

Emergency Relief

All emergency relief agencies will require proof of low income. HealthCare or Pension cards are generally accepted as proof.

Appointment Required for Assistance

- **Salvation Army Perth 9260 9599**
333 William Street, Northbridge
Monday to Friday from 9am-4pm
- **H.O.P.E 9427 5013**
142-146 Beaufort Street, Northbridge (at the back)
Tuesday and Friday from 1pm-4pm
- **St Vincent De Paul (Whole Metro Area) 1300 794 054**
Monday to Friday from 9am-1pm
- **Southcare 9450 6233**
54 Bickley Crescent, Manning
Monday to Friday from 10am-1pm
- **Sussex Street Community Law Service 6253 9500**
29 Sussex Street, East Victoria Park
Tuesday from 9:30am-10:30am
Ring the Thursday morning before to make an appointment.
- **Uniting Church Carlisle 9470 3218**
43 Star Street
Wednesday and Thursday from 9am-12:30pm

- **Wattle House Mission Australia 9262 4200**
40 Orr Street, Maddington
Tuesday to Thursday
Call on Mondays at 9am to make an appointment.
The first fifteen get an appointment.
- **Fremantle Portcare 9337 8541**
372 South Street, O'Connor
Monday to Friday from 9:30am-2:45pm
You will need a referral, and can only get a food parcel once every 12 months. There is free bread available any time.
- **Crisis Care Freecall 1800 199 008**
or 9223 1111 can give you further information about other Emergency Relief organisations in your area.
- **Youthbeat 6212 8700**
48 Palmerston Street, Northbridge
Under 24 years, call to make an appointment for Tuesday.



Street Connect

FOOD & MATERIAL ASSISTANCE FOR PERTH INNER CITY

Contains information on:

- Emergency relief services
- How to find free/low cost meals

Contact Street Connect:

0418 942 475 / 9325 7033

Anglicare WA Youth Services
23 Adelaide Tce, East Perth

© Information correct as of May 2017



AnglicareWA
FOR TODAY FOR TOMORROW

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Daily Meals

Morning Meals

- **Salvation Army Soup Van**

The Salvation Army's soup van is out every day.

You can find them at the following locations:

- > Ozone Reserve, Langley Park at 8am
- > Wellington Square, Hill Street, East Perth at 8:30am

- **Tranby Day Centre 18+ 9220 1200**

Unit 6/5 Aberdeen St, East Perth

Tranby is open from Monday to Friday from 7am-12pm.

Every Morning there is breakfast available.

Sandwiches, Tea and Coffee are available till 12pm.

- **Passages Resource Centre 9228 1478**

22 Palmerston Street, Northbridge (under 25 years)

Breakfast Monday to Thursday from 9am-10.30am

Midday Meals

- **Passages Resource Centre 9228 1478**

22 Palmerston Street, Northbridge (under 25 years)

BBQ Friday from 11am-1pm

Healthy Cooking Tuesday 1pm-3pm

Laundry/Shower facilities/Free Internet

- **Govindas Hare Krishna Food For Life 9227 1684**

194 William Street, Northbridge

All you can eat vegetarian meals for \$12

(\$8 take away) with concession.

Open Monday to Friday from 11:30am-2:30pm

- **H.O.P.E. 9427 5013**

Corner Aberdeen and Beaufort Street, Northbridge

Monthly BBQ lunch on the first or second of the month.

- **Annalakshmi 9221 3003**

Barrack Square

Monday to Sunday from 12pm-2pm

Eat as much as you like, pay as much as you feel.

- **Manna Industries 1300 626 624**

Weld Square corner Beaufort and Newcastle Street

Sunday to Friday at 1:30pm

Evening Meals

- **Govindas Hare Krishna Food For Life 9227 1684**

194 William Street, Northbridge

Monday to Friday from 3:30pm-7.30pm

- **St Albans Anglican Church 9279 4453**

423 Beaufort Street, Highgate

Free soup and bread.

Saturday from 5:30-7pm

- **Annalakshmi 9221 3003**

Barrack Square

Monday to Sunday from 6pm-9pm

Eat as much as you like, pay as much as you feel.

- **Aflame Community Church 9221 1335**

5 Aberdeen Street, East Perth

Monday to Friday from 5:30pm-6:30pm

- **Red Cross Soup Patrol 9225 8888**

Free soup and bread every evening.

Locations Monday to Sunday

- **Perth**

- > Wellington Street, Near left car park at YHA Backpackers at 6:30pm

- > Red Cross Headquarters 110 Goderich Street, East Perth at 6:45pm

- **Fremantle**

- > Pioneer Park at the Corner of Market and Phillimore Streets, opposite the train station at 6:30pm

- > Fremantle Park on Ellen Street, opposite Christian Brothers College at 6:45pm

- > 100 Hampton Road at 7pm

Low Cost Food

Low cost food centres stock common everyday food and household items. They operate similar to a supermarket, except they offer food at a low cost to those on low incomes. You will need to show your Health Care or Pension card to shop there.

- **Carlisle Food Centre 9470 3218**

43-45 Star Street, Carlisle (behind the Uniting Church, enter from Archer Street)

Wednesday and Thursday from 9am-1pm

- **Mankara (Southcare) 9450 6233**

54 Bickley Crescent, Manning

Monday to Friday 8am-4pm

- **Rockingham Low Cost Food Centre 9592 6060**

7 Willmott Drive, Cooloongup

Tuesday to Friday from 8:30am-1pm

- **Foothills Food Centre 9453 6320**

Uniting Church, Hale Road, Forrestfield Thursday and Saturday from 9am-12pm

- **Portcare 9337 8541**

372 South street, O'Connor

Monday to Friday from 9:30am-5pm,

Saturday from 9:30am-1:30pm