



HOME SERVICES DIRECTORY



JNC Randwick

2 Albert St

(near cnr Avoca St)

Randwick NSW 2031

JNC Bondi Junction

59 Newland St

(Adjacent to Clementson Park)

Bondi Junction NSW 2022

JNC Maroubra

Shop 2, 669-673 Anzac Parade

(Shopfront near Bowen Library)

Maroubra NSW 2035

P: 9349 8200

E: jnc@jnc.org.au

www.jnc.org.au

This directory has been created to provide information for residents of the Randwick & Waverley Local Government Areas.

If you have any updates or know of any other services we could include in this directory please call us.



: The Junction Neighbourhood Centre

Contents

Home Delivered Meals	3
Supermarkets	3
Fruit & Vegetables & Butchers	5
Chemists	6
Medical	8
Radiology	8
Podiatrists	9
Audiologists	9
Beauty and Hairdressing	10
Home Library Services	11
Laundries	11
Private Home Cleaning Services	12
Private Home Care Services	13

HOME DELIVERED MEALS

RANDWICK MEALS ON WHEELS

Phone: 9661 3781

Cost examples:

- \$8.50 per normal meal (includes dessert and juice)
- \$5.50 per frozen meal
- \$3 per frozen dessert
- 5 meals plus 5 frozen desserts (or fruit) and juice per week \$59.50
- Telephone for more information

List Shopping service also provided (provide a list of items and they will do the shopping for you).

Delivery: \$5

TENDER LOVING CUISINE

Phone: 9713 5355 Freecall: 1800 801 200

Website: www.tlc.org.au

Cost: The minimum order is 7 meals with discounts for larger orders.

Price example: 7 Dinners - Regular size \$87.50

See website for more details or telephone them

Low cost starter packs available.

Delivery: Free to the Sydney metropolitan area.

SUPERMARKETS

7 DAYS FOOD STORE - Randwick

Address: 52 Perouse Road, RANDWICK

Phone: 9399 3306

Cost: Free delivery for orders over \$50.00

Delivery: Coogee and Randwick areas Mon to Fri before 4pm.

COLES - online

Existing home deliveries customers only. If you are not a previously existing home deliveries customer Coles will only take orders via their online service.

Cost: Delivery rates vary according to time and day.

For online orders go to: www.coles.com.au OR

For more information: **1800 455 400**

I.G.A SUPERMARKET – Kingsford

Address: 361 Anzac Parade, KINGSFORD

Phone: 9663 4737

Cost: \$15.00 in person or by phone

Phone orders taken Thursday before 11am

Delivers to Kingsford, within 2kms radius

WELCOME MART SUPERMARKET - Malabar

Address: 1214 Anzac Parade, MALABAR

Phone: 9661 4336

Phone orders taken Monday to Saturday.

Cost: \$10 delivery for minimum order of \$20.00

Delivery: Maroubra, Malabar, Matraville, Chifley and Little Bay

WOOLWORTHS - online

Woolworths has an online shopping service and home delivery:

www2.woolworthsonline.com.au/

WOOLWORTHS - Randwick

Address: Royal Randwick Shopping Centre, Belmore Road,
RANDWICK

Phone: 8035 9248

Cost: \$9.90 for 5 Bags, then 80cents for each additional bag

No Phone Orders. For Personal shoppers only

Monday-Friday, last orders by 4pm for cash on delivery

Delivery: Randwick, Coogee, Kensington and Clovelly

WOOLWORTHS - Hillsdale

Address: Hillsdale Southpoint Shopping Centre, HILLSDALE

Phone: 8035 9209

Cost: \$10.45 for 5 Bags, then 60cents for each additional bag
No phone orders, Personal shoppers only.

Delivery: South Coogee, Maroubra and Botany

FRUIT & VEGIES AND BUTCHERS

SOUTH EAST NEIGHBOURHOOD CENTRE - Food Services

FOOD DISTRIBUTION NETWORK

Address: Shop 68 Eastlakes Shopping Centre, Evans Ave Eastlakes

Phone: 8338 8506

Eligibility: Frail, aged or a carer or have a disability that makes getting shopping difficult.

Cost: \$12 for a box of fruit, vegetables or mixed.

Delivery: Botany and Randwick local government areas

FRESHPOINT MARKETS

Address: 932 Anzac Pde, MAROUBRA

Phone: 9349 6188 Fax: 9349 4151

Phone or fax with detailed orders.

Orders made before 12.00pm Tuesdays and Wednesdays

Cost: Free home delivery to local areas for orders over \$25.00.

Delivery: Maroubra, Malabar, Chifley, Pagewood, North Botany, Randwick, Coogee

TJ HALAL MEAT

Address: 789 Anzac Parade, MAROUBRA

Phone: 8065 4713 0421 338 125

Cost: Free delivery minimum, order \$40

Delivery: Suburbs of the Randwick Council Area

SOKKHENG BUTCHER

Address: 100 Belmore Road, RANDWICK

Phone: 9399 6336

Cost: Free delivery, minimum order \$30.00 Mon to Sat

Delivery: Coogee, Bondi, Randwick, Kensington & Maroubra areas.

SOUTHERN BUTCHERY

Address: Shop 6, 1094 Anzac Pde MAROUBRA (Duffy's Cnr)

Phone: 9311 1384

Cost: Free delivery, no minimum order

Delivers: Surrounding areas. Monday to Friday

CHEMISTS

BLOOMS THE CHEMIST

Address: 202 Coogee Bay Road, COOGEE

Phone: **9665 5158**

Cost: Free delivery, prescription medicines only

Delivery: Coogee, Clovelly, South Coogee (local areas)
Delivers 1pm Monday to Friday.

BLOOMS THE CHEMIST

Address: 512-514 Anzac Parade, KINGSFORD

Phone: 9663 3900 Orders must be placed before 3:00pm

Cost: Free delivery, prescription medicines only

Delivers: Kingsford, Kensington, Daceyville, Eastlakes and Randwick. Between 4 - 6pm Monday to Friday.

KENSINGTON PHARMACY AND NEWSAGENCY

Address: 182 Anzac Parade, KENSINGTON

Phone: 9663 1881

Cost: Free delivery, prescription medicines only

Delivery: To the local area Monday – Friday, Order before 2.30pm

LEXINGTON PHARMACY

Address: 33 Lexington Place, MAROUBRA

Phone: 9344 8008

Cost: Free delivery to the local area Monday – Friday

MAROUBRA FAMILY PHARMACY

Address: 327 Malabar Road, MALABAR

Phone: 9349 3464

Cost: Free delivery Monday to Friday, between 4-5pm.

Delivery: Maroubra, Maroubra Beach, South Coogee, Coogee.

MAROUBRA PHARMACY

Address: 203 Maroubra Road, MAROUBRA JUNCTION

Phone: 9349 3344

Cost: Free delivery Tuesday to Friday after 4pm.

Delivery: Maroubra, Malabar, Pagewood, Matraville & Kingsford

MEGASAVE CHEMIST

Address: 153 Alison Rd, RANDWICK

Phone: 9399 3560 Phone orders are accepted

Cost: Free Delivery for existing customers

Delivery: Randwick and Coogee Monday to Friday 5.30pm to 7.00pm

PAGEWOOD PHARMACY

Address: Shop 2 / 16 Maroubra Road, PAGEWOOD

Phone: 9349 7053

Cost: Free delivery, prescription medicines only

Delivery: Local area Monday – Friday, order before 3pm

PETER'S PHARMACY

Address: 165 Perry Street, MATRAVILLE

Phone: 9661 3068

Cost: Free delivery for regular customers, prescription medicines only, every second Wednesday within 1km.

PHILOPATER SAVE AND DELIVER PHARMACY

Address: 884 Anzac Parade, MAROUBRA JUNCTION

Phone: 9349 1602

Cost: Free Delivery, prescription medicines only, order before 6pm

Delivery: Eastern Suburbs

PRICELINE PHARMACY

Address: Shop 13 -15, Pacific Square Shopping Centre
737 Anzac Parade, MAROUBRA

Phone: 9349 4168

Cost: Free delivery, prescription and over the counter medicines

Delivery: The local area. Monday to Friday after 3pm

SIMONS PHARMACY

Address: 1 Belmore Road, RANDWICK

Phone: 9399 3040

Cost: Free delivery, prescription and over the counter medicines

Delivery: To the local area Monday – Friday, after 4:30 pm

WALSH'S VILLAGE PHARMACY

Address: 3 Meagher Ave, MAROUBRA

Phone: 9311 0088

Cost: Free delivery to the local area Monday – Sunday

MEDICAL

GP HELPLINE-HEALTH DIRECT

Phone: 1800 022 222

Hours: Monday to Friday: 6pm to 8am service

Weekends: Saturday 12 noon until Monday 8 am

Public holidays 24 hours

Fees: Patients pay a fee to register, if your GP is registered, they can send a doctor to any location in Sydney

NATIONAL HOME DOCTOR SERVICE – after hours doctor

Phone: 1300 729 749

Hours: Monday to Friday: Call from 4pm to late

Weekends and Public Holidays: 9am til late

Fees: Private Patients pay sliding scale of fees depending on time seen. Some bulk billing, except after midnight for financially disadvantaged patients.

SYDNEY MEDICAL SERVICE – after hours doctor

Phone: 8724 6300

Hours: Monday to Friday: Call from 4.00 for 6pm to 8am service
Weekends: Saturday 10 am until Monday 8 am
Public holidays 24 hours

Fees: Patients pay a fee to register, if your GP is registered, they can send a doctor to any location in Sydney

RADIOLOGY

MOBILE X-RAY

Phone: 0418 644 804

Mobile X-Ray services in the Sydney metro area.
Doctor's referral required for Medicare rebate.

PODIATRISTS

CHARLOTTE SLATER

Address: 135 Young Street, Redfern

Phone: 0416 015 505 Phone for an appointment and charges

LEON MANNING

Address: 61 Maroubra Rd, Maroubra

Phone: 9349 1339

www.southsydneypodiatry.com.au

Phone for an appointment and charges

WAVERLEY PODIATRY CLINIC

Name: Natalie Baxter

Address: 251 Bronte Road, Waverley

Phone: 0401 624 908

Phone for an appointment and charges

AUDIOLOGISTS

AUSTRALIAN HEARING

Subsidised hearing services provided to pensioners and other eligible persons. Those who are housebound can receive home visits.

When making an appointment you can request for it to be at an office close to where you live.

For an appointment phone: **9269 3500**

AUSTRALIAN HEARING INFO LINE phone: **131 797**.

OFFICE OF HEARING SERVICES

For nearest private service if ineligible for subsidised service

Phone: 1800 500 726

BEAUTY – Home Visits

Jay Elle Beauty

Mobile: **0410 707040**

Home visits

Nails, brows, lashes, manicures, pedicures, facials and waxing
Randwick/Maroubra local government area.

HAIRDRESSERS – Home Visits

ALISON MOBILE HAIRDRESSING

Mobile: **0402 623013**

Home Visits Maroubra

SANDY'S HAIR SERVICE

Mobile: **0417 699 288**

Home Visits / Colour / Cuts/ Perms. Visits all of Eastern Suburbs

VICKY KOUTRAS

Mobile: 9349 6856 or **0410 309 338** (Also speaks Greek)
Home Visits / Colour/ Cuts/ Style. Visits Eastern Suburbs

UNISEX HAIRDRESSING-

MANDANA'S MOBILE HAIRDRESSING

Mobile: 0404 854371

Home Visits, Cuts/ Style. Visits Eastern Suburbs

HOME LIBRARY SERVICE

Home Library brings the library to you, this can include: fiction, non-fiction, large print, audio books, magazines, CDs & DVDs.

This service is for people with difficulty traveling to the library for medical or mobility reasons.

To register for this free service, call Randwick City Library **9314 4888**

LAUNDRIES

EASTERN SUBURBS CLOVELLY LAUNDRY

Address: 229 Clovelly Road, CLOVELLY

Phone: 9665 3131

From \$10 per load

Picks up and delivers to the Clovelly area, contact Clovelly Laundry for more information.

KENSINGTON LAUNDRY

Address: 123 Anzac Pde, KENSINGTON

Phone: 9662 7231

Free delivery within the local area for laundry over \$40 worth

Areas include: Kensington, Kingsford, Coogee, Randwick, Maroubra and Inner City

WINDY LAUNDRY

Address: 276 Maroubra Road, MAROUBRA

Phone: 9314 1933

Free Pick-up and delivery for laundry over \$35,
Maroubra, Randwick, Coogee

PRIVATE HOME CLEANING SERVICES

Absolute Domestics 1300 364 646

Auskleen 1300 886 765

Bebrite 1300 131 664

Billy Brown Cleaning 1300 304 540

Care 4 Services 1300 653 928

Cleanmission Professional 1300 664 109

Dial-An-Angel 1300 721 111

House Proud Cleaning 1300 880 198

Metro Cleaning (*heavy duty cleaning and maintenance*)

0432568189 or 0430714352 or 0411846196

United Home Services 1800 222 899

V.I.P Home Services 132 613

PRIVATE HOME CARE SERVICES

These agencies provide a range of services, e.g: registered nurses, assistant nurses, and personal care attendants, live in carers, cleaning, meal preparation, shopping, transport and socialization.

Minimum call out times and costs vary from agency to agency.

Alliance Home Care Services	9310 6511
Assistanz	9807 3306
Calvary Silver Circle	1300 660 022
Dial an Angel	1300 721 111
Disability Professionals	9635 4644
Home Instead Senior Care	9387 4800 or 1300 791 172
Just Better Care	1300 587 823
Kinder Caring Home Support	1300 796 675
St. Luke's Home Care	9356 0305
KinCare	1300 733 510

This directory has been created to provide information for residents of the Randwick Local Government Area who are in need of services in their home.

If you find incorrect information or know of other services that we could include in this directory, please call us on 9349 8200 or send an email to info@jnc.org.au