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sydney multicultural
community services

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HEALTH CARE KIT

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This kit was produced for educational purposes and is intended to be used as widely as possible. People are therefore welcome to reproduce it provided that it is not sold and that South Western Sydney Area Health Service is clearly acknowledged.

Please contact the Project Co-ordinator on (02) 9794 1700 if you have any comments or recommendations regarding the kit.

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PLEASE NOTE

Some words in this information kit are shortened. Refer to the list below for the full meaning of the shortened words.

In Addresses:

St = Street

Ave = Avenue

Sts = Streets

Rd = Road

Pde = Parade

Cres = Crescent

Table of Contents

EMERGENCY	3
SERIOUS ACCIDENTS	4
POISON INFORMATION SERVICE	4
A SEVERE TOOTH ACHE	4
FEELING SICK ?.....	6
1. DOCTOR:	6
2. PUBLIC HOSPITAL:	6
3. SPECIALIST	6
4. TOO ILL TO LEAVE HOME?	6
MEDICARE AND HEALTH CARE CARDS	7
MEDICARE CARD:	7
HEALTH CARE CARD:.....	7
INTERPRETER SERVICES.....	8
1. HEALTH CARE INTERPRETER SERVICE	8
2. TRANSLATION AND INTERPRETER SERVICES (T.I.S.).....	8
COMMUNITY HEALTH CENTRE	9
• <i>Central Sydney</i>	9
• <i>South Western Sydney</i>	9
• <i>Western Sydney</i>	10
• <i>Wentworth</i>	10
• <i>Eastern, Southern Sydney</i>	10
CHILDREN SERVICES	11
1 EARLY CHILDHOOD HEALTH CENTRES (EHC)	11
2 KARITANE MOTHERCRAFT SOCIETY	13
YOUTH HEALTH SERVICES	15
WOMEN'S HEALTH SERVICES	16
1 FAMILY PLANNING ASSOCIATION	16
2 WOMENS HEALTH CENTRES	16-17
SEXUAL HEALTH CLINIC SERVICES	19
TERMINATION/ ABORTION CLINICS	19
EYES	20
DIABETES	20
NURSING (HOME VISITS)	20
NUTRITION AND WEIGHT CONTROL	20
OSTEOPOROSIS	20
RELATIONSHIP COUNSELLING.....	21
DRUG AND ALCOHOL COUNSELING AND SUPPORT	21
PUBLIC HOSPITAL.....	22

CHILDREN HOSPITALS	23
WOMEN'S HOSPITALS	23
PSYCHIATRIC HOSPITALS	23
DENTAL SERVICES	23-24
SPECIAL SERVICES	26
DISABILITY SERVICES	27
CHECK LIST OF THINGS YOU SHOULD BE AWARE OF	28

DISCLAIMER

Information contained in this Health Care Kit is believed to be true and accurate at the time of publication. However, changes in circumstance and/or policy development may impact upon its accuracy.

SMCS is not liable to any person or Organisation, whether in negligence or otherwise, for anything published or omitted from this publication. This publication is not professional advice. It is recommended that all readers should always obtain their own professional advice from relevant professionals.

Views contained in this Health Care Kit are also not necessarily related to the views or opinions of any of the government or non government bodies that fund the Centre, including:

- Department of Immigration and Citizenship
- Department of Health and Aged Care
- Department of Ageing, Disability and Home Care
- Any other Local/State/Federal Funding granted for Sydney MCS projects.

IN CASE OF AN EMERGENCY

For life threatening situations only, please Phone the number below

Fire Brigade

Police

Ambulance

Ring
000

(Free Call)

How to Phone an emergency service:

Example:

You: Dial 000 (and wait)

Operator: 'Emergency service, may I help you?'

You: I SPEAK.....(eg Arabic, Vietnamese)
Ambulance please!

(Give reason) SICK or HAVING A BABY

My name is

My address is 2/47 Station Street, Auburn
and the nearest corner is Third Avenue.

Thank You!

SERIOUS ACCIDENTS

If you have a serious accident and you cannot get to the hospital, please call an ambulance by dialing the emergency number-000.

Refer to page 3 on how to go about handling this situation.

POISON INFORMATION SERVICE

13 11 26

If someone in your family has swallowed a poisonous substance, please Phone the POISON INFORMATION CENTRE (24 hours) on 131 126 (cost of local call) immediately for advice.

If you need assistance with translation and interpretation please call the **Translation & Interpreter Service (TIS) 13 14 50** if necessary.

If the person is unconscious or not responding, phone the 000 immediately.

A SEVERE TOOTH ACHE

During Business Hours: Please go directly to Dental Hospital (see the list of Dental Services). They may be able to assist you straight away if you are in pain.

After Business Hours: Please call a Dental Emergency Information Service on 9369 7050, 7pm – 7am and public holidays to get some advice on where to go. This service can provide contact for free dentists available after hours (between 7.00 p.m. and 7.00 a.m.) in an emergency situation. Phone the emergency number to find the dentists in your suburb who are on duty.

Sydney Dental Hospital

2 Chalmers St,
SURRY HILLS

Opening hours: 8.00am to 4.00pm Monday to Friday

Ph: (02) 9293 3333
1300 559 393

[After hours: You should go to your local hospital emergency department.]

Free dental care is available at New South Wales Public Dental Clinics for:

- All children under 18 years old;
- All adults who hold a Centrelink concession card.

NSW Public Dental Call Centre(s):

(1) South East Sydney Illawarra Area Health Service (SESIAHS):

- 02 4253 4888 (Illawarra);
- 1300 134 226 (South East Sydney).

(2) Sydney South West Area Health Service:

- (02) 9293 3333 (Eastern Region);
- 1300 559 393 (Western Region).

(3) Sydney West Area Health Service:

- 1300 739 949.

(4) Northern Sydney Central Coast Area Health Service:

- 1300 789 404.

(5) North Coast Area Health Service:

- 1300 651 625.

(6) Hunter New England Area Health Service:

- 1300 651 625.

(7) Greater Western Area Health Service:

- 1300 552 626 (Far West and Macquarie);
- 1300 552 208 (Mid West).

(8) Greater Southern Area Health Service:

- 1800 450 046.

[You may be required to have a Medicare Card]

FEELING SICK ?

1. DOCTOR:

Most people go to a Doctor called a General Practitioner (GP) when they are feeling sick or have other health problems. There are GP's in every suburb and often a red light is on the gate saying (Surgery Hours). There is also a sign with the doctor's name and the time he/she is available. Sometimes an appointment is required. Some areas have 24 hrs clinics. More recently, larger services have been developed where there are a number of Doctors within the one practise, these are commonly known as Medical Centres.

2. PUBLIC HOSPITAL:

If you believe that you need immediate medical attention you can also go to Accident and Emergency where you will find a doctor and nurses on duty at all times (24 hrs/day -7 days /week). Please be aware that you may need to wait 4 hours but urgent cases will be given priority.

***Health Care Interpreters can be requested Monday - Friday (between 8.30 am - 5.00 pm) in Public Hospitals. Interpreters are also available after hours in an emergency. See page 7 for more information about interpreter services.

3. SPECIALIST

If you have a health problem that a GP cannot cure, you have the right to ask her/him to refer you to a specialist. You cannot see the specialist without a REFERRAL from your GP (doctor) and an appointment must be made in advance.

There are specialists in different fields of medicine.

For example: - Cardiologist (Heart Specialist)
- Gynaecologist (Women's Health Specialist)
- Obstetrician (Pregnancy and Childbirth)
- Psychiatrist (Emotional and Mental Health Specialist)
- Dermatologist (Skin Specialist)
- ENT (Ear, Nose and Throat Specialist)

4. TOO ILL TO LEAVE HOME?

If you are too ill to leave home, you have the right to call a doctor and ask them to come to your home. You need your Medicare Card to pay the doctor. Medicare ensures that all Australians have access to free or low-cost medical, optometrical and hospital care while being free to choose private health services and in special circumstances allied health services.

It may be necessary to make more than one Phone call to obtain a home visit, especially after normal hours. If it is necessary to use a public telephone, make sure to take enough coins for several calls.

MEDICARE AND HEALTH CARE CARDS

MEDICARE CARD:

All permanent residents of Australia are entitled to receive a Medicare Card, but they have to apply for it at the Medicare Office nearest to them.

Medicare **helps** pay for:

- Doctors
- All costs in public hospital.
- Doctors/GP's (at the surgery or at your home)
- X-Rays
- Blood tests
- Optometrists
- Dental treatment in a public clinic.

Medicare DOES NOT pay for:

- Dental treatment in a private clinic
- Private hospitals
- Chiropractors
- Physiotherapists
- Acupuncture
- Glasses or contact lenses

HEALTH CARE CARD:

This card is given by the Department of Social Security (D.S.S.) & distributed by Centrelink to people who receive benefits and pensions from the department and people with low income.

Health Care Card helps pay for:

- Prescribed medication at a concession rate
- Free ambulance services
- Free dental treatment (from public hospitals)

Health Care Card must be presented to the Department of Community Services in your area for:

- Free reading glasses
- Half fare transport concession card

DO YOU SPEAK ENGLISH? ... YES ... NO ... SOME...

INTERPRETER SERVICES

1. HEALTH CARE INTERPRETER SERVICE

The Department of Health employs qualified interpreters who can speak your language and English fluently.

Whenever you need to visit a Public Hospital, Psychiatric Hospital, Community Health Centre, Early Childhood Centre or Family Planning Centre, you should inform staff that you need an interpreter so that the information you received is clearly understood. It is FREE and CONFIDENTIAL.

To contact the Health Care Interpreter Service, please phone:

- (1) Central and South Eastern Sydney : (02) 9515 3222
: (02) 9515 9500 (After hours)
- (2) Northern Sydney : (02) 9926 7560
: (02) 9926 6500 (After hours)
- (3) South Western Sydney : (02) 9828 6088
: (02) 9616 8111 (After hours)
- (4) Western Sydney and Wentworth : (02) 9840 3456
: (02) 9840 3456 (After hours)
- (5) Hunter : (02) 4924 6285
: (02) 4921 3000 (After hours)
- (6) All country areas of NSW
except Greater Murray and Southern : 1800 674 994
- (7) Illawarra : (02) 4274 4211
: (02) 4274 4211 (After hours)
- (8) Greater Murray and Southern : 1800 247 272
: 1800 247 272 (After hours)

2. TELEPHONE INTERPRETER SERVICES (T.I.S.)

The Department of Immigration and Citizenship (DIAC) provides the TIS National Interpreting Service for those people who do not speak English and for English speakers who need to communicate with them.

TIS is available 24 hours a day, 7 days a week for any person or organisation in Australia requiring interpreting services.

Tell them you speak.....(eg Arabic, Vietnamese)

Ph: 13 14 50 [Charges for utilising TIS are available
http://www.immi.gov.au/living-in-Australia/help-with-english/help_with_translating/service_charges.htm]

WAIT.....DO NOT HANG UP!

COMMUNITY HEALTH CENTRE

Community Health Centres are staffed by a wide range of health professionals including social workers, psychologists, occupational therapists, health promotion officers, speech therapists, drug & alcohol counsellors, nurses, doctors, mental health workers, and ethnic health workers.

These health professionals provide a variety of services such as counselling (individual or family) for social or health related problems, conduct health education groups and other health promotion activities. If your local centre does not have the particular service you need, they will refer you to the centre, which does. Some centres have an Arabic speaking health worker (see page 21).

The services are FREE and CONFIDENTIAL. Listed below are some of the Community Health Centres in Sydney and surrounds.

Central Sydney

Ashfield Community Health Centre
46 Charlotte St. ASHFIELD
Ph: 9798 5111

Redfern Community Health Centre
1 Albert St. REDFERN
Ph: 9395 0444

Burwood Community Health Centre
32 Burwood Rd. BURWOOD
Ph: 9745 2222

Marrickville Community Health Centre
155-157 Livingstone Rd. MARRICKVILLE
Ph: 9562 0500

South Western Sydney

Liverpool Community Health Centre
19 Flowerdale Rd. LIVERPOOL
Ph: 9828 4844
Mon-Fri (8.30-5.00)

Ingleburn Community Health Centre
59a Cumberland Rd, INGLEBURN
Ph: 9605 8900

Moorebank Community Health Centre
29 Stockton Ave, MOOREBANK
Ph: 9602 6777

Fairfield Community Health Centre
53-65 Mitchell St, CARRAMAR
Ph: 9794 1700 (8:30-5.00)

Bankstown Community Centre
36-38 Raymond St, BANKSTOWN
Ph: 9780 2777

Prairiewood Community Health Centre
Corner Prairievale Rd & Polding St
PRAIRIEWOOD NSW 2176
Ph: 9616 8169

Mon-Fri (8.30-5.00)

Hoxton Park Community Health Centre
596 Hoxton Park Rd
HOXTON PARK
Ph: 9827 2222

Campbelltown Community Health Cent.
Corner MooreOxley Bypass & Cordeaux St
CAMPBELLTOWN
Ph: 4629 2111 (8:30-5.00)

Western Sydney

Merrylands Community Health Centre
14 Memorial Ave, MERRYLANDS
Ph: 9682 3133

Canterbury Community Health Centre
Thorncraft Parade, CAMPSIE
Ph: 9787 0600

The Hills Community Health Centre
183-186 Excelsior Ave, CASTLE HILL
Ph: 8853 4500

Mt Druitt Community Health Centre
Cnr Burran Cl and Kelly Cl., MT DRUITT
Ph: 9881 1200

Parramatta Community Health Service
156 Marsden St, PARRAMATTA.
Ph: 9843 3222

Auburn Community Health Centry
9 Northumberland Rd, AUBURN
Ph: 9646 2233

Blacktown Community Health Service
Unit 1, Cnr Marcel Cres & Blacktown Rd,
BLACKTOWN
Ph: 9672 5936

Doonside Community Health Centre
30 Birdwood Ave,
DOONSIDE
Ph: 9881 8650

Peakhurst Community Health Centre
64 Stanley St, PEAKHURST
Ph: 9534 2555

Rockdale Community Health Centre
16-18 King Street, ROCKDALE
Ph: 9597 2644

Wentworth

Hawkesbury Community Health Centre
108 March St,
RICHMOND
Ph: (02) 4578 1622

St Marys Community Health Centre
Shop 5
Corner East Lane & Phillip St. ST MARYS
Ph: 9833 6800

Eastern Sydney

Darlinghurst Community Centre
301 Forbes St, DARLINGHURST
Ph: 8382 1990

Waverley Community Health Centre
War Memorial Hospital,
125 Birrell St, WAVERLEY
Ph: 9369 0400

Prince of Wales Community Health Service
Randwick Campus
Avoca St, RANDWICK
Ph: 9382 8060

Southern Sydney

Hurstville Community Health Centre
Suites 1 & 2
11-15 Bonds Rd, HURSTVILLE
Ph: 9570 2877

Engadine Community Health Centre
116d Caldarra Ave, ENGADINE
Ph: 9520 4644

Sylvania Community Health Centre
29 Sylvania Rd, SYLVANIA
Ph: 9522 1000

CHILDREN SERVICES

1. EARLY CHILDHOOD HEALTH CENTRES (EHC)

Your local Early Childhood Health Centre is staffed by the Department of Health. Advice is provided on the care and development of your baby or young children. Special groups and home visiting are often available. As hours vary, please Phone the centre before you visit. Health Care Interpreters can be requested and services are FREE. Appointments may be necessary.

If you are worried about your baby:

Contact your nearest Early Childhood Health Centre or your local doctor.

If your Child's immunisation is due:

Contact your local doctor.

Your child's Personal Health Record is an important record of your child's health. Remember to take your child's Personal Health Record (Blue Book) to each visit and ask the doctor or nurse to write in the book. If your child doesn't have a Personal Health Record (or if you have lost it) you can get another one from the NSW Department of Health by telephoning (02) 9391 9572

Eastern Sydney

Bondi Beach Early Childhood Health
Corner Wairoa Ave & Brighton Blvd
Ph: (02) 9130 2838

Clovelly
40 Arden & Corner Brandon St
(02) 9665 1357

Botany
Corner Botany Rd & Chelmsford Ave
Ph: (02) 9316 8814

Mascot
51 Coward St
Ph: (02) 9667 2666

Kings Cross
60 Macleay St
Ph: (02) 9357 1655

Randwick
Suite 20b, Randwick Shopping Centre
73 Belmore Rd
Ph: (02) 9398 3815

Pagewood
Shop 131A, Westfield Shopping Town
Ph: (02) 9314 0521

Double Bay
1 Cross St
Ph: (02) 9327 4649

Central Sydney

Leichhardt ECHC
23 Norton St, LEICHARDT
Ph 9560 5604

Marrickville ECHC
155-157 Livingstone Rd,
MARRICKVILLE
Ph: 9562 0444

Southern Sydney

Hurstville ECHC
Suite 65, 23-27 MacMahon St,
HURSTVILLE
Ph 9580 2150

Rockdale ECHC
27 Bryant St, ROCKDALE
Ph 9567 2368

Caringbah ECHC
386 Port Hacking Rd, CARINGBAH
Ph 9524 8292

Newtown ECHC
60 Lennox St, NEWTOWN
Ph: 9557 1548

Redfern ECHC
Redfern Park
Corner. Elizabeth & Redfern St.
REDFERN
Ph. 9698 1613

Cronulla ECHC
3 Nicholson Pde, CRONULLA
Ph. 9523 5927

Engadine ECHC
116 Caldara Ave, ENGADINE
Ph 9520 4644

Campsie ECHC
143 Beamish St, CAMPSIE
Ph 9718 3177

Western Sydney

Castle Hill ECHC
Cnr, Pennant&Castle St CASTLE HILL
Ph 8853 4500

Merrylands ECHC
17 Miller St, MERRYLANDS
Ph 9637 1685

Parramatta ECHC
Jessie St Centre, 1-7 George St,
PARRAMATTA
Ph 9635 9496

Lidcombe ECHC
3 Bridge St, LIDCOMBE
Ph 964 97941

Baulkham Hills ECHC
Old Northern Rd,BAULKHALM HILLS
Ph: 8853 4500

Blacktown ECHC
40 Kildare Rd, BLACKTOWN
Ph 9622 1615

Mt Druitt ECHC
Burran Cl, MT DRUITT
Ph: 9625 6000

Auburn ECHC
9 Northumberland Rd, AUBURN
Ph 9649 8621

Regent Park ECHC
Amy St, REGENT PARK
Ph 9644 7540

Lalor Park ECHC
Parkside Dr, LALOR PARK
Ph: 9624 5384

South Western Sydney

Ingleburn EHC
39 Carlisle St, INGLEBURN
Ph 9605 1218

Cabramatta EHC
2a Mc Burney Rd, CABRAMATTA
Ph 9724 1723

Penrith EHC
Corner Castlereagh & Tindale St,
PENRITH
Ph 4721 2326

Picton EHC
58-60 Menangle St, PICTON
Ph: 4677 1916

Prairiewood EHC
Corner Prairievale Rd & Polding St,
PRAIRIEWOOD
Ph 96098169

Yagoona EHC
176 Cooper St, YAGOONA
Ph 9796 1982

St Mary EHC
Shop 5 Corner East Lane Phillip St,
ST MARYS
Ph: 9833 6800

Moorebank EHC
29 Stockton Ave, MOOREBANK
Ph: 9602 6777

CHILDREN SERVICES

2. Karitane Mothercraft Society

Provides child and family health services to young families in New South Wales. Karitane is a public hospital. The mission of the society is to provide family centred care and guidance to mothers and /or carers experiencing parenting difficulties.

KARITANE 24 HOURS TELEPHONE HOTLINE: 9794 1852

Karitane Residential, Education and Administration Centre
Corner The Horsley Drive & Mitchell Street
CARRAMAR
Ph 9794 1800

Karitane Family Care Cottage Randwick
146 Avoca Street
RANDWICK
Ph 9399 6999

Karitane Family Care Cottage Liverpool
10 Murphy Avenue
LIVERPOOL
Ph 9821 4555

YOUTH HEALTH SERVICES

These centres provide health services for 12 to 20 year olds. This service provides health education, materials such as posters and stickers, as well as information, advice and referral services. Some centres provide youth health check-ups.

Traxside

4 Langdon Ave, CAMPBELLTOWN
Ph: 4625 2525

Corner Youth Health Service

101 Restwell St, BANKSTOWN
Ph: 9796 8633

Belmore Youth Resource Centre

Building 3, 38-40 Redman Parade, BELMORE
Ph: 9718 9848

Kirketon Rd Health Centre

100 Darlinghurst Rd, KING CROSS
Ph: 9360 2766

High St Youth Health Centre

65 High St, HARRIS PARK
Ph: 9687 2544

Youth Block Health and Resource Centre

142 Carillon Avenue, CAMPERDOWN
Ph: 9516 2233

Marrickville: Youth Resource Centre

Cnr of Yabsley Ave and Northcote St, MARRICKVILLE
Ph: 9564 3222

WOMEN'S HEALTH SERVICES

1 FAMILY PLANNING ASSOCIATION (FPA)

The FPA provides consultation and information on a whole range of sexual and reproductive services including – birth control, breast examination, Pap smear, pregnancy testing, vasectomies and sex education. Please make an appointment to obtain services from the centres below:

(1) Family Planning NSW: Ashfield Clinic

328-336 Liverpool Rd,
ASHFIELD 2131
Ph: 8752 4300

(2) Fairfield Family Planning/ NSW Multicultural Services

Suite 5, Level 2
Neeta City Shopping Centre
Smart St, FAIRFIELD 2165
Ph: 9754 1322

(3) The Warehouse Youth Health Centre

13 Reserve St,
PENRITH 2750

AND

108 March St,
RICHMOND 2753

[Only available for young people aged 12-24 years old].

2 WOMENS HEALTH CENTRES

Women Health Centres provide information, advice and support to women from any country about pre-menstrual tension, menopause, birth control, pregnancy, child birth, abortion referrals, sexually transmitted diseases, pap smear, sexuality and all the things which relate to women's health in general.

Bankstown Women's Health Centre
74 Restwell Street, BANKSTOWN
Ph 9790 1378 F: 9790 1456

Blacktown Women's Health Centre
6 Prince Street, BLACKTOWN
Ph 9831 2070 F: 9831 2344

Campbelltown Women's Health Centre
Lot 22 Bugden Pl, CAMPBELLTOWN
Ph 4627 2955

Leichhardt Women's Health Centre
55 Thornley Street, LEICHHARDT
Ph: 9560 3011

Liverpool Women's Health Centre
26 Bathurst Street, LIVERPOOL
Ph 9601 3555

Penrith Women's Health Centre
Henry Street, PENRITH
Ph 4721 8749

Caringbah Women's Health Centre
346a The Kingsway CARINGBAH
Ph 9525 2058

Immigrant Women's Health Centre
92 Smart St, FAIRFIELD
Ph 9726 4044

AND

38 Arthur St, CABRAMATTA
Ph: 9726 1016

Cumberland Women's Health Centre
29 Campbell St PARRAMATTA
Ph 9689 1670

Royal Hospital for Women
Barker St, RANDWICK
Ph 9382 6111

3 TERMINATION/ABORTION CLINICS

Medicare Card is necessary and a fee will be charged. Please Phone to find out more information.

This service is CONFIDENTIAL

- (1) The Private Clinic
120 Devonshire St,
SURRY HILLS
Ph: 9690 0000
- (2) Marie Stopes International
Ph: 1800 003 707 (Free Call)
 - (i) Homebush Centre
80 Park Rd
HOMEBUSH
Ph: 9690 0000
 - (ii) Fairfield Centre
Suite 4, 9 Kenyon St,
FAIRFIELD
Ph: 9690 0000
 - (iii) Kingswood Centre,
33 Santley Cres,
KINGSWOOD
Ph: 9690 0000
 - (iv) Westmead Centre
27 Railway Pde,
WESTMEAD
Ph: 9690 0000
- (3) Preterm Foundation
1-5 Randle St,
SURRY HILLS
Ph: 9217 8700
- (4) Contraceptive Services
Level 1, 195 Macquarie St
SYDNEY
Ph: 9221 1933; 9233 3780

SEXUAL HEALTH CLINIC SERVICES

The Sexual Health Clinic provides information, community education, counselling, diagnostic, treatment and referral services for all sexually transmitted diseases including AIDS. Working hours vary from clinic to clinic and appointments should be arranged in advance.

The Service is CONFIDENTIAL & FREE (Medicare is not needed)

Sydney Sexual Health Clinic Sydney Hospital Level 3, Nightingale Wing Macquarie St SYDNEY Ph: 9382 7440/ 9382 2475	Liverpool Sexual Health Clinic Liverpool Hospital, 3 Elizabeth St LIVERPOOL Ph: 9827 8022 F: 9602 4352
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Albion Street Centre 150-154 Albion St, SURRY HILLS Ph: 9332 9600	Parramatta Sexual Health Clinic 158 Marsden Street PARRAMATTA Ph: 9843 3111
--	--

TERMINATION/ ABORTION CLINICS

Australia Birth Control Service Now: Marie Stopes International See previous page.	Penrith Sexual Health Clinic Nepean Hospital 63 Somerset St, PENRITH (0247) 342000
--	---

St. George Sexual Health Clinic
Pritchard Wing, St George Hospital
Short St, KOGARAH
Ph: 9350 2742

HIV/ AIDS and other STD related pamphlets are available please read them

RPA Sexual Health Clinic Ground Floor, Page Building (no. 14) 119-143 Missenden Rd, CAMPERDOWN Ph: 95153131	Marrickville Community Centre 159 Livingstone Rd MARRICKVILLE Ph 9550 9262
Canterbury Sexual Health Clinic Canterbury Rd (Corner Thorncraft Pde), Canterbury Hospital CAMPSIE Ph: 9718 7655	Multicultural HIV/AIDS & Hepatitis C Service Ph: 9515 5030

EYES

NSW UNIVERSITY OPTOMETRY CLINIC

Rupert Myer Bldg, University of NSW

Anzac Parade Kensington 2033

Ph 9385 4624

Eye test are free, but appointments are necessary

SYDNEY EYE HOSPITAL

8 Macquarie Street 2000

Ph 9382 7111 (ask for Eye Hospital)

Treatment for all eye problems. Casualty clinic open 24 hours, seven days per week. No appointment necessary. Interpreters available.

DIABETES

DIABETES AUSTRALIA

26 Arundel Street, GLEBE

Ph 1300 136 588 (Free Call) or Ph: 6552 9900

Provide support, information and subsidized supplies to people with diabetes.

Diabetes Centres

Diabetes Centre

Royal Prince Alfred Hospital

Missenden Road,

CAMPERDOWN

Ph: 9515 5888

Diabetes Centre

St Vincents Hospital

390 Victoria Street

DARLINGHURST

Ph: 8382 1111

Diabetes Centre

Prince of Wales Hospital

Barker St

RANDWICK

Ph: 9650 4954

[Testing for Diabetes can be completed at your local medical centre].

NUTRITION AND WEIGHT CONTROL

War Memorial Hospital Dietician
125 Birrell Street
WAVERLEY
Ph 9369 0100

The Prince of Wales Hospital
Barker St
RANDWICK
Ph: 9382 8060

Albion St Centre
150-154 Albion St
SURRY HILLS
Ph: 9332 9600

Heart Foundation
Level 3, 80 William St,
SYDNEY
Ph: 9219 2444; Ph: 1300 362 787 (Health information service number)

OSTEOPOROSIS

Osteoporosis Australia
Level 1
52 Parramatta Road
GLEBE
Ph: 9518 8140

Osteoporosis NSW
13 Harold St,
NORTH PARRAMATTA
Ph 9683 1622

RELATIONSHIP COUNSELLING

Relationships Australia

Sydney City

Level 2, 175-181 Castlereagh St,
SYDNEY

Ph: 8362 2888

Ph: 1300 364 277

Rockdale

Ground Floor,
23-25 Fredrick St,
ROCKDALE

Unifam

Head Office

Level 6, 146 Marsden Street
Parramatta

Ph: 8830 0777

Sydney CBD

Level 9, 130 Elizabeth Street
Sydney

Ph 02 9373 5500

Fairfield

28 Hamilton Road
Fairfield NSW 2165
Fairfield

Phone: 9794 2000

Centacare

CatholicCare Sydney Head Office

Level 10, 133 Liverpool St,
SYDNEY

Ph: 9390 5377

Family Services

Level 13, 133 Liverpool Street
SYDNEY

Ph: 9390 5366

Access Programs Australia Ltd

1/36 Clarence Street
SYDNEY

Ph: 1300 667 700; 02 9392 8111

DRUG AND ALCOHOL COUNSELLING AND SUPPORT

Waverley Drug and Alcohol Centre

2nd floor 31-33 Spring street

BONDI JUNCTION

Ph 9387 6788

Information, counselling, assessment, support and education groups for people with a drug or alcohol problem.

The Langton Centre

591 South Dowling St,

SURRY HILLS

Ph: 9332 8777

The Centre provides specialist alcohol and other drug treatment services. The service aims to help overcome health and social problems for people who use or are dependent upon alcohol and/or other drugs.

Al-Anon Family Groups

Ph: 9570 3400

Self help support for relatives and friend of alcoholics.

Alcoholics Anonymous

Bondi Junction/ Sydney City

The Crypt/ Holy Cross Church

17 Adelaide St,

BONDI JUNCTION

Ph: 9389 6333

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism.

PUBLIC HOSPITALS

AUBURN HOSPITAL
Norval Street
AUBURN
Ph 9563 9500

BLACKTOWN HOSPITAL
Blacktown Road
BLACKTOWN
Ph 99881 8000

FAIRFIELD HOSPITAL
Cnr Polding St & Prairievale Rd
FAIRFIELD
Ph 9616 8111

ROYAL PRINCE ALFRED HOSP.
Missenden Road
CAMPERDOWN
Ph 9515 6111

ST VINCENTS HOSPITAL
Victoria Street
DARLINGHURST
Ph 8382 1111

SYDNEY HOSPITAL
Macquarie Street
SYDNEY
Ph 9382 7111

HORNSBY HOSPITAL
Palmerston Rd,
HORNSBY
Ph: 9477 9123

BANKSTOWN HOSPITAL
Eldridge Road
BANKSTOWN
Ph 9722 8000

CANTERBURY HOSPITAL
Canterbury Road
CAMPSIE
9787 0000

LIVERPOOL HOSPITAL
Corner Elizabeth & Goulburn St
LIVERPOOL
Ph 9828 3000

MOUNT DRUITT HOSPITAL
75 Railway Street
MT DRUITT
9881 1715

ST GEORGE HOSPITAL
Belgrave Street
KOGARAH
Ph 9350 1111

SUTHERLAND HOSPITAL
430 The Kingsway
CARINGBAH
Ph 9540 7111

WESTMEAD HOSPITAL
Cnr Hawkesbury Rd and
Darcy Road
WESTMEAD
Ph 9845 5555

PRINCE OF WALES HOSPITAL
High Street & Avoca St
RANDWICK
Ph: 9382 2222

CHILDREN'S HOSPITALS

SYDNEY CHILDREN'S HOSPITAL
High Street, RANDWICK
Ph: 9382 1111

THE NEW CHILDREN'S
HOSPITAL
Cnr Hawkesbury Road &
Hainsworth St,
WESTMEAD
Ph: 9845 0000

WOMEN'S HOSPITALS

KING GEORGE HOSPITAL
Missenden Road
CAMPERDOWN
Ph 9515 6111

ROYAL HOSPITAL FOR WOMEN
Barker Street
RANDWICK
Ph 9382 6111

PSYCHIATRIC HOSPITALS

RYDALMERE CENTRE
Metro-West Residences
Cnr James Ruse Dr & Victoria Rd
RYDALMERE
Ph 9334 0573

THE ROZELLE HOSPITAL
Corner Church St & Glover St.
LEICHHARDT
Ph 9556 9100

St Vincent's Mental Health Service
301 Forbes St
DARLINGHURST
Ph: 8382 1800

Macquarie Hospital
1 Wicks Rd
NORTH RYDE
Ph: 9888 1222

DENTAL SERVICES

For ADULTS:

The service provided by these clinics below is FREE to a HEALTH CARE CARD holder, but there is a waiting list. You may be required to have a blood test e.g for Hepatitis B. A Health Care Interpreter can be requested. (Book 4 wks in advance)

UNITED DENTAL HOSPITAL
OF SYDNEY
2 Chalmers St
SURRY HILLS
Ph 9293 3200

FAIRFIELD HOSPITAL DENTAL CLINIC
Corner Polding St & Prairievale Rd
PRAIRIEWOOD
Ph 9616 8000

WESTMEAD CENTRE
FOR ORAL HEALTH
Darcy Rd
WESTMEAD
Ph 9845 7178

BANKSTOWN NORTH DENTAL CLINIC
322 Hume Highway
BANKSTOWN NORTH
Ph: 9790 7944

LIVERPOOL HOSPITAL
DENTAL CLINIC
Health Services Building
Corner Campbell & Goulburn Sts
LIVERPOOL
Ph 1300 55 93 93
(NB. Must live in Liverpool LGA)

BLACKTOWN DENTAL HEALTH UNIT
Marcel Complex
Corner Marcel Crescent & Blacktown Rd
BLACKTOWN
Ph 9881 8275

For CHILDREN:

The School Dental Service provides free dental care to all children from Kindergarten through to fourteen (14) years of age. A waiting period applies for initial routine care. Children from 0 – Kindergarten are seen in emergency situations only and are not entitled to routine dental care. Free dental care is offered to these patients by Westmead Paediatric Department. (9845 0000)

Central Sydney

Marrickville School Dental Clinic
Thompson St MARRICKVILLE
Ph: 9560 0828

Daceyville School Dental Clinic
Bunnerong Rd, DACEYVILLE
Ph: 9344 6562

Southern Sydney

Rockdale School Dental Clinic
Old Forest Rd
ROCKDALE
Ph 9567 2744

Menai Child Dental Clinic
Tharawal Public School
Gerald Rd ILLAWONG
Ph: 5941 1943

Sylvania School Dental Clinic
29 Sylvania Rd SYLVANIA
[Sylvania Community Health Centre]
Ph: 9544 6549

Western Sydney

Mt. Druitt Hospital Dental Clinic
75 Railway Street,
MT. DRUITT
Ph: 9881 1715

Blacktown Dental Health Unit
Cnr Marcel Cres & Blacktown Rd
BLACKTOWN
Ph: 9881 8275

Eastern Sydney

Chifley Public School Dental Clinic
Mitchell St, CHIFLEY
Ph: 9661 7189

Daceyville School Dental Clinic
Bunnerong Rd, DACEYVILLE
Ph: 9344 6562

Mascot Public School Dental Clinic
King St, MASCOT
Ph: 9667 3534

South Western Sydney

Bankstown North School Dental Clinic
322 Hume Hwy (Corner Beresford Ave)
BANKSTOWN NORTH
Ph: 9790 7944

Wentworth

St Marys School Dental Clinic
(0 – 18 years)
Princess Mary St, ST MARY'S
Ph 9623 9942

SPECIALISED SERVICES

S.T.A.R.T.T.S (Service for Treatment and Rehabilitation of Torture and Trauma Survivors).

Is a service to assist people who have been tortured, or who have suffered traumatic experiences in their own country or in the process of migrating to Australia. The centre assists Survivors of Torture to rebuild their lives free from nightmares and sleeping problems, emotional and Physical pain, difficulties with concentration and learning, marriage and family problems.

Staff are bi-lingual and bi-cultural multidisciplinary team reflecting the languages of the Asian, Spanish speaking, and Middle Eastern communities. Interpreter services are also utilized when appropriate.

Head Office

152 – 168 The Horsley Drive
CARRAMAR
Ph: 9794 1900

Auburn

1st Floor
44-50 Auburn Rd
AUBURN
Ph: 9646 6666

Liverpool

3rd Floor
157-161 George St,
LIVERPOOL
Ph: 8778 2000

DISABILITY SERVICES

These centres provide information, advice and support for people with a disability.

Disabled Persons Resource Service (DPRS)

Provides an information / referral service for people with disabilities and their carers
Advocacy and support is also given.

Department of Ageing, Disability and Home Care
Disability Office
Level 1, 61 Dunning Ave
ROSEBERY
Ph: 9310 6300

Multicultural Disability Advocacy Association
40 Albion St
HARRIS PARK
Ph: 9891 6400

National Disability Service (NSW)
Level 4, 60 Pitt St
SYDNEY
Ph: 9256 3111

Liverpool Community Health Centre
Cnr Campbell & Gouldburn St, LIVERPOOL
Ph: 9828 4844 Fax: 9828 4800

Disability Information and Referral Centres (DIRC)
Provide information for people with disabilities, their families, friends and carers in
Eastern Sydney (Botany, Randwick, Waverly, Woollahra, South Sydney).

L7/35 Spring St, BONDI JUNCTION
Ph 9387 4199 fax 9386 5011

Commonwealth Rehabilitation Service (CRS) Ph 1800 277 277
Suite 5, 32A Oxford St Suite 6-9, 156 Maroubra Rd
Darlinghurst Maroubra
Ph 8255 9800 Ph 8374 1140

The North Cott Society
1 Fennell St,
NORTH PARRAMATTA
Ph: 9890 0100
Ph: 1800 506 071

People with Disabilities (NSW) Inc.
52 Pitt Street, REDFERN
Ph: 9370 3100
Ph: 1800 422 016

SEETEC (Sight Enhancement, Education and Technology)

Guide Dog Association
2-4 Thomas St,
CHATSWOOD
Ph: 9412 9300

Royal Blind Society
Of NSW
4 Mitchell St, ENFIELD
Ph: 1300 847 466

State Library of NSW – Disability Service
Have details of services that assist people with disabilities
Ph: 9273 1414 TTY: 9273 1541

CHECK LIST OF THINGS YOU SHOULD BE AWARE OF!

The information in this chart assists you in your resettlement in Australia.

WHAT ARE THEY	COMMUNITY LANGUAGE	YES	NO	WHERE TO GO/CONTACT PERSON
Immunization for your children				Take your child to a doctor/GP (See kit).
Early Childhood Centre				See page 10-11 for more information
Women's Health Services				See page 15-16 for more information
Free Pap test and breast examination				See you local doctor or go to a Family Planning or Women's Health Centre.
Interpreter Service				See page 7 for more information.
How to use a Map				Talk to your English teacher/Welfare or health workers.
Applying for public Housing				Make an appointment with a welfare/health worker to get assistance on how to apply for public housing.
Education System				See the school counsellor or community workers.
Drug & Alcohol Information				Drug and Alcohol workers at Community Health Centres can provide information
Information on STDs: a) Syphilis b) Hepatitis B c) HIV/AIDS d) Gonorrhoea e) Herpes				Health workers from Community Health and Sexual Health can organise Information sessions or provide individual information on request.
Legal Aid				Talk to community workers for information on the legal system or contact Legal Aid.
Ethnic Newspaper				Talk to your community workers for more information
Ethnic Radio-2EA				Ask the welfare/health workers for more information
Community Health Centre				See page 8-9 for more information.
Using Public Transport				Seek advice from your community worker on how to use Public transport. They can organize a group tour for you.
Shopping Tour				Talk to your community health workers.
Hospital Tour				Talk to the health worker in your area.

