

FINDING CONNECTION

in Western Sydney

Western Sydney is home to a population close to 1.1 million people, with 58% using a non-English language at home¹. At WentWest, Western Sydney Primary Health Network (WSPHN), we work closely with local organisations to provide health programs and services that meet the unique needs of our communities.

Many of the programs we support focus on the idea that health is influenced by many factors in our environment including physical, social and economic conditions. Ensuring the community can find connection is a core part to our role.

If you're looking for a place to connect and make new friends, here are some places you can go in Western Sydney:

Spotlight on Local Services for Western Sydney Residents

The Shed – A Safe Space to Connect

The Shed is a welcoming community environment that supports Aboriginal community members by connecting them to mental health, general health, housing, financial, disability, legal and cultural services. This program offers the opportunity for people to be empowered with knowledge and to be linked to culturally appropriate services that address their holistic needs.

Call: (02) 9628 7396

Address: Corner of Weber Crescent and Emert Parade, Emerton NSW 2770

STARTTS – Building Community Resilience

The **NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)** helps people from culturally and linguistically diverse backgrounds develop a sense of community and belonging to improve their wellbeing.

Their dedicated team run group sessions such as art classes, yoga, English lessons, health workshops, cultural days and outings to create a safe space for people to build trust, share their feelings and create a support network within the community. From running youth ambassador programs, to LGBTQIA+ support groups, to their Keeping in Contact (KiC) group for seniors, STARTTS run programs that welcome people from all backgrounds.

Call: (02) 9646 6700

Locations include Auburn and Blacktown

¹ Australian Bureau of Statistics (2021), 'Census of Population and Housing 2021', available from: <https://www.abs.gov.au/statistics/people/population/population-census/2021>

Baabayn – Culturally Safe Community Connection

Baabayn Aboriginal Corporation exists so individuals and families can find support and connections to services that will help them heal from the past and nurture a strong sense of confidence and pride for the future. Programs include family gatherings, Kurung homework club, young mums and bubs and speak up sis.

Call: (02) 8608 6054

Address: 252 Luxford Road, Emerton NSW 2770

North West Community Services Inc – Wellbeing Program

North West Community Services run the Mental Health and Wellbeing Program. This program offers counselling and expressive therapies for children and young people. Additional programs and events for local community to enjoy include Zumba classes, Dance Fit, Garden and Street library events, pizza making classes, first aid training, clay making workshops and more.

Call: (02) 9627 3622

Address: 9 Park Street, Riverstone NSW 2765



For more information about the programs and services available in Western Sydney, [please visit our Services and Programs webpage](#)