Wyong Office 2 Hely Street Wyong Gosford Office 49 Mann Street Gosford P 4350 5555 / 4325 8222 centralcoast.nsw.gov.au





Kincumber Neighbourhood Centre Shower facilities, 4363 1044 Orange Sky Laundry

Mon - Coast Shelter 9am -12pm

Youth Services

Allambi Care, 4944 5900

Gosford, 4325 7555

Woy Woy, 4341 9027

**RYSS Youth Centre** 

Headspace Gosford, 4304 7870

**Rumbalara Youth Refuge** 

Woy Woy Youth Cottage

**Evolution Youth Services** Woy Woy, 4342 3684

**Coast Shelter Community Centre** Shower and laundry facilities. Fresh towels, toiletries and laundry powder provided Open from 8am, 4346 1263

Mon - White Elephant Mart Wyoming 1:30pm - 3:30pm

Wednesday - Mary Mac's Woy Woy 10:30am - 12:30pm Wed - Pass it on Clothing Gosford 6:30pm - 8:30pm

Tues - Soul Soup Woy Woy 5:30pm - 7:30pm

Wed - Ocean Beach SLSC Umina 7am - 9am

Thurs - Mary Mac's Woy Woy 9:30am - 12:30pm

Homeless Youth Assistance Program (HYAP)

123 Donnison Street, Gosford, 4323 2374

Shower and Laundry Facilities

## Services

### Health

services'

and search 'Crisis relief ue.vop.wsn.tseoolertneo

on the card please visit

your services advertised relief resources or to have

lo order any of our crisis

Financial Services on the

Central Coast card?

council also has a

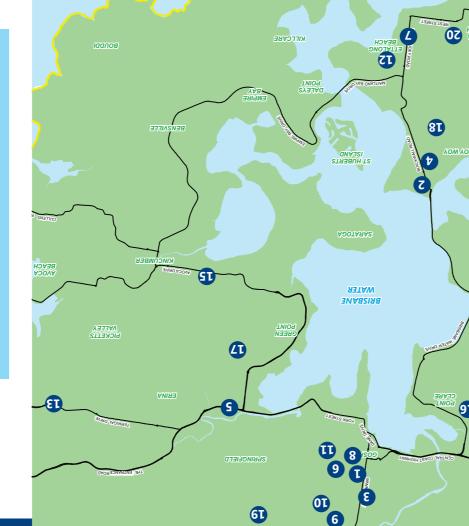
Did you know

Streets, contact 4365 2294 Seek medical attention with Health on the

on the Central Coast

Financial Services

Crisis Relief



Corner Terrigal Drive and Duffy's Road, Terrigal . Terrigal 50+ Leisure and Learning Centre

### Neighbourhood Centres

4329 4477 2-12 Pandala Road, Narara . Community Support and Outreach Services

4363 1044 J/20 Kincumber Street, Kincumber . Kincumber Neighbourhood Centre

4340 1724 Langford Drive, Kariong S. Kariong Neighbourhood Centre

1957 7361 96 Koolang Road, Green Point Green Point Community Centre

4341 9333 93 McMasters Road, Woy Woy 3. Peninsula Community Centre

4323 7483 primovW ,bsoA Rush Road, Wyoming Wyoming Community Centre

10 Sydney Avenue, Umina Beach 6. Salvation Army Umina

Link2Home

24 hr line

**Coast Shelter** 4325 3540

**Department of Housing Gosford** 4323 5211

(Priority support for domestic and family violence)

Provide support to Aboriginal people who are

homeless or at risk of homelessness, 4350 0100

Meal delivery and support service for the elderly

1800 152 152

**Coast Shelter** 

4346 1263

Meals on Wheels

and disabled, 4357 8444

Housing Services

## **Domestic Violence Hotline** 1800 656 463

T

Lifeline 13 11 14

Bungree

# Crisis Relief **Emergency Food Services Central Coast** South

.21	Ettalong 50+ Leisure and Learning Centre	
.11	<b>Gosford 50+ Leisure and Learning Centre</b> Corner Albany Street North and Henry Wheeler Place, Gosford	50
.01	<b>Global Care Resource Centre</b> 4/127 Maidens Brush Road, Wyoming	6L
.6	<b>primoyW subitation</b> 2 Ronald Avenue, Wyoming	8 L
.8	<b>Uniting Church</b> 129 Donnison Street, Gosford	21
۲.	<b>Hope Church</b> 4 Sydney Avenue, Umina Beach	
.9	<b>Liberty Life House</b> 225 Albany Street North, Gosford	91
5.	<b>Salvation Army Erina</b> 120-140 The Entrance Road, Erina	SL
<b>4</b> .	<b>Mary Mac's Place</b> 100 Blackwall Road, Woy Woy	
3.	<b>Coast Shelter Community Centre</b> 346 Mann Street, North Gosford	51
<b>.</b> 2	<b>Vinnies Woy Woy</b> 41 The Boulevarde, Woy Woy	
٦.	<b>Vinnies Gosford</b> 273-275 Mann Street, Gosford	٤٢

Corner Broken Bay Road and Karingi Street, Ettalong

# Crisis Relief Services Central Coast - South

Meals	Hampers	Vouchers	Youth	Grocery Items	s Over 50
Monday	Tuesday	Wed	nesday	Thursday	Friday
Food Vouchers Wyoming Community Centre 9am - 4pm 4323 7483	Food Vouchers Wyoming Community Cent 9am - 4pm 4323 7483	re <b>Food Vouchers</b> Wyoming Comm 9am - 4pm <b>4323 7483</b>	unity Centre W 9	<b>Good Vouchers</b> Vyoming Community Centre Jam - 4pm J <b>323 7483</b>	Food Vouchers Wyoming Community Centre 9am - 4pm 4323 7483
Youth Brekky Club Kincumber Neighbourhood Centre 7:30am - 8am 4363 1044	Food Hampers Community Support and O Services 9am - 3:30pm 4329 4477	utreach Youth Brekky Cl Kincumber Neigh 7:30am - 8am 4363 1044	nbourhood Centre S	ood Hampers Community Support and Outreach ervices Jam - 3:30pm J <b>329 4477</b>	Youth Brekky Club Kincumber Neighbourhood Centre 7:30am - 8am 4363 1044
Food Hampers Community Support and Outreach Services 9am - 3:30pm 4329 4477	Food Hampers Green Point Community Ce Drop in, subject to availabil 9am - 4pm 4367 7591		port and Outreach G D 9	Food Hampers Green Point Community Centre Drop in, subject to availability. Jam - 4pm 1367 7591	Food Hampers Green Point Community Centre Drop in, subject to availability. 9am - 4pm 4367 7591
Food Hampers Green Point Community Centre Drop in, subject to availability. 9am - 4pm 4367 7591	Food Hampers Salvation Army, Erina 9:30am - 2:30pm <b>Referral (</b> 1300 371 288	only. Food Hampers Green Point Com Drop in, subject 9am - 4pm 4367 7591	to availability.	<b>issential Food Cards</b> /innies, Gosford 9am - 3pm I <b>322 5861</b>	Food Hampers Green Point Community Centre Drop in, subject to availability. 9am - 4pm 4367 7591
<b>Essential Food Cards</b> Vinnies, Gosford 9am - 3pm <b>4322 5861</b>	Food Hampers Vinnies, Gosford 9am - 3pm 4322 5861	<b>Essential Food C</b> Vinnies, Gosford 9am - 3pm <b>4322 5861</b>	N V	resh Produce and Food Hampers Aary Mac's Place Voy Woy 9am - 2pm 341 0584	<b>Essential Food Cards</b> Vinnies, Gosford 9am - 3pm <b>4322 5861</b>
Fresh Produce and Food Hampers Mary Mac's Place Woy Woy 9am - 2pm 4341 0584	Vinnies, Gosford 9am - 3pm <b>4322 5861</b>	Food Hampers Vinnies, Gosford 9am - 3pm 4322 5861	V 9	ood Hampers /innies, Gosford Jam - 3pm J <b>322 5861</b>	Food Hampers Vinnies, Gosford 9am - 3pm 4322 5861
Food Hampers Vinnies, Gosford 9am - 3pm 4322 5861	Fresh Produce and Food H Mary Mac's Place Woy Woy 9am - 2pm 4341 0584	Hampers Fresh Produce a Mary Mac's Place Woy Woy 9am - 4341 0584	2pm 9	<b>issential Food Cards</b> /innies, Woy Woy :15am - 2:00pm <b>!344 3261</b>	Essential Food Cards Vinnies, Woy Woy 9:15am - 2:00pm 4344 3261
Essential Food Cards Vinnies, Woy Woy 9:15am - 2:00pm 4344 3261	<b>Food Hampers</b> Vinnies, Woy Woy, 9:15am - 2:00pm <b>4344 3261</b>	<b>Essential Food C</b> Vinnies, Woy Woy 9:15am - 2:00pm <b>4344 32611</b>	y V 9 4	<b>ood Hampers</b> /innies, Woy Woy, I:15am - 2:00pm I <b>:344 3261</b>	Food Hampers Vinnies, Woy Woy, 9:15am - 2:00pm 4344 3261
<b>Food Hampers</b> Vinnies, Woy Woy, 9:15am - 2:00pm <b>4344 3261</b>	Essential Food Cards Vinnies, Woy Woy 9:15am - 2:00pm 4344 3261	<b>Food Hampers</b> Vinnies, Woy Woy 9:15am - 2:00pm <b>4344 3261</b>	y, S 9	i <b>ood Hampers</b> ialvation Army, Erina I:30am - 2:30pm <b>Referral only.</b> I <b>300 371 288</b>	Pantry Club Hope Church, Umina Beach 10am - 1pm Membership required. 4344 2509
Food Parcels Samaritans, Wyoming 10am - 1:30pm Drop in, subject to availability. 4329 3052	Second Bite Grocery Item Green Point Community Ce 2pm - 3pm Gold coin don bring a bag to fill. 4367 7591	ntre Salvation Army, E	rina Li D	<b>ood Parcels</b> iberty Life House Gosford <b>Drop in.</b> 10am - 2pm I <b>321 0305</b>	Food Parcels Liberty Life House Gosford Drop in. 10am - 2pm 4321 0305
Subsidised Lunch 50+ Leisure and Learning Centre Terrigal People over 50 Meals from \$3 Orders by 11am 4384 5152	Food Parcels Liberty Life House Gosford Drop in. 10am - 2pm 4321 0305	Discounted Groo Foodcare Global Care Resour 10am - 2pm 0431 623 436	rce Centre, Wyoming G 1	Discounted Grocery Items Goodcare Global Care Resource Centre, Wyoming Oam - 2pm 1431 623 436	Food Parcels Samaritans, Wyoming 10am - 1:30pm Drop in, subject to availability. 4329 3052
Free Lunch Coast Shelter Community Centre 11am - 1pm 4346 1263	Free Lunch Coast Shelter Community C 11am - 1pm 4346 1263	Eentre Food Parcels Liberty Life House Drop in. 10am - 4321 0305	e, Gosford <mark>C</mark> 2pm <mark>1</mark>	i <b>ree Lunch</b> Coast Shelter Community Centre 1am - 1pm 1 <b>346 1263</b>	Free Lunch Coast Shelter Community Centre 11am - 1pm 4346 1263
<b>Free Meal</b> Mary Mac's Place, Woy Woy 11am - 1pm <b>4341 0584</b>	Subsidised Lunch 50+ Leisure and Learning C Terrigal <b>People over 50</b> Me \$3 Orders by 11am 4384 5152		bourhood Centre. 5 m \$	<b>Subsidised Lunch</b> 60+ Leisure and Learning Centre Ferrigal <b>People over 50</b> Meals from 63 Orders by 11am 1 <b>384 5152</b>	Subsidised Lunch 50+ Leisure and Learning Centre Terrigal People over 50 Meals from \$3 Orders by 11am 4384 5152
Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	Subsidised Lunch 50+ Leisure and Learning C Gosford People over 50 M \$3 Orders by 11am 4304 7065		mmunity Centre M 1	<b>ree Meal</b> Aary Mac's Place, Woy Woy 1am - 1pm 3 <b>341 0584</b>	Subsidised Lunch 50+ Leisure and Learning Centre Gosford People over 50 Meals from \$3 Orders by 11am 4304 7065
Free Dinner Coast Shelter Community Centre 6:30pm - 7:30pm	<b>Free Meal</b> Mary Mac's Place, Woy Woy 11am - 1pm	Subsidised Lunc 50+ Leisure and I Terrigal <b>People o</b> \$3 Orders by 11a	Learning Centre 5 <b>over 50</b> Meals from G	<b>Subsidised Lunch</b> 10+ Leisure and Learning Centre Gosford <b>People over 50</b> Meals from 13 Orders by 11am	<b>Free Meal</b> Mary Mac's Place, Woy Woy 11am - 1pm

4346 1263	4341 0584	4384 5152	<b>4304 7065</b>	4341 0584
Saturday Free Lunch Coast Shelter Community Centre	Subsidised Lunch 50+ Leisure and Learning Centre Ettalong <b>People over 50</b> Meals from \$3 Orders by 11am 4304 7222	<b>Free Meal</b> Mary Mac's Place, Woy Woy 11am - 1pm <b>4341 0584</b>	Subsidised Lunch 50+ Leisure and Learning Centre Ettalong <b>People over 50</b> Meals from \$3 Orders by 11am 4304 7222	Subsidised Lunch 50+ Leisure and Learning Centre Ettalong People over 50 Meals from \$3 Orders by 11am 4304 7222
11am - 1pm 4346 1263 Free Dinner Coast Shelter Community Centre 6pm - 7pm	Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	<b>Subsidised Lunch</b> 50+ Leisure and Learning Centre Gosford <b>People over 50</b> Meals from \$3 Orders by 11am <b>4304 7065</b>	Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263	Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263
4346 1263 Sunday Free Breakfast Coast Shelter Community Centre	Free Dinner Coast Shelter Community Centre 6:30pm - 7:30pm 4346 1263	Subsidised Lunch 50+ Leisure and Learning Centre Ettalong <b>People over 50</b> Meals from \$3 Orders by 11am 4304 7222	Free Dinner Coast Shelter Community Centre 6:30pm - 7:30pm 4346 1263	Free Dinner Coast Shelter Community Centre 6:30pm - 7:30pm 4346 1263
9am - 10am 4346 1263 Free Lunch Uniting Church Gosford 12pm		Food Hampers Coast Shelter Community Centre 11.30am - 1pm 4346 1263		
4325 3695 Free Dinner Coast Shelter Community Centre 6pm - 7pm 4346 1263		Free Dinner Coast Shelter Community Centre 6:30pm - 7:30pm <b>4346 1263</b>		