



# Sexual Health & Blood Borne Infections Directory

**Illawarra & Shoalhaven regions**

## What is sexual health?

According to the World Health Organisation sexual health is not merely the absence of disease, dysfunction or infirmity, but rather, sexual health includes a holistic state of physical, emotional, mental and social well-being. As such, sexual health requires a respectful approach to sexuality and relationships, free of coercion, discrimination and violence.

## Who is HARP?

The HIV & Related Programs Unit (HARP) Health promotion team promote prevention, early intervention, treatment and management of HIV/AIDS, Blood Borne Infections (BBIs) and Sexually Transmitted Infections (STIs). HARP activity is guided by National, State and Local Health District strategies that aim to improve sexual health and reduce the harm associated with STIs, HIV and BBIs. The HARP team partner with community organisations who engage and represent people from culturally and linguistically diverse backgrounds (CALD), young people, Aboriginal people, sex workers, gay men, men who have sex with men (MSM), people living with HIV, people who inject drugs, and heterosexuals with a recent change in partner. HARP provides a range of free resources, work in collaboration with partner organisations on projects and develops awareness raising and capacity building education sessions.

## What is the intention of HARP?

Our intention is to create a positive environment in which people feel comfortable to approach the issues of HIV, STIs and BBIs and acknowledge the realities of their impact both within our community. We work towards creating an environment where HIV, STIs and BBIs can be discussed, accepted and ultimately prevented without fear, myth, stigma or discrimination. Such an atmosphere is key to reducing risk factors in the future.

## How to use the directory

The electronic directory is divided into two sections - The Illawarra and the Shoalhaven. The directory is presented in alphabetical order in two geographic sections, the Illawarra and the Shoalhaven.

# INDEX - ILLAWARRA

ACON Southern	5	Grand Pacific Health	9	Magistrate's Early Referral into Treatment/ Court Diversion (MERIT)	15
Albion Park Pharmacy Fit Pack Scheme and methadone program	5	headspace Wollongong	10	PFLAG Illawarra	15
Albion Park Rail Pharmacy Fit Pack Scheme and methadone program	5	HIV & Related Programmes Unit (HARP)	10	Shellharbour City General Practice	16
Baptist Care, Darcy House	6	Illawarra Aboriginal Medical Service - Dapto	11	Shoalhaven Hepatology Clinic	16
Bellambi Neighbourhood Centre	6	Illawarra Aboriginal Medical Service -Wollongong	11	(VAN) Service Illawarra Violence Abuse and Neglect	17
Bulli Community Health Centre	6	Illawarra Drug & Alcohol Service - iDAS Withdrawal Management	12	Warilla Community Centre	17
Bungora Centre	7	Illawarra Shoalhaven Local Health District Sexual Health Service (Illawarra)	13	Watershed Drug & Alcohol Education Service	18
Community Health for Adolescents in Need (CHAIN)	7	Illawarra Women's Health Centre	13	Wollongong Hepatology (Liver) Clinic	19
Corrimal Pharmacy Fit Pack Scheme and methadone program	7	Kiama Fit Pack Scheme and methadone program	14	Wollongong Hospital	19
Dapto Community Centre	8	Kiama Health Destination Pharmacy Fit Pack Scheme and methadone program	14	Wollongong West Street Centre	20
First Step Program, Port Kembla	8			Women's Information and Referral service (WWIS) - The Women's Centre	20
First Step Program, Orana Centre	9				
Flourish Australia New Outlook (formally Richmond PRA)	9				

# INDEX - SHOALHAVEN

ACON Southern	23	Shoalhaven Drug and Alcohol Service	27
Grand Pacific Health	23	Shoalhaven Hepatology Clinic	27
HIV & Related Programmes Unit (HARP)	24	Shoalhaven Neighbourhood Services	28
Illawarra Shoalhaven Local Health District Sexual Health Service	24	Shoalhaven Violence Abuse and Neglect Service	28
LAMP Opiate Treatment Programme	25	Shoalhaven Violence Abuse and Neglect (VAN) Service	29
Magistrate's Early Referral into Treatment/Court Diversion (MERIT)	25	Shoalhaven Women's Health Centre	29
Milton Ulladulla Hospital	26	South Coast Medical Service Aboriginal Corporation	30
Nowra Community Centre	26	Ulladulla Community Centre	31
Oolong House	26	Waminda South Coast Women's Health and Welfare Aboriginal Corporation	31
Shoalhaven District Hospital	26		

# ILLAWARRA REGION

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>ACON Southern</b></p>	<p>John Casey            jcasey@acon.org.auor            regionaloutreach@acon.org.au            02 9206 2113            www.acon.org.au            Facebook:www.facebook.com/            ACONSouthernNSW            Opening hours:            Mon-Fri 9.00am-5.00pm</p>	<ul style="list-style-type: none"> <li>• ACON is an organisation specialising in HIV prevention, HIV support and lesbian, gay, bisexual, transgender and intersex (LGBTI) health across NSW. The Regional Outreach team supports Southern and Far West NSW communities through health promotion, community development, peer education and service provider support to extend the reach of ACON’s services, campaigns, resources and safe sex equipment.</li> <li>• Based in Sydney and providing regular outreach at events, interagencies, networks and online to build service capacity, deliver peer education and stay connected with community groups.</li> </ul>
<p><b>Albion Park Pharmacy Fit Pack Scheme and methadone program</b></p>	<p>167 Tongarra Road            Albion Park 2527            Ph. 4256 4610            Opening hours:            Mon-Fri 8.00am-9.00pm</p>	<ul style="list-style-type: none"> <li>• Sell needles, syringes and other safer injecting equipment.</li> <li>• Provide information and advice to clients on hepatitis C transmission and safer injecting practices.</li> <li>• Refer to treatment and counselling services.</li> <li>• Provide medication maintenance and review and access to sterile injecting equipment and information.</li> </ul>
<p><b>Albion Park Rail Pharmacy Fit Pack Scheme and methadone program</b></p>	<p>195 Princes Highway            Albion Park Rail 2527            Ph. 4256 1403            Opening hours:            7 days 8.00am-8.00pm</p>	<ul style="list-style-type: none"> <li>• Sell needles, syringes and other safer injecting equipment.</li> <li>• Provide information and advice to clients on hepatitis C transmission and safer injecting practices.</li> <li>• Refer to treatment and counselling services.</li> <li>• Provide medication maintenance and review and access to sterile injecting equipment and information.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Baptist Care Darcy House</b></p>	<p>Lot 1, Old Port Road Port Kembla 2505</p> <p>Ph. 42982800</p> <p>www.baptistcare.org.au</p> <p>Opening Hours: Mon-Fri 10.00am-2.00pm</p>	<ul style="list-style-type: none"> <li>• A drop in centre supporting street based sex workers, homeless, marginalized and disadvantaged people living in Port Kembla and surrounding areas.</li> <li>• Provides a safe place where people are supported to address key issues, such as personal health, drug and alcohol dependence, mental health and housing needs.</li> <li>• The service seeks to assist clients in developing skills to build independence and resilience.</li> <li>• The service is a secondary needle exchange and provides free condoms.</li> </ul>
<p><b>Bellambi Neighbourhood Centre</b></p>	<p>49A Cawley Road Bellambi 2518</p> <p>Ph. 4285 3715</p> <p>Email: Mail2bnc@yahoo.com.au</p> <p>Opening hours: Mon-Fri 9.00am-3.00pm</p>	<ul style="list-style-type: none"> <li>• The centre provides a secondary Needle &amp; Syringe exchange service.</li> <li>• Provides FREE condoms</li> </ul>
<p><b>Bulli Community Health Centre</b></p>	<p>Hospital Road Bulli 2516</p> <p>Ph. 4283 0777</p> <p>Opening hours: Mon-Fri 8:30-5:00pm</p>	<ul style="list-style-type: none"> <li>• The centre provides a secondary Needle &amp; Syringe exchange service.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Bungora Centre</b></p>	<p>2 Urunga Parade Wollongong 2500</p> <p>Ph. 4228 1511 1300 652 226 (intake for program)</p> <p>Opening hours: Mon-Fri 7.45am-4.00pm</p>	<ul style="list-style-type: none"> <li>• An opioid treatment facility that is specifically designed for the daily administration of replacement pharmacotherapies for persons who are opioid dependent.</li> </ul>
<p><b>Community Health for Adolescents in Need (CHAIN)</b></p>	<p>1A Denison Street Wollongong 2500</p> <p>Ph. 4226 5816</p> <p><a href="http://www.syfs.org.au">www.syfs.org.au</a></p> <p>Opening hours: Mon 9:00am-12:30pm Tue-Fri 9:00am-4:30pm</p>	<ul style="list-style-type: none"> <li>• Southern Youth and Family Services (SYFS), is an independent, local community-based charity organisation operating in NSW.</li> <li>• SYFS provides support and assistance to vulnerable, disadvantaged and homeless young people and those at risk of disadvantage and homelessness. This support extends to children and families of young people.</li> <li>• CHAIN also provides a secondary Needle &amp; Syringe exchange service, free condoms, pregnancy tests and chlamydia screening are available on a drop in basis.</li> </ul>
<p><b>Corrimal Pharmacy Fit Pack Scheme and methadone program</b></p>	<p>Andrews Pharmacy 437 Princes Highway Corrimal 2518</p> <p>Ph. 4284 4445</p> <p>Opening hours: Open 7 days 8:30am-9:00pm</p>	<ul style="list-style-type: none"> <li>• Sell needles, syringes and other safer injecting equipment.</li> <li>• Provide information and advice to clients on hepatitis C transmission and safer injecting practices.</li> <li>• Refer to treatment and counselling services.</li> <li>• Provide medication maintenance and review and access to sterile injecting equipment and information.</li> </ul>



ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Dapto Community Centre</b></p>	<p>4 Marshall Street Dapto 2530</p> <p>Ph. 4261 4033</p> <p>Opening hours: Mon-Fri 8:30-5:00pm</p>	<ul style="list-style-type: none"> <li>The centre provides a secondary Needle &amp; Syringe exchange service.</li> </ul>
<p><b>First Step Program Port Kembla</b></p>	<p>Port Kembla Hospital Fairfax Road Warrawong 2502</p> <p>Ph. 4275 1529 Mob: 0411 408 726</p> <p>Email: michael.fernandez@health.nsw.gov.au</p> <p>Opening hours: Mon-Fri 8:30am-5:00pm</p>	<ul style="list-style-type: none"> <li>Is a blood borne virus prevention service. The program provides clean injecting equipment, free condoms as well as support and referrals in all matters of health and welfare including detox and rehabilitation.</li> <li>The First Step Program provides outreach services and education on HIV/AIDS, Hepatitis A, B and C and waste management education about used needles and syringes to individuals and groups.</li> <li>There are two primary offices, five vending machines and 24 secondary outlets ( access to needles and syringes) between Helensburgh and Ulladulla. Please call for more information on where to access injecting equipment and condoms.</li> <li>It is a free and confidential service.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>First Step Program Orana Centre</b></p>	<p>2 Rawson Street Wollongong 2500</p> <p>Ph. 4275 1529 or 0411 408 726</p> <p>Opening hours: Mon-Fri 9.00-1.00pm</p>	<ul style="list-style-type: none"> <li>• Is a blood borne virus prevention service. The program provides clean injecting equipment, free condoms as well as support and referrals in all matters of health and welfare including detox and rehabilitation.</li> <li>• The program provides outreach services and education on HIV/AIDS, Hepatitis A, B and C and waste management of used syringes to individuals and groups.</li> <li>• There are two primary offices, vending machines and they support many secondary outlets covering the regions from Helensburgh to Ulladulla.</li> <li>• It is a free and confidential service.</li> </ul>
<p><b>Flourish Australia New Outlook (formally Richmond PRA)</b></p>	<p>3 Station Street Wollongong</p> <p>Ph: 02 9393 9156</p> <p>Email: <a href="mailto:newoutlook@flourishaustralia.org.au">newoutlook@flourishaustralia.org.au</a></p>	<ul style="list-style-type: none"> <li>• Educational, recreational and social activity program for people experiencing mental health conditions. Referral via <a href="mailto:referrals@flourishaustralia.org.au">referrals@flourishaustralia.org.au</a></li> <li>• Free condoms provided at several of our services.</li> <li>• Feel free to drop in.</li> </ul>
<p><b>Grand Pacific Health</b></p>	<p>Suite 3, Level 1 336 Keira St Wollongong NSW 2500</p> <p>Postal: PO Box 1198 Wollongong 2500</p> <p>Ph. 4220 7600</p> <p><a href="http://www.gph.org.au">www.gph.org.au</a></p> <p>Opening hours: Mon-Fri 8.30am-5.00pm</p>	<ul style="list-style-type: none"> <li>• Grand Pacific Health aims to improve health outcomes for the South Eastern NSW community by addressing gaps in primary health care services.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>headspace Wollongong</b></p>	<p>Level 1, 85 Smith Street, Wollongong NSW 2500</p> <p>Postal: PO Box 6038, Wollongong NSW 2500</p> <p>Ph. 4220 7660</p> <p>Email: <a href="mailto:headspace@gph.org.au">headspace@gph.org.au</a></p> <p><a href="http://www.headspace.org.au/wollongong">www.headspace.org.au/wollongong</a></p> <p><a href="https://facebook.com/headspacewollongong">facebook.com/headspacewollongong</a></p> <p>Opening hours: Mon-Fri 8.45am-5pm</p>	<ul style="list-style-type: none"> <li>• headspace Wollongong provides free support to young people aged 12-25 years going through a tough time.</li> <li>• Our services include counselling and mental health support, physical health, sexual health and contraception, drug and alcohol issues, and education and employment services.</li> <li>• We also run activities, events and workshops aimed at engaging the local community, raising awareness and understanding about mental health, and breaking down barriers to seeking help.</li> <li>• Male and female GPs (doctors) available.</li> <li>• We provide FREE condoms.</li> </ul>
<p><b>HIV &amp; Related Programmes Unit (HARP)</b></p>	<p>Level 1, 67-71 King Street, Warrawong 2502</p> <p>Postal: Locked Bag 9 Wollongong 2500</p> <p>Ph. 4221 6740</p> <p>Email: <a href="mailto:Jennifer.farinella@health.nsw.gov.au">Jennifer.farinella@health.nsw.gov.au</a></p> <p>Opening hours: Mon-Fri 9.00am-5:00pm</p>	<ul style="list-style-type: none"> <li>• The Health Promotion Team for HARP is responsible for the development, implementation, coordination and evaluation of programs designed to reduce the incidence and impact of HIV, Sexually Transmissible Infections (STIs) and hepatitis C among priority population groups across the Illawarra Shoalhaven Local Health District (ISLHD).</li> <li>• The HARP health promotion team works in partnership with a range of state-wide, non-government and community organisations to meet the goals stipulated in the NSW Ministry of Health HIV, STI and hepatitis C Strategies and local priorities of ISLHD.</li> <li>• The HARP Unit operates across the four local government areas of Wollongong, Kiama, Shellharbour and the Shoalhaven.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Illawarra Aboriginal Medical Service - Dapto</b></p>	<p>2/130 Princes Highway Dapto 2530 Ph. 4262 8777 www.illawarraams.com.au Opening hours: Mon-Fri 9:00am-5:00pm</p>	<ul style="list-style-type: none"> <li>• The centre provides a secondary Needle &amp; Syringe exchange service.</li> <li>• Provides FREE condoms</li> </ul>
<p><b>Illawarra Aboriginal Medical Service -Wollongong</b></p>	<p>150 Church Street Wollongong 2500 Ph. 4229 9495 www.illawarraams.com.au Opening hours: Mon-Fri 9:00am-5:00pm</p>	<ul style="list-style-type: none"> <li>• The centre provides a secondary Needle &amp; Syringe exchange service.</li> <li>• Provides FREE condoms</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Illawarra Drug &amp; Alcohol Service - iDAS Withdrawal Management Service</b></p>	<p>The Orana Centre 2 Rawson Street Wollongong 2500</p> <p>Ph. 4254 2700</p> <p>Opening hours: Mon-Fri 8:30am-5:00pm</p> <p>Information and Referral Helpline: 1300 652 226</p>	<p>iDAS is a free specialist drug and alcohol service that provides:</p> <ul style="list-style-type: none"> <li>• Assistance to reduce or stop your drug or alcohol use</li> <li>• Counselling for adults and young people</li> <li>• Support for family members and significant others</li> <li>• Group programs</li> <li>• Specialised indigenous workers to meet the needs of the indigenous community</li> <li>• General information and advice</li> <li>• Health education to the community</li> <li>• Drug and alcohol consultant liaison services are available at Wollongong and Shellharbour Hospitals and can assist you with accessing the service</li> <li>• Provides FREE condoms</li> <li>• Provides ambulatory and residential withdrawal from alcohol and other drugs.</li> <li>• Support and referral to government and non-government support agencies.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Illawarra Shoalhaven Local Health District Sexual Health Service (Illawarra)</b></p>	<p>Port Kembla Hospital, Fairfax Road Warrawong 2502</p> <p>Ph. 4223 8457</p> <p>Clinic hours: Mon- Fri 9.00am-4.30pm</p>	<ul style="list-style-type: none"> <li>• The Illawarra Shoalhaven Sexual Health Service provides a confidential and comprehensive service by appointment that puts you in control of your sexual health. The service provides screening, vaccination and management of Sexually Transmissible Infections (STIs) including HIV, Chlamydia, Syphilis, Gonorrhoea and Hepatitis, and we also provide a needle and syringe service for clients of the clinic</li> <li>• The service is free and a Medicare card is not essential. When presenting to the Sexual Health Clinic clients will be required to provide some identifying information and contact details. Our priority populations for the service include men who have sex with men, people living with HIV, sex workers, young people, Aboriginal and Torres Strait Islander people, people who inject drugs, transgender people and people who have had sexual contact with someone from a high prevalence country.</li> <li>• Provides FREE condoms</li> </ul>
<p><b>Illawarra Women's Health Centre</b></p>	<p>2-14 Belfast Avenue Warilla 2528</p> <p>Ph. 4255 6800</p> <p><a href="http://www.womenshealthcentre.com.au">www.womenshealthcentre.com.au</a></p> <p>Opening hours: Mon-Fri 9am-5pm Closed daily 1-2 for lunch</p>	<ul style="list-style-type: none"> <li>• IWHC is a women's health focused medical practice, health care centre, and community space for all women.</li> <li>• Provide an in-house women's health GP, nurse and counsellor and a range of complementary therapies.</li> <li>• The majority of services are low cost or free.</li> <li>• Regular information groups and workshops on women's health and wellbeing.</li> <li>• Meeting rooms are available free of charge for women's groups to meet.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Kiama Fit Pack Scheme and methadone program</b></p>	<p>Priceline Pharmacy 116 Terralong Street Kiama 2533</p> <p>Ph. 4232 1046</p> <p>Opening hours: Mon-Fri 8.30am-7pm Sat 8.30am-5.00pm Sun 9am-5.00pm</p>	<ul style="list-style-type: none"> <li>• Sell needles, syringes and other safer injecting equipment.</li> <li>• Provide information and advice to clients on hepatitis C transmission and safer injecting practices.</li> <li>• Refer to treatment and counselling services.</li> <li>• Provide medication maintenance and review and access to sterile injecting equipment and information.</li> </ul>
<p><b>Kiama Health Destination Pharmacy Fit Pack Scheme and methadone program</b></p>	<p>Shop 5 Kiama Village 143 Terralong St Kiama 2533</p> <p>Ph. 4232 3330</p> <p>Opening hours: Mon - Fri 8.30am-6pm Sat-Sun 9am-4pm</p>	<p>Services Provided include:</p> <ul style="list-style-type: none"> <li>• Methadone/biodone buprenorphine program</li> <li>• Dispense new Hepatitis C drugs</li> <li>• Needle exchange (fitpacks)</li> <li>• Anabolic steroid safe injecting kits</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Magistrate's Early Referral into Treatment/ Court Diversion (MERIT)</b></p>	<p>The Orana Centre 2 Rawson Street Wollongong 2500</p> <p>Ph. 1300 652226 or 4254 2700</p> <p><a href="http://www.lawlink.nsw.gov.au/merit">www.lawlink.nsw.gov.au/merit</a></p> <p>Opening hours: Mon-Fri 8:30am-5.00pm</p>	<ul style="list-style-type: none"> <li>• A program based in Local Courts that provides the opportunity for adult defendants with drug or alcohol problems to work on a voluntary basis, towards rehabilitation as part of the bail process.</li> <li>• Participants can be identified by the Magistrate, solicitor, police or the defendants themselves as suitable for assessment for the MERIT program.</li> <li>• MERIT Teams, based in NSW Health or non-Government organisations conduct the assessment of participants. Based on the assessment, the defendant may be accepted into MERIT to receive targeted drug or alcohol treatment. The MERIT treatment program will be developed to match the defendant's individual needs.</li> <li>• Defendants are closely case-managed by the MERIT Team throughout the program and the Magistrate receives regular reports on the participant.</li> <li>• The final hearing and sentence generally coincide with the completion of the MERIT program. Magistrates are then able to consider the defendant's progress in treatment as part of final sentencing.</li> <li>• Provides FREE condoms</li> </ul>
<p><b>PFLAG Illawarra</b></p>	<p>Ph: 0410147435</p> <p>Email: <a href="mailto:pflagillawarra.southern@gmail.com">pflagillawarra.southern@gmail.com</a></p> <p><a href="http://pflagaustralia.org.au/">http://pflagaustralia.org.au/</a></p>	<ul style="list-style-type: none"> <li>• PFLAG stands for Parents and Friends of Lesbian and Gays. It is a non-profit voluntary organisation with a common goal of keeping families together. PFLAG is there to give help, support and information to family, friends and all within the LBGTI community.</li> </ul>



ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Shellharbour City General Practice</b></p>	<p>Dr Simon Marlton 75 Cygnet Avenue Shellharbour City 2529 Ph: 02 42970037 www.shcgp.com.au</p>	<ul style="list-style-type: none"> <li>• General practitioner providing access to new Medicare funded hepatitis C treatments. Including diagnosis, assessment, and treatment. Long term HIV management.</li> </ul>
<p><b>Shoalhaven Hepatology Clinic</b></p>	<p>Hepatology Clinic, Grand Pacific Health Centre, Scenic Drive Nowra Ph: 4448 2229 Mob: 0477 399445 Email: belinda.watson@health.nsw.gov.au patricia.bindley@health.nsw.gov.au Opening hours: Mon,Tue,Thurs, Fri 7:30am- 4:00pm</p>	<ul style="list-style-type: none"> <li>• Run by nurses who aim to educate and counsel people through the latest Hepatitis B and C antiviral treatment programs.</li> <li>• Service is provided through an Outpatient Clinic At Shoalhaven Hospital &amp; an Outreach Clinic at Milton Hospital every fortnight.</li> <li>• Services include: assessment and counselling for people with Hepatitis B and C; education and support for patients and family members throughout treatment; information for health and welfare professionals and community groups.</li> <li>• Counselling and support is also available to patients, their families and friends over the duration of the treatment program.</li> <li>• There is access to a dietician to help with nutritional advice.</li> <li>• The clinic is available for any person over the age of 18 who has Hepatitis B and/or Hepatitis C.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>(VAN) Service Illawarra Violence Abuse and Neglect</b></p>	<p>Wollongong Community Health Centre, Unit 28-29 Piccadilly Centre 341-349 Crown St, Wollongong</p> <p>Outreach: Bulli, Dapto, Warilla and Kiama.</p> <p>Ph. 4253 0300</p> <p>Opening hours: Mon-Fri 8:30am-5:00pm</p> <p>After hours crisis service contact 4222 5000</p>	<ul style="list-style-type: none"> <li>• We provide service for victims of Sexual Assault and their non-offending family members as well as victims of Domestic Violence.</li> <li>• We provide a crisis counselling and medical response 24/7 to recent sexual assault victims</li> <li>• We provide community education and awareness-raising to Aboriginal and non-Aboriginal community members.</li> <li>• Our services include counselling, crisis support, forensic medical examinations, and ongoing counselling services; including group therapy and group work. As well as information and advocacy for adults who have experienced sexual assault, domestic/family violence, childhood abuse and trauma.</li> <li>• Also has an Indigenous worker to support Aboriginal clients.</li> </ul>
<p><b>Warilla Community Centre</b></p>	<p>Belfast Avenue Warilla 2528</p> <p>Ph. 4296 4200</p> <p>Opening hours: Mon-Fri 8:30am-5:00pm</p>	<ul style="list-style-type: none"> <li>• The centre provides a secondary Needle &amp; Syringe exchange service.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Watershed Drug &amp; Alcohol Education Service</b></p>	<p>Postal: PO Box 25 Berkeley 2506</p> <p>Ph:1800 818 872 - 24 hours 7 days</p> <p><a href="http://www.watershed.org.au">www.watershed.org.au</a></p> <p>The Day Program Postal: PO Box 1101 Wollongong 2500</p> <p>Ph. 42280449</p> <p>Opening hours: Mon-Fri 9:00am-5:00pm</p>	<ul style="list-style-type: none"> <li>• Is a leading treatment and education centre offering individuals and their loved ones a holistic and effective approach to actively motivate and foster the required mental, emotional and physical strength to overcome the effects of a dependency and bring about both a positive and permanent behavioural change.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Wollongong Hepatology (Liver) Clinic</b></p>	<p>Department of Gastroenterology Level 3 Wollongong Hospital Crown Street Wollongong 2500</p> <p>Ph. 42225181 – answering machine</p> <p>Email: adele.hampson@health.nsw.gov.au michaela.lucas@health.nsw.gov.au pauline.carlon@health.nsw.gov.au</p> <p>Opening hours: Mon- Fri: 7.00am – 4.30pm</p>	<ul style="list-style-type: none"> <li>• Run by nurses who aim to educate and counsel people through the latest Hepatitis B and C antiviral treatment programs.</li> <li>• The services are provided through two clinics based at Wollongong and Shoalhaven District Memorial Hospital. Outreach facilities are available at Bungora Methadone clinic in Wollongong fortnightly and the AMS at Dapto monthly.</li> <li>• Services include: assessment and counselling for people with Hepatitis B and C; fibroscan, education and support for patients and family members throughout treatment; information for health and welfare professionals and community groups.</li> <li>• The team includes a dedicated social worker within the clinic who provides information, support and practical assistance with welfare services. Counselling and support is also available to patients, their families and friends over the duration of the treatment program.</li> <li>• There is access to a dietician to help with nutritional advice.</li> <li>• The clinic is available for any person over the age of 18 who has Hepatitis B and/or Hepatitis C.</li> </ul>
<p><b>Wollongong Hospital</b></p>	<p>Crown Street Wollongong Ph. 4222 5000</p> <p><a href="http://www.islhd.health.nsw.gov.au/Wollongong_Hospital/default.asp">www.islhd.health.nsw.gov.au/Wollongong_Hospital/default.asp</a></p> <p>Opening hours: 7 days 24 hours</p>	<ul style="list-style-type: none"> <li>• 24 hour access to sterile injecting equipment from an automatic dispensing machine.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Wollongong West Street Centre</b></p>	<p>Postal: PO Box 1432 Wollongong 2500</p> <p>Ph. 42266441</p> <p>Opening hours: Mon-Thurs 9:00am-5:00pm</p>	<ul style="list-style-type: none"> <li>• Our Centre is a community-based sexual assault counselling service. We provide individual trauma informed counselling and groupwork to young people, children and women who have children in their care.</li> <li>• We also offer support to non-offending family members and carers.</li> <li>• Women survivors who do not have children in their care can access our group workshops and drop-in activities. Please contact us for further information.</li> </ul>
<p><b>Women's Information and Referral service (WWIS) - The Women's Centre</b></p>	<p>170 Corrimal Street Wollongong 2500</p> <p>Ph. 4228 1499</p> <p>Email: <a href="mailto:wwis@wwis.org.au">wwis@wwis.org.au</a></p> <p><a href="http://www.wwis.org.au">www.wwis.org.au</a></p> <p>Facebook: Wollongong Women's Information Service</p> <p>Opening hours: Mon-Fri 9:00am-4:00pm Closed 1:00pm-2:00pm</p>	<ul style="list-style-type: none"> <li>• We are a community-based organisation run by women for women in the Illawarra.</li> <li>• We provide information, referral, advocacy and support both face to face and by phone to women in the Illawarra on a wide range of issues including domestic violence, AVOs, health, legal matters, accommodation services, education, activities, support groups, counselling services, government and non-government services.</li> <li>• We provide a range of programs and support services for women who are affected by domestic violence, isolation, marginalisation, disadvantage and other issues that affect their lives.</li> <li>• We offer a range of resources and facilities for women, including access to computers, internet, fax and photocopier and a meeting space for women's groups and activities.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Women's Information and Referral service (WWIS) - The Women's Centre cont...</b></p>		<ul style="list-style-type: none"> <li>• Free legal advice and information for women on all legal issues including Family Law, Domestic and Personal Violence, Fines and other legal issues. Held weekly on Wednesdays and fortnightly on Thursdays. Call us on 4228 1499 for an appointment.</li> <li>• Court advocacy through the Illawarra Women's Domestic Violence Court Advocacy Service (IWDVCAS) for women seeking an Apprehended Domestic Violence Order(ADVO).</li> <li>• Free legal representation at court through the Domestic Violence Practitioners Scheme - for women seeking private ADVO's who are eligible for legal aid and are an existing client of the Court Advocacy Service.</li> <li>• Free advice at court for women with Police initiated ADVO's on family law, child support, victim's compensation, and property, on referral from the court advocacy service.</li> <li>• International Women's Day annual events.</li> <li>• White Ribbon Day annual events and activities.</li> </ul>

# SHOALHAVEN REGION

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>ACON Southern</b></p>	<p>John Casey            Email: <a href="mailto:jcasey@acon.org.au">jcasey@acon.org.au</a> or <a href="mailto:regionaloutreach@acon.org.au">regionaloutreach@acon.org.au</a>            Ph: 02 9206 2113  <a href="http://www.acon.org.au">www.acon.org.au</a>            Facebook: <a href="https://www.facebook.com/ACONSouthernNSW">www.facebook.com/ACONSouthernNSW</a>            Opening hours:            Mon-Fri 9.00am-5.00pm</p>	<ul style="list-style-type: none"> <li>• ACON is an organisation specialising in HIV prevention, HIV support and lesbian, gay, bisexual, transgender and intersex (LGBTI) health across NSW. The Regional Outreach team supports Southern and Far West NSW communities through health promotion, community development, peer education and service provider support to extend the reach of ACON's services, campaigns, resources and safe sex equipment.</li> <li>• Based in Sydney and providing regular outreach at events, interagencies, networks and online to build service capacity, deliver peer education and stay connected with community groups.</li> </ul>
<p><b>Grand Pacific Health</b></p>	<p>107 Scenic Drive            Nowra 2541            Ph. 4448 2255  <a href="http://www.gph.org.au">www.gph.org.au</a>            Opening hours:            Mon-Fri 8.30am-6.00pm</p>	<ul style="list-style-type: none"> <li>• Grand Pacific Health aims to improve health outcomes for the South Eastern NSW community by addressing gaps in primary health care services.</li> </ul>



ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>HIV &amp; Related Programmes Unit (HARP)</b></p>	<p>Level 1, 67-71 King Street, Warrawong 2502</p> <p>Postal: Locked Bag 9 Wollongong 2500</p> <p>Ph. 4221 6740</p> <p>Email: Jennifer.farinella@health.nsw.gov.au</p> <p>Opening hours: Mon-Fri 9.00am-5:00pm</p>	<ul style="list-style-type: none"> <li>• The Health Promotion Team for HARP is responsible for the development, implementation, coordination and evaluation of programs designed to reduce the incidence and impact of HIV, Sexually Transmissible Infections (STIs) and hepatitis C among priority population groups across the Illawarra Shoalhaven Local Health District (ISLHD).</li> <li>• The HARP health promotion team works in partnership with a range of state-wide, non-government and community organisations to meet the goals stipulated in the NSW Ministry of Health HIV, STI and hepatitis C Strategies and local priorities of ISLHD.</li> <li>• The HARP Unit operates across the four local government areas of Wollongong, Kiama, Shellharbour and the Shoalhaven.</li> </ul>
<p><b>Illawarra Shoalhaven Local Health District Sexual Health Service</b></p>	<p>Shoalhaven Street Nowra 2541</p> <p>Ph. 4423 9353</p> <p>Opening hours: Mon 9:00am- 5:00pm Thursday 9.00am-5:00pm</p>	<ul style="list-style-type: none"> <li>• The Illawarra Shoalhaven Sexual Health Service provides a confidential and comprehensive service by appointment that puts you in control of your sexual health. The service provides screening, vaccination and management of Sexually Transmissible Infections (STIs) including HIV, Chlamydia, Syphilis, Gonorrhoea and Hepatitis, and we also provide a needle and syringe service for clients of the clinic</li> <li>• The service is free and a Medicare card is not essential. When presenting to the Sexual Health Clinic clients will be required to provide some identifying information and contact details. Our priority populations for the service include men who have sex with men, people living with HIV, sex workers, young people, Aboriginal and Torres Strait Islander people, people who inject drugs, transgender people and people who have had sexual contact with someone from a high prevalence country.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>LAMP Opiate Treatment Programme</b></p>	<p>5-7 Lawrence Avenue Nowra 2541</p> <p>Ph. 4424 6490</p> <p>Opening hours: Mon-Fri 7:30am to 4:00pm Sat-Sun 7:30am to 10:30am</p> <p>Dosing hours: Mon-Fri 7.50am-10.30am Weekends and Public Holidays 7.50am-9.30</p>	<ul style="list-style-type: none"> <li>• Offers a Methadone, Buprenorphine or Suboxone treatment programme for persons with opiate dependence.</li> <li>• Provides on-going education, assessment, casework, referral and liaison with other medical / non-medical services.</li> <li>• Provides FREE condoms</li> </ul>
<p><b>Magistrate's Early Referral into Treatment/Court Diversion (MERIT)</b></p>	<p>47 Berry Street Nowra 2541 (corner of Worrigee Street) entry via Worrigee Street</p> <p>Ph. 4422 9662</p> <p>Opening hours: Mon-Fri 9:00am-5:00pm Closed 12:30pm-1:00pm for lunch</p>	<ul style="list-style-type: none"> <li>• A program based in Local Courts that provides the opportunity for adult defendants with drug or alcohol problems to work on a voluntary basis, towards rehabilitation as part of the bail process.</li> <li>• Participants can be identified by the Magistrate, solicitor, police or the defendants themselves as suitable for assessment for the MERIT program.</li> <li>• MERIT Teams, based in NSW Health or non-Government organisations conduct the assessment of participants. Based on the assessment, the defendant may be accepted into MERIT to receive targeted drug or alcohol treatment. The MERIT program will be developed to match the defendant's individual needs.</li> <li>• Defendants are closely case-managed by the MERIT Team throughout the program and the Magistrate receives regular reports on the participant.</li> <li>• The final hearing and sentence generally coincide with the completion of the MERIT program. Magistrates are then able to consider the defendant's progress in treatment as part of final sentencing.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<b>Milton Ulladulla Hospital</b>	<p>106 Princes Highway Milton 2538</p> <p>Ph. 4455 1333</p> <p>Opening hours: 7 days 24 hours</p>	<ul style="list-style-type: none"> <li>• 24 hour access to sterile injecting equipment from an automatic dispensing machine</li> </ul>
<b>Nowra Community Centre</b>	<p>5 Lawrence Avenue Nowra 2541</p> <p>Ph. 4424 6300</p> <p>Opening hours: Mon-Fri 8:30am-5:00pm</p>	<ul style="list-style-type: none"> <li>• The centre provides a secondary Needle &amp; Syringe exchange service.</li> </ul>
<b>Oolong House</b>	<p>11 Junction Street Nowra 2541</p> <p>Ph. 4422 0644</p> <p><a href="http://www.oolonghouse.org.au">www.oolonghouse.org.au</a></p> <p>Opening hours: Mon-Fri 9:00am-5:00pm</p>	<ul style="list-style-type: none"> <li>• Provides residential treatment for Aboriginal and non Aboriginal men who wish to regain their lives and manage problems linked to alcohol and other drugs.</li> <li>• An aftercare worker is available to continue assisting clients once they have graduated from the program.</li> </ul>
<b>Shoalhaven District Hospital</b>	<p>Scenic Drive Nowra 2541</p> <p>Ph. 4421 3111</p> <p><a href="http://www.islhd.health.nsw.gov.au/SDMH/">www.islhd.health.nsw.gov.au/SDMH/</a></p> <p>Opening hours: 7 days 24 hours</p>	<ul style="list-style-type: none"> <li>• 24 hour access to sterile injecting equipment from an automatic dispensing machine</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Shoalhaven Drug and Alcohol Service</b></p>	<p>47 Berry Street Nowra (corner of Worrigee Street) – entry via Worrigee Street Ph. 44229662 Information Help Line 1300652226 Opening hours: Mon–Fri 8.30am-5.00pm Closed 12.30pm-1:00pm for lunch</p>	<ul style="list-style-type: none"> <li>• SDAS is a free specialist drug and alcohol service that provides</li> <li>• Assistance to reduce or stop drug and alcohol use</li> <li>• Counselling for adults and youth</li> <li>• Support for family and significant others</li> <li>• Group programs</li> <li>• Specialised indigenous workers</li> <li>• General information and advise</li> <li>• Health education to community</li> <li>• Consultation liaison at both Shoalhaven and Milton hospitals</li> </ul>
<p><b>Shoalhaven Hepatology Clinic</b></p>	<p>Hepatology Clinic, Grand Pacific Health Centre, Scenic Drive Nowra Ph: 4448 2229 Mob: 0477 399445 Email: belinda.watson@health.nsw.gov.au or patricia.bindley@health.nsw.gov.au Opening hours: Mon, Tue, Thurs, Fri 7:30am- 4:00pm</p>	<ul style="list-style-type: none"> <li>• Run by nurses who aim to educate and counsel people through the latest Hepatitis B and C antiviral treatment programs.</li> <li>• Service is provided through an Outpatient Clinic At Shoalhaven Hospital &amp; an Outreach Clinic at Milton Hospital every fortnight.</li> <li>• Services include: assessment and counselling for people with Hepatitis B and C; education and support for patients and family members throughout treatment; information for health and welfare professionals and community groups.</li> <li>• Counselling and support is also available to patients, their families and friends over the duration of the treatment program.</li> <li>• There is access to a dietician to help with nutritional advice.</li> <li>• The clinic is available for any person over the age of 18 who has Hepatitis B and/or Hepatitis C.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Shoalhaven Neighbourhood Services</b></p>	<p>134 Kinghorne Street Nowra and 2/80 Park Road Nowra</p> <p>Ph: 4421 5077</p> <p>Email: <a href="mailto:community@sns.org.au">community@sns.org.au</a></p> <p>Opening hours: Mon- Fri 9.00am to 3.00pm</p>	<ul style="list-style-type: none"> <li>• We provide free condoms at both our sites.</li> </ul>
<p><b>Shoalhaven Violence Abuse and Neglect Service</b></p>	<p>Shoalhaven District Memorial Hospital, Scenic Drive Nowra</p> <p>Outreach: Nowra Community Health Centre, St Georges Basin, Sussex Inlet and Ulladulla.</p> <p>Ph. 4423 9211</p> <p>Opening hours: Mon-Fri 8:30am-5:00pm</p> <p>After hours crisis service contact 44239211</p>	<ul style="list-style-type: none"> <li>• Service for victims of Sexual Assault and their non-offending family members as well as victims of Domestic Violence.</li> <li>• Service include crisis support, forensic medical examinations, and ongoing counselling services including group therapy .</li> <li>• Provide community education and awareness-raising.</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Shoalhaven Violence Abuse and Neglect (VAN) Service</b></p>	<p>Links House, Shoalhaven District Memorial Hospital, Scenic Drive Nowra</p> <p>Outreach: St Georges Basin, Sussex Inlet and Ulladulla.</p> <p>Ph. 4423 9211</p> <p>Opening hours: Mon-Fri 8:30am-5:00pm</p> <p>After hours crisis service contact 44239211</p>	<ul style="list-style-type: none"> <li>• We provide service for victims of Sexual Assault and their non-offending family members as well as victims of Domestic Violence.</li> <li>• We provide a crisis counselling and medical response 24/7 to recent sexual assault victims</li> <li>• We provide community education and awareness-raising to Aboriginal and non-Aboriginal community members.</li> <li>• Our services include counselling, crisis support, forensic medical examinations, and ongoing counselling services; including group therapy and group work. As well as information and advocacy for adults who have experienced sexual assault, domestic/family violence, childhood abuse and trauma.</li> </ul>
<p><b>Shoalhaven Women's Health Centre</b></p>	<p>5 McGrath Ave Nowra 2541</p> <p>Ph. 4421 0730</p> <p>Email: <a href="mailto:swhc@swhc.org.au">swhc@swhc.org.au</a></p> <p><a href="http://www.shoalhavenwomenshealthcentre.org.au">www.shoalhavenwomenshealthcentre.org.au</a></p> <p>Opening hours: Mon-Thurs 9.00am– 4.00pm</p>	<ul style="list-style-type: none"> <li>• Shoalhaven Women's Health Centre is a community based, not for profit organisation that has existed for over 30 years providing a range of holistic health services to women.</li> <li>• Supportive, friendly, professional, caring and confidential approach from a team of qualified and experienced staff.</li> <li>• Services include counselling, massage, alternate therapist, a Women's health nurse, pregnancy and termination information and support.</li> <li>• Workshops on a range of issues, information and referral and groups and activities fit organisation that has existed</li> <li>• Provides FREE condoms</li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>South Coast Medical Service Aboriginal Corporation</b></p>	<p>Jane Ardler Centre 51-53 Berry Street Nowra 2541</p> <p>Ph. 4428 6666</p> <p><a href="http://www.southcoastams.org.au">www.southcoastams.org.au</a></p> <p>Opening Hours: Mon-Fri 9.00am-5.00pm</p>	<ul style="list-style-type: none"> <li>• The South Coast Medical Service Aboriginal Corporation provides a secondary Needle &amp; Syringe exchange service. They also provide free condoms to clients.</li> <li>• The Social Health Services team of the South Coast Medical Service Aboriginal Corporation provides support to Aboriginal communities across the Shoalhaven.</li> <li>• We provide a culturally safe service aimed at improving the wellbeing of all who engage with our service.</li> <li>• Group services we Provide:             <ul style="list-style-type: none"> <li>• Monday – Wreck Bay Support Group (for clients and or family members/friends who are affected by drugs and alcohol or mental health issues)</li> <li>• Tuesday – Women’s Group</li> <li>• Wednesday – Men’s Group</li> <li>• Thursday – SMART Recovery</li> <li>• Friday – Youth Diversionary Program (aimed to at risk youth)</li> </ul> </li> <li>• Individual based services we provide:             <ul style="list-style-type: none"> <li>• AOD case management and support (including youth &amp; outreach workers)</li> <li>• Mental health case management and support</li> <li>• Grief &amp; loss counselling</li> <li>• Kids counselling</li> <li>• Psychologist</li> </ul> </li> </ul>

ORGANISATION	CONTACT DETAILS	DESCRIPTION
<p><b>Ulladulla Community Centre</b></p>	<p>Princes Highway Ulladulla 2539</p> <p>Ph. 4455 5366</p> <p>Opening hours: Mon-Fri 8.30am-5.00pm</p>	<ul style="list-style-type: none"> <li>The centre provides a secondary Needle &amp; Syringe exchange service.</li> </ul>
<p><b>Waminda South Coast Women's Health and Welfare Aboriginal Corporation</b></p>	<p>122 KInghorne Street Nowra 2541</p> <p>Ph. 4421 7400</p> <p><a href="http://www.waminda.org.au">www.waminda.org.au</a></p> <p>facebook: Waminda-South Coast Women's Health &amp; Welfare Aboriginal Corp</p> <p>Mobile App: Search for 'Waminda' in your Play Store app for androids or the Apple App Store for iPhones</p> <p>Opening hours: Mon-Fri 9.00am-4.30pm</p>	<ul style="list-style-type: none"> <li>Waminda is a culturally safe and holistic service, providing women and their Aboriginal families an opportunity to belong and receive quality health and wellbeing support. Our key focus is on providing tailored strength based care.</li> <li>Services we provide are;</li> <li>Case Management in DV,D&amp;A, Family Support, Mental Health, General Case work</li> <li>We are an accredited practice with clinics which consultation appointments can be booked with our female Doctors, Nurses/Midwives and Aboriginal Health Workers and work with patients with Chronic Care health plans</li> <li>Supported Playgroup</li> <li>Wellbeing program called "Dead or Deadly" which includes support and facilitation of exercise programs, healthy eating plans and health challenges</li> <li>Mental Health Respite Program called "Healing House"</li> <li>Cancer Care Coordination Program</li> <li>The centre welcomes women to drop in for a chat, tea or coffee, change your baby or relax with friends while you are in town.</li> <li>Provides FREE condoms</li> </ul>



## 2017 Directory

Every effort has been made to ensure that the details in this directory were true and accurate at the time of creating the directory. If any of the details are incorrect or have changed, could you please notify:

HIV & Related Programmes Unit (HARP)  
phone: 4221 6740  
email: [jennifer.farinella@health.nsw.gov.au](mailto:jennifer.farinella@health.nsw.gov.au).

Updated January 2017.