

Your guide to getting to Aboriginal and Torres Strait Islander Health Services in SLHD



Train

Sydney Trains operate frequent services across many parts of Sydney. The T1, T2, T3 and T4 Lines provide convenient connections to many of the services available in the SLHD area, including Redfern, RPA (at Newtown Station) and Marrickville. Many railway stations are wheelchair accessible and also have connecting bus services. For more information, visit transportnsw.info or call 131 500, or plan your trip with apps or Google Maps.



Bus

State Transit operates frequent services across many parts of Sydney. Routes 305, 308, 309, L09 and 310 travel through the centre of Redfern, Route 412 services RPA and Routes 412, 418, 423, L23, 425 and 426 service the Marrickville area. Most bus services are wheelchair accessible. For more information, visit transportnsw.info or call 131 500, or plan your trip with apps or Google Maps.



Light Rail

Transdev Sydney operates frequent services on the L1 route connecting Central Station, Pyrmont, Glebe, Annandale, Lilyfield, Leichhardt, Lewisham and Dulwich Hill. For more information, visit transportnsw.info or call 131 500, or plan your trip with apps or Google Maps.



Taxi

Taxis can help you travel between places if you're not able to use regular public transport. They can be pre-booked, hailed on the street or joined at ranks. For more information, visit transportnsw.info/en/travelling-with-us/taxis/index.page?



Parking

There is limited parking around many of the facilities in the SLHD area. Active travel - a combination of public transport, walking and cycling - is recommended. It's the healthy way to travel!

Plan and cost your travel journey before you leave home:

NSW Transport Information line
www.transportnsw.info/ or 131 500 including planning your trip, ticketing, opal cards for everyone and where to buy them.

transportnsw.info/en/tickets/index.page?



ROAD SAFETY MESSAGE: look both ways before your cross streets and roads; go the distance to traffic lights



Cycling

Cycling is a great way to get out and about. There are lots of on and off-road options for cycling across Sydney. Some suggested routes are shown on the map overleaf, and others can be found at rms.nsw.gov.au/roads/bicycles/cycleway-finder.html. In addition, you can take your bike on train and light rail services, subject to some conditions. Bicycle parking is available at a number of SLHD facilities.



Walking

Walking can easily be combined with other active travel options like trains, buses and light rail services. Some suggested routes are shown on the map overleaf. More information is available at transport.nsw.gov.au/customers/walking.

Visit Aboriginal culturally significant sites. You are able to use active travel of walking, cycling and public transport, to get there.

environment.nsw.gov.au/nswcultureheritage/PlacesOfSignificance.htm

Ways to get healthy for your mob:

Include physical activity (Active Travel) into everyday life for journeys to events, sports activities, shops, work and school

www.health.gov.au/paguidelines;

Eat healthy food, Guide to Healthy Eating
www.eatforhealth.gov.au/guidelines

Enrol into the **free** Get Healthy for your Mob program, individual information and coaching services for healthy eating, exercise more; feeling better; information on reduction of smoking and alcohol

Phone: 1300 806 258
www.gethealthynsw.com.au

Go4Fun - Healthy Kids Program
Phone: 1800 780 900
www.go4fun.com.au



Effective
September 2016



DEADLY



Happy



Active



Healthy



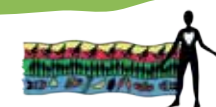
Aboriginal and
Torres Strait
Islander

TRANSPORT
ACCESS GUIDE

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Health
Sydney
Local Health District



Aboriginal and Torres Strait Islander Health Services

REDFERN

A Aboriginal Medical Service (AMS) Redfern

36 Turner St, Redfern

Provides culturally appropriate health care to to Aboriginal and Torres Strait Islander communities. Services include, Medical, Dental, GPs, Sexual Health, Mental Health and go to www.amsredfern.org.au/ for other services.

☎ (02) 9319 5823

B National Centre of Indigenous Excellence (NCIE)

166–180 George St, Redfern

Sports Complex. Physical activity opportunities, health and sports programs and so much more.

☎ (02) 9046 7800 www.ncie.org.au/

C The Redfern All Blacks

Alexandria Park, Power Avenue, Alexandria

The Redfern All Blacks is an Aboriginal Australian rugby league team based in Redfern.

www.redfernallblacks.com/

D Wyanga Aboriginal Aged Care

5 Cope St, Redfern

All aspects of community aged care for local Aboriginal elders. Health and cultural programs. Social gatherings.

☎ (02) 9319 7175

E Mudgin Gai Aboriginal Women's Centre

233 Abercrombie St, Chippendale

Offers a safe haven for women and their young families. Drop-In service, Crisis Support Service (for homelessness, domestic violence and sexual assault), Family Support Early Intervention Program, Practical Skills Groups, Mums and Bubs Mentoring, Support Groups (for mums under 25 years), Cultural Programs and volunteering pathways to employment. Clothing and furniture pool available.

☎ (02) 9698 1173

F Babana Mens Group Redfern

37–47 St Johns Rd, Glebe

A range of health and social programs.

☎ (02) 9660 5012

Gamarada

Community healing and leadership initiatives for Aboriginal men and women.

www.gamarada.org.au/

YOUTH SERVICES IN THE SURROUNDING AREA

G Youthblock

288 Abercrombie St, Redfern

Free and confidential youth services 12–25 years old. Provides: medical and nursing services, counselling, drug and sexual health services, pregnancy support, health promotion programs. No Medicare Card required.

☎ (02) 9562 5640

H Fact Tree Youth Services

703 Elizabeth St, Waterloo

☎ (02) 9319 270 @ info@facttree.org.au

www.facttree.org.au

I Glebe Youth Service

84 Glebe Point Rd, Glebe

Health, physical activity, healthy eating and cycling programs.

☎ (02) 9552 2873

J Police Citizen Youth Centre (PCYC)

Youth, Indigenous, school age care, gym and fitness, healthy eating programs. Find a club near you:

www.pcyc.org.au/

K Redlink

55 Walker St, Redfern

Department of Family and Community Services

A unique outreach centre in the heart of the Redfern, a social housing estate to improve the health and wellbeing of residents.

☎ (02) 9377 6000

L The Block Redfern

Area is bordered by Eveleigh Vine, Louis and Caroline Sts

M Redfern Community Health Centre

103–105 Redfern St, Redfern

Health services, community nursing, mental health, drug health and HIV services.

☎ (02) 9395 0444

N Resource and Education Program Injecting Drug Users (REPIDU)

Entrance Turner St behind Redfern Community Health Centre

☎ (02) 9395 0400

Service is also located at Canterbury Hospital precinct, 63 Tudor St, Belmore

☎ (02) 9718 2636

O The Redfern Community Centre – City of Sydney

29–53 Hugo St, Redfern

Provides cultural, recreation and health programs and events.

☎ (02) 9288 5713 @ redfernc@citysydney.nsw.gov.au

P Centrelink, Housing and Medicare Redfern

140 Redfern and cnr George Sts, Redfern

☎ 131 021

ROYAL PRINCE ALFRED HOSPITAL (RPA) PRECINCT AND SURROUNDING STREETS

Q Royal Prince Alfred Hospital

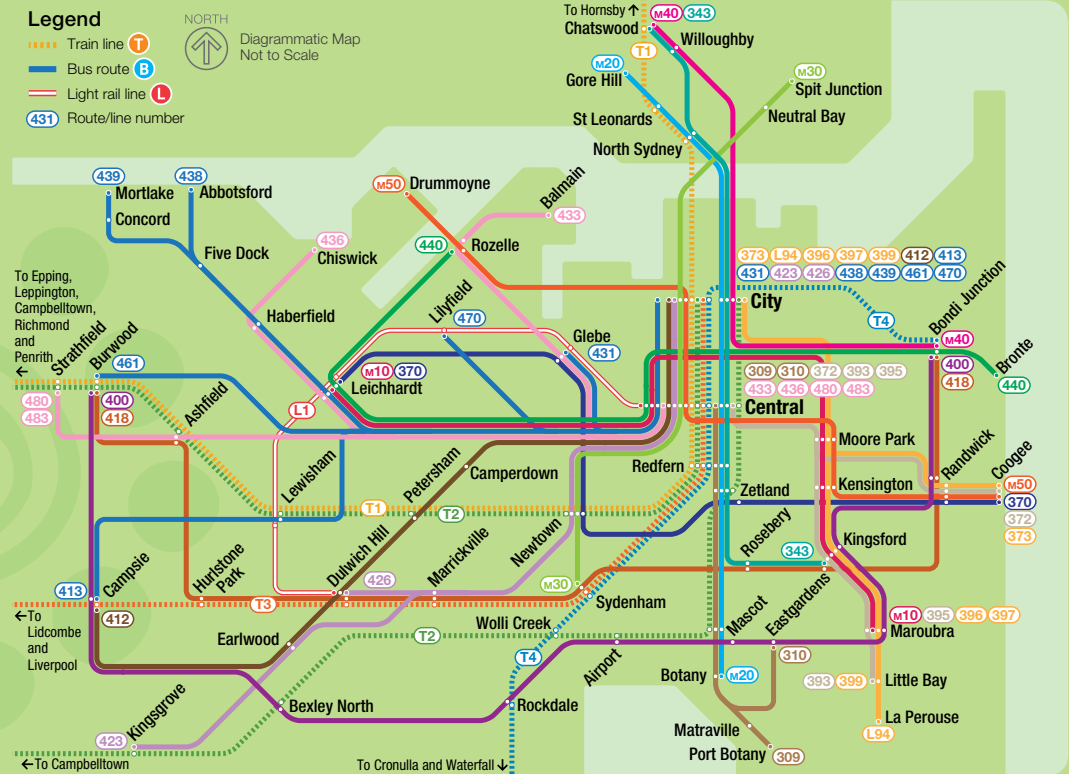
Missenden Rd, Camperdown

☎ (02) 9515 6111

R Aboriginal Liaison Officers (ALOs) – Sister Bush Lounge

Level 5, King George V Building, Missenden Rd, Camperdown

Provides social work, liaison, advocacy and assistance with services for patients and their families. Sister Bush lounge is a space for Koori visitors to the RPA campus.



P Aboriginal Mental Health Unit

Level 5, King George V Building, Missenden Rd, Camperdown

☎ (02) 9515 5000

Q Antenatal Services

Level 5, RPA

Aboriginal Health Education Officers provided antenatal and early childhood support services, home visiting and health education for Aboriginal and Torres Strait Islander women.

☎ (02) 9515 9762

R Drug Health Services

Level 5, King George V Building, Missenden Rd, Camperdown

Referrals to detox and rehab. Offer counselling and treatment programs. Aboriginal specific programs.

☎ (02) 9515 7611

S RPA Sexual Health Clinic

16 Marsden St, Camperdown

☎ (02) 9515 1200

Other sexual health services and information:

☎ 1800 451 624 @ www.health.nsw.gov.au/sexualhealth/Pages/default.aspx

MARRICKVILLE

R Marrickville Health Centre

155–157 Livingstone Rd, Marrickville

Services include: Mental Health; Early Childhood Centre; Child and Family Health Service; Community Nursing; Dental clinic and Podiatry Service.

☎ (02) 9562 0550

S Centrelink, Housing and Medicare Marrickville

373 Illawarra Rd, Marrickville

☎ 131 021

LEICHHARDT

T Centrelink, Housing and Medicare Leichhardt

23 Balmain Rd, Leichhardt

☎ 131 021

U Leichhardt Oval

Mary St, Lilyfield

REFERRALS AND FURTHER INFORMATION

Primary Health Network, Central and Eastern

General Practitioners, Health Care and Outreach workers.

☎ (02) 8752 4942 @ info@cesphn.com.au

The health providers within the Sydney Local Health District would like to acknowledge the people of the Eora Nation as the traditional custodians of this land. We would like to pay our respects to our elders both past and present, and all Aboriginal people within our boundaries from whatever Aboriginal nation you may come from.

Aboriginal & Torres Strait Islander TRANSPORT ACCESS GUIDE



Royal Prince Alfred Hospital

Map showing the layout of the Royal Prince Alfred Hospital campus, including the Main entrance, Intensive Care Service, Pathology/Laboratory Services, and various other departments.

Legend

- Train line/station
- Train line number
- Bus stop
- Bus route number
- Light rail line/stop
- Light rail line number
- Taxi rank
- Cycling path
- Walking path
- Bicycle parking
- Carpark
- Disabled parking
- Level entry restroom

O Royal Prince Alfred Hospital
Missenden Rd, Camperdown
☎(02) 9515 6111

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Disclaimer: The information contained in this document is current as at the time of printing. Please check www.transportsw.info before commencing your journey for service updates or changes.