



Support Available in Your Local Area

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Sydney

Food	
<p>Addison Rd and SWOP NSW food boxes</p> <p>https://swop.org.au/information-in-english/income-other-support/food-donation</p>	<p>Requests for food delivery boxes and supplies are to be made via</p> <p>https://www.surveymonkey.com/r/foodboxorderform</p>
<p>City of Sydney Community Hotline</p>	<p>International students who are facing hardship and located within the City of Sydney Local Government Area are encouraged to call the City of Sydney COVID-19 Community Hotline. City staff are trained to provide information on accommodation, access to food, finance, isolation, personal wellbeing and community support.</p> <p>The Community Hotline is 02 9265 9333 and is open 9am – 5pm, Monday to Friday. You can also register for their Community Check-in Service and receive a regular call.</p> <p>Tel: 9265 9333</p>
<p>Uniting Harris Community Centre Emergency Food Support Service</p> <p>www.uniting.org/community-impact/harris-community-centre</p>	<p>Anyone experiencing difficulties is welcome to access this service, including international students. Open Monday to Thursday between 10am to 12pm and 2pm to 4pm. Address: 97 Quarry Street, Ultimo</p> <p>Please call 9552 1140 or email harriscentre@uniting.org with your details and reason for accessing this service.</p>
<p>Ask Izzy</p> <p>www.AskIzzy.org.au</p>	<p>Locate food services and other support services your area nationally.</p>
<p>OzHarvest</p> <p>https://www.ozharvest.org/what-we-do/market/</p>	<p>Students can get free food hamper at the OzHarvest Market, located at 147 Anzac Parade, Kensington. The Market is open from 10am until 2pm, Tuesday to Friday. In addition, Thursday 14th and 21st May you can collect hampers from Redfern and Darling Harbour.</p>
<p>The Staples Bag</p> <p>https://www.thestaplesbag.ssi.org.au/</p>	<p>Affordable groceries for those facing food insecurity in Campsie and Parramatta.</p>
<p>Hearth and Soul</p> <p>https://hearthandsoul.com.au/</p>	<p>Provides free meals to anyone suffering job or revenue loss as a result of COVID-19. Please register a date to receive a takeaway meal from this Newtown restaurant.</p>

<p>Addison Road Food Pantry Marrickville https://addiroad.org.au/the-food-pantry/ Hut 1, 142 Addison Rd, Marrickville</p>	<p>Affordable, fresh food for those facing food insecurity based in Marrickville. Home delivery service available, \$5 boxes plus free fruit/veg and bread. Cooked meals available regularly for \$2. Tel: 02 9569 7633</p>
<p>Newtown and Erskineville Anglican Church https://www.neac.com.au</p>	<p>For Newtown and Erskineville residents in need of help with basic groceries. Tel: 02 9557 2043</p>
<p>Rozelle Neighbourhood Centre https://www.rozellecentre.org.au</p>	<p>Peninsula Cares is a support network for all who live in and around Balmain, Rozelle, Birchgrove, Balmain East and Lilyfield. They are able to assist with picking up shopping/chemist items, posting mail, phone call check ins. To access support call the Helpline 9556 9550 or send email to peninsulacaring@rozellecentre or complete online request for help: https://www.cognitofrms.com/Rozellecentre/RequestsForHelp</p>
<p>Exodus Foundation</p>	<p>180 Liverpool Road Ashfield, 2131 Tel: 8752 46008am – 4pm Monday to Friday 8am – 3pm – weekends Clinic and Drop-In Centre still open for front of house triage only. Available: food hampers, showers, after hours meals, coffees, phone and computer access (for now). Case worker available by phone only.</p>
<p>Newtown Neighbourhood Centre communitystrengthening@newtowncentre.org</p>	<p>Information and Referral Service by phone 10am – 2pm (Monday to Thursday) on 9564 7333 or email</p>
<p>Lou's place www.lousplace.com.au</p>	<p>Lou's place is providing free take away lunch boxes at 12:30pm each day for women only.</p>
<p>Rough Edges https://www.roughedges.org/</p>	<p>Rough Edges is a non-government organisation that aims to bring a greater sense of self to everyone who walks through their doors. Opening hours to be confirmed on a daily basis. Please call in advance or take away dinner (7:30pm-8:30pm), case management and counseling. Tel: 9360 6844</p>

<p>Hindu Council of Australia https://hinducouncil.com.au/new/how-to-get-crisis-help-from-hbf</p>	<p>International students can receive cooked food and dry groceries. Please fill out the Crisis Help Form online on their website.</p>
<p>Anglicare https://www.anglicare.org.au/what-we-offer/food-and-financial-assistance/help-with-food/</p>	<p>Provides free emergency food packages for anyone facing food insecurity. Also provides low-cost groceries through their Community Pantry.</p>
<p>Food Recovery http://www.foodrecovery.org.au/locations.html</p>	<p>Provides free meals and food hampers to those facing food insecurity on the Far North Coast of NSW.</p>
<p>Red Cross https://www.ames.net.au/skilled-migration-service/news-and-updates/emergency-relief-temporary-visa-holders www.redcross.org.au/news-and-media/news/help-for-migrants-in-transition</p>	<p>Red Cross is receiving funding from the Australian Government for the next six months to deliver emergency relief and casework support for people who are on temporary visas. Visa holders may be eligible for Red Cross Safety Net support if they are in Australia on a temporary visa, are in urgent financial hardship, cannot access Centrelink, Medicare or similar services, and/or have no income, savings or other financial support (including from family overseas).</p> <p>Eligible visa holders are requested to contact the Red Cross by email (nat_rc_msp@redcross.org.au) in the first instance so they can be advised when the funds and arrangements are in place.</p> <p>To protect everyone's safety during COVID-19, Red Cross has requested that clients to not come to their offices at this time. Clients are encouraged to email or call 1800 733 276 during business hours.</p>
<p>Wayside Chapel https://www.waysidechapel.org.au/</p>	<p>The Community Service Centre is open between Mon – Sun 9:30am-1pm, with limited access to provide core services including: practical assistance including showers, emergency clothing packs, phone charging, blankets; telephone based care-coordination including crisis accommodation referral, medical and Centrelink referrals, assessment for home visits; and takeaway breakfast and lunch to be served from an area outside in order to meet physical distancing requirements.</p> <p>29 Hughes Street, Kings Cross Tel: 9581 9100 (Note Café and seating area will be closed to the public).</p>
<p>Mission Australia https://www.missionaustralia.com.au/</p>	<p>Food hampers and vouchers. (02) 9357 1144</p>

<p>Services NSW www.service.nsw.gov.au/covid-19/emergency-relief-packages</p>	<p>Emergency Relief Packages and Food assistance for people who have to self isolate or are in quarantine.</p>
<p>Accommodation</p>	
<p>Link to Home http://www.sydneyhomelessconnect.com/services/link2home/</p>	<p>Temporary accommodation for those experiencing homelessness. NSW Housing is providing additional resources for those who need to self-isolate or who are in a domestic and violence situation.</p> <p>1800 152 152 (free call, 24 hours)</p>
<p>Rental Arrears Haymarket Foundation - Sydney Homeless Early Intervention Scheme (SHEIS) https://www.haymarket.org.au/get-help/sheis/</p>	<p>Offering remote assistance to single clients aged over 18 years, who are at risk of homelessness. If you would like to refer a client who is at risk and requires support, please call 9197 9720.</p>
<p>Find a Bed https://www.facebook.com/FindaBedAU/?hc_location=u</p>	<p>They are compiling a list of empty homes which can be used for self-isolation purposes.</p>
<p>Workers in Illawara</p>	<p>Illawara parlour owner has been given council approval to rent rooms out for workers to stay in fair cost of \$250 per week. Need to be able to get to/fm location. Clean and tidy and drug free premises. Ref Joanna for details</p>
<p>NSW Rent www.fairtrading.nsw.gov.au/resource-library/publications/coronavirus-covid-19-property-moratorium</p>	<p>The new measures include an interim 60 day stop on landlords issuing termination notices or applying for NSW Civil and Administrative Tribunal (the Tribunal) eviction orders due to rental arrears, where tenants are financially disadvantaged by COVID-19.</p> <p>Along with these restrictions on evictions for rental arrears, the Government has also extended the notice periods for certain other lease termination reasons to 90 days.</p>

Central Coast

Food	
<p>Deane Street Food Pantry https://gosfordsda.org.au/deane-street-food-pantry/ https://www.facebook.com/DeaneStreetSDA/</p>	<p>Deane Street Food Pantry a community outreach project run by volunteers of the Seventh-day Adventist Church, at 71-73 Deane Street, Narara.</p> <p>It runs every Thursday from 12:30 pm to 2:00pm providing groceries to families or anyone who is in need of food assistance.</p> <p>The food consists of a bag of pantry items, a bag of fresh fruit and vegetables and a bag of refrigerated items such as milk, butter and a selection of frozen food. A small donation is requested to help cover the cost of logistics and sustainability of this program.</p>
<p>Free Lunch and Hampers Coast Shelter Community Centre https://coastshelter.org.au/communitycentre.html</p>	<p>The Community Centre is open 7 days a week and provides over 150 free meals each day.</p> <p>9am - 10am (Sundays only), 11am - 1pm and 6:30pm - 7:30pm</p> <p>Tel: 4346 1263</p>
<p>Free Meals Mary Mac's Place, Woy Woy https://www.catholiccaredbb.org.au/news/mary-macs/</p>	<p>This service is located at the Ethel Cox Centre.</p> <p>100 Blackwall Road, Woy Woy NSW 2256</p> <p>11am - 1pm</p> <p>Tel: 4341 0584</p>
<p>Food Vouchers Wyoming Community Centre http://www.gosfordcommunity.org.au/</p>	<p>147 Maidens Brush Road, Wyoming, NSW, 2250</p> <p>9am - 4pm</p> <p>Tel: 4323 7483</p>
<p>Food Hampers Community Support and Outreach Services, Bateau Bay http://www.ccos.com.au/index.php/</p>	<p>7 Sir Joseph Banks Drive, Bateau Bay, NSW, 2261</p> <p>9am - 3:30pm</p> <p>Tel: 4329 4477</p>
<p>Food Parcels Samaritans https://www.samaritans.org.au/news_article/samaritans-response-covid-19/</p>	<p>Food parcels available on Thursdays</p> <p>10:am-12:00pm</p> <p>92 Gillies Street, Rutherford</p> <p>Tel: 0408 253 641</p>

<p>Discounted Grocery Items Foodcare Global Care Resource Centre, Wyoming https://globalcarecentralcoast.com/</p>	<p>Visit their low cost grocery store or get food vouchers 3/127 Maidens Brush Rd, Wyoming, NSW, 2250 10am - 2pm Tel: 0431 623 436</p>
<p>Accommodation</p>	
<p>Coast Shelter https://coastshelter.org.au/communitycentre.html</p>	<p>The following services are provided:</p> <ul style="list-style-type: none"> • Doorways 'Housing Connector' each Monday • Centrelink Community Engagement Officer • No Interest Loans (NILS) for people on low incomes to purchase essential household items • Energy Vouchers (EAPA) to help people having difficulty paying gas and/or electricity bills • Shower and Laundry Facilities are available each day. Fresh towels, toiletries and laundry powder are also provided <p>Tel: 4325 3540</p>
<p>Department of Housing Gosford</p>	<p>106-108 Erina St, Gosford, NSW, 2250 Tel: 4323 5211</p>
<p>Department of Housing Wyong</p>	<p>Suites 4 and 5 Wyong Plaza Village 36 Alison Rd, Wyong, NSW, 2259 Tel: 4352 9600</p>
<p>Uniting Burnside Doorways Program https://www.uniting.org/services/family-services/facility/uniting-burnside-doorways-housing-connectors-central-coast</p>	<p>Assist people over 25 who need to find safe accommodation, linking them with relevant services. The Connectors role is also to assist people with financial advice, income support, legal advice, family services, mental health, domestic violence, advocacy, living skills, education, and training.</p> <p>38 Pacific Highway, Wyong NSW, 2259 Tel: 1800 067 967</p>

Financial

<p>Energy Accounts Payment Assistance (EAPA) Vouchers Gas and Electricity vouchers</p>	<p>Community Support and Outreach Services Central Coast Tel: 4329 4477</p> <p>Coast Shelter Tel: 4325 3540</p> <p>Kincumber Neighbourhood Centre Tel: 4363 1044</p> <p>San Remo Neighbourhood Centre Tel: 4390 7888</p> <p>Vinnies Gosford Tel: 4322 5861</p> <p>Vinnies Woy Woy Tel: 4344 3261</p> <p>Samaritans Wyoming Tel: 4329 3052</p> <p>Bateau Bay Neighbourhood Centre Tel: 4332 7450</p> <p>Berkeley Vale Neighbourhood Centre Tel: 4388 5801</p> <p>Salvation Army Umina Tel: 4344 1965</p> <p>Wyoming Community Centre Tel: 4323 7483</p> <p>Samaritans Gorokan Tel: 4393 2450</p> <p>The Entrance Neighbourhood Centre Tel: 4332 4545</p> <p>Toukley Neighbourhood Centre Tel: 4396 1555</p> <p>Wyong Neighbourhood Centre Tel: 4353 1750</p> <p>Yerin Aboriginal Health Services Tel: 4355 4637</p> <p>Northlakes Community Connect Tel: 4393 3764</p> <p>Vinnies Wyong Tel: 4356 6700</p> <p>Compass Housing - The Meeting Place Tel: 1300 333 733</p>
<p>Other Vouchers</p>	<p>Salvos Connect Tel: 1300 371 288 Monday - Friday Financial Assistance Vouchers</p> <p>Wyoming Community Centre Tel: 4323 7483 Monday - Friday Telstra vouchers</p> <p>Samaritans Wyoming Tel: 4329 3052 Monday and Friday Telstra Vouchers</p>

Family Support	The Benevolent Society Tel: 4321 8601 Food, nappies, free phone and computer use Referral Service Tel: 1300 006 480
General	
Coast Shelter Community Centre https://coastshelter.org.au/communitycentre.html	The following services are provided: <ul style="list-style-type: none"> • Assessment and referral to relevant agencies. • Free Legal Advice Friday fortnightly by Central Coast Community Legal Centre • Doorways 'Housing Connector' each Monday • Centrelink Community Engagement Officer • No Interest Loans (NILS) for people on low incomes to purchase essential household items • Energy Vouchers (EAPA) to help people having difficulty paying gas and/or electricity bills • Assistance to fill prescriptions for clients experiencing financial hardship • Food Hampers made up from donated items • Shower and Laundry Facilities are available each day. Fresh towels, toiletries and laundry powder are also provided • Free Podiatry check-ups each month • HEP C Liver Clinic Monday fortnightly • Free haircuts and manicures each month
Crisis relief services Fact Sheet Central Coast North https://cdn.centralcoast.nsw.gov.au/sites/default/files/Council/Crisis_Relief_-_North.pdf	Lists all the free meal services available in the Central Coast -North area for anyone facing food insecurity.
Central Coast Council Crisis Relief Services https://www.centralcoast.nsw.gov.au/residents/support-programs/community-health-and-safety/crisis-relief-services	Find out details of Central local organisations for emergency food and financial services helping those experiencing hardship. Tel: 1300 463 954

Western Sydney

Food

Anglicare Mobile Community Pantry

<https://www.anglicare.org.au/what-we-offer/food-and-financial-assistance/help-with-food/mobile-community-pantry/>

Grocery or fresh food items at very low cost to help. The Mobile Community Pantry is run in partnership with local churches and visits each location on a fortnightly basis.

Community members are welcome at each site. You can make a small contribution and fill a bag with items of your choice from the stock available.

\$10 for groceries (EFTPOS available) and/or

\$2 for fresh food (bring along your Pension, Health Care or Immigration Card)

Available at –

Airds
Baulkham Hills
Berkeley
Blacktown
Bomaderry
Cabramatta
Canterbury
Coogee South
Corrimal
Dundas
Eagle Vale
Emu Plains
Earlwood
Granville
Greenacre
GyMEA
Lalor Park
Lawson
Leichhardt
Lithgow
Lurnea (Liverpool South)
Moorebank
Moss Vale
Nowra
Oak Flats
Petersham
Portland
Rockdale
Sadleir
Shellharbour City Centre
St Johns Park
Sutherland
Wentworth Falls
West Wollongong
Yagoona

	Temporarily closed - Auburn, Caringbah, Doonside, Dryummoynes, Fairfield, Lakemba, Malabar, Minchinbury, Mittagong, Riverwood, Ropes Crossing, San Souci, Waitara, Whalan.
Anglicare Emergency Food Assistance https://www.anglicare.org.au/what-we-offer/food-and-financial-assistance/help-with-food/emergency-food-assistance/	Use the search bar on the website to find a Food and Financial Assistance office.
Mission Australia, Blacktown Council https://www.missionaustralia.com.au/servicedirectory/190-financial-support/emergency-relief-blacktown1	Help with material or financial aid (e.g. vouchers, clothes and food parcels). Lot 28 6 Ayres Grove Mt Druitt NSW 2770 Tel: 1800669064
Free Food Hamper, The Salvation Army, Liverpool https://www.liverpool.nsw.gov.au/council/Media/media-releases/april-2020/council-help-for-homeless-and-vulnerable-during-coronavirus-crisis	Food hampers can include eggs, cold meats, fruit and vegetables, canned food, bread, spreads, cheese, pasta, cereal, cleaning and hygiene products and other essentials. 51-55 Memorial Avenue, Liverpool. Tel: 9601 2813 or 0428 203 298. Every Wednesday from 10am – 11am
Accommodation	
Liverpool City Council Washing and Toilet Facilities https://www.liverpool.nsw.gov.au/council/coronavirus	Public amenities at Bigge Park, Lighthorse Park, Collimore Park and Seton Hall (Moorebank) are open 24/7 to give the homeless access to toilets and washing facilities. Council, in partnership with St Vincent de Paul, has opened the Francis Greenway Centre (Council Chambers) for rough sleepers to access shower facilities on Mondays and Thursdays from 10am - 12pm.

