

# Free Meals, Laundry, and Showers Guide

\* Information in this guide is current as of 10 July 2025\*

## 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.** (Breakfast only during this time.)

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 **Eat in or take-away meal**

### Tuesday

**Early Morning Centre** City Uniting Church, 69 Northbourne Ave

7:30am-8:30am **Eat in or take-away breakfast.** (Breakfast only during this time.)

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

**This information guide is an ACT Government funded initiative.**

**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**

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

3:30pm-5:30pm **Eat in or take-away meal**

### Wednesday

**Early Morning Centre** City Uniting Church, 69 Northbourne Ave

8:00am-8:30am **Eat in or take-away breakfast.** (Breakfast only during this time.)

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.

3:30pm-5:30pm **Eat in or 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.** (Breakfast only during this time.)

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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 **Eat in or take-away meal**

**Fyshwick Community Meals** Vision Church, 1 Lithgow Street, Fyshwick

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

**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 **Eat in or take-away lunch** Provided by Stasia's Soup Kitchen.  
Hours subject to change

**Braddon Neighbourhood Soup Kitchen** Salt House Community Centre, Haig Park

5pm-7pm **Hot food and a chat.** Provided by Calvary Chapel United Pentecostal Church

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## 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 **Eat in or 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**

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

3:30pm-5:30pm **Eat in or take-away meal**

## 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.

## Two vans operate 7 days a week, Monday - Sunday

### Run 1

7:00pm **Dickson Library**, Antill St,  
Dickson ACT 2602, Dickson Place  
Carpark

[Click for map - Dickson Library](#)

### Run2

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 **Veteran's Park**, Corner of  
Bunda and Mort Streets, City

[Click for map - Veteran's Park](#)

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 (no bookings required)**

Orange sky hours are subject to change. You can check for weekly updates online at <https://orangesky.org.au/use-our-service/#where-we-are>

#### **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**

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

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## **Sunday**

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

4:00pm-6:00pm **Aboriginal Tent Embassy** (all welcome), 18 King George Terrace, Parkes

## **Weston Creek Community Centre**

### **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](mailto:info@westoncentre.org.au)

Bookings essential.

## **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.





Contact us today to

- Find out more about these and other community services in the Canberra region.
- Add or update your services in our info guides.



#### Email

[info@volunteeringact.org.au](mailto:info@volunteeringact.org.au)



#### Phone Number

02 6248 7988



#### Website

[www.volunteeringact.org.au](http://www.volunteeringact.org.au)



#### Opening hours

Monday to Friday  
10am - 4pm



#### Location

Ground floor, Griffin Centre, Genge Street, Canberra City, ACT 2601



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