

## Services at a glance

### QEII Community Centre

- Aboriginal Family Worker
- Community Capacity Building Project
- Emergency Relief
- Groupwork
- Muswellbrook Neighbourhood Service
- Upper Hunter Family Support Service
- Upper Hunter Youth Development Officer
- Justice of the Peace

### UHCS services located externally

- Hunter Park Family Centre
- Muswellbrook Out of School Hours Care (MOOSH)
- Toybox

### Visiting services

- Interrelate Counselling
- Financial Counselling / HESS Programme
- Family Relationship Centre

### Programmes available throughout the year

- Engaging Adolescents
- Skills Groups
- Support Group
- Youth Snaps
- 123 Magic & Emotion Coaching
- PPP
- Mums' Circle
- Seasons for Growth

Plus more, contact us for more details.

## How to get involved

UHCS have a volunteer recruitment programme. We'd love you to be more involved in our community! Phone us on 02 6542 3555 to find out how you can get involved.

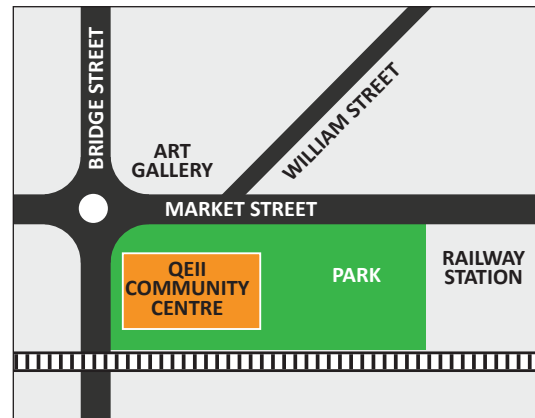
### Become a Friend of UHCS

Your contribution will greatly benefit the Upper Hunter community by enabling better services and providing more much needed programmes to our community.

Please speak to the manager on 02 6542 3555 or email [manager@uhcs.org.au](mailto:manager@uhcs.org.au)

### Projects funded by:

- Dept of Education, Employment & Workplace Relations (DEEWR)
- Department of Social Services
- Human Services Community Services
- Family and Community Services (FaCS)
- BHP Billiton Mt Arthur



## Upper Hunter Community Services Inc.

Phone: 02 6542 3555

Fax: 6543 1643

Cnr Bridge & Market St, Muswellbrook  
(wheelchair friendly)

### Postal address

PO Box 231, Muswellbrook, NSW 2333

### Find us online

[www.uhcs.org.au](http://www.uhcs.org.au)

[www.facebook.com/UHCSInc](https://www.facebook.com/UHCSInc)

or search for "Hunter Park Family Centre" on Facebook

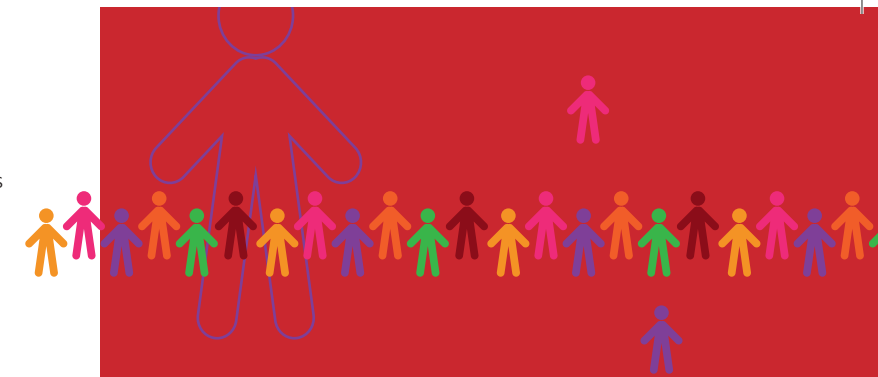
Email: [manager@uhcs.org.au](mailto:manager@uhcs.org.au)

### QEII hours

Mon, Tue, Thurs 9.00am-4.00pm

Wed 10.00am-4.00pm

Fri 9.00am-2.00pm



# An introduction to Upper Hunter Community Services Inc.

*Strengthening our community*

An incorporated association auspicing community projects throughout the Upper Hunter.



UPPER HUNTER  
COMMUNITY SERVICES Inc.



## Upper Hunter Community Services Inc. (UHCS) offer programmes to all members of the Upper Hunter community.

Services and programmes are provided at various convenient locations throughout the Upper Hunter region, including remote communities.

This brochure introduces the many programmes and services offered through UHCS.

Visit us at the QEII Community Centre, corner of Bridge and Market Streets Muswellbrook to make any enquiries or follow us on Facebook to keep up to date with the latest programmes and community events.

### Community Capacity Building Project

The Community Capacity Building Project is a partnership which aims to build on opportunities to meet the needs of the community through collaborative community development and stakeholder engagement and so build a strong, sustainable and resilient Muswellbrook Shire Community. The Community Capacity Building Project is proudly sponsored by BHP Billiton Mt Arthur Coal.



### Programmes based at the QEII Community Centre

#### Aboriginal Family Worker

Primary focus on assisting new parents and families with children aged 0 – 8 years, in a culturally appropriate way.

#### Muswellbrook Neighbourhood Service

Providing information, referral, advocacy and support. Muswellbrook Neighbourhood Service provides emergency relief such as food and electricity vouchers; needle and syringe exchange; community development function and school holiday projects.

#### Upper Hunter Family Support Service

Assisting families who may be experiencing difficulties. A service with a focus on strengthening and supporting families who have children in their care aged 0 to 12 years. Support may include, but not limited to: court support, referrals, parenting and financial education.

Our group worker can offer parenting support and information in a friendly group environment. These courses are offered at various locations throughout the Upper Hunter Region and topics include 1-2-3 Magic and Emotion Coaching, Triple P Seminar and Group and Engaging Adolescents.

Our Generalist Counsellor works with young people and adults experiencing a wide range of issues such as breakdown, self esteem, stress and work and family issues.

#### Upper Hunter Youth Development Officer

The Youth Development Officer provides support to existing youth services and has a role in identifying the needs of the youth sector and developing appropriate strategies.

#### Additional services

- Conference room and meeting rooms available, including smart board and presentation equipment, and tea and coffee facilities
- Baby capsule hire
- Photocopying and faxing
- Community Information—brochures, maps, community directory
- Justice of the Peace



### Programmes auspiced by UHCS

The following UHCS auspiced programmes are based away from the QEII Community Centre.

#### Hunter Park Family Centre

58 Wollombi Rd, Muswellbrook  
Phone: 6543 3566  
Fax: 6543 1643

A multipurpose outreach service providing access to services and support for families in South Muswellbrook and outlying areas.

#### Muswellbrook Out of School Hours Care - MOOSH

Bowman Park Community Centre  
Skellatar St, Muswellbrook  
Phone/Fax: 6541 3205

MOOSH is for children aged between 5-12.  
Morning services: 6.30am- 9.00am  
Afternoon services 3.00pm- 6.00pm.  
Vacation care is also available 7.00am- 6.00pm.

#### Toybox

Bowman Park Community Centre  
Skellatar St, Muswellbrook  
Phone: 6543 4877

Structured mobile playgroup for isolated families.

### Services co-located in the QEII Community Centre.

The following services are located in the QEII Community Centre, however are not run by, or auspiced directly by UHCS. Please contact these service providers directly to make an appointment.

#### Interrelate Counselling service

Phone: 1300 736 966

#### Family Relationship Centre

Phone: 02 4990 4507

#### Financial Counsellor

A financial counsellor also makes regular visits. Phone 4932 9777 to enquire about the next visit date and to book an appointment.

