



The Junction Neighbourhood Centre
Shop 2,
669-673 Anzac Parade,
Maroubra Junction 2035
Ph: 9349 8200
Fax: 9344 7294
Website: www.jnc.org.au

Home Services Directory

This directory has been created to provide information for residents of the Randwick Local Government Area who are in need of services to the home.

If you find incorrect information or know of other services we could include in this directory, please call us on:

9349 8200

**This directory last updated
October 2011**

JNC does not take any responsibility for services provided by this directory.

HOME SERVICES

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FROZEN DINNERS HOME DELIVERED

RANDWICK MEALS ON WHEELS

Phone: 9398 2731

Cost: \$6.50 per normal meal (includes dessert and juice)

\$4 per frozen meal

\$2 per frozen dessert

5 meals plus 5 frozen desserts (or fruit) and juice per week \$32.50

2 frozen meals plus 2 frozen desserts (or fruit) per week \$12

7 meals (5 normal plus 2 frozen) plus 7 frozen desserts (or fruit) & optional soup per week \$44.50 (soup only available in winter)

Shopping service provided

TENDER LOVING CUISINE

Phone: 9713 5355

Freecall 1800 801 200

Website: <http://www.tlc.org.au>

Cost:	7 Dinners	340g	from	\$81.55
	7 Dinners	400g	from	\$90.30
	10 Dinners	340g	from	\$113.00
	10 Dinners	400g	from	\$125.10
	14 Dinners	340g	from	\$154.95
	14 Dinners	400g	from	\$171.55
	20 Dinners	340g	from	\$214.35
	20 Dinners	400g	from	\$237.35

Free deliveries to the entire metropolitan area.

SUPERMARKETS

COLES –

All Coles stores are only offering home deliveries to existing home deliveries customers.

Coles will only be taking orders via their online service.

Delivery rates vary according to time and day and non essential items are more expensive than instore products.

For online orders got to: www.coles.com.au or phone 1800 455 400 for more information.

For information on your local store: 1800 061 562

7 DAYS FOODSTORE

Address: 52 Perouse Road, RANDWICK

Phone: 9399 3306

Cost: Free delivery for orders over \$50.00

Delivers to Coogee and Randwick areas Monday to Friday before 4pm.

FOOD FOR LESS

Address: Royal Randwick Shopping Centre,
Cnr Belmore Rd & Avoca St, RANDWICK

Phone: 9399 9833

Cost: \$9.90 for 4 Bags, then 60cents for each additional bag

No Phone Orders. For Personal shoppers only

Monday-Friday, last orders by 2pm for cash on delivery

Delivers to Randwick, Coogee, Kensington and Clovelly

FRANKLINS MAROUBRA

Address: 832 Anzac Parade, MAROUBRA

Phone: 9314 1639

Cost: \$7.70 for up to 5 bags

Phone orders may be possible, contact store for more details.

Delivers to Kingsford, Maroubra, South Coogee and Little Bay, Monday to Friday by 5 pm. Orders must be placed by 12.00 noon. No phone orders.

I.G.A

Address: 361 Anzac Parade, KINGSFORD

Phone: 9663 4737

Cost: \$15.00 in person

\$15.00 phone in

Phone orders taken Thursday before 11am – for delivery on Thursday

Delivers to Kingsford within 2kms radius

WELCOME MART SUPERMARKET

Address: 1214 Anzac Parade, MALABAR

Phone: 9661 4336

Cost: \$10 for minimum order \$20.00

Phone orders taken Monday-Saturday.

Maroubra, Malabar, Matraville, Chifley and Little Bay.

WOOLWORTHS

Address: Hillsdale Southpoint Shopping Centre, HILLSDALE

Phone: 9661 6911

Cost: Up to 5 bags- \$8.80, 50cents for each extra bag

No phone orders, Personal shoppers only. Delivers to Sth Coogee, Maroubra and Botany Area



FRUIT & VEGETABLES

FRESHPOINT MARKETS

Address: 932 Anzac Pde, MAROUBRA

Phone: 9349 6188 **Fax:** 9349 4151

Cost: Free home delivery to local areas for orders over \$25.00.

Phone, fax or personal shoppers with detailed orders.

Delivers to Maroubra, Malabar, Chifley, Pagewood, North Botany, Randwick as far as Coogee.

Orders made before 12.00pm Tuesdays and Wednesdays (except Public Holidays).

BUTCHERS

TJ MUAMULLAH (HALAL) MEAT MARKET

Address: Shop 1, 264 Bunnerong Rd, Matraville

(Re-opening at this new location in November 2011)

Phone: 0421 338 125

Call after November for details of cost and minimum order and days of delivery.

PADDY'S MEAT MARKET

Address: Shop 4, Maroubra Plaza, MAROUBRA

Phone: 9349 7182

Cost: Free delivery, minimum order \$10.00

Delivers to the Randwick City Council area. Phone orders are accepted.

SOKKHENG BUTCHER

Address: 100 Belmore Road, RANDWICK

Phone: 9399 6336

Cost: Free delivery, minimum order \$30.00 Monday to Saturday.

Delivers to Coogee, Bondi, Randwick, Kensington and Maroubra areas.

SOUTHERN BUTCHERY

Address: Shop 6, 1094 Anzac Pde MAROUBRA (Duffy's Cnr)

Phone: 9311 1384

Cost: Free delivery, no minimum order

Delivers to surrounding areas. Monday to Friday.

CHEMISTS

BLOOMS THE CHEMIST

Address: 202 Coogee Bay Road, COOGEE

Phone: 9665 5158

Phone in and scripts then delivered free of charge to Coogee, Clovelly, South Coogee.
Must be existing customer.

MAROUBRA FAMILY PHARMACY

Address: 327 Malabar Road, MALABAR

Phone: 9349-3464

Cost: Free delivery in the area Delivers Monday to Friday, after 4pm.

BEST PRICE PHARMACY

Address: 32 St Pauls Street, RANDWICK

Phone: 9399 3560

Free Delivery to Randwick and Coogee 4.00pm to 6.00pm,
Monday to Friday. Phone orders are accepted.

PHILOPATER SAVE AND DELIVER PHARMACY

Address: 884 Anzac Parade, MAROUBRA JUNCTION

Phone: 9349 1602 or 1300 556 631

Deliveries to Eastern Suburbs free

PETER'S PHARMACY

Address: 165 Perry Street, MATRAVILLE

Phone: 9661 3068

Delivers within 3km for regular customers free

BLOOMS THE CHEMIST

Address: 512-514 Anzac Parade, KINGSFORD

Phone: 9663 3900

Delivers free to the local area after 4pm, orders must be placed before 3.00pm.
Monday to Friday.

PRICELINE PHARMACY

Address: Shop 14, 737 Anzac Parade, MAROUBRA

Phone: 9349 4168

Delivers free to the local area. Monday to Friday after 3pm.

KENSINGTON PHARMACY AND NEWSAGENCY

Address: 182 Anzac Parade, KENSINGTON

Phone: 9663 1881

Free delivery to the local area Monday –Friday

LEXINGTON PHARMACY

Address: 33 Lexington Place, MAROUBRA

Phone: 9344 8008

Free delivery to the local area, Monday- Friday.

MAROUBRA PHARMACY

Address: 203 Maroubra Road, MAROUBRA JUNCTION

Phone: 9349 3344

Delivers to Maroubra, Malabar, Pagewood, Matraville & Kingsford
Monday to Friday after 4pm.

PAGEWOOD PHARMACY

Address: 13 Maroubra Road, PAGEWOOD

Phone: 9349 7053

Free delivery to the local area. Monday to Friday.

SIMONS PHARMACY

Address: 1 Belmore Road, RANDWICK

Phone: 9399 3040

Free delivery to the local area after 4.30pm, Monday to Friday.

WALSH'S VILLAGE PHARMACY

Address: 3 Meagher Ave, MAROUBRA

Phone: 9311 0088

Delivers free to local area, Every day

PODIATRISTS

GARY BRYANT

Address: 3 / 830 Anzac Pde, MAROUBRA

Phone: 9344 9404

Phone for appointments. Visits to Randwick City area, or will refer on.

ROSLYN NEUMAN

Phone: 0411 149 421

\$70 per visit, visits to Coogee & South Coogee, Randwick, Waverley, Bondi

AUDIOLOGISTS

AUSTRALIAN HEARING

The Junction Neighbourhood Centre:
Mondays and Tuesdays
Appointment Bookings: 9269 3500

Alternatively, Ph: 131 797 Australian Hearing Info Line for nearest subsidised service.
Or Ph: 1800 500 726 Office of Hearing Services. For nearest private service if ineligible.

Subsidised hearing services are provided to pensioners and other eligible persons through numerous private clinics across Australia. Those who are housebound can receive home visits.

HEARING LIFE

Address: Shop 59 Eastgate Shopping Centre
 71-91 Spring St, Bondi Junction
Phone: 9387 7453 Hearing Tests, aids, repairs and batteries, fittings and follow up.

Free Tests. Free services for pensioners and veterans affairs clients.
 Requests for home-visits with a doctor referral

HAIRDRESSERS

A MOBILE HAIRDRESSING SALON

Phone: 9661 7676 **Mobile:** 0409 924 723
 Cut \$25.00 house calls to local Eastern Suburbs area.
 (Julia speaks Spanish / basic German)

DESIGNER KUTZ

Address: 313 Malabar Rd, SOUTH COOGEE **Phone:** 9349 8424
 Cut \$35.00 (Pensioners) house calls to local area for housebound.

HOME HAIR

Phone: 9345 1017 **Mobile:** 0415 648 800
 Home Visits / All types of Hairdressing-Eastern Suburbs. Cuts approx \$25

MISS BAR

Phone: 9955 2022 **Mobile:** 0412 561 053
 Home Visits / Colour, cuts, perms. Cuts Approx \$27 (also speaks Indonesian)
 Pensioners/disability (minimum 2 clients per visit). Web: www.missbar.com.au

SANDY'S HAIR SERVICE

Mobile: 0417 699 288
 Home Visits / Colour/ Cuts/ Perms. Cuts-Ladies from \$22, Cuts-Gents from \$13
 Visits all of Eastern Suburbs

HOME LIBRARY SERVICE

Home Library Service bring the library to you, this can include: fiction, non fiction, large print, audio books, magazines, CDs and DVDs

For people with difficulty getting to the library for medical or mobility reasons

To register for this free service, call Randwick City Library Service Phone: 9314 4888

LAUNDRIES

BOTANY LAUNDRY

Address: 1437 Botany Road, BOTANY

Phone: 9666 3709 **Cost:** \$11.00 per load – wash, dry, fold, pick up and deliver.

Pick up and delivery in Eastern Suburbs. Covers 10 areas on different days.

Bookings made for services with regular pick up times.* For soiled linen service- discuss with Bob

EASTERN SUBURBS CLOVELLY LAUNDRY

Address: 229 Clovelly Road, CLOVELLY

Phone: 9665 3131 **Cost:** from \$10 per load

Picks up and delivers to the Clovelly area, contact Clovelly Laundry for more information.

KENSINGTON LAUNDRY

Address: 123 Anzac Pde, KENSINGTON

Phone: 9662 7231

Cost: \$10.00 per load. Free delivery within the local area.

Areas include: Kensington, Kingsford, Coogee, Randwick, Maroubra and Inner City

MATRA'S LAUNDROMAT

Address: 460 Bunnerong Rd, MATRAVILLE

Phone: 9311 7588

Cost: \$8.00 per load. Delivery fee applies.

Matraville, Malabar, Little Bay and Maroubra

RANDWICK AVOCA LAUNDRY

Address: 110 Avoca Street, RANDWICK

Phone: 9398 4404

Cost: \$10.00 per machine load & \$10.00 pick-up and delivery fee

Picks up and delivers to the Randwick, Coogee and Clovelly.

WINDY LAUNDRY

Address: 276 Malabar Road, MAROUBRA

Phone: 9314 1933

Cost: starts at \$30.00(3 - 4 loads) Limited Pick up and delivery, Maroubra only.

RADIOLOGY

MOBILE X-RAY

Phone: 0418 644 804

James McBlain Mobile X-Ray services in the Sydney metro area.

Doctor's referral for Medicare rebate.

PRIVATE HOME CLEANING SERVICES

Absolute Domestics	1300 364 646
Auskleen	1300 886 765
Bebrite	1300 131 664
Billy Brown Cleaning	1300 304 540
Care 4 Services	1300 653 928
Cleanmission Professional	1300 664 109
Dial-An-Angel	1300 721 111
Houseproud.com.au	1300 880 198
United Home Services	1800 204 699
V.I.P Home Services	132 613

PRIVATE HOME CARE SERVICES

Dial An Angel:	9362 4225
Disability Professionals	9635 4644
Home Instead Senior Care	9387 4800
Just Better Care	9669 1965
Kinder Caring Home Support	1300 796 675
Calvary Silver Circle	9281 5444
St. Luke's Home Care	9356 0305
Stanhope Home Nursing	1300 732 370
Assistanz	9807 3306

These private agencies provide a range of services, eg: registered nurses, assistant nurses, personal care attendants, live in carers, cleaning, meal preparation, shopping, transport and socialization. Minimum call out times and costs vary from agency to agency.

JNC does not endorse nor take any responsibility for services provided by the businesses listed in this publication.

