

Literacy, Digital Literacy, Language and Numeracy

For support with reading, writing or basic maths, the following website may assist:

<https://www.readingwritinghotline.edu.au/>

Contact: 1300 655 506 or Email: enquiries@readingwritinghotline.edu.au

For support with reading, writing or basic maths and digital literacy the following college may assist:

<http://www.ncc.nsw.edu.au/index.htm>

Contact: (02) 4724 9000 for the Penrith Office or Email: swilliams@ncc.nsw.edu.au

For English language courses you may find something meeting your needs at Parramatta College:

<https://www.parramattacollege.com.au/courses/Short+Courses/Languages+-+Including+English/English+Language>

Contact: (02) 9687 2072 or Email: admin@parramattacollege.com.au

To improve basic English for speakers of other languages you can refer to TAFE NSW:

https://www.tafensw.edu.au/course/10590NAT-01/Certificate-II-in-Routine-English-for-Speakers-of-Other-Languages?utm_source=google&utm_medium=ppc&utm_campaign=sem12018&utm_content=Gp%20LC%20Certificate%20I%20Toms%20Non-Geo%20Metro&dclid=CNeQoJDSyNwCFURsvQodSZEAYQ

Contact: 131 601 or email an enquiry via the website link above.

Leap into technology is an introductory workshop that can assist you be more independent with the use of technology:

<https://leap.ngo/civicrm/?page=CiviCRM&q=civicrm/event/ical&reset=1&list=1&type=18&html=1>

Contact: (02) 4721 1866 or email an enquiry via the website link above.

Transport and Parking
Public transport information https://transportnsw.info/ Contact: 131 500 or plan your trip online using the link above.
Benchmark Colleges Penrith campus is located a short walk from Penrith's Train Station, the following link will take you to Google maps for the Train Station location: https://www.google.com.au/maps/place/Penrith/@-33.7500776,150.6942774,17z/data=!3m1!4b1!4m5!3m4!1s0x6b1285f31eebebdd:0xc2761240c51ab451!8m2!3d-33.7500776!4d150.6964661 Or Contact us on (02) 4722 3099 for further directions.
Local bus services www.busways.com.au Contact: 4721 9900 or visit the website for more services information.
For parking options around Penrith, you will find these at the following website: https://www.penrithcity.nsw.gov.au/Services/Parking/Car-parking-maps/ Contact: (02) 4732 777 or Email: council@penrith.city
Mental health/Health and disability services
The contact details for the Penrith Headspace office can be found at the following link: https://headspace.org.au/headspace-centres/penrith/ Contact: (02) 4720 8800 or Email: headspacepenrith@parramattamission.org.au
Beyondblue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. Contact: 1300 22 4636 for assistance https://www.beyondblue.org.au/
ADCET provides information, advice and resources to disability practitioners, academics, teachers and students on inclusive practices within the post-secondary education sector: https://www.adcet.edu.au Contact: (03) 6324 3615 or Email: admin@adcet.edu.au
This fact sheet provides information on what supports the NDIS will fund in relation to higher education and vocational education and training: https://www.ndis.gov.au/document/supports-ndis-will-fund-relation-3 Contact: 1800 800 110

Penrith Women's Health Centre is a non-government, not for profit, and predominantly NSW Health funded organisation that aims to provide health services that address all aspects of women's lives and enhance one's existing strengths and skills.

Address: Cnr Henry & Station Street
PENRITH NSW
Australia 2750

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

Phone: 02 4721 8749

The Nepean Blue Mountains Local Health District Drug and Alcohol Service offers free, non-judgemental services and treatments for drug and/or alcohol use, including information and support for families.

The service offers specialist drug and alcohol doctors, nurses and allied health staff who respect the client's right to choose from a range of treatments offered. All services are underpinned by a philosophy of harm reduction.

Reception: (02) 4734 2129 (Monday – Friday 8:30am-5:00pm)

<https://www.nbmlhd.health.nsw.gov.au/drug-and-alcohol-service>

Employment-related services/Financial Help Services

If you are looking for a Job active provider, you can click on the following link and enter your requirements to find your local provider:

<https://jobsearch.gov.au/>

Support Hotlines:

Job seekers - 13 62 68

Employers - 13 17 15

Email: ajsfeedback@jobs.gov.au

Traineeships information for students

www.training.nsw.gov.au

Ring 13 28 11 to be directed to your nearest office.

Supervising you Apprentices or Trainee, the guide found at the following link may guide employers and supervisors of Apprentices or Trainees through their studies:

https://www.training.nsw.gov.au/forms_documents/apprenticeships_traineeships/supervising_you_r_app_trainee.pdf

View or download the guide using the link above

At Work Australia can provide support to meet your training, life and employment goals. More information can be found at the following link:

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

Contact:

Jobactive: 1300 656 358

Disability Employment Services: 1300 080 856

The Financial Counsellors' Association of NSW Inc (FCAN) is the peak membership body that represents Financial Counsellors in NSW.
FCAN was established in 1980 and has a rich history of advocating for financially vulnerable people and supporting people experiencing financial hardship.
Contact: **1300 914 408**

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

Training services

To search for nationally recognised training and/or Training organisations you may click on the following link:

<https://training.gov.au/Home/Tga>

The Australian Skills Quality Authority (ASQA)

Email: enquiries@asqa.gov.au

Web: <http://www.asqa.gov.au>

Phone: 1300 701 801

Training Services NSW

Not sure what to do, what you are entitled to, what is expected of you? Looking for a simple explanation and maybe some help problem solving? Try and work it out first with our self help section.

Visit the link below for more information

https://www.training.nsw.gov.au/apprenticeships_traineeships/students/self_help/index.html

My Skills website is the National directory of vocational education and training organisations click on the link to find out which courses they can offer.

www.myskills.gov.au

Smart and Skilled may assist you find courses and Training providers:

<https://smartandskilled.nsw.gov.au/>

Contact 1300 772104 to find out more

Training Services NSW – Apprentices and Trainees

Not sure what to do, what you are entitled to, what is expected of you? Looking for a simple explanation and maybe some help problem solving? Try and work it out first with our self help section.

Visit the link below for more information:

https://www.training.nsw.gov.au/apprenticeships_traineeships/students/self_help/index.html

Lifestyle

For information, in a range of languages, regarding making informed decisions about health and wellbeing:

<https://www.speakmylanguageradio.com/about>

Head to the website above if you would like to send an email enquiry.