



COVID-19 OUTBREAK SERVICES DIRECTORY

**Support from JNC
in COVID-19 times**



 www.jnc.org.au

 @TheJNC

 **9349 8200**

Keeping our community connected

JNC Bondi Junction

59 Newland St
(Next to Clementson Park)
Bondi Junction NSW 2022

JNC Maroubra

Shop #2, 669-673 Anzac Parade
(near Lionel Bowen Library)
Maroubra NSW 2035

P 9349 8200

W www.jnc.org.au E contact@jnc.org.au

This directory is updated regularly.

To check for a later version, phone 9349 8200 or go to www.jnc.org.au

The Junction Neighbourhood Centre (JNC) understands this is a hard time for everyone and we are working together to provide up to date information on local services.

JNC has created a list of services that are still operating during the COVID-19 pandemic, including details of any changed arrangements for accessing them. These services are changing daily and we will keep this directory up to date with all relevant services. D

Please note that details will change as services move into the recovery period, so please call first. If you have any other enquiries you can call our office on 9349 8200 and we will do our best to assist.

We will continue to support our community during this difficult time. If you have an enquiry about services or need support, please don't hesitate to contact us.

Stay safe

The JNC team

Accessing JNC services during the Coronavirus outbreak

Our centres are currently closed for face to face contact and support. We will continue to provide support and you can access us in the following ways during regular business hours 9 am to 4:30 pm:

By phone – call us on **9349 8200**

By text – on **0447 046 606**

By email to contact@jnc.org.au

Through an online enquiry on our website at www.jnc.org.au

Aboriginal Support Worker on 0437 846 297 Monday to Friday 10am -2pm

We are also continuing other services such as our Aged Services, our Family Support and our Domestic and Family Violence services, with different ways of delivery. Please give us a call for more details.

For service providers

We are updating this information constantly and adding to it. If your information is not included or changes please email contact@jnc.org.au and we will update this directory. If you become aware of any other changes please let us know.

Health Support

Organisation	Type of Assistance	Hours
Coronavirus Hotline Ph: 1800 020 080 https://www.health.gov.au/contacts/national-coronavirus-helpline	<ul style="list-style-type: none"> Hotline that anyone can call regarding Coronavirus 	24 hours/7 days
Covid 19 Disability Hotline Ph: 1800 643 787	<ul style="list-style-type: none"> The helpline will find individuals, families, carers, support workers and services who need support because of (COVID-1) the right service, provide reliable and accessible information, or connect you with a councillor for emotional support. 	Monday to Friday 8am to 8pm Saturday and Sunday 9am to 7pm
Healthdirect Ph: 1800 022 222 www.healthdirect.gov.au	<ul style="list-style-type: none"> Hotline staffed by nurses who can provide guidance re Coronavirus symptoms 	24 hours/7 days
Kirketon Road Centre Mobile Testing & Flu Vac Centre Ph: 9360 2766	<ul style="list-style-type: none"> Mobile Covid 19 testing and free flu vaccinations available Call for exact locations and times 	South East Sydney Monday & Thursday Inner City Tuesday, Wednesday, Friday & Saturday
Service NSW Ph: 13 77 88	<ul style="list-style-type: none"> Hotline to support people and business operators throughout the COVID-19 pandemic with questions about support and government assistance 	24 hours/7 days

Emergency Assistance & Food

Organisation	Type of Assistance	Hours
Addison Rd Community Centre 142 Addison Rd, Marrickville Ph: 9569 7633 www.addiroad.org.au	\$10 food box available. Emergency relief vouchers also available.	Monday to Sunday 6:30am to 10:30pm Food Pantry: Monday: 9-12pm Tuesday: 2-5pm Wednesday: 10-2pm Thursday: 2-7pm Friday: 12-3pm
Anglicare Emergency Relief 240 Birrell Street Waverley Ph: 8624 8600 NO FACE TO FACE ASSISTANCE ASSISTANCE VIA PHONE ONLY	Emergency Relief <ul style="list-style-type: none"> EAPA vouchers – assistance with Gas/Electricity/Phone & Water bills Casework and advocacy for financial assistance 	9am- 4pm Monday to Friday
Asylum Seekers Centre (Services for asylum seeker clients only) 43 Bedford Street Newtown Ph: 9078 1900 NO FACE TO FACE ASSISTANCE ASSISTANCE VIA PHONE ONLY	<ul style="list-style-type: none"> Financial relief Food Pantry Case Management and counselling 	Monday to Friday 9am to 5pm For Interpreter Ph: 131 450
BaptistCare Hope Street 174 Cathedral Street Woolloomooloo Ph: 9358 2388	<ul style="list-style-type: none"> Snack packs available for people experiencing homelessness Community Care Packs (Woolloomooloo residents but please call if out of area) Sunday breakie – 9am with takeaway bags only 	Monday to Friday - 9am to 11am pick up at café By appointment, call 9358 2388 Reception open M-F 9-12pm by intercom only
COA Sydney Ph: 9389 0035 https://www.coasydney.org/	<ul style="list-style-type: none"> Kosher Meals on Wheels – Everyone who needs Kosher meals is accommodated, regardless of circumstances. Meals are provided for frail older people, younger people with disability, people experiencing injury or illness, on return from hospital, during recovery, and on compassionate grounds 	

Organisation	Type of Assistance	Hours
Community Pantry St Pauls South Coogee (every second Thursday) 1 Gregory Street South Coogee Ph: 0407 891 306 https://www.anglicare.org.au/mobile-community-pantry	<ul style="list-style-type: none"> • Fill bag with groceries for \$10 • Bring pension or health care card 	Community pantry @ St Pauls South Coogee 3:30pm-4:30pm (every Second Thursday 9/7, 23/7, 6/8, 20/8)
Counterpoint Community Centres Counterpoint Factory: 67 Raglan Street, Waterloo Ph: 9698 9569 Counterpoint Multicultural Centre: 73 Garden Street, Alexandria Ph: 9319 4073	<ul style="list-style-type: none"> • Emergency Relief and counselling services. 	Monday to Thursday 9:15am to 3:45pm
Exodus Foundation 180 Liverpool Street Ashfield Ph: 8752 4600	<ul style="list-style-type: none"> • Free meals (takeaway only) 	Meals: Breakfast: 9am- 9:45am Lunch: 11:30am- 12:45pm Dinner: 7:30pm- 8:30pm (Woolloomooloo only)
Glebe Assistance Partnership Program (GAPP) Glebe Pt Road Glebe Ph: 9552 4164 http://glebechurch.org.au/	<ul style="list-style-type: none"> • Food parcels to be collected from St John's House Front Door (138a Glebe Point Rd, opposite Commonwealth Bank) • Emergency Relief – please call for assistance with bills, financial issues • Social support over the phone – 9552 4164 	Food Parcel collection – Monday & Wednesday 10am-1pm
Jesus Cares Van	<ul style="list-style-type: none"> • Belmore Park, Haymarket • Martin Place • Tom Uren, Woolloomooloo 	<ul style="list-style-type: none"> • Thursday 7-8am • Friday & Saturday 9:15-9:45pm • Friday & Saturday 7:45-8:15pm • Friday & Saturday 8:30-9pm
Jewish House 17 Flood Street Bondi Ph: 9386 0770 Ph: 1300 544 357 NO FACE TO FACE ASSISTANCE, ASSISTANCE VIA PHONE ONLY	<ul style="list-style-type: none"> • 24hr Crisis Help Line • Crisis Accommodation • Case Management 	Crisis line 24hrs Office: Monday- Friday 9am-5pm
Kingsford Legal Centre PH: 9385 9566 (leave a message) or complete online form at www.klc.unsw.edu.au	<ul style="list-style-type: none"> • Legal assistance for debt, consumer, tenancy (including DOH repairs & evictions etc), Centrelink problems, fines, car accidents, DV, etc. 	Monday to Friday 9-4pm

Organisation	Type of Assistance	Hours
Kooloora 167 Bilga Crescent Malabar Ph: 9661 9160/0482 039 053	<ul style="list-style-type: none"> EAPA vouchers – Tuesdays only. Please email bill and photo ID to: koolooraenergy@outlook.com Fruit & Veg bags available Meals available 	Monday to Friday 9am-4pm
Lou's Place 182 Victoria St, Potts Point Ph: 02 9358 4553 Women Only	<ul style="list-style-type: none"> Free meals Daily relaxation and kindness calls available 	Monday to Friday 12:30pm Lunch
Matthew Talbot Hostel 22 Talbot Lane Woolloomooloo Ph: 9357 1533 No new intakes at present	<ul style="list-style-type: none"> Free meals 	Free Meals 7 Days Breakfast: 7:15am Lunch: takeaway – 12:30pm
Mission Australia Ph: 02 9357 1144 For residents of: Banksmeadow, Botany, Mascot, Eastlakes, Hillsdale, Daceyville and Pagewood	Food Assistance <ul style="list-style-type: none"> Coles & Woolworths vouchers (single person \$40/couple \$50 /family \$80). The amount, however, is dependent on each case. Food hampers also available Phone assessment required – need to be receiving a Centrelink benefit 	
Mission Beat Free Call: 1800 306 461	Emergency transport service for Sydney's homeless community <ul style="list-style-type: none"> 1 person in van only 	7am to 10:30pm 7 days a week
Newtown Mission Drop In 280A King Street Newtown Ph: 9519 9000	Food Packages <ul style="list-style-type: none"> Take away meals only 	Tue, Wed, Fri 1-3pm Thurs 6-8pm
Newtown Neighbourhood Centre 1 Bedford Street Newtown Ph: (02) 9564 7333	<ul style="list-style-type: none"> Boarding House outreach service Counselling Aged Care Support Phone and email only No face-to-face outreach or groups	Mon, Tues, Wed 9:30am-2pm Thursday 2pm-4:30pm Closed Friday

Organisation	Type of Assistance	Hours
<p>No Interest Loan Scheme (NILS)</p> <p>PH: 13 64 57</p> <p>www.nils.com.au</p>	<p>The No Interest Loan Scheme (NILS) helps low income households to purchase or replace essential household items. Loans are available for up to \$1,500 for essential goods and services such as fridges, washing machines and medical procedures.</p>	<p>Monday to Friday 9am to 5pm</p>
<p>One Meal Makes a Difference</p> <p>Green Park Darlinghurst</p>	<ul style="list-style-type: none"> • Free Meals 	<p>Saturday 7pm</p>
<p>OzHarvest Market</p> <p>147 Anzac Parade Kensington</p> <p>Ph: 1800 108 006</p>	<ul style="list-style-type: none"> • Rescued food supermarket • BYO Bag – no baskets available • Prepackaged hampers available 	<p>Tuesday to Friday 10am-2pm</p>
<p>Prosper (Project Australia)'s Sydney Help Hub</p> <p>Ph: 0402 787 571</p> <p>E: mail@prosperprojectaustralia.org.</p>	<ul style="list-style-type: none"> • Provides material assistance to those experiencing financial hardship • Clients can attend Sydney Help Hub events around Sydney to collect goods or make a request for needed items. • Alternatively, deliveries of nappies, toiletries, Telstra calling cards, clothing, kitchen items, linen, towels, toys and other goods 	
<p>Red Cross Australia</p> <p>Ph: 1800 733 276</p> <p>E: contactus@redcross.org.au</p>	<ul style="list-style-type: none"> • Emergency relief and case work • Can assist individuals on temporary visa who have no means to support themselves • Disseminating daily community health and hygiene information to refugee and asylum seeker communities in 18 different languages. 	<p>Monday to Friday 9am-5pm</p>
<p>Rental Arrears Haymarket Foundation – Sydney Homeless Early Intervention Scheme (SHEIS)</p> <p>Ph: 9197 9720</p>	<ul style="list-style-type: none"> • Remote assistance to single clients aged over 18 years who are at risk of homelessness. 	<p>Monday to Friday 8am to 4pm</p>

Organisation	Type of Assistance	Hours
<p>Rough Edges Café / St Johns Anglican Church 231a Victoria Street Darlinghurst</p> <p>Ph: 9360 6844</p>	<ul style="list-style-type: none"> • Counselling by phone • Take away dinner 	<p>Dinner: Wednesday to Friday Pick up: 7:30pm–8:30pm</p> <p>Please call to check as changing daily</p>
<p>Rozelle Neighbourhood Centre 756 Darling St, Rozelle.</p> <p>(02) 9556 9500</p> <p>NO FACE TO FACE ASSISTANCE, ASSISTANCE VIA PHONE ONLY peninsulacaring @rozellecentre.org if you need assistance with shopping, collecting scripts etc.</p>	<ul style="list-style-type: none"> • Food service available. Please call office • Additional assistance available via Peninsula Caring please call 9556 9550 – Balmain, Rozelle, Lilyfield & Leichhardt, only 	<p>Monday to Friday 9:30 AM - 4:30 PM</p>
<p>St Canice’s Church 28 Roslyn Street Elizabeth Bay</p>	<ul style="list-style-type: none"> • Lunch 	<p>Wednesday to Friday 11am-12pm</p>
<p>St Vincent de Paul Community Support Centre Level 2/1A Meeks Streets Kingsford</p> <p>Tel: (02) 9662 7380</p>	<ul style="list-style-type: none"> • People experiencing hardship and/or social isolation can access financial and material assistance. • During the current health situation, vouchers will be posted to a secure letterbox or can be picked up in the office (case by case) 	<p>Monday to Friday 9am to 5pm</p>
<p>St Vincent de Paul Intake Line Intake Line</p> <p>Ph: 9560 2656</p>	<ul style="list-style-type: none"> • Welfare Assistance • Food, furniture, clothing • Financial Assistance • Emergency Relief • Social Support • Advice and Referrals 	<p>By Appointment Only Monday to Friday 9am-4pm</p>
<p>St Vincent’s Food Van/Truck</p>	<ul style="list-style-type: none"> • Snack packs can be collected from Eastlakes Community Centre 	<p>Tues from 3-3:45pm</p>
<p>The Salvation Army Crisis Assessment Line</p> <p>Ph: 1300 371 288</p>	<ul style="list-style-type: none"> • Emergency vouchers for food and financial assistance. Can be picked up from nearest Salvation Army store • Eligibility requirements • Financial counselling 	<p>Monday to Friday 9am-5pm</p>

Organisation	Type of Assistance	Hours
<p>The Salvation Army Maroubra 100 Boyce Road Maroubra Ph: 9314 2166</p> <p>Pathways Program Ph: 0408 798 172 / 0427 394 155</p>	<ul style="list-style-type: none"> • Pathways Program – AOD support service • Doorways case worker to assist with forms • One on one phone support • AOD therapeutic group at 10am on Thursdays. 	<p>Monday to Wednesday 10am-1pm Free Breakfast: Tuesday 9-10am Free Lunch: Wednesday 12-1pm</p>
<p>The Salvation Army Street Level Café 339 Crown Street (enter from Derby Lane off Albion) Surry Hills Ph: 9360 1321</p>	<p>Take away food only</p>	<p>Monday to Friday 12pm-2pm</p>
<p>The Staples Bag 449 Canterbury Road, Campsie Sydney, Australia Ph: 9787 6832</p>	<ul style="list-style-type: none"> • Groceries • \$20 for standard bag (for 2 people for a week) • \$30 for family bag (for 4 people for a week) • \$15 for vegetarian bag • Call re delivery 	<p>Monday to Friday 9:30am-4:30pm</p>
<p>The Station Corner of Clarence and Erskine Street Sydney Ph:9299 2252</p>	<ul style="list-style-type: none"> • Take away only • Breakfast and lunch • Shower/washing from 7:30-9am 	<p>Breakfast daily – 7:30-9am Lunch daily at 12pm</p>
<p>Wayside Bondi Norman Andrews House 77 Roscoe Street Bondi Beach Ph: 9581 9193</p>	<ul style="list-style-type: none"> • Free breakfast: 9:30-10am • Lunch: 11:30am (Lunches from \$1, \$1.50, & \$2) 	<p>Monday to Friday 9am-1pm</p>
<p>Wayside Chapel 29 Hughes Street Potts Point Ph 9581 9100</p>	<ul style="list-style-type: none"> • Breakfast/ Lunch served outside, takeaway only • No programs • Showers, phone charging, emergency clothing packs 	<p>Monday – Saturday 9:15am- 10:30am Sunday 10am- 10:30am Free Daily Meals Breakfast: 9:30-10am Lunch: 11:30am</p>
<p>Welfare Rights Centre PH: 1800 226 028 https://welfare-rights-centre.org.au/covid19</p>	<ul style="list-style-type: none"> • A community legal centre specialising in social security law and family assistance law and its administration by Centrelink. • Provides free legal advice and representation to NSW residents adversely affected by a Centrelink decision. Usually advice that can be provided over the phone 	<p>Monday to Wednesday 9:30am-12:30pm</p>

Organisation	Type of Assistance	Hours
Will2Live Van Corner of Eddy & Elizabeth Street Central Sydney	<ul style="list-style-type: none"> Dinner 	Monday to Friday 6:45-7pm
Woollahra Food Pantry Woollahra Seventh- day Adventist Church 219 Edgecliff Road Woollahra (access in Chester Lane). Ph: 0409 456 553	<ul style="list-style-type: none"> Free Food & Grocery Items 	Tuesdays 1:30pm–3pm
Youth off The Streets Van Green Park Darlinghurst	<ul style="list-style-type: none"> Free Meals 	Monday to Friday Dinner – 10:30-11pm

Family & Youth Support

Organisation	Type of Assistance	Hours
B Miles Women Foundation Edgecliff PH: 1800 274 984	<ul style="list-style-type: none"> Supports women living with mental illness at risk of homelessness 	
Barnardos 60-64 Bay Street, Ultimo NSW 2007 Ph: 1800 066 757 E: sensfamilyreferral@barnardos.org.au	<ul style="list-style-type: none"> Family support service. Face to face home visit can still occur if it is deemed necessary and in consultation with management. to provide essential services to support vulnerable children, young people and their families. 	Monday to Friday 9am-5pm
Benevolent Society Hurstville PH: 1800 236 762	<ul style="list-style-type: none"> Support for young people and families 	Monday to Friday 8am-4pm
Bondi Beach Cottage 42 Brighton Blvd, North Bondi NSW 2026 Ph: (02) 9365 1607 E: admin@bondibeachcottage.org.au	<ul style="list-style-type: none"> Domestic and Family Violence counselling and support General counselling support Face to face individual appointments still available Phone appointments available 	Monday to Friday 8:30am-4:30pm
Botany Family & Children's Centre 13 Banksia Street Botany Ph: 9666 5047 (office) 0436 116 352 (mobile) http://www.bfcc.org.au/	<ul style="list-style-type: none"> Family Support Service – counselling, casework, support, referrals Parenting support via skype/phone/video Supported playgroups have recommenced. Check website 	Monday to Friday 8am–4pm

Organisation	Type of Assistance	Hours
Caretakers Cottage Bondi Junction Ph: 9389 0999	<ul style="list-style-type: none"> • Crisis Accommodation for 13-17-year olds • Casework • Call to request a referral 	Monday to Friday 9am–5pm
CatholicCare Cook & Phillip Youth Program PH: Jacqueline on 0447 863 222	<ul style="list-style-type: none"> • Range of free online workshops that are available for young people aged 13 – 25. Workshops are 1:1 with a teacher. • Referral from a caseworker/school counsellor • Need laptop/internet access 	Monday to Friday 8am–6pm
Family Advocacy and Support Services (FASS) FASS legal advice can be accessed by calling the Legal Aid Domestic Violence Unit on Ph: (02) 9219 6300. NO FACE TO FACE ASSISTANCE, ASSISTANCE VIA PHONE ONLY	<ul style="list-style-type: none"> • Family Advocacy and Support Services at Sydney Family Court 	By phone and email only till further notice. Hours: Mondays to Fridays 9:30am-1pm, 2-4pm Monday to Thursday: Tangee on Mobile: 0431 253289 Email: tangee@swwslc.org.au Friday: Evelyn on Mobile: 0431 114123 Email: evelyn@swwslc.org.au
Headspace Ph: 93668800 - Bondi Junction 9114 4100 - Camperdown	<ul style="list-style-type: none"> • Offer over the phone support to young people aged 16-25 years experiencing mental health stress • No need for initial mental health care plan 	Mon, Wed & Fri – 9am to 5pm Tues and Thursday 10-6pm
Intensive Support Ph: 9144 1447 or 0422 9144 20 https://www.do.org.au/	<ul style="list-style-type: none"> • Mentor program for young people with a disability and/or mental health disorder • NDIS provider • 	Monday to Friday 9am to 5pm
Jewish House 17 Flood Street Bondi Ph: 9386 0770 Ph: 1300 544 357 NO FACE TO FACE ASSISTANCE, ASSISTANCE VIA PHONE ONLY	<ul style="list-style-type: none"> • 24hr Crisis help line • Crisis Accommodation • Case Management 	Crisis line 24hrs Office: Monday- Friday 9am-5pm

Organisation	Type of Assistance	Hours
<p>Kari Indigenous Social Support Service 1/128 Rothschild Ave Rosebery</p> <p>PH: 8782 0344</p>	<p>Provide the following Aboriginal social support:</p> <ul style="list-style-type: none"> • Out-of-home Care • Carer Recruitment • Community & Capacity Building • Family Support • Advice & Referral . • Early Intervention . • KARI Clinic • Cultural Unit • Leaving Care Program 	<p>Monday to Friday 845am to 5pm</p>
<p>La Perouse Aboriginal Community Health Centre 1 Elaroo Avenue Phillip Bay</p> <p>Ph: 9382 8009</p>	<ul style="list-style-type: none"> • Maternal, child and family health service 	<p>Monday to Friday 9am to 430pm</p>
<p>Lou's Place 182 Victoria St, Potts Point</p> <p>Ph: 02 9358 4553</p> <p>NO FACE TO FACE ASSISTANCE ASSISTANCE VIA PHONE ONLY</p>	<p>General Assistance</p> <ul style="list-style-type: none"> • Over the phone case management • Support calls program • 10am Q&A with staff and 2pm relaxation session with staff (teleconference) • Local Free Meals • Toiletry care pack available 	<p>Mon, Wed, Thurs & Fri 8:30am-3:30pm and Tues 8:30am-2pm</p> <p>From 12:30pm Mon-Fri</p>
<p>ReachOut</p> <p>Online resource for parents: www.parents.au.reachout.com</p>	<p>Web-based service providing information, tools and resources to help parents and carers support 12 to 18 year-olds in their family environment.</p> <ul style="list-style-type: none"> • Parents will find fact sheets, stories, practical tips and tools covering a range of topics, issues and experiences that are relevant to parents of teenagers 	<p>24 hours - online</p>
<p>Relationships Australia</p> <p>PH: 1300 364 277</p>	<ul style="list-style-type: none"> • Relationship support services for individuals, families and communities 	<p>Monday to Friday 9am to 5pm</p>
<p>South Eastern Community Connect</p> <p>Centres are closed but services continuing.</p> <ul style="list-style-type: none"> • Shop 84, Eastlakes Shopping Centre, Eastlakes • 1007 Botany Road, Mascot <p>PH: 8338 8506 (Eastlakes) 7903 0607 (Mascot)</p>	<p>Seniors Services</p> <ul style="list-style-type: none"> • Individual Social support is currently list shops primarily • Home delivery Service • For people who have difficulty shopping due to physical or mental health conditions <p>Children & families/adolescents: Community strengthening services continue to be provided either on-line or over the phone</p>	<p>Monday to Friday 9am-4:30pm</p> <p>Delivery days: Tuesday & Thursday</p>

Organisation	Type of Assistance	Hours
St Laurence House Kingsford PH: 9349 6438	13-17 years supported transitional accommodation	24 hours/7days
St Vincent de Paul Killara Women’s Refuge Ph: 9560 2656	<ul style="list-style-type: none"> • Crisis accommodation and care coordination for women and children who have experienced Domestic/Family violence • Referrals can be made via Link2Home on 1800 1521 526, the Domestic Violence Line on 1800 656 463 or through their Central Intake Line on (02) 9560 2656. 	
Sydney Multicultural & Community Services 3 General Bridges Crescent Daceyville Ph: 9663 3922 www.sydneymcs.org.au	Settlement Services and ParentsNext <ul style="list-style-type: none"> • Services via phone or email for these services including EAPA vouchers for recently arrived migrants and refugees (eligibility requirements) • Aged Services Bilingual home care services available until further notice 	By Appointment Only Monday to Friday 8:30am-5pm
The Crossing Potts Point PH: 9357 1144	<ul style="list-style-type: none"> • Support for 16-25-year-olds at risk of homelessness • Outreach case management 	Monday to Friday 9am to 5pm
The Salvation Army Oasis Transitional Accommodation Service Ph: 9380 6308	<ul style="list-style-type: none"> • Support for 16-25-year-olds at risk of homelessness or who are homeless. • Case management • Day program 	Monday to Friday 9am – 5pm

Aged Services

Organisation	Type of Assistance	Hours
Aged & Disability Abuse Hotline PH: 1800 628 221	<ul style="list-style-type: none"> Hotline to report suspected abuse of an older person or person with a disability 	Monday to Friday 9am – 5pm
Holdsworth Community 64 Holdsworth Street Woollahra Ph: 02 9302 3600	<ul style="list-style-type: none"> Shopping list service for seniors and community members with a disability (small cost) Home Cuisine services (Meals on Wheels) meals delivered. Cost involved 	Monday to Friday 9am to 5pm
National Covid -19 Older Persons Information Line PH: 1800 171 866	<ul style="list-style-type: none"> Providing older Australians with the critical information they need to stay healthy and safe during the pandemic; an accessible one-stop source for personal support, questions and up-to-date guidelines 	Monday to Friday 8:30am-6pm
Rozelle Neighbourhood Centre 756 Darling St, Rozelle. (02) 9556 9500 NO FACE TO FACE ASSISTANCE ASSISTANCE VIA PHONE ONLY	<ul style="list-style-type: none"> Food service available. Please call office Additional assistance available via Peninsula Caring please call 9556 9550 	Monday to Friday 9:30 AM - 4:30 PM
Service NSW Ph: 13 7788	<ul style="list-style-type: none"> Emergency Food packages for individuals who are self-isolating. 2 weeks' worth of food and essentials. 	7 days a week/24 hours
South Eastern Community Connect Centres are closed but services continuing. <ul style="list-style-type: none"> Shop 84, Eastlakes Shopping Centre, Eastlakes 1007 Botany Road, Mascot Ph: 8338 8506 (Eastlakes) 7903 0607 (Mascot)	Seniors Services <ul style="list-style-type: none"> Individual Social support is currently primarily list shopping Home delivery service Service for those who have difficulty shopping due to physical or mental health conditions Children and families/adolescents <ul style="list-style-type: none"> Community strengthening services continue to be provided either on-line or over the phone 	Monday to Friday 9am-4:30pm Delivery days: Tuesday & Thursday
Sydney Multicultural & Community Services 3 General Bridges Crescent Daceyville Ph: 9663 3922 www.sydneymcs.org.au	Settlement Services and ParentsNext <ul style="list-style-type: none"> Services via phone or email for these services including EAPA vouchers for recently arrived migrants and refugees (eligibility requirements) Aged Services Bilingual home care services available until further notice	By Appointment Only Monday to Friday 8:30am-5pm

Emergency Telephone Support

Organisation	Type of Assistance	Hours
CAMHS Ph: 9382 4347	<ul style="list-style-type: none"> Mental health support for children and adolescents 	Monday to Friday 9am to 5pm
Child Protection Line Ph: 132 111		24 hours/ 7days
Domestic Violence Line Ph: 1800 656 463	<ul style="list-style-type: none"> Assistance with AVO's Counselling on domestic violence Referral to women's refuges 	24 hours/ 7days
Immigration advice & rights centre Ph: 02 9234 0700	<ul style="list-style-type: none"> Immigration advice – helping vulnerable people navigate Australian immigration law 	Monday to Friday 9am to 4pm
Headspace Bondi Junction Ph: 1800 650 890 Eheadspace.org.au	<ul style="list-style-type: none"> Support for 12-25 year olds 	Monday to Friday 9am to 5pm
Jewish House Ph: 1300 544 357	<ul style="list-style-type: none"> Crisis help 	24 hours/ 7days
Kids Helpline Ph: 1800 551 800 www.kidshelpline.com.au	<ul style="list-style-type: none"> Online counselling for children and young people aged 5-25 	24 hours/ 7days
Law Access Ph: 1300 888 529 Lawaccess.nsw.gov.au	<ul style="list-style-type: none"> Assistance with any legal matters. Law Access can refer to an appropriate service for your matter 	Monday to Friday 9am to 5pm
Lifeline Ph: 131 114	<ul style="list-style-type: none"> Counselling service with information about support services 	24 hours/ 7days
Mensline Ph: 1300 789 978	<ul style="list-style-type: none"> Counselling service with information about support services for men 	24 hours/ 7days
Mental Health Line Ph: 1800 011 511	<ul style="list-style-type: none"> Support for people in mental health crisis or on behalf of another person In an emergency, call 000 	24 hours/ 7days
Migrant Employment Legal Centre Ph: 8002 1203 https://mels.org.au/	<ul style="list-style-type: none"> We offer free, confidential legal advice and representation to migrants and temporary visa holders in New South Wales 	Monday to Friday 9am to 5pm
National Debt Hotline Ph: 1800 007 007	<ul style="list-style-type: none"> Assistance with managing debt 	Monday to Friday 9:30am-4:30pm

Organisation	Type of Assistance	Hours
National Sexual Assault, Domestic & Family Violence Counselling Services Ph: 1800 737 732 1800 RESPECT	<ul style="list-style-type: none"> • Individualised counselling for people who have experienced sexual assault and/or DFV. • Referrals can be made to other services if required 	24 hours/7 days
No to Violence Ph: 1300 766 491.	<ul style="list-style-type: none"> • Men's Referral Service is available 7 days for men who use family violence and to friends and family who are concerned about someone they know using family violence 	24 hours/7 days
QLife (LGBTIQ) Ph: 1800 184 527 Qlife.org.au	<ul style="list-style-type: none"> • QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. 	7 days 3pm to Midnight
Rape Crisis Centre Ph: 1800 424 017	<ul style="list-style-type: none"> • Counselling for victims of sexual assault 	24 hours/ 7days
Salvation Army Assessment Line Ph: 1300 371 288	<ul style="list-style-type: none"> • Emergency relief for bills, food and clothing • Eligibility requirements 	Monday to Friday 9am– 5pm
SANE Ph: 1800 187 263 Sane.org	<ul style="list-style-type: none"> • Mental health support 	Monday to Friday 10am to 10pm
Suicide Call Back Service Ph: 1300 659 467	<ul style="list-style-type: none"> • 24- hour service that provides telephone counselling to people 18 years and over who fit one of the following categories • People who are suicidal • People caring for someone who is suicidal • People bereaved by suicide 	24 hours/ 7days
Victims Access Line Ph: 1800 633 063	<ul style="list-style-type: none"> • Single entry point for victims of crime in NSW to access services 	Monday to Friday 9am–5pm