

## FREE &amp; LOW COST FOOD

## MONDAY

**St John's Sutherland Hall** - Ph: 9521 4314  
43a Belmont St, Sutherland  
Mobile Community Pantry (\$10 BYO bag)  
1:30pm to 2:30pm (every 2<sup>nd</sup> Monday from 1/3/21)  
**St John Bosco Church** - Ph: 9520 8277  
46 Waratah Rd (cnr Banksia Ave), Engadine  
Free grocery/fruit/bread  
6:45pm

## TUESDAY

**One Meal Sutherland Shire @ SALVOS Miranda**  
23 Kiora Rd, Miranda - Ph: 0478 478 464  
Operating as take away meal  
5:00pm to 6:00pm

## WEDNESDAY

**Southside Care Miranda** - Ph: 9522 4300  
175 Port Hacking Rd, Miranda  
Free produce/bread/grocery -BYO bags all welcome  
12:30pm to 4:00pm

## THURSDAY

**Urban Food Care Menai** - Ph: 9532 1622  
13/800 Old Illawarra Rd, Menai (next to Vulcan Gym)  
Low cost food/grocery/fruit/vegs  
5:00pm to 7:00pm (includes free BBQ dinner)  
**One Meal Sutherland Shire @ REVIVE Church**  
11 Gosport St, Cronulla - Ph: 0478 478 464  
Operating as take away meal  
5:30pm to 6:30pm

## FRIDAY

**Urban Food Care Menai** - Ph: 9532 1622  
13/800 Old Illawarra Rd, Menai (next to Vulcan Gym)  
Low cost food/grocery/fruit/vegs  
9:30am to 11:30am (includes free morning tea)  
**St Phil's Anglican Church/Anglicare partnership**  
402 Port Hacking Rd, Caringbah - Ph: 8536 4222  
Mobile Food Pantry (\$10 for \$50 worth of food)  
1:30pm to 2:30pm (every 2<sup>nd</sup> Friday)

## SATURDAY/SUNDAY

**SUNDAY @ One Meal Sutherland**  
816 Old Princess Hwy, Sutherland - Ph: 0478 478 464  
Operating as take away meal  
4:00pm to 5:00pm

## FOOD PARCELS

**Hopefield**  
www.hopefield.org.au - Ph: 9545 0299  
Food parcels - Available by appointment  
**Orana**  
www.oranansw.org.au - Ph: 9521 8280  
Food parcels - Available by appointment

## COUNSELLING/ LEGAL / SUPPORT

**COVID19 ALL SERVICE LIST NOTICE:**

Current NSW Public Health Orders have changed the way services listed below are able to provide support. Some changes include appointment only/ specific hours or service via phone/Zoom. **Please contact the service via details listed below, prior to attending their office, as they may be closed.**

## GENERAL COUNSELLING

Orana Hub Central	9521 8280
Orana Women's Health	9525 2058
Enough Is Enough	9542 4029
Hopefield	9545 0299

## FIANANCE &amp; GAMBLING COUNSELLING

Salvation Army	1800 722 363
Wesley Mission	1300 827 638

## LEGAL AID CIVIL MATTERS

Orana Hub Central	9521 8280
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## FAMILY LAW ADVICE

Orana Women's Health	9525 2058
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## IMMIGRATION ADVICE

GyMEA Community Aid	9524 9559
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## SAFE &amp; HEALING PROGRAM

Orana Women's Health	9525 2058
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FAMILY AND DOMESTIC VIOLENCE /  
TRAUMA COUNSELLING

Crossroads Community Care Centre	95253790
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## FIND LEGAL ANSWERS

[www.legalanswers.sl.nsw.gov.au/advice/index.html](http://www.legalanswers.sl.nsw.gov.au/advice/index.html)

## LIFELINE – 13 11 14

24 hour crisis support

## EAPA / WORK DEVELOPMENT ORDER

Crossroads Community Care Centre	9525 3790
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Know of changes or want to be added to the mailing list?

Please contact Karen Williamson  
Crossroads Community Care Centre ph: 9525 3790 or  
[communitybuilders@crossroadscommunitycare.org.au](mailto:communitybuilders@crossroadscommunitycare.org.au)