

FACT SHEET FOR CARERS

ARE YOU A CARER?

Do you look after a child, young person or adult who has a disability or chronic illness? Are you a family member, partner, friend or a neighbour that offers this care?

Do you help with personal care, mobility, transport, communication or housework?

Have you thought about enrolling in one of our FREE Carer Information sessions?

Phone EDuCARE Support Service:

1300 887 776 or 49 214895

For more information

VISITING HOURS

Visiting from 11am – 1pm and 3pm – 8pm.

Rest period between 1pm – 3 pm.

Please Note: After 9 pm the hospital is in lockdown and you will need to enter using the John Hunter Hospital Main Entrance and sign in with Security. If you are on the Wards prior to the 9 pm lockdown, sign in on the Ward.

PARKING

Parking at the John Hunter Campus & Royal Newcastle Centre is managed by SNP. There is a fee for parking, with a lower rate for disabled and concession card holders. Weekly passes are available at a reduced cost at the SNP Booth in the main visitor car park No 2.

DISABLED PARKING

Limited free disabled parking is located just past the main hospital entrance. They are also available with ramp access in the main visitor car park.

FREE COURTESY BUS SERVICE & FREE BUS SHUTTLE SERVICE

The free courtesy bus operates around the campus between 9.30am and 2.30pm, Mon – Fri, to assist visitors during peak times.

Free Bus Shuttle Service: Between 9am & 4.30pm (Mon-Fri) members of the public attending appointments or visiting in any of the hospitals on the Rankin Park Campus have the option of parking their car at Energy Australia Stadium & taking advantage of a free shuttle bus service to the hospital. The bus completes one round-trip every 40 minutes.

Information and Support for Carers

Compiled by:

**EDuCARE Support Service
(Greater Newcastle Cluster)**

ISSUED: 2011/JHH

BANK & ATM FACILITIES

Newcastle Permanent - Royal Newcastle Centre
Mon – Fri 9am – 5pm / Sat 9am – 12 noon.

ATMs located in JH Hospital Main Foyer Entrance & Newcastle Permanent @ Royal Newcastle Centre.

PHONES/INTERNET ACCESS

Internet Access Located – Level 2

Cost: \$2.00 for 15min or \$6.00 per hour

Phones Located – John Hunter Hospital Main Foyer
Royal Newcastle Centre Main Foyer

JOHN HUNTER NEWSAGENCY

Located near the JH Hospital, Main Entrance

Open: Monday-Friday 7am – 7pm

Saturday 7am-4pm, Sunday 9am-4pm,

Public Holidays 9am – 1pm

Sells magazines, stationery & phone cards.

DOC'S PHARMACY 49223950

In Royal Newcastle Centre, Level 2, Main Foyer.

Open: Mon – Fri: 8.30am – 5.30pm

Sat / Sun: 10.00am – 4.00pm (subject to change)

CHAPEL / PASTORAL CARE

Located in John Hunter Hospital, Main Entrance.

Open 24 hours a day, 7 days a week.

MEDITATION / REFLECTION ROOM

Located in Royal Newcastle Centre, Level 3.

To access this facility phone: **49213047**

Washing facilities are available.

KC's (volunteers) Gift Shoppe

Located Level 2, John Hunter Hospital, Main Entrance

Open: Mon – Fri 8.30am - 4pm

Sat & Sun 8.30am – 3.30pm

Phone: **49213650**

Information for Carers

RELATIVE ACCOMMODATION

Limited accommodation is available on John Hunter Campus for relatives living outside the Newcastle Area.

For More Information Phone: **49213650**

COURTYARD

Pleasant sitting areas for Carers located in Royal Newcastle Centre, Outpatients Dept. Level 1
Open 5.30am – 9.00pm.

FOOD FACILITIES

COSY KOOKA CAFETERIA

Located John Hunter Hospital, Level 1
Mon – Sat: 7.00am – 6.30pm
Sunday: 7.30am – 6.30pm
Lunch: 11.30am – 1.45pm (Cooked meals available)
Dinner: 4.30pm – 6.30pm

GRAB and GOGO CAFE

Located John Hunter Hospital, Level 2
Open: Mon – Fri: 7.00 am – 9.00 pm
Sat / Sun: 9.00 am – 6.30 pm

BARATZA

Located Royal Newcastle Centre, Level 2
Gourmet coffees and cakes
Open: Mon – Fri: 7.00 am – 7.30 pm
Sat / Sun: 9.00am – 7.30pm

CENTRAL FOOD COURT

Located Royal Newcastle Centre, Level 2
Hot food available.
Open: Mon – Fri: 7.00am – 7.30pm
Sat / Sun: 11.00am – 7.30pm

CROUDACE TEA HOUSE 49529002

Located near Newcastle Private Hospital
Open: Mon – Fri: 7am – 5pm
Sat/Sun – 8am – 2pm
Café serves meals, snacks, cold drinks and coffee.

SUPPORT SERVICES FOR CARERS

CARER EDUCATION & WORKSHOPS

EDuCARE Support Service provides educational support to carers and health services.
Phone: **492 14895**

DISABILITY ADVOCACY SERVICE HUNTER (DASH)

The Disability Advocacy Service aims to ensure that people with a disability have the same rights as other citizens. www.dash.org.au Phone: **492 70111**

LIFE LINE

The 24-hour telephone counselling services are available for anyone, at anytime and from anywhere in Australia for just the cost of a local call.
Phone: **13 11 14**

CARERS NSW

Free Carer Resource Information/ Material.
Phone: **1800 242 636**

COMMONWEALTH CARER RESOURCE CENTRE

For your free carer support kit, advice, counselling and support groups. Phone: **1800 242 636**
www.carersnsw.asn.au

COMMONWEALTH RESPITE & CARELINK CENTRE

Information and advice for helping people find care & support to continue living independently in their own home & can also help to arrange respite care when carers need a break. **1800 052 222** or for Emergency respite & contact outside of business hours **1800 059 059**

INTERPRETER SERVICES

Migrant Health Unit, Phone: **4924 6285**
After Hours Interpreter Service, Phone: **4921 3000**

YOUNG CARERS (Aged 8 – 18 yrs)

Are you Caring for a family member? Would you like more information and support?
Contact EDuCARE on **492 14895** or
The Young Carer Project (Sydney) on
(02) 928 04744

