

# Would you like to join the hmc team of volunteers?

We value the contribution of our volunteers. If you are interested to volunteer your time to help us with our Health and Wellness Program, Social Support Services or our Community Focus Program, we would love to hear from you.



## Benefits of becoming a Volunteer:

- Make a difference to your community.
- Our volunteers are covered by insurance.
- Relevant training is offered to all volunteers.
- Ongoing support and recognition.
- Expenses incurred while undertaking social support volunteering duties will be subsidised.

For more information about becoming a volunteer call 4960 8248 or visit [www.huntermulticultural.org.au](http://www.huntermulticultural.org.au)

Hunter Multicultural Communities (HMC) is a non-profit public benevolent organisation serving established, new and emerging multicultural communities in the Hunter Region.

We provide social support and community programs for seniors, people with disabilities and their carers from culturally and linguistically diverse (CALD) backgrounds. This helps them to live independently in their own home and to prevent early admission to permanent residential care.

**Our Vision...** is to maintain our position as the leading multicultural organisation in the Newcastle and Hunter Region providing health, wellness and cultural programs and support to promote a healthy, united, just and equitable multicultural society.

**Our Mission...** is to provide for the diverse needs of all people within existing, new and emerging multicultural communities in the Hunter Region.

**Our Core Values...** guide us in our decision making, our relationships and form the foundation of HMC today. They are:

Integrity	Professionalism	Inclusion
Respect	Empowerment	Social Cohesion
Equality	Harmony	Multiculturalism



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Australian Government  
 Department of Health



Multicultural  
 NSW

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# Multicultural Health & Wellness Centres



Supporting the diverse needs of all people within the Hunter Region's multicultural communities by fostering cultural harmony, encouraging social cohesion, and promoting a united, just and equitable society for all.

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

# Health & Wellness Program

## Multicultural Health & Wellness Centres

- Social Support Group
- Centre Based Respite
- Meals at Centre
- Bus Transport

## Multicultural Neighbour Aid (ENAP & RENAP)

- Social Support Individual
  - Visiting/Telephone/Web Contact
  - Accompanied Activities (eg. Shopping)
- Flexible Respite
  - In-Home Day Respite
  - Community Access – Individual Respite
  - Community Access – Group
- Transport

## Multicultural Friendship Groups

- Social Support Group
- Centre Based Respite
- Community Access Group

## Bus Transport

### Business Hours

Monday to Friday 9.00am – 4.30pm



## Multicultural Health & Wellness Centres

HMC operates Multicultural Health & Wellness Centres (MH&W) for seniors and younger people with disabilities and their carers. The MH&W Centre's program is designed to provide a range of culturally appropriate activities and services to support, inform and empower seniors from culturally and linguistically diverse (CALD) backgrounds to make informed choices about continuing to live at home independently.

Our three course meals, cooked at the premises and served in a friendly and culturally harmonious environment, assist clients to maintain their nutritional needs.

Additionally, a wide range of activities and information sessions organised and presented in a culturally and linguistically appropriate manner, helps improve client wellbeing and reduces their social isolation.

Our centres cater for Greek, Polish, Italian, Macedonian, Ukrainian and mixed multicultural communities.

All services provided are person-centred and culturally appropriate. Our clients are encouraged to actively participate in managing their own individual care plans. Exercise programs, excursions, respite for carers, health and education sessions are carefully balanced to meet individual needs and desires.

## Bus Transport

Our small fleet of 10-20 seat mini buses provides individualised transport to and from our Health & Wellness Centres and for excursions to various destinations across the Hunter, Port Stephens and Central Coast.

Clients are asked to make a small contribution to both food and transport services.

Health & Wellness Centres Open 9.00am – 2.00pm		TUE	WED	THUR	FRI
<b>Greek</b>	27 Skelton St, Hamilton T 4961 5479	☀		☀	
<b>Italian</b>	2a Platt St, Waratah T 4960 8248 (Office)		☀		☀
<b>Macedonian (FYR)</b>	Broadmeadow T 4961 3586	☀			
<b>Polish</b>	Broadmeadow T 4961 5249	☀	☀	☀	
<b>Greek Holy Apostles</b>	Hamilton T 4023 8418	☀		☀	
<b>Ukrainian</b>	Adamstown T 4960 8248 (Office)			☀	
<b>Newcastle Multicultural</b>	Mayfield T 4960 8248 (Office)		☀		
<b>Waratah Multicultural</b>	Waratah T 4960 8248 (Office)	☀		☀	
<b>Port Stephens Multicultural</b>	Nelson Bay T 4960 8248 (Office)	☀			
<b>Maitland MFG</b>	East Maitland T 4960 8248 (Office)		☀ F/N		
<b>West Lake Centres</b>	Cardiff, Toronto, Morisset, Bonnells Bay T 4960 8248 (Office)	☀ F/N		☀ F/N	
<b>Central Coast</b>	Bateau Bay T 4960 8248 (Office)	☀ F/N			

