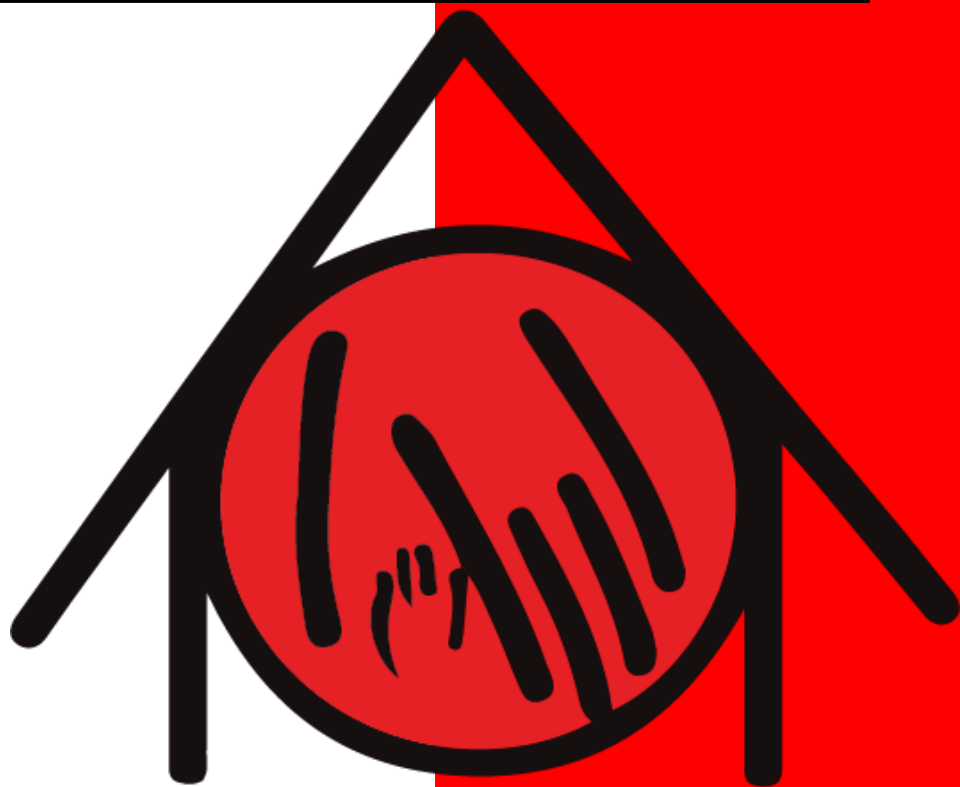


2021-
2022

A quick guide to the free services
in South Australia



Grandparents
For
Grandchildren



Level 2, 345 King William Street, Adelaide
SA 5000

www.gfgsa.com.au



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EMERGENCY CONTACTS

SA Police

000 - Emergency
131 444 - Non-urgent
1800 333 000 – Report crime (crime stoppers)
www.police.sa.gov.au

Family Violence investigation section

Eastern – 7322 4890
Northern – 8207 9381
Western – 8207 6413
Southern – 8392 9172

Domestic Violence

Crisis Line

Crisis accommodation, referral & counselling for Women & children
1800 800 098
www.womenssafetyservices.com.au

1800 Respect

National Family Violence counselling service
1800 737 732
www.1800respect.org.au

Yarrow Place

Crisis line for Sexual assault (counselling, advocacy, programs & support)
1800 817 421
www.wchn.sa.gov.au/our-network/yarrow-place

INFORMATION & REFERRAL SERVICES

RASA

Relationships Australia, South Australia
1300 364 277
<https://relationships.org.au>

Women's Information Service

The Women's Information Service
Ground Floor at 101 Grenfell Street, Adelaide
8303 0590
www.wis.sa.gov.au

Men's Referral Service

1300 766 491
<http://mrs.org.au/>



EMERGENCY HOUSING

Homeless connect SA

1800 003 308

www.homelessconnectsa.org

Housing SA

131 299

www.sa.gov.au/topics/housing/contacts/housing-sa-contacts

EMERGENCY RELIEF SERVICES

Anglicare

Head office (08) 8305 9434

Adelaide: The Magdalene Centre

(Walk-in's welcome – Emergency food relief, Foodbank Vouchers, Hampers, Clothing, Counselling, Community activities)

82 Gilbert Street

Adelaide

(08) 8305 9434

Email: magdalenecentre@anglicaresa.com.au

Southern: Outer Southern Hub, Christies beach

(Emergency Food relief, Vouchers, Hampers, Clothing, Financial services, Community services activities)

111 Beach Road

Christies Beach

1800 748 149

Northern: The Mission

(Emergency food assistance, Vouchers, clothing, financial assistance, counselling, community gardens, mental health programs)

91-93 Elizabeth Way

Elizabeth

(08) 8209 5400

COVID-19 INFORMATION AND UPDATES

South Australian Government COVID-19 Website

For all state-wide COVID-19 information go to

<https://www.covid-19.sa.gov.au/>

COVID-19 Exposure Sites, Health Alerts and Contact Tracing

For information on local and interstate COVID-19 exposure sites, and related testing and quarantine requirements visit their website



<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid-19/testing+and+tracing/contact+tracing/contact+tracing>

Current Restrictions in South Australia

To manage the public health risk posed by COVID-19, restrictions are in place to protect South Australians.

<https://www.covid-19.sa.gov.au/restrictions-and-responsibilities>

Case Dashboard and Daily Statistics

For the latest statistics and heat maps of COVID-19 cases and other statistics in South Australia, visit the website

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid-19/about+covid-19/latest+updates/covid-19+dashboard>

Testing for COVID-19

Find a COVID-19 Testing Centre and information on who should get tested, testing options, and further recommendations

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid-19/testing+and+tracing/testing+for+covid-19>

Aboriginal Communities & COVID 19

For Aboriginal advice, resources and information, visit the website

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid-19/community/aboriginal+communities/aboriginal+communities+and+covid-19>

COVID-19 vaccinations

Find out information on COVID-19 vaccinations

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid-19/vaccine/covid-19+vaccinations>

Call the *SA COVID-19 Information Line* on 1800 253 787 from 8:00 am to 8:00 pm, 7 days a week.

Call the *SA COVID-19 Mental Health Support Line* on 1800 632 753 from 8:00 am to 8:00 pm, 7 days a week or visit the website

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/infectious+diseases/covid-19/about+covid-19/help+and+advice/mental+health+support>

For further links to the latest official SA Health COVID-19 news and updates for South Australia, visit SA Health Facebook

<https://www.facebook.com/sahealth>

Or the website

<https://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Conditions/Infectious+diseases/COVID-19/About+COVID-19/Latest+updates/Latest+updates+on+COVID-19>

You can also visit the South Australia Police website for more COVID-19 information

<https://www.police.sa.gov.au/covid-19-information>



HEALTH RESOURCES

SA Health

Mental Health triage service **13 14 65** (24 hours, seven days a week)
www.sahealth.sa.gov.au

Lifeline

Crisis line - 131114
Text - 0477131114
www.lifeline.org.au

Kids Helpline

Australia's only free 24/7, confidential and private counselling service specifically for children and young people aged 5 to 25 years.
1800 55 1800 (24/7)
<https://kidshelpline.com.au>

Headspace

173 Wakefield Street, Kaurua Country, Adelaide, South Australia 5000
1800 063 267
Email: info@headspaceadelaide.org.au
<https://headspace.org.au>

Health Direct

1800 022 222
Free* national helpline for health information & advice (24/7)
*mobile charges may apply.
<https://www.healthdirect.gov.au>

Beyond Blue

For anyone feeling anxious or depressed
1300 22 4636
www.beyondblue.org.au

Suicide Call Back Service

For anyone thinking about suicide
1300 659 467
www.suicidecallbackservice.org.au

MensLine Australia

For men with emotional or relationship concerns
1300 78 99 78
www.mensline.org.au

Open Arms

For veterans and families counselling
1800 011 046
www.openarms.gov.au



FREE LEGAL ADVICE AND SUPPORT

Legal Services Commission

Legal Helpline – 1300 366 424

www.lsc.gov.au

Aboriginal Legal Rights Movement (ALRM)

Legal, cultural, economic, political and social rights are promoted through the provision of legal services and associated activities. Legal services, disability legal support, advocacy, financial counselling, aboriginal field services, aboriginal visitor scheme, prisoner care program, help a sista out, South Australian Aboriginal Community Controlled Organisation Network (SAACCON).

OPERATING HOURS (metro and regional offices)

Monday – Friday: 9:00am – 5:00pm

Saturday – Sunday: Closed

(08) 8113 3777 (24 hour service for emergencies)

Free call™ (SA Only) 1800 643 222

Email: info@almr.org.au

<https://www.almr.org.au/>

Regional offices:

Port Augusta

12 Church Street, Port Augusta, South Australia 5700

(08) 8113 3788

Ceduna

Cnr East Tce & Merghiny Drive, Ceduna, South Australia 5690

(08) 8113 3799

Port Lincoln

12 Lewis Street, Port Lincoln, South Australia 5606

Mobile: 0447 618 292

Community Legal Centres South Australia (CLCSA)

Free legal services for the community

Providing support, representation to Government and the wider community

<https://www.clcsa.org.au/>

Women's Legal Services Australia

Network of community legal centres specialising in women's legal issues. Part of the National Association of Community Legal Centres (NACLC).

For questions of information, contact via Email: info@wlsa.org.au

<http://www.wlsa.org.au/>

Justice Net SA

Legal service for South Australians who cannot afford a lawyer or get the legal help needed elsewhere.

<https://www.justicenet.org.au/>

Pro Bono Connect

General civil law and refugee and asylum seeker assistance

(08) 8313 5005 (Administration only)



Email: admin@justicenet.org.au

Homeless Legal

Legal help for individuals facing homelessness

(08) 8313 5005

Email: hlegal@justicenet.org.au

Self-Representation Service

Help with civil law matters in the Federal Courts

1800 283 661

(08) 8410 2280 (for callers outside Adelaide)

Email: fcsrs@justicenet.org.au

Law Society SA

Level 1, 100 Hutt Street, Adelaide SA 5000

0429 266 611

Email: enquiries@lawfoundationsa.com.au

<http://www.lawfoundationsa.com.au/>

Adelaide Legal Outreach Service

It assists clients in managing their own cases by writing letters, drafting documents, negotiating and researching the law for clients.

Make an appointment Fridays from 9 am to 5 pm.

(08) 8313 7496

Email: alos@adelaide.edu.au

<https://law.adelaide.edu.au/free-legal-clinics/adelaide-legal-outreach-service>

UNISA Legal Advice Clinic

UniSA City West campus

Level 1 (Ground Floor), Lewis O'Brien Building

Corner of George Street and Hindley Street

Adelaide SA 5000

Contact by telephone to make an appointment

(08) 8302 7436

Port Adelaide Magistrates Court

Drop-in service. If interview room door is closed, please wait outside the room in the foyer and a Clinic staff member will collect you.

Interview Room 5 (opposite Courtrooms 2 and 3)

260 St Vincent Street

Port Adelaide SA 5015

Wednesdays only, 9:30am-3:00pm

The Clinic operates during university teaching terms only.

Flinders Legal Centre

Operated by Flinders Law, College of Business, Government and Law, Flinders University.

Appointments are online, available Tuesday, Wednesday and Thursday mornings each week. Conducted virtually via Microsoft Teams.

Book your appointment on the link below

<https://www.flinderslegalcentre.net.au/dir/>

Riverland Community Legal Service



8 Wilson Street, Berri South Australia 5343
(08) 8582 2255

Community Justice Services SA (South)

CJSSA provides free legal services to the community in a professional and friendly environment.

Free calls 1300 850 650

<https://www.communityjusticesa.org.au/>

Christies Beach Head Office

Office Hours: 9.00 am to 5.00 pm Monday to Friday

(08) 8384 5222 or toll free 1300 850 650

Mount Gambier Head Office

Office Hours: 9.00 am to 5.00 pm Monday to Friday

(08) 8723 1396 or toll free 1300 850 650

Berri Head Office

Office Hours: 9.00 am to 5.00 pm Monday to Friday

(08) 8582 4998 or on toll free 1300 850 650

Westside Lawyers

WestSide Lawyers provide free of charge legal assistance services to eligible members of Adelaide's Western suburbs and South Australia's Mid North and Outback. Find the online form in the link below and fill it in for a first free interview.

<https://westsidelawyers.net/contact-us/>

Hindmarsh

212 Port Road
Hindmarsh, SA 5007
(08) 8340 9009

Port Pirie

Flinders Arcade,
72 Ellen Street
Port Pirie, SA 5540
(08) 8633 3600

Legal Services Commission of South Australia

Free legal advice is available in person or by telephone.

Contact Free Legal Helpline on 1300 366 424

https://lsc.sa.gov.au/cb_pages/family_law.php

FCFCOA Federal Circuit and Family Court of Australia

1300 352 000

Email: enquires@fcfcoa.gov.au

www.fcfcoa.gov.au

Courts Administration Authority of South Australia

Contact CourtSA Registry services team between 8.30am and 5.00pm Monday to Friday

(08) 8204 2444 or Freecall 1800 571 191



Email: enquiry@courts.sa.gov.au

Live chat is available in the bottom right hand corner across all pages on the website.

<https://www.courts.sa.gov.au/>

COMMUNITY SERVICES

Ask Izzy

Online directory for various community services for people on a low income or in need of emergency assistance

<https://askizzy.org.au>

SCHOOL HOLIDAYS PROGRAMS & ACTIVITIES

YMCA

Head Office

Level 10, 44 Waymouth Street

Adelaide SA 5000

ABN 41 241 860 884

(08) 8200 2500

Email: contact@ymcasa.org.au

<https://www.sa.ymca.org.au/what-we-do/oshc>

Kids in Adelaide

Kids in Adelaide is a fun and easy way to find all the information on things to do with kids in Adelaide.

<https://kidsinadelaide.com.au>

Play and Go, Adelaide

ONE place that makes it quick and easy to find family friendly things to do with children.

Play & Go Adelaide

PO Box 527

Kensington Park SA 5068

Email: hello@playandgo.com.au

<https://playandgo.com.au>

Christmas

Christmas events in Adelaide 2021

<https://kidsinadelaide.com.au/christmas-events-adelaide>

Best places to see Christmas lights in 2021

<https://playandgo.com.au/christmas-lights-in-adelaide-2021>

AGSA

Start at the Gallery is an exciting introduction to art for children aged 3-12 and their families. Held on the first Sunday of every month, Start is a free family-fun day and includes art activities, tours, live performances and entertainment.

Each monthly event is themed around current exhibitions or the general collection.

Start is held on the first Sunday of each month, 11am–3pm.



Events are free and no bookings are necessary.
Parent/carer supervision is required.
(08) 8207 7000
Email: info@artgallery.sa.gov.au
<https://www.agsa.sa.gov.au/whats-on/ongoing-programs/start-gallery/>

FAMILY AND COMMUNITY INVOLVEMENT

Helping your child to learn

Supporting children with their homework to reinforce learning and develop skills and abilities

<https://www.sa.gov.au/topics/education-and-learning/schools/family-and-community-involvement/helping-your-child-to-learn>

Libraries SA

Libraries SA one card network. Locate local community libraries.

Children's online activities and school holiday programs:

www.onecard.network/client/en_AU/kidcat/#home

What's on? Find upcoming events and programs at your local library:

www.libraries.sa.gov.au/client/en_AU/sapubliclibraries/?rm=WHAT%27S+ON%27C%7C%7C1%7C%7C%7C0%7C%7C%7Ctrue

Libraries S.A online directory:

https://www.onecard.network/client/en_AU/sapubliclibraries

Locate your local community library:

www.onecard.network/client/en_AU/sapubliclibraries/?rm=LOCATE+A+LIBRA%27C%7C%7C1%7C%7C%7C0%7C%7C%7Ctrue

EDUCATIONAL SUBSIDIES

SA School Card

The School Card scheme offers financial assistance with educational expenses for students including:

- school fees
- uniforms
- camps and excursions

Applicants need to complete an application form at the beginning of each year; these can be accessed on the SA Government website. Forms can be submitted from the start of January. Contact your school bursar for more details and to speak to them about any financial issues you may be experiencing.

<https://www.sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/school-card-scheme>



Grandparents for Grandchildren SA

The Education, Arts and Sports Fund is made available through successful grant applications to philanthropic trusts and foundations. It is administered by GFGSA to support grandparent and kinship carers who assume the primary carer role for children and young people.

Contact us on (08) 8212 1937 for an application and guidelines.

<https://gfgsa.com.au/>

Toy Libraries

Great resource for carers on a budget. SA Directory of Community Services has a full list of toy libraries in your area where you can find educational materials, toys and books.

<https://sacommunity.org/>

The big book club

Contact your local Child and Family Health Service (CAFHS) to access free reading packs for every stage of your grandchild's junior years. This initiative is supported by SA Government, The Advertiser and Public Libraries SA.

44 Magill Road, Norwood, South Australia 5067

(08) 8331 3095

www.thelittlebigbookclub.com.au

School Scholarships

Some government schools offer scholarships or awards that are usually sponsored by an organisation to help cover the cost of specific educational activities. In most cases, it is for students already attending the school. Talk to the principal to find out more.

School Sports Vouchers

The Sport Vouchers program is a Government of South Australia initiative administered by the Office for Recreation and Sport. The program provides an opportunity for primary school aged children from Reception to Year 7 to receive up to a \$ 100 discount on sports membership/registration fees. Call them on 1300 714 990 for more information.

www.sportsvouchers.sa.gov.au

Aboriginal Students

The Dame Roma Mitchell Grants provide opportunities for eligible children and young people who are, or have been, under the guardianship of the Chief Executive or Minister for Child Protection in South Australia or from remote aboriginal communities.

https://www.sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/dame-roma-mitchell-grants?SQ_VARIATION_65218=0

The Commonwealth Scholarships Program provides support to eligible Indigenous higher education students with the general costs of study and support where they have had to move from a rural or remote area in order to study.

https://www.dese.gov.au/404?site_search=rural+regional+enterprise+scholarships

A Start in Life

It is an Australian charity with almost 100 years' experience in providing support to young Australians whose circumstances have been identified as necessitous. They have to date contributed over \$13 million to transforming the lives of more than 6,500



disadvantaged students, helping them to overcome significant barriers to their education and enabling them to reach their potential.

For more information on their services they provide, please contact the Student & Family Management Team on (02) 9264 3017 or Student Support Enquiries

Email: SFMT@astartinlife.org.au

<https://www.astartinlife.org.au/>

FREE EDUCATIONAL RESOURCES

SPELD SA (Specific Learning Difficulties Association of SA)

It provides free oral language development cards, free phonics books and worksheets, and offers workshops and information sessions to carers. Contact them at (08) 8431 1655 or fill in the contact form on their website

<https://www.spelsa.org.au/contact>

Hippocampus

For students in middle school to college. More than 6,800 free videos in 13 subject areas such as, Math, Natural Science, Social Science, Humanities. The multimedia content includes animations and simulations.

<https://www.hippocampus.org/>

Infoplease

It includes an atlas, encyclopaedia, dictionary, thesaurus, videos, calculator, conversion tool, spelling checker, periodic table, place finder, and perpetual calendar. The topics covered are regarding current events, science, government, history, pop culture and more.

<https://www.infoplease.com/>

Discovery Education

Interactive games, videos, contests, virtual labs, and activities

You can find an archive of webinars, as well free parent, teacher, and student resources on the site.

<https://www.discoveryeducation.com/>

ThoughtCo - Homework help

It provides in-depth articles and homework help. Tips to help students save time and prevent stress, including learning skills, study methods, time management, writing essays or research papers, book summaries, citations and school supplies.

<https://www.thoughtco.com/>

HomeworkSpot – free homework informational portal

Best resources for English, Math, Science, History, Art, Music, Technology, Foreign Languages and College prep, Health, Life skills, extracurricular activities. It also includes real-world applications and case studies of what you are learning.

<http://www.homeworkspot.com/>

Refdesk – website with links to research tools

It includes libraries, study guides, strategies, a data base of newspapers from all around the world with links to their individual websites.

<https://www.refdesk.com/>



Programs and initiatives for Aboriginal high school students

SACE and Aboriginal students

Aboriginal Program Assistance Scheme (APAS)

School to work transition

University and higher education

<https://www.sa.gov.au/topics/education-and-learning/aboriginal-education/learning-support>

Learning plans for Aboriginal students

The plan is reviewed regularly to assess progress and to check that short-term goals are being met. Parents also receive progress reports from the school. For more information contact your school or phone Aboriginal Services on 8226 2167.

<https://www.sa.gov.au/topics/education-and-learning/curriculum-and-learning/learning-plans>

Tutoring

Tutoring for Indigenous students – eligible for ITAS tuition

Get private tutoring through the Indigenous Tutorial Assistance Scheme (ITAS).

<https://students.curtin.edu.au/personal-support/indigenous/tutoring/>

Free courses

AdelaideX (The University of Adelaide) - Free online courses

Courses can be audited free with an option to receive a verified certificate for a small fee. Courses such as, Introduction to Project Management, Essential Human Biology, Think.Create.Code, Human Reproduction, Understanding Agribusiness.

<https://www.adelaide.edu.au/learning/adelaidex/free-online-courses>

Support for students

StudyAssist – Information for students about government assistance for financing tertiary study. Number of options available to students for extra support during their study.

<https://www.studyassist.gov.au/support-while-you-study/support-students>

FREE FINANCIAL ASSISTANCE

Centrelink

Ensure you are receiving all of the funds you and your grandchildren are entitled to by contacting the South Australian Centrelink Grandparent Advisor, Bronwyn Hill on (08) 7210 4404

Emergency Financial Aid

If you are experiencing financial stress you may be able to access relief in the way of food, chemist, transport vouchers, payments towards rent or accommodation costs, and help towards bills. If you are a client of the Department of Child Protection, call them on 8124 4185, otherwise contact one of the following organisations:

AC Care
Murray Bridge
8532 6303



Spark Resource Centre
Adelaide
8212 3255

Uniting Care Wesley
Bowden
8245 7100

CHILDCARE ASSISTANCE

Grandparent Child Care Benefit

Helps grandparents who are the primary carers for their grandchildren and who receive an income support payment. GCCB pays the full cost of child care fees for each child in Child Care Benefit approved care for up to 50 hours a week. Grandparents will need to meet the CCB eligibility requirements to claim. Call the Department of Human Services on 13 61 50 for more information.

Special Child Care Benefit

This benefit can help where there is a child at risk of serious abuse or neglect or the family has an exceptional case of short term financial hardship which has substantially reduced their capacity to pay child care fees. Contact your child care service for more information.

SENIORS CARD

Concessions and discounts available at participating businesses, public transport concessions, you may be eligible for concessions such as cost of living, water and energy. You must be 60 years of age or older, a permanent SA resident, and not working more than 20 hours per week. More information available from Seniors Card Unit, seniorscard@sa.gov.au or call 1800 819 961. To apply, fill in the online form on their website <https://seniorscard.secure.force.com/SeniorsCard/>

FREE CITY TRANSPORT SERVICES

The city connector bus runs on 2 loops, an inner city loop and an extended loop around North Adelaide. Further details are available on the Department of Planning, Transport and Infrastructure. Check the website below.

Free trams are available between South Terrace tram stop and the Entertainment Centre, and from the Brighton Road tram stop to Moseley Square, Glenelg.

www.dpti.sa.gov.au

COMMUNITY FOOD HUBS

Foodbank South Australia

It is a non-denominational community supported, non-profit organisation which re-distributes surplus food. Individuals are issued with a voucher which allows them



access to Food Hubs at Elizabeth and Edwardstown. Vouchers are available from support agencies, including Grandparents for Grandchildren SA. GFGSA also provides food hampers to grand carer clients on request.

(08) 8351 1136

<https://www.foodbank.org.au/?state=sa>

Heart & Soul Group

It is a food relief centre offering online home delivery for people experiencing food insecurity. Get free vegetables, fruit, bakery, and/or pantry items. No Centrelink/Healthcare Card is required. Also available: low-cost extras, such as meat, Chocolate, chips & school snacks for purchase. You can contact them by email or visit their website

Email: info@heartandsoulinc.org.au

<https://www.heartandsoulinc.com.au/>

Puddle Jumpers Inc.

It is a non-profit organisation committed to responding to the need of society's most vulnerable children and young people. It holds free food nights regularly, see their Facebook page for advertised times.

<https://www.facebook.com.au/puddlejumpersSA>

You can also contact them on their phone numbers:

(08) 7071 5270 (Office)

0400 999 349 (Mobile)

Email: puddlejumper@puddlejumper.org.au

<https://www.puddlejumper.org.au/>

Contact your local Salvos or city council about other free food distribution available in your area.

With the compliments of



The GFGSA Village Program