

Inner Brisbane Free Food Locations & Times

November 2024. Vol 7 Issue 4 The Coffee Brigade (TCB) *Where good things happen at the start of the day*



A van that shares
A van that cares

The List

[Legend: ◆=Gentle Place]

Every Day, 7 days/week, incl. Public Holidays, unless streets are closed (e.g. for a Fun Run)

The Coffee Brigade (TCB) Breakfast Van [2 sandwiches, 2 fruit, tea, coffee, milo, cup-of-soup].

Stop One: 6:30-7am opposite Fire Station, Ivory St, Fortitude Valley.

◆ **Stop Two:** 7:10-7:25am. Just outside the Holman St Ferry Terminal, Kangaroo Point. You can use Free City Hopper to get to TCB Stop2.

Stop Three: 7:40-8:10am Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building).

Every Day, 7 days a week, excluding Public Holidays, Easter and Christmas

3rd Space Café: Ph 32541144. 8:30am-4pm 505 Brunswick St, Fortitude Valley, [Café: Free porridge until 11am, soup of the day, fruit, tea PLUS low-priced snacks & cheap meals M-F Last orders 1pm, closes 2pm; Weekends Last orders 12:30pm, closes 1pm]. 3rd Space has the widest range of services of any organisation on this list. It provides Emergency Relief assistance (food parcels, vouchers, travel help), WiFi, hot showers, free laundry, day time bag storage, clean day beds & a range of support services including support workers, medical (including nurse M-F), secure document storage, secure phone charging, legal advisers & social activities. Best to visit & get information on services & times they are delivered. Closed public holidays.

Emmanuel City Mission (ECM) 10a Cordelia Street, South Brisbane. Mon-Fri 7am-3pm, Sat-Sun 9am-1pm.

Hot drinks, Showers, Laundry, Toilets. M-F: Breakfast: from 7:30am; Hot lunch midday. Sat: Bacon & Egg roll 11am onwards. Sun: BBQ lunch from 11am. Good behaviour is expected. NOTE: Closed first Monday of each month for staff training. Sometimes closes on school holidays. Closed 26 Dec 24 to 5 Jan 25

Every Workday, (M-F), excluding Public Holidays, Easter and Christmas



Wesley Mission Queensland Emergency Relief. Ph 32161579 Drop in service: Mon, Wed-Fri 9:30am-Midday; 1-3:30pm Tuesdays. 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof building). Quick Drop in interviews: Food parcels, Medical scripts. Bring proof of low income & Proof of ID (some flexibility). Location serves meals (See entries for Sun, Mon, Tue & Wed) Casework interviews (DV, other services connections etc.). Snack packs and bottled water usually available when open.



Eddies Van Breakfast BBQ: 6:45am TCB Stop Three: Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building) [Sausages/patty, eggs, bread]. Time overlaps with Coffee Brigade van.

West End Community House. 4 Norfolk Rd, South Brisbane Ph 3217 2333. Mon-Tue 8.30am-12.30pm, Wed 9-1pm, Thu 8am-12pm, Fri 8.30am-12pm: donated food items, clothing & hygiene products available depending on what has been donated - enquire with staff / volunteers in the house. Also contactable via web page contacts & Facebook.

PUBLIC HOLIDAYS Emmanuel City Mission tries to open on Public Holidays (9am-1pm) and often succeeds. 3rd Space, Wesley Mission, Street Level, New Farm Neighbourhood Centre, West End Community House, Jeays Street Community Centre, and most organisations with paid staff do not open on public holidays. Street Vans usually continue on public holidays.

Trinity Centre Pantry: 9 Church St, Fortitude Valley (at church hall). Ph. 3852 1635.

Open: 11am-2pm. Food parcels available Tue-Fri. Limited assistance with rent, utilities, pharmaceutical scripts (some PBS items only) on Thurs only. Please bring your Centrelink/Pension card to access the service. Paperwork is required for financial assistance. Christmas hamper available from 5/12 while stock lasts.

Pantry closed from Sat 22/12 until 31/12. In Jan 25, only open on Thursdays for financial assistance/food parcels..



Trinity Centre Pantry



Red Cross Night Café: For people aged 12-25. Tue & Thu

6:30-8:30pm. 64 Adelaide St, City (under City Hall).

Showers. meals. clothing.



Brisbane Youth Service Mon-Fri 1-4pm
42 McLachlan St, Valley. Help for ages 12-25

Kids Helpline 1800 551 800

3rd Space (07) 3254 1144 will take messages – look at white board opposite reception.

You can use **3rd Space's Mail Service** if you have no permanent address:

Postal Address: PO Box 36, New Farm, Q. 4005

'Residential Address': **505 Brunswick Street, Fortitude Valley, 4006**
for parcel deliveries, forms etc.

Pick up your mail and parcels at 3rd Space reception.

3rd Space has **clean day beds** 8:30am- 3:30pm if you need a sleep during the day (M-F only).



3rd Space

iAM program

Replace lost ID documents

Ask for **Liz** or email:
iAm@3rdspace.org.au

The 2024-26 Issue of the Lady Musgrave Handy Guide for Homeless Women (and everyone else) is the most comprehensive guide to services for marginalized people in Brisbane. Search on-line or ask around for a copy.

West End Community House M-F. 4 Norfolk Rd, Sth Brisbane. Foodpacks depending on donations 9-11am
IN DECEMBER, LOOK OUT FOR SPECIAL CHRISTMAS-NEW YEAR LIST

MONDAY

Coffee Brigade, 3rd Space, Wesley Mission Qld Emergency Relief, Emmanuel City Mission, Eddies Van: See Front Page

Salvation Army Streetlevel Mission: 97 School St, Spring Hill (Behind 24-7 Petrol Station on Barry Parade).

Open 9am-1pm. MYO breaky. Dine-In/Hot meal (Midday). Emergency relief (11am-1pm). Faith group 1-2pm.

◆ **Community Connection & Belonging:** Community Lunch Baptist Church 560 Ipswich Rd Annerley 12:30pm.

Valley Hearts: 9 Church Street, Fortitude Valley. 2pm-5:30pm. **Plus** (4pm-5:30pm), **Orange Sky, 4 Voices & Rosies.**

Dine in or takeaway meal, fruit & veg, bakery items, hot/cold drinks, hygiene products, biscuits, friendship/chats, laundry, showers, digital connection. *Contact Valley Hearts, Ph 0412 078 114 for individual support.*

Hope Ministries International: Sausage Sizzle 5:30ish-6ish pm Emma Miller Place, City.

Community Canteen: 6:30-7pm Wesley Mission building 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof). [Boxed take away meal].

Rosies: 9 Church Street, Fortitude Valley. 3:30-5pm & 7:30-9:30pm Emma Miller Place, City [hot/cold drinks, hygiene products, biscuits, friends & chats].

Helping Hands: 8:30ish pm St John's Cathedral. [Hot drinks, sandwiches & extras]

TUESDAY

Coffee Brigade, 3rd Space, Wesley Mission Qld Emergency Relief, Emmanuel City Mission, Eddies Van: See Front Page

Nudgee College BBQ: 6am TCB Stop One: Kemp Place, Ivory St, Fortitude Valley [Sausages, eggs, bread].

◆ **St Pauls Presbyterian Church Morning Tea:** 8-10am St Pauls Tce, Spring Hill. Very friendly. Some gluten free foods.

Followed by English language class 10am; Midday BBQ & Spanish language church **plus \$3 Pantry 2-5pm.**

Communify's Jeays Street Community Centre: 11am Free Fresh Food Market. Bring a bag & fill it.

New Farm Neighbourhood Centre: 967 Brunswick St Morning Snacks **Hampers** 10:30-11ish(am). Lunch Midday.

Rosies: Churches of Christ, 459 Annerley Road. 9-11am. [hot/cold drinks, hygiene products, biscuits, friends & chats].

Pantry Assist by Anglican Church of Christ: 459 Annerley Road. 10-11:45am Fruit, veg, bread, milk free. Other items at nominal costs. **Plus Rosies:** 9-11am. [hot/cold drinks, hygiene products, biscuits, friends & chats].

Wesley Mission Brisbane Relief Hub BBQ: 10:15am. 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof building) [Hot drinks, take away Burgers with especially good fillings & home make cakes]. **AND One Bridge Nurses** 9:30-11am.

Hope Café Community Meal at Kurilpa Hall 174 Boundary St. West End. Open 10:30am. tea coffee, games, music, Art Afternoon. Lunch midday-ish to 1pm.

Salvation Army Streetlevel: 10:30am-12:30pm Toasties. 97 School St, Spring Hill. Ph 3075 4120.

Street Feed: 6ish pm All Saints Church Carpark, cnr Ann St & Wharf St. [Hampers, Takeaway Meal, cloths, toiletries].

Grill'd: 171 Queens St (Wintergarden food court) 6-8pm. First Tuesday each month: Free Berger!

One Voice Van: 6:45pm Emmer Miller Place. Free Hot Showers.

Rosies: Musgrave Park, Russell St Entrance. 7-9pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

WEDNESDAY

Coffee Brigade, 3rd Space, Wesley Mission Qld Emergency Relief, Emmanuel City Mission, Eddies Van: See Front Page

St James College BBQ: 6:30am TCB Stop One: Kemp Place, Ivory St, Fortitude Valley (Opposite the Valley Fire Station). [Sausages, bacon, eggs, bread].

West End Community House. 4 Norfolk Rd, Sth Brisbane. Fruit, vegetables, groceries at OzHarvest Market sometime from 9am-11am depending on delivery time.

◆ **Salvation Army Open House:** 167 Ann St, City. 11am-1pm. Very friendly venue. [Hot meal sit-in or t/away.]

Community Friends: Cnr Vulture St & Thomas St West End (Bunyapa Park). Usually 3-4 days' worth of food/person. e.g. meat, hot takeaway meals, bag of fruit & vegetables, bag of non-perishable items (cans, pasta, rice, pasta sauce etc.) Bread, cake, drinks & other items also available. Suggested arrive 2:30pm for a 3:00pm start.

Kangaroo Point Uniting Church: Groceries (07) 3391 1355 Pickup 2:30- 3:30pm. 40/48 Linton St, Kangaroo Point.

NorthWest Community Group 6-8pm Musgrave Park. West End. [Burgers & cold drinks & extras.]

Fishers of Men: [hot meal, fruit, bread, blankets, clothes] 6:20-7:15pm, Emma Millar Place, cnr Roma & Albert Sts, City; 7:30-7:40pm St John's Cathedral; 7:40-8:00pm Warry St (Wesley Site) Spring Hill; 8:00-8:10pm Avondale Private Hotel, 179 Musgrave Rd, Red Hill; 8:10-8:20pm Park Hotel/Roma House location, Spring Hill.

4 Voices Digital Assistance Van: 5:30-8pm. At Wesley Mission Brisbane Relief Hub [See ad below.]

Wesley Mission Brisbane Relief Hub Community Meal: open 6:30pm 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof building). [Sit Down meal].

St Mary's Coptic Orthodox Church Outreach Service: 7pm Roma St (Opposite Magistrate's Court) [Hot boxed meal].

Rosies: Emma Miller Place, City. 7:30-9:30pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

4 Voices help for girls and women

Face-to-face or phone (0427244685) Coffee, tea, mobile phones, computers, printers, WiFi.

NEW LUNCHES IN LIST

Tues: Kurilpa Hall, West End
Thur: Holy Trinity Anglican Church, Valley

Annerley Community Centre

Shop 12/478 Ipswich Rd
Tue-Thur 9am-Midday (**NEW**)

SMELL THE ROSES: BE A NON-SMOKER

THURSDAY

Coffee Brigade, 3rd Space, Wesley Mission Qld Emergency Relief, Emmanuel City Mission, Eddies Van: See Front Page

◆ **West End Community House Backyard Breakfast:** 6:45-8isham. 4 Norfolk Road, South Brisbane [Generous hot plated breakfast, fruit, filter coffee]. In the back yard – down the side driveway. Warm, friendly community event.

◆ **Andy's Place Drop-in Centre:** St Andrews Uniting Church Hall: 8am-11am, Creek St, next to 299 Ann St, City. Light ("Aussie Continental") breakfast; tea/coffee/snacks; toiletry items; chats.

◆ **Gateway Baptist City Campus Brunch:** Level 1, 81 Elizabeth St. City. 9:30-11:30am. During school terms only. Hot food, Chats. Good hot meal and engaging friendly people.

New Farm Neighbourhood Centre: 967 Brunswick St, New Farm. Ph 33585600. Morning Snacks, Lunch Middy.

Valley Hearts & Holy Trinity Community Table: 9 Church Street, Fortitude Valley. 11am-2pm. Corporate partners - Technology One, Mosaic Property Group & Unita. **Plus** (10:15am-12pm), **Orange Sky & Rosies** (every 2nd week 8/11, 22/11, etc.). Dine in or takeaway meal, fruit & veg, bakery items, hot/cold drinks, clothing & household items, hygiene products, biscuits, friendship/chats, laundry, digital connection. *Contact Valley Hearts, Ph 0412 078 114 for individual support.*

Salvation Army Streetlevel Mission: 97 School St, Spring Hill. 2-4pm emergency relief card collection (phone 07 30016288 before visit). Drop-in 3-6pm. Hot Meal 5pm. Chapel 6-7:15pm.

Kangaroo Point Uniting Church Hall: 40-46 Linton St, Kangaroo Point. 5-7pm Hot Macedonian meals. Hot & cold drinks (fortnightly e.g. 28 Nov, 12 Dec June etc.)

◆ **Village Church:** at St Pauls Church, St Pauls Tce, Spring Hill. 6-7pm. **Food hampers** and Hot takeaway dinner.

StreetLight. Emma Miller Place. 5:15-7:30pm. Hot Drinks, Light Snacks, cloths etc. Picnic Tables also used by the

Antiochian/Greek/Russian/Serbian Orthodox Church Rotating Outreach Service: 7pm Emma Miller Place.

[Hot boxed take away meal]. (A wonderful example of cooperation all round.)

Rosies+Orange Sky: Musgrave Park, Russell St Entrance. 7-9pm [hot/cold drinks, hygiene products, biscuits, friendship/chats, laundry].

FRIDAY

Coffee Brigade, 3rd Space, Wesley Mission Qld Emergency Relief, Emmanuel City Mission, Eddies Van: See Front Page.

WesleyMission Qld Emergency Relief: Mornings. Fresh produce & clothes. While they last. Bring a bag.

Salvation Army Streetlevel Mission Ph 3075 4120: 97 School St, Spring Hill (Behind 24-7 Shell Petrol Station on Barry Parade). 9:30-11:30am. Dine-in or Take-away meal, plus grocery collection.

Valley Hearts, Jeays St Community Centre, 12 Jeays St, Bowen Hills. 9am-1pm. Plus (10am-12pm) **Orange Sky.**

Toasties & snacks, individual support, art & craft. Pool Competition 1st & 3rd Fri of month, friendship/chats, laundry.

Kangaroo Point Uniting Church: Groceries (07) 3391 1355 Pick up 3-4pm. 40/48 Linton St, Kangaroo Point.

Food not Bombs: starts 6 to 6.30 pm (ish) at Bunyapa Park, 68 Vulture Street (cnr Thomas Street). Mostly vegan. Eat there or take-away. Casual, cool, very relaxed.

Merciful Servants: 6:15pm Emma Miller Place (Cnr Roma St & Albert St, City) [Hot meal, drinks, food pack, fruit].

Valley Outreach BBQ/Feast: Alternating each week between ECB Stop One (Ivory St) & ECB Stop Three (Wickham Park e.g. 4 October-Ivory Street): 5:30pm [Range of donated food + BBQ, drinks, extras.]

Rosies: 7:30-9:30pm. Emma Miller Place, City [hot/cold drinks, hygiene products, biscuits, friends & chats].

SATURDAY **The Coffee Brigade, 3rd Space & Emmanuel City Mission: See Front Page.**

◆ **Soul Purpose:** *Brekky by the Bridge* 6:30-8am Under the Story Bridge: Eastern side of Captain Burke Park BBQ area, Kangaroo Point. Hot & cold breakfasts and grocery giveaways every Saturday. Prayers & blessings.

Street Care: Coffee Brigade's Stop3, Wickham Park, Spring Hill. 7-9am Brecky, clothing, toiletries.

Missionaries of Charity ("The Nuns"): 10am-11ish 92 Warry St, Spring Hill [sit-down meal & some inspiration].

◆ **Andy's Place:** St Andrews Uniting Church Hall: 11:30am-1pm, Creek St, next to 299 Ann St, City. Meals from 12 noon. [main & dessert, hot/cold drinks, fruit & snacks] Free toiletries etc. Gluten Free & vegetarian options

Dig-In: 4:30-5pm Kemp Place, Ivory St, Fortitude Valley (Opposite the Valley Fire Station). Hot boxed T/away main & extras. **4Voices** attend 3-5pm [hot drinks, IT help, personal help].

Vital Connection (ADRA): 5-6pm 10 Quay Street, City end of Grey St Bridge (\$5 voluntary handling fee donation) Groceries, frozen food, fresh bread. Bring a big bag. Stock up.

Emma Miller Place: Alpha & Omega Outreach: 'A&Q' 5pm [Hot Boxed Meal, cold drinks blankets].

Kangaroo Point Uniting Church Outreach: Every second Sat e.g. 30 Nov, 14 Dec etc.

6:30ish-7ish_pm. [Hot food, food packs blankets] Emma Miller Place, City.

Rosies: 7:30-9:30pm. [hot/cold drinks, hygiene products, biscuits, friends & chats].

Hot Showers 3rd Space and Emmanuel City Mission: Every day. (Showers and Laundry)

Orange Sky: (Launder & showers) Wickham Park (TCB stop 3) Mon, Thu, Sat, Sun 6:30-8:30am; Russell St Musgrave Park: Tue.& Thurs 7-9pm Sun 6-8pm; Holy Trinity, Valley: Mon 4-5:30pm (Laundry Only); Thurs 10:15-12am; Ivory St Valley Fri 6:30-8:30am; Sat 3-5pm; Bunyapa Park, West End: Wed 2-4pm

One Voice. 6:45-8:45pm: Tues & Wed Emmer Miller Place & Thurs at Musgrave Park, West End.

New Farm Neighbourhood Centre (laundry & showers incl limited mobility shower), Tues & Thurs, when open.

Southbank City Beach pool (cold) showers may be a viable option (especially on public holidays)

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SUNDAY

The Coffee Brigade, 3rd Space & Emmanuel City Mission: See Front Page.

Salvation Army Streetlevel Mission Ph 3075 4120: 97 School St, Spring Hill (Behind 24-7 Shell Petrol Station on Barry Parade). First Sunday of each month: Roast Meal. 11am-1pm. Serving midday. Pet care vet services before meal.

Community Canteen: 1pm Wesley Mission Brisbane Relief Hub [Take Away boxed meal].

Merciful Servants: Emma Miller Place (Cnr Roma St & Albert St, City. 5:15pm [Hot meal, drinks, food pack, fruit].

Brisbane River City Rotary: 5:30-6:30ish pm. Jayes St Park, Bowen Hills [Hot Meals, Sandwiches, Biscuits & toiletries].

Fishers of Men: [hot meal, fruit, bread, blankets, clothes] 6:20-7:15pm, Emma Millar Place, cnr Roma & Albert Sts, City; 7:30-7:40pm St John's Cathedral; 7:40-8:00pm Warry St (Wesley Site) Spring Hill; 8:00-8:10pm Avondale Private Hotel, 179 Musgrave Rd, Red Hill; 8:10-8:20pm Park Hotel/Roma House location, Spring Hill.

Shah Satnam Ji Green: (Street Name 'The Indians'): Emma Miller Place 7am, South side under William Jolly Bridge 7:20pm; Musgrave Park 7:30pm. [Boxed Rice and mild curry vegetarian meal].

Rosies: Emma Miller Place, City. 7-8:30pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

drug.ARM



Celebrating 175 years of service to Brisbane!!



[Hot/cold drinks, biscuits, care] Ph 1300656800 **ARM: Awareness, Rehabilitation, Management**

Our Street Outreach Services (SOS) support people who are experiencing, or at risk of, homelessness, or have issues with alcohol and other drugs, to access services. We provide non-judgemental and confidential support through referrals, information, and a vital outreach of compassion. Our patrols visit parks, street sides and other accessible areas in the regions where we operate. In some locations we offer a barbeque. Our Mobile Outreach Support and Health Program by Integrated Teams (MOSHPIIT) provides a unique health service. Each of our vans offer a fully equipped on-board health centre providing check-ups, dressings for minor wounds, referrals to other agencies and support in gaining housing. We partner with other local agencies including GPs and nurses, counsellors, Centrelink officers and volunteers.

MON> 11.30am-12.30pm: MOSHPIT Bric Housing Complex, Warry St, Fortitude Valley; 7.15-8.00pm: SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Fortitude Valley; 8.30- 9pm: 8.30-9.00pm – SOS West End Kiosk, Boundary St, West End.

TUE> 7.15-8.00pm SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Fortitude Valley; 8.30-9.00pm –SOS West End Kiosk, Boundary St, West End.

WED> 7.15-8.00pm SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Fortitude Valley; 8.30-9.00pm – SOS West End Kiosk, Boundary St, West End. 11.30am- 12.30pm: MOSHPIT Bric Housing Complex, 2 Lake Street, Yeronga

THUR> 11am-12.30pm: MOSHPIT Rotary Park, Cnr of Grahams Rd & Gympie Rd, Aspley (**free sausage sizzle**).

FRI> Friday> MOSHPIT 9-10am West End Kiosk, Boundary St (**free Sausage sizzle**); 10.30-11.15am Jeays St Community Centre, Bowen Hills; 11.30am-12.30pm 3rd Space, Brunswick St, New Farm; 7.15-8.00pm: SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Fortitude Valley; 8.30-9.00pm – SOS West End Kiosk, Boundary St, West End.

SAT> 7.15-8.00pm: SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Fortitude Valley; 8.30-9.00pm – SOS West End Kiosk, Boundary St, West End.

HEALTH CONTACTS

Non-urgent medical help: 13HEALTH (13 43 25 84) Mental Health access line: 1300 642255.

Inclusive Health: 3rd Space Clinic Mon & Thur 8:30-midday. Dr Sam Wakista. GP (07 3013 6050).

UQ Healthcare: Dr Juergen Landmann. GP Emmanuel City Mission Fri 9am-1pm (for those sleeping rough).

Dr Nancy Sturman. GP New Farm Neighbourhood Centre: Tue & Thur 9am-1pm.

Hope Street Medical Centre, South Brisbane. A range of health services

Medicare Urgent Care Clinic: Level 4, 20 Cornwell St, Woolloongabba. 8am-8pm. GPs. For non-life-threatening illnesses. No appointment Necessary. Bulk Billing. Ph 33461315. Catch 196 bus, get off at Noble St, Stop 13A.

Anglicare Nurse Clinic: 3rd Space 505 Brunswick St, Valley M-F. 9am-2pm

St Vincent's Community Services Nurse @ Emmanuel City Mission Tue & Thur mornings until Lunch.

Micah Nurses Emma Miller Place, City every night 6pm-8:30pm & various street locations near food vans.

One Bridge Nurses Tuesdays 9:30-11am @ Wesley Mission Brisbane Relief Hub 316 St Pauls Terrace, Fortitude Valley And Red Cross Night Cafe fortnightly on a Tues 6.30- 8pm 19 Nov, 3 Dec etc.

In urgent situations, Community Nurses can get access to GPs if no scheduled GP clinic is available.

Podiatrist (Feet & Lower Leg) once a month at 3rd Space. Book through Anglicare Nurse at 3rd Space.

New Farm Neighbour Centre. Physiotherapy Thursdays 9:30-11:30am; **Acupuncture Clinic.** Friday mornings.

Vacseen Project: Emma Miller Place, City. 6:45pm. Free vaccine shots.

DENTAL: Metro North Hospital & Health Service: Ph 1300 300 850. If you have a Pension Concession Card from Centrelink, a Health Care Card, or a Commonwealth or Qld Seniors Card. If you do not have a card, get a Case Manager or Community Nurse to start the contact process.

HOUSING: MICAH 3029 7000 | HART4000: 3004 0100 | Youth Housing Project 0732560241 (ages 16-21 years)

EMERGENCY RELIEF: St Vincent de Paul Ph 1800 846 643 No interest loans, vouchers, pantry | Salvation Army Ph 3001 6288: Vouchers, No Interest Loans. Wesley Mission Ph 1300 865 306: Food, Pharmaceutical Assistance | Holy Trinity Ph 3852 1635 141 Brookes St, Fortitude Valley: See page 1. | Brisbane Youth Service Ph 3620 2400, 42 McLachlan St, Fortitude Valley): Food, Travel | 3rd Space Ph 3254 1144 See pg 1

CRISIS HELP

BeyondBlue (Ph 1300 224 636) | LifeLine: (Ph 131 114) | Homeless Hotline (Ph 1800 474 753)

AngliCare Women & Youth Homeless Shelters: (Ph 1300 610 610) | Sexual Assault (Ph 1800 010 120)

Kids Helpline (Ph 1800 551 800) | Family Hotline (Ph 133264)

Domestic Violence: WomensLine (Ph 1800 811 811) MensLine (Ph 1800 600 636)

Others: National Debt Helpline (Ph 1800 650890) | Headspace (Mental Health) (Ph 1800650890)