

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Youth Brekky Club</b> Kincumber Neighbourhood Centre 7:30am - 8am 4363 1044	<b>Food Hampers</b> Green Point Community Centre <b>Drop in, subject to availability.</b> 9am - 4pm 4367 7591	<b>Youth Brekky Club</b> Kincumber Neighbourhood Centre 7:30am - 8am 4363 1044	<b>Food Hampers</b> Green Point Community Centre <b>Drop in, subject to availability.</b> 9am - 4pm 4367 7591	<b>Youth Brekky Club</b> Kincumber Neighbourhood Centre 7:30am - 8am 4363 1044
<b>EAPA Vouchers</b> Vinnies Gosford 9am - 3pm 4322 5861	<b>EAPA Vouchers</b> Vinnies Gosford 9am - 3pm 4322 5861	<b>EAPA Vouchers</b> Vinnies Gosford 9am - 3pm 4322 5861	<b>EAPA Vouchers</b> Vinnies Gosford 9am - 3pm 4322 5861	<b>EAPA Vouchers</b> Vinnies Gosford 9am - 3pm 4322 5861
<b>EAPA Vouchers</b> Vinnies Woy Woy 9:15am - 2pm 4344 3261	<b>EAPA Vouchers</b> Vinnies Woy Woy 9:15am - 2pm 4344 3261	<b>EAPA Vouchers</b> Vinnies Woy Woy 9:15am - 2pm 4344 3261	<b>EAPA Vouchers</b> Vinnies Woy Woy 9:15am - 2pm 4344 3261	<b>EAPA Vouchers</b> Vinnies Woy Woy 9:15am - 2pm 4344 3261
<b>Food Hampers</b> Green Point Community Centre <b>Drop in, subject to availability.</b> 9am - 4pm 4367 7591	<b>Food Hampers</b> Salvation Army, Erina 9:30am - 2:30pm <b>Referral only.</b> 1300 371 288	<b>Food Hampers</b> Green Point Community Centre <b>Drop in, subject to availability.</b> 9am - 4pm 4367 7591	<b>Essential Food Cards</b> Vinnies, Gosford 9am - 3pm 4322 5861	<b>Food Hampers</b> Green Point Community Centre <b>Drop in, subject to availability.</b> 9am - 4pm 4367 7591
<b>Essential Food Cards</b> Vinnies, Gosford 9am - 3pm 4322 5861	<b>Food Hampers</b> Vinnies, Gosford 9am - 3pm 4322 5861	<b>Essential Food Cards</b> Vinnies, Gosford 9am - 3pm 4322 5861	<b>Fresh Produce and Food Hampers</b> Mary Mac's Place Woy Woy 9am - 2pm 4341 0584	<b>Essential Food Cards</b> Vinnies, Gosford 9am - 3pm 4322 5861
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<b>Food Parcels</b> Samaritans, Wyoming 10am - 1:30pm <b>Drop in, subject to availability.</b> 4329 3052	<b>Second Bite Grocery Items</b> Green Point Community Centre 2pm - 3pm <b>Gold coin donation, bring a bag to fill.</b> 4367 7591	<b>Food Hampers</b> Salvation Army, Erina 9:30am - 2:30pm <b>Referral only.</b> 1300 371 288	<b>Food Parcels</b> Liberty Life House Gosford <b>Drop in.</b> 10am - 2pm 4321 0305	<b>Electricity and Telstra Vouchers</b> Samaritans Wyoming 10am - 1:30pm <b>Drop in</b>
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<b>Subsidised Lunch</b> 50+ Leisure and Learning Centre Terrigal <b>People over 50</b> Meals from \$3 Orders by 11am 4384 5152	<b>Free Lunch</b> Coast Shelter Community Centre 11am - 1pm 4346 1263	<b>Food Parcels</b> Liberty Life House, Gosford <b>Drop in.</b> 10am - 2pm 4321 0305	<b>EAPA Vouchers</b> Kincumber Neighbourhood Centre 10am - 2pm 4363 1044	<b>Food Parcels</b> Samaritans, Wyoming 10am - 1:30pm <b>Drop in, subject to availability.</b> 4329 3052
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<b>Free Meal</b> Mary Mac's Place, Woy Woy 11am - 1pm 4341 0584	<b>Subsidised Lunch</b> 50+ Leisure and Learning Centre Gosford <b>People over 50</b> Meals from \$3 Orders by 11am 4304 7065	<b>Subsidised Lunch</b> 50+ Leisure and Learning Centre Terrigal <b>People over 50</b> Meals from \$3 Orders by 11am 4384 5152	<b>Subsidised Lunch</b> 50+ Leisure and Learning Centre Terrigal <b>People over 50</b> Meals from \$3 Orders by 11am 4384 5152	<b>Subsidised Lunch</b> 50+ Leisure and Learning Centre Terrigal <b>People over 50</b> Meals from \$3 Orders by 11am 4384 5152
<b>Free Dinner</b> Coast Shelter Community Centre 6:30pm - 7:30pm 4346 1263	<b>Free Meal</b> Mary Mac's Place, Woy Woy 11am - 1pm 4341 0584	<b>Free Meal</b> Mary Mac's Place, Woy Woy 11am - 1pm 4341 0584	<b>Free Meal</b> Mary Mac's Place, Woy Woy 11am - 1pm 4341 0584	<b>Subsidised Lunch</b> 50+ Leisure and Learning Centre Gosford <b>People over 50</b> Meals from \$3 Orders by 11am 4304 7065
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Saturday	Sunday
<b>Free Lunch</b> Coast Shelter Community Centre 11am - 1pm 4346 1263	<b>Free Breakfast</b> Coast Shelter Community Centre 9am - 10am 4346 1263
<b>Free Dinner</b> Coast Shelter Community Centre 6pm - 7pm 4346 1263	<b>Free Lunch</b> Uniting Church Gosford 12pm 4325 3695
	<b>Free Dinner</b> Coast Shelter Community Centre 6pm - 7pm 4346 1263

Key

<b>Meals</b>	<b>Hampers</b>	<b>Vouchers</b>
<b>Youth</b>	<b>Grocery Items</b>	<b>Over 50</b>

## Shower and Laundry Facilities

### Coast Shelter Community Centre

Shower and laundry facilities. Fresh towels, toiletries and laundry powder provided  
Open from 8am, 4346 1263

### Kincumber Neighbourhood Centre

Shower facilities, 4363 1044

## Services

### Lifeline

13 11 14

### Domestic Violence Hotline

1800 656 463

### Bungree

Provide support to Aboriginal people who are homeless or at risk of homelessness, 4350 0100

### Safe Beds for Pets

Will provide safety for your pet if you're fleeing domestic violence, 9782 4408

### Meals on Wheels

Meal delivery and support service for the elderly and disabled, 4357 8444

### Coast Shelter

Electricity vouchers, food hampers, legal advice, NILS and more, 4346 1263

## Need help with bills or fines?

### Coast Shelter

WDO'S, EAPA vouchers, Budget advice  
4346 1263

### Moneycare

Salvation Army financial advice  
4353 9799

### Vinnies Gosford and Woy Woy

Bills assistance, WDO's, Vouchers and more  
Gosford: 4323 6080  
Woy Woy: 4344 3261

### Gosford Regional Community Services

WDO's  
4323 7483

## Locations

- Vinnies Gosford**  
273-275 Mann Street, Gosford
- Vinnies Woy Woy**  
41 The Boulevard, Woy Woy
- Coast Shelter Community Centre**  
346 Mann Street, North Gosford
- Mary Mac's Place**  
100 Blackwall Road, Woy Woy
- Salvation Army Erina**  
120-140 The Entrance Road, Erina
- Liberty Life House**  
225 Albany Street North, Gosford
- Hope Church**  
4 Sydney Avenue, Umina Beach
- Uniting Church**  
129 Donnison Street, Gosford
- Samaritans Wyoming**  
2 Ronald Avenue, Wyoming
- Global Care Resource Centre**  
4/127 Maidens Brush Road, Wyoming
- Gosford 50+ Leisure and Learning Centre**  
Corner Albany Street North and Henry Wheeler Place, Gosford
- Ettalong 50+ Leisure and Learning Centre**  
Corner Broken Bay Road and Karingi Street, Ettalong
- Terrigal 50+ Leisure and Learning Centre**  
Corner Terrigal Drive and Duffy's Road, Terrigal

## Neighbourhood Centres

- Narara Community Centre**  
2-12 Pandala Road, Narara  
4329 4477
- Kincumber Neighbourhood Centre**  
1/20 Kincumber Street, Kincumber  
4363 1044
- Kariong Neighbourhood Centre**  
Langford Drive, Kariong  
4340 1724
- Green Point Community Centre**  
96 Koolang Road, Green Point  
4367 7591
- Peninsula Community Centre**  
93 McMasters Road, Woy Woy  
4341 9333
- Wyoming Community Centre**  
147 Maidens Brush Road, Wyoming  
4323 7483

## Youth Services

### Homeless Youth Assistance Program (HYAP)

Allambi Care, 4944 5900

### Rumbalara Youth Refuge

Gosford, 4325 7555

### Woy Woy Youth Cottage

Woy Woy, 4341 9027

### RYSS Youth Centre

123 Donnison Street, Gosford, 4323 2374

### Headspace

Gosford, 4304 7870

### Evolution Youth Services

Woy Woy, 4342 3684

## Housing Services

### Link2Home

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

### Coast Shelter

4325 3540

### Department of Housing Gosford

4323 5211

