

The Junction Neighbourhood Centre (JNC) understands this new 2021 lockdown is a hard time for everyone and we are working together to provide up to date information on local services which can provide support.

JNC has created a list of services that are operating during the June/July 2021 outbreak 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.

Please note that details will change after the lockdown ends, so please call first or check our website. If you have any other enquiries you can call our office on 9349 8200 so we can assist you.

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 2021 Coronavirus lockdown

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 Tuesday-Thursday.

We are also continuing other services including 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-19) 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
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 (Addi Road Food Pantry) 142 Addison Rd, Marrickville Ph: 9569 7633 www.addiroad.org.au Camperdown 31 Pymont Bridge Rd Camperdown	<ul style="list-style-type: none"> Food Relief Hub at Addison Road -Low-cost in-person shopping at Addi Road Food Pantries Marrickville and Camperdown (vouchers available for individuals with no funds) 	Monday- Friday 9am-5pm Food Pantry Marrickville: Mon-Fri 12-4 pm Food Pantry Camperdown:

Organisation	Type of Assistance	Hours
	<ul style="list-style-type: none"> - Food Relief Hub at Addi Road Marrickville provides emergency hampers for pick-up by organisations; some delivery to individuals in crisis/isolation. • <u>Must follow NSW Public Health Orders</u> 	Tue-Fri 12-4 pm
<p>Anglicare Emergency Relief</p> <p>Ph: 9798 1400</p>	<ul style="list-style-type: none"> • Food Assistance • EAPA vouchers – assistance with Gas/Electricity/Phone & Water bills • Casework and advocacy for financial assistance. • <i>(No face to face assistance/ Assistance via phone only during lockdown)</i> 	9am- 5pm Monday to Friday
<p>Junction Neighbourhood Centre Shop 2, 669-673 Anzac Pade Maroubra</p> <p>Ph: 9349 8200 Mob: 0447 046 606</p>	<ul style="list-style-type: none"> • Emergency food boxes 	Contact for Delivery or pick up From Namatjira or South Coogee
<p>Asylum Seekers Centre (Services for asylum seeker clients only) 43 Bedford Street Newtown Ph: 9078 1900</p>	<ul style="list-style-type: none"> • Emergency accommodation • Financial relief • Food Pantry • Case Management and counselling • Employment Help • <i>(No face to face assistance/ Assistance via phone only during lockdown)</i> 	<p>Monday to Friday 9am to 4pm</p> <p>For Interpreter Ph: 131 450</p>
<p>BaptistCare Hope Street 174 Cathedral Street Woolloomooloo Ph: 8061 1500 Ph: 9358 2388</p>	<ul style="list-style-type: none"> • Food Bags, Toiletries, blankets, and clothes available for collection at the reception • <i>(Limited Resources, contact office)</i> 	<p>Reception open from Monday to Friday - 9am to 1pm</p> <p>By appointment, call 9358 2388</p>

Organisation	Type of Assistance	Hours
<p>COA Sydney 25 Rowe Street, Woollahra NSW 2025 Ph: 9389 0035</p> <p>https://www.coasydney.org/</p> <p>Call COA service to establish if eligible to be included on delivery list.</p>	<ul style="list-style-type: none"> • Bag of vegetables and fruits available for delivery and other household items • COA member and others in community (predominately seniors) visited weekly • <i>(Delivery to clients home)</i> 	<p>Monday to Thursday from 9am – 5pm Fridays from 9pm - 2pm</p>
<p>Mobile 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</p> <p>St Mark’s Anglican Church (every second Friday) Cnr Franklin St & Victoria Lane Malabar Ph: 9311 0309</p> <p>Please call prior to using service. Contact ph: 8624 8600 for additional options- Collect bags of food venues & times vary.</p>	<ul style="list-style-type: none"> • Fill bag with groceries for \$10 (Malabar) • Tinned Food (South Coogee) • Bring pension or health care card. • <i>(Operating hours subject to change due to Covidsafe restrictions).</i> 	<p>South Coogee – Every Second Thursday 3:30pm-4:30pm (Next one 22th July)</p> <p>Malabar- Every Second Friday 10am-11am (Next one 23th July)</p>
<p>Counterpoint Community Centres Counterpoint Factory: 67 Raglan Street, Waterloo Ph: 9698 9569 Counterpoint Multicultural Centre: 73 Garden Street, Alexandria Ph: 9319 4073</p>	<ul style="list-style-type: none"> • Emergency Relief and counselling services. • <i>(Operating hours subject to change due to Covidsafe restrictions).</i> 	<p>Monday to Thursday 9:15am to 4.15pm Friday 9am-12pm</p>
<p>Exodus Foundation 180 Liverpool Street Ashfield</p> <p>Ph: 8752 4600 Direct Number 02 8752 4602 / 03</p> <p>https://www.billcrews.org/free-meals-sydney/</p>	<ul style="list-style-type: none"> • Free meals (takeaway only) • Counselling • Social Help and Wellbeing clinic open every day from 8am to 4pm 	<p>7 days a week Meals: Breakfast: 9am- 9:45am Lunch: 11:30am- 12:45pm Dinner: 7:30pm- 8:30pm (check website for locations)</p>
<p>Glebe Assistance Partnership Program (GAPP) Glebe Pt Road Glebe</p> <p>Ph: 9552 4164 http://glebechurch.org.au/</p>	<ul style="list-style-type: none"> • Food parcels to be collected from St John’s House Front Door (138a Glebe Point Rd) • Emergency Relief – please call for assistance with bills, financial issues 	<p>Food Parcel collection – Monday 10am-1pm Wednesday 10am- 12.30pm</p>

Organisation	Type of Assistance	Hours
Residence in local area only	<ul style="list-style-type: none"> • Social support over the phone – 9552 4164 	
Jesus Cares Van Ph: 0444 558 352 https://www.jesuscares.com.au/	<ul style="list-style-type: none"> • Belmore Park, Haymarket • Martin Place • Tom Uren, Woolloomooloo 	Food Van Ministry Times and Locations: Friday / Saturday night: 7.45 pm Martin Place, Philip St. CBD / 9.30 pm Belmore Park, Eddy Ave. Thursday breakfast: 8.30 am Belmore Park, Eddy Ave
Kingsford Legal Centre PH: 9385 9566 (leave a message) or complete online form at www.klc.unsw.edu.au Or send an Email to: legal@unsw.edu.au No face to face appointments	<ul style="list-style-type: none"> • Legal assistance for debt, consumer, tenancy (including DOH repairs & evictions etc), Centrelink problems, fines, car accidents, DV, etc. • Criminal law advice • Domestic Violence assistance • <i>(No face to face assistance/ Assistance via phone only during lockdown)</i> 	Monday to Friday 9-5pm
Kooloora 167 Bilga Crescent Malabar Ph: 9661 9160/0482 039 053 Call to register For Food Program	<ul style="list-style-type: none"> • EAPA vouchers – Tuesdays only. Please email bill and photo ID to: koolooraenergy@outlook.com • Fruit & Veg bags, Cooked Meals available. Monday, Wednesday & Friday. (Subject to availability and times vary) • <i>(Operating hours subject to change due to Covidsafe restrictions).</i> 	Monday to Friday 9am-5pm
Lou's Place 182 Victoria St, Potts Point Ph: 02 9358 4553 Women Only	<ul style="list-style-type: none"> • Takeaway meals/lunch, toiletries, and emergency clothing available anytime during opening hours at the service • All education/therapeutic groupwork moved to zoom 	Monday, Wednesday, Thursday & Friday 8.30am-3.30pm Tuesday 8.30am-2pm

Organisation	Type of Assistance	Hours
	<ul style="list-style-type: none"> All case management moved to phone and zoom (still taking on new clients) <i>(Operating hours subject to change due to Covidsafe restrictions).</i> 	
<p>Matthew Talbot Hostel 22 Talbot Lane Woolloomooloo</p> <p>Ph: 9357 1533</p>	<ul style="list-style-type: none"> Free meals Nurse Clinic available 10am – 4pm / Weekends 10am – 3pm <i>(Please contact to establish if accepting new intake at present).</i> 	<p>Free Meals 7 Days Breakfast: 7:15am Lunch: 12:30pm Sandwiches 4:30pm</p>
<p>Mission Australia 31 Roslyn St Rushcutters Bay NSW 2011</p> <p>Ph: 02 9357 1144</p> <p>For residents of: Banksmeadow, Botany, Mascot, Eastlakes, Hillside, Daceyville and Pagewood</p>	<p>Food Assistance</p> <ul style="list-style-type: none"> Coles & Woolworths vouchers (single person \$40/couple \$50 /family \$80). The amount, however, is dependent on each case. Phone assessment required – need to be receiving a Centrelink benefit <i>(Assessment via the phone due to Covidsafe restrictions).</i> 	<p>Monday-Friday 9am-5pm</p>
<p>Mission Beat</p> <p>Free Call: 1800 306 461</p>	<p>Emergency transport service for Sydney's homeless community</p> <ul style="list-style-type: none"> 1 person in van only (unless family) Blankets, food (call 1800 306 461 to request) 	<p>8am to 9pm on Weekdays</p>
<p>Newtown Neighbourhood Centre 1 Bedford Street Newtown</p> <p>Ph: (02) 9564 7333</p>	<ul style="list-style-type: none"> Boarding House outreach service Counselling Aged Care Support <i>(Closed due to Covidsafe restrictions. Phone and email only. No face-to-face outreach or groups)</i> 	<p>Mon, Tues, Wed 9:30am-2pm Thursday 2pm-4:30pm</p> <p>Closed Friday</p>
<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.</p>	<p>Monday to Friday 8:30am to 4pm</p>

Organisation	Type of Assistance	Hours
	Loans are available for up to \$1,500 for essential goods and services such as fridges, washing machines and medical procedures. No cash, (money goes directly to the provider)	
<p>One Meal Makes a Difference</p> <p>https://www.onemeal.org.au/</p> <p>0413 783 880</p> <p>(Darlinghurst, Blacktown, Kingsgrove, Riverwood, Surry Hills, Manly, Narrabeena, Cronulla, Miranda, Sutherland)</p>	<ul style="list-style-type: none"> • Free Meals- take away only • <u>Check website for other times/addresses</u> 	<p>Darlinghurst 301 Victoria St, Darlinghurst NSW 2010, Weekly on Saturdays From 6:30pm – 7:15pm First Sunday of every month From 6:00pm – 7:15pm</p> <p>Surry Hills Belvoir St Surry Hills Weekly Saturday 7.40pm-8.30pm</p>
<p>OzHarvest Market</p> <p>https://www.ozharvest.org/ozharvest-market-waterloo/</p> <p>95 Wellington St, Waterloo.</p> <p>Ph: 1800 108 006</p>	<ul style="list-style-type: none"> • <u>During the Covid Lockdown period Customers will be able to collect hamper from outside the store during Tuesday -Saturday 10am-2pm</u> • <i>(Operating hours subject to change due to Covidsafe restrictions).</i> 	<p>Tuesday to Saturday from 10am – 2pm</p>
<p>Prosper (Project Australia)'s Sydney Help Hub</p> <p>https://prosperprojectaustralia.org/</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 • <i>(Operating hours subject to change due to Covidsafe restrictions).</i> 	
<p>Red Cross Australia</p> <p>www.redcross.org.au</p> <p>Ph: 1800 733 276</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 	<p>Monday to Friday 9am-5pm</p>

Organisation	Type of Assistance	Hours
<p>E: contactus@redcross.org.au</p>	<ul style="list-style-type: none"> Disseminating daily community health and hygiene information to refugee and asylum seeker communities in 18 different languages. 	
<p>Rental Arrears Haymarket Foundation – Sydney Homeless Early Intervention Scheme (SHEIS)</p> <p>137-139 Regent Street Chippendale, NSW 2008</p> <p>https://www.haymarket.org.au/get-help/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. housing and tenancy support for those who require assistance in maintaining tenancies 	<p>Monday to Friday 8am to 4pm</p>
<p>Rough Edges Café / St Johns Anglican Church</p> <p>231a Victoria Street Darlinghurst</p> <p>Ph: 9360 6844</p> <p>Please call to check as changing daily</p>	<ul style="list-style-type: none"> Counselling by phone Take away lunch and Dinner meals only, see days and times. (Only counselling over the phone, no dinner due to Covidsafe restrictions). 	<p>Monday - 7:30pm - 9:00pm Tuesday - 7:30pm - 9:00pm Wednesday - 12:00pm - 2:00pm and 7:30pm - 9:00pm Thursday- 7:30pm - 9:00pm Friday - 12:00pm - 2:00pm and 7:30pm - 9:00pm Sunday7:30pm - 9:00pm</p>
<p>Rozelle Neighbourhood Centre</p> <p>https://www.rozellecentre.org.au/</p> <p>756 Darling St, Rozelle.</p> <p>(02) 9556 9500</p> <p>peninsulacaring@rozellecentre.org if you need assistance with shopping, collecting scripts etc.</p>	<ul style="list-style-type: none"> Food Service: Food pantry every second Friday from 12:30pm until 2pm Free bread every Wednesday from 10am until 12pm Additional assistance available via Peninsula Caring every Tuesday 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</p> <p>28 Roslyn Street Elizabeth Bay NSW 2011 Australia P: 9358 5229 E: parish@stcanice.com.au</p> <p>https://www.stcanice.org.au/</p>	<ul style="list-style-type: none"> Lunch relief Showers available Social Work Medical assistance Legal advice Training programs 	<p>Monday to Saturday</p> <p>Take way food from 11am to 12pm</p> <p>Coffee shop from 10.30am to 11am (Take away only)</p>

Organisation	Type of Assistance	Hours
<p>St Vincent de Paul Community Support Centre</p> <p>Level 2/1A Meeks Streets Kingsford</p> <p>Tel: (02) 9662 7380</p>	<ul style="list-style-type: none"> • All the services must be enquired via phone call • 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) • <i>(Office is closed due to Covidsafe restrictions).</i> 	<p>Monday to Friday 9am to 5pm</p>
<p>St Vincent de Paul Intake Line</p> <p>Intake Line</p> <p>Ph: 9560 2656</p>	<ul style="list-style-type: none"> • Homeless assistance • 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> <p>(02) 9518 0303</p> <p>https://www.vinnies.org.au/page/Find_Help/NSW/Food/Sydney_Night_Patrol/</p>	<ul style="list-style-type: none"> • Snack packs can be collected from Eastlakes Community Centre • <i>(Operating hours and services are subject to change due to Covidsafe restrictions).</i> 	<p>Eddie Ward Park – Belvoir Street side, Surry Hills: 7:30pm – 8:15pm and 9:45pm – 10:30pm</p> <p>Martin Place – Phillip Street, Sydney: 8:30pm – 9:30pm</p> <p>Belmore Park – Eddie Ave, Haymarket: 10:45pm – 11:30pm</p>
<p>The Salvation Army Crisis Assessment Line</p> <p>https://www.salvationarmy.org.au/belconnen/community-programs/salvos-connect/</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
Ph: 1300 371 288		
The Salvation Army Maroubra 100 Boyce Road Maroubra Ph: 9314 2166 Pathways Program Ph: 0408 798 172 / 0427 394 155	<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. • (Closed due to Covidsafe restrictions, available via phone) 	Timetable TBC
The Salvation Army Street Level Café 339 Crown Street (enter from Derby Lane off Albion) Surry Hills Ph: 9360 1321	<ul style="list-style-type: none"> • <i>Emergency assistance (gift Card after phone assessment), Gas, electricity assistance (after phone assessment).</i> • (Closed due to Covidsafe restrictions/ Emergency Assistance Gift Card contact over the phone – call 1300 371 288. 	Monday to Friday 9pm-5pm
The Staples Bag 449 Canterbury Road, Campsie Sydney, Australia Ph: 9787 6832	<ul style="list-style-type: none"> • Groceries • \$10, \$20 and \$30 dollars bag or shop by individual item • No Deliveries 	Monday to Friday 9am-5pm Sat 9 – 2pm
The Station 82 Erskine Street Sydney NSW 2000 Ph: 9299 2252	<ul style="list-style-type: none"> • Take away only • Breakfast and lunch • Shower/washing from 7:30-9am • Make appointment to receive assistance with Housing, dental, etc. 	7 days per week Breakfast daily – 7:30-9am Lunch daily at 12pm-12:30pm
Wayside Chapel, Bondi Beach Community Service Centre (CSC)Wayside Bondi Norman Andrews House 77 Roscoe Street Bondi Beach Ph: 9581 9193	Due to the recent COVID-19 outbreak and lockdown across Greater Sydney, Wayside Chapel is imposing the following restrictions: <ul style="list-style-type: none"> • Low Cost Cafes will be takeaway only from 10.30 to 12.30pm 	CSC Kings Cross and Bondi will reduce opening hours to 9:30am to 1pm for practical assistance and emergency care coordination

Organisation	Type of Assistance	Hours
<p>Wayside Chapel Kings Cross 29 Hughes Street Potts Point</p> <p>Ph 9581 9100</p>	<ul style="list-style-type: none"> • The Aboriginal Cultural Centre and After Hours Homelessness Hub will be temporarily suspended until further notice, with staff being redeployed to CSCs and outreach services • Service offerings will be narrowed to emergency care coordination and limited practical assistance including showers and basic clothes – all high touch zones will be minimised • Foot and van outreach teams will deliver care packs to people experiencing homelessness and people isolated in their homes • Temporary accommodation, provided by NSW Government, will be assertively promoted to visitors sleeping rough for the period of lockdown and longer should they be seeking permanent housing, in both our outreach and CSC program • All volunteer shifts will be cancelled • Op Shops in Kings Cross and Bondi will be closed and we will not be receiving any physical donations of clothing and goods until further notice • Heart Cafe will be open for takeaway only • Chapel services at both Kings Cross and Bondi will be cancelled, however a service will be streamed from Kings Cross weekly with the small group of people required to facilitate that onsite. • No non-essential activities will be happening in any of our buildings • Masks are now mandatory 	

Organisation	Type of Assistance	Hours
<p>Welfare Rights Centre</p> <p>PH: 02 9211 5300 (Sydney)</p> <p>1800 226 028 (toll-free from outside Sydney)</p> <p>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 and Wednesday: 9:30 am - 12:30 pm</p> <p>Thursday: 1:30pm - 4:30pm</p>
<p>Will2Live Van</p> <p>0449 924 221</p> <p>Corner of Eddy & Elizabeth Street Central Sydney</p>	<ul style="list-style-type: none"> • Dinner Take away bags 	<p>Monday to Friday 6:45-7pm</p>
<p>Metro Assist</p> <p>Ph: 9789 3744 or 8709 0200</p> <p>All supports remotely- email or post Call to check eligibility.</p> <p>Assist people living in Canterbury Bankstown, Inner West, Canada Bay, George River, Bayside LGA & other COVID hotspots in Sydney</p>	<ul style="list-style-type: none"> • One-off support – Food vouchers, Chemist bills, Telstra bills, Opal cards and partial energy Bills 	<p>Monday-Friday 9am-5pm</p>
<p>Youth off The Streets Van</p> <p>9330 3500</p> <p>https://youthoffthestreets.com.au/about/contact-us/</p> <p>Green Park Darlinghurst</p>	<ul style="list-style-type: none"> • Free Meals • (Closed due to Covidsafe restrictions) 	<p>Monday to Friday</p> <p>Dinner – 10:30-11pm</p>
<p>Food Bank, Aboriginal Services Children Services</p> <p>18 George St Redfern</p> <p>Ph: 0412 853 244</p>	<ul style="list-style-type: none"> • Free Food parcels for local Aboriginal singles and families in need 	<p>Wednesday 4pm-8pm Thursday 9.30am-11.30am</p>
<p>Hillsong CityCare Emergency Relief</p> <p>Unit 20, 198-222 Young St Waterloo</p> <p>Ph: 9775 3754</p>	<ul style="list-style-type: none"> • Free Emergency food relief for individuals and families including food hampers where available 	<p>Monday, Wednesday & Thursday 9.30am-1.30pm- For individuals and families experiencing disadvantage call 8853 5391 or apply online</p>
<p>Randwick Meals on Meals (Covers Randwick and Waverley LGA areas)</p>	<ul style="list-style-type: none"> • The meals are delivered to persons, living in the City of Randwick Local Government 	<p>Opening Hours: 7am - 1:30pm</p>

Organisation	Type of Assistance	Hours
<p>Address: Shop 1, 523 Bunnerong Road, MATRAVILLE, NSW, 2036</p> <p>Contact:</p> <ul style="list-style-type: none"> • Orders: (02) 9661 3781 • E: admin@randwickmealsonwheels.com.au • W: Visit website <p>https://randwickmealsonwheels.com.au/</p>	<p>Area, who are frail and elderly, or have a disability, or are a carer.</p> <ul style="list-style-type: none"> • Delivery meals from Monday to Friday • \$5 - \$6 per meal 	
<p>Meals on Wheels City of Sydney (only)</p> <p>Ph: 8512 4230</p> <p>Email: mow@cityofsydney.nsw.gov.au</p>	<ul style="list-style-type: none"> • Meals on Wheels is still taking on new clients. Potential Meals on Wheels clients who are aged 65 or over and 50 or over for Aboriginal or Torres Strait Islander people are required to register with My Aged Care (1800 200 422) to be assessed and referred to Meals on Wheels. Also provide services to individuals with NDIS or home care packages. • Meals are delivered Monday-Friday excluding public holidays of chilled, frozen and hot meals. • Hot meals are delivered between 11:15am-1pm depending on where the client lives • Each client is assessed on an individual needs basis and notified within 24 hours if they are eligible for the service. • New clients can often be supplied with meals on the day if necessary. • Prices: Main only - \$6.20 Main, bread, dessert or soup (frozen only) - \$7.65 Main, soup (frozen only), dessert, bread – \$9.10 	<p>Monday-Friday 7.30am-4pm</p>

Organisation	Type of Assistance	Hours
	<p><i>Allergy</i> <i>Vegetarian</i> <input checked="" type="checkbox"/> <i>Vegan</i> <input checked="" type="checkbox"/> <i>Gluten Free</i> <input checked="" type="checkbox"/> <i>Halal</i> <input checked="" type="checkbox"/> <i>Kosher</i> <input checked="" type="checkbox"/></p> <ul style="list-style-type: none"> <i>The service provides meals to suit a client's personal requirements such as special dietary needs, cultural and taste preferences</i> 	
<p>Our Big Kitchen 36 Flood St Bondi</p> <p>Ph: 8084 2729</p> <p>Need to contact Kitchen before attending to ensure meals are available</p>	<ul style="list-style-type: none"> Frozen meals provided collect from 36 Flood Street Bondi (must call first) 	Monday- Friday 8am-4pm
<p>Surry Hills Community Connect Ula mob: 0438 494 189</p>	<ul style="list-style-type: none"> Frozen meals Tuesday 1-2pm for social housing tenants living in Surry Hills. <u>Collect from Northcott Community Centre 48A Belvoir St Surry Hills</u> 	Monday-Friday 9-4pm contact office by phone

Family & Youth Support

Organisation	Type of Assistance	Hours
<p>B Miles Women Foundation Edgecliff</p> <p>https://www.bmiles.org.au/</p> <p>PH: 1800 274 984</p>	<ul style="list-style-type: none"> Supports women living with mental illness at risk of homelessness Crisis accommodation Transitional housing Outreach support 	
<p>Barnardos</p> <p>https://www.barnardos.org.au/</p> <p>60-64 Bay Street, Ultimo NSW 2007</p> <p>Ph: 1800 066 757 E: sensfamilyreferral@barnardos.org.au</p>	<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
<p>Benevolent Society Hurstville</p> <p>www.benevolent.org.au</p>	<ul style="list-style-type: none"> Support for young people and families Aged Care and Disability Support 	Monday to Friday 8am-4pm

Organisation	Type of Assistance	Hours
PH: 1800 236 762		
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 (phone sessions) • General counselling support • Phone appointments available • Child Care 	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 zoom/phone/video • Supported playgroups have recommenced. Check website 	Monday to Friday 8am–4pm
Caretakers Cottage Bondi Junction Ph: 9389 0999	<ul style="list-style-type: none"> • Short Term Crisis Accommodation for 13-17-year old • 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 • (Operating hours subject to change due to Covidsafe restrictions). 	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.	<ul style="list-style-type: none"> • Family Advocacy and Support Services at Sydney Family Court • (No face to face due to Covidsafe restrictions, assistance via phone only). 	Hours: Mondays to Fridays 9:30am-1pm, 2-4pm Monday to Thursday: Tangee on Mobile: 0431 253289 Email: tangee@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. • (Closed due to Covidsafe restrictions, support available via phone) 	Mon, Wed & Fri – 9am to 5pm Tues and Thursday 10-6pm
Intensive Support Ph: 9144 1447 or 0422 914 420	<ul style="list-style-type: none"> • Mentor program for young people with a disability and/or mental health disorder 	Monday to Friday 9am to 5pm

Organisation	Type of Assistance	Hours
https://www.do.org.au/	<ul style="list-style-type: none"> • NDIS provider • <i>(Operating hours subject to change due to Covidsafe restrictions).</i> 	
Jewish House 17 Flood Street Bondi Ph: 9386 0770 Ph: 1300 544 357	<ul style="list-style-type: none"> • 24hr Crisis help line • Crisis Accommodation (paid service \$140 per week) • Case Management • <i>(No face to face due to Covidsafe restrictions, assistance via phone only)</i> 	Crisis line 24hrs 93860770 Office: Monday- Friday 9am-5pm
Kari Indigenous Social Support Service 1/128 Rothschild Ave Rosebery PH: 8782 0344	Provide the following Aboriginal social support: <ul style="list-style-type: none"> • Out-of-home Care • Carer Recruitment • Community & Capacity Building • Family Support • Advice & Referral . • Early Intervention . • Cultural Unit • Leaving Care Program • <i>(Please contact reception via phone for details of services available, either face to face or over the phone during the recent COVID-19 outbreak).</i> 	Monday to Friday 845am to 5pm
La Perouse Aboriginal Community Health Centre 1 Elaroo Avenue Phillip Bay Ph: 8347 4800	<ul style="list-style-type: none"> • Maternal, child and family health service 	Monday to Friday 9am to 5pm
Lou's Place 182 Victoria St, Potts Point Ph: 02 9358 4553	General Assistance <ul style="list-style-type: none"> • Over the phone case management • Support calls program • Take away Free Lunch only • Take away Toiletry care pack available • <i>(Open only for immediate crisis, all regular support and assistance via phone and Zoom only due to Covidsafe restrictions).</i> 	Mon, Wed, Thurs & Fri 8:30am-3:30pm and Tues 8:30am-2pm
ReachOut 02 8029 7777 https://au.reachout.com/	Web-based service providing information, tools and resources to help parents and carers support 12 to 18-year-olds in their family environment.	24 hours – online Office: Monday to Friday, 9 am to 5 pm

Organisation	Type of Assistance	Hours
	<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 	
Relationships Australia PH: 1300 364 277	<ul style="list-style-type: none"> Relationship support services for individuals, families and communities <i>(Service remains open, however operating via phone or video conference, please see website for more information).</i> 	Monday to Friday 9am to 5pm
South Eastern Community Connect <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 list shops primarily. Home delivery Service For people who have difficulty shopping due to physical or mental health conditions Children & families/adolescents: Community strengthening services continue to be provided either on-line or over the phone <ul style="list-style-type: none"> <i>(Centre is closed due to Covidsafe restrictions however services are continuing via distance).</i> 	Monday to Friday 9am-4:30pm Delivery days: Tuesday & Thursday
St Laurence House Kingsford PH: 9349 6438	13-18 years supported transitional accommodation <ul style="list-style-type: none"> <i>(Operating hours subject to change due to Covidsafe restrictions).</i> 	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. <i>(Operating hours subject to change due to Covidsafe restrictions).</i> 	

Organisation	Type of Assistance	Hours
The Crossing- Mission Australia Potts Point/Rushcutters Bay PH: 9357 1144	<ul style="list-style-type: none"> • Long-term intensive support for young people 16-25-year-olds at risk of homelessness or homeless • Outreach case management • (Referrals over phone only due to Covidsafe restrictions). 	Monday to Friday 9am to 5pm
The Salvation Army Oasis Transitional Accommodation Service Ph: 9380 6308	<ul style="list-style-type: none"> • Transitional Semi-Independent Program. • 16-24-year-olds at risk of homelessness or who are homeless are invited to refer. Call for over phone assessment. • Case management • Criteria must be engaged in Day program- Study or work 	Monday to Thursday 9am – 5pm Friday 9am-4pm

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 Centre is closed however open for all referrals over phone only. Providing Shopping, meals and Transport to medical appointments	<ul style="list-style-type: none"> • Shopping list service for seniors and community members with a disability (small cost) • Food (small cost) • Home Cuisine services (Meals on Wheels) meals delivered. (small cost) • Transport to medical appointments. 	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	<ul style="list-style-type: none"> • Food service available. Please call office by Friday the week prior, as the food is ordered Mondays for collection Wednesday. 	Monday to Friday 9:30 AM - 4:30 PM

	<ul style="list-style-type: none"> Additional assistance available via Peninsula Caring please call 9556 9550 <i>(Assistance available phone and drop-in).</i> 	<p>Wednesday- collect bread (possibly salad, fruit and vegetables) 10am-12pm</p> <p>Friday- Pop up pantry 12-2pm</p>
<p>Service NSW</p> <p>Ph: 13 77 88</p>	<ul style="list-style-type: none"> Emergency Food packages for individuals who are self-isolating. 2 weeks' worth of food and essentials. <u>Limited service will need to call to check eligibility.</u> 	7 days a week/24 hour
<p>South Eastern Community Connect</p> <ul style="list-style-type: none"> 21 Vernon Ave, 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 primarily list shopping. Home delivery service (Tues & Thurs) Service for those who have difficulty shopping due to physical or mental health conditions. <p>Children and families/adolescents</p> <ul style="list-style-type: none"> Community strengthening services continue to be provided either on-line or over the phone. Playgroups on hold <i>(Centres are closed until July 9th however services continuing via distance)</i> 	<p>Monday to Friday 9am-4:30pm</p> <p>Delivery days: Tuesday & Thursday</p>
<p>Sydney Multicultural & Community Services</p> <p>3 General Bridges Crescent Daceyville</p> <p>Ph: 9663 3922 www.sydneymcs.org.au</p>	<p>Aged Services</p> <p>Bilingual home care services available</p>	<p>By Appointment Only</p> <p>Monday to Friday 8:30am-5pm</p>

Emergency Accommodation & Tenancy Issues

Organisation	Type of Assistance	Hours
<p>Anglicare (Aged Care In home services)</p> <p>Ph: 9700 7714</p>	<ul style="list-style-type: none"> Support community care specific to need for people aged over 65. Priority to elderly people who are struggling. Referrals to other community care services 	Monday to Friday 7am- 7pm
<p>EATS – Eastern Area Tenancy Service</p> <p>Ph: 9386 9147</p>	<ul style="list-style-type: none"> Offers free advice, information and help to tenants who are having 	Monday to Friday 9.30am-1pm

	<p>problems with their landlords or real estate agents.</p> <ul style="list-style-type: none"> • (Appointments via phone or online only due to Covidsafe restriction). 	
<p>Link2home State-wide telephone service about homelessness</p> <p>Ph: 1800 152 152</p>	<ul style="list-style-type: none"> • Link2home is a state- wide telephone service for enquiries about homelessness in NSW • Accommodation is provided during Covid-19 period at 7 nights initially. • Referrals to refuges 	24 hours/ 7 days
<p>St Vincent de Paul</p> <p>Dolores Women’s Refuge Bondi Junction Ph: 9560 2656</p> <p>DVRE After Hours Ph: 0477 022 889</p>	<ul style="list-style-type: none"> • Crisis accommodation and case coordination for single women • 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. • After Hours support 	Monday to Friday 9am to 5pm
<p>Tenants Union of NSW Tenants Advice Line – 1800 251 101</p>	<ul style="list-style-type: none"> • Advocacy and advice for renters in every community. • Currently prioritising renters impacted by bushfire and covid 19 	Monday to Friday 10am-1pm & 2pm-5pm
<p>Greater Sydney Aboriginal Tenant Service (GSATS): Ph: 02 9833 3314 www.tenants.org.au</p>	<ul style="list-style-type: none"> • Assist and Advocates with phone, letter of support, Tribunal, mediation. • Housing appeals committee application, repairs, and Maintenance issues. • Available to Aboriginal renters in greater metropolitan Sydney. 	Monday- Friday 9am-5pm
<p>Wesley Sydney- Homelessness & Tenancy Intake number for all Homelessness and Tenant enquiries Ph: 1300 259 789</p>	<ul style="list-style-type: none"> • Assistance for persons at risk of homelessness and Tenancy. 	Monday to Friday 8am-4pm

Emergency Telephone Support

Organisation	Type of Assistance	Hours
<p>CAMHS Ph: 9382 4347 Child & Family East (0-12years) Ph: 9382 8213</p>	<ul style="list-style-type: none"> • Mental health support for children and adolescents (under 18years) 	Monday to Friday 8.30am to 5pm

Organisation	Type of Assistance	Hours
Child Protection Line Ph: 132 111	<ul style="list-style-type: none"> Report a child who has been abused, neglected or is at significant risk of harm 	24 hours/ 7days
Domestic Violence Line Ph: 1800 656 463	<ul style="list-style-type: none"> Assistance with AVO's Counselling on domestic violence Emergency Accommodation 	24 hours/ 7days
Immigration advice & rights centre Ph: 8234 0700	<ul style="list-style-type: none"> Immigration advice – helping vulnerable people navigate Australian immigration law 	Monday to Friday 9.30am to 5pm
EHeadspace Ph: 1800 650 890 Eheadsace.org.au	<ul style="list-style-type: none"> Free online telephone support and counselling for 12-25years 	Monday to Friday 9.00am to 1.00am
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 (Including Public Holidays)
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 and Financial Counselling. 	Monday to Friday 9:30am-4:30pm
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. 	24 hours/7 days

Organisation	Type of Assistance	Hours
Men's Referral Service 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. <i>(During Covid-19 may be longer wait times and limited calls to 20mins, see website for more information).</i> 	7 days 3pm to Midnight
Rape and Domestic Violence Services Australia NSW Rape Crisis Centre Ph: 1800 424 017 Sexual Assault Counselling Australia – Ph: 1800 211 028 Domestic Violence Impact Line Ph: 1800 943 539 LGBTIQ+ Violence Services Ph: 1800 497 212	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape or domestic or family violence 	24 hours/ 7days
Salvation Army Assessment Line Ph: 1300 371 288	<ul style="list-style-type: none"> Require Financial or Material assistance Eligibility requirements <i>(Phone contact only due to Covidsafe restrictions)</i> 	Monday to Friday 9am– 3.30pm
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 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 Suicide call back service is only available to people living in Australia- 15 years and over. (Video Chat 18 years and over)

Organisation	Type of Assistance	Hours
Victims Access Line Ph: 1800 633 063 Aboriginal Contact 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
Services Australia 180 22 66	<ul style="list-style-type: none"> • COVID -19 disaster payment 	Monday -Friday 8am-5pm Saturday & Sunday 9am-4pm
Multilingual Phone Service 131 202	<ul style="list-style-type: none"> • Use this line to talk with Bilingual Centrelink Service Officers 	Monday- Friday 8am-5pm
Crime Stoppers 1800 333 000 nsw.crimestoppers.com.au	<ul style="list-style-type: none"> • Community to report Crimes and Criminal Activity • Strictest of Confidence 	24hours, 7days
NSW Family Referral Service 1800 663 863 familyreferralservice.com.au		Monday- Friday 9am-5pm
Veterans & Family Counselling 1800 011 046 openarms.gov.au	<ul style="list-style-type: none"> • Counselling • Treatment programs and workshops 	24hours, 7days
Community Mental Health Services Acute & Extended Care Ph: 9382 3753	<ul style="list-style-type: none"> • Mental Health services 	Monday – Friday 9am-5pm
The National Alcohol & other Drug Hotline 1800 250 015 yourroom.health.nsw.gov.au	<ul style="list-style-type: none"> • Free and Confidential advice about alcohol and other drugs. 	24hours, 7days
Alcoholics Anonymous (AA) Coogee Admin: Ph: 9389 6333 Help Line Ph: 9387 7788 aa.org.au	<ul style="list-style-type: none"> • Online due to Covid Lockdown Tuesday 8.00-9.00pm 	24hour, 7days helpline
Family Drug Support 1300 368 1856 Fds.org.au	<ul style="list-style-type: none"> • Family drug support and updated information. 	24hours, 7days

Organisation	Type of Assistance	Hours
Gambling Help online 1800 858 858 gamblinghelponline.org.au	<ul style="list-style-type: none"> • Support for anyone affected by gambling. 	24hours, 7days