

Free Meals, Laundry and Showers Guide

This guide has been prepared by VolunteeringACT. Our Community Info Hub services are accessible via phone and email.

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

Email info@volunteeringact.org.au

Visit www.communityinfohub.org.au to find more community services in the Canberra Region.

** Information in this guide is current as of 21 December 2022

Free Meals

Monday

7:30am-8:30am **Take-Away Breakfast Early Morning Centre** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. **Take-away hot drinks** served during Community Hub Hours (9am-2pm)

10am-1pm **Take-Away Meal St Benedict's Community Centre** Annie's Place, Cnr Anne St and Brigalow St, Karabar, Queanbeyan

11am-1.30pm **Take-Away Meal Blue Door**, Ainslie Village, Quick St, Campbell

12pm-1pm **Take-Away Meal Early Morning Centre** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness

4:30pm-5:30pm **Take-Away Meal Griffin Centre** Meeting room 1, Genge St, City. Provided by Australian Red Cross

Tuesday

7:30am-8:30am **Take-Away Breakfast Early Morning Centre** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. **Take-away hot drinks** served during Community Hub Hours (9am-2pm)

10am-1pm **Take-Away Meal St Benedict's Community Centre** Annie's Place, Cnr Anne St and Brigalow St, Karabar, Queanbeyan

11am-1.30pm **Take-Away Meal Blue Door**, Ainslie Village, Quick St, Campbell

4:30pm-5:30pm **Take-Away Meal Griffin Centre** Meeting room 1, Genge St, City. Provided by Australian Red Cross

Wednesday

7:30am-8:30am **Take-Away Breakfast Early Morning Centre** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. **Take-away hot drinks** served during

Community Hub Hours (9am-2pm)

10am-1pm **Take-Away Meal St Benedict's Community Centre** Annie's Place, Cnr Anne St and Brigalow St, Karabar, Queanbeyan

12pm-1.30pm **Take-Away Meal Blue Door Veranda Café** Ainslie Village, Quick St, Campbell

12pm-1pm **Take-Away Lunch Early Morning Centre** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness

4:30pm-5:30pm **Take-Away Meal Griffin Centre** Meeting room 1, Genge St, City. Provided by Hare Krishna Food for Life Program Canberra

Thursday

7:30am-8:30am **Take-Away Breakfast Early Morning Centre** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. **Take-away hot drinks** served during

Community Hub Hours (9am-2pm)

11am-1.30pm **Take-Away Meal Blue Door**, Ainslie Village, Quick St, Campbell

4:30pm-5:30pm **Take-Away Meal Griffin Centre** Meeting room 1, Genge St, City. Provided by Australian Red Cross

Friday

7:30am-8:30am **Take-Away Breakfast Early Morning Centre** City Uniting Church, 69 Northbourne Ave. For people experiencing, or at risk of homelessness. **Take-away hot drinks** served during

Community Hub Hours (9am-2pm)

10am-1pm **Take-Away Meal St Benedict's Community Centre** Annie's Place, Cnr Anne St and Brigalow St, Karabar, Queanbeyan

11am-1.30pm **Take-Away Meal Blue Door**, Ainslie Village, Quick St, Campbell

12pm-3pm **Take-Away Lunch Griffin Centre** Meeting room 1, Genge St, City. Provided by Stasia's Soup Kitchen. Hours subject to change

Saturday

9am-1pm **Take-Away Morning Tea Early Morning Centre** City Uniting Church, 69 Northbourne Ave.

4:30pm-5:30pm **Take-Away Meal Griffin Centre** Griffin Centre Meeting room 1, Genge St, City. Provided by Hare Krishna Food for Life Program Canberra

Sunday

9am-1pm **Take-Away Morning Tea Early Morning Centre** City Uniting Church, 69 Northbourne Ave.

4:30pm-5:30pm **Take-Away Meal Griffin Centre** Griffin Centre Meeting room 1, Genge St, City. Provided by Australian Red Cross

St Vincent de Paul Night Patrol Van

Vinnies night patrol is continuing to support 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.

VAN 1

7:00pm Dickson Library

**Antill St, Dickson ACT 2602, Dickson Place
Carpark**

[Dickson Library](#)

8:00pm Veteran's Park

Corner of Bunda and Mort Street

[Veteran's Park](#)

VAN2

7:00pm Old Queanbeyan Visitor's Information Centre

1 Farrer Pl, Queanbeyan, Corner of Lowe Street and Farrer Place

[Old Queanbeyan Visitor Centre](#)

8:00pm Canberra Centre/Illumincube

Ainslie Avenue, outside the Canberra centre

[Canberra Centre](#)

Laundry & Showers

Free Mobile Laundry – Orange Sky (07 3067 5800)

Monday

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

1pm-3pm **Vinnies Oaks Estate**, Unit 6, 20 George St, Oaks Estate

6.30pm-8.30pm **Dickson Medical Walk-In Centre**, 111 Dickson Pl, Dickson

Tuesday

9.30am-11.30am **Blue Door Centre (Ainslie Village)**, 23 Quick St, Campbell

1.30pm-3.30pm **Communities at Work Gungahlin**, 47 Ernest Cavanagh St, Gungahlin

6pm-8pm **Winter Lodge (Ainslie Village)**, 23 Quick St, Campbell

Wednesday

10am-12pm, **St Benedict's Community Centre**, Cnr Anne St, and Brigalow St, Karabar, Queanbeyan

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

Thursday

9am-11am **Communities at Work Tuggeranong**, 245 Cowlshaw St, Greenway

4pm-6pm **Red Cross Roadhouse**, Narellan St, Civic

Friday

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

4.30pm-6.30pm fortnightly **Aboriginal Tent Embassy**, King George Terrace, Parkes

Saturday

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

Sunday

10.30am-12.30pm **HOME in Queanbeyan**, 284 Crawford St, Queanbeyan

4.00pm-6pm **Red Cross Roadhouse**, Narellan St, Civic

Free Showers

Monday-Friday

9am-2pm **Early Morning Centre**, 69 Northbourne Ave, City. Ph: 6247 5041.

Monday-Friday

9am-3.30pm **Communities at Work Gungahlin**, 47 Ernest Cavanagh St, Gungahlin. Ph: 6293 6500

9am-3.30pm **Communities at Work Tuggeranong**, 245 Cowlshaw Street, Tuggeranong. Ph: 6293 6500

Weekends

9am-1pm **Early Morning Centre**, 69 Northbourne Ave, City. Ph: 6247 5041.



Community Info Hub

Griffin Centre 20 Genge Street
Canberra 2601
02 6248 7988

Open

Monday-Friday, 10am - 4pm

e info@volunteeringact.org.au

w volunteeringact.org.au

**Click on the map to search the ACT
Community Directory**



ask us anything