

# Food Services & Help with Bills

The following information has been kindly supplied by Westcare Emergency Relief Services, Penrith. It was accurate at the time of printing but changes occur over time. Before visiting any organisations, please check address and conditions of services directly with the organisations.

## BLUE MOUNTAINS Local Government Area

Organisation	Address	Phone	Services	Day & Hours	Conditions
Blackheath Area Neighbourhood Centre Inc	Gardiner Cres Blackheath	4787 7770	NILS	Mon – Fri 9.30am – 4.30pm	Loan limit \$1200
Lower Mountains Neighbourhood	33 Hope St Blaxland	4739 1164	NILS	Mon – Thur 9am – 4.30pm	Loans up to \$1500
Gateway Family Services	74 Old Bathurst Rd East Blaxland	4739 5963	Food parcels Petrol vouchers Water, EAPA	Tues & Fri 9.30am-4pm Thur 9.30am-12.30pm	Walk in service for food only
St Vincent De Paul – Blue Mountains Regional Council	Home visits	1800 606 724	Food vouchers Water, EAPA Telstra	Mon-Fri 9am-4pm	By appointment only
Blue Mountains Family Support Services	2 Station St Katoomba	4782 1555	Free Fruit, Vegies & Bread	Mon, Wed, Fri 10am-4pm	Walk in service for food only
Thrive Services	2 Station St Katoomba	4782 1555	Water, EAPA, Telstra	Mon-Fri 10am-4pm	By appointment only
Mid Mountains Neighbourhood Centre Inc	9 New St Lawson	4759 2592	NILS	Mon – Thur 9am – 4pm Fri 9am – 1pm	Loan limit \$1200
Winmalee Neighbourhood Centre	62 White Cross Rd Winmalee	4754 4050	Food parcels - 10 items for \$10 - 15 items for \$15 EAPA, Water Telstra, NILS	Every Friday 10.30am-12.30pm Office Hrs Mon-Fri 8.30am-4pm	Walk in service for food only

## ST MARYS Local Government Area

Organisation	Address	Phone	Services	Day & Hours	Conditions
Salvation Army – St Marys Community Welfare Centre	2-6 Bougainville Rd Lethbridge Park	1300 371 288	Food parcels/ Food vouchers	Tues, Wed, Thurs 9.15am-12pm 1pm-2.30pm	By appointment only St Marys & Mt Druitt LGA only
St Vincent De Paul – Nepean Regional Centre	Home Visits	1800 606 724	Vouchers only	Mon-Fri 9am-4pm	By appointment only

**Note:** EAPA = Energy Accounts Payment Assistance; i.e. help with electricity and gas bills

For general information on energy issues or other energy assistance options, contact:

- your electricity or gas supplier; or
- Service NSW 13 77 88; or

Email: [energy.information@industry.nsw.gov.au](mailto:energy.information@industry.nsw.gov.au)

## HAWKESBURY Local Government Area

Organisation	Address	Phone	Services	Day & Hours	Conditions
Hawkesbury Community Services Inc.	Cnr Macquarie & Brabyn Sts Windsor	4587 8091	Food parcels & Vouchers	Thurs 10am-1pm	Food parcels by walk ins only Vouchers by appointment only
St Vincent De Paul - Hawkesbury Regional Council	Home visits	1800 606 724	Vouchers only	Mon-Fri 9am-4pm	By appointment only
Salvation Army - Hawkesbury City Community Welfare Centre	290 George St Windsor	1300 371 288	Food parcels Petrol Vouchers	Tues 9.30am-3pm	By appointment only
Windsor Baptist Church	739 George St South Windsor	4572 6952	Food Vouchers Petrol Vouchers Chemist Vouchers	Mon-Fri 9am-5pm	By Appointment only Appointments are for Tue 10am-12pm & Thurs 10am-2pm

## MT DRUITT Local Government Area

Organisation	Address	Phone	Services	Day & Hours	Conditions
Anglicare Welfare Services (covers Blacktown & Mt Drutt Areas)	91A Kurrajong Ave Mt Drutt	9832 2300	Vouchers only	Monday-Friday 9am-4.30pm	By Appointment only
Christ Mission Possible	Tregear Presbyterian Community Church Cnr Ellsworth Dr & Shackleton St Tregear	0423 059 533 Contact Rosie	Free Food Shop	Mon 9am-11am	By Appointment only Emergency only (Bring own bag)
Christ Mission Possible	PCYC Mt Drutt 453A Luxford Rd Mt Drutt	1300 435 728	Free Food Shop	Wednesday 12noon – 1.30pm	
Christ Mission Possible	Emerton Youth Centre 56 Copeland Rd Emerton	1300 435 728	Free Food Shop		
Salvation Army – St Marys Community Welfare Centre	2-6 Bougainville Rd Lethbridge Park	1300 371 288	Food parcels & Food vouchers	Tues, Wed, Thurs 9.15am-12pm 1pm-2.30pm	By appointment only St Marys & Mt Drutt LGA only
St Vincent De Paul – Nepean Regional Centre	Home visits	1800 606 724	Vouchers only Water, EAPA	Mon-Fri 9am-4pm	By Appointment only

## PENRITH Local Government Area

Organisation	Address	Phone	Services	Day & Hours	Conditions
Anglican Church	16 William Howell Dr Glenmore Park	0475 448 953	Food	Fri 1pm – 4pm	Drop in service
Barnardos	Cnr Borrowdale Way & Hosking St Cranebrook	4729 1211	Limited amount of food available.  For families only with children under 18 years: water, EAPA.	Mon – Fri 9am-1pm, 2pm-5pm	Assistance to anyone in the LGA. Food is not always available. Advised to call first.
Christ Mission Possible	The Rock Community Centre 36 Copeland St Kingswood	1300 435 728	Free Food Shop	Tues 9am-12pm	Drop in service
Anglicare	Suite 2 114-116 Henry St Penrith	8805 0900	Food parcels & Vouchers. Fuel Vouchers EAPA, Telstra.	Mon, Wed, Thurs, Fri 9am-12pm, 12.30-2.30pm	By appointment only
Christ Mission Possible	Judges Carpark Cnr Station St & Union Lane Penrith	1300 435 728	Free Food Shop	Mon, Wed, Fri 7.30am	Drop in service Free Hot breakfast *Wed – free food Hamper
Muru Mittigar Community Finance Hub <a href="http://www.murumittigar.com.au">www.murumittigar.com.au</a>	Suite 1 & 2, 111 Henry Street Penrith Covers Penrith, Blacktown & areas	4729 3840	Financial Coun- selling, Literacy Education NILS Basic Money Management	Mon-Fri 9am-4pm	Range of free financial services for the Indigenous Community
Penrith Community Aid Service	Suite 3 114-116 Henry St Penrith	4731 1380	Emergency food parcels	Mon-Fri 10am-3.30pm	Drop in service Very limited food
Salvation Army – Penrith Community Welfare Centre	223 High St Penrith	1300 371 288	Vouchers only (petrol also) EPA, Telstra	Mon-Fri 9am-5pm	By appointment only
St Vincent De Paul – Nepean Regional Centre	Home Visits	1800 606 724	Vouchers only	Mon-Fri 9am-4pm	By appointment only
Wesley Counselling Service	Level 1, 148 Henry St Penrith	4723 9263	EAPA	Mon-Fri 9am-5pm	By appointment only
WestCare Emergency Relief Services	Suite 110, level 1 114-116 Henry St Penrith	4731 3275	Food parcels Clothing vouchers EAPA, Telstra	Mon-Fri 10.30am-2pm	By appointment

Current information on the services presented on pages 6-8, and about many other services, can be obtained from:

**Commonwealth Respite and Carelink Program: 1800 052 222—until 30 June 2018**

**National Telephone Contact Centre: 1800 200 422—after 30 June 2018**

# Centrelink Advance Payments

If you receive a Centrelink Payment, you may be able to apply for an advance payment. These are repaid by a fortnightly deduction from your Centrelink benefits until the total amount has been paid back.

Some payment types and amounts you can apply for are outlined below. If your benefit is not in the list, check with Centrelink to see what is available for you.

## ELIGIBILITY

- ◇ You can only apply for an advance payment after receiving payments for 3 months if you receive any of these payments:
- ◇ Age Pension
- ◇ Carer Payment
- ◇ Disability Support Pension
- ◇ Newstart Allowance
- ◇ Parenting Payment \* (see below)
- ◇ Wife Pension
- ◇ Widow's Allowance
- ◇ Widow B Pension
- ◇ Youth Allowance for job seekers.

You can apply for an advance anytime after being granted a Centrelink payment for:

- ◇ Abstudy
- ◇ Austudy
- ◇ Family Tax Benefit Part A ^ (see below)
- ◇ Mobility Allowance
- ◇ Youth Allowance for students.

### There are conditions which can make you ineligible.

These are:

- ◇ If you are still repaying a previous advance from more than 12 months ago
- ◇ If you owe a debt to the Australian Government
- ◇ Live outside Australia.

Also:

- ◇ You must show you can afford the fortnightly repayment amounts which are deducted from your payment, and
- ◇ Can repay the advance within 6 months.

If you receive any of these payments you may apply for an advance only ONCE in 12 months:

- ◇ Abstudy
- ◇ Austudy
- ◇ Mobility Allowance
- ◇ Newstart Allowance
- ◇ Parenting Payment\* (see below)
- ◇ Widow Allowance
- ◇ Youth Allowance for jobseekers and students.

You will be ineligible for an advance on your Mobility Allowance, if you:

- ◇ Plan to leave Australia for more than 6 weeks in the next 6 months, or
- ◇ Plan to stop current training or work for 6 months or more, or
- ◇ Receive funds from the NDIS.

**How much you can get and how often you can apply, depend upon your type Centrelink payment.**

**For Age Pension, Disability Support Pension, Carer Payment, Widow B Pension or Wife Pension**

in any 6 months:

- ◇ 1 payment at the highest amount, or
- ◇ 1 or 2 payments of smaller amounts, or
- ◇ 3 payments at the lowest amount.

Amount of Advance	Single	Couple
Minimum (i.e. lowest)	\$419.40	\$316.15
Maximum (i.e. highest)	\$1,258.20	\$948.45

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\* If you are recently single (within 28 days) and have been granted the Parenting Payment, you can apply for an advance even if you have already had one in the past 12 months.

^ Family Tax Benefit Part A – the advance depends upon your payment, but cannot be more than \$1,110.69, which can be paid either:

- ◇ In one yearly payment (for e.g. Christmas time), or
- ◇ A one-off advance at any time.

(Continued from page 9)

Please note – these figures may be different if you receive a part pension or you are under 21 and receive Disability Support Pension, as the payment amounts you receive may be different.

### **Abstudy, Austudy, Newstart Allowance, Parenting Payment - partnered, Widow Allowance or Youth Allowance**

once in 12 months:

- ◇ Lowest amount \$250,
- ◇ Highest amount \$500.

These can be paid in 1 or 2 instalments, totalling \$500.

Lastly, there are Special Employment Advances that can be applied for if you receive one of the following:

- ◇ Austudy
- ◇ Carer Payment
- ◇ Disability Support Pension
- ◇ Newstart Allowance
- ◇ Parenting Payment – single
- ◇ Widow Allowance
- ◇ Widow B Pension

- ◇ Wife Pension
- ◇ Youth Allowance.

The lowest amount is \$50, and the highest \$500. However, there are certain conditions you must meet to apply for this advance:

- ◇ You must be in work for at least 6 weeks AND your wage is likely to reduce your income support payment by at least 50%, or
- ◇ You get a job, but do not have enough money to pay for something that you need to start work, or
- ◇ You or your partner did work and have not yet been paid, and that income owing would reduce your income support by at least 50%.

All advances can be applied for online. And for all you need to show you can afford the repayments, as these advances are just that. An advance on your payment. If you have any questions, ring Centrelink on the number they have given you, as each payment type has a different Centrelink number.

## Money Management Hints from some friends of PATH



### **HINTS from a Couple: C & A**

C and A receive a Disability Support Pension and an Age Pension, and live in community housing.

They have an active social life with a wide circle of friends, involving regular simple home entertaining amongst their circle. They go to restaurants only for special occasions e.g. birthday celebrations, and treat themselves to a hot chocolate or milkshake and a sweet treat (e.g. cake, slice) when shopping.

In their words:

“We don’t own a car, so use public transport (they have concession cards) and do not go out at night unless transported by friends.

We eat a healthy diet of fresh food e.g. breakfast of porridge or muesli, and eaten at home unless they have to leave home early. We also do not drink or smoke or gamble, or have other “expensive habits”.

### **How well are they doing?**

We save \$250 per fortnight, which they use to take holidays away e.g. 2-week visit to New Zealand.

Here are their tips:

- ◆ If you cannot afford an item, don’t buy it. C & A once used a lay-by payment scheme for a special gift and paid it off.
- ◆ Buy clothes from ‘value for money’ clothes shops e.g. Millers.
- ◆ Do NOT use taxis (they are physically able to use

public transport).

- ◆ Use CentrePay to pay utility bills—that makes sure bills are covered.
- ◆ Have a list of the main items needed. Buy other items if they are on special and are certain it will be eaten within the next fortnight.
- ◆ Buy groceries where they stock what you want, but go to the cheaper priced supermarkets.
- ◆ Buy when food items are on special.
- ◆ Buy fruit and veg at 'proper' fruit and veg stores, not in the supermarket chains where it is often more expensive and they don't offer personal service.
- ◆ Pay cash for white goods and home furniture from major retailers. Do NOT use rental schemes.
- ◆ We used to have a small dog, but didn't replace her after she died. So now they save on pet costs (vet bills for vaccinations and treatment, food, holiday accommodation). We often mind friends' pets to reduce their bills and help out friends, and enjoy time with the pets ("especially dogs for us!".)



simple to take out what I want, defrost it, and keep the rest in the freezer, fresh when I want it. And no waste.

I eat a healthy diet of fruit, vegetables, meat, grains (e.g. bread, rice), cheese and only a little milk. And

about every month or so, I'll have crumpets and biscuits.

With the money I have left from a shopping trip, I put that in a separate bank account. That is saved for Christmas and Easter and birthday presents, and the money is also available for emergencies e.g. doctor tests that might cost \$100 or more.

I automatically have money taken out for electricity, gas – using CentrePay. I make a point of paying on time so that saves money. I also use CentrePay to automatically pay my Internet and phone accounts. I am currently on a two-year contract for my Internet access and I pay \$70 for 100GB downloads monthly with my Internet ISP.

[Editor's comment: R has decided to remain loyal to one telephone/ISP provider since 1984. I have found it can pay to investigate the best deals when your contract is coming to an end.]

I regularly buy minced meat – beef, chicken and pork – and tins of tuna. As R said: "Do you know how many meals you can make from those ingredients?" E.g. from mince: cottage pie, meat loaf, rissoles. I have grandchildren with dietary sensitivities so I modify the ingredients if I am cooking for them too. E.g. if I have to remove egg, I use mashed potato or rice (usual sort or sweet) to help keep the shape of the rissole.

I grow some of my own vegetables in pots. I keep some seeds from lettuce, tomatoes and spinach to grow from these seeds.

I have bought quality, pre-loved furniture at low prices from Buy, Swap and Sell. I find them on Facebook—but you have to arrange transport to your home.

I have a disability parking permit, so I can park all day at shopping centres and on the street.

### HINTS from R—in her words

"I live with my partner and I enjoy occasional visits from my children and grandchildren. I live on a Disability Support Pension in community housing.

When I want to buy something, I check out what is on special in the shops the day before I go shopping. I make up my shopping list according to what is on special, and work out what I will eat in the next month. For meat and frozen food, I buy only what is on my shopping list.

I shop weekly, but when I go shopping I buy a month's quantity, alternating between weeks for what I buy. So one week I buy frozen goods, the next week I buy fresh meat. I buy fresh fruit and vegetables weekly. I store meat and frozen food in small freezer bags. I buy bread fortnightly and store it in the freezer. It is



Carers  
Australia  
NSW

NATIONAL

**CARERS** 15-21 OCTOBER  
**WEEK** **2017**

## NATIONAL CARERS WEEK

dedicated to acknowledging carers in Australia

**SUNDAY 15 – SATURDAY 21 OCTOBER 2017**

There are over 2.8 million family and friend carers in Australia providing 36 million hours of care and support every week to a family member or friend who has a disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail. The replacement value of that unpaid care is \$1.1 billion per week. The theme for National Carers Week, Carers Count, highlights these figures.

By letting people know how many carers there are in Australia, the hours of care provided each week and the value of that care, Carers Count aims to raise awareness of the contribution made by carers.

Share your National Carers Week pictures on social media by tagging @CarersNewSouthWales (Facebook) or @CarersNSW (Twitter and Instagram) and #CarersCount #Carers2017.

Sign up to the Carers NSW eBulletin to receive regular updates on National Carers Week.

Share your National Carers Week pictures on social media by tagging @CarersNewSouthWales ([Facebook](#)) or @CarersNSW ([Twitter](#) and [Instagram](#)) and #CarersCount #Carers2017.

Sign up to the [Carers NSW eBulletin](#) to receive regular updates on National Carers Week.

**Keep your eye on the websites of Carers NSW and PATH for news of events for carers in Carers Week.**

[Home](#) > [News & events](#) > [National Carers Week](#)

### National Carers Week

National Carers Week, dedicated to acknowledging carers in Australia, runs from Sunday 15 – Saturday 21 October 2017.

