

Sutherland Shire - Covid 19 - All Services List @ April 2020

Monday

Food Support

Free Groceries

1pm - 3pm (Bring own bags) / 9525 3790
Crossroads Community Care Centre Inc.
51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next
to Red Cross shop)

Free Grocery/Fruit/Bread

6.45pm
St John Bosco Church
Corner Waratah Rd & Banskia Ave, ENGADINE

Counselling

Finance & Gambling

By phone - Appointment 1300 827 638
Wesley Mission

Depression & Anxiety

By phone - Apptointment: 9525 3790
Crossroads Community Care Centre

Activities

English Classes

Via online support / Ph: 9524 9559
GyMEA Community Aid & Information Centre

Tuesday

Food Support

Free Groceries

1pm - 3pm (Bring own bags) / 9525 3790
Crossroads Community Care Centre Inc.
51 Kiora Rd, MIRANDA

Free Meal

5.00pm / Ph: 0478 478 464 (Rob Cook)
Operating as take away at 23 Kiora Rd, MIRANDA
One Meal Sutherland Shire/ Salvation Army Miranda

Counselling

Finance & Gambling

By phone - Appointment 1300 827 638
Wesley Mission

General (Zoom video chat)

Email : pippa@oranansw.org.au for more info
Orana Hub Central

Legal

Family Law Advice (women only)

By phone - Appointment: Ph 9525 2058
Orana Women's Health

Emergency Relief & Food Hampers

10am - 2pm
Appointment 9521 8280 / Orana Hub Central

Wednesday

Food Support

Free Produce/Bread/Grocery

12.30pm to 4pm (bring own bags)
Southside Care
Ph: 9522 4300 / 175 Port Hacking Rd, MIRANDA

Free Groceries

1pm - 3pm (Bring own bags) / 9525 3790
Crossroads Community Care Centre Inc.
51 Kiora Rd, MIRANDA

Counselling

Finance & Gambling

By phone - Appointment 1300 827 638
Wesley Mission

General (Zoom video chat)

Email : pippa@oranansw.org.au for more info
Orana Hub Central

Legal

Immigration Advice

Via Skype appointments
GyMEA Community Aid & Information Service
Ph 9524 9559 to book an appointment

Emergency Relief & Food Hampers

10am - 2pm
Appointment 9521 8280 / Orana Hub Central

Thursday

Food Support

Fruit/vegs/bread & low cost food

10am to 11.30am / Ph: 0422 115 747 (Ruth)

Caringbah Seventh-day Adventist Church

214 Willarong Rd, CARINGBAH

Free Meal - 5.30pm / Operating as take away

One Meal Sutherland Shire / Southern Commu-

nity Welfare Ph: 0478 478 464 (Rob Cook)

7-11 Gosport St, CRONULLA

Groceries/Fruit/Vegs

5pm to 7pm / Ph: 9532 1622 / 0405 909 922

Urban Food Care (Menai Church, next to Vulcan Gym)

Unit 13/800-812 Old Illawarra Rd, MENAI

Counselling

Finance & Gambling

By phone - Appointment 1300 827 638

Wesley Mission

General (Zoom video chat)

Email : pippa@oranansw.org.au for more info

Orana Hub Central

Emergency Relief & Food Hampers

10am - 2pm

Appointment 9521 8280 / **Orana Hub Central**

Friday

Food Support

Grocery/Fruit/Vegs

9.30am to 11.30am / Ph: 9532 1622

Urban Food Care (Menai Church, next to Vulcan Gym)

Unit 13/800-812 Old Illawarra Rd, MENAI

Counselling

Finance & Gambling

By phone - Appointment 1300 827 638

Wesley Mission

Trauma/Family/Domestic/Violence

By phone - Appointment: 9525 3790

Crossroads Community Care Centre

Safe & Healing Program

By phone - Appointment: 95252058

Orana Women's Health

General

By phone or video - Appointment: 9521 8280

Orana Hub Central

Activities (Fridays)

Multicultural Women's Group

Via on-line meetings & WhatsApp group

Gynea Community Aid & Information Centre

Ph: 9524 9559

Sunday

Food Support

Free Meal 4pm / Operating as take away

One Meal Sutherland / Ph: 0478 478 464 (Robby)

751 Old Princess Hwy, SUTHERLAND (opp. Boyle St)

Wellbeing Chatline

For individuals who are interested in a well being phone call from Orana staff.

Call 9521 8280 or email:

admin@oranansw.org.au for more information

Free Hampers & more @ The Movement Sydney

This is a Facebook group that provides free produce, bread, cakes & savouries. You will need to join the Facebook group, direct any queries to the admin of that group. <https://www.facebook.com/groups/tmcsydney>

Out of area (various locations)

Mon - Fri: 9.30am to 4.30pm / Sat: 10am to 1pm

The Staples Bag Ph: 9787 6832

Visit www.thestaplesbag.ssi.org.au for more info

Barnardos Family Referral Services

They can link families with services and supports.

Call them on 1800 066 757

Services can also call them as well.

Proudly presented on behalf of St George/Sutherland Housing Interagency, a St Vincent de Paul Society NSW initiative.

This list will only be for the duration of the Covid 19 restrictions, changes to the list may occur during these times. When the restrictions are lifted, new updated lists will be created. Contact Mark at: mark.burgess@ndis.gov.au if you have any queries.