

# Ballarat food relief information

## Food relief, social connection and other resources

### Salvation Army - food and vouchers

102 Eureka Street, Ballarat

### Emergency Relief-

Telephone 5337 0600 to arrange an interview and assessment Mon – Fri 9:15am – 2:15pm.

Bread and fruit able to be collected at the front of Reception Mon – Fri 9:15am -2:15pm.

### Café 102 – Sit down hot meal (gold coin cost)

102 Eureka Street, Ballarat Monday to Friday, 10am – 2pm

### Uniting Care – food, vouchers, shower and laundry facilities

105 Dana Street, Ballarat

Emergency Relief for those on low income or immediate financial crisis.

Book by phone 5332 1286 at **9am** at reception for an appointment.

available Monday – Friday 9am-2pm

### BreezeWay Meals Program – Sit down hot meal as well as sandwich packs available for takeaway.

102 Albert St corner of Dana Street, Ballarat

7 days a week Opens 10.30 am Meals from 11.30 to 1pm.

### Meals for Change

Support young people (aged 15-25) to access affordable meals in local cafes

Contact Jen on 0478 280 293 or leave a message with reception 5332 1286

### St Vinnies - food and vouchers and funding for medical scripts and MYKI top-ups

6 Dawson Street South, Ballarat. 10am – Midday, open Monday, Wednesday and Friday

14 Violet Grove, Wendouree 9.30am- 11.30am, open Monday, Wednesday and Friday

To organise a home visit for assistance call and leave a message on 5334 2844 someone will contact you.

### Ballarat Neighbourhood Centre

11 Tuppen Drive, Sebastopol, 5329 3273

Fridays – Community lunch 12-2pm and Bread

### Wendouree Neighbourhood Centre

12 Holly Grove, Wendouree, 5303 0507 Monday - Friday 9am – 3:30pm

- Take away meals, \$1.00 - \$3.00 (depending on meal). Available to everyone.
- Community Pantry
- Community Lunch - Wednesday from midday for a gold coin two courses

### Anglicare Victoria - community sit down breakfast

49 Lydiard Street South, Ballarat Monday – Friday 8.30am - 10am

### Emergency Relief - food and vouchers

- 14 Victoria Street, Bakery Hill. Monday – Thursday 10.30am – Midday
- 227 Albert Street, Sebastopol Closed till further notice
- 21/19 Victoria St, Creswick Second Wednesday of the month 1-2pm (*must phone to register attendance*)  
Please phone for assistance: 5333 0600

### Hilltop Church – food bank

503 Mair Street, Ballarat 3350

5331 5957

- Food Bank – fresh produce Friday 1.30pm – 2pm
- Free bread alternate Fridays
- Frozen meals available, please call to arrange (*leave a message if unattended*)

### Ballarat Seventh Day Adventist Church – Soul + Food, Emergency Food Distribution Programme

Cnr Learmonth & Grevillea Road, Wendouree

Thursdays, 10.30am-12.30pm

Donation requested for a trolley of groceries (pantry staples, frozen items and fresh food).

All welcome. Registration required.

### **Soup Bus - Ballarat On Track Foundation** - free hot dinner

Corner of Eyre st and Doveton St South, Ballarat. (Camerons Welding and Industrial Supplies)

Monday – Thursday 7.30pm-9pm

Sunday 5.30 pm – 7.30pm

14 Violet grove, Wendouree

Tuesday and Thursday 6pm-8pm

no registration required.

### **Shower Bus - One Humanity** - shower and clothes washing facilities.

Corner of Eyre st and Doveton St South, Ballarat (located with the Soup Bus at Camerons)

open Thursday 6-8pm and Sunday 5-7pm

### **Delacombe Community Garden**

16 Nandiriog Drive Delacombe

For people to pick available fresh fruit, vegetables and herbs, the garden is open all year round.

### **Food Is Free Inc. Green Space**

Rear/212 Ripon St Sth, Ballarat

A space for people to drop off or collect veggies, fruit and herbs and connect with the neighbourhood.

<http://www.foodisfree.com.au>

**Details may change without notice, contact organisation to confirm they are open and have food.**

### **Other useful contacts**

#### **Better Health Channel**

▪ Health & medical info to improve health, wellbeing & manage medical conditions [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

#### **Beyond Blue 1300 22 4636**

▪ Online chat | info about depression and anxiety [www.beyondblue.org.au](http://www.beyondblue.org.au)

#### **Directline 1800 888Safe Steps Family Violence Response Centre - 1800 015 188** (free call 24 hrs).

You can also call (03) 9322 3555 or visit <https://www.safesteps.org.au/>

#### **MensLine Australia - 1300 78 99 78** (24 hrs).

Support and information for men. to help men recognise and stop using violence or abuse. also, advice and support for men experiencing violence in their family or relationships. <https://mensline.org.au/>

#### **Kids Helpline - 1800 551 800** (free call 24hrs).

Free, 24-hour phone and online counselling service for 5- 25 year olds. <https://kidshelpline.com.au/>

#### **eheadspace 1800 650 890**

▪ Free phone | online support | counselling 12-25's & family <https://headspace.org.au/eheadspace>

#### **National Sexual Assault, Domestic and Family Violence Counselling Service - 1800 737 732** (free call 24 hrs).

1800 RESPECT sexual assault, domestic and family violence counselling service

You can also connect to an online counsellor from their website. <https://www.1800respect.org.au/>

#### **Child Protection Emergency Service - 13 12 78** (free call 24 hrs).

Call the Child Protection if you believe a child needs to be protected from abuse or neglect.

You can also visit Child protection on our DFFH Services website for more information.

<https://services.dffh.vic.gov.au/child-protection>

#### **Men's Referral Service - 1300 766 491**(free call 24 hrs).

The Men's Referral Service helps men take action to stop using violent or controlling behaviour. The service provides anonymous and confidential telephone counselling.

#### **Lifeline - 13 11 14** (free call 24 hrs).

Helps people experiencing a personal crisis with support and suicide prevention services.

#### **DirectLine - 1800 888 236** (free call 24 hrs).

This phone service gives people access to drug and alcohol counselling, information, and referral to services.

<https://www.directline.org.au/>

#### **Rainbow Door 1800 729 367**

▪ Free specialist LGBTIQ+ helpline providing information, support, & referral [www.rainbowdoor.org.au](http://www.rainbowdoor.org.au)

#### **Family Relationship Advice Line - 1800 050 321** (free call)

The Family Relationship Advice Line is a service for families experiencing relationship or separation issues.