

Kooloora Community Centre

Food Co-operative

Fortnightly delivery or pick up of fresh fruit & vegetables at around \$10 per box. The co-op is run by volunteers and is located on the Bilga Crescent Department of Housing estate. All enquiries to the Food Co-op Coordinator on **9661 9160**

Community Centre Meals

The following community centres provide centre based meals at a subsidised rate to eligible persons. Check with your local centre for eligibility requirements and dates and times.

Aged Services Centre, Botany	9669 4640
Centre on Ageing	9389 0035
Luncheon Club HIV specific	9318 1197

Private Care Agencies

The following private services can provide assistance with shopping and meal preparation. Minimum call out times and costs vary from service to service. No Government assistance or subsidy with these services however some private health insurance may cover some costs.

Just Better Care	9669 1965
Calvary Silver Circle	9281 5444
Dial An Angel	9125 6050
St Luke's Homecare	9356 0305
Kinder Caring Home Support	1300 796 675
Interactive Community Care	9687 4299

JNC – Maroubra

Shop 2, 669-673 Anzac Parade,
Maroubra Junction, 2035

Monday to Friday
9.00am - 4.30pm

Closed for lunch 12.30pm – 1.00pm

Phone: 9349 8200
Fax: 9314 1788

JNC – Randwick

2 Albert St,
(cnr Avoca St)
Randwick NSW 2031

Tuesday, Wednesday, Thursday
(closed Monday and Friday)

10.00am - 4.00pm

Closed for lunch 1.00pm – 1.30pm

Phone: 9398 8620
Fax: 9398 9580

This brochure contains general information as well as information specific to Sydney and the Eastern Suburbs.

This brochure was last updated Nov 2014

The Junction Neighbourhood Centre does not accept any liability for any injury, loss or damage of any kind, incurred by use of, or reliance, on the information contained within this publication.

Food and Shopping Assistance



Information brochure

Maroubra: 9349 8200

Randwick: 9398 8620

Bondi Jct: 9387 2885

Email: info@jnc.org.au

Website: www.jnc.org.au

Meals on Wheels

Provides meals and food services to a range of people living in the community who are unable to cater for themselves on either a short or long term basis. Prices for meals and services are kept as low as possible with a main dish costing between \$5 to \$8. Some provision exists for the financially disadvantaged. Meals can be frozen or ready to eat and specific dietary requirements can usually be catered for. Most meals on wheels services also cater to the cultural, linguistic and religious needs of their clients. Some meals on wheels centres now also provide a shopping service which may include a group shopping bus, individual assisted shopping or home delivery. Contact your local Meals on Wheels to find out their full range of services.

Randwick Meals on Wheels	9661 3781
Waverley Meals on Wheels	9386 7977
Botany Meals on Wheels	9669 4640
Sydney Meals on Wheels	8512 4230
Woollahra Meals on Wheels	9327 2361

Food Distribution Network

A food service funded through the Home & Community Care (HACC) programme, providing fresh fruit and vegetables to the frail aged and people who have difficulty with their shopping due to a disability or chronic illness or carers of these people. Three types of boxes are available. Fruit only, vegetables only or combined fruit & vegetables. Boxes are \$10 each and contain 6 to 8 kgs of produce with considerable variety. Delivery can be weekly or less frequent. Those not eligible for the service can volunteer with packing at the Botany premises and purchase cheap fruit & veg.

Inner City	9316 8503
Randwick & Botany	8338 8506

Shopping Buses

Local Community Transport Services generally offer a shopping bus service. Clients are collected from their home and taken to a local shopping centre for one or two hours shopping. Depending on availability of funding and/or volunteers, assistance may be given with shopping and carrying of parcels. Cost of a shopping trip is generally around \$5 and most buses have wheelchair spaces. Contact your local community transport to find out your area shopping days.

Local Community Transport Centres

Randwick/Waverley	9369 5366
South Sydney	8241 8000
Botany	8338 8506

Assisted Shopping

Local Neighbourhood Centres offer a range of shopping services depending on their funding. Some provide list shopping ie. you ring in your order for home delivery or assisted shopping where the worker/volunteer accompanies the client shopping. Contact your local centre to find out what they offer and the eligibility requirements.

Local Neighbourhood Centres

TheJunction Neighbourhood Centre (Randwick LGA)	9349 8200
Echo Neighbourhood Centre (Waverley LGA)	9387 2885
South East Neighbourhood Centre (Botany LGA)	8338 8506
Holdsworth St. Community Centre (Woollahra LGA)	9302 3600
Kings Cross Community & Information Centre (City of Sydney LGA)	9357 2164

Food Vouchers

Food vouchers or food parcels to assist those who are financially disadvantaged can be applied for through the following services:

St.Vincent de Paul	9662 7380
Salvation army	9314 2166
Anglicare	9130 1211

Local Home Services Directory

The Junction Neighbourhood Centre produce a Home Services Directory that lists local businesses providing home delivery services within the Randwick Local Government Area. Listed services include supermarkets, butchers, fruit & vegetables, chemists, laundries, hairdressers and more.

For your free copy contact **9349 8200**. For other areas check with your local neighbourhood centre.

Crisis Assistance Directory

The Junction Neighbourhood Centre produce a Directory which lists all services in Sydney and the Eastern Suburbs that provide food vouchers, meals and financial assistance to the homeless and financially disadvantaged. List includes location, contact numbers and services provided
For your free copy phone **9349 8200**.

Culturally Specific Food Services

Australian Chinese Community Meals on
Wheels
9281 1377

COA Kosher Meals
9389 0035

