

Free Meals, Laundry and Showers Guide

* Information in this guide is current as of 30 March 2023*

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

9am- 2pm **Take-away hot drinks** served during **Early Morning Centre** Community Hub Hours

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 Red Cross Roadhouse** Griffin Centre Meeting room 1, Genge St, City. Provided by Australian Red Cross

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4:30pm-5:30pm **Take-away meal Red Cross Roadhouse** 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

This information guide is an ACT Government funded initiative.

9am- 2pm **Take-away hot drinks** served during **Early Morning Centre** Community Hub Hours
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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

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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 Red Cross Roadhouse** 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 Red Cross Roadhouse** 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 Red Cross Roadhouse** 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
[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](#)

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

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

12.30pm-3pm **Community inclusion program**, Unit 6, 20 George St, Oaks Estate

6:30pm-8:30pm **Dickson Medical Walk-In Centre**, 111 Dickson Pl, Dickson

Tuesday

9:00am-11:30am **Blue Door (Ainslie Village)**, 23 Quick St, Campbell

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

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

Wednesday

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

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

Thursday

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

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

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

Friday

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

Saturday

11am-1pm **Holy Cross Tuckerbox**, 202 Antill St, Hackett

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

Sunday

10am-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

9am-3:30pm **Communities at Work Gungahlin**, 47 Ernest Cavanagh St, Gungahlin

9am-3:30pm **Communities at Work Tuggeranong**, 245 Cowlshaw Street, Tuggeranong

Weekends

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

This information guide is an ACT Government funded initiative.

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

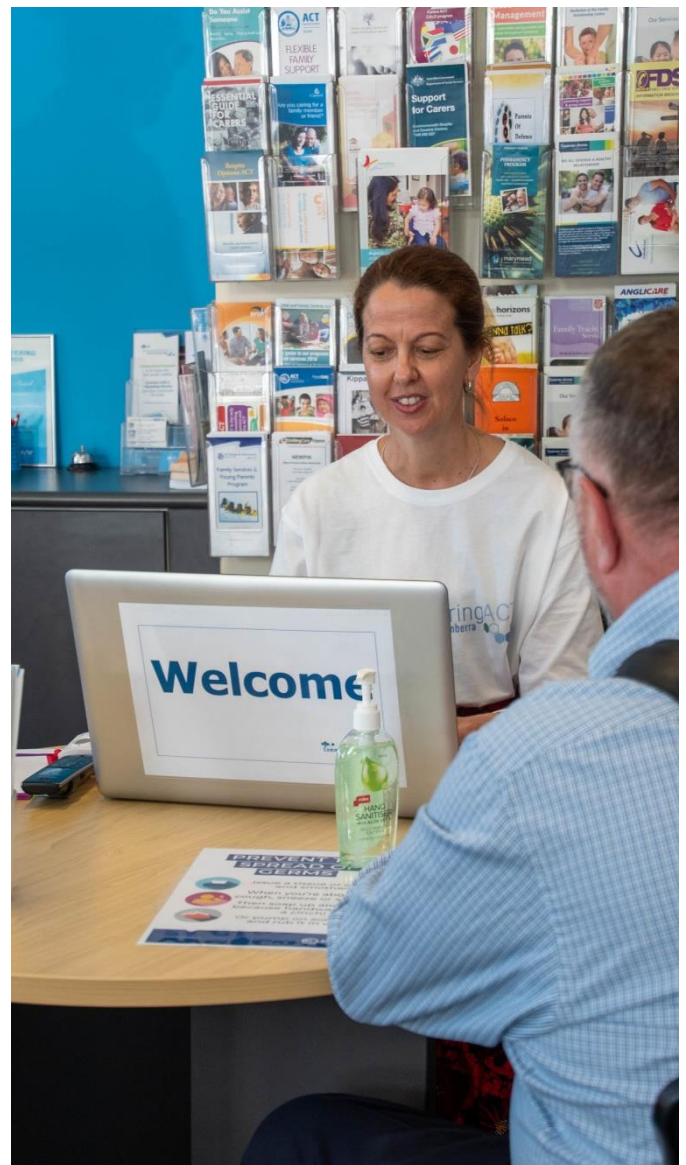
Community Info Hub

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.**

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