

JNC Crisis Directory

August 2022

JNC Community Hubs

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

Bondi Junction: 59 Newland Street, Bondi Junction (next to Clementson
Park) NSW 2022

Contact Us

9349 8200 | contact@jnc.org.au | www.jnc.org.au

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The JNC has worked 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 August 2022, 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 may change regularly, 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 2022

Our centres 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.

Face to Face – Check our website for information on when our Bondi Junction and Maroubra Centres are open to the community.

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
<p>Coronavirus Hotline Ph: 1800 020 080</p> <p>https://www.health.gov.au/contacts/national-coronavirus-helpline</p>	<ul style="list-style-type: none"> Hotline that anyone can call regarding Coronavirus 	<p>24 hours/7 days</p>
<p>Covid 19 Disability Hotline</p> <p>Ph: 1800 643 787</p>	<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. 	<p>Monday to Friday 8am to 8pm</p>
<p>Healthdirect Ph: 1800 022 222</p> <p>www.healthdirect.gov.au</p>	<ul style="list-style-type: none"> Hotline staffed by nurses who can provide guidance re Coronavirus symptoms 	<p>24 hours/7 days</p>
<p>Service NSW Ph: 13 77 88</p>	<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 	<p>24 hours/7 days</p>

Emergency Assistance & Community Support

Organisation	Type of Assistance	Hours
<p>Addison Rd Community Centre (Addi Road Food Pantry) 142 Addison Rd, Marrickville Ph: 9569 7633 Email: info@addiroad.org.au www.addiroad.org.au</p> <p>Camperdown 31 Pymont Bridge Rd Camperdown</p>	<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. • Food Relief hampers and Voucher • <u>Must follow NSW Public Health Orders</u> 	<p>Monday- Friday 9am-5pm Food Pantry Marrickville: Mon-Fri 12-4 pm</p> <p>Food Pantry Camperdown: Tue-Fri 12-4 pm</p>
<p>The People Pantry South Eastern Community Connect (SECC)</p> <p>Emily mob: 0415 783 558 SECC Hub-1007 Botany Rd Mascot</p> <p>Office ph: 8338 8506 M-F 9.30am-3.30pm</p>	<ul style="list-style-type: none"> • Drop in- (days and times provided) • Long-life and non-perishable Food. • Nappies & sanitary items 	<p>Wednesday 1-4pm Thursday 9.30am-3pm Friday 1-4pm</p>
<p>Our Community Pantry 18 Brisbane St Chifley</p> <p>ourcommunitypantrychifley@gmail.com</p>	<ul style="list-style-type: none"> • Free Food & grocery items • Take what you need and give what you can 	
<p>Asylum Seekers Centre (Services for asylum seeker clients only) 43 Bedford Street Newtown Ph: 9078 1900</p>	<ul style="list-style-type: none"> • Open to client, over phone for unvaccinated people. • Health support, for people no Medicare. • Financial assistance (limited) • Employment assistance, people who have work and study rights • Food Support- Free hot lunches Tuesday and Thursday. • Food Vouchers for dire circumstances. 	<p>Monday to Friday 9am to 4pm</p> <p>For Interpreter Ph: 131 450</p>
<p>BaptistCare Hope Street- Inner City 174 Cathedral Street Woolloomooloo</p> <p>Ph: 8061 1500</p>	<ul style="list-style-type: none"> • Case work • Advocacy • Counselling • Pastoral Support • Referral to other service providers 	<p>Monday-Friday 8am-6pm Community café Friday 9am-1pm Opportunity Shop Monday, Wednesday, and Friday 9am-1pm</p>

Organisation	Type of Assistance	Hours
<p>COA Fresh 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 and register.</p>	<ul style="list-style-type: none"> Free fresh fruit and Vegetables for qualified recipients. Weekly deliveries Call for other services 	<p>Monday to Thursday from 9am – 5pm Fridays from 9am - 2pm</p>
<p>Mobile Community Pantry St Pauls South Coogee (every second Thursday) 1 Gregory Street South Coogee Ph: 0407 891 306</p> <p><u>St Mark's Anglican Church (every Second Friday) Cnr Franklin St & Victoria Lane Malabar</u> <u>Ph: 9311 0309</u></p> <p>https://www.anglicare.org.au/mobile-community-pantry</p>	<ul style="list-style-type: none"> Van stocked- long life milk, pasta, rice, pasta sauce, cereal, canned goods, crackers, biscuits, 2 min noddles etc \$12 to fill bag (max: 2 bags \$24) 	<p>South Coogee– Every Second Thursday 3:30pm-4:30pm</p> <p>Malabar Every Second Friday 10am-11am</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"> Support and advocacy Social, educational, and cultural programs Free internet access and office facilities and more 	<p>Waterloo- Monday to Thursday 9:15am to 4.15pm Alexandria- Monday to Thursday 9:15am to 4.15pm Friday 9.15am-12pm</p>
<p>Exodus Foundation 180 Liverpool Street Ashfield Ph: 8752 4600</p>	<ul style="list-style-type: none"> Free meals Counselling Healthcare opens every day. Call ph: 8752 4602 to make appointment. Check website for locations 	<p>7 days a week Meals: Breakfast: 9am- 9:45am Lunch: 11:30am- 12:45pm Dinner: 7:30pm- 8:30pm</p>
<p>Glebe Assistance Partnership Program (GAPP) 138a Glebe Point Rd Glebe (Beside Church, opposite Commonwealth Bank) Ph: 9552 4164 http://glebechurch.org.au/</p> <p>Residence in local area only</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 Social support over the phone 	<p>Food Parcel collection – Monday 10am-1pm Wednesday 10am-12.30pm</p>
<p>Jesus Cares Van Ph: 0444 558 352 https://www.jesuscares.com.au/</p>	<p>Food Van Ministry Times and Locations:</p> <ul style="list-style-type: none"> Friday / Saturday night: 7.45 pm Martin Place, Philip St. CBD / 9pm Belmore Park, Eddy Ave. 	<p>Opening hours</p> <p>Tuesday, Wednesday & Thursday 9am-6pm</p>

Organisation	Type of Assistance	Hours
	<ul style="list-style-type: none"> Thursday breakfast: 8.30 am Belmore Park, Eddy Ave 	Friday & Saturday 9am-10.30pm
<p>Kingsford Legal Centre</p> <p>Ph: 9385 9566 Email to: legal@unsw.edu.au</p> <p>Currently no face-to-face appointments, this is subject to change. Please contact for confirmation.</p>	<ul style="list-style-type: none"> Aboriginal Access Program Community Legal Education Complaints Discrimination law Employment Law Employment rights Legal service Healthy- Justice Partnership at Prince of Wale Hospital Sexual Harassment legal Service 	<p>Monday to Friday 9am-1pm & 2pm-5pm</p> <p>Advice Night: From 6pm Tuesday Wednesday & Thursday</p>
<p>Kooloora 167 Bilga Crescent Malabar</p> <p>Ph: 9661 9160</p> <p>Call to register For Food Program</p>	<ul style="list-style-type: none"> EAPA vouchers – Tuesdays 9.30am-3.30pm only. Call for details Food parcels Fresh Fruit, Vegetable and Baked Bread. \$15.00 See website for additional services 	<p>Monday 9am-5pm Tuesday, Wednesday Thursday & Friday 9am-4pm</p>
<p>Lou's Place 67 Renwick St Redfern</p> <p>Ph: 02 9358 4553 Women Only</p>	<ul style="list-style-type: none"> Meals, Shower, laundry, emergency clothing, and toiletries, Case management and other services Activities and therapeutic classes. 	<p>Monday, Wednesday, Thursday & Friday 8.30am-3.30pm</p> <p>Tuesday 8.30am-2pm</p> <p>Breakfast 8.30am Lunch 12.30pm</p>
<p>Mission Australia 31 Roslyn St Rushcutters Bay/Kings Cross</p> <p>Ph: 02 9357 1144</p>	<ul style="list-style-type: none"> Emergency relief for certain areas. If you live outside these suburbs, they can offer other options. 	Monday-Friday 9am-5pm
<p>Mission Beat (Mission Australia)</p> <p>Free Call: 1800 306 461</p>	<ul style="list-style-type: none"> Emergency service for Sydney's homeless community 	<p>7days 7am-10.30pm Closed Public holidays</p>

Organisation	Type of Assistance	Hours
<p>Newtown Neighbourhood Centre 1 Bedford Street Newtown</p> <p>Ph: (02) 9564 7333</p>	<ul style="list-style-type: none"> • Boarding House • Homeless outreach • Aged Care Support • Families support • Additional services 	<p>Main office Monday-Friday 9.30am-4pm</p>
<p>No Interest Loan Scheme (NILS)</p> <p>Service.nsw.gov.au/transaction/no-interest-loans-scheme-nils</p>	<ul style="list-style-type: none"> • The No Interest Loan Scheme (NILS) helps low-income households. 	<p>Go to Website for closest provider.</p>
<p>One Meal Makes a Difference</p> <p>https://www.onemeal.org.au/</p> <p>mob: 0413 873 880</p>	<ul style="list-style-type: none"> • Free Meals • Check website for other times/locations 	<p><u>Darlinghurst</u> 301 Victoria St, Darlinghurst Weekly on Saturdays and Sundays From 6:15pm – 7pm</p> <p><u>Surry Hills</u> Belvoir St Surry Hills Weekly Saturday 7.15pm-8pm</p>
<p>OzHarvest Market 95 Wellington St, Waterloo.</p> <p>https://www.ozharvest.org/ozharvest-market-waterloo/</p> <p>Ph: 1800 108 006</p>	<ul style="list-style-type: none"> • For individuals who need food relief. • During Covid lockdown they provide food hampers. 	<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>	<ul style="list-style-type: none"> • Aids those experiencing financial hardship • Clients can attend Sydney Help Hub events around Sydney to collect goods or make a request for needed items. 	<p>See website or call for information on Help Hub events and programs.</p>
<p>Red Cross Australia</p> <p>www.redcross.org.au</p> <p>Ph: 1800 733 276</p> <p>E: contactus@redcross.org.au</p>	<ul style="list-style-type: none"> • Emergency relief • Community services • Migration support • Place-based approach, First Nations people 	<p>Monday to Friday 9am-5pm</p>

Organisation	Type of Assistance	Hours
<p>Rough Edges Café / St Johns Anglican Church</p> <p>120 Darlinghurst Rd Darlinghurst</p> <p>Ph: 9360 6844</p>	<ul style="list-style-type: none"> Lunch Wednesday-Friday 12-2pm Dinner 7.30-8.30pm Sunday-Friday 	<p>Monday to Friday 8am to 5pm</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"> Assistance available via Peninsula Caring please call 9556 9550 – Balmain, Rozelle, Lilyfield, Leichhardt and surrounds. 	<p>Monday to Friday 9:30 AM - 4:30 PM</p>
<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"> People experiencing hardship can access financial and material assistance. Other services and supports Telephone support 	<p>Monday -Friday 1pm-3.30pm</p>
<p>St Vincent's – Sydney Night Patrol</p> <p>Tel: (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"> Providing meals, blankets, toiletries- see website for details. 	<p><u>Eddie Ward Park</u> – Belvoir Street side, Surry Hills: 7:30pm – 8:15pm and 9:45pm – 10:30pm</p> <p><u>Martin Place</u> – Phillip Street, Sydney: 8:30pm – 9:30pm</p> <p><u>Belmore Park</u> – Eddie Ave, Haymarket: 10:45pm – 11:30pm</p>
<p>The Salvation Army Assistance Line</p> <p>Ph: 1300 371 288 for an assessment</p>	<ul style="list-style-type: none"> Financial or material assistance 	<p>Monday to Friday 9am-3.30pm</p>
<p>The Salvation Army Maroubra</p> <p>100 Boyce Road Maroubra</p> <p>Ph: 9314 2166</p> <p>Pathways Program</p> <p>Ph: 0408 798 172</p>	<ul style="list-style-type: none"> Due to covid locations operating differently. 	<p>Please call for opening hours and services</p>

Organisation	Type of Assistance	Hours
<p>The Salvation Army Street Level Café 339 Crown Street (enter from Derby Lane off Albion) Surry Hills</p> <p>Ph: 9360 1321</p>	<p>Surry Hills</p> <ul style="list-style-type: none"> • Breakfast 9.45am-10.30am • 2 course lunch \$2.00 12.00pm-1.30pm <p>Waterloo Café- Cnr Philip & Cope Street Waterloo ph: 9698 3586</p> <ul style="list-style-type: none"> • Monday -Wednesday 9.45am-2pm 	<p>Surry Hills Monday to Friday 9.45am-1.30pm</p>
<p>The Station</p> <p>82 Erskine Street Sydney NSW 2000</p> <p>Ph: 9299 2252</p>	<ul style="list-style-type: none"> • Breakfast and lunch • Shower/laundry from 7:30-12pm (M-F) 7.30am-10.30am (Weekends) 	<p>7 days per week Breakfast daily – 7:30-9am Lunch daily at 12pm-12:30pm</p>
<p>Wayside Chapel, Bondi Beach 95 Roscoe Sy Bondi Beach</p> <p>Community Service Centre 77 Roscoe Street Bondi Beach</p> <p>Ph: 9581 9193</p> <p>Wayside Chapel Kings Cross 29 Hughes Street Potts Point</p> <p>Ph 9581 9100</p>	<ul style="list-style-type: none"> • Community services • Outreach • Various services please call for more information 	<p>Monday-Friday 9am-3pm</p>
<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/</p>	<ul style="list-style-type: none"> • Advice over phone • Legal advice Centrelink and social security matters. 	<p>Monday and Wednesday: 9:30 am - 12:30 pm</p> <p>Or advice anytime via website</p>
<p>Will2Live Food Trucks</p> <p>0449 924 221</p> <p>https://www.will2live.org.au/programs/</p>	<ul style="list-style-type: none"> • Food, tea/coffee & essentials provide at various locations 	<p>Weekends 6.45pm-470 Pitt St Haymarket. Weekend 10am- Cnr Fig & Wattle St Glebe Saturday 12pm- TJ Hickey Park Waterloo Tuesday 6pm- Crn Catherine St & Lilyfield, Lilyfield</p>
<p>Metro Assist Head Office – Level 2, 59-63 Evaline St Campsie</p> <p>Ph: 9789 3744</p>	<ul style="list-style-type: none"> • Family service • Settlement Services • Tenancy advice • Financial (NILS) • Employment support • Dress for work 	<p>Monday-Friday 9am-5pm</p>
<p>B Miles Women Foundation Edgecliff https://www.bmiles.org.au/ PH: 1800 274 984</p>	<p>Supports women -Mental illness and risk of homelessness or homelessness, see website for more information & supports</p>	<p>Intake hotline 9am-4.30pm Monday to Friday</p>

Organisation	Type of Assistance	Hours
Our Big Kitchen 36 Flood St Bondi Ph: 8084 2729	<ul style="list-style-type: none"> Meals provided, please contact Kitchen before attending to ensure meals are available. 	Monday- Friday 8am-4pm
Surry Hills Community Connect Ula mob: 0438 494 189 Add: Northcott Community Centre – 48A Belvoir St Surry Hills	<ul style="list-style-type: none"> Frozen meals -Wednesday 12-1pm Oz Harvest fruit and vegetable on Thursday, confirm times. For social housing tenants living in Surry Hills. Collect from Northcott Community Centre 48A Belvoir St Surry Hills 	Monday-Friday 9-4pm contact office by phone
Hillsong CityCare Emergency Relief Unit 20, 198-222 Young St Waterloo Ph: 9775 3754	<ul style="list-style-type: none"> Free Emergency food relief for individuals and families 	Monday - 9.30am-1.30pm- Wednesday - 10.30am-2.30pm Friday - 9.30am-1.30pm

Family & Youth Support

Organisation	Type of Assistance	Hours
Barnardos- Family Connect and Support Ph: 1800 066 757 Corner Bay Street and Smail Street Ultimo E: familyconnectandsupport@barnardos.org.au u	<ul style="list-style-type: none"> • Parenting challenges and Family breakdown • Financial stress • Substance use, Housing issues, mental health, domestic violence and more 	Monday to Friday 8.30-5.30pm
Youth off The Streets Food Van Ph: 9330 3500 https://youthoffthestreets.com.au/about/contact-us/	<ul style="list-style-type: none"> • Food van every night between Darlinghurst and Green Park • Street walk- information and referrals to services 	9am-5pm
Benevolent Society Hurstville www.benevolent.org.au PH: 1800 236 762	<ul style="list-style-type: none"> • Support for young people and families 	Monday to Friday 9am-5pm
Kartiane Careline 1300 CARING (1300 227 464) or (02) 9794 2350 Karitane Randwick Parenting Centre 146 Avoca Street, Randwick NSW 2031 Ph: 9399 6999	Children birth to 5 years <ul style="list-style-type: none"> • Your feelings and adjustment to parent • Sleep and settling • Feeding • Playing and connecting with your baby and more 	Karitane Careline Monday to Thursday 8am-9pm Friday 8am-4.30pm Saturday 9am-3.30pm Randwick Monday-Friday 8.30am-5pm
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"> • Family Support Services • Occasional Child Care 	Monday to Friday 8:30am-5:30pm
Botany Family & Children's Centre 13 Banksia Street Botany Ph: 9666 5047 (office) http://www.bfcc.org.au/	<ul style="list-style-type: none"> • Parenting support • Playgroups • Transition to school • Family support 	Monday to Friday 8am-4pm
Caretakers Cottage 96 Bondi Road, Bondi Junction Ph: 9389 0999	<ul style="list-style-type: none"> • Crisis Accommodation for young people 13-17 years old. • Casework, referrals, outreach and more. 	Monday to Friday 9am-5pm
CatholicCare Careline: 13 18 19	<ul style="list-style-type: none"> • Children and Youth Services • Supporting Young Mum and Pregnancy/Parenting • Adoption & foster care • Counselling and Crisis Care • Disability services and more 	Monday to Friday 8am-6pm

Organisation	Type of Assistance	Hours
Family Advocacy and Support Services (FASS) Legal Aid Early Intervention unit: 1800 551 589	<ul style="list-style-type: none"> Support and legal advice Non-legal issues: Men: 1300 003 277 Women: 1800 113 277 	Mondays to Fridays
Intensive Support Ph: 9144 1447 or 0422 914 420 https://www.do.org.au/	<ul style="list-style-type: none"> Mentor program, see website for more NDIS provider 	
Kari Indigenous Social Support Service 1/128 Rothschild Ave Rosebery https://www.kari.org.au/ PH: 8782 0344	<ul style="list-style-type: none"> Community programs Family Support Case management, Financial, housing, employment supports Permanency Support Program Carer Recruitment, see website for more information 	Monday to Friday 8.45am to 5pm
La Perouse Aboriginal Community Health Centre 1 Elaroo Avenue Phillip Bay/La Perouse Ph: 8347 4800	<ul style="list-style-type: none"> Maternal, child and family health service 	Monday to Friday 9am to 5pm
ReachOut PH: 8029 7777 https://au.reachout.com/	<ul style="list-style-type: none"> Online mental Health services For young people and their carers 	24 hours – online Office: Monday to Friday, 9am to 5pm
Relationships Australia PH: 1300 364 277	<ul style="list-style-type: none"> Relationship support services for individuals, families, and communities 	Monday to Friday 9am to 5pm
South Eastern Community Connect <ul style="list-style-type: none"> Head office- 21 Vernon Ave Eastlakes Community Hub-1007 Botany Road, Mascot PH: 8338 8506 (Eastlakes) 7903 0607 (Mascot)	Children & families/adolescents: <ul style="list-style-type: none"> OSHC program Parent & Carer workshops Toy Library Family support Supported playgroup 	Eastlakes- Monday to Friday 9.30am-4pm Mascot- Monday-Thursday 9.30am to 3pm Friday 9.30am-2.30pm
Legal Aid Youth Hotline Ph: 1800 10 18 10	<ul style="list-style-type: none"> Free for under 18years who needs legal advice. Represent cases in Children court. 	Open midnight during week and 24 hours over weekend.

Organisation	Type of Assistance	Hours
<p>The Shopfront Youth Legal Centre 356 Victoria Street Darlinghurst</p> <p>Ph: 9322 4808</p> <p>www.theshopfront.org</p>	<ul style="list-style-type: none"> Free legal advice for homeless and disadvantaged young people aged 25 and under. 	<p>Office hours Monday to Friday 9.00am-5.30pm Closed Public Holidays</p>

Aged Services

Organisation	Type of Assistance	Hours
Randwick Meals on Meals Address: Shop 1, 523 Bunnerong Road, MATRAVILLE, NSW, 2036 Ph: 9661 3781 https://randwickmealsonwheels.com.au/	<ul style="list-style-type: none"> The meals are delivered to persons, who are frail and elderly, have a disability, or a carer. Delivery meals from Monday to Friday 10am-11.30pm Covers Randwick LGA areas 	Opening Hours: 7am - 1:30pm
Meals on Wheels NSW General enquiries: 1300 679 669	<ul style="list-style-type: none"> The meals are delivered to persons, who are frail and elderly, have a disability, or a carer. 	Monday-Friday 7.30am-4pm
Anglicare Ph: 1300 111 278	<ul style="list-style-type: none"> Home care Retirement living Residential 	Monday to Friday 8am-6.30pm
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"> Social Activities Dementia support Wellbeing classes Home connect Home shopping- ph:9302 3605 Meals-Ph: 9327 2361 Community Transport - Ph:93023605 	Monday to Friday 9am to 5pm
National Covid -19 Older Persons Information Line PH: 1800 171 866	<ul style="list-style-type: none"> Information and Support to Senior Australians 	Monday to Friday 8:30am-6pm
South Eastern Community Connect SECC Head Office- 21 Vernon Ave, Eastlakes Ph: 8338 8506 (Eastlakes) 1007 Botany Road, Mascot Ph:7903 0607 (Mascot)	Seniors Services <ul style="list-style-type: none"> Community transport Dementia support Flexible Respite & Social support Home care Food and shopping 	<u>Eastlakes</u> Monday to Friday 9am-4:30pm <u>Mascot</u> Monday-Thursday 9.30am-3pm Friday 9.30am-2.30pm
Sydney Multicultural & Community Services 3 General Bridges Crescent Daceyville Ph: 9663 3922 www.sydneymcs.org.au	<ul style="list-style-type: none"> Aged Services for people CALD backgrounds. See Website 	Monday to Friday 9am-5pm
Aged Care Psychiatry Team Prince of Wales Hospitals Ph: 9382 3753, 1800 011 511 (after hours crisis)	<ul style="list-style-type: none"> Mental Health services people over 65years 	Monday – Friday 8.30am-5pm

Emergency Accommodation & Tenancy Issues

Organisation	Type of Assistance	Hours
EATS – Eastern Area Tenancy Service Ph: 9386 9147	<ul style="list-style-type: none"> Free advice and information to tenants having problems with their landlords /real estate agents. 	Monday to Friday 9.30am-1pm
Link2home Ph: 1800 152 152	<ul style="list-style-type: none"> State-wide telephone and referral service for people experiencing or risk homelessness 	24 hours/ 7 days
Bayside Women’s Shelter Ph: 9341 7725 info@baysidewomensshelter.org baysidewomensshelter.org	<ul style="list-style-type: none"> Crisis Accommodation for women and Children Experiencing homelessness and/or Domestic and family violence 	Currently Open
St Vincent de Paul Dolores Women’s Refuge Bondi Junction Ph: 9560 2656	<ul style="list-style-type: none"> Crisis accommodation and case coordination for Unaccompanied 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.” 	Monday to Friday 9am to 5pm
The Salvation Army Oasis Youth Support Network Ph: 9331 2266 Transitional accommodation Ph: 9380 6308	<ul style="list-style-type: none"> Crisis accommodation 16-21years Transitional accommodation 16-24 years. Intention to train, work or engage in education. 	Monday to Thursday 9am – 5pm Friday 9am-4pm After Hours 9331 2266 Crisis accommodation
DCJ Housing Maroubra Office Level 7/832 Anzac Pde Maroubra ph: 9314 4056	<ul style="list-style-type: none"> Assistance with Housing 	Monday to Friday: 9.00am-5.00pm
Matthew Talbot Hostel 22 Talbot Lane Woolloomooloo Ph: 9358 8102 Ph: 9357 1533	<ul style="list-style-type: none"> Temporary accommodation, supports and meals Support for Men over age 21 experiencing or in risk of homelessness. 	7days 7am-4.30pm
Tenants Union of NSW Tenants Advice Line – 1800 251 101	<ul style="list-style-type: none"> Advice for renters. 	Monday 10am-1pm Thursday 2pm-5pm

<p>Rental Arrears Haymarket Foundation – Sydney Homeless Early Intervention Scheme (SHEIS) 137-139 Regent Street Chippendale, NSW 2008 https://www.haymarket.org.au/get-help/sheis/ Free call: 1300 029 202</p>	<ul style="list-style-type: none"> • Assistance to single clients aged over 18 years who requiring help in maintaining Tenancies. 	<p>Monday to Friday 8am to 4pm</p>
<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. 	<p>Monday- Friday 9am-5pm</p>
<p>St Laurence House Kingsford PH: 9349 6438</p>	<p>13-18 years supported transitional accommodation</p> <ul style="list-style-type: none"> • 	<p>24 hours/7days</p>
<p>St Vincent de Paul Killara Women’s Refuge PH: 9560 2656</p>	<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. 	
<p>The Crossing- Mission Australia 31 Roslyn St Kings Cross PH: 9357 1144</p>	<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 	<p>Monday to Friday 9am to 5pm</p>
<p>Wesley Homelessness Services and Wesley Tenancy Assist Ph: 1300 259 789</p>	<ul style="list-style-type: none"> • Assistance for persons experiencing or risk of homelessness or Tenancy. 	

Emergency Telephone Support

Organisation	Type of Assistance	Hours
Centrelink 136 240 <ul style="list-style-type: none"> • Employment services PH: 132 850 • Family Assistance Line PH: 136 150 • Youth Allowance Line: PH: 132 490 • Disabilities, Sickness and Carers Line PH: 132 717 	<ul style="list-style-type: none"> • Information about payments and services. 	Monday to Friday 8am-5pm
Service NSW Ph: 13 77 88	<ul style="list-style-type: none"> • Covid 19 Support 	Monday - Friday 7am-7pm Weekend & Public Holidays 9am-5pm
CAMHS Ph: 9382 4347 Child & Family East (0-12years) Ph: 9382 8213	<ul style="list-style-type: none"> • Mental health support for children and adolescents (under 18years) 	Monday to Friday 8.30am to 5pm
Child Protection Helpline Ph: 132 111	<ul style="list-style-type: none"> • Report a child at risk 	24 hours/ 7days
Parentline Ph: 1300 130 052	<ul style="list-style-type: none"> • Free counselling service- information and support services for Children 0-18 	Office hours: Monday to Friday 9am-9pm Weekends 4pm-9pm
Beyond Blue 1300 22 46 36 beyondblue.org.au	<ul style="list-style-type: none"> • Supporting the mental health of others 	24hours/7 days
Flourish- Maroubra Ph: 9393 9602 General enquiries: 1300 779 270 NDIS enquiries: 1300 356 874	<ul style="list-style-type: none"> • Mental Health Service 	Monday-Friday 9am – 5pm
Domestic Violence Line Ph: 1800 656 463	<ul style="list-style-type: none"> • Assistance with AVO's • Counselling on domestic violence • Emergency Accommodation • See website for all supports 	24 hours/ 7days
National Indigenous Critical Response Service Free call: 1800 805 801 Mob: 0499 333 132	<ul style="list-style-type: none"> • Support after Suicide Service 	24 hours/ 7days

Organisation	Type of Assistance	Hours
Immigration advice & rights centre Ph: 8234 0700	<ul style="list-style-type: none"> Immigration advice 	Monday 9am to 5.30pm Tuesday to Friday 9am to 5pm
Inner City Legal Centre Kings Cross Library 50-52 Darlinghurst Rd Kings Cross PH: 0446 724 979 Toll Free 1800 244 481	<ul style="list-style-type: none"> Free legal advice to people who live- Inner city, Eastern & Northern Suburbs of Sydney. See website for more information 	Make appointment ph: 9332 1966 10am-6pm. Email: iclc@iclc.org.au If Eligible 30min appointments 6-7.30pm Tuesday & Wednesday
Legal Aid Head office, 323 Castlereagh St Sydney PH: 9219 5000	<ul style="list-style-type: none"> Legal help for disadvantage people. 	Monday-Friday 9am-5pm
EHeadspace Ph: 1800 650 890 Eheadspace.org.au	<ul style="list-style-type: none"> Free online telephone (normal charges do apply when calling on mobile phone. Can ask to be called back) support and counselling for 12-25years 	7 days a week 9.00am to 1.00am
Headspace Camperdown Ph: 9114 4100	<ul style="list-style-type: none"> 12-25 years mental Health Service. 	Monday – Friday 8.30am-5.30pm
Headspace Bondi Junction Ph: 9366 8800	<ul style="list-style-type: none"> 12-25 years mental Health Service. 	Monday & Wednesday 8.30am-8.00pm Tuesday, Thursday & Friday 8.30am-6pm Service hours may vary.
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
NSW Courts General Line PH: 1300 679 272		Monday to Friday 8.30am-4.30pm
Law Access Ph: 1300 888 529 Lawaccess.nsw.gov.au	<ul style="list-style-type: none"> Free assistance with legal information and referral 	Monday to Friday 9am to 5pm
Lifeline Ph: 131 114	<ul style="list-style-type: none"> Crisis support 	24 hours/ 7days
Mensline Ph: 1300 789 978	<ul style="list-style-type: none"> Counselling service support services men 	24 hours/ 7days
Jewish House Ph: 1300 544 357	<ul style="list-style-type: none"> Crisis Line 	24 hours/ 7days

Organisation	Type of Assistance	Hours
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 Service Ph: 8002 1203	<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
Energy and Water Ombudsman NSW PH: 1800 246 545	<ul style="list-style-type: none"> Help resolve issues - electricity, gas & water. 	Monday to Friday 9am-5pm (excluding public holidays)
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"> Counselling for people who have experienced sexual assault and/or DFV. 	24 hours/7 days
Disability Gateway Ph: 1800 643 787	<ul style="list-style-type: none"> Helps people with Disabilities, their families, and carers with information and services. Including Covid 19 information. 	Monday to Friday 8am-8pm
Men's Referral Service Ph: 1300 766 491.	<ul style="list-style-type: none"> Men's Referral Service- Counselling service for: Violence towards partner & family. Information on 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. 	7 days 3pm to Midnight
Rape and Domestic Violence Services Australia NSW Sexual Violence Helpline Ph: 1800 424 017 Sexual Abuse and Redress Support Service – Ph: 1800 211 028 Sexual, Domestic and Family Violence Helpline Ph: 1800 943 539	<ul style="list-style-type: none"> Counselling for victims of sexual assault, rape or domestic or family violence 	24 hours/ 7days

Organisation	Type of Assistance	Hours
Rainbow Sexual, Domestic and Family violence helpline Ph: 1800 497 212		
Salvation Army Assessment Line Ph: 1300 371 288	<ul style="list-style-type: none"> Require Financial or Material assistance 	Monday to Friday 9am– 3.30pm
St Vincent de Paul Seeking assistance 13 18 12 General enquiries ph: 9568 0262 Homeless enquires Ph: 9560 2656	<ul style="list-style-type: none"> Assist people in need. 	
Telephone Interpreting service Ph: 131 450	<ul style="list-style-type: none"> Provide access to interpreting services 	24 hours/7days
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)
Victims Access Line Ph: 1800 633 063 Aboriginal Contact Line Ph: 1800 019 123	<ul style="list-style-type: none"> Single entry point for victims of crime in NSW to access services Interpreter support Ph: 131 450 	Monday to Friday 9am–5pm
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 	24hours, 7days
Family Referral Service 1800 737 732	<ul style="list-style-type: none"> Provided support to Families Link to appropriate support services in their local area. 	24hours, 7days

Organisation	Type of Assistance	Hours
Veterans & Family Counselling 1800 011 046 openarms.gov.au	<ul style="list-style-type: none"> • Counselling • Treatment programs and workshops 	24hours, 7days
The Ozanam Learning Centre Level 3, 99 Forbes St Woolloomooloo Ph: 9358 8170	<ul style="list-style-type: none"> • Creative activities • Relaxation and well being • Education • Help with accessing IT • Fitness & Recovery activities and more 	Monday- Friday 8.45am-4pm
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) Bondi Admin: Ph: 9389 6333 Help Line Ph: 9387 7788 AA Australia 1300 222 222 aa.org.au	<ul style="list-style-type: none"> • Helpline 	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
Wesley Financial & Gambling Counselling Services Head office 220 Pitt Street Sydney NSW 2000 Ph: 1300 827 638	<ul style="list-style-type: none"> • Free Independent and Confidential Counselling • Various Outreach locations available 	Enquiries Monday to Friday 9am-5pm
Gambling Help online 1800 858 858 gamblinghelponline.org.au	<ul style="list-style-type: none"> • Support for anyone affected by gambling. 	24hours, 7days



JNC Community Hubs

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

Bondi Junction: 59 Newland Street, Bondi Junction (next to Clementson
Park) NSW 2022

Contact Us

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