

## Meals on Wheels

Provides meals and food services to a range of people living in the community who are unable to cater for themselves on either a short or long term basis. Prices for meals and services are kept as low as possible with a main dish costing between \$4 to \$6. Some provision exists for the financially disadvantaged. Meals can be frozen or ready to eat and specific dietary requirements can usually be catered for. Most meals on wheels services also cater to the cultural, linguistic and religious needs of their clients. Some meals on wheels centres now also provide a shopping service which may include a group shopping bus, individual assisted shopping or home delivery. Contact your local Meals on Wheels to find out their full range of services.

<b>Randwick</b> Meals on Wheels	<b>9398 2731</b>
<b>Waverley</b> Meals on Wheels	<b>9389 9506</b>
<b>Botany</b> Meals on Wheels	<b>9669 4640</b>
<b>Sydney</b> Meals on Wheels	<b>8512 4230</b>
<b>Woollahra</b> Meals on Wheels	<b>9327 2361</b>

## Food Distribution Network

A food service funded through the Home & Community Care (HACC) programme, providing fresh fruit and vegetables to the frail aged and people who have difficulty with their shopping due to a disability or chronic illness or carers of these people. Three types of boxes are available. Fruit only, vegetables only or combined fruit & vegetables. Boxes are \$7 each with \$2 delivery fee and contain 6 to 8 kgs of produce with considerable variety. Delivery can be weekly or less frequent. Those not eligible for the service can volunteer with packing at the Redfern Office and purchase cheap fruit & veg.

<b>Inner City</b>	<b>9699 1614</b>
<b>Randwick &amp; Botany</b>	<b>8338 8506</b>

## Shopping Buses

Local Community Transport Services generally offer a shopping bus service. Clients are collected from their home and taken to a local shopping centre for one or two hours shopping. Depending on availability of funding and/or volunteers, assistance may be given with shopping and carrying of parcels. Cost of a shopping trip is generally around \$5 and most buses have wheelchair spaces. Contact your local community transport to find out your area shopping days.

### Local Community Transport Centres

Randwick/Waverley	9369 5366
South Sydney	9319 4439
Botany	8338 8506

## Assisted Shopping

Local Neighbourhood Centres offer a range of shopping services depending on their funding. Some provide list shopping ie. you ring in your order for home delivery or assisted shopping where the worker/volunteer accompanies the client shopping. Contact your local centre to find out what they offer and the eligibility requirements.

### Local Neighbourhood Centres

The Junction Neighbourhood Centre (Randwick LGA)	9349 8200
Echo Neighbourhood Centre (Waverley LGA)	9387 2885
South East Neighbourhood Centre (Botany LGA)	8338 8506
Holdsworth St. Community Centre (Woollahra LGA)	9302 3600
Kings Cross Community & Information Centre (City of Sydney LGA)	9357 2164

## Food Vouchers

Food vouchers or food parcels to assist those who are financially disadvantaged can be applied for through the following services:

St.Vincent de Paul	9344 9990
Salvation army	9314 2166
Anglicare	9130 1211

## Local Home Services Directory

The Junction Neighbourhood Centre produce a Home Services Directory that lists local businesses providing home delivery services within the Randwick Local Government Area. Listed services include supermarkets, butchers, fruit & vegetables, chemists, laundries, hairdressers and more.

For your free copy contact **9349 8200**. For other areas check with your local neighbourhood centre.

## Crisis Assistance Directory

The Junction Neighbourhood Centre produce a Directory which lists all services in Sydney and the Eastern Suburbs that provide food vouchers, meals and financial assistance to the homeless and financially disadvantaged. List includes location, contact numbers and services provided

For your free copy phone **9349 8200**.

## Culturally Specific Food Services

Australian Chinese Community Meals on Wheels 9281 1377 COA Kosher Meals 9389 0035
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## Kooloora Community Centre

### Food Co-operative

Fortnightly delivery or pick up of fresh fruit & vegetables at \$10 per box. The co-op is run by volunteers and is located on the Bilga Crescent Department of Housing estate. All enquiries to the Food Co-op Coordinator on **9661 9160**

## Community Centre Meals

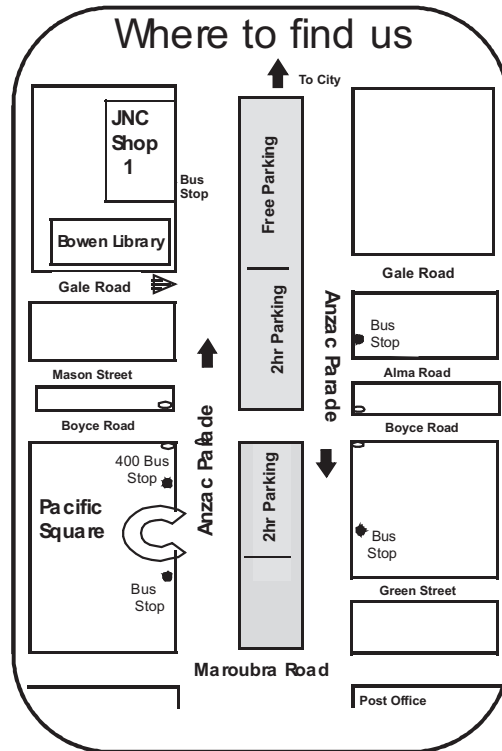
The following community centres provide centre based meals at a subsidised rate to eligible persons. Check with you local centre for eligibility requirements and dates and times.

Aged Services Centre, Botany	9669 4640
Jewish Centre on Ageing	9389 0035
Luncheon Club HIV specific	9318 1197
EJ Ward Centre	9391 7956

## Private Care Agencies

The following private services can provide assistance with shopping and meal preparation. Minimum call out times and costs vary from service to service. No Government assistance or subsidy with these services however some private health insurance may cover some costs.

Just Better Care	9669 1965
Calvary Silver Circle	9281 5444
Dial An Angel	9362 4225
St Luke's Homecare	9356 0305
Kinder Caring Home Support	1300 796 675
Essential Care Services	9568 1415
Disability Professionals	9635 4644



## SHOP 2

(Bowen Library Building)

**669-673 Anzac Parade,  
Maroubra Junction, 2035**

**Hours: Mon-Thur & Fri 9am - 4.30pm  
Wednesdays 9am - 12noon**

**Phone: 9349 8200**

**Fax: 9344 7294**

**Website: [www.jnc.org.au](http://www.jnc.org.au)**

**Email: [info@jnc.org.au](mailto:info@jnc.org.au)**

This brochure last updated Jan 2010

The Junction Neighbourhood Centre does not accept any liability for any injury, loss or damage of any kind, incurred by use of, or reliance, on the information contained within this publication.



the  
**J**unction  
neighbourhood centre  
information brochure



food and shopping  
assistance

this brochure contains general  
information as well as information  
specific to Sydney  
and the Eastern Suburbs