVICE: Food Vouchers, Food Parcels, Limited assistance with Telstra accounts Mon & Fri..... 9.30-11.30am	Ph: 9247 1960 1 Wade Court Girrawheen
GOSNELLS	SALVATION ARMY ELIGIBILITY: Open SERVICE: Emergency Food Tues, Wed and Thurs.....ring at 9.00am GOSNELLS COMMUNITY LEGAL CENTRE ELIGIBILITY: Residents of Gosnells Shire. SERVICE: Some emergency relief, Telstra and utility accounts, information, advocacy, assisted referral. Tues, Wed, Thurs, Fri.....9.30-12.30 Tues, Wed, Thurs, Fri... 1.30-4.00 ALL SAINTS ANGLICAN CHURCH ELIGIBILITY: City of Gosnells Residents only SERVICE: Food Hampers, Food Vouchers Mon and Fri.....9.30-12.30 First 5 clients only	Ph: 9398 2244 42 Goodall Street Gosnells Ph: 9398 1455 2232 Albany highway Gosnells Ph: 9490 1931 42 Dorothy Street (Corner Hicks St) Gosnells

Area	Information	Contact Details
HEATHRIDGE	SALVATION ARMY ELIGIBILITY: Open SERVICE: Blankets, Clothing, Food Parcels/ Vouchers, Furniture, Assistance with Bills (limited) By appointment only. Tue & Thur 9.30am-12.30pm	Ph: 9401 3408 36 Christmas Avenue Heathridge
JOONDALUP	PAT GILES CENTRE ELIGIBILITY: Women and children escaping Domestic Violence SERVICE: Emergency relief, food packages, information and referral	Ph: 9300 0340
KELMSCOTT	CROSSWAYS COMMUNITY SERVICES ELIGIBILITY: Residents of Armadale area who have a Health Care Card or Pension Card SERVICE: Food Vouchers/Parcels, Electricity, Telephone, Assistance with Bills (limited) Wed-Fri 9.30am-11.30am	Ph: 9390 5388 Cnr Lake and Centre Roads Kelmscott
KWINANA	ST VINCENT DE PAUL SOCIETY ELIGIBILITY: Open SERVICE: Blankets, Clothing, Food Vouchers, Food Parcels, Assistance with Bills Mon-Fri 10.00am-3.00pm	Ph: 9419 4285 Cnr Summerton and Calista Ave
LANGFORD	BOOGURLARRI COMMUNITY HOUSE ELIGIBILITY: Open SERVICE: Financial Counselling, Assistance with Bills, Rent Assistance Mon-Fri 9.00am-12.30pm Mon-Fri 1.30pm-4.00pm	Ph: 9350 6236 82 Langford Ave Langford
LEEMING	LEEMING ANGLICAN HAMPERS ELIGIBILITY: Residents of Leeming SERVICE: Home delivered food hampers Ring 4pm and 6pm on Friday or between 9am and 12 noon Saturday, for delivery between 1pm and 4pm Saturday	0415 375 823
LOCKRIDGE	BLUE SKY COMMUNITY GROUP ELIGIBILITY: Local/Low income SERVICE: Food vouchers, Assistance with bills, financial counselling Mon, Tues and Thurs.....9.00am – 3.00pm	Ph: 9376 9999 34 Dianna Crescent Lockridge
MADDINGTON	WATTLE HOUSE COMMUNITY CENTRE (MISSION AUSTRALIA) ELIGIBILITY: Open, Living in the City of Gosnells SERVICE: Food Vouchers, Financial counselling on referral Tues-Thur 9.00am-2.30pm (Ring or drop in during opening hrs for appt)	Ph: 9493 2447 40 Orr Street Maddington

Area	Information	Contact Details
MORLEY	SALVATION ARMY COMMUNITY CENTRE ELIGIBILITY: Open, by appointment only SERVICE: Blankets, Clothing, Food Vouchers & Parcels, Financial counselling. Mon, Wed, Fri 9.00am-12.00pm	Ph: 9279 4500 565 Walter Road East Morley
NOLLAMARA	UNITING AID ELIGIBILITY: Living in the City of Stirling, Health Care Card or Pension Card, Limit to how much assistance clients can obtain each year. SERVICE: Food Parcels, Electricity, Assistance with Bills, Blankets, Clothing, Chemist Vouchers Tues, Fri 9.00am-12.00pm	Ph: 9344 3840 19 Monterey St Nollamara
OSBORNE PARK	ST VINCENT DE PAUL SOCIETY ELIGIBILITY: Open SERVICE: Blankets, Clothing, Food Vouchers, Food Parcels, Assistance with Bills, Furniture. Ring and they will deliver after a visit to your home. Mon-Fri 9.00am-1pm	Ph: 1300 794 054
OSBORNE PARK	VICTORY LIFE CENTRE ELIGIBILITY: Open SERVICE: Food hampers Wed-Fri 10am-4pm	Ph: 9201 1266 1 Neil St Osborne Park www.victorylifecentre.com.au
PARMELIA	ANGLICAN PARISH OF KWINANA ALL SAINTS EMERGENCY RELIEF ELIGIBILITY: Open SERVICE: Clothing, Food Vouchers, Food Parcels, Financial Counselling. Tues - Thurs 9.00am-11.00am	Ph: 9419 2065 Cnr Chisham Ave and Bickner Way Parmelia
PERTH	UNITING CARE WEST ELIGIBILITY: Open SERVICE: Food Vouchers/Parcels, Assistance with Bills, Blankets, Financial Counselling Mon-Fri 9.00am-5.00pm HOPE INC (HELPING OUT PEOPLE EVERYWHERE INC) ELIGIBILITY: Open SERVICE: Blankets, Clothing, Food Parcels, Assistance with Bills, Financial counselling. (By appointment only) Tue, Wed, Fri 9.00am-4.30pm Office Hours: Tue/Fri 1.00-4.00pm	Ph: 1300 663 298 Ph: 9325 2400 2 nd Floor Wesley Centre 93 William Street Perth Ph: 9427 5013 142 146 Beaufort Street Northbridge

Area	Information	Contact Details
<p style="text-align: center;">PERTH</p>	<p>SALVATION ARMY FAMILY SUPPORT SERVICES ELIGIBILITY: Families or singles on low income SERVICE: Blankets, Clothing, Food Parcels/ Vouchers, beds, mattresses, Assistance with Bills (limited) Furniture (DV or similar only) (By Appointment) Mon-Fri 9.00am-12.00pm Mon-Fri 1.00-3.00pm</p>	<p>Ph: 9328 1690 333 William St Perth</p>
	<p>ANGLICARE ELIGIBILITY: Pension or Health Care Card SERVICE: Food and utility accounts Mon, Tues, Wed and Fri.....9.00am-11.00am Ring first for appointment</p>	<p>Ph: 9325 7033 23 Adelaide Terrace Perth</p>
	<p>PASSAGES DROP IN CENTRE ELIGIBILITY: 12-25 years and homeless SERVICE: Vouchers Mon-Thurs.....9.00am-12.00 Mon-Thurs.....1.00-4.00pm</p>	<p>Ph: 9228 1478 22 Palmerston Street Northbridge</p>
	<p>ST VINCENT DE PAUL SOCIETY ELIGIBILITY: Open SERVICE: Blankets, Clothing, Food Vouchers/Parcels, Assistance with Bills, Rent Assistance, Financial Counselling Mon-Fri 9.00am-1.00pm</p>	<p>Ph: 9274 7577 Home Visit Service</p>
	<p>RUAH CENTRE ELIGIBILITY: over 20, homeless or at risk of homelessness, on a low income, have drug or alcohol problems. See page 23 for services</p>	<p>Ph: 9328 7682 33 Shenton St Northbridge</p>
<p style="text-align: center;">ROCKINGHAM</p>	<p>ST VINCENT DE PAUL ELIGIBILITY: Open SERVICE: Blankets, Clothing, Food Vouchers/Parcels, Assistance with Bills Mon & Thurs9.00am to 12.00pm Wed10.00am to 12.30pm</p>	<p>Ph: 9592 7816 Home Visit Service</p>
	<p>SALVATION ARMY ELIGIBILITY: Open SERVICE: Food Vouchers/Parcels, Assistance with Bills (limited), Blankets, Clothing, Furniture, NILS loans Tue/Fri 9.30am-12.00pm By appointment only</p>	<p>Ph: 95273460 Cnr Read Street and Willmott Drive Cooloongup</p>

Area	Information	Contact Details
THORNLIE	ST ANDREWS ANGLICAN CHURCH ELIGIBILITY: Residents of Thornlie, Maddington, Gosnells, Langford and Huntingdale. SERVICE: Home Delivered Food Hampers Tues/Fri..... Ring between 2pm and 3pmfor delivery between 3pm and 5pm	Ph: 9493 5090
THORNLIE	THORNLIE LIFE CENTRE ELIGIBILITY: Local residents only SERVICE: Crisis food parcels in conjunction with budgeting, support and referrals. Mon-Thurs.....10am – 2.30pm	
WEST PERTH	FATHER BRIAN'S CRISIS CARE CENTRE ELIGIBILITY: People in Crisis SERVICE: Limited Assistance Only, Clothes, Food Parcels, Blankets. Mon-Sat..... 8.00am-6.00pm	Ph: 9481 4050
WESTMINSTER	MUSTARD SEED MINISTRY SERVICE: Emergency relief, food assistance	Ph: 0406 933 565

THE RUAH CENTRE
 33 Shenton Street Northbridge
 (catch the blue cat bus)
 Drop in 9.30am – 1 pm Monday to Friday
 Appointments 1.00– 3.30 Monday to Friday

A SAFE, RELAXING AND FRIENDLY ENVIRONMENT
 WHERE STAFF CAN HELP YOU WITH YOUR NEEDS.

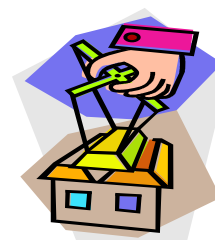
FREE ASSISTANCE / REFERRALS WITH ISSUES SUCH AS:

- Income and budgeting problems
- Housing (referrals to crisis accommodation, advocacy & assistance with Homeswest applications)
- Material assistance (referral for food parcels, bills etc)
- Drug and alcohol concerns
- Mental health concerns
- Assistance to apply for Legal aid etc


TEA AND COFFEE. SANDWICHES 50 CENTS. SHOWERS. TV/VIDEO. BOARD GAMES, CARD GAMES, JIGSAWS. RECREATION AND OUTINGS. COOKING CLASSES.



GETTING A HOME - KEEPING A HOME



Resource	Information	Contact Details
<p align="center">BOND ASSISTANCE</p>	<p>DEPARTMENT OF HOUSING & WORKS Offers bond assistance as an interest-free loan to help people obtain accommodation in the private rental market. The loan is repaid in regular payments of at least \$15 per fortnight. Applicants must meet public housing income and asset limits, and should be 16 years or over. Apply at any DHW Office</p>	<p>Ph: 9476 2444 Website www.dhw.wa.gov.au</p>
<p align="center">RENT ASSISTANCE</p>	<p>CENTRELINK ELIGIBILITY: People in receipt of regular Centrelink payments who are renting privately (ie not through Homeswest) SERVICE: Depending on your rent and situation an amount will be added to your fortnightly Centrelink payment to help pay your rent.</p>	<p>Website www.centrelink.gov.au 132850 (looking for work) 132490 (youth / student) 132717 (disability/sickness)</p>
	<p>DEPARTMENT OF HOUSING & WORKS Some applicants for bond assistance (see above) may also be eligible to borrow the first two weeks rent in advance.</p>	<p>Ph: 9476 2444 Website www.dhw.wa.gov.au</p>
	<p>TENANTS' ADVICE SERVICE (TAS) Provides advice and information to tenants experiencing difficulties with landlords, real estate agents or Homeswest. Mon–Fri:..... 8.30am – 3.30pm</p>	<p>Metro advice line Ph: 9221 0088 Country Free call: 1800 621 888 www.taswa.org</p>
	<p>WA TENANCY NETWORK Members provide information, advice, negotiation and advocacy for tenants and potential tenants, including public housing and caravan park tenants. Many Community Legal Centres host Tenancy Workers.</p>	<p>Contact Tenants Advice Service (above) for your Local Service Unit or See page 35 for participating Community Legal Centres</p>

HOUSEHOLD GOODS	Department for Child Protection The department may provide a voucher for the purchase of secondhand household goods at community organisations and op shops.	Ph: 9222 2555 www.dcp.wa.gov.au
	WA NILS The WA No-Interest Loans Scheme provides interest-free loans for the purchase of essential household goods. You must be on a low income (eligible for a health care card), and been living in the same property for six months, or have been forced to move.	Ph: 1300 365 301
 HOME OWNERSHIP OPTIONS	FIRST HOME OWNERS' GRANT The First Home Owners' Scheme provides for a grant designed to help people purchase or build their first home. It is not a loan and does not need to be repaid.	Ph: 9262 1299 or Toll Free: 1300 363 211
	KEYSTART Obtaining a Home Loan Keystart is an initiative of the West Australian government that is set up to assist West Australians into affordable housing. Keystart will assess your income and other commitments to determine the amount you may be eligible to borrow.	Ph: 1300 720 855 Website www.keystart.com.au
	ACCESS HOME LOANS ELIGIBILITY: People on disability support benefits and their carers in receipt of a pension. SERVICE: The Access Home Loan Scheme helps people with disabilities buy their own home or modify an existing private home to cater for their needs.	Ph: 1800 001 722 Website www.keystart.com.au For more information, see the Access Home Loans page under Keystart.
	GOODSTART This loan can help Department of Housing and Works tenants and applicants on the rental waiting list to buy a minimum 70 per cent share in a Department of Housing and Works property. The remaining share is owned by the Department of Housing and Works and can be purchased by the borrower at a later date.	Ph: 1300 366 055 Website www.keystart.com.au (follow the links to the GoodStart page)
	RENTAL SALES SCHEME ELIGIBILITY: A minimum period of three years continuous tenancy with the Department of Housing and Works. No interest in any lot of residential land. Sufficient income to repay the home loan. No current arrears or other debts to DHW – including water consumption debts. SERVICE: Eligible Department of Housing and Works tenants can purchase their rental property (if it is available for sale). Purchasers may receive a grant of up to \$3000 for stamp duty, valuation and settlement fees and a discount for any approved capital improvements they have made to the property.	Rental Sales Scheme Ph: 9222 8148. Country callers TOLL FREE Ph: 1800 093 325

GARDENING, HOME HELP AND MAINTENANCE



If you need help with home maintenance and/or gardening, you may be able to get help from the following places. Ring to check if your circumstances make you eligible for their services.

Area	Information	Contact Details
ANYWHERE	YOUR LOCAL SHIRE COUNCIL	Your local council in the white pages or at www.dlgrd.wa.gov.au
	HOME AND COMMUNITY CARE PROGRAM (HACC) Services for frail-aged and disabled	Ph: 9222 4060 www.health.wa.gov.au
	VOLUNTEER TASK FORCE	9428 5388 www.volunteertaskforce.org.au
	PEOPLE WHO CARE (INC) Gardening	9379 1944 www.peoplewhocare.org.au
ARMADALE	ARMADALE HOME HELP SERVICE	Ph: 9399 1111
BASSENDAN	BASSENDAN HACC SERVICES	Ph: 9279 6588
BELMONT	BELMONT HOME CARE	Ph: 94777140
EASTERN SUBURBS	PERTH HOME CARE Home help only for frail aged and people with a disability.	Ph: 9204 7800
GOSNELLS	GOSNELLS COMMUNITY SUPPORT SERVICE	Ph: 9490 2393
KALAMUNDA	KALAMUNDA COMMUNITY CARE	Ph: 9257 1222
MELVILLE	MELVILLE CARES	Ph: 9319 1144
MUNDARING	HILLS COMMUNITY SUPPORT GROUP INC	Ph: 9250 5300

SOUTH PERTH	SOUTHCARE	Ph: 9450 6233
SUBIACO	SUBIACO COMMUNITY COUNCIL	Ph: 9381 2471
SWAN DISTRICTS	SWAN COMMUNITY CARE	Ph: 9267 9055
VICTORIA PARK	HAROLD HAWTHORNE HOME AND COMMUNITY CARE (Vic Park only)	Ph: 9361 3891

RUAH'S ENVIRONMENTAL SUSTAINABILITY FRAMEWORK

As a consumer of the earth's natural resources, Ruah is committed to environmental sustainability.

Ruah recognises that in providing services to those who live in disadvantage, the organisation's environmental footprint impacts more heavily upon the earth with each passing year.

With the issue of sustainability a contemporary challenge facing all organisations and individuals, regardless of sector area or core business, Ruah seeks to proactively address its operational impact upon the environment.

Ruah does this through strategies such as reducing power usage; reducing, reusing and recycling paper and other products; use of green cleaning products; and educating workers and clients.



SUPPORT AND ADVOCACY SERVICES FOR TENANTS

Area	Information	Contact Details
ANYWHERE	<p>MULTICULTURAL HOUSING ADVOCACY SERVICE Helps migrant/refugee people to maintain tenancies, learn new skills and learn about services available.</p> <p>TENANTS ADVICE SERVICE Provides advice and information to tenants experiencing difficulties with landlords, real estate agents or Homeswest. Mon–Fri:..... 8.30am – 3.30pm</p> <p>WA TENANCY NETWORK Members provide information, advice, negotiation and advocacy for tenants and potential tenants, including public housing and caravan park tenants. Many Community Legal Centres host Tenancy Workers.</p> <p>WESLEY HOMELINK and HOME CONNECT Assists people to secure private rental housing.</p>	<p>Ph: 9328 1544</p> <p>Ph 9221 0088 Country Freecall: 1800 621 888</p> <p>Contact Tenants Advice Service (above) for your nearest Local Service Unit.</p> <p>See also Legal Advice and Information Page 35.</p> <p>Ph: 9481 1007 1300 663 298</p>
BENTLEY to KENWICK / MADDINGTON	<p>RUAH TENANCY SUPPORT SERVICE Provides support, in partnership with the landlord, private tenants and their family, for private tenants who are at risk of losing their home.</p>	<p>Ph: 9493 7305 Email: rts@ruah.com.au Website: www.ruah.com.au</p>
ARMADALE / GOSNELLS	<p>TENANCY SUPPORT SERVICE Provides support, in partnership with the landlord, private tenants and their family, who are at risk of losing their home.</p>	<p>Ph: 9493 7305 Email: rts@ruah.com.au Website: www.ruah.com.au</p>
BALGA TO MAYLANDS	<p>CENTRECARE SUPPORT AND ADVOCACY SERVICE</p>	<p>Ph: 9300 7300 Website: www.centrecare.com.au</p>
FREMANTLE	<p>ACCESS HOUSING ASSOCIATION Housing provider for people on low incomes including those with chronic psychiatric conditions. South Metro and Peel areas.</p>	<p>Ph 9430 0900 21 Parry Street Fremantle</p>
MIDLAND, MIDDLE SWAN, BASSENDEAN	<p>CENTRECARE SUPPORT AND ADVOCACY SERVICE</p>	<p>Ph: 9300 7300 Website: www.centrecare.com.au</p>

ROCKINGHAM	STAR - SUPPORTING TENANCIES, ANGLICARE ROCKINGHAM	Ph: 9527 5322 Email: star@anglicarewa.org.au
PERTH AND NE METRO	<p>FOUNDATION HOUSING Provides low cost accommodation to low income individuals and families, including boarding houses, bedsits, units, townhouses and houses.</p> <p>RUAH CENTRE Eligibility: homeless or at risk of homelessness (see page 23 for more information)</p> <p>Assistance with Homeswest applications and appeals to homeless people and people at risk of homelessness. Referral and support to secure accommodation.</p>	<p>Ph: 9250 6863 27 Springpark Road Midland</p> <p>Ph: 92276480 131 Brisbane Street Perth www.foundationhousing.org.au</p> <p>Ph: 9328 7682 33 Shenton St Northbridge</p>
SE METRO	<p>SE MIGRANT RESOURCE CENTRE Helps migrant/refugee people with tenancy problems and accessing crisis accommodation.</p>	

RUAH TENANCY SUPPORT



Ruah Tenancy Support works in partnership with Tenants and Property Managers/Landlords to stabilise vulnerable private rental tenancies in the South East corridor of Perth.

Ruah Tenancy Support also works in conjunction with the Homeless Helpline of the Department for Housing and Works to support people making a transition from homelessness to stable housing in the community.

Ruah workers will visit individuals and families in their own setting to discuss their needs, and plan how we can work together to stabilize the tenancy; increase skills to maintain a home long-term; and to develop links to community resources.


For more information contact Ruah on 94805500 or go to <http://www.ruah.com.au>



MANAGING YOUR BILLS & DEBTS



Resource	Information	Contact Details
ADVOCACY see also " Legal Advice & Information "	WELFARE RIGHTS & ADVOCACY SERVICE Provides information, support and assistance if you have problems with Centrelink. North of River only.	Ph: 9328 1751 98 Edward St http://www.wraswa.org.au
BALANCING A BUDGET	FINANCIAL COUNSELLORS If you are having trouble making ends meet, or if you would like support and help to manage your finances, make an appointment with a financial counselling in your area.	Ph: 9325 1617 Financial Counsellors Association of WA Ph: 9221 9411 Financial Counsellors Research Project for your nearest service
BANKING	Ask your bank about how you can minimise fees on your account. Some CREDIT UNIONS & BUILDING SOCIETIES <u>charge lower fees</u> than banks. Some do not charge fees at all.	Police and Nurses Credit Society Ph: 13 25 77 Statewest Credit Society Ph: 13 63 13 United Credit Union Ph: 13 1612 University Credit: Society 9389 1011
CENTREPAY	Have regular amounts deducted from your Centrelink payment to cover your bills. Includes all bills, childcare, fines, loan repayments. This is a free service and can be arranged by phone.	Ph: 132850 (looking for work) Ph: 132490 (youth / student) Ph: 132717 (disability/sickness) www.centrelink.gov.au
CREDIT CARDS	CONSUMER CREDIT LEGAL SERVICE Assists with problems with credit, banking and financial services. Free telephone advice, representation, legal information and training.	Ph: 9221 7066
ELECTRICITY, GAS & WATER	ENVIRONMENT HOUSE Provides FREE home energy audits to tell you how you can save water. Health Care Card holders can receive FREE energy-saving products and some trade services.	Brenda or Rob Ph: 9271 4488 0428 711 977

Resource	Information	Contact Details
ELECTRICITY	<p>SYNERGY (used to be Western Power) Budget Card Make regular payments(minimum \$30) at the Post Office to help manage your electricity bill</p> <p>Concessions Health Care and Pensioner Concession Card holders are entitled to reductions on their supply charge. If you have dependent children you are also entitled to a rebate on consumption charges. Speak with a Synergy worker about your particular circumstance.</p>	<p>Ph: 13 13 53</p> <p>http://www.synergyenergy.com.au/</p>
GAS	<p>ALINTA GAS Budget card: You can make regular \$20 payments at your local Australia Post office to help manage your gas bill. Bill smoothing: You can spread the estimated cost of your yearly Alinta account into twelve equal monthly payments, paid by direct debit.</p>	<p>Alinta Gas Ph 13 13 58 For more information</p>
 RENT	<p>HOMESWEST If you live in Homeswest accommodation you can pay your rent by DIRECT DEBIT. NO FEE charged if you go through Homeswest, FEE charged if you go through your Bank. Or you can pay using the HOMESWEST CARD and pay at the Post Office.</p> <p>CENTREPAY If you receive a Centrelink payment you may be able to have regular amounts deducted from your payments to pay your rent.</p>	<p>www.dhw.wa.gov.au</p> <p>www.centrelink.gov.au</p>
PROMPT PAYMENT	<p>Paying your bills on time means that you avoid a late fee, which can be up to \$15.00. If you can't pay by the due date, phone the company beforehand and ask for a "time to pay" arrangement. Some companies even have a "prompt payment discount"</p>	<p>Synergy (Electricity) Ph:13 13 53 Alinta Gas Ph:13 13 58 Telstra Ph: 13 2200</p>
TELEPHONE	<p>BUNDLING You can save by having your home phone, mobile and/or internet with the same provider.</p>	<p>Optus 13 33 45 Telstra 13 22 00 AAPT 13 88 88</p>


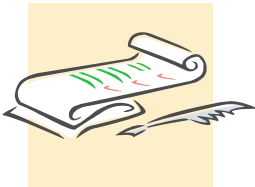



	Information	Contact Details
WATER RATES	<p>WATER AUTHORITY If you have a Pensioner Concession Card you could receive a rebate for up to 50% on your annual services charges account. Some people may be able to get a discount on consumption charges.</p> <p>Prompt Payment Discount All customers who pay their annual service charges and any outstanding charges before 31 July of current year are eligible for discount as shown on the account.</p> <p>Equal payment plan You can have regular amounts deducted from your bank account so that you don't have to pay large amounts when bills are due.</p> <p>If you cannot pay the bill amount by the due date, phone the Water Corporation to make other arrangements. If you don't contact them, you will be charged interest on your account</p>	<p>Ph: 1300 659 951</p> <p>www.watercorporation.com.au</p>
FINES	<p>FINE ENFORCEMENT REGISTRY Most unpaid fines are sent to the Fine Enforcement Registry after a period of time, after which the amounts increase every few weeks. You can check if you have any outstanding fines by phoning them – a good idea when you moved house or change your contact details.</p> <p>If you can't afford to pay your fine(s) in a lump sum, you can make a payment plan with the Fines Enforcement Registry.</p>	<p>Ph: 1300 650 235 32 St Georges Terrace, Perth</p> <p>www.justice.wa.gov.au</p>

The following core values guide the people of Ruah Community Services and the work we do:

- **Respect**
A high regard for the dignity and worth of each person which underscores all interactions.
- **Grass Roots**
A collaborative, community based, hands-on approach alongside clients.
- **Integrity**
Honest, ethical and accountable.
- **Partnership**
Work relationships, both internal and external, are within a partnership approach.
- **Creativity**
Innovation, inventiveness and diversity.

MOVING ON



Listed below are a few tips for keeping costs down when you have to move.		
DOCUMENTS	Some documents are costly to replace (birth certificate, id, driver's license). Some can never be replaced (photos, letters, education certificates). Take care to keep your documents and photographs safe.	
INVENTORY	If you have to move unexpectedly and are unable to take all your belongings, make a list of what you are leaving behind. Having a witness is also a good idea. Make clear arrangements about collecting it later.	
DON'T BE RUBBISHED	Packing stuff in garbage bags is a cheap way to go, but beware - there is a risk that other people might think it's rubbish. Make sure you label everything. Better still use boxes – ask your local supermarket to save some for you.	
AVOID LOSING YOUR BOND MONEY	Do your best to clean the place up and have a witness to the condition of the property when you move out. Check your tenancy agreement and property condition report for anything you have to do like curtain or carpet cleaning. If you are having problems getting your bond (or belongings) back, contact a community legal centre (see page 35).	
REMOVALISTS	Ring around for prices and ask about minimum charges. Compare the cost to hiring a trailer or utility vehicle. Get friends to help you move smaller stuff in cars.	
DEPARTMENT FOR COMMUNITIES	If you have been forced to move due to either an unforeseen crisis or because of a legitimate need to move, you may be helped with moving your furniture.	http://www.community.wa.gov.au/DFC/Resources (Look under "Financial help") 9222 2555
MAIL REDIRECTION	You can have your mail redirected for half price (\$5.75) if you have a pension or health care card.	Ph: 131318 www.austpost.com.au

LEGAL ADVICE AND INFORMATION

If you need legal advice that relates to outstanding fines or debts, the following services can provide free advice and assistance. Community Legal Centres can also provide advice and information on a range of legal issues including domestic violence, family law, child support, and tenancy. Many provide Community Legal Education. Phone first to check if they can help you with your issue or contact the Community Legal Centres Association on 9221 9322 or see www.communitylaw.net:

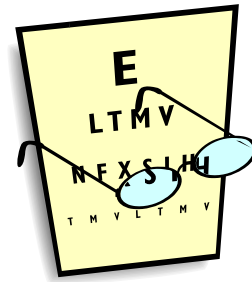
Area	Information	Contact Details
ARMADALE	ARMADALE INFORMATION AND REFERRAL SERVICE General family law, debt, minor criminal, motor vehicle accidents, criminal insurance compensation, restraining orders. Ring for appointment.	Phone: 9497 1406 Email: airs28@optusnet.com.au Address: 28 Sexty St Armadale
FREMANTLE	FREMANTLE COMMUNITY LEGAL CENTRE Restraining orders, family law matters, criminal injuries compensation, tenancy- tenants only, welfare rights (Centrelink), financial counselling By appointment only	Phone: 9432 9790 Address: Shop11 Queensgate, 10 William St Fremantle
GOSNELLS	GOSNELLS COMMUNITY LEGAL CENTRE provides information, advice and ongoing assistance in family law, Child Support, Welfare Rights, Tenancy, Consumer Credit and Domestic Violence. Representation in court available for restraining order applications and defended hearings. Initial legal advice available in minor criminal and civil law matters	Phone: 9398 1455 Address: 2232 Albany Highway Gosnells Website: www.gosclc.com.au
INGLEWOOD	WOMEN'S LAW CENTRE WA Family law (children's issues), violence restraining orders, equal opportunity law, criminal injuries compensation. Women clients only EMPLOYMENT LAW CENTRE provides free telephone legal advice to disadvantaged workers on all areas of employment law	Phone: 9272 8800 Address: 920 Beaufort St Inglewood Email: wlcenreofwa@inet.net.au Phone: 1300 130 956 920 Beaufort St, Inglewood
LANGFORD	BOOGURLARRI COMMUNITY HOUSE Evening legal service. Family Law, Wills, Tax. Ring Tuesday to Friday between 9.30 and 4 for an evening legal appointment	Phone: 9350 6236 82 Langford Avenue Langford
MIDLAND	MIDLAND INFORMATION, DEBT AND LEGAL ADVOCACY SERVICE INC. Tenancy, Domestic Violence Legal Solicitor, Disability Advocate, Financial Counsellor, emergency relief	Phone: 9250 2123 Address: Midland Junction, Lotteries Hse Great Eastern Hwy (cnr Helena St) Email: Email: midlas@iprimus.com.au


MIRRABOOKA	<p>NORTHERN SUBURBS COMMUNITY LEGAL CENTRE Family, civil, criminal, tenancy Specialist services: Tenancy law, Seniors law</p>	Phone: 9440 1663 Address: 10 Cobbler Pl Mirrabooka
MANDURAH	<p>PEEL COMMUNITY LEGAL SERVICE Criminal, civil/administrative, family, generalist legal advice service. Also assistance in a number of areas including tenancy, Centrelink, domestic and family violence, consumer debt etc.</p>	Phone: 9581 4511 Address: 2 Sutton Street Mandurah www.peelcls.com.au
NORTH PERTH	<p>MULTICULTURAL SERVICES CENTRE OF WA Information, negotiation, referral; assistance with Legal Aid applications, family law, and initial advice in most areas of law.</p>	Phone: 9328 2699 Email: law@mscwa.com.au Address: 20 View St North Perth
PERTH	<p>MENTAL HEALTH LAW CENTRE Provision of legal advice and representation for involuntary patients in the mental health system. Referrals for other legal issues.</p> <p>HEALTH CONSUMERS COUNCIL Telephone information and referral service. Individual advocacy, Health Issues Group.</p> <p>CASE FOR REFUGEES Provides services to refugees living in Western Australia. Do not give advice over the phone</p> <p>CITIZENS ADVICE BUREAU Provides advice and information relating to most areas of law including family, civil, consumer, vehicle accidents, neighbourhood disputes, simple wills, powers of attorney and probate and letters of administration. Initial legal advice given, no legal representation. Some Family Court documents prepared</p> <p>CONSUMER CREDIT LEGAL SERVICE Assist consumers with problems with credit, banking and financial services. Assist by way of free telephone advice, representation and legal information.</p> <p>DAYDAWN ADVOCACY CENTRE Assist with a range of issues facing the disadvantaged and marginalised</p>	Phone: 9328 8266 Email: office@mhlcwa.org.au Website: www.mhlcwa.org.au Address: 33 Brisbane St Phone: 9221 3422 1800 620 780 Unit 12, 14 Wellington Fair 4 Lord Street, Perth Phone: 9227 7311 Address: 245 Stirling Street Perth Phone: 9221 5711 Address: 25 Barrack Street Perth www.cabwa.com.au Phone: 9221 7066 Address: level 1, 231 Adelaide Tce, Perth Phone: 9227 8432 Address: 207 Beaufort Street Perth

<p>PERTH</p>	<p>TENANTS ADVICE SERVICE Information, advice, advocacy, public interest casework, education, training, publications, policy research and development, law reform and resourcing to locally based tenancy and other community workers.</p> <p>WELFARE RIGHTS AND ADVOCACY SERVICE Information, advice, advocacy and assistance with Centrelink, issues and appeals and tenancy assistance two days per week.</p> <p>YOUTH LEGAL SERVICE Legal information, advice and advocacy to young people under 25 years in civil and criminal matters. Also representation in metropolitan Children's Courts. Financial counselling to assist young people with debt issues.</p> <p>LEGAL AID WA Free telephone and internet information about many areas of law. Eligibility criteria apply for advice, minor assistance and representation. Specialist services include DV, Child Support, Immigration and Youth law.</p> <p>PASSAGES Legal Advice and information only Thursday.....1.00pm JPET and STEP 1 Friday.....11.00am CENTRELINK: Mon, Wed, Fri.....11.00am YOUTHLINK: Monday.....10.00am</p>	<p>Phone: 9221 0088 Country Freecall: 1800 621 888 www.taswa.org</p> <p>Ph: 9328 1751 www.wras.org.au</p> <p>Phone: 9202 1688 Address: 8 Pier St Perth Email: yls@youthlegalserviceinc.com.au Website: www.youthlegalserviceinc.com.au</p> <p>Ph: 1300 650 579 www.legalaid.wa.gov.au</p> <p>Ph: 9228 1478 22 Palmerston Street Northbridge</p>
<p>ROCKINGHAM</p>	<p>SOUTHERN COMMUNITIES ADVOCACY LEGAL & EDUCATION SERVICE Children's matters, family and domestic violence, family law matters relating to children, tenancy (public and private), criminal injuries compensation, Centrelink, criminal, immigration, Equal Opportunity claims, consumer, contract and debt matters, motor vehicle accidents - property damage</p>	<p>Phone: 9528 6077 Address: Ground Floor, Lotteries House, Rockingham Website: www.law.murdoch.edu.au/scales Email: scales@murdoch.edu.au</p>
<p>VICTORIA PARK</p>	<p>SUSSEX STREET COMMUNITY LAW SERVICES Generalist legal service providing advice and assistance in civil, family and minor criminal law. Also provide specialist services in tenancy, welfare rights and financial counselling</p>	<p>Phone: 9470 2676 Address: 29 Sussex Street, East Victoria Park Website: www.sscls.asn.au</p>


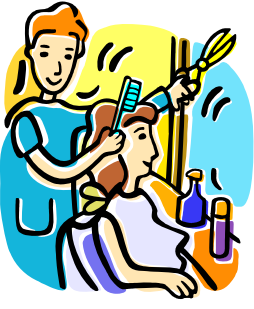


TAKING CARE OF YOURSELF




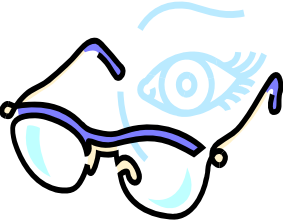
Resource	Information	Contact Details
<p>AMBULANCE</p>	<p>If you need an ambulance it can cost hundreds of dollars. It is not covered by medicare or your pension/ health care card. It is much better to have ambulance insurance. For example, HBF St John's Ambulance cover costs only \$39 a year for singles and \$78 for families.</p> <p>ST JOHN'S AMBULANCE If you have a Pensioner Concession Card you may be able to get a discount on first aid courses. Aged pensioners + over-65s receive free. DSP, Carer payment, sole parent, mature = 50% off.</p>	<p>Ph HBF 133423 or Ask your preferred health insurer.</p> <p>Ph: 9334 1222 209 Gt Eastern Hwy Belmont</p>
 <p>ALTERNATIVE THERAPIES</p>	<p>AUST ACADEMY OF NATURAL THERAPIES NATUROPATHY CLINIC Tues/Wed/..... 3.00-7.00pm Available to the general public (some concession rates available)</p> <p>AUSTRALIAN INSTITUTE OF HOLISTIC MEDICINE Student Clinic (supervised by qualified practitioner) Mon 9.30am-12.00pm Wed 5.00pm-9.00pm Fri 3.30pm-7.00pm Sat 9.30am-1.00pm (\$20 consultations; 10% discount for pensioners)</p>	<p>Ph: 9350 6152 39 John St Bentley (corner Charles St)</p> <p>Ph: 9417 3553 862 North Lake Rd, Jandakot</p>
<p>BEAUTY CLINIC</p>	<p>CENTRALTAPE BEAUTY CLINIC (During Tafe semester only) Fri 10.30am-3.00pm Sat 9.30am-12.00pm</p> <p>CHALLENGER TAPE (Trainees supervised by professionals) Prices vary – phone for information and bookings</p>	<p>Ph: 9427 3770 S201, Mt Lawley TAFE, Cnr Harold & Lord Street Mt Lawley</p> <p>Ph: 9239 8227 or 9335 8788</p>

Resource	Information	Contact Details
	<p>CITIPLACE Beautician Removal of facial and eyebrow hair. Approximately every 2 months (appt necessary) From \$5.00 if you are a pensioner</p>	Ph: 9325 3264 or 9325 3688 Upper Level City Rail Complex Perth
<p>DENTAL CARE</p> 	<p>GOVERNMENT DENTAL CLINICS If you have a Pensioner Concession Card or a Health Care Card you may be eligible for subsidised dental treatment. Level of subsidy depends on benefit received. Phone or check the internet site to find out your nearest clinic.</p> <p>ORAL HEALTH CENTRE OF WA If you have a Pensioner Concession Card or a Health Care Card you can get subsidised dental treatment here. The level of subsidy depends on benefit received. Treatment by supervised Dental students is offered almost immediately and is FREE of charge.</p> <p>GRAYLANDS DENTAL CLINIC If you are a PATIENT or have been RECENTLY DISCHARGED, you may be able to get free dental care.</p>	<p>Ph: 9313 0555 After hours emergency 9325 3452</p> <p>www.dental.wa.gov.au</p> <p>Ph: 9346 4400 www.ohcwa.uwa.edu.au</p> <p>Ph: 9347 6600 Ask to be put through to Dental clinic</p>
<p>DOMESTIC VIOLENCE</p>	<p>If you are a victim of domestic violence, if you are perpetrator of domestic violence, or if you are worried about someone you love - you can get help.</p> <p>If you need legal advice see page 35</p>	<p>Crisis Care 9223 1111</p> <p>Family Helpline 9221 2000</p> <p>Sexual Assault Resources Centre 9340 1828</p> <p>Men's Domestic Violence Helpline 9223 1199</p>
<p>EMERGENCY MENTAL HEALTH SERVICES</p>	<p>24 Hour call centre staffed by experienced mental health professionals. Initial advice and assessment; counselling and support; referral to Community Emergency Response Team.</p>	<p>Ph: 1300 555 788 Freecall: 1800 676 822</p>
<p>GENERAL HEALTH</p>	<p>ENHANCED PRIMARY CARE (EPC) PLAN If you have a complex or chronic health condition, you may be eligible for the Enhanced Primary Care Plan. This provides rebates for up to five allied health appointments per year. Applications must be made through a GP.</p>	<p>Ph: 132 150 www.medicareaustralia.gov.au</p>

Resource	Information	Contact Details
GENERAL HEALTH	Western Institute of Self Help WISH can provides you with links to self help groups and other community networks	Ph: 9228 4488 1800 195 575 www.wish.org.au
HEP C and HIV	HEPATITUS COUNCIL OF WA Information about hep c, prevention, keeping well WA AIDS COUNCIL Information about HIV and AIDS, support services for people living with HIV.	Ph: 9227 9800 Country callers: 1800 800 070 www.hepatitiswa.com.au Ph: 9482 0000 www.waids.com
 HAIRDRESSING 	BALGA TAFE (Apprentices supervised by professionals) Prices vary according to what you would like to have done. Book in advance.	Ph: 9207 4449 18 Loxwood Road, Balga
	CHALLENGER TAFE (Trainees supervised by professionals) Prices vary according to what you would like to have done. Book in advance.	Ph: 9239 8227 93358788
	CITIPLACE Professionally trained hairdressers If you are 55 years or over, or you are receiving a DSP pension you can have your hair done. Both male and female. Prices begin at \$12.50. Daily 8.30am and 2.45pm (Closed on Public Holidays)	Ph: 9325 3264 or 9325 3688 Upper level City Railway Station Complex Perth
	SWAN TAFE (Trainees supervised by professionals) Prices vary according to what you would like to have done. Book in advance.	Midland campus Ph: 9374 6361 Balga Campus Ph: 9207 4449
	TAYLOR WEIR SCHOOL OF HAIRDRESSING (Haircut performed by apprentices) (During College semester only) Low Cost Haircuts Appointments only	Ph: 9321 8152 9322 6396 65 Plaistowe Muse City West
HEARING	CENTRELINK If you have a Pensioner Concession Card or a Health Care Card you may be entitled to a hearing assessment, hearing rehabilitation services, supply/fit and maintenance of hearing aids.	Ph: Office of Hearing Services 1800 500 726 (enquiries) 1800 686 126 (eligibility)

Resource	Information	Contact Details
HEARING	<p>LIONS HEARING CLINICS Free hearing assessments for pensions and DVA clients. Hearing Aid fitting and rehabilitation, Tinitus assessment and management.</p> <p>AUSTRALIAN HEARING Free hearing assessments for eligible people (eg pension or health care card), selecting and fitting hearing devices, regular checks.</p>	<p>3rd Floor Block A Sir Charles Gardiner Hospital Nedlands Ph: 9346 3071</p> <p>Suite207, 2nd Floor Joondalup Medical Centre Shenton Avenue, Joondalup 9400 9970</p> <p>Suite3, Winthrop Court 143 Somerville Boulevard Winthrop Ph: 9313 7000</p> <p>Ph: 9226 7100 TTY: 9486 9039 For your nearest service provider.</p>
HELP AFTER SOMEONE HAS DIED	<p>DEPARTMENT FOR COMMUNITIES May be able to help with the cost of a funeral but conditions apply and application must be made before any funeral arrangements are made.</p> <p>CENTRELINK If you are on a Centrelink pension or allowance and your partner or child dies, you may be eligible for a lump sum Centrelink bereavement payment, equal to 7 weeks of the difference between what you would have got and your single rate. Or you may be eligible for an additional allowance for 14 weeks.</p> <p>ALANNAH AND MADELEINE FOUNDATION Provide material assistance to children who have witnessed or experienced violence and lost family suddenly. Applications must be made through a community organization such as DCP, Salvation Army or a community centre.</p>	<p>Ph: 9222 2555 Website www.community.wa.gov.au (Limited availability)</p> <p>www.centrelink.gov.au</p> <p>Website www.amf.org.au 1300 720 747</p>
HOLIDAYS	<p>SUPPORT IN-SITE ELIGIBILITY: Living with mental illness, in Fremantle, Armadale, Rockingham / Kwinana. SERVICE: Grants for holidays and other recreational activities (eg Gym membership, yoga, art classes, horse riding).</p> <p>WAAMH - Friends of Heathcote Grants for holidays and other fun / meaningful activities</p>	<p>Ph: 9529 4884</p> <p>Address: PO Box 824 Rockingham 6968</p> <p>Ph: 9420 7277 Website www.waamh.org.au</p>

Resource	Information	Contact Details
	<p>YHA AUSTRALIA Clean, safe, comfortable, affordable fun! YHA hostels offer much more than a bed and are located in all major destinations around Australia and the world.</p>	<p>Website www.yha.com.au</p>
KICKING HABITS	<p>ALCOHOL AND DRUG INFORMATION SERVICE Information, advice, counselling, support and referral</p> <p>NEXT STEP Assessment, counselling, referral, youth services.</p> <p>PALMERSTON ASSOCIATION Counselling and group work, early intervention, outreach for youth, residential rehabilitation.</p> <p>PASSAGES DROP IN CENTRE HIV Screening, WA Substance Users Association, drug counselling.</p> <p>RUAH CENTRE Support, assistance, referral and advocacy for people who are homeless (and those at risk of homelessness), who also have drug or alcohol issues. 9am to 1pm daily. Counselling by appointment.</p> <p>Thursday mornings Aboriginal drug and Alcohol Services in attendance.</p>	<p>Ph: 9442 5000 Country: 1800 198024</p> <p>East Metro Ph: 9219 1919 South Metro Ph: 9430 5966 North Metro Ph: 9246 6767</p> <p>Ph: 9328 7355 134 Pamerston St Perth Ph: 9218 9822 77 Bennet St East Perth Ph: 9335 8156 223 High St Fremantle</p> <p>Ph: 9228 1478 22 Palmerston St Northbridge</p> <p>Ph: 9328 7682 33 Shenton St Northbridge</p> <p>See also page 23</p>
MASSAGE	<p>MOUNT LAWLEY COLLEGE OF TAFE MASSAGE CLINIC \$20 massages by students. Available during TAFE semester only APPOINTMENT TIMES Fri 1,2, 3, 4, 5 & 6pm Sat 9, 10, 11am & 12, 1 & 2 pm</p> <p>CHALLENGER TAFE Trainees supervised by Professionals Phone for prices and bookings</p>	<p>Ph: 9427 3786 Harold and Lord Streets Mt Lawley</p> <p>Ph: 9239 8227 9335 8788</p>

Resource	Information	Contact Details
	<p>SWAN TAFE (Thornlie Campus) Trainees supervised by Professionals Phone for prices and bookings</p> <p>RUAH CENTRE Reflexology. Wednesdays 10am -12pm by appointment</p>	<p>Ph: 9267 7713</p> <p>Ph: 9328 7682 33 Shenton St Northbridge</p>
 <p>OPTICAL</p> 	<p>MEDICARE EYE EXAMINATION Everybody is entitled to a FREE comprehensive eye examination once every two years. Medicare only pays the scheduled fee so make sure your optician or optometrist bulk bills. If your optician or optometrist thinks it is necessary for you to have another eye examination within that two-year period it may be possible to be bulk billed for a second time.</p> <p>SPECTACLE SUBSIDY SCHEME Pensioner or Health Care Card required (Aged, DSP, WFA, WFD, Veterans Affairs, Seniors Card Holders). Must be WA residents.</p> <p>FRAMES AND LENSES Maximum subsidy of \$50 once every two years. Claim forms available from optometrists, optical dispensers and Department of Health.</p> <p>WA OPTICIANS ASSOCIATES 20% off the price of spectacles (frames and lenses package) for all pensioners and health care card holders</p>	<p>Ph: 13 20 11</p> <p>Department of Health Ph: 9222 4222</p> <p>Ph: 9325 3254 122 Murray Street Perth Ph: 9221 0577 3/101 Royal St E. Perth</p>
<p>MEDICATIONS</p>	<p>CENTRELINK If you have a Pensioner Concession Card or a Health Care Card you are entitled to get your prescription medicine at concession rates. (usually \$4.70)</p> <p>If you receive a Centrelink pension or benefit you should also receive a pharmaceutical allowance with your payment - \$5.80 per fortnight for singles or \$2.90 each for couples.</p> <p>NATIONAL PRESCRIBING SERVICE To talk to a pharmacist about your medications for free, call the Medicines Line. Note – this is not an emergency number.</p> <p>ASSISTANCE WITH PRESCRIPTION COSTS Refer to “Emergency Relief” page 16</p>	<p>Ph: 1800 020 613 Pharmaceutical Benefits Scheme Info Line www.health.gov.au</p> <p>www.centrelink.gov.au</p> <p>Ph: 1300 888763 www.nps.org.au</p>

Resource	Information	Contact Details
PODIATRY	CITIPLACE If you receive a Centrelink Pension you may be able to access a Podiatrist on Mon-Fri 8.30m-3.00pm (Fees from \$18.00)	Ph: 9325 3688 or 9325 3264 Upper Level City Rail Complex, Perth
	ADDIE MILLS SENIOR CITIZENS – GOSNELLS Anyone who is 55 or older and/or receives a Centrelink pension can access this service. No referral is required but there may be a waiting list. All visits are \$15.00	Ph: 9398 7327 2 Astley Street Gosnells
	UWA PODIATRY CLINIC Podiatry services from supervised students, reduced fees, self-referral, referrals from medical and other health professionals also accepted.	Ph: 6488 4522
	LOCAL COUNCILS Many local councils provide subsidised podiatry services for seniors.	Local council contact details available in the white pages or at www.dlgrd.wa.gov.au
PHYSIO-THERAPY	CURTIN UNIVERSITY Supervised students provide initial service for \$22 and follow up \$18. Ring for appointment Mon-Fri (times vary)	9226 1210 Curtin University Kent St. Bentley
SHOWERS, LAUNDRY, LOCKERS, CHANGEROOMS	RUAH CENTRE Free Showers. Towel, shampoo and soap provided. Mon-Fri 9.00am-1.00pm See also page 23	Ph: 9328 7682 33 Shenton St Northbridge
	PASSAGES ELIGIBILITY: 12-25 years old SERVICE: Showers and Laundry Facilities Mon - Thurs 9.00am-4.00pm Fri.....9.00am – 1.00pm	Ph: 9228 1478 22 Palmerston Street Northbridge
	SOUTHSIDE CARE Mon – Fri Showers 10am-11.45am Laundry 10am–2pm	Ph: 9399 1909 76 Forrest Rd Armadale
	GENESIS Showers and Laundry facilities Monday to Friday....10.00am – 2.00pm	Ph: 9227 1780 108 Beaufort Street Northbridge

Resource	Information	Contact Details
SHOWERS, LAUNDRY, LOCKERS, CHANGEROOMS	CITIPLACE REST CENTRE ELIGIBILITY: Open. 50c entry. SERVICE: Lockers, showers, toilets, baby changing facilities	Ph: 9325 3264 Perth train station, Concourse
	ALEXANDER LIBRARY BUILDING Lockers: You will need a \$1 coin which is refunded when you have finished with the locker.	Alexander Library, Northbridge (next to Perth Train station)

STREET DOCTOR



Services Provided <ul style="list-style-type: none"> • Medical examination • Blood screening • Wound dressing • Suturing • Skin cancer excision • ECG, spirometry • Pap smears and sexual health screening • Antenatal screening • Contraception • Vaccination • Risk management • Counselling 	Monday.....8am -11am11.30am- 2.30pm	Pier St (Tranby) Genesis, 108 Beaufort St
	Tuesday.....5.30pm-9pm	Pier/Wellington Sts
	Wednesday.....2.30pm-4pm4.30pm-6pm	Bankwest site Midland (near DOLA) Manna Industries Northbridge
	Thursday.....6.30pm-10pm	Pier/Wellington Sts
	Saturday.....6.30pm-10pm	Pier/Wellington Sts.
Mental Health Clinic BY APPOINTMENT ONLY	Friday.....9.30pm-10pm	Spring Park Rd Midland Dewar Street Morley Ph: 0410 308 608
Midwife	Tuesday.....10.00am-12.00	PREGNANCY PROBLEM HOUSE Ph: 9344 8110 342 Wanneroo Rd Nollamara www.pregnancyproblemhouse.org



GETTING AROUND

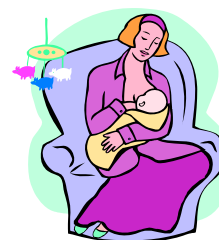




Resource	Information	Contact Details
CARS	RIVERVIEW CAR PROGRAMME Restores donated cars and gives them to those in need. You will need to fill out an application form and if you are accepted to the program, you may have to wait for up to 12 months for a car.	Ph: 9416 0100 1 Thorogood St, Burswood
CAR REGISTRATION	DEPT OF PLANNING AND INFRASTRUCTURE If you have a Pensioner Concession Card, you may be able to get a 50% discount on the license component of your car registration. If you receive a Disability Support Pension, you may get 100% off the license component of your car registration.	Ph: 13 11 56 Website www.dpi.wa.gov.au
DRIVERS LICENSE	DEPT OF PLANNING AND INFRASTRUCTURE If you have a Pensioner Concession Card. You may be able to get a discount on your driver's license.	Ph: 131156 www.dpi.wa.gov.au
EMERGENCY TRAVEL	DEPT FOR CHILD PROTECTION Some financial assistance may be available to people who are stranded and do not have sufficient funds to pay travel costs.	Ph: 9222 2555 Website www.dcp.wa.gov.au
GST EXEMPTION	AUSTRALIAN TAXATION OFFICE You may be able to purchase a motor vehicle GST FREE, if you have "lost the use of one or more limbs which prevents the use of public transport." Current disability certificate required	Ph: 13 28 66 Website www.ato.gov.au
MOBILITY ALLOWANCE	CENTRELINK If you need help to use public transport to get to and from work, voluntary work or training you may be able to get an extra payment of between \$74 and \$104 per fortnight.	Ph: 13 2717 Website www.centrelink.gov.au
PARKING	ACROD You may be able to get a Parking Permit if you need a wider than usual parking bay to transfer in and out of a car, or if you find it difficult to walk more than 50 metres.	Ph: 9242 5544 Website www.acrod.org.au

Resource	Information	Contact Details
PUBLIC TRANSPORT	BUSES, TRAINS & FERRIES If you have a Pensioner Concession or a Health Care Card you are eligible to travel at concession rates.	Ph: 13 62 13 Website www.transperth.wa.gov.au
	TRANSPERTH SMARTCARDS Buying a smartrider card will give you a 15% discount on your fares. If you use Direct Debit to put money on your card, you get a 25% discount. Students get 50c fares.	Ph: 13 62 13 Website www.transperth.wa.gov.au
	DISABLED WORKERS UNION ELIGIBILITY: People receiving a Disability Support Pension who are working or volunteering for at least 8 hours a week. SERVICE: \$13.50 monthly bus pass with unlimited travel on buses, trains and ferries.	Ph: 9328 3169 7 Brewer St East Perth
SHOPPING, MEDICAL TRANSPORT	HACC SERVICE PROVIDERS See section on Gardening, Home Help and Maintenance for directory. Your local council will be able to provide you with more information about local services.	Ph: 9222 4134 Website www.health.wa.gov.au/hacc
TRAVEL IN WA	TRANSWA If you have a pensioner concession card you may be able to get discounts on country services.	Ph: 9326 2000 Website www.transwa.wa.gov.au
	GREYHOUND AUSTRALIA If you have a Pensioner Concession or Health Care Card you may be able to get a discount on country bus routes contact Greyhound for more information.	Ph: 13 14 99 Website www.greyhound.com.au
TRAVEL OUTSIDE WA	GREAT SOUTHERN RAILWAYS (THE GHAN, INDIAN PACIFIC, THE OVERLAND) If you have a Pensioner Concession Card, you may be able to get a discount between Perth and other capital cities and Alice Springs.	Ph: 13 21 47 Website www.gsr.com.au www.trainways.com.au
TAXI VOUCHERS	DEPT OF PLANNING AND INFRASTRUCTURE If you are unable to use public transport you may be able to receive discounted taxi vouchers.	Ph: 9216 8000
COMPANION CARD PROGRAM	Companion cards are for people with significant and permanent disabilities who require support to participate in activities, services or for travelling. The companion card can provide access to the carer companion for reduced or no cost.	Ph: 1800 617 337 www.companioncard.org.au



PARENTING



Resource	Information	Contact Details
BABY FORMULA	DEPARTMENT FOR CHILD PROTECTION If you cannot afford baby formula for your child and it is urgently needed, you may get help to buy the formula.	Ph: 9222 2555 Crisis Care on 9223 1111 or 1800 199008. www.dcp.wa.gov.au
CHILD CARE BENEFIT	You may be eligible for Child Care Benefit if: <ul style="list-style-type: none"> You use approved or registered child care, and You have to pay child care fees. You must be working, studying or training to receive any Child Care Benefit for registered care or Child Care Benefit for more than 24 hours a week of approved care.	CENTRELINK Ph: 13 61 50 There may be some exceptions, contact the Family Assistance Office at Centrelink for more information.
CHRISTMAS 	Many organisations provide free toys, Christmas presents and food hampers for children and families at Christmas time. Contact your nearest Emergency Relief Agency (see page 16) for more information.	Local Council www.dlrg.gov.au St Vincent de Paul Ph: 9475 5400 Salvation Army Ph: 9442 5777
MATERNITY ALLOWANCE 	ELIGIBILITY: This payment is not subject to an income test or assets test. SERVICE: A one-off payment of \$4133 to help with the extra costs of a new baby. Payment is made into a bank or credit union account.	CENTRELINK Ph: 13 61 50 To be paid Maternity Payment, you must claim through the Family Assistance Office within 26 weeks of the child's birth or of the child being entrusted to your care. You cannot get this payment through the tax system. www.centrelink.gov.au
MATERNITY IMMUNISATION ALLOWANCE	You may get Maternity Immunisation Allowance if your child is fully immunised between 18 and 24 months. The allowance is a \$232.70 one-off payment. For each child.	CENTRELINK Ph: 13 61 50 www.centrelink.gov.au
PARENT HELP CENTRE	Group or individual sessions on parenting, parenting workshops, info and referral to other family and parenting services.	Ph: 9272 1466 28 Alvan Street Mount Lawley

PREGNANCY ASSISTANCE	PREGNANCY ASSIST Free pregnancy testing & support. Provide help with infant formula and when available: baby furniture, clothing and accommodation.	Ph: 9328 2929 195 Lord St, East Perth
	PREGNANCY PROBLEM HOUSE Free pregnancy testing & support, counseling and information. Loans of maternity and baby clothes and baby furniture, Gift baskets at birth. Midwife available 10am-12pm Tuesdays.	9344 8110 342 Wanneroo Rd Nollamara www.pregnancyproblemhouse.org
TOY LIBRARIES	Toy Libraries are a great way to provide kids with a variety of quality toys at a low cost.	To find your nearest toy library contact your local council or the WA Association of Toy Libraries on 0417 887 687 or see their website at www.waatl.org.au

Pathways to Opportunities
UPDATE FORM

Getting By...Getting Ahead
 A guide to concessions and other ways of keeping costs down

Please help to keep this booklet up to date

If you are aware, or if you find out about, a service or concession that should be in this guide, please fill in this 'booklet update' form or contact Pathways Worker at Ruah Community Services on Tel. 9227 7012; Fax 9227 7879, **E-mail:** administration@ruah.com.au

Name of Concession or Service	Details of Concession or Service	Address	Tel/Fax/E-mail/Website

Any other relevant information:

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Date: __ | __ | __

Please send this form to Pathways Worker, Ruah Community Services, 27 Cleaver St, West Perth, WA 6005. Tel: 9227 7012. Fax 9227 7879.
E-mail: administration@ruah.com.au