

Free Meals, Laundry, and Showers Guide

* Information in this guide is current as of 22 March 2024*

Free Meals

Free meals are available for people experiencing, or at risk of homelessness, and people experiencing food insecurity.

Monday

Early Morning Centre City Uniting Church, 69 Northbourne Ave

7:30am-8:30am **Eat in or take-away breakfast**

9am-2pm **Hot drinks** served during Community Hub Hours

12pm-1:30pm (or when food runs out) **Eat in or take-away lunch**

St Benedict's Community Centre Annie's Place, Cnr Anne St and Brigalow St, Karabar, Queanbeyan

10:00am-1:00pm **Eat in meal**

Blue Door Ainslie Village, Quick St, Campbell

8:00am-1:30pm **Coffee, etc.**

12noon **Hot meal**

Vinnies Roadhouse Griffin Centre Meeting room 1, Genge St, City

4:30pm-5:30pm **Take-away meal**

Tuesday

Early Morning Centre City Uniting Church, 69 Northbourne Ave

7:30am-8:30am **Eat in or take-away breakfast.**

9:00am-2:00pm **Hot drinks** served during Community Hub hours

St Benedict's Community Centre Annie's Place, Cnr Anne St and Brigalow St, Karabar, Queanbeyan

10:00am-1:00pm **Eat in meal or takeaway**

Blue Door Ainslie Village, Quick St, Campbell

8:00am-1:30pm **Coffee, etc**

12noon **Hot meal**

This information guide is an ACT Government funded initiative.

Vinnies Roadhouse Griffin Centre Meeting room 1, Genge St, City

4:30pm-5:30pm **Take-away meal**

Wednesday

Early Morning Centre City Uniting Church, 69 Northbourne Ave

8:00am-8:30am **Eat in or take-away breakfast.**

9am- 2pm **Hot drinks** served during Community Hub hours

12pm-1:30pm (or when food runs out) **Eat in or take-away lunch**

St Benedict's Community Centre Annie's Place, Cnr Anne St and Brigalow St, Karabar, Queanbeyan

10:00am-1pm **Eat in meal**

Blue Door Ainslie Village, Quick St, Campbell

8:00am-1:30pm **Coffee, etc**

12noon **Hot meal**

Vinnies Roadhouse Griffin Centre Meeting room 1, Genge St, City.

4:30pm-5:30pm **Take-away meal** -provided by Hare Krishna Food for Life Program Canberra.

Thursday

Early Morning Centre City Uniting Church, 69 Northbourne Ave

7:30am-8:30am **Eat in or take-away breakfast**

9:00am-2:00pm **Hot drinks** served during Community Hub Hours

Blue Door Ainslie Village, Quick St, Campbell

8:00am-1:30pm **Coffee, etc**

12noon **Hot meal**

Vinnies Roadhouse Griffin Centre Meeting room 1, Genge St, City

4:30pm-5:30pm **Take-away meal**

Fyshwick Community Meals Vision Church, 1 Lithgow Street, Fishwick

5:30pm-7pm **Hot meal**

Friday

Early Morning Centre City Uniting Church, 69 Northbourne Ave

7:30am-8:30am **Eat in or take-away breakfast**

9:00am-2:00pm **Hot drinks** served during Community Hub hours

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St Benedict's Community Centre Annie's Place, Cnr Anne St and Brigalow St, Karabar, Queanbeyan

10:00am-1:00pm **Eat in meal**

Blue Door Ainslie Village, Quick St, Campbell

8:00am-1:30pm **Coffee, etc**

12noon **Hot meal**

Vinnies Roadhouse Griffin Centre Meeting room 1, Genge St, City.

12noon-3:00pm **Take-away lunch** Provided by Stasia's Soup Kitchen. Hours subject to change

Saturday

Early Morning Centre City Uniting Church, 69 Northbourne Ave

9:00am-1:00pm **Morning tea**

Vinnies Roadhouse Griffin Centre Meeting room 1, Genge St, City.

4:30pm-5:30pm **Take-away meal**- provided by Hare Krishna Food for Life Program Canberra.

Sunday

Early Morning Centre City Uniting Church, 69 Northbourne Ave

9:00am-1:00pm **Morning tea**

St Vincent de Paul Night Patrol Van

Vinnies night patrol supports the community of Canberra by operating a mobile outreach service, offering refreshments and friendly faces to people on the streets, seven nights a week. The Van will typically stay at the location for 30mins.

Both vans operate 7 days a week, Monday - Sunday

VAN 1

7:00pm **Dickson Library**, Antill St, Dickson
ACT 2602, Dickson Place Carpark
[Click for map - Dickson Library](#)

8:00pm **Veteran's Park**, Corner of Bunda
and Mort Streets, City
[Click for map - Veteran's Park](#)

VAN2

7:00pm **Old Queanbeyan Visitor's
Information Centre**, 1 Farrer Pl, Queanbeyan,
Corner of Lowe Street and Farrer Place
[Click for map - Old Queanbeyan Visitor Centre](#)

8:00pm **Canberra Centre/Illumincube**,
Ainslie Avenue, outside the Canberra centre
[Click for map - Canberra Centre](#)

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Laundry & Showers

Free Mobile Laundry – Orange Sky (07) 3067 5800

Orange sky hours are subject to change. You can check for weekly updates online at <https://locations.orangesky.org.au/>

Monday

9:00am-11:00am **Early Morning Centre**, 69 Northbourne Ave, Canberra CBD

12.30pm-2:30pm **Vinnies Oaks**, Unit 6, 20 George St, Oaks Estate

6:30pm-8:30pm **Dickson Place**, 111 Dickson Pl, Dickson

Tuesday

9:30am-11:30am **Kanangra Court**, 84 Ainslie Avenue, Reid

9:30-11:30pm **Blue Door Pod (Ainslie Village)**, 23 Quick St, Campbell

1:00pm-3:00pm **Communities at Work Gungahlin**, 47 Ernest Cavanagh St, Gungahlin

Wednesday

9:30am-12pm, **St Benedict's at Annie's**, 21 Brigalow St, Karabar, Queanbeyan

2:00pm-4:00pm, **Havelock House**, 85 Northbourne Ave, Turner

6:00pm-8:00pm, **Chat to Pat (Veterans Park)**, 68 Northbourne Ave, Canberra

Thursday

8:30am-10:30am **Salvos Drop-In Centre**, 35 Boolimba Cres, Narrabundah

12noon-2:00pm **Canberra City Care**, 20 Cartwright St, Charnwood

4:30pm-6:30pm **Vision Church Community Meal**, 1 Lithgow St, Fyshwick

Friday

11:00am-1:00pm **St John's Care**, 45 Constitution Ave, Reid

11:00am-1:00pm **Blue Door Pod (Ainslie Village)**, 23 Quick St, Campbell

Saturday

1:00pm-3:00pm **Holy Cross Tuckerbox**, 202 Antill St, Hackett

4:00pm-6:00pm **Vinnies Roadhouse**, 20 Genge St, Civic

Sunday

10:00am-12:30pm **HOME in Queanbeyan**, 284 Crawford St, Queanbeyan

Monday-Friday

9:00am-3:00pm **Weston Creek Community Centre**, Parkinson St, Weston

Phone: (02) 6288 1144 or (02) 6288 0144

Email: info@westoncentre.org.au

Bookings essential.

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Free Showers

Monday- Friday

9:00am-3:30pm **Communities at Work Gungahlin**, 47 Ernest Cavanagh St, Gungahlin – Please contact reception on arrival

9:00am-3:30pm **Communities at Work Tuggeranong**, 245 Cowlshaw Street, Tuggeranong – please contact reception on arrival.

9:00am-2:00pm **Early Morning Centre**, 69 Northbourne Ave, City

7:00am-8:00pm (Oct-Mar) 7:00am-5:00pm (Apr-Sep) **Old Parliament House Rose Gardens**, Semate Garden, Parkes

9:00am-3:00pm, **Weston Creek Community Centre**, Parkinson St, Weston

Weekends

9:00am-1:00pm **Early Morning Centre**, 69 Northbourne Ave, City

Contact us to find out more about these and other community services in the Canberra region.

Info Line 02 6248 7988 (10am-4pm, Monday-Friday)

Email info@volunteeringact.org.au

Visit www.communityinfohub.org.au

Community Info Hub

Ground floor, Griffin Centre
20 Genge Street, Canberra 2601

Open Hours

Monday-Friday, 10am - 4pm

e info@volunteeringact.org.au

w volunteeringact.org.au

p (02) 6248 7988



Click on the map to search the ACT Community Directory

To be added or request changes to this guide please contact us on (02) 6248 7988 or email info@volunteeringact.org.au .