

## Practical Assistance in the Blue Mountains

| Cooked Meals |   |        |  |                     |                                  |  |          |
|--------------|---|--------|--|---------------------|----------------------------------|--|----------|
| Monday       | <b>Breakfast Club Katoomba</b><br>7:30am – 8:30am at 35 Waratah St<br>T: 47829251<br>Run by: Salvation Army<br><br><b>Community Lunch Springwood</b><br>10:00am - 12:30pm. Tea and Coffee from 10:00am<br>at Presbyterian Church<br>T: 4754 4050<br>Run by: Winmalee Neighbourhood Centre | Sunday | <b>Community Lunch Katoomba</b><br>10:00am – 2:00pm at 142 Katoomba St<br>Hall behind Uniting Church<br>Run by: Soul Kitchen   |                     |                                  |  |          |
|              |   |        | <b>Meals by Blue Mountains Food Services (Meals on Wheels)</b><br>T: 4759 2811   |                     |                                  |  |          |
| Tuesday      | <b>Community Lunch Katoomba</b><br>Open Heath – 10:00am – 1:00pm at 142 Katoomba St<br>T: 4757 4394<br>Run by: Uniting Church, Katoomba   |        | Mon  | Tues                | Wed                              | Thurs  | Fri      |
| Wednesday    | <b>Community Brekkie Katoomba</b><br>8:30am – 9:30am at 2 Station St Katoomba<br>T: 47821555 or <a href="mailto:bmfss@pnc.com.au">bmfss@pnc.com.au</a><br>Run by: Mountains Support   |        | Katoomba   | Blaxland Springwood | Lawson<br>Blaxland<br>Blackheath | Katoomba<br>Springwood   | Katoomba |
| Thursday     | <b>Community Lunches Katoomba</b><br>First and Second Thursday of the month at 6-8 Station St<br>T: 4782 1117<br>Run by: Katoomba Neighbourhood Centre  |        | <ul style="list-style-type: none"> <li>• Meals on Wheels for the elderly, people with a disability and their carers;</li> <li>• Low price meals through village restaurants;</li> <li>• Bookings need to be made for all venues except Katoomba</li> </ul> |                     |                                  | <b>Blaxland</b> – Sharron Burrridge Hall, Hope St<br><b>Springwood</b> – Presbyterian Hall, Macquarie Rd<br><b>Lawson</b> – Neighbourhood Centre, New St<br><b>Katoomba</b> , Civic Centre, Katoomba St<br><b>Blackheath</b> – Bates Hall, Blackheath Community Centre |          |
| Friday       | <b>Evening Meal Katoomba</b><br>Last Friday of the month at 142 Katoomba St<br>T: 4757 4394<br>Run by: Uniting Church Katoomba<br><br><b>Community Café Katoomba</b><br>Gold Coin Donation at 6-8 Station St<br>T: 4782 1117<br>Run by: Katoomba Neighbourhood Centre                     |        |  |                     |                                  |  |          |

| <b>Emergency Relief</b>   | <b>Assistance provided</b>  |
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| <b>Salvation Army</b><br>1300 371 288<br>9:00am – 5:00pm, 7 days a week<br>Assessment and information.  | EAPA vouchers; phone and utility bills; food parcels; family store; community and outreach programs; financial assistance in form of specialised EFTPOS cards.                  |
| <b>St Vincent de Paul</b><br><b>Katoomba</b> – 4782 2041<br>54 Waratah St<br><br><b>Kingswood</b> – 4731 5900<br>74 Cox St  | Clothing; furniture; EAPA; supermarket vouchers; utility and phone bills; medical/pharmaceutical; funeral service; rental assistance/accommodation; budgeting and counselling.  |
| <b>Anglicare</b><br>Penrith – 0466 774 674<br>396 High St   | Food parcels; clothing; petrol vouchers; utility and phone bills; supermarket vouchers; medical/pharmaceuticals; rental assistance; case management; client advocacy; removals. |
| <b>Wesley Mission and Mountains Support</b><br>2 Station St Katoomba<br>T: 4782 1555  | Woolworths essential cards (Big W, Woolworths and Caltex combined) through Mountains Support and drop in.   |
| <b>Other Practical Help</b>   | <b>Assistance provided</b>  |
| <b>Blackheath Area Neighbourhood Centre</b><br>Cnr Great Western Highway and Gardiner Cres (entrance in Gardiner Cres)<br><a href="http://www.banc.org.au">www.banc.org.au</a><br>T: 4787 7770<br>Open: 9:30am – 4:30pm Mon-Fri | No Interest Loans (ring for appointment); some limited food available; wifi/computers available.  |
| <b>Mountains Support</b><br>2 Station St Katoomba<br>T: 4782 1555   | Fresh food; EAPA utilities and water assistance; emergency relief; free brekkie; referral and advocacy/advice; some household goods; food locker.                               |
| <b>Gateway</b><br>70 Old Bathurst Rd Blaxland<br>T: 4739 5963; F: 4769 9086   | Food vouchers when available; food shelf.   |
| <b>Mid-Mountains Neighbourhood Centre</b><br>9 New St Lawson<br>T: 4759 2592<br><a href="http://www.mmnc.org.au">www.mmnc.org.au</a>  | No Interest Loans; EAPA through St Vinnies.   |
| <b>Springwood Neighbourhood Centre</b><br>108 Macquarie Rd Springwood<br>T: 4751 3033; <a href="http://www.sncc.org.au">www.sncc.org.au</a>   | Non-perishable food   |
| <b>Winmalee Neighbourhood Centre</b><br>62 Whitecross Rd, Winmalee<br>T: 4754 4050<br><a href="http://www.winmaleeneighbourhoodcentre.com.au">www.winmaleeneighbourhoodcentre.com.au</a>  | No Interest Loans; fresh food; EAPA and Telstra assistance; bushfire assistance; community lunch.   |

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| <b>Other useful contacts</b>  |  |
| <b>Centrelink</b><br>T: 132850  |  |
| <b>Mountains Youth Services Team</b><br>T: 4782 6562<br><a href="http://www.myst.com.au">www.myst.com.au</a><br>Check webpage or ring for locations | Practical and crisis assistance through the Glue Factory; internet; kitchen; emergency food; laundry and study facilities available  |
| <b>Link2Home</b><br>T: 1800 152 152   | Link2Home is a single state-wide information and referral service available 24 hours a day, 7 days a week. Trained staff will assess your needs and refer to a local service for the support you need.                                     |
| <b>NSW Domestic Violence Line</b><br>T: 1800 65 64 63   | Women can call the NSW Domestic Violence Line 24 hours a day. Seven days a week. It provides telephone counselling, information and referrals for women who are experiencing or have experienced domestic violence.                        |
| <b>The Right Door</b><br>T: 1800 760 071  | Freecall number to access specialist services in Lithgow, Blue Mountains, Hawkesbury and Penrith Local Government Areas (operating in business hours). Follow the prompts to talk directly to the local service that best meets your need. |