

***TESS SERVICE
DIRECTORY***

Children's Contact Services	
Description	<p>TFSS Children's Contact Services is a project funded by the Commonwealth Attorney General's Department. Its aims is to provide facilitated contact and changeover services for families in conflict.</p> <p>Children's Contact Services are an independent service and plays no role in negotiating or determining contact agreements or orders with courts. Participation in the Contact Service is voluntary. Both parents must be willing to participate and give an undertaking to attempt to achieve self-management of contact. Each parent will be required to sign a Service Agreement.</p> <p>TFSS Children's Contact Service believes that Children have the right to an accurate explanation about what their involvement in the program means. A child has the right to state that they do not wish to be involved in the program. If a child is adamant that they will not participate in the program, TFSS will respect this request and inform both parents.</p> <p>TFSS Children's Contact Services conducts its own intake and assessment procedures to determine participation in the program.</p>
Eligibility requirements	No eligibility requirements
Cost/available funding	<p>Partially funded service supervised contact: \$20 per contact available Friday, Saturday, and Every Second Sunday Monday.</p> <p>Full fee service: \$200 for two hours on weekday – will bring a worker in so more flexible for days and times. \$240 for two hours on weekends.</p> <p>Changeover \$5 per changeover.</p>
Referral Method	Self-referral or through other services including solicitors
Contact information	1800 073 388 or 6763 2333

Coledale Community Centre	
Description	<p>At the Coledale Community Centre we endeavour to provide support and opportunities to the residents of Tamworth. We aim to promote our own as well as external providers programs and events for effective and ongoing cohesion between service providers and the community.</p> <p>The Coledale Community Centre is host to a number of services available to the community, including:</p> <ul style="list-style-type: none"> Coledale Community Hub Information and referrals to appropriate services Community events Free legal advice (family and civil matters) Counselling Anger management courses Jar Jums Playgroup Cornerstone Kitchen & Church Light exercise classes Tax Help Room hire for community groups and meetings Health Services: Student Nurses, Practice Nurse, Doctors, Midwife, Ante Natal Clinic, Immunisation, Mental Health, Liver Clinic, Sexual Health Clinic etc.
Eligibility requirements	Nil
Cost/available funding	Free
Referral Method	Self-referral
Contact information	Community Hub 02 6763 2319 For doctor appointments please call 6773 1498

Home Interaction Program for Parents and Youngsters (HIPPY)

Description	The Home Interaction Program for Parents and Youngsters (HIPPY) is a 2 year home-based program that empowers and supports parents to guide their pre-school age child's early learning experiences and help their child realise success by beginning school with a love for learning. It is a program that is delivered to parents by home tutors through home visits and parent groups. Home visits last for about an hour and groups for 2 hours. Tutors are parents participating in the program and members of the same community.
Eligibility requirements	Families who live in the West Tamworth, Hillvue, Coledale, Westdale and Oxley Vale areas with children aged 4 years old. Runs for two years.
Cost/available funding	Free
Referral Method	Self referral or from services
Contact information	1800 073 388 or 6763 2333

Children and Parenting Support team

Description	Our Children and Parenting Support workers enhance the knowledge and confidence of parents as well as, improving educational, social and health outcomes for their children. The Children and Parenting Support workers aim to assist families by solving problems early, through linking families into a wide range of supportive networks. Our Children and Parenting Support workers assist families with children 0 - 12 years. We offer home visiting to families who live in remote areas or are unable to access transport.
Eligibility requirements	Any parents/carers with a child aged 0 -12 years can access this service; who reside in Tamworth LGA or Liverpool Plains LGA; areas such as Quirindi, Werris Creek, Walhallow, and surrounding areas
Cost/available funding	Free
Referral Method	Self referral or referrals from other services.
Contact information	1800 073 388 or 6763 2333

Outreach Early Intervention Worker	
Description	<p>Our Outreach Early Intervention Worker provides services to families living in Manilla, Quirindi, Werris Creek, Walhallow, Nundle and surrounding areas. We offer home visiting to families who live in remote areas or are unable to access transport.</p> <p>Our Outreach Worker enhances the knowledge and confidence of parents as well as, improving educational, social and health outcomes for their children. The Outreach Early Intervention Worker aims to assist families by solving problems early, through linking families into a wide range of supportive networks. Our Outreach worker assists families with children 0-8 years.</p> <p>We believe every family is special and unique. The Outreach Early Intervention Worker takes a collaborative approach, by working in partnership with families to address the issues that concern and affect them.</p>
Eligibility requirements	Any parents/carers with a child aged 0-8 years can access this service; Who reside in Manilla, Quirindi, Werris Creek, Walhallow, Nundle and surrounding areas
Cost/available funding	Free
Referral Method	Self referral or referrals from other services
Contact information	1800 073 388 or 6763 2333

Dhiyaan Playgroup	
Description	<p>Dhiyaan (Dee-yarn) is an Aboriginal word meaning "Family". Would you and your children like to make new friends? Well, come along! Free transport is available by appointment and a healthy morning tea is provided.</p> <p>Just bring yourselves, your hats and drink bottles.</p>
Eligibility requirements	Families with children 0 – 5
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

Supported Playgroup

<p>Description</p>	<p>Supported Playgroup provides a broad range of educational and social activities to enhance the skills and interactions of families and children in a safe and fun environment.</p> <p>We welcome families from all cultural and religious backgrounds.</p> <p>Supported Playgroups can assist families by:</p> <ul style="list-style-type: none"> -Preparing children for the transition into school -Distributing requested information regarding parenting skills and child development -Referrals to other services
<p>Eligibility requirements</p>	<p>Families with children 0 - 5</p>
<p>Cost/available funding</p>	<p>Free</p>
<p>Referral Method</p>	<p>Self or referrals from other services</p>
<p>Contact information</p>	<p>1800 073 388 or 6763 2333</p>

FAMILY SUPPORT	
Description	<p>TFSS offers individual support for families facing more difficult issues. Our service values diversity, and welcomes families and young people of all cultural backgrounds. Our services are available for parents and carers of dependent children aged 0-12, to assist with early intervention issues including parenting support, maintaining accommodation, and basic budgeting skills.</p> <p>We provide support and advice, advocacy, information, referrals to other services and home visits in Tamworth.</p> <p>We offer:</p> <ul style="list-style-type: none"> -Individual support for your family, focused on the particular issues you have identified -Accredited parenting programs Coaching. Keeping Children Safe and Engaging Adolescents -Skills Development Programs -Advice, referral and information
Eligibility requirements	Parents and carers of dependent children aged 0-12, who reside in Tamworth City or Kootingal
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

Triple P Parenting	
Description	Triple P is a program to assist parents with strategies to manage childhood behaviour problems. This program helps develop positive and caring parent/child relationships, with strategies for dealing with common behavioural and developmental issues.
Eligibility requirements	Nil
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

123 Magic	
Description	A simple, easy to use program to manage difficult behaviour and improve your relationship with your child. The program provides you with tools for disciplining your child without the yelling, arguing, or spanking and for parenting the obnoxious behaviours in a peaceful manner. For parents with children 2-12 years.
Eligibility requirements	Nil
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

Engaging Adolescents	
Description	Adolescence can be a challenging time for parents and young people. Learn new skills for communicating with your child, strengthening your relationship and dealing with tough conversations for handling those problems you just can't ignore. For parents with children aged 12-17 years.
Eligibility requirements	Nil
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

Keeping Kids Safe	
Description	A 5 week program that offers tips for raising happy children, and creating a safe environment for your child. Other topics include how to keep your child safe from abuse, and the effects of abuse on children.
Eligibility requirements	Nil
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

Healthy Home, Happy Family	
Description	Learn tips to keep the kids amused at our one off craft and play sessions, or participate in longer programs covering issues such as budgeting, health and safety, home organisation, nutrition and exercise and more!
Eligibility requirements	Nil
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

The Incredible Years	
Description	An 8 week program that aims to prevent and treat young children's behaviour problems and promote their social, emotional & academic skills.
Eligibility requirements	Nil
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

Managing Angry Adolescent Differently (MAAD)	
Description	A 4 week program offered to the parents and carers of angry adolescents, providing the skills to understand and redirect their anger.
Eligibility requirements	Nil
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

Youth Hope program	
Description	<p>It is the belief of the TFSS that the family is the core social unit in society and that all people, regardless of circumstances, have a right to control their own lives and to be respected individuals.</p> <p>This program is grounded in the principle that it is best for children to be raised by their own family wherever possible.</p> <p>The Youth Hope program is available for children and young people between the ages of 9-15 who are at risk of significant harm. The service will aim to build on the parent or carers protective abilities and enable families to build strong and healthy relationships. Additionally, it is tailored towards assisting young people to develop life skills, whilst offering practical family and parenting support. A holistic approach is taken to meet the needs of the young person and their family and we provide innovative and fun activities to promote engagement and support to achieve this purpose.</p>
Eligibility requirements	Children and young people between the ages of 9-15 who are at risk of significant harm.
Cost/available funding	Free
Referral Method	Via Family and Community Services. Very small amount of Community Referrals.
Contact information	1800 073 388 or 6763 2333

Coledale Youth Project	
Description	<p>Coledale Youth Project provides a range of services to benefit young people. Our youth services and programs are available to all young people who are aged between 12-17.</p> <p>We offer:</p> <ul style="list-style-type: none"> • One on one support for you, focused on the particular issues you have identified. • Accredited parenting program Engaging Adolescents. • Mentoring • Advice, referral and information. • Homework Club. • Hip Hop Program. • Youth based programs to assist in engaging adolescents in education and employment.
Eligibility requirements	Young people who are aged between 12-17.
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

Reconnect	
Description	<p>Reconnect assists young people stabilise their living situation and improve their level of engagement with family, work, education, training and their local community. Reconnect breaks the cycle of homelessness by providing counselling, group work, mediation and practical support to the whole family. Reconnect providers also 'buy in' services to target individual needs of clients, such as specialised mental health services.</p>
Eligibility requirements	Young people aged 12 to 18 years who are homeless, or at risk of homelessness, and their families and residing in Narrabri or Gunnedah
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	Gunnedah 6742 0825 Narrabri 6792 3622

Staying Home Leaving Violence	
Description	Women who want to escape a violent relationship at home often think leaving is their only choice. But if you want to stay, we can help. We will support you through the separation, help with the legal and police matters, and help make your home and family safer. Staying Home Leaving Violence works with the police and local community to help women leave violence and stay safely at home.
Eligibility requirements	Women who are 18 and over who reside in Tamworth LGA or Inverell LGA who are in stable accommodation and have separated from a violent partner
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 67632333

WOMENS DOMESTIC VIOLENCE COURT ADVOCACY	
Description	<p>A free service to assist women access the justice system to protect them from domestic violence in Armidale, Glen Innes, Gunnedah, Tamworth and Walcha.</p> <p>What service do we provide?</p> <ul style="list-style-type: none"> • Talk with women about their options • Ensure that women have legal representation in court if they want it • Advocate for women to ensure that the Apprehended Domestic Violence Order (AVO) meets their needs • Go with women to court and support them through the process • Refer women to services which can assist them, such as housing, Centrelink and counselling
Eligibility requirements	Women accessing the justice system to protect them from domestic violence in Armidale, Glen Innes, Gunnedah, Tamworth and Walcha.
Cost/available funding	Free
Referral Method	Via Police
Contact information	1800 073 388 or 67632333

NSW Domestic Violence Disclosure Scheme

Description	<p>The NSW Domestic Violence Disclosure Scheme helps people who may be at risk of domestic violence to find out if their current or former partner has a history of violent criminal offences.</p> <p>Domestic violence is usually characterised by a pattern of abusive and controlling behaviours, and perpetrators often repeat these behaviours in their relationships. The pilot Scheme aims to prevent domestic violence from occurring by empowering people at risk to make informed decisions about their relationships.</p>
Eligibility requirements	<p>A person who may be at risk of domestic violence, or a concerned third party, such as friend, relative or professional who has an ongoing relationship with the person who may be at risk. To apply, the person who may be at risk must live in one of the pilot regions of the Scheme – Tamworth and be aged 16 years or older. The third party will also need to be aged 16 years and over to apply.</p>
Cost/available funding	Free
Referral Method	Police, Self referrals or referrals from other agencies
Contact information	1800 073 388 or 67632333

MEN, WOMEN AND FAMILIES HOMELESSNESS

Description	<p>Our service assists men, women and families who are homeless or at risk of homelessness including women and women with children affected by domestic and family violence. We provide client centred homelessness support services including prevention and early intervention (for those at risk of homelessness), rapid rehousing, intensive response for clients with complex needs and crisis and transitional response. Our service has a strong focus on services for families or individuals who identify as Aboriginal and for people who are from a culturally and linguistically diverse background. We assist men, women, young people, and families.</p> <p>We can assist with:</p> <ul style="list-style-type: none"> • Short Term Crisis (Women's Refuge) or Transitional Accommodation • Client Focused Case Management • Education & Awareness Programs • Outreach Support • Early Intervention Support • General Counselling • Appropriate Referrals
Eligibility requirements	Women, Men, Families at risk of homelessness or who are homeless in the Tamworth LGA
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

YOUTH REFUGE	
Description	<p>Formerly known as Tamworth Youth Care, Tamworth Youth Homelessness Service was established in the 1980's and is a non-profit, community based organisation, currently sitting under the auspices of TFSS.</p> <p>Tamworth Youth Homelessness Service's main aim is to improve the range of accommodation options for Young People who are homeless or at risk of becoming homeless in the Tamworth Local Government Area (LGA). These options are varied and include Crisis Short Term accommodation at the Youth refuge, medium to long term supported accommodation and outreach services to clients in the community to enable them to achieve independence or remain living with their families.</p>
Eligibility requirements	Youth aged 16 – 24 in the Tamworth LGA who are homeless or at risk of homelessness
Cost/available funding	Free
Referral Method	Self or referrals from other services
Contact information	1800 073 388 or 6763 2333

Financial Counsellor	
Description	People from all walks of life can find themselves with money problems. A financial counsellor is a non-judgemental, qualified professional who provides information, support and advocacy to people in financial difficulty.
Eligibility requirements	Any clients of Tamworth Family Support Service who are currently experiencing financial difficulties or who are aware that things are about to get tough and want to consider options before it occurs.
Cost/available funding	Free
Referral Method	Self or referrals from other TFSS services
Contact information	6763 2359 or 67632333 fincounsel@tfss.com.au