

Hunter Region Groups

Cessnock

**1st and 3rd Tuesday of every month:
10am-12pm**

The Cottage in Dudley St, Cessnock
(Cessnock Anglican Church grounds)

Kahibah

Wednesday: 10am - 12pm

St Martin's,
Hexham St, Kahibah

East Maitland

Tuesday: 10am-12pm

Community Hall,
22-24 Bruce Street, East Maitland

Gloucester

**First Friday of every month
10am-12pm**

St. Pauls Anglican Church, Gloucester

Morisset

Friday: 10am-12pm

Southlake Anglican Church,
Cnr Bridge & Newcastle Sts Morisset

Nelson Bay

Wednesday: 10am-12pm

Gan Gan Family Centre,
Old Main Rd, Anna Bay

Newcastle East /West

**Monday: 1st & 3rd of every month
11am to 12.30pm**

St. Andrews Anglican Church Hall
Church St, Mayfield

Raymond Terrace

Friday: 10:30am-12pm

St Johns Anglican Church Hall,
Sturgeon St, Raymond Terrace

Singleton

First Thursday of the month: 12.30pm-2.30pm

Flory Wing
40 High St Singleton, (next to All Saints Church)

Toronto

**Thursday: 2nd and 4th Thursday of every month.
10am to 12 noon**

Toronto Uniting Church, The Boulevard Toronto

Please Contact: Samaritans Kinship Care

Heather Robinson - Mob: 0429 914 553
email: hrobinson@samaritans.org.au or

Sue Walker, Kinship Care Case Manager -
Mob:0429066315
email: sue.walker@samaritans.org.au

For referrals or information
www.samaritans.org.au/kinshipcare

Some Helpful Contacts

Legal Aid - Hunter Community Legal Centre
Ph: 4040 9123

www.hunterclc.org.au

Family Assistance Office
Dedicated Grandparent Worker
Ph:1800 245 965 or Ph: 13 61 50
www.familyassist.gov.au

Carers NSW
Ph: 02 9289 4280
ww.carersnsw.org.au

COTA (Council of the Ageing)
Ph: 02 9286 3860
www.raisinggrandchildren.com.au

So you have become
the **Primary Carer**
for a **child in your**
kinship circle.

You might be the
child's grandparent,
their relative or a
significant friend.



**A guide for
beginners to help
you in your journey.**


Samaritans
Compassion Integrity Justice

Becoming a full time carer to a child can be very unexpected and overwhelming, and you may feel you have no idea where to start. This brochure was created to help, support and to direct you to the appropriate services.

Steps for beginners

Step 1. Keep a diary:

- i) Start your diary with the details on how you came to be the primary carer of the child
- ii) Maintain the diary by jotting down:
 - a) Day-to-day incidents about the child and yourself. Think about how you're coping or otherwise with this new situation and how this went including financially and legally as well as your health and well-being
 - b) Any interaction between you, the child and their parents.

Step 2. Contact your local group or Samaritans Kinship Care Case Manager:

See list on back page or, if there isn't one locally, contact one that you may be able to travel to

occasionally. These groups have been found to be of significant worth in helping people cope with their new living situation.

Visit Samaritans website at

www.samaritans.org.au or refer to the list of contacts on the back of this brochure. for information on services that can assist you.

Step 3. Ask your local group to help you to:

- i) Contact you nearest 'emergency relief' service if needed for clothes, bedding furniture, etc.
- ii) Work out what financial support you are eligible for and how to access this support.
- iii) Contact legal support where necessary.

Step 4. Meet with the Principal at the child's school:

To explain the new situation and seek their support in helping the child cope with the trauma of this major change in their living arrangements.



Step 5. Make sure:

Both you, your partner, and the child/ren have some social opportunities each week. Our groups organise activities such as picnics, outings and camps throughout the year. These help the child to 'discover' others in a like situation to themselves and gives you some degree of respite!

Step 6. Seek Professional counselling:

Understanding or coping with the child's behaviour or health and well-being. Or, if the situation is putting a stress on your other relationships. Again, our groups will help you with seeking such support.

