Updated 12/12/2022 by Community Northern Beaches



Days and Times Service Provider General Information		General Information	Christmas and New Year availability	
Mon - Fri 10am - 2pm	Community Northern Beaches 52 Raglan St, Manly 02 9977 1066 - cnb.org.au	Non-perishable food Cafe bar - tea/coffee and pastries	Open until 12pm Fri 23rd Dec 2022 Reopens at 10am, Tue 3rd Jan 2023	
Mon to Thu Day deliveries	One Meal Northern Beaches Pre-prepared meals	Free (supporting agency referral required)	Last day 21st Dec Resumes 4 Jan 2023	
Mon to Fri Day deliveries	Meals On Wheels 8495 5010 Tom Miles mow@northernbeaches.nsw.gov.au	Frozen meals and desserts available for delivery	Continued service over the Christmas period except Public Holiday	
Mon 5 - 6pm	St Matthews Church 1 Darley Rd, Manly	Soup Kitchen	Closed 19 Dec 2022 Resumes 16 Jan 2023	
Tue 4.30pm onwards	One Meal Northern Beaches Mobile Soup Kitchen Service	Soup Kitchen	Closed 21st Dec 2022 Resumes 4th Jan 2023	
Tue & Wed 09:00 - 12 noon	Salvation Army 59 Pittwater Rd, Manly	Free Breakfast and Lunch	Christmas Day Lunch 9.30am - 1.30pm Otherwise closed from 24 Dec 2022 Resumes 1 Feb 2023	
Tue to Fri By appointment via link.org.au/care	Link Community Food Care Program The Link Collective 6/3 Vuko Place, Warriewood	Small cost - Centrelink and ID required Groceries - fruit, veg, bread, cereals, perishables	Closes 16 Dec Resumes 11 Jan 2023	
Wed 10:00am - 1:00pm	Grace City Community Food Care	Small cost - Centrelink and ID required Groceries - fruit, veg, bread, cereals etc	Last day 21 Dec 2022 Resumes 11 Jan 2023	
Wed 11:00am - 12:00pm 4:00pm	One Meal Northern Beaches CNB - 2 Alfred St, Brookvale Aldinga Place, Forestville	Free fruit & veg bag, meal, sanitary items Mobile pantry	Last day 22 Dec 2022 Resumes 4 Jan 2023	

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Wed 11:00am - 12:00pm	Community Northern Beaches 52 Raglan St, Manly	OZ Harvest, One Meal Fresh Fruit & Veg	Closed 12pm 23 Dec to 10am 3rd Jan 2023	
Wed 5:00pm - 6:00pm	The Community Pantry Lake Park Narrabeen Sharks Rugby League Club	Free Opposite Narrabeen Sports High Hot takeaway meal	21st Dec Christmas Dinner 5pm - 6.30pm Register interest at office@stfaiths.org.au Pantry closed 28 Dec and 4 Jan 2023 Resumes 11 Jan 2023	
Wed 7:00pm - 7:30pm	Street Mission - St Johns Church Cnr Avon Road & Oaks Ave Dee Why	Free Hot Takeaway meal	Continued service over the Christmas period.	
Thu 6:30pm - 8:00pm	Link Community Food For bookings/locations: link.org.au/care	Small cost - Centrelink and ID required Groceries - Fruit, veg, bread, cereals, perishables	Closes 16 Dec Resumes 11 Jan 2023	
Thu 3:30pm	One Meal Northern Beaches Beverley Job Park, Narraweena	Free Hot takeaway meal	29th December	
Thu 11:00 am	One Meal Northern Beaches Cove Avenue Manly	Van service Free fruit veg bag, meals, toiletries	Continuing including a service 22 Dec and 29 Dec 2022	
Fri 11.30am - 1.30pm	Community Lunches 8495 5010 Tom Miles mow@northernbeaches.nsw.gov.au	\$12.00 Manly Seniors Centre 275 Pittwater Rd. Manly	No service 23 Dec 2022, otherwise unchanged	
Fri 5:00pm - 6:00pm	C3CARE food van Dee Why Surf Club car park	Free Hot Takeaway meal	Closes 23 Dec resumes 3 Jan 2023	
Sat 6:30pm - 7:00pm	Street Mission - Balgowlah Pioneer Clubhouse Lot 2 Quirk Road Balgowlah	Free Hot Takeaway meal	Continued service over the Christmas period.	

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Sun 5:00pm - 7:00pm	One Meal Northern Beaches Gilbert Park Manly	Free Hot Takeaway meal	Continued service over the Christmas period including Christmas Day and New Year's Day
25 Dec From 11am	St Mary's Parish Hall - enter via Denison St school entrance, Manly	Christmas Day Seated Lunch Bookings essential due to limited space Ph: (02) 9977 5822	Christmas Day only event
Mon - Sun	St. Vincent De Paul Night Patrol: - Eddie Ward Park-Belvoir Street side, Surry Hills: 7:30pm-8:15pm and 9:45pm-10:30pm - Martin Place-Phillip Street, Sydney: 8:30pm-9:30pm - Belmore Park-Eddie Ave, Haymarket: 10:45pm-11:30pm	Phone: (02) 9518 0303 Email: night.patrol@vinnies.org.au	Closed New Years Eve
Mon - Sun Open every day	The Station Limited Drop in Service, Erskine St Sydney	Mon - Fri: Breakfast 7:30-9:00am & Lunch 12:30-1:00pm Sat to Sun: Lunch 12noon-12:30pm	Closed all public holidays including Christmas Day, Boxing Day and New Years Day.
Mon - Sun Open every day	Wayside Chapel, Kings Cross 29 Hughes St, Potts Point NSW	Christmas Party 8am-2.30pm (Lunch 11 onwards). Register interest online at waysidechapel.org.au	No closures
Mon 5pm - 7pm	Street Side Medics Outside St Matts Church, 1 Darley Rd, Manly streetsidemedics.com.au	A medical service dedicated to people experiencing homelessness	Last day operating - Mon 19th Dec. Service closed: 26th Dec 2022 and 2nd Jan 2023. Resuming 9th Jan 2023

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Crisis and Support Services by phone and/or online				
Emergency - Police, Ambulance, Fire	000	If a life is in danger		
Emergency Mobile - No network coverage	112			
Manly Police	9976 8099			
Lifeline (affordable face to face counselling and support groups also available)	13 11 14	www.lifeline.org.au/Get-Help		
Suicide Call Back Service	1300 65 94 67	www.suicidecallbackservice.org.au		
Kids Helpline (5-25y)	1800 55 1800	www.kidshelp.com.au		
Parent Line	13 20 55	www.parentline.org.au		
Poisons Information	131 126			
NSW Mental Health Line 24/7	1800 011 511	www.health.nsw.gov.au/mhdao/pages/default.aspx		
QLife (3pm - midnight) LGBTQIA+	1800 18 45 27	www.qlife.org.au		
BeyondBlue	1300 224 636	www.beyondblue.org.au		
Mens-Line Australia	1300 78 99 78	www.mensline.org.au		
1800RESPECT	1800 737 732	www.1800respect.org.au		
National Sexual Assault and Domestic Violence Service		Excellent resources online		
Domestic Violence Line	1800 65 64 63			
Child Protection Helpline	132 111			
NSW Rape Crisis Centre	1800 424 017			
Salvo Connect	1300 371 288			
Alcoholics Anonymous	1300 222 222	www.aa.org.au		
Narcotics Anonymous	1300 652 820	www.na.org.au		
Blue Knot Foundation	1300 657 380	www.blueknot.org.au		
(Trauma and abuse support)				
Butterfly Foundation	1800 33 46 73	www.thebutterflyfoundation.org.au		
Eating Disorders				
Dads In Distress	1300 853 437	www.dadsindistress.asn.au		

Apps		
BeyondNow	Suicide crisis support app - apple android	
Emergency Plus	Emergency Services & Location finder - apple android	
Lifeline Service Finder	Find services in your area - <u>link</u>	