Relationships are complex and are influenced and impacted by many factors from health, finances, education and the like. Good information and support can help men work through difficult and challenging times.

The Blokes Book is designed to assist men in Western Sydney to find the relevant support services that can help them overcome tough challenges and achieve their goals in life.

...for when it hits the fan
ACKNOWLEDGEMENTS

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Aboriginal And Torres Strait Islander Blokes

Aboriginal Health Unit - Western Sydney Local Health District
Address: Mount Druitt Hospital, Railway Street, Mount Druitt NSW 2770
LGA: Blacktown
Phone: (02) 9881 1670
The role of this unit is to provide strategic directions for Aboriginal health in Western Sydney Local Health District and implement, monitor projects and programs that address Aboriginal Health issues in Western Sydney; this is a male friendly unit.

Darug Tribal Aboriginal Corporation
Address: 71 Seven Hills Road, Seven Hills NSW 2147
Postal Address: PO Box 441, Blacktown NSW 2148
LGA: Blacktown
Email: darug_tribal@live.com.au
Website: www.darug.org.au
Phone: (02) 9622 4081
Gaining skills to attend schools & the wider community in the education of Aboriginal & Torres Strait Islanders.

Fair Trading (NSW)
Address: 1 Fitzwilliam Street, Parramatta NSW 2150
Postal Address: PO Box 972, Parramatta NSW 2124
LGA: Parramatta
Website: www.fairtrading.nsw.gov.au
Phone: (02) 9895 0324 or (02) 989 50119
Consumer rights - tenancy, car purchase & repairs, shopping, associations, building & trades, licensing, strata, retirement villages, funeral schemes and a whole lot more.

Men's A&OD Cultural & Spiritual Healing Group - Marrin Weejali Aboriginal A&OD Healing Centre
Address: 79-81 Jersey Road, Blackett NSW 2770
Postal Address: PO BOX 147, Emerton NSW 2770
LGA: Blacktown
Email: loise@marrinweejali.org.au
Website: www.marrinweejali.org.au
Phone: (02) 9628 3031
The Men's A&OD Cultural & Spiritual Healing Group supports Aboriginal men in society. We offer Aboriginal men the tools & encouragement to become stronger role models for their children, their families & their community. Please contact us to find out when we meet.

Merana Aboriginal Social Support Service - Merana Aboriginal Community Association for the Hawkesbury Inc
Address: 96 Windsor St, Richmond NSW 2753
Local Government Area - Hawkesbury
Email: hacc_merana@bigpond.com
Phone: (02) 4588 5126
Social support for Aboriginal and Torres Strait Islander men over 50 who have a disability or a condition that prevents them from getting out and about.
Aboriginal And Torres Strait Islander Blokes

Mootang Tarimi (Outreach Screening Service) - Aboriginal Health Unit
Address: Mt Druitt Hospital
Postal Address: Railway Street,
Mt Druitt NSW 2770
LGA: Blacktown
Email: francine.eades@swahs.health.nsw.gov.au
Phone: (02) 9881 1670

The Outreach Screening Service screens for chronic illnesses such as diabetes, chronic kidney disease, cholesterol, blood pressure and provides health promotion advice. We are “a men of all ages” friendly service.

Nepean Division of General Practice - Closing The Gap "Indigenous Health"
Address: Suite 5B level 2, 61/89 Henry St,
Penrith NSW 2750
LGA: Penrith
Phone: (02) 4721 1150

CTG Men's Health Checks - for all Indigenous men to access cheaper medicines.

WentWest - Close the Gap team
Postal Address: PO Box 5
Blacktown Post Shop,
Blacktown NSW 2148
LGA: Blacktown, Parramatta, Holroyd, Auburn and Hills District
Email: closingsgap@wentwest.com.au
Website: www.wentwest.com.au
Phone: (02) 8811 7100

Our Close the Gap team provides support for Aboriginal and Torres Strait Islander people in accessing health services and connecting you to the appropriate services to assist with their holistic health needs.

Western Sydney Aboriginal Men's Group - Aboriginal Medical Service
Address: We don’t have a building or set meeting place as it changes from month to month. We often meet in parks and have a meal together and chat about life.
LGA: Western Sydney
Email: admin@aboriginalmensgroup.com or mickswayout@gmail.com
Website: wwwaboriginalmensgroup.com
Phone: Michael 041 826 5329

The aim of the men's group is to create a place where men from Aboriginal descent can come and share their life experiences and struggles with other men. Please contact us to find out when the Western Sydney Aboriginal Men's group meet. All men are welcome.

Yenu Allowah Aboriginal Child and Family Centre
Address: Corner of Belmore Ave and North Parade, Mt Druitt NSW 2770
LGA: Blacktown
Email: Tracey.Roe@gowrie-sydney.com.au
Phone: 1800 089 385 or (02) 9625 6357

Supported Aboriginal playgroups for carers with children aged 0 - 5 years and a variety of parenting, health and cultural activities.
Alcohol, Drugs, Gambling And Other Addictions

“I do AA on Tuesday, NA on Thursday, and GA on the weekend.” - Wazza, 45

Many blokes are unaware that there are many men in the same situation as themselves. The following groups and services help support and assist blokes who are battling an addiction:

**ADRA Community Centre - ADRA Australia**
Address: Level 2, 24 Main St, Blacktown NSW 2148
LGA: Blacktown
Email: clinical@adracare.org.au
Phone: (02) 9622 7188
Free counselling services offered to individuals for issues such as Drug and Alcohol, Anger Management, Relationship Problems and Domestic Violence.

**Alcoholics Anonymous**
Phone: helpline - (02) 4782 2412
We provide approximately 400 weekly meetings throughout Sydney; to find your nearest meeting call the helpline.

**The Bridge Program - The Salvation Army Blacktown City Corps**
Address: 2 Lismore Street, Blacktown NSW 2148
LGA: Blacktown
Email: bob.rogan@aus.salvationarmy.org
Phone: 0411 329 046
The Bridge Program Outpatient Service provides outpatient services to those who cannot go to rehabilitation.

**BRIDGES**
Address: 119 Flushcombe Road, Blacktown NSW 2148
Postal Address: P.O. Box 577, Blacktown NSW 2148
LGA: Blacktown
Email: info@bridges.org.au
Phone: (02) 9622 7511
We are a service that provides counselling and group work for people whose lives have been affected directly or indirectly by substance misuse.
Alcohol, Drugs, Gambling And Other Addictions

DRUG ARM Australasia
Address: Shop 1, 119 the Crescent, Fairfield NSW 2165
Postal Address: PO Box 1030, Fairfield NSW 1860
LGA: Fairfield
Email: vanessar@drugarm.com.au
Phone: (02) 9755 0596

DRUG ARM Australasia is a specialist, alcohol and other drug agency. The Community and Family Support Service (CAFSS) is an on-going counselling service for illicit drug and alcohol users. Support is offered through the provision of treatment and interventions aimed at addressing issues surrounding drug use, increasing self-esteem and working on relapse prevention skills. The service offers 12 sessions per client, and works in the models of Cognitive-Behavioural Therapy and Motivational Interviewing.

Gamblers Anonymous
Address: See our meetings list at: www.ganw.org.au
Postal Address: PO Box 4097, Tregear NSW 2770
Email: info@gansw.org.au
Website: www.gansw.org.au
Phone: Office: (02) 9628 7803
Meetings Info: (02) 9628 5065

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope so they may solve their common problem and help others to recover from their gambling problems.

Gambling Help Counselling Service
- St Vincent de Paul Society (NSW)
Address: 9/7-9 Seven Hills Road, Baulkham Hills NSW 2153
LGA: Hills
Email: gamblinghelp@vinnies.org.au
Phone: (02) 9686 1281

Offers counselling and support to men and families with problem gambling issues.

Marijuana Anonymous - The Salvation Army Blacktown City Corps
Address: 2 Lismore Street, Blacktown NSW 2148
LGA: Blacktown
Email: bob.rogan@au.salvationarmy.org
Phone Number: 0411 329 046

MA is a 12 Step support group for those with a desire to stop using marijuana.
Alcohol, Drugs, Gambling and other Addictions

Multicultural Problem Gambling
Service for NSW
LGA: Parramatta
Email: mpgs@wsahs.nsw.gov.au
Phone: (02) 9840 3800
Free and confidential, face-to-face or telephone counselling in community languages, information and advice provided to problem gamblers and their families from culturally and linguistically diverse backgrounds.

Narcotics Anonymous
Email: info@na.org.au
Website: www.na.org.au
Phone: 1300 652 820
NA is a non profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

SMART Recovery for adults - Centre of Addiction Medicine - Nepean
Address: Corner of Great Western Highway and Somerset St, Kingswood NSW 2747
LGA: Penrith
Phone: (02) 4734 4186
Addiction relapse prevention group.

There is always light at the end of a tunnel...

Western Sydney Drug & Alcohol Resource Centre Inc. (WESDARC)
T/as Substance.org
Address: The Community Connection, suite 109, 114-116 Henry Street, Penrith NSW 2750
LGA: Penrith
Email: admin@substance.org.au
Website: www.substance.org.au
Phone: (02) 4732 1999
We provide drug and alcohol education, information, referral services and engage in community development activities and projects.
Community Groups

Blacktown Neighbour Aid: Catholic Care Social Services
Address: 51-59 Allawah Street, Blacktown NSW 2148
Postal Address: PO Box 359, Blacktown NSW 2148
LGA: Blacktown
Email: bna@ccss.org.au
Website: www.ccss.org.au
Phone: (02) 8822 2238

Blacktown Neighbour Aid provides a volunteer home visitation and support program in the Blacktown LGA for the frail-aged, younger people with disabilities and their carers. Our service primarily meets consumer’s needs to remain living independently in their own home with social contact and a companion to assist participation in community life via home visits, social group outings and shopping.

Community Fishing Program - Sydney International Regatta Centre
Address: Entry to the Centre is via Gate A, Old Castlereagh Rd, Penrith NSW 2750
Postal Address: PO Box 507, Cranebrook NSW 2749
LGA: Penrith
Email: go to our website and fill in the online enquiry form
Phone: (02) 4730 0000

‘Catch and Release’ Fishing program on Tuesdays from 9am - 5pm. A current NSW Fisheries recreational fishing licence is required and can be purchased on site at the Regatta Centre. All fishing is shore-based only and participants are required to bring their own equipment.

Dads in Distress
Website: www.dadsindistress.asn.au
Phone: 1300 853 437

Support for men who are in trauma after divorce or separation. Weekly support groups for Dads experiencing separation. Providing a safe place for men to express their grief and loss, and learn from other dad’s experiences. Locations include Penrith, Parramatta, Blacktown, Liverpool and Campbelltown.
Community Groups

**Emerton Men's Shed**
Address: Meets at Holy Family Community Centre, Cnr. Ernert Pde & Weber Cr, Emerton NSW 2770
Postal Address: PO Box 86, Mt Druitt NSW 2770
LGA: Blacktown
Email: r.welsh@uws.edu.au
Website: www.mensheds.com.au
Phone: (02) 9628 7396

We are a drop-in centre for men (from the age of 16 and upwards; younger men are welcome to attend if accompanied by an adult) who are facing health, family and emotional problems and may be vulnerable to self-harm. Our centre offers emotional support, assessment and referral. Appointments can be arranged over the phone.

**LINCS Volunteer Scheme Inc.**
Postal Address: PO Box 3002, Freemans Reach NSW 2756
LGA: Hawkesbury
Email: lincs@chcs.com.au
Website: www.lincs-family-support.com.au
Phone: (02) 4560 5747

A free, volunteer home-visiting service providing support to Hawkesbury families with young children. These families include sole parent (both male and female) families.

**Men In Action**
Postal Address: PO BOX 6338, Rouse Hill Town Centre NSW 2155
LGA: Hills & Blacktown
Email: info@meninaction.com.au
Website: www.bringamate.com
Phone: 042 522 6358

*Men In Action is not for profit organisation who encourage men of all ages to spend time together doing something they enjoy and building friendships. Tim Sheaves is Primary contact person.*

Groups include:
- **MIA Photography Group:**
  MIA Photography Group runs monthly outings all over Sydney
- **MIA Peloton Cycling Group:**
  MIA Peloton Cycling group operates bunch rides several times a week
- **MIA Dirt Riders MTB Group:**
  Dirt Riders Mountain Bike Group run regular days MTBing around Sydney.

**Novel Ideas Incorporated**
LGA: Hawkesbury to Liverpool - Mobile
Email: Novel.Ideas@live.com.au
Website: http://MosaicWritersMagazine.com
Phone: 0421973307

*Novel Ideas inc. runs a variety of writing, speaking, film and multimedia projects across the Hawkesbury, The Hills, Penrith, Parramatta, Blacktown, Fairfield and Liverpool areas. We aim at developing teamwork, communication and confidence in young men.*
Community Groups

Quakers Hill Family Centre
Address: 32 Highfield Rd,
Quakers Hill NSW 2763
Phone: (02) 9626 6620
We now have a male family worker who runs “Hey Dad” Programs as well as provides individual support for Dads with children under 12yrs.

Richmond Community Services Inc
Address: 20 West Market St,
Richmond NSW 2753
Postal Address: PO Box 260,
Richmond NSW 2753
LGA: Hawkesbury
Email: manager@rcsi.ngo.org.au
Website: www.rcsi-neighbourhoodcentre.org
Phone: (02) 4588 3502
Various groups that include men. Most of our groups are male inclusive and we also have a specific group just for men, the "Stress Less for Men".

Riverstone Neighbourhood Centre
Service Address: Sam Lane Complex,
Park Street,
Riverstone NSW 2765
LGA: Blacktown
Email: reception@riverstone.org.au
Website: www.riverstone.org.au
Phone: (02) 9627 3622
Riverstone Neighbourhood Centre and Community Aid Services Inc. is a non-profit organisation providing community services to residents and those with an association with Riverstone, Schofields, Marsden Park and Vineyard. Variety of men's groups including men's shed, friendship group for the elderly and a community garden.

Rouse Hill Families Connect
Address: Various Locations around
Rouse Hill (see website)
LGA: Hills Shire
Website: www.facebook.com/RouseHillFamiliesConnect
Phone: (02) 8805 7207
A service that offers both group and fun events for the whole family and the individual.

Simply Men - Bridging the Gap
Address: 51 Phillip St,
St Marys NSW 2760
Postal Address: PO Box 273,
St Marys NSW 2760
LGA: Penrith
Email: reception@btg.org.au
Website: www.btg.org.au
Phone: (02) 9673 1211
This program focuses on the man and his relationships. It explores past and present relationships and examines the effects of family background on the way a man thinks, feels and behaves.
“I thought things couldn’t get worse when the marriage broke down, but losing my kids and the house really hit me hard. Talking to someone outside my own family helped me to cope and get on with my life” – Greg, 56

Seeing a counsellor to talk about relationships, sexual issues, grief, family issues, work and unemployment, addictions and health issues, etc. will often give you some practical solutions, make you feel better and give you a clearer perspective on things, before it becomes a full-blown problem.

ADRA Community Centre
- ADRA Australia
Address: Level 2, 24 Main St,
Blacktown NSW 2148
LGA: Blacktown
Email: clinical@adracare.org.au
Phone: (02) 9622 7188

Free counselling services offered to individuals for issues such as Drug and Alcohol, Anger Management, Relationship Problems and Domestic Violence.

Anglicare Counselling
Address: 161 Derby Street,
Penrith NSW 2750
Phone: (02) 4731 6467

Carers Australia - Carers NSW
Postal Address: PO Box 20156,
World Square,
Sydney NSW 2002
Email: contact@carersnsw.asn.au
Website: www.carersnsw.asn.au
Phone: 1800 242 636

Carers NSW is an association for relatives and friends caring for people with a disability, mental illness, drug and alcohol dependencies, chronic condition, terminal illness or who are frail. We provide information, referrals, emotional support and counselling. We recognise the tough role that carers have in looking after their loved ones, be it family or friends.
Counselling

Hawkesbury District Health Service
- Men's Coordinator
Postal Address: 2 Day St,
Windsor NSW 2756
Email: menshealth@chcs.com.au
Phone: (02) 4560 5714
We offer service to men/boys in the
Hawkesbury re counselling, separation,
stress, domestic violence support, family
issues, mental health, physical health and
personal change.

Interrelate Family Centre
Address: Suite 423, Level 4, 14
Lexington Drive,
Bella Vista NSW 2153
Postal Address: PO Box 6307,
Baulkham Hills NSW 1755
LGA: Baulkham Hills
Email: norwest@interrelate.org.au
Website: www.interrelate.org.au
Phone: (02) 8882 7850
Services include: individual, couple or
family counselling Free counselling for
carers Parenting programs (e.g. Being A
Dad, Parenting Teens, Positive Parenting)
Parenting Not Partners Program Anger
Management Program.

Lifeline
Email: national@lifeline.org.au
Website: www.lifeline.org.au
Phone Number: 13 11 14
Lifeline provides 24hr telephone crisis
support.

MensLine Australia
- Crisis Support Services
Email: talktov@mensline.org.au
Website: www.mensline.org.au
Phone: 1300 789 978
24 hour, 7 day a week free telephone and
on line support and information service for
men, specialising in family and relationship
concerns. Call cost of a local call (mobiles
extra), free call back support service.

Nepean, Blue Mountains Local Health
District - Community Child and Family
Health Services
Postal Address: Springwood Community
Health Centre, PO Box 593,
Springwood NSW 2777
LGA: Nepean, Blue Mountains,
Lithgow LGA's
Email: williad@wahs.nsw.gov.au
Phone: 1800 222 608
Free counselling is available at local
community health centres for issues such as
anxiety, depression, child behaviour
problems, family relationships, trauma, grief
and loss. No doctors referral required.

Relationships Australia
Address: 1st floor, 149 Hawkesbury
Road, Westmead NSW 2145
LGA: Holroyd
Email: weststaff@ransw.org.au
Phone: (02) 9806 3299
Website: www.relationships.com.au
Counselling services available to men who
are single, in a relationship, or are post
relationship. Counselling available business
hours or after hours in Westmead and
Blacktown.
Counselling

Depression

“The problem is we (men) try to take ownership of our problems without communicating with anyone. It’s great to talk to other blokes”.
(Male Depression Group, male, 41)

Depression is a common word and common experience, yet one about which many men shy away from thinking. One description (Collins English Dictionary, 1982) says it is, “an emotional state of mind characterised by feelings of gloom and inadequacy, leading to withdrawal”. The extent and impacts of depressive experiences vary. For many, short bouts during stressful and painful periods of life are common, and relatively ‘normal’, and can lead to us taking stock and making changes in our thinking and living. However, depression is, essentially, an illness. If it is prolonged, unrecognised and untreated it can lead to serious ill-health and have serious implications to our hopes and plans and to work and relationships.

Depression, as an illness, is more than just feeling blue. There may be depression if someone, over several weeks, is feeling:
- Down, sad and miserable
- Overwhelmed
- Worthless
- Tired and irritable
- Hopeless
- Angry, even rage
- Perhaps suicidal

And/or finding it hard to:
- Sleep
- Eat regularly
- Concentrate
- Manage (or regulate) their moods
- Maintain interest and enjoyment in themselves and/or usual activities
- Have their usual level of energy
- A change in appetite and perhaps overuse of alcohol and/or sedatives or illegal drugs
- And commonly, withdrawing from family and friends

Perhaps you suspect someone you know may have depression. Encourage them to seek professional guidance. GPs are a good place to start. You can also visit the Beyondblue website at www.beyondblue.org.au. Their flyer ‘Understanding Depression’ is just one of many helpful resources there.

Services in the Men & Relationships, Counselling, Addictions and Crisis Services sections of this Blokes Book are other possibilities for exploration.
Coping With Grief

Grief is the deep sorrow or distress that follows the loss of something. It can be a loved one, your job, your health, your independence even your pet.

What does grief involve?
During grief a range of feelings, physical symptoms, thoughts and behaviours may be encountered:
- Feelings of anger, anxiety, immense sadness, loneliness, guilt, frustration and helplessness
- Disbelief and confusion, preoccupation with dying
- Loss of hope and dreams
- Focus on missed opportunities
- Loss of appetite, sleeplessness and headaches

Other signs of difficulty with grief include:
- A change in routine behaviour e.g. socialising, sport
- Not looking after themselves or their appearance
- Excessive consumption of alcohol
- Cutting themselves off from others and not attending social and family occasions

How do men cope with grief?
- Feel that they have to express their grief by actively doing something
- Feel embarrassed to cry openly or talk about their loss and grief
- Attempt to suppress their grief and put on a brave face for fear of being seen as weak
- May not want to admit they need help and try to maintain their independence
- Overuse alcohol as a release from their pain
- Do not eat properly, or take proper care of themselves

What can I do to help?
There are many things that the person can and may prefer to do for themselves. Just letting them know that you are there if they need help is often enough.

Some helpful things you can do are:
- Be there. Don’t shy away or avoid the person and their loss
- Listen. Don’t give advice unless asked
- Let the person talk about their loss and the impact it is having upon them
- Encourage story-telling and reminiscing
- Involve the person whenever possible in social activities
- Offer practical help without taking over
- Be aware of your own needs and grieving
- Take note of any changes in behaviour that are out of character
- Encourage them to go for a check-up with their doctor

Who can help?
It is important to allow the person to handle things in their own way. Where possible, support them to do things for themselves. The person should be encouraged to talk with mates, friends, family or someone they trust. They may benefit from speaking with a minister of religion or doctor. Counsellors can provide additional information, advice and support. Look in the Counselling and health sections for contacts.

Contact Lifeline 131114 or refer to other services in this book.
Dealing With Anger

Anger is a powerful emotion. Anger can give us the energy and motivation we sometimes need to get through a challenge or crisis when we choose to use it positively. However, when we choose to use anger negatively, we risk hurting either ourselves or others.

Hints to deal with anger:

- Identify your Anger - feel the feeling
- Accept that you are angry
- Sit with your anger - you don't have to act or react to it immediately
- Try to understand exactly what it is you are angry about
- Listen to what you are saying to yourself about the situation that is causing you to feel angry
- Reality check what the anger is about for you
- Resist the temptation to be reactive
- Even simple slow, focused deep breathing can help
- Look after yourself, physical exercise, eat and sleep well
- Share your anger thoughts and feelings with a trusted friend
- Try to learn new skills in problem solving, resolving conflicts or asserting yourself in an acceptable manner

It's not helpful to:

- Deny the feeling and other feelings that relate to your anger
- Blame others for how you feel
- Feel bad about yourself that you are angry

The first step is to acknowledge and pay attention to your anger. Listen to and understand your anger. With anger, as with other emotions, the message is rarely immediately clear. There are often other feelings such as hurt, fear, disappointment and sadness underneath the anger. It is important to let yourself be aware of and feel the feelings underneath the anger. Look at the ways you can express your anger and act on it in appropriate and effective ways. There are ways that you can express anger without harming yourself or others.

Below are some programs which can help you explore anger. Please also consult the Blokes Book sections on 'Men & Relationships' and 'Counselling' for additional help.

Anglicare's 'Men, Anger & Family Relationships Course'
Contact Anglicare's Fathers & Their Children Program on (02) 8805 0900 or email: fathers@anglicare.org.au

Relationship Australia's 'Taking Responsibility Course'
Contact Relationship Australia on (02) 8806 3299 for location options
Immigrants coming to Australia do so for any of a number of reasons. These can include political upheaval, warfare, persecution, economic hardship, educational exclusion and unemployment in their home countries. Their reasons could also include aspirations of Australia providing a better lifestyle for the family in relation to education, social mobility, wealth, reconnecting with existing family already in Australia and the like. Some come to Australia by choice and due process. Others, as refugees, feel forced to flee disturbing situations of persecution, warfare and related poverty and hardship overseas. The distinction between humanitarian and other immigrants can be blurred.

Either way, the experience of constructing a new life in Australia offers a mixture of hope yet also frustrations and challenges. Language is an immediate major difficulty, with a third of all immigrants being of non-English speaking background - with many more beyond those struggling with English proficiency. Challenges with establishing accommodation, children’s schooling, employment and/or training, language training, welfare arrangements and adjusting to local cultures, customs and values leave many immigrants struggling for years. These can be compounded by a sense of isolation and loss of family and culture of their home country and on-going trauma from past suffering - all while experiencing confusion, anxiety and even, sometimes, racism within their new Australian context. Fortunately, there are a variety of services, supports and encouragements provided for new migrants to Australia. Contact the following services for information, guidance and support:

Translating and Interpreting Service (TIS): 13 14 50 (24 hour phone service)

الخدمة وتفسير خبرة
翻 译 和 译 服 务
La traduction et l'interprétation de Service
Traduzione e interpretariato Service
변역 및 통역 서비스

13 14 50
Multicultural, Migrant And Refugee Services

African Men in Action - SydWest MSI
Address: SydWest MSI, Level Two, 125 Main Street, Blacktown NSW 2148
Phone: (02) 9621 6633
Socialising for African men and providing information to African men. The group is run every Wednesday from 4-6pm.

Anglicare Migrant & Refugee Services
Address: Level 3, 16 Park Street, Parramatta NSW 2150
Phone: (02) 9895 8000

Multicultural Mens Group - SydWest MSI
Address: SydWest MSI, Level Two, 125 Main Street, Blacktown NSW 2148 or 9 Ralph Street, Mt Druitt NSW 2770
Phone: (02) 9621 6633 (Blacktown) (02) 9625 0455 (Mt Druitt)
A group for men of different cultures. The group is all about giving men the opportunity to socialise and providing information to them about living in Australia and the Australian system.

The Equatoria Community and Welfare Association NSW INC
- Sudanese Settlement Services
Address: Level 1 Suite K, 111 Main Street, Blacktown NSW 2148
Postal Address: PO Box 22, Blacktown NSW 2148
LGA: Blacktown
Email: info@ecwa.org.au
Website: www.ecwa.org.au
Phone: (02) 9671 1637
We offer information and referral services, case work, and organise information sessions on needs identified by Sudanese community which may include: housing, employment, education, Centrelink and immigration.

MensLine Australia
- Crisis Support Services
Postal Address: PO Box 2335, Footscray VIC 3011
Email: talkitover@mensline.org.au.
Website: www.mensline.org.au
Phone: 1300 78 99 78
MensLine Australia is a professional support, information and referral service for men, specialising in family and relationship concerns. No matter who you are, or where you live, MensLine Australia is available whenever you feel that you need some support, or someone to talk to.
Multicultural, Migrant And Refugee Services

NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)
Address: 152-168, the Horsley Drive, Carramar NSW 2163
Postal Address: PO Box 203, Fairfield NSW 2165
LGA: Fairfield
Email: startts@sswhs.nsw.gov.au
Website: www.startts.org.au
Phone: (02) 9794 1900

STARTTS services include counselling (for males and females), group therapy, programs for children and young people, community development activities and physiotherapy. We also work with other organisations and individuals to help them work more effectively with refugees.

St Anthony's Family Care - Migrant Services
Address: 42 Gidley Street, St Marys NSW 2760
LGA: Penrith
Email: helen.cooper@safc.org.au
Website: www.safc.org.au
Phone: (02) 9623 3145

Services provided include settlement support groups, casework, information sessions and referrals to appropriate services. Support groups, casework, information sessions and referrals to appropriate services.

Mount Druitt Ethnic Communities Agency (MECA)
Address: Burran Close, Mount Druitt NSW 2770
Phone: (02) 9625 9300

Welfare information and casework for migrants.
SydWest Multicultural Services inc
Address: SydWest MSI, Level two, 125 Main Street, Blacktown NSW 2148
Phone: (02) 9621 6633
Fax number: 9831 5625
Email: info@sydwestmsi.org.au
Website: www.sydwestmsi.org.au
Offer support to men from multicultural backgrounds. Provide them with the opportunity to socialise and reduce social isolation. Sometimes we run education sessions such as parenting, and the legal system in Australia, and a range of other information about how things work in Australia. We are there to help men to cope with cultural pressure as well as intergenerational conflict.

Transcultural Mental Health Service
Phone: (02) 9912 3851

Strength To Strength
- Relationships Australia
Address: Shop 5, 149 Hawkesbury Road, Westmead NSW 2145
LGA: Holroyd
Email: rahatc@ransw.org.au
Website: www.relationships.com.au
Phone: (02) 9806 3299
A Humanitarian Entrants service providing family relationship support. On-site language support for Sudanese, Iraqi and Afghan families. Focus is on the impact of resettlement on family dynamics and on explaining family laws and policy.
Services For Blokes With A Disability

Commonwealth Carelink Centres
Email: commcarelink@health.gov.au
Phone: 1800 052 222

Commonwealth Carelink Centres provide a link to a wide range of community, aged care and support services that are available locally and nationally. Centres provide information about services for older people, people with a disability, and those who provide care and services.

Commonwealth Respite and Carelink Centre
- Baptist Community Services
Address: 3/9-11 Rowley Street,
Seven Hills NSW 2147
LGA: Cumberland Prospect
Email: ccrcc@bcs.org.au
Website: www.commcarelink.health.gov.au
Phone: 1800 052 222

Provides emergency (24/7) and planned short term respite services to carers (disability, chronic illness, mental illness or frail aged etc.). Also information on Community Care, Aged Care and Disability Services.

Disability Employment Service
- WISE Employment Liverpool
Address: Suite 2, Level 2,
171 Bigge Street,
Liverpool NSW 2170
LGA: Liverpool
Email: phillip.langlade@wiseemployment.com.au
Website: www.wiseemployment.com.au
Phone: (02) 9601 5811

WISE Employment services men with disabilities or barriers to employment, offering services to assist with vocational skills and daily living.

Northcott Penrith
- Northcott Disability Services
Address: 9/29 Coombes Drive,
Penrith NSW 2750
Postal Address: PO Box 540,
Penrith BC, 2751
LGA: Penrith, Hawkesbury,
Blue Mountains
Email: amandad@northcott.com.au
Website: www.northcott.com.au
Phone: (02) 4720 4400

Services for adults with disabilities, children with disabilities, and their families including fathers.
Services For Blokes With A Disability

Wesley Home Modification & Maintenance Service
- Wesley Mission
Address: 2/21-25 Silverwater Road
Auburn NSW 2144
Postal Address: PO Box 6573
Silverwater NSW 1811,
Auburn NSW 2144
LGA: Auburn
Website: www.wesleymission.org.au
Phone: (02) 9737 8283

WHMMS provide modification and some maintenance work for people who are frail aged, people with disabilities and their carers so they may live more independently in the community and remain in their own home.

Westlink Respite Services
- Anglicare
Address: 91a Kurrakong Avenue,
Mt Druitt NSW 2770
LGA: Blacktown
Email: Westlink@anglicare.org.au
Phone: (02) 8805 0916

We welcome caring male volunteers who would like to share some time with a child with a disability, particularly in the Blue Mountains, Hawkesbury and Penrith areas. If you have time and friendship to spare helping a child with a disability, please contact us.
Employment, Education And Training

Ability Options Employment
Address: Shop 11c Zoe Place,
Mt Druitt NSW 2770
LGA: Blacktown
Email: mountdruitt@abilityoptions.org.au
Phone: (02) 9625 3266

Ability Options Employment provides services in a personalised approach for people with barriers to employment. We also provided a Culturally friendly service for Indigenous people working together with Koori consultants and Elders in the community.

Men at Work - TAFE
Address: Operates from Mt Druitt TAFE
Corner Mount St and North Pde,
Mt Druitt NSW 2770
LGA: Blacktown
Email: michael.wildman@tfensw.edu.au
Website: fis.seminar.booking@centrelink.gov.au
Phone: 131 870

A free part time (2 day per week) course for men seeking employment and or job/study options.

Financial Information Service - Department of Human Services
LGA: Hawkesbury and Penrith
Phone: 132 300 for general,
138 357 for FIS seminars

Provide free financial education and information to assist men to secure their financial futures. The Financial Information Services provides free financial education seminars in a range of different locations across Australia.

Wise Employment
Website: www.wiseemployment.com.au
Address: 580 High Street,
Penrith NSW 2750
Email: penrith@wiseemployment.com.au
Website: www.wiseemployment.com.au
Phone: (02) 4721 8100
Address: Cnr Railway Parade and
McBurney Road,
Cabrarmatta NSW 2166
111-113 Ware St, Fairfield, 2165
Phone: (02) 9727 8930

WISE Employment is a not for profit community service organisation, committed to assisting people with a disability and disadvantaged members of the community through employment and support services.
Employment, Education And Training

"In Charge of my money" Financial Literacy Program - Wesley Mission
LGA: Penrith
Email: financialliteracy@wesleymission.org.au
Website: www.wesleymission.org.au/financialliteracy
Phone: (02) 9263 5577

The In charge of my money program, run by Wesley Mission aims at assisting groups of men who are finding it difficult to manage their money. The course will show you how to make informed decisions about your spending and borrowing and managing debts.

Learn2
Address: Suite 101, Level 1, 29 Main Street (Rouse Hill Town Centre)
Directly opposite the Library
Postal Address: PO Box 6606,
Rouse Hill NSW 2155
LGA: The Hills Shire Council
Email: info@learn2.com.au
Website: www.learn2.com.au
Phone Number: (02) 8882 9300

We run a diverse range of courses and career services in our centre for people of all ages and backgrounds.

Orchard Hills Community Farm
- Cana Communities
Address: 100 Kingswood Rd
Orchard Hills 2748 NSW
Postal address: PO Box 1651
Strawberry Hills NSW 2012
LGA: Penrith
Email: info@cana.org.au
Website: www.cana.org.au
Phone: 0414 649 153

The Cana Farm is a unique concept that is centred around providing a different experience for the marginalised in our community. There are many opportunities for men to volunteer at the farm or participate in the TAFE outreach programs that run there.

TAFE NSW
- Western Sydney Institute
Address: 2-10 O'Connell Street
Kingswood NSW 2747
Email: wsi.tafensw.edu.au
Website: facebook.com/tafewsi
Phone Number: 131 870

TAFE NSW - Western Sydney Institute delivers education and training across western Sydney from basic literacy/numeracy/employability skills to higher level certificate/diploma vocational training leading to employment. Counselling, Disability, Aboriginal, Multicultural, Basic Education and Outreach support services are also offered to support students with special needs.
"In Charge of my money" Financial Literacy Program - Wesley Mission
LGA: Penrith
Email: financialliteracy@wesleymission.org.au
Website: www.wesleymission.org.au/financialliteracy
Phone: (02) 9263 5577

The In charge of my money program, run by Wesley Mission aims at assisting groups of men who are finding it difficult to manage their money. The course will show you how to make informed decisions about your spending and borrowing and managing debts.

Money Management Program
- Riverstone Neighbourhood Centre
Address: Sam Lane Complex,
Park Street,
Riverstone NSW 2765
Postal Address: PO Box 418,
Riverstone NSW 2765
LGA: Blacktown
Email: moneymanagement@riverstone.org.au
Phone: (02) 9627 3622 or 0423 913 997

The Money Management Program offers workshops and one-on-one basic financial literacy education. Topics include budgeting, smart spending, debt traps, etc. For complex needs, we offer referrals to Financial Counsellors.

Financial Information Service
- Department of Human Services
LGA: Hawkesbury
Phone: 13 23 00

Provide free financial education and information to assist men to secure their financial futures

Consumer Credit Legal Centre
NSW Inc.
Postal Address: PO Box 538,
Surry Hills NSW 2010
Email: info@cclconsw.org.au
Website: www.cclconsw.org.au
Phone: (02) 9212 4216

Call us to speak to a free independent financial counsellor or solicitor about credit cards, loans, mortgages, debts, insurance and other money problems.
“When I was retrenched, we were left with big bills and a mortgage. Through the Neighbourhood centre, I found out about the free financial advice service, so arranged an appointment with the financial counsellor. He helped with a few options I would take, which took away some of the stress and worry.” Bill, 55

Centrelink
Multilingual call .......................................................................................................................... 13 12 02
Debt recovery .................................................................................................................................. 13 63 30
Disability sickness and carers ........................................................................................................... 13 27 17
Employment services .......................................................................................................................... 13 28 50
Family assistance ............................................................................................................................... 13 61 50
Emergency Services
(Including Housing, Food, Clothing And Financial Assistance)

Barnardos Penrith Family Centre
- Barnardos
Address: Cranebrook NSW 2749
LGA: Penrith
Address: penrith@barnardos.org.au
Phone: (02) 4729 1211

Barnardos can provide financial and material assistance and support programs.

Hope Hostel Parramatta
Ph: (02) 9683 1630

Hope Hostel provides crisis accommodation for homeless men over the age of 18 as well as having support groups, counselling and case management available.

Commonwealth Respite & Carelink Centre - BCS
Address: Unit 3, 9-11 Rowley Street,
Seven Hills NSW 2147
LGA: Auburn, Blacktown, Holroyd, Parramatta & The Hills
Email: CCRC@bcs.org.au
Website: www.crespiteservices.com.au
Phone: 1800 052 222

The service provides respite for men who are caring for a family member, a friend or neighbour who has a chronic illness, mental health, a disability or are frail aged. The services also provides information on community care, aged care and disability services.

“Things are pretty hard these days. I was having Weetbix for breakfast, lunch and tea. My local neighbourhood centre helped me out with my gas bill, and some assistance to tide me over. It made a big difference to the week.” - Barry, 65
Emergency Services
(Including Housing, Food, Clothing And Financial Assistance)

Homeless Persons Information Centre - City of Sydney
Address: GPO Box 1591, Sydney NSW 2001
Phone: 1800 234 566 (free call)

Homeless Persons Information Centre (HPIC) is a telephone information and referral service for those in the community who are homeless, or at risk of homelessness, and the services that may assist homeless people. We provide professional assessments and referrals for clients seeking accommodation and support services within NSW.

Support for Homeless Young Men - Nepean Youth Accommodation Service
Address: 81 Henry Street, Penrith NSW 2750
Postal Address: PO Box 920, Penrith NSW 2751
LGA: Penrith
Website: www.nyas.org.au
Email: intake@nyas.org.au
Phone: (02) 4720 3700 (office hours) or (02) 4731 1275 (after hours)

NYAS provides accommodation for homeless young people including Temporary Accommodation, crisis, short-term and medium term. We also provide a range of support services including living skills, Tafe Cert courses, health checks, advocacy, etc.

Yfoundations
Address: L1, 619 Elizabeth St, Redfern NSW 2016
Email: yconnect@yfoundations.org.au
Website: www.yfoundations.org.au

Please note: this website lists available accommodation and updates daily. It’s a great first step to finding a place to stay!
Email: yconnect@yfoundations.org.au
Phone: 1800 424 or within Sydney: (02) 9318 1531

Yfoundations is a peak body that seeks to end youth homelessness and aims to represent the needs of young people at risk of, or experiencing, homelessness. Referral to specialist homelessness services for men and boys aged 12-25. Our Yconnect phone line can assist with finding suitable accommodation and support services. This includes a register of vacancies for emergency and supported housing services which shows the availability of beds by gender and location.

Wentworth Community Housing LTD
Address: Boree House Suite 1002, Level 1 29-57 Station Street, Penrith NSW 2750
Postal Address: PO Box 4303, Penrith NSW 2750
LGA: Penrith
Email: admin@wentworth.org.au
Phone: (02) 4777 8000

Provide medium to long housing for low income earners.
**Health And Mental Health**

**Compeer - Mental Health Friendship Program - St Vincent de Paul Society**
Address: 23 David Lane,
Blacktown NSW 2148
Postal Address: PO Box 1022
Blacktown NSW 2148
LGA: Blacktown, Penrith, Fairfield, Liverpool, Bankstown, Holroyd, Parramatta, Auburn, Baulkham Hills
Email: compeer.westernsydney@vinnies.org.au
Website: www.compeer.org.au
Phone: (02) 9622 2411

Compeer is a mental health friendship program where we match volunteers in one-to-one friendship with someone living with a mental illness who is socially isolated.

**Grow**
Address: 27 Hope Street,
Rosehill NSW 2142
LGA: Penrith
Email: grownsw@tpg.com.au
Website: www.grow.net.au
Phone: (02) 9633 1800

Community Mental Health organisation. Group support meetings run weekly to support you with anything you may be going through. Men are most welcome!

**Hawkesbury Cancer Support Group**
Address: 1 Longleat Road,
Kurmond NSW 2757
LGA: Hawkesbury
Email: hawkesburycsg@live.com.au
Website: www.hawkesburycancersupportgroup.org
Phone: 0414 574 003

We are a group who have been touched by cancer, by either being diagnosed with cancer or caring for loved ones on that journey. We connect with people in a similar situation and support one another, share experiences and information, provide a space to talk freely and to share tips and strategies to cope with cancer.

**Lifeline**
Email: national@lifeline.org.au
Website: www.lifeline.org.au
Phone Number: 13 11 14

Lifeline provides 24hr telephone crisis support on 13 11 14. Calls from mobile phones are free.

**Mt Druitt Sexual Health Clinic**
Address: Kelly Close Services,
Kelly Close,
Mt Druitt NSW 2770
Phone: (02) 9881 1206

The clinic offers a comprehensive service for those concerned about risk of sexually transmitted infections. Ring for an appointment. Free and confidential service. No Medicare card required. No referral needed; information available.
The Mensline put me on to some good info when I spoke to them after hitting the wall in a big way, I don’t know why us blokes always only seek help when things are really bad, but we do, and it’s good to know there are a couple of places you can contact.” Daryl, 37

Men’s Health Information and Resource Centre
- University of Western Sydney, Hawkesbury Campus
Address: Building P11, UWS Hawkesbury Campus, Locked Bag 1797, Penrith South DC NSW 1797, Richmond NSW 2753
LGA: Hawkesbury
Email: menshealth@uws.edu.au
Website: menshealth.uws.edu.au
Phone: (02) 4570 1713
Promotes the health and well-being of men and boys through policy advice and development, by acting as a clearing house for issues and research relating to men and boys and by networking to support and enhance men’s health.

Mental Health Access Line
Phone: 1800 011 511
You can talk to a counsellor 24 hours a day, seven days a week.

Nepean/Blue Mountains Prostate Cancer Support Group Inc
Address: Meetings held at Lecture Room 1, Learning & Education Block, Nepean Hospital, Somerset St, Penrith NSW 2750
LGA: Penrith
Email: info@prostatesupport.org.au
Website: www.prostatesupport.org.au
Phone: 1800 220 099
or
Address: 34 Rivendell Ave, Werrington Downs NSW 2747
Email: nepeanbmpcsg@bigpond.com
Website: www.prostatesupport.org.au
Phone: (02) 4730 3122
We provide a support group for men and their partners, and families who are newly diagnosed with prostate cancer and who have had treatment for prostate cancer.
Health And Mental Health

Nepean Division of General Practice
- Closing The Gap "Indigenous Health"
Address: Suite 5B level 2, 61/69 Henry St,
Penrith NSW 2750
LGA: Penrith
Phone: (02) 4721 1150
CTG Men's Health Checks - for all
indigenous men to access cheaper
medicines.

Parramatta Sexual Health Clinic
Address: Jeffery House, 162 Marsden
Street Parramatta
Phone: (02) 9843 3124
The clinic offers a comprehensive service
for those concerned about risk of sexually
transmitted infections. Ring for an
appointment. Free and confidential
service. No Medicare card required. No
referral needed; information available.

PRA Embark Cottage
- Psychiatric Rehabilitation Australia
Address: 38 Peter Street,
Blacktown NSW 2148
LGA: Blacktown
Email: embarkcottage@pra.org.au
Phone: (02) 9890 8972
A day drop-in centre for people with
mental illness. We offer woodwork,
gardening and hobby groups as well as
healthy lifestyle and mental health groups.

The Warehouse
- Family Planning NSW
Address: 13 Reserve St,
Penrith NSW 2750
LGA: Penrith
Email: bend@fpnsw.org.au
Website: www.fpnsw.org.au
Phone: (02) 4749 0500
Mon-Fri Provides reproductive and sexual
health service including clinical services,
health promotion, information and referral.
Consultations are free.
FPNSW The Warehouse provides
reproductive and sexual health information
services to men and woman of all ages in
the western area of Sydney. We offer both
doctor and nurse clinics, providing free
consultations, condoms, STI testing and
contraceptive advice.
Health And Mental Health

Emergency and after hour's contacts:
For ambulance, fire and police: ................................................................. call 000

Hospitals:
Bankstown ......................................................... (02) 9722 8000
Blacktown ......................................................... (02) 9881 8000
Campbelltown .................................................. (02) 4634 3000
Liverpool ......................................................... (02) 9828 3000
Nepean ............................................................ (02) 4794 2000
Westmead ...................................................... (02) 9698 5555

General Services:
Credit helpline .................................................. 1800 808 488
Relationships Australia ....................................... 1300 364 277
After hours crisis care ....................................... 13 16 11
Poisons information helpline ............................. 13 11 26

24 hour phone support:
Blacktown family Crisis Service ....................... (02) 9622 0313
Grief Support .................................................. (02) 9489 6644
Kids help line .................................................. 1800 551 800
Lifeline ........................................................... 13 11 14
Mental health crisis service ................................ 1800 650 749
Mensline ......................................................... 1300 789 978
Domestic Violence .......................................... 1800 666 463
Aboriginal children’s service ......................... (02) 9698 2222
Salvation Army Care link ............................... 1300 363 622
Youth line ....................................................... (02) 9633 3666
Parent Line ................................................... 1300 130 052
"It got so that I didn't check the post box, just in case it was another bloody solicitor's letter. It was good to get some free legal advice on where I stood, on my property settlement and kid's custody stuff." Ian, 48

Community Justice Centres - Department of Attorney General's and Justice
Postal Address: Locked Bag 5111, Parramatta NSW 2150
LGA: Parramatta
Email: Melissa_Stubbings@agd.nsw.gov.au
Website: www.lawlink.nsw.gov.au
Phone: 1800 990 777
Community Justice Centres provides free mediation services across NSW to help people resolve their disputes/conflicts. Call to discuss your dispute and arrange mediation.

Consumer Credit Legal Centre
NSW Inc
Address: PO Box 538, Surry Hill NSW 2010
Email: info@ccclnsw.org.au
Website: www.ccclnsw.org.au
Phone: (02) 9212 4216
Call us to speak to a free independent financial counsellor or solicitor about credit cards, loans, mortgages, debts, insurance and other money problems.

LawAccess NSW - Department of Attorney General & Justice
Email: wendy_elder@agd.nsw.gov.au
Website: www.lawaccess.nsw.gov.au
Phone: 1300 888 529
If you have a legal problem you can call LawAccess NSW as a starting point to getting help. We can give information, referrals and in some cases advice.

Legal Aid NSW
Address: Suite 36-37m 13-17 Kildare Road, Blacktown NSW 2148
Postal Address: PO Box 1023, Blacktown NSW 2148
LGA: Blacktown
Website: www.legalaid.nsw.gov.au
Phone: (02) 9621 4800
Provides legal advice in relation to Criminal Law matters and Family Law matters.
Men And Relationships

Relationships are the mortar that hold societies together ... with intimate relationships as the 'gluing' cement within that mortar. An individual's close relationships with family and friends are not only critical to the well-being of those involved, but also to society as a whole. Healthy, enjoyable, safe and supportive intimate relationships take effort to nurture and maintain. However, there are times in every relationship where differences, strains, misunderstanding and conflict arise - that is life. Sometimes those stresses become problematic and some men's relationships become strained or broken and it is difficult to then know where to go with that.

In fact, the last forty years in Australia have particularly witnessed many changing or additional perceptions, attitudes and roles for what it means to be a man, a partner or a dad. Steve Biddulp says in his helpful book 'The New Manhood' (2010, ix), "...to navigate the 'voyage' that is your life, you have to understand the currents that you sail across. If your life appears to be impossibly hard, it's not all your fault. We are all products of the past and the last century has been a cyclone of change."

One key relationship for many men is being a dad. Being a dad is an important challenge and privilege. It is easy for many men to become a father, but it takes a special person to become a great dad. Dads are as important and precious to kids in the enjoyment and nurturing of girls and boys through into adulthood. There are exciting opportunities for dads (single or partnered, in full-time or part-time care) to create sound foundations with their kids that will enhance good shared futures. See 'following' for services that provide a range of support for men who care about being 'dad' (or big brother, uncle, grandad or good male friend).

"Things were pretty bad when we went through Family Support, they helped us with the practical hassles and the other stuff that was the problem." Grant, 32
Another key relationship for men is as partner. Again, consult the men and relationship services 'following' for information and activities that can support better understanding, friendship and intimacy in this many men's closest relationship. However, here are a few abbreviated hints for building THAT special relationship suggested by Melissa Fanto from the book 'Loving Each Other' (as quoted in the Australian Government publication 'Two Equal One'):

- **TELL** me often that you love me through your talk, your actions and your gestures. Don't assume I know it
- **COMPLIMENT** me often for jobs well done and don't degrade but reassure me when I fail
- **LET ME KNOW** when you feel low or lonely or misunderstood. It will make me stronger to know that I have the power to comfort you
- **EXPRESS** happy thoughts and feelings. They bring value to our relationship
- **WHEN YOU RESPOND** to me so I feel special, it will make up for all those who during the day have passed me by without seeing me
- **VALUE ME** for what I am, even though sometimes things I see or feel seem insignificant or not real to you
- **LISTEN** to me without judgement or prejudice. Being heard, like being seen, is vital
- **TOUCH ME. HOLD ME. HUG ME.** My physical self is refreshed by loving non verbal communication
- **RESPECT** my silences. We all need space to think through things
- **LET OTHERS KNOW** you value me. Public affirmation of our love makes me feel special and proud. It's good to share the joy of our relationship with others. It is these very real aspects of communication that are the cornerstones of a healthy loving relationship. They also make for the most beautiful sounds in the world 'I LOVE YOU'...
Men And Relationships

**Anglicare**
Anglicare provides diverse support for fathers and their families including parenting, partnering, conflict, separation, etc. through a number of locations in Western Sydney. Phone: 13 26 22 or contact a specific program or course below:

**Fathers & their Children Program**
Blacktown LGA (located Mt Druitt)
Diverse courses, groups and one on one support for men and their families.
For more info call (02) 8805 0900

**Parenting after Separation**
For more info call (02) 9895 8054

**Engage 4 Dads**
For more info call (02) 9895 8054

**Growing Together**
For more info call (02) 9895 8054

**Marriage Preparation**
For more info call (02) 9895 8054 (Penrith)

**Child Abuse Prevention Service - Carer and Parent Support**
Address: 21 Holden Street
Ashfield NSW 2131
Postal Address: PO Box 1235
Ashfield NSW 2131
LGA: Ashfield
Email: mail@childabuseprevention.com.au
Website: www.carerandparentsupport.com.au
Phone: 1800 688 009

CAPS offers casework, groups and parenting programs to support men with their parenting and with parenting challenges (custody and access issues, child protection, etc.).

**Communities For Children - Mission Australia**
Address: Office: Building B,
28 Ayres Grove,
Mt Druitt NSW 2770
LGA: Blacktown
Email:
C4CMtDruitt@missionaustralia.com.au
Website:
C4CMtDruitt@missionaustralia.com.au
Phone: (02) 9832 8943

Various playgroups, children's activities & parenting programs. Our service offers play-based activities for children 0-12 years and their parents/carers. Parenting programs, pre-employment preparation and learning enhancement activities for primary children are also offered.

**Dads in Distress**
Website: www.dadsindistress.asn.au
Phone: 1300 853 437

Support for men who are in trauma after divorce or separation. Weekly support groups for Dads experiencing separation. Providing a safe place for men to express their grief and loss, and learn from other dad's experiences. Locations include Penrith, Parramatta, Blacktown, Liverpool and Campbelltown.
Families and Friends of Missing Persons Unit - Victims Services, Department of Attorney General and Justice
Address: Level 1, 160 Marsden St, Parramatta NSW 2150
Postal Address: Locked Bag 5118, Parramatta NSW 2124
LGA: Parramatta
Email: ffmwu@agd.nsw.gov.au
Website: www.lawlink.nsw.gov.au/missing persons
Phone: 1800 227 772
Families and Friends of Missing Persons Unit provide counselling, information and support to those left behind when someone is missing.

Fathers’ Support Service - Uniting Care Burnside
Address: 232 Railway Parade, Cabramatta NSW 2166
Postal address: PO Box 450, Cabramatta NSW 2166
LGA: Fairfield
Email: fss@burnside.org.au
Phone: (02) 9781 3350
Website: www.burnside.org.au
Fathers’ Support Service (FSS) assists fathers in improving their relationships with their children and families. We provide parenting workshops specifically tailored to the culturally diverse fathers in western Sydney who access our service. Also, FSS has a direct phone line for fathers to discuss any issues they might have with care and respect.
Men And Relationships

Family Referral Service
- Relationships Australia
Address: 1/15 Cleveas Close,
Mt Druitt NSW 2770
LGA: Blacktown
Email: frsmtdruitt@transw.org.au
Phone: 1300 403 373

Family Referral Service, one stop shop information. Reduce the time spent looking for services. FRS can connect you to community services in your local area.

Interrelate Family Centre
Address: Suite 423, Level 4,
14 Lexington Drive,
Bella Vista NSW 2153
Postal Address: PO Box 6307,
Baulkham Hills NSW 1755
LGA: The hills
Email: norwest@interrelate.org.au
Website: www.interrelate.org.au
Phone: (02) 8828 7850

Services include: Individual, couple or family counselling. Free counselling for carers. Parenting programs (e.g., Being a Dad, Parenting Teens, Positive Parenting). Parents Not Partners Program Anger Management Program.

Talking It Out - Men's Discussion
Group on Sexuality and Life Issues
- Gay & Lesbian Counselling Service
(GLCS) of NSW
Address: 43 Bedford Street,
Newtown NSW 2042
Postal Address: PO Box 823,
Newtown NSW 2042
LGA: Marrickville
Email: admin@glcsnsw.org.au
Website: http://glcsnsw.org.au
Phone: (02) 8594 9596 (after hours)
or (02) 8594 9500 (business hours)

Social support group for gay, bisexual, queer or questioning men - discussion topics on sexuality and related life issues. 1st & 3rd Thurs of each month, 7pm-8pm. Groups are facilitated by trained male volunteers.

Riverstone Family Centre
- Wesley Mission
Address: Casuarina School
(Enter via Castlereagh St)
Postal Address: PO Box 523,
Riverstone NSW 2765
LGA: Blacktown
Email: riverstonefamilycentre@wesleymission.org.au
Website: www.facebook.com/RiverstoneFC
Phone: (02) 9627 3511

Our centre offers a FREE service to families (Fathers, Mothers and Carers) with children aged between 0-12 years living in the Riverstone and surrounding areas. We work with the family to identify the changes they want to make then develop a range of practical strategies to use i.e. Community & Parenting Groups, Family Support or Counselling.

Try to focus on building your relationships with your children.
Men And Relationships

Relationships Australia
Address: 1st floor, 149 Hawkesbury Road,
Westmead NSW 2145
LGA: Holroyd
Email: weststaff@ransw.org.au
Website: www.relationships.com.au
Phone: (02) 9806 3299

Relationship education groups for men focusing on their role as a partner and/or father. Supportive groups exist for men with anger issues or previous violent behaviour.

Relationships Australia offer programs and courses for men including:

Men and Relationships
For more info call (02) 9806 3299

Taking Responsibility
For more info call: (02) 9806 3299
(Westmead) or (02) 4728 4800 (Penrith)

Parenting After Separation
For more info call (02) 4728 4800

San Miguel Family Centre
- Family Refuge
Address: 884 Kurmond Road,
North Richmond NSW 2754
Postal Address: PO Box 31,
North Richmond NSW 2754
LGA: Hawkesbury
Email: aluzzi@boystown.com.au
Phone: (02) 4579 6622

San Miguel Family Centre is a Short term accommodation for service for families who are Homeless or at risk of homelessness. For families including single fathers.

Newpin Fathers Program
- Uniting Care Burnside
Address: 9 Capparis Cct,
Bidwill NSW 2770
LGA: Blacktown
Email: gkay@burnside.org.au or houston@burnside.org.au
Website: www.newpin.org.au
Phone: (02) 9835 1644

NEWPIN is a preventative, early intervention program, offering intensive work with families facing potential or actual child-protection issues. The Newpin Fathers Centre offers a male orientated environment where men can access professional and peer support. We offer a personal development program focussing on parenting, a supported family play program for under 5’s, an opportunity to understand more about life issues, a chance to become a better father and support with restoration plans.
Men And Relationships

Fathering After Separation

Children need the love and guidance of both fathers and mothers. There are some cultural stereotypes in our society, e.g. in some families men are the breadwinners and child-rearing is mainly a mother’s job. Such beliefs can make men question their ability as a father, especially after separation. However, children need to feel loved by their fathers – girls for the sense of themselves as females and boys to model themselves as males.

After separation, living alone can be a very difficult experience if you have been living with your family for some time. You may feel a variety of distressing emotions, terrible loneliness, resentment, anger, frustration, sadness, depression and shame towards family, friends and others. These feelings can affect your work, concentration and other commitments.

Immediately after separation, you may have to cope with a range of unfamiliar activities such as cooking, shopping, domestic chores, etc... You need to do the things your former partner used to do and it can be hard to adjust and learn new things when one is experiencing a crisis.

In the midst of the crisis, you may have to sort out your belongings, find new lodgings and furniture for yourself. It may feel like re-organising life from the beginning without a family.

Further down the track, you may experience some other difficulties, e.g. you may continue to feel angry with your former partner, and/or the legal system in regard to spending time with your children. There may be a lack of space for your children to feel at home, whilst at your new place. You may struggle to find things to do when you spend time with your children, especially now that you spend time with them alone.

What can you do with your children?
Try to focus on building your relationships with your children themselves. Children are harmed and they feel burdened by constantly hearing how angry or hurt one parent is with another or by just being exposed to tension or conflict between their parents, especially if they get caught in the middle.

Children need to be able to love both parents, without feeling guilty. Keep your feelings about your former partner separate from your relationship with your children. Try to let go of the adult relationship and focus on the parenting relationship. Try to remain part of your children’s lives, taking them to school, sport, and other activities as usual. Draw, read and/or spend some playtime together with them.
Try your best not to disrupt their routines when you spend time with your children. Include 'work time' with your children. Help them do their homework. Maintain their daily routines and rules, such as putting toys in the box, going to sleep at a set time, this way they can feel at home, rather than being a visitor.

The children have two families and two homes. Let your children have their own corner in your home, with their own bedroom and belongings. This can make them feel that your place is their home, too.

If you need assistance to cope, physically and emotionally, you can:
- Get counselling on how to cope and how to improve relationships with your children
- Join a support group for single fathers
- Keep a healthy lifestyle, exercise, eat and sleep well
- Do a stress management course to learn how to relax
- Join a course to learn more parenting skills
Men And Relationships

Family Conflict, Abuse And Violence

Even good relationships suffer at times due to poor communicating, unrealistic expectations, blaming & power imbalances, times of stress, etc. However, intimate relationships can descend further into ones of abuse, whether by an isolated ‘losing it’ or by a more patterned, regular, intentional abuse that harms all those involved. Such abuse can take many forms and degrees such as physical, emotional, financial, sexual and psychological abuse, that can utilise isolating, judging, intimidating, belittling, blaming and other destructive behaviours. Sometimes that abuse comes primarily from one partner, while at other times it involves both partners or other family members. The writers acknowledge men can suffer in the same way as females experiencing family violence (e.g. feel they are to blame, low self-esteem, feel trapped because they want to protect their children, suffer in silence).

Remember:
children are profoundly affected by others’ conflict, abuse and violence, whether children are physically in the room or not. It is easy for us adults to be so pre-occupied with our own frustrations, issues and conflict with each other....

....that we become oblivious to its serious and often long-term harm to our children!

The Western Sydney Blokes’ Book says, “NO” to ALL forms of intimate relationship abuse, at ANY time, to ANY person, for ANY reason. If you, as a man, either engage in and/or experience abuse from another person in an intimate relationship, you can find support or help by contacting either:

• Your local Police Station
  (or phone 000 in an emergency), or
• Mt Druitt Family Violence Team
  (Day) 9677 9752 or

One of the support services listed in this Western Sydney Blokes’ Book’s sections ‘Men & Family Relationships’, ‘Counselling’ or ‘Emergency Services’ may be able to help.

Healthy, caring and safe family relationships are precious. Nurturing those and improving the way we handle inevitable differences, frustrations and conflict in families is more about attitude and choice before anything else. We can then work on the challenges and find support and specific ways forward to help us become more the men and families we want to be.
Men And Relationships

Child Support

When you and your partner separate and you have children from the relationship that are under 18 years of age, you are likely to become a client of the Child Support Agency (CSA). CSA is the Government agency responsible for assessing and collecting child support (formerly called maintenance).

Both parents need to gain a basic understanding of how the CSA works. The CSA is not on your ex-partner's side, nor is it on your side. The agency just applies the law for both of you, regardless of whether parents live together or not. Both parents are responsible for financially supporting their children. It is CSA's job to ensure children get that support.

Assessments are worked out using a formula. The formula is in the Child Support ACT. Basically the formula takes into account each parent's income, living expenses, numbers of children and the share of care each parent provides to the children (calculated by number of nights the children spend with each parent). If you have special circumstances that you think may affect your ability to pay child support or the costs associated with providing care for the children, you can lodge an application with CSA to have your assessment reviewed and possibly changed.

Alternatively, if you and your former partner agree on an amount you can register a child support agreement. This can be used to set out different ways of how child support can be used. For example, an agreement can be used to recognise payment of school fees, medical or dental costs or mortgage payments.

If you are the resident parent (that is, you have the children with you most of the time) and receive only the base rate of Family Tax Benefit or do not receive a benefit, you do not have to apply for a child support assessment. You can make your own arrangements for the support of your children. If you receive more than the base rate of Family Tax Benefit, the Family Assistance Office will require you to apply for a Child Support assessment.

The CSA encourages parents to make their own payment arrangements for the payment. This is called private collect and simply applies to parents who are happy to make their own arrangements to transfer the money for child support from one parent to the other. This can offer parents some flexibility.

Payments made directly between parents may not work for some parents and in that case the CSA can step in and collect payments from one parent on behalf of the other parent.
Men And Relationships

Child support is payable until a child turns 18. If a child turns 18 and is still in full-time secondary education, parents can apply for an extension of child support until the end of the school year.

It is important to let CSA know of any changes in either your circumstances or your children’s circumstances such as a change of address, changes to the care arrangements, changes in your employment or income. In most cases this can be done over the phone. This helps ensure that CSA is using the most up-to-date information for you.

It is also important to note that CSA is not responsible for ensuring you spend time with your children or that agreements and court orders are followed. If you are experiencing difficulties seeing your children or with any part of your arrangements, that you can’t resolved with the other parent, you should contact the Family Court for more information.

Contacting the Child Support Agency:

You can visit the CSA website www.csa.gov.au to obtain copies of any CSA forms or publications.
Children's Contact Services

When parents separate it is essential that children are able to continue their relationships with both of their parents. This is an important part of a child's emotional development.

Children influenced by thoughtful, positive and involved dads will assist children to develop well emotionally, physically and academically.

Children play differently with their dads than they do with their mums so interaction with dad offers different developmental opportunities for children. Dads, for example, tend to do more practical and educational activities with children, or expand on ways to play with toys (eg, use a cup to dig in the sand rather than have a cup of tea).

Studies have shown that children who have positive relationships with their dads are better protected from the risky behaviours that adolescents can often get involved in. Fathers who play with their children provide role modelling and guidance that assists children with emotional intelligence or self control.

Sometimes, things get 'off track' in family relationships and for a variety of reasons dads can sometimes become estranged from their children. Parents who; separate prior to the birth of a child, who have very young children, who experience high levels of conflict that is ongoing, who have a history of family violence, often turn to the Family Court to determine under what conditions the parent who no longer lives with the children can see them. Many are referred to a Children's Contact Service, which, in the local area are situated at Harris Park, Blacktown and Penrith.

What is a Children's Contact Service?
Contact centres are child-friendly places that provide an opportunity for those dads to spend time (normally two hours) with their children. These sessions are conducted under supervision which means that a trained worker will sit in the room watching and listening to the interactions between the dads and children, offering support and encouragement to both. Supervised contact can reassure both parents as well as children and relationships can continue to be developed outside the worry of court and conflict.
Children’s Contact Services are not part of the Court system but enable dads (subject to availability and suitability check) to begin the process of rebuilding or reconnecting with children in a safe environment.

**Children’s Contact Services provide an environment:**

To support children and help them heal relationships with dad in a child friendly, safe and supervised location

To support children to reconnect and get to know their dads if they haven’t seen them for a long time

To support children to be introduced, connect and get to know their dads when children have never met their dad.

*There may be costs involved with utilising Contact Services so please enquire.*

**Blacktown Children’s Contact Service - Relationships Australia**
Address: 26 Swinson Road,
Blacktown NSW 2148
LGA: Blacktown
Email: west@ransw.org.au
Website: www.relationships.com.au
Phone: (02) 9671 3900

This service provides opportunities for the "not lives with" parent (most often the father) to see their children, either through supervised access or by using the service for change-overs and change-backs after weekend access.

**Central West Contact Service (Harris Park NSW)**
Address: 13 Marion Street,
Harris Park NSW 2150
Email: cwcs@bigpond.com
Phone: (02) 9883 7949

**Penrith Children’s Contact Service**
Address: 340 High Street,
Penrith NSW 2750
phone: (02) 4728 4802
Family Relationships Centres

Family Relationship Centres (FRCs) are a source of information and confidential assistance for men and their families at all stages in their lives. The Centres have a focus on providing family dispute resolution (mediation) to enable separating families achieve workable parenting arrangements outside the Court system.

The Centres can also help by providing information, or referring you to other services in your area, whether you are going through separation, starting a relationship, want to make your relationship stronger or having relationship difficulties.

Funded by the Australian Government, the Centres are staffed by independent, professionally qualified staff offering confidential and impartial services in a welcoming, safe and confidential environment. Many of the services are free or are offered on a sliding scale, according to your level of income.

Penrith Family Relationship Centre - Relationships Australia
Address: 27 Lawson St (cnr. Henry St), Penrith NSW 2750
LGA: Penrith
Email: penrithfrc@ransw.org.au
Phone: (02) 4720 4900
Website: http://www.relationships.org.au

Blacktown Family Relationship Centre - Relationships Australia
Address: Level 2 125 Main Street
Blacktown NSW 2148
LGA: Blacktown
Email: BlacktownFRC@ransw.org.au
Phone: (02) 8811 0000
Website: www.nsw.relationships.com.au

Parramatta Family Relationship Centre – Anglicare
Address: Level 3, 16 Park Street,
Parramatta NSW 2150
Phone: 02 9895 8144
E-mail: frcparramatta@anglicare.org.au
You can find FRCs in other areas at:
http://www.familyrelationships.gov.au

Parents are the most important people in children's lives.
Men And Relationships

Residence Arrangements For Children

The Family Court requires parents to at least attempt to find agreement regarding arrangements for their children once they separate. This section provides information on issues involved in making arrangements for children after separation. Family Relationship Centres can be helpful as a first call.

What parents need to consider in children's matters.
In all matters involving children, the Family Court must make a decision based on the best interests of children. When deciding what is in the child's best interests, the Court must consider part VII sect 60CC.3. fla): There are some 13 specific considerations contained in the Family Law ACT 1975, some of which are as follows; the relationship with both parents; the wishes of the child and factors which might affect the weight they give to those wishes, for example how old the child is; the effect on the child of any separation from a parent or other child in the family; the practical difficulty and cost of the child having contact with a parent; the ability of each parent to care for the child; the age, sex and cultural backgrounds of the child (including any need to maintain contact with Aboriginal or Torres Strait Islander culture); the need to protect the child from any physical or psychological harm caused by any abuse or violence; the attitude of the parents to the child and to their parenting responsibilities; any violence or violence order in the family; whether the Court order will lead to further applications; any other factors the Court thinks relevant.
Making Arrangements for Children
Research into the well-being of children living in separated families shows us that the separation in itself is not necessarily harmful to children. What is harmful for children is exposure to adult conflict. Conflict produces tension in people and children tune into that tension. When making arrangements and negotiating with each other, parents should employ strategies to ensure that children are not inadvertently exposed to conflict. Parents need to learn how to separate adult relationship issues from parenting issues and how to focus on the children and solutions as they communicate with each other. Children need both of their parents and have a right to continue and develop their relationships with both parents, and the other significant people in their lives. Even though you are separating, you are both still parents and you are both the most important people in your children’s lives.

What arrangements will work?
Every family is different. Arrangements that work for your family will be different from others. It is common for children to live with one parent and then see the other parent at specified times, or, if the parents live near each other, the children may live some of the time with one parent and some of the time with the other. Try to make arrangements that work for your children.

Children thrive in stable environments. Establishing a regular routine as quickly as possible will help your children adjust to their new living arrangements. It is important to develop a clear structure to the arrangements so children know when they will be with each parent. It is also important to be flexible when required.

Do you have to go to Court if you agree about the children?
You do not have to go to Court when you agree about arrangements for your children. Some people like the idea of a court order because it can provide a sense of certainty. When parents agree they have a number of options, they can either: establish an informal (verbal) agreement; establish a formal (in writing) agreement; or take a formal (in writing) agreement to the court to have it made into a consent order. You and your former partner may work out the arrangements yourselves, or you may decide to get help from counsellors and other people in the community.
Men And Relationships

What if you cannot agree about the children's arrangements?
If you cannot agree about the arrangements for the children, you are required to establish a dispute between yourself and the other parent and to provide a written proposal to resolve any dispute to the other parent. This process is outlined in a brochure produced by the Family Court and is called the "Pre-action Procedures". Once the Pre-action Procedures have been followed you must attempt to resolve the dispute by mediation before you can apply to the courts for Parenting Orders.

How can you enforce a court order?
There are a number of options available to you when a Family Court order has not been followed. The Court does not automatically enforce its orders. You have to tell the Court what the problem is. You do this by making an application called a "CONTRAVENTION". This type of application can be difficult and parents should get legal advice to be sure they are able to proceed with an application.

What do you do if your former partner has taken the children and refused to return them?
You can contact the Family Court. Mediators may be able to help you to sort out the problem. If you think the situation is urgent, you should ask Court staff about what is needed to get an urgent Court hearing. You can apply to the Court for a recovery order for the return of the children. Information about other services which can help you reach a new agreement without going to Court are available from the Family Law Hotline on 1800 050 32, the Regional Law Hotline on 1800 050 400, or see below for information about community-based organizations and getting legal advice.

You have an order allowing you to see your children but your partner won't let you.
You can contact the Court's mediation services to see if they can help. You can also file an application to have the orders either changed or enforced if you cannot reach an agreement.

Family Relationship Advice Line:
1800 050 321 Available from 8am-8pm (Mon-Fri) 10am-4pm (Saturday)
Older Men

Blacktown Aged Care Assessment Team (ACAT) - Western Sydney Local Health District (WSLHD)
Address: Blacktown Hospital, Marcel Crescent, Blacktown NSW 2148
Postal Address: R.O. Box 792, Seven Hills NSW 2147
LGA: Blacktown
Email: amanda_nicholas@wsahs.nsw.gov.au
Website: www.health.nsw.gov.au
Phone: (02) 9881 8288
The role of ACAT is to determine the overall care needs of frail older people and to assist them to gain access to the most appropriate types of service. This includes determining eligibility for some Aust. Gov. subsidised aged care services, including residential aged care and Community Aged Care Packages.

Blacktown Community Transport Inc.
Address: 156 Best Road
Postal Address: PO Box 457, Seven Hills NSW 2147
LGA: Blacktown
Email: bct@pnc.com.au
Phone: (02) 9621 5518
We provide transport to frail aged and disabled members of the community for medical appointments, shopping, social and many other purposes.

Cardinal Freeman Centre
- St. Vincent de Paul Society
Address: 34-38 East Street, Granville NSW 2142
LGA: Parramatta
Email: cfcstaff@cfc.ngo.org.au
Phone: (02) 9637 6398
Medium to long term Centre for homeless men. No D&A Rehabilitative program. Referral through Parramatta Mission Hope Hostel only.

Commonwealth Carerlink Centres
Email: commcarelink@health.gov.au
Phone: 1800 052 222
Commonwealth Carerlink Centres provide a link to a wide range of community, aged care and support services that are available locally and nationally. Centres provide information about services for older people, people with a disability and those who provide care and services.

Computer Pals Blacktown Inc
Address: Unit 1/9 Kent Street, Blacktown NSW 2148
LGA: Blacktown
Email: blacktownpals@optusnet.com.au
Website: www.computerpalsblacktown.com.au/about/
Phone: (02) 9920 0829
We have classes teaching older men to learn some computer skills, including internet, emailing, Skype, eBay and photography and hardware.
Dementia Advisory Service
- Western Sydney Local Health District
Postal Address: c/o Geriatric Medicine
PO Box 533,
Wentworthville NSW 2145
LGA: Auburn, Baulkham Hills,
Blacktown, Holroyd, Parramatta
Email: sue_tolhurst@wsahealth.nsw.gov.au
Phone: (02) 9845 6903
The Dementia Advisory Service promotes local awareness of dementia, provides information, education and support, links people to assessment and support services. The DAS clients include people with dementia and their families and carers, people who work with people with dementia and people with concerns about their cognition.

Vietnam Veteran's Association of Australia St Marys Outpost
Sub-Branch Inc
Address: cnr. Mamre Rd and Hall St, St Marys NSW 2760
Postal Address: PO Box 3049, South St Marys NSW 2760
LGA: Penrith
Email: vietvet@tpg.com.au
Website: www.vaastmarys.org.au
Phone: (02) 9833 4711
Mon to Fri 9am to 1pm.
The Sub-Branch also provides assistance to Australian veterans of other conflicts, serving members of Australia's armed forces and veterans of allied forces. Support provided ranges from basic entitlement advice, claims assistance and advocacy services.

Hawkesbury Neighbour Aid
Address: 133 Londonderry Road,
Richmond NSW 2753
Email: neighbouraid@rcsi.ngo.org.au
Phone: (02) 4578 3934

Marriage preparation for second marriages – Anglicare
Address: 16 Parkes Street,
Parramatta NSW 2150
LGA: Parramatta
Email: marriage@anglicare.org.au
Website: www.relationshipsforcouples.org.au
Phone: (02) 9895 8054
We provide specialised marriage education for couples where either or both partners are marrying for the second time.

Nepean Retired Men's Club
Address: John Lees Christian Centre,
15 Evan St,
Penrith NSW 2750
Postal Address: 33 Sandringham Ave,
Cambridge Park NSW 2747
LGA: Penrith
Phone: (02) 4721 5889
Meets 10.00am to 12 noon. 3rd Wednesday of the month. Social gathering of retired and semi-retired men of like mind to enjoy each other's company.
Older Men

Men’s Sheds In Western Sydney

Dural Men’s Shed
- Dural Baptist Church
Address: 1 Peltitt Lane,
Round Corner NSW 2158
LGA: THE HILLS
Email: cdnmthomas@optusnet.com.au
Phone: (02) 8989 0000

Dural Men’s Shed offers a non-threatening environment for young and older men to come and enjoy their hobby and learn new skills. We will be also engaged in helping the community with projects for the needy and disadvantaged.

Emerton Men’s Shed
Address: Meets at Holy Family
Community Centre, Cnr. Emert Pde,
& Weber Cr,
Emerton NSW 2770
Postal Address: PO Box 86,
Mt druitt NSW 2770
LGA: Blacktown
Email: r.welsh@uws.edu.au
Website: www.mensheds.com.au
Phone: (02) 9628 7396

Drop-in centre for men (from age 16 and upwards). Younger men are allowed to attend if accompanied by an adult who are facing health, family and emotional problems and may be vulnerable to self-harm. Centre offers emotional support, assessment and referral. Appointments can be arranged over the phone.

Lower Mountains Men’s Shed
- Australian Men’s Shed Association
Address: Blue Mountains
Woodcraft Centre, 19 Calver Ave,
Mt Riverview NSW 2774
LGA: Blue Mountains
Email: lmmshed@gmail.com
Phone: (02) 4751 6819
or (02) 4736 4305

Community shed whose aim is to foster men’s health and well being by providing a safe, friendly environment, where men can enjoy each other’s company, while working on worthwhile community projects.

Riverstone Men’s Shed - (Local Dig)
Riverstone Neighbourhood Centre
Address: Market Street Riverstone
Postal Address: PO Box 418,
Riverstone NSW 2765
Email: reception@riverstone.org.au
Website: www.riverstone.org.au
Phone: (02) 9627 3219

Social support group for older men. Projects include wood work, bicycle repair & maintenance, gardening, education programs, outings or just a chat. Open Tuesdays, Wednesdays and Thursdays from 9.30am - 1.30pm. Contact Colin, Marae or Lorraine.
The South West Sydney Men's Shed
- The Parks Community Network Inc
Address: 651 Polding Street,
Wetherill Park NSW 2164
Postal address: P.O. Box 3147
Wetherill Park NSW 2164
LGA: Fairfield, Liverpool
Email: info@parkscommunity.org.au
Phone: (02) 8786 0040
Woodworking, Gardening, TAFE
Outreach, Social Outings, Community
BBQ, Community Support.

Penrith Valley Men's Shed
LGA: Penrith
Email: jwlawson@optusnet.com.au
Phone: 0412 397 970 or (02) 4732 7936
A newly formed men's shed group
seeking out a location for a men's shed in
Penrith, in the meantime actively meeting
and fund-raising..

To find another men's shed...
go to
www.mensshed.org
Young Men

Eddy's Outwest
Address: PO Box E21, Emerton NSW 2770
Phone: (02) 9628 3333
Website: www.mackillop.org.au

Medium to long term accommodation unit for young people 16-18 year's male/female. Need to be referred through another service.

Emerton Men's Shed
Address: Meets at Holy Family Community Centre, Cnr. Emernt Pde. & Weber Cr, Emerton NSW 2770
Postal: PO Box 86, Mt Druitt NSW 2770
LGA: Blacktown
Email: r.welsh@uws.edu.au
Website: www.mensheds.com.au
Phone: (02) 9628 7396

Drop-in centre for men (from age 16 and upwards. Younger men are allowed to attend if accompanied by an adult) who are facing health, family and emotional problems and may be vulnerable to self-harm. Centre offers emotional support, assessment and referral. Appointments can be arranged over the phone.

Headspace
Address: Shop 12, 6-10 Mount Street, Mt Druitt NSW 2770
LGA: Blacktown
Email: headspacemtdruitt@ucmh.org.au
Website: www.headspace.org.au/mtdruitt
Phone: (02) 8887 5600

Headspace provides services to young people aged 12-25 who are going through a tough time.

Fusion Accommodation and Support Service - Fusion Western Sydney
Address: 12 Carsons Lane, St Marys NSW 2760
LGA: Mt Druitt / Blacktown
Email: sydneywest@fusion.org.au
Website: www.fusionwesternsydney.org.au
Phone: (02) 8805 5900

FASS provides a supported accommodation program for young men 16 - 25 years old, which are homeless or at risk of homelessness.

High Street Youth Health Service - WSLHD
Address: 65 High Street, Harris Park NSW 2150
LGA: Parramatta/Hills/Holroyd
Phone: (02) 9687 2544

High Street provides counselling, medical, health education/promotion and group work for young men aged 12 - 24.
Young Men

iDiscover - Youthlink Adventure Recreation Services
Address: 13 Walters Rd,
Blacktown NSW 2148
LGA: Blacktown
Email: youthservices@xga.org.au
Website: http://salvos.org.au/youthlink/vocational-training/yars/i-discover/
Phone: (02) 8644 0428

Five week adventure therapy program for young males 16-25 years, disconnected from employment, education and community. Combines outdoor adventure environment with intention to achieve therapeutic gains for the young person.

LawAccess NSW - Department of Attorney General & Justice
Website: www.lawaccess.nsw.gov.au
Phone: 1300 888 529

If you have a legal problem you can call LawAccess NSW on 1300 888 529 as a starting point to getting help. We can give information, referrals and in some cases advice.

Marist Youth Care
Phone: (02) 9672 9200
Address: 36-38 First Avenue,
Blacktown NSW 2148

Provide short and medium term accommodation to young people aged 15 to 18 years old who are homeless. The service also supports young women.

Novel Ideas Incorporated
Suburb - Rooty Hill
Postcode - 2766
LGA: Hawkesbury to Liverpool - Mobile
Email: Novel.Ideas@live.com.au
Website: http://MosaicWritersMagazine
Phone: 042 197 3307

Novel Ideas Inc. runs a variety of writing, speaking, film and multimedia projects across the Hawkesbury, The Hills, Penrith, Parramatta, Blacktown, Fairfield and Liverpool areas. Aimed at developing teamwork, communication and confidence in young men.

Quakers Hill Youth Service
- Wesley Mission
Address: 32 Highfield Road,
Quakers Hill NSW 2763
LGA: Blacktown
Phone: (02) 9626 6620

Counselling and Casework for young people aged 12-18 years.

Shape Up Night Gym
- Graceades Cottage
Address: 2 Rose Court,
Bidwill NSW 2770 / Mt Druitt NSW 2770
LGA: Blacktown
Email: gccott@bigpond.net.au
Phone: (02) 9628 2045

Free Fitness and Weights Program with a Healthy Lifestyle Focus. For times please call us.
Young Men

SMART Recovery for youth - Centre of Addiction Medicine Nepean
Address: Corner of Great Western Highway and Somerset St,
Kingswood NSW 2747
LGA: Penrith
Phone: (02) 4734 1333
Addiction relapse prevention group for young men.

Western Area Adolescent Team
- Western Sydney Local Health District
Address: Buran Close,
Mount druitt NSW 2770
Postal Address: PO Box 47,
Mt Druitt NSW 2770
LGA: Blacktown
Phone: (02) 9881 1230
WAAT provides counselling, nursing assessments, medical and health promotion activities for marginalised and at risk young men.

Youth Off The Streets
- Western Sydney Outreach
Address: Bert Saunders Reserve,
Kiata Crescent,
Doonside NSW 2767
Postal Address: Po Box 8,
Merrylands NSW 2160
LGA: Blacktown
Website: www.youthoffthestreets.com.au
Phone: 043 960 8031
Outreach service for young people aged 12-24 providing free meals, engaging activities such as sports and crafts and assisting young men with information and referrals as needed. To find out times please call us.

Young Men's Mentoring Project
- St Clair Youth & Neighbourhood Team
Address: 1 Autumnleaf Parade
St Clair NSW 2759
Postal Address
(for correspondence: optional)
PO BOX 81, St Clair 2759
LGA: Penrith
Email: info@scynt.org.au
Group Contact Phone Number:
(02) 9834 2708 or 0406 334 867
An opportunity for older men who are 25+ years to volunteer as mentors for 18 - 24 year old males. As a mentor your role will be to provide them with guidance, leadership and skill development.
Resource Suggestion
(e.g. website, book, video)

Men’s Health Week
Website: www.menshealthweek.org.au
Phone: (02) 4570 1220

Held in June each year to celebrate the positive roles men and boys play in our society, as well as an examination of environments that are leading to adverse male health outcomes.

Carers Australia - Carers NSW
Address: PO Box 20156 World Square
Sydney NSW 2002
Email: contact@carersnsw.asn.au
Website: http://www.carersnsw.asn.au
Phone: 1800 242 636

Carers NSW is an association for relatives and friends caring for people with a disability, mental illness, drug and alcohol dependencies, chronic condition, terminal illness or who are frail. We provide information, referrals, emotional support and counselling. We recognise the tough role that carers have in looking after their loved ones, be it family or friends.

Services for Men Report Penrith LGA
- Penrith City Council
Postal Address: PO Box 60,
Penrith NSW 2751
LGA: Penrith
Phone: (02) 4732 7936

Published in 2012 this report examines service provision for men within the Penrith LGA and identifies key gaps in service provision and opportunities to improve services for men.
Resource Suggestion
(e.g. website, book, video)

Books For Blokes

1. Beating the Blues - A self Help Approach to Overcoming Depression Susan Tanner, Jillian Ball.
4. Raising Boys - Steve Biddulph & Sharon Biddulph, Celestial Arts, California.

Child support is payable until a child turns 18. If a child turns 18 and is still in full-time secondary education, parents can apply for an extension of child support until the end of the school year. It is important to let CSA know of any changes in either your circumstances or your children's circumstances such as a change of address, changes to the care arrangements, changes in your employment or income. In most cases this can be done over the phone. This helps ensure that CSA is using the most up-to-date information for you.

It is also important to note that CSA is not responsible for ensuring you spend time with your children or that agreements and court orders are followed. If you are experiencing difficulties seeing your children or with any part of your arrangements, that you can't resolved with the other parent, you should contact the Family Court for more information.

Contacting the Child Support Agency:

You can visit the CSA Website www.csa.gov.au to obtain copies of any CSA forms or publications.
Resource Suggestion
(e.g. website, book, video)

Internet Resources

Western Sydney Area Health Service Directory: www.wsaahs.nsw.gov.au

Dads in Distress (An information web site): www.dadindistress.asn.au

Carers NSW: www.caresnsw.asn.au

Interactive Website for young people: www.reachout.com.au


Mental Health:
www.sane.org
www.blue.org.au
www.ybbblue.com.au
www.moodgym.anu.edu.au
www.depressionnet.com.au

Child Support Agency: www.csa.gov.au


STARTTS: www.startts.org

Alzheimer’s Australia: www.alzheimers.org.au

Family Court of Australia: www.familycourt.gov.au

Kids Help Line: www.kidshelp.com.au

Men’s Health:
www.menshealthaustralia.net
www.menshealth.uws.edu.au
Resource Suggestion
(e.g. website, book, video)

Notes
THANK YOU

The Western Sydney Blokes’ Book is a collaborative project of the Western Sydney Men and Relationship Services (formerly the Western Sydney Men and Family Relationship Network) and Riverstone Neighbourhood Centre with funding support from Community Services under Department of Family & Community Services.

Particular thanks to the Western Sydney Blokes’ Book subcommittee members, both past and present, who dedicated many hours to the development of this Blokes Book from its creation in 2005 through to this current and sixth printing, 2012.

A BOOKLET OF COMMUNITY-BASED SERVICES

This booklet is a listing of not-for-profit, men-related, services in Western Sydney. While there are many other businesses and organisations providing excellent support to men, it is with regret that they have not been included in the Blokes’ Book if they are essentially profit-making entities.

DISCLAIMER

While every effort has been made to compile complete and accurate information for this Blokes Book directory, the Western Sydney Men and Relationships Network and the volunteers engaged in compiling the Western Sydney Blokes Book accept no responsibility for errors or omissions and recommend that you exercise your own skill and care with respect to its use. All contact details and links to Web sites are provided for convenience and do not constitute endorsement of any associated organisation, product or service.
Relationships are complex and are influenced and impacted by many factors from health, finances, education and the like. Good information and support can help men work through difficult and challenging times.

The Blokes Book is designed to assist men in Western Sydney to find the relevant support services that can help them overcome tough challenges and achieve their goals in life.

...for when it hits the fan