

## MONDAY

**Discount Store & Free Fruit/Veg/Bread**  
Bateau Bay Neighbourhood Centre - 9:00am to 3:00pm  
02 4332 7450 *Subject to availability*

**Household Goods & Food Items - The Guiding Light, Central Coast Outreach**  
Free bread, fruit and vegetables  
10:00am to 3:00pm  
02 4333 1108  
Food hampers and household goods by appointment only  
Barbara 0416 947 632

**Community Meals**  
Feed a Friend – Shellys Apartments  
10:00am to 1:30pm  
0418 134 655

**Emergency Relief Vouchers**  
Samaritans, Gorokan  
10:00am to 12:00pm  
Lakes Anglican Church Kanwal  
02 4393 2450 for all community

**Food Hampers - St Vincent De Paul Wyong**  
9:30am to 2:00pm - 02 4353 5613  
Drop in or Home visit

**Frozen Food & Food Items**  
The Benevolent Society  
9:00am to 4:00pm (02) 4332 4545  
Monday to Friday

**Emergency relief vouchers, food, clothing and household items**  
Salvos Connect  
Call 1300 371 288  
Monday to Friday  
9:00am to 5:00pm

**Discount Groceries**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
For all community 02 4397 4666

**Free bread, vegies and take away meals**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
Call 02 4397 4666

**Low Cost Groceries**  
Lakes Food Care, Toukley  
9:00am to 2:00pm  
02 4397 4666 -Referral Required

**Frozen Bread**  
Toukley Neighbourhood Centre  
Before 2pm - 02 4396 1555  
*subject to availability*

**Emergency Relief Vouchers**  
Wyong Neighbourhood Centre  
9:30am to 2:30pm - 02 4353 1750  
*appointment necessary*

**Food & Household Hampers**  
Wyong Neighbourhood Centre  
9:30am to 2:30pm - 02 4353 1750  
*appointment necessary*

## TUESDAY

**Discount Store & Free Fruit/Veg/Bread**  
Bateau Bay Neighbourhood Centre - 9:00am to 3:00pm  
02 4332 7450 *Subject to availability*

**Free Fresh Fruit & Vegetables**  
Berkeley Vale Neighbourhood Centre - 9:30am to 3:00pm  
02 4388 5801  
*Subject to availability*

**Household Goods & Food Items**  
The Guiding Light, Central Coast Outreach  
Free bread, fruit and vegetables  
10:00am to 3:00pm  
02 4333 1108  
Food hampers and household goods by appointment only  
Barbara 0416 947 632

**Emergency Relief Vouchers**  
San Remo Neighbourhood Centre - 9:30am to 1:00pm  
02 4390 7888 *appointment necessary*

**Food Hampers - St Vincent De Paul Wyong**  
9:30am to 2:00pm - 02 4353 5613  
Drop in or Home visit

**Frozen Food & Food Items**  
The Benevolent Society  
9:00am to 4:00pm (02) 4332 4545  
Monday to Friday

**Emergency relief vouchers, food, clothing and household items**  
Salvos Connect  
Call 1300 371 288  
Monday to Friday  
9:00am to 5:00pm

**Discount Groceries**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
For all community 02 4397 4666

**Free bread, vegies and take away meals**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
Call 02 4397 4666

**Low Cost Groceries**  
Lakes Food Care, Toukley  
9:00am to 2:00pm  
02 4397 4666 -Referral Required

**Vouchers for Lakes Food Care**  
Toukley Neighbourhood Centre  
9:00am to 1:00pm  
02 4396 1555 - approved membership only

**Frozen Bread & Frozen Meals**  
Toukley Neighbourhood Centre  
Before 2pm 02 4396 1555  
*subject to availability*

**Emergency Relief Vouchers**  
Wyong Neighbourhood Centre  
9:30am to 2:30pm - 02 4353 1750  
*appointment necessary*

**Food & Household Hampers**  
Wyong Neighbourhood Centre  
9:30am to 2:30pm - 02 4353 1750  
*appointment necessary*

## WEDNESDAY

**Discount Store & Free Fruit/Veg/Bread**  
Bateau Bay Neighbourhood Centre - 9:00am to 3:00pm  
02 4332 7450 *Subject to availability*

**Free Fresh Fruit & Vegetables**  
Berkeley Vale Neighbourhood Centre - 9:30am to 3:00pm  
02 4388 5801  
*Subject to availability*

**Household Goods & Food Items**  
The Guiding Light, Central Coast Outreach  
Free bread, fruit and vegetables  
10:00am to 3:00pm  
02 4333 1108  
Food hampers and household goods by appointment only  
Barbara 0416 947 632

**Community Meals**  
Feed a Friend – Shellys Apartments  
10:00am to 1:30pm  
0418 134 655

**Emergency Relief Vouchers**  
Samaritans, Gorokan  
10:00am to 12:00pm  
Lakes Anglican Church Kanwal  
02 4393 2450 for all community

**Community Café**  
Kanwal Cornerstone Church  
Seventh Day Adventist Church  
10:00am to 12:00pm  
For all community  
Call Danny 0403 344 360 and Evelyn 0478 838 586

**Food Hampers - St Vincent De Paul Wyong**  
9:30am to 2:00pm - 02 4353 5613  
Drop in or Home visit

**Emergency Relief Vouchers**  
The Entrance Community Centre  
The Benevolent Society  
9:30am to 12:30pm - 02 4332 4545 call for appointment

**Frozen Food & Food Items**  
The Benevolent Society  
9:00am to 4:00pm (02) 4332 4545  
Monday to Friday

**Emergency relief vouchers, food, clothing and household items**  
Salvos Connect  
Call 1300 371 288  
Monday to Friday  
9:00am to 5:00pm

**Discount Groceries**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
For all community 02 4397 4666

**Free bread, vegies and take away meals**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
Call 02 4397 4666

**Community Lunch**  
The Salvation Army, Oasis Centre  
Wyong - 12:00pm to 1:30pm  
02 4392 1218

**Frozen Bread & Frozen Meals**  
Toukley Neighbourhood Centre  
Before 2pm - 02 4396 1555  
*subject to availability*

**Food & Household Hampers**  
Wyong Neighbourhood Centre  
9:30am to 2:30pm - 02 4353 1750  
*appointment necessary*

## THURSDAY

**Discount Store & Free Fruit/Veg/Bread**  
Bateau Bay Neighbourhood Centre - 9:00am to 3:00pm  
02 4332 7450 *Subject to availability*

**Community Barbeque - Bateau Bay Neighbourhood Centre**  
1st Thursday every month  
9:30am to 12:00pm  
*Subject to availability*

**Free Fresh Fruit & Vegetables**  
Berkeley Vale Neighbourhood Centre - 9:30am to 3:00pm  
02 4388 5801  
*Subject to availability*

**Household Goods & Food Items**  
The Guiding Light, Central Coast Outreach  
Free bread, fruit and vegetables  
10:00am to 3:00pm  
02 4333 1108  
Food hampers and household goods by appointment only  
Barbara 0416 947 632

**Emergency Relief Vouchers**  
San Remo Neighbourhood Centre - 9:30am to 1:00pm  
02 4390 7888 *appointment necessary*

**Food Hampers - St Vincent De Paul Wyong**  
9:30am to 2:00pm - 02 4353 5613  
Drop in or Home visit

**Frozen Food & Food Items**  
The Benevolent Society  
9:00am to 4:00pm (02) 4332 4545  
Monday to Friday

**Emergency relief vouchers, food, clothing and household items**  
Salvos Connect  
Call 1300 371 288  
Monday to Friday  
9:00am to 5:00pm

**Discount Groceries**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
For all community 02 4397 4666

**Free bread, vegies and take away meals**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
Call 02 4397 4666

**Low Cost Groceries**  
Lakes Food Care, Toukley  
9:00am to 2:00pm  
02 4397 4666 -Referral Required

**Frozen Bread**  
Toukley Neighbourhood Centre  
Before 2pm - 02 4396 1555  
*subject to availability*

**Food & Household Hampers**  
Wyong Neighbourhood Centre  
9:30am to 2:30pm - 02 4353 1750  
*appointment necessary*

**Discount Grocery Items - Coast Alive Food Care - Coast Alive Outreach Centre, Charmhaven**  
10:00am to 12:30pm  
02 4394 0463  
*approved membership only*

**Lunch & Childcare - Coast Alive Foodcare - Coast Alive Christian Outreach, Charmhaven**  
10:00am to 12:30pm  
02 4394 0463  
*approved membership only*

## FRIDAY

**Free Fresh Fruit & Vegetables**  
Berkeley Vale Neighbourhood Centre - 9:30am to 3:00pm  
02 4388 5801  
*Subject to availability*

**Household Goods & Food Items**  
The Guiding Light, Central Coast Outreach  
Free bread, fruit and vegetables  
10:00am to 3:00pm  
02 4333 1108  
Food hampers and household goods by appointment only  
Barbara 0416 947 632

**Community Meals**  
Feed a Friend – Shellys Apartments  
10:00am to 1:30pm  
0418 134 655

**Emergency Relief Vouchers**  
Samaritans, Gorokan  
10:00am to 12:00pm  
Lakes Anglican Church Kanwal  
02 4393 2450 for all community

**Food for Thought Restaurant**  
San Remo Neighbourhood Centre - 11:00am to 1:00pm  
02 4390 7888  
For all community

**Food Hampers - St Vincent De Paul Wyong**  
9:30am to 2:00pm - 02 4353 5613  
Drop in or Home visit

**Emergency Relief Vouchers**  
The Entrance Community Centre  
The Benevolent Society  
9:30am to 12:30pm  
02 4332 4545 call for appointment

**Frozen Food & Food Items**  
The Benevolent Society  
9:00am to 4:00pm (02) 4332 4545  
Monday to Friday

**Emergency relief vouchers, food, clothing and household items**  
Salvos Connect  
Call 1300 371 288  
Monday to Friday  
9:00am to 5:00pm

**Discount Groceries**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
For all community 02 4397 4666

**Free bread, vegies and take away meals**  
The Salvation Army, Oasis Centre  
9:00am to 4:00pm  
Call 02 4397 4666

**Low Cost Groceries**  
Lakes Food Care, Toukley  
9:00am to 2:00pm  
02 4397 4666 -Referral Required

**Vouchers for Lakes Food Care**  
Toukley Neighbourhood Centre  
9:00am to 1:00pm  
02 4396 1555 - approved membership only

**Frozen Bread & Frozen Meals**  
Toukley Neighbourhood Centre  
Before 2:00pm - 02 4396 1555  
*subject to availability*

**Community Café**  
Toukley Neighbourhood Centre  
10:00am for morning tea, 12:00pm for lunch. During school terms \$2 entry. 02 4396 1555

**Food & Household Hampers**  
Wyong Neighbourhood Centre  
9:30am to 12:00pm  
02 4353 1750  
*appointment necessary*

**Pizza in the Park & Hampers**  
Fathers Table, Wyong Town Park, opposite Coles, 5:00pm to 6:00pm  
0406 947 767 - Drop In

## KEY

SHOPS

HAMPERS

VOUCHERS

MEALS

PICK UP

## SUNDAY

**Community Lunch & Hampers**  
Fathers Table  
Wyong Town Park, opposite Coles  
Sunday 11:30am to 1:00pm  
0406 947 767 - Drop in

**Community Barbeque**  
Long Jetty Uniting Church  
3:30pm to 4:30pm  
02 4358 4678 - Drop in

Central Coast Council

## LOCATIONS

- 1 **Toukley Neighbourhood Centre**  
Heador Street, Toukley
- 2 **Lakes Food Care**  
The Main Road, Toukley
- 3 **Wyong Neighbourhood Centre**  
Wyong Town Park  
Alison Road, Wyong
- 4 **St Vincent De Paul, Wyong**  
47 Howarth Street, Wyong
- 5 **The Guiding Light**  
Central Coast Outreach  
Theatre Lane, The Entrance Arcade,  
The Entrance
- 6 **Samaritans, Gorokan**  
Lakes Anglican Church  
247 Wallarah Road, Kanwal
- 7 **Salvation Army, Oasis Centre**  
15 Hely Street, Wyong
- 8 **San Remo Neighbourhood Centre**  
28 Brava Avenue North, San Remo
- 9 **Kanwal Cornerstone Centre**  
Seventh Day Adventist Church  
Corner Wallarah and  
Minnamurra Road, Kanwal
- 10 **Meals 4 Hope, Gwandalan**  
Gwandalan Community Hall  
Koowong Road, Gwandalan
- 11 **Meals for Hope, Halekulani**  
Halekulani Recreation Centre  
Neola Road, Budgewoi
- 12 **Coast Alive Food Care**  
Unit 1 Number 10, O'Hart Close,  
Charmhaven
- 13 **The Father's Table**  
Wyong Town Park  
Alison Road, Wyong
- 14 **Long Jetty Uniting Church**  
204 The Entrance Road, Long Jetty
- 15 **Salvation Army, Gorokan**  
90 Minnamurra Road, Gorokan
- 16 **St James Anglican Parish**  
Outreach Community Centre  
65 Howarth Street, Wyong.
- 17 **The Entrance Neighbourhood Centre - Benevolent Society**  
Corner of Battley and Oakland  
Avenues, The Entrance
- 18 **Starting Over, Central Coast Outreach**  
1/4 Craftsman Avenue, Berkeley Vale
- 19 **Bateau Bay Neighbourhood Centre**  
4/10 Cynthia St, Bateau Bay
- 20 **The Shepherd's Nook / The Marsters Apprentices Restaurant**  
475 The Entrance Rd, Long Jetty
- 21 **Berkeley Vale Neighbourhood Centre**  
Berkeley Road, (opposite Berkeley  
Vale High School), Glenning Valley

## HOUSING SERVICES

### Link2Home

(priority support for domestic and family violence)  
24hr line 1800 152 152

### Coast Shelter

02 4325 3540

### Department of Housing, Wyong

02 4352 9600

### Department of Housing, Gosford

02 4323 5211

### Uniting Care Burnside

Doorways Program  
1800 067 967

## MOBILE SERVICES

### Central Coast Outreach Services

Outreach Care Van  
0418 134 655

### Meals for Hope

BBQ Trailer  
0423 123 615

### Lions Club Food Trailer

Mobile food trailer for hire  
02 4976 2474

## WORK/BUSINESS CLOTHES OP-SHOP

### The Salvation Army, Oasis Centre

Monday to Thursday 9:30am to 2:30pm Items \$5 or less  
15 Hely Street, Wyong 4353 9799

### Wyong Neighbourhood Centre

Tuesday and Thursday 9:30am to 3:00pm and  
Wednesday 12:00pm to 2:00pm. \$2 per corporate  
item and \$1 per smart casual item  
Old Wyong School, Alison Road, Wyong 4353 1750

### Bateau Bay Neighbourhood Centre

Monday, Tuesday, Wednesday, Thursday  
9:00am to 3:00pm Every item \$1  
4/10 Cynthia St, Bateau Bay

## FURNITURE, WHITEGOODS AND ELECTRICAL

### Starting Over

For a reasonable donation  
Monday to Friday 10:00am to 3:00pm  
Saturday 10:00am to 1:00pm  
1/4 Craftsman Avenue, Berkeley Vale  
Other times by appointment 0418 134 655

### The Shepherd's Nook

Monday to Friday by appointment only  
0418 134 655  
475 The Entrance Rd, Long Jetty  
Other times by appointment 0418 134 655

## WYONG AREA



- 22 **Feed a Friend – Shelly's Apartments**  
509 – 515 The Entrance Road  
Corner of Graham Street, The Entrance

Current as at November 2016