

**Welfare & Support Services**

**Sydney metro area**

<b>ORGANISATION</b>	<b>PROVIDES</b>	<b>OPEN</b>	<b>STREET ADDRESS</b>	<b>SUBURB</b>	<b>PHONE</b>
<b>Metro Assist</b>	Financial counselling, no interest loans, emergency relief assistance	Normal business hours. Please call for appointment.	1/260 Liverpool Road	ASHFIELD	Ph: 9798 1700
<b>Exodus Foundation</b>	Free meals, food parcels, clothing, Energy Accounts Payment Assistance, health and personal care, legal advice.	Breakfast 9-10 a.m. daily Lunch 11.30 am- 12 pm daily By appointment for support services and food parcels	180 Liverpool Road	ASHFIELD	Ph: 8752 4600
<b>St Vincent de Paul</b>	EAPA, food parcels, clothes, food/petrol vouchers, support groups, No Interest Loans.	Normal business hours. Please call for appointment.	2a East Terrace	BANKSTOWN	Ph: 9796 1196
<b>Creating Links</b>	Financial and crisis assistance, food vouchers	Normal business hours. Please call for appointment.	58 Kitchener Parade (ground floor)	BANKSTOWN	Ph: 8713 7700
<b>Normal Andrews House</b>	Free breakfast 8 - 8.30 a.m. Free lunch 12 - 12.30 p.m.	Welfare & support services by appointment	77 Roscoe Street	BONDI BEACH	Ph: 9130 5749
<b>Eyecare Plus Broadway</b>	Free prescription eye wear. Bring your Medicare Card and Health Care Card to qualify	Normal business hours. Please call for appointment.	Shop M110 Broadway Shopping Centre	BROADWAY	Ph: 9211 6635
<b>St Paul Anglican Church</b>	Parish Pantry - fill a bag with 10 pantry items	Mon., Tues., Thurs., Friday 10 a.m. to 12 p.m.	207 Burwood Road	BURWOOD	Ph: 9747 4327
<b>Inner West Family Support Service</b>	Counselling, welfare and support, e.g., Dept of Housing, Centrelink, crisis	Weekdays 10 a.m. - 4 p.m.	2 Wyatt Avenue	BURWOOD	Ph: 9744 1866
<b>Burwood Croydon Uniting Church</b>	Food vouchers, crisis relief, EAPA vouchers	By appointment only Mon to Wed 10.30-2.30	134A Burwood Road	BURWOOD	Ph: 9744 9635
<b>St Vincent de Paul</b>	Food parcels, clothing, EAPA, vouchers, furniture	Normal business hours. Please call for appointment.	143 Burwood Road	BURWOOD	Ph: 9745 3744
<b>The Staples Bag</b>	Full bag of groceries to last a week from \$15 to \$30	9 to 5 weekdays	449 Canterbury Road	CAMPBIE	Ph: 9787 6832

<b>The Salvation Army</b>	Food parcels, clothing, EAPA, petrol/food vouchers	Normal business hours. Please call for appointment.	23 Anglo Road	CAMPSIE	1300 371 288
<b>Beamish St Pop-Up Staples Bag</b>	Full bag of groceries to last a week from \$15-\$30	Wed-Thurs 11 a.m.-3 p.m. Saturdays 10 a.m. - 1 p.m.	Anzac Mall, Beamish Street	CAMPSIE	Ph: 9787 6832
<b>St Johns Rough Edges Cafe</b>	Free lunch and dinners	Wed, Fri 11 a.m.-2 p.m. Wed-Fri 7.30 p.m.- 11 p.m. Sun 7.30 p.m.- 9.30 p.m.	231 Victoria Street	DARLINGHURST	Ph: 9360 6844
<b>Youth off the Streets</b>	For 12-18 year olds only. Free sandwiches, drinks, hot food	10 p.m. every night	Green Park, Darlinghurst Road.	DARLINGHURST	
<b>St Canice's Kitchen</b>	Free lunch	Every day 11 a.m. to 1 p.m.	28 Roslyn Street	ELIZABETH BAY	Ph: 9358 5229
<b>The Food Shed</b>	\$10 to fill a bag. Bring your own recyclable shopping bag	Saturdays at 9.30 a.m.	Church of Nazarene, 9 Metropolitan Rd.	ENMORE	Ph: 9519 9294
<b>Glebe Eyewear</b>	Free prescription eye wear. Bring your Medicare Card and Health Care Card to qualify	Normal business hours. Please call for appointment.	8/131-145 Glebe Pt Rd	GLEBE	Ph: 9552 2887
<b>The Wayside Chapel</b>	Coffee Shop sells heavily discounted drinks, snacks and meals from \$2-4.50	Every day 9 a.m. - 4 p.m Free lunch/dinner (call to confirm times)	29 Hughes Street	KINGS CROSS	Ph: 9581 9100
<b>Inner West Counselling Service</b>	Low cost generalist face-to-face counselling for anyone over 18 years of age	Normal business hours. Please call for appointment.	not listed	INNER WEST	Ph: 9744 1866
<b>Mission Australia</b>	Budget assistance, gambling counselling	Normal business hours. Please call for appointment.		INNER WEST	Ph: 9718 8544 0417 602 906
<b>Canterbury City Community Centre</b>	Food parcels	not mentioned	130 Railway Parade	LAKEMBA	Ph: 9750 9344
<b>Leichhardt Women's Health Centre</b>	Health, counselling and psychology services, support groups	Normal business hours. Please call for appointment.	55 Thornley Street	LEICHHARDT	Ph: 9560 3011
<b>Norton Optical</b>	Free prescription glasses. Bring your Medicare Card and Health Care Card to qualify	Normal business hours. Please call for appointment.	Shop 5, The Italian Forum, 23 Norton St.	LEICHHARDT	

<b>Tucker &amp; Land Justice Food Pantry Addison Rd Community Centre</b>	\$10 for 10 grocery items + free bag of fresh fruit, vegetables and bread	Wednesdays 10 a.m. - 1 p.m.	Gumbramorra Hall, 142 Addison Road	MARRICKVILLE	Ph: 9569 7633
<b>Steven Spirou Optometrist</b>	Free prescription eye wear. Bring your Medicare Card and Health Care Card	Normal business hours. Please call for appointment.	442 Bunnerong Road	MATRAVILLE	Ph: 9694 1865
<b>Newtown Neighbourhood Centre</b>	Welfare services, e.g., Housing/ Centrelink, health care, financial advice, free internet	One Stop Shop 2 p.m. Thurs. Call to make appointment (normal business hours)	1 Bedrod Street	NEWTOWN	Ph: 9564 7333
<b>Newtown Mission</b>	Free meals and food parcels (available by appointment).	Lunch: Tue, Wed, Fri 1-3 pm. Dinner: Thursdays 6-8 p.m.	280a King Street	NEWTOWN	Ph: 9519 9000
<b>St Constantine's Greek Orthodox Church</b>	Free lunch	Lunch, Mon-Fri 12 - 2 p.m.	378 King Street	NEWTOWN	Ph: 9519 7868
<b>Hare Krishna food van</b>	Free hot vegetarian meals	Dinner, Mon-Fri 6-7.30 pm	King Street Neighbourhood Centre	NEWTOWN	Ph: 9959 4558
<b>Parramatta Mission</b>	Free meals, laundry, health services, Centrelink, Housing and legal advice	Breakfast 8 - 9 a.m. Lunch 11.30 a.m. - 1 p.m. Other services by appointmt	119 Macquarie Street	PARRAMATTA	Ph: 9891 2277
<b>Mobile Community Pantry</b>	Free lunch, discount groceries full bag of groceries of your choice from stock available \$10	Lunch 1:30-2 p.m. 1st & 3rd Thurs of each month (bring your I.D. to qualify)	All Saints Church 325 Stanmore Road	PETERSHAM	Ph: 9569 4735
<b>Hub of Hope</b>	Free meals, use of internet and computers, community garden, welfare/support services.	Lunch, 12-1 p.m. Thursdays Dinner, 6 p.m. on 1st & 3rd Wednesday every month	325 Stanmore Road	PETERSHAM	Ph: 9569 4735
<b>Petersham Eye Care</b>	Present your Medicare Card and Health Care Card to get your free prescription glasses	Normal business hours. Please call for appointment.	35D New Canterbury Rd	PETERSHAM	Ph: 9572 7421

<b>Women's &amp; Girls' Emergency Centre</b>	Crisis support, legal services, case management and outreach	9.30 a.m. to 4.30 p.m. Mon-Fri	174 Redfern Street	REDFERN	Ph: 9319 4088
<b>Redfern Community Centre</b>	Free lunch	Tuesdays 12:30 - 1.30 p.m.	29-53 Hugo Street	REDFERN	Ph: 9288 5713
<b>St Vincent de Paul</b>	Food parcels, clothing, EAPA, vouchers, furniture	Normal business hours. Please call for appointment.	317 Cleveland Street	REDFERN	Ph: 9790 5600
<b>Rozelle Pop Up Pantry</b>	Fresh fruit, vegetables, breads and more. Free to everyone!	12 - 2 p.m. on the last Friday of every month (except public holidays)	Neighbourhood Centre, Garden Room 665A Darling Street	ROZELLE	Ph: 9556 9504
<b>Anglicare</b>	EAPA, food parcels, clothes, food/petrol vouchers, youth groups, NILS up to \$1200	Normal business hours. Please call for appointment.	1 Sloane Street	SUMMER HILL	Ph: 9798 1400
<b>The Station</b>	Health services, Housing help, free feed	Breakfast 7.30-8.30 a.m. Lunch 12.30 - 1 p.m.	82 Erskine Street	SURRY HILLS	Ph: 9299 2252
<b>Presbyterian Women</b>	Sandwiches & drinks	Mon - Thurs 10 a.m.	Belmore Park (opp. Central Station)	SURRY HILLS	
<b>Con Georgeios Optomoetrist</b>	Free prescription eye wear. Bring your Medicare Card and Health Care Card	Normal business hours. Please call for appointment.	569 Crown Street	SURRY HILLS	Ph: 9810 3456
<b>Jesus Cares</b>	Free pies, sandwiches, Milo, hot drinks	Thurs-Fridays 7 a.m.-8 a.m.	Belmore Park (opp. Central Station)	SURRY HILLS	
<b>Anglican Church</b>	Free Breakfast	Sunday 8 a.m. to 9 a.m.	Corner Albion St and Flinders Street	SURRY HILLS	Ph: 9698 4226
<b>Salvation Army Oasis Centre</b>	Free Feed for youth (16-24 years old) only	Breakfast: Thurs 9-10 a.m. Lunch: Mon 12-1 p.m.	Cnr Crown & Foveaux Streets	SURRY HILLS	Ph: 9331 2266
<b>St Vincent de Paul Night Patrol</b>	Mobile food van providing free sandwiches, tea & coffee	7.30-8.15 p.m. every night	Ward Park	SURRY HILLS	Ph: 9518 0303
<b>St Vincent de Paul Night Patrol</b>	Mobile food van providing free sandwiches, tea & coffee	10.45 -11.30 p.m. every night	Belmore Park	SURRY HILLS	Ph: 9518 0303

<b>Birds of Passage</b>	Free dinner/BBQ	Mondays 5.45 p.m.	Ward Park	SURRY HILLS	
<b>The Station Drop In Centre</b>	Free feed and advice/support	Open daily 7.30 a.m.-1 p.m. Breakfast daily 7.30 a.m. Lunch weekdays 12.30 p.m. Lunch weekends 12 p.m.	Corner Clarence & Erskine Streets	SYDNEY C.B.D.	Ph: 9299 2252
<b>St Vincent de Paul Night Patrol</b>	Mobile food van providing free sandwiches, tea & coffee	8.30-9.30 p.m. every night	Martin Place	SYDNEY C.B.D.	Ph: 9518 0303
<b>SWAG Ministries</b>	Free breakfast, dinner	Mondays 5 a.m. - 6.30 a.m. + every 2nd Saturday 6 p.m.	Martin Place	SYDNEY C.B.D.	
<b>SWAG Ministries</b>	Free lunch	Lunch every 2nd Sunday at 1 p.m.	Wentworth Park	SYDNEY C.B.D.	
<b>No Interest Loan Scheme (NILS)</b>	Interest free loans to purchase household items/services and improve quality of life	Normal business hours. Please call for appointment.	Various locations	SYDNEY Area	1800 509 994
<b>St Vincent de Paul</b>	Food parcels, clothing, EAPA, vouchers, furniture	Normal business hours. Please call for appointment.	Various locations	SYDNEY metro areas	1800 606 724
<b>The Salvation Army</b>	food parcels, clothing, EAPA, petrol/phone vouchers	Normal business hours. Please call for appointment.	Various locations	SYDNEY metro area	1300 371 288
<b>Step Up Loans</b>	No Interest Loans up to \$3000	Normal business hours. Please call for appointment.	Various locations	SYDNEY Inner West	Ph: 8571 7814
<b>Matthew Talbot Hostel</b>	Free breakfast: 7:15- 7.45 a.m. Free lunch: 12:30- 1:15 p.m. Crisis boarding, support	Open 7 days a week	22 Talbot Place	WOOLLOOMOOLOO	Ph: 9357 1533
<b>Kai Time</b>	Free BBQ, food and drinks	2nd Saturday every month at 6.30 p.m.	Tom Uren Square	WOOLLOOMOOLOO	
<b>Exodus Food Van</b>	Mobile hot meals	7.30-9.00pm nightly 7 days	Cnr St Mary's Rd & Yurong Park Way	WOOLLOOMOOLOO	
<b>Orthodox Community Outreach Service</b>	Free hot meals and drinks	Tuesdays 8.30 p.m.- 10 p.m.	Bourke St & Cross Lane Under the main bridge	WOOLLOOMOOLOO	
<b>Jesus Cares</b>	Free Pies, sandwiches plus tea, hot chocolate and coffee	Fridays & Saturdays, 9.45pm	Tom Uren Square, Cathedral Street	WOOLLOOMOOLOO	

<b>Birds of Passage</b>	Free BBQ & salad	Tuesdays 5.45 p.m.	Tom Uren Square, Cathedral Street	WOOLLOOMOOLOO	
<b>Seventh Day Adventist Left message</b>	Free pizza and drinks	Every 3rd Tuesday at 7 p.m.	Tom Uren Square, Cathedral Street	WOOLLOOMOOLOO	
<b>Maronite's Church</b>	Free hot meals, Lebanese food, BBQ & drinks	Thursdays at 6 p.m.	Tom Uren Square, Cathedral Street	WOOLLOOMOOLOO	
<b>St Martin's</b>	Free pizza, doughnuts, tea, coffee & biscuits	Thursdays 8.00pm	Tom Uren Square, Cathedral Street	WOOLLOOMOOLOO	
<b>Awesome Church</b>	Free hot meals, BBQ, tea & coffee	Every 2nd Friday 8.00pm	Tom Uren Square, Cathedral Street	WOOLLOOMOOLOO	
<b>Hope Street</b>	Free sandwiches, fruit, tea and coffee	Sundays 9.00am	Tom Uren Square, Cathedral Street	WOOLLOOMOOLOO	
<b>Party to Woolloomooloo</b>	Free food and drinks	Sundays 5.30 pm	Tom Uren Square, Cathedral Street	WOOLLOOMOOLOO	
<b>Sydney Onnure Church</b>	Free food and drinks	Sundays 7 p.m.	Tom Uren Square, Cathedral Street	WOOLLOOMOOLOO	