Community Info Hub
VolunteeringACT

Updated Services & Programs Info Guide (due to COVID-19)

This guide has been prepared by VolunteeringACT. Our Community Info Hub services are accessible via phone and email.
Info Line 02 6248 7988 (9am-5pm, Monday-Friday)
Email info@volunteeringact.org.au
Visit www.communityinfohub.org.au to find more community services in the Canberra Region.
** Please note that during the COVID-19 pandemic all services are subject to change with late notice.
** All information in this document is current as of Friday 27th *March 2020*. This guide will be updated weekly to reflect changes in services.

Free Meals, Laundry & Showers

Free Meals

Monday

7:30am-8:30am **Take-Away Breakfast**. **Early Morning Centre, City Uniting Church**, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. Take-away hot drinks served during Community Hub Hours.

10:30am-1pm **Take-Away Lunch**, **St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.

11am-12:30pm **Take-Away Meal**, **Blue Door Drop-in Centre**, Ainslie Village, Quick St, Campbell. No Drop-in service available.

4:30pm-5:40pm **Take-Away Dinner**, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Australian Red Cross.

Tuesday

7:30am-8:30am **Take-Away Breakfast**. **Early Morning Centre**, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. Take-away hot drinks served during Community Hub Hours.

10:30am-1pm **Take-Away Lunch**, **St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.

11am-12:30pm **Take-Away Meal**, **Blue Door Drop-in Centre**, Ainslie Village, Quick St, Campbell. No Drop-in service available.

4:30pm-5:40pm **Take-Away Dinner**, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Australian Red Cross.

Wednesday

7:30am-8:30am **Take-Away Breakfast**. **Early Morning Centre**, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. **Take-away hot drinks** served during Community Hub Hours.

10:30am-1pm **Take-Away Lunch**, **St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.
11am-12:30pm **Take-Away Meal**, **Blue Door Drop-in Centre**, Ainslie Village, Quick St, Campbell. No Drop-in service available.
4:30pm-5:40pm **Take-Away Dinner**, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Hare Krishna Food for Life Program Canberra.

Thursday

7:30am-8:30am **Take-Away Breakfast**. **Early Morning Centre**, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. Take-away hot drinks served during Community Hub Hours.
11am-12:30pm **Take-Away Meal**, **Blue Door Drop-in Centre**, Ainslie Village, Quick St, Campbell. No Drop-in service available.
4:30pm-5:40pm **Take-Away Dinner**, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Australian Red Cross.

Friday

7:30am-8:30am **Take-Away Breakfast**. **Early Morning Centre**, City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. **Take-away hot drinks** served during Community Hub Hours.
10:30am-1pm **Take-Away Lunch**, **St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.
11am-12:30pm **Take-Away Meal**, **Blue Door Drop-in Centre**, Ainslie Village, Quick St, Campbell. No Drop-in service available.
12pm-3pm **Take-Away Lunch**, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Stasia's Soup Kitchen. Hours subject to change.

Saturday

4:30pm-5:40pm **Take-Away Dinner**, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Hare Krishna Food for Life Program Canberra.

Sunday

10:30am-1pm **Take-Away Lunch**, **St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.
4:30pm-5:40pm **Take-Away Dinner**, **Griffin Centre**, Meeting room 1, Genge St, City. Provided by Australian Red Cross.

Free Meals – Youth (12-25 years only)

Thursday

9:30am-2pm **Food-Hub service**, **YWCA-Mura Lanyon Youth Centre**, Sidney Nolan St, Condor.

Free Mobile Laundry – Orange Sky 0408 760 536

**** Please note that Orange Sky updates it's services regularly, including when services are cancelled. Where possible, we recommend checking: www.orangesky.org.au/locations ****
Wednesday 10:30am-1:30pm **St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.
Thursday 4pm-6pm **Red Cross Roadhouse**, Griffin Centre, Narellan St, City.

First Friday of each month 11am-1:30pm **St John's Care**, 45 Constitution Avenue, Reid.
First & third Friday of the month 4:30pm-6:30pm **Aboriginal Tent Embassy**, King George Terrace, Parkes.
Saturday 2pm-4pm **Holy Cross Tuckerbox**, 202 Anthill St, Hackett.
Sunday 10:30am-12:30pm **St Benedict's Community Day Centre**, 284 Crawford St, Queanbeyan.
Every other Sunday 4pm-6pm **Red Cross Roadhouse**, Griffin Centre, Narellan St, City.

Free Showers

Monday-Friday 9am-1:30pm **The Early Morning Centre**, 69 Northbourne Ave, City. Ph: 6247 5041.
Only one person allowed in the building at a time.
Free showers are also available at the **Orange Sky Free Mobile Laundry**.

St Vincent de Paul Night Patrol Van

Vinnies offers a mobile outreach service, offering refreshments and friendly faces to people on the streets.
Night Patrol will be operating as usual, however will be at the normal stops shorter than usual (15 minutes as opposed to 30-45minutes).
Normal Schedule:

1) Van 1

Mondays: Cube area in Civic approx. 7.30pm, **City Walk in Garema Place** approx. 8.00pm
Tuesdays: Cube area in Civic approx. 7.30pm, **City Walk in Garema Place** approx. 8.20pm
Wednesdays: Cube area in Civic approx. 7.30pm, **City Walk in Garema Place** approx. 8.00pm
Thursdays: Dickson Library, Dickson Pl approx. 7.00pm, **City Walk in Garema Place** approx. 8.00pm
Fridays: Dickson Library, Dickson Pl approx. 8.00pm, **City Walk in Garema Place** approx. 9.00pm
Saturdays: Cube area in Civic approx. 8.00pm, **Dickson Library**, Dickson Pl approx. 8.45pm, **City Walk in Garema Place** approx. 9.30pm
Sundays: Cube area in Civic approx. 7.30pm, **City Walk in Garema Place** approx. 8.00pm

2) Van 2

Mondays: Dickson Library, Dickson Pl approx. 7.30pm
Tuesdays: Dickson Library, Dickson Pl approx. 7.00pm, **Havelock House**, 85 Northbourne Ave approx 7.40pm
Wednesdays: Queanbeyan Visitors Information Centre, Farrer Pl approx. 7.30pm, **Corner of Bradley & Neptune St** Woden approx. 8.15pm
Thursdays: Queanbeyan Visitors Information Centre, Farrer Pl approx. 7.30pm, **Corner of Bradley & Neptune St** Woden at approx. 8.15pm
Fridays: Queanbeyan Visitors Information Centre, Farrer Pl approx. 7.30pm, **Corner of Bradley & Neptune St** Woden approx. 8.15pm
Saturdays: Queanbeyan Visitors Information Centre, Farrer Pl approx. 7.30pm, **Corner of Bradley & Neptune St** Woden approx. 8.15pm
Sundays: Dickson Library, Dickson Pl approx. 7.30pm

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Emergency Relief Services

Emergency Relief Providers

Anglicare Emergency Relief Queanbeyan *6232 9272*
Mon-Fri 10am-4:30pm. 170 Crawford St, Queanbeyan. Food, clothing, bedding, household items.

Arawang Emergency Relief Hub *0491 605 086*
Mon 9:30am-12:30pm. Arawang Anglican Church, Corner Marconi Cres & Kett St, Kambah. Food hampers available whilst food lasts. Visits limited to one per calendar month, ID required.

Companion House *6251 4550*
Mon-Wed & Fri 10am-5pm, Closed Wednesday. 41 Templeton St, Cook. For eligible asylum seekers and refugees only.

Kippax Uniting Care *6254 1733*
Mon-Fri 9am-12pm and 1pm-4:30pm. Corner Luke St & Hardwick Cres, Holt. Food hampers, community education, health support, referrals. Ring for appointment. No groups, counselling via phone.

Lanyon Community Pantry *6284 7003*
Tue, Wed & Fri 10am-4pm, closed 1pm-2pm. Gordon Community Centre, 110 Lewis Luxton Ave, Gordon. Email: gordon@anglicare.com.au. Emergency food store.

MARSS (Migrant and Refugee Settlement Services) *6248 8577*
Mon-Fri 9am-5pm. For eligible migrants and refugees only. Theo Notaras Multi Cultural Centre, Level 2, 180 London Cct. Bus, food & Telstra vouchers.

Salvos Assessment Line *1300 371 288*
Mon-Fri 9am-5pm. Crisis assistance & case management referral.

St John's Care (Parish Centre) *6248 7771*
Mon-Fri 9:30am-2pm. 45 Constitution Ave, Reid. Crisis relief including utilities will be provided by phone or email. Pre-packaged hampers available.

St Vincent de Paul Society *6282 2722*
No face-to-face services being provided. Volunteers dropping off relief packages and vouchers into letter boxes.

Canberra & Yass Food Co-ops & Pantries

ACT Foodbank Voucher System
Where to get Foodbank vouchers: St Vincent de Paul, UnitingCare Kippax, Companion House, St John's Care, Red Cross Migration Support Programs, Throughcare.

Where vouchers can be used: Communities@Work Community pantries, Pantry on Southside (Community Service #1); Holy Cross Tuckerbox Hackett; The Pantry (Youth with a Mission) Watson; Helping Hand Pantry, St Paul's Spence; HandUp Food Care Charnwood; the FoodHut Coop Belconnen; Anglicare Food Fair, Lyons Food Corner.

Canberra & Yass Food Co-ops & Pantries

Communities@Work Social Program-Community Pantries *6293 6500*
Mon-Fri 9am-3pm. Gungahlin Community Centre, 47 Ernest Cavanagh St, Gungahlin. Email: admin@commsatwork.org Basic non-perishable grocery items, fruit, vegetables, bread and hygiene items available for a nominal fee, membership is $3. **Crisis support available by appointment**, which may include access to food, medical scripts paid, information and referral. Limited food left.

Holy Cross Tuckerbox *0413 751 502*
Sat 2pm-4pm Holy Cross Anglican Church, Corner of Phillip Ave & Anthill St, Hackett. Email: holycrosshackett.org.au Variety of food (milk, fruit & vegetables when available at a low cost). Bring your own bag. Annual membership fee of $2 per family. No more than three people served at a time.

The Mustard Seed Uniting Food Pantry *6242 5001/ 6242 0515*
Thu 11am-1pm & 6pm-7pm. Gungahlin Uniting Church & Community Centre, 108 The Valley Ave, Gungahlin. Quality foods available. $1 to join. Pre-made hampers with essential items available for purchase.

The Pantry – ARMS, Australia Relief & Mercy Services Ltd *0419 017 552*
Thu 10am-3pm. Youth with a Mission, 76 Federal Highway, Corner Zelling St, Watson. A limited range of products is available on a weekly basis. Social distancing procedures in place.

Belconnen

HandUp Food Care *6196 8630*
Tue-Fri 10am-12noon & 1pm-4pm. 20 Cartwright St, Charnwood. A service of Canberra City Care. Groceries (fresh, frozen, packaged), essential toiletries, budgeting planning assistance. Annual membership $4. Harvest swap or shop stall open Thursday afternoons Jan-April.

Helping Hand Food Pantry *0413 623 248*
Thu 9am-12pm, Fri 10am-12pm. St Paul's Ginninderra Anglican Church Spence, Mt Rogers Community Centre, Curly St, Spence. St Paul's provides food on an 'as available' basis. $2 voluntary contribution. Food parcels will be pre-prepared. Email: stpaulsspence@iinet.net.au or visit stpaulsginninderra.org.au

The FoodHut Co-op *6253 1672*
Belco Kitchen Tues 4pm-5:45pm, **Thurs 2:30pm-4:15pm**. NationsHeart Christian Community, 27 Rae St, Belconnen. The FoodHut Co-op is an outlet for Foodbank NSW and the Yellow Van whose aim is to provide food donated by businesses to people in need. The FoodHut is available to anyone in need or on

a limited income. $1.75p/kg may be requested for some goods. Yearly membership of $2. Website: www.nationsheart.com.au

Southside

Anglicare Food Fair Queanbeyan *6232 9272*
Mon-Fri 10am-4:15pm. **Sat TBC**. 170 Crawford St, Queanbeyan. Groceries, fruit, vegetables & meat (per-kilo). Annual Membership $2. Email: food.fair@anglicare.com.au

Community Services #1 Pantry *6126 4700*
Mon 1pm-4pm, Wed 10am-2pm, Thur 10am-4pm, Fri 1pm-4pm. Southside Community Service, 63 Boolimbah Crescent, Narrabundah. Drop in available at above times, however, appointments can be made if preferred. A variety of groceries and household products are available at affordable prices. Email:admin@communityservices1.org

Communities@Work Social Program-Community Pantries *6293 6500*
Mon-Fri 9am-3pm. Tuggeranong Community Centre, 245 Cowlishaw St, Greenway. Email:admin@commsatwork.org Basic non-perishable grocery items, fruit, vegetables, bread and hygiene items available for a nominal fee, membership is $3. **Crisis support available by appointment**, which may include access to food, medical scripts paid, information and referral. Limited food available.

Lanyon Food Hub *6185 2090*
Thu 9:30am-2pm. Lanyon Youth & Community Centre, Sydney Nolan St, Conder. For those in the Lanyon area. Can access once a fortnight. Maximum two people served at a time.

Lyons Food Corner *6282 1502*
Mon 1:30pm-2:30pm. Lyons Church of Christ, 2 Marrawah St, Lyons. A range of grocery items available. Annual membership $2. Open during school term.

The Little Pantry/ Woden Community Service *6282 2644*
Thu 9:30am-1pm. 26 Corinna St, Woden (across the road from Woden Library and behind discount chemist). Can access a small number of non-perishable foods & personal items. **By appointment only.** Website: www.wcs.org.au

Yass & New South Wales

Yass Vine Church Community Foodcare *6226 1444 or 0409 771 712*
Thu 10am-6:30pm. 66 Lead St, Yass. Affordable groceries, free bread, fruit and veg. Available to Centrelink concession card holders. $2 per financial year.