

Free Meals, Laundry, and Showers Guide

* Information in this guide is current as of 25 August 2023*

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

7:45am-1:30pm **Coffee, etc.**

12noon-1:30pm **Hot meal**

Red Cross 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**

Blue Door Ainslie Village, Quick St, Campbell

7:45am-1:30pm **Coffee, etc**

12noon-1:30pm **Hot meal**

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Red Cross 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
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-1pm **Eat in meal**

Blue Door Ainslie Village, Quick St, Campbell
7:45am-1:30pm **Coffee, etc**
12noon-1:30pm **Hot meal**

Red Cross 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
7:45am-1:30pm **Coffee, etc**
12noon-1:30pm **Hot meal**

Red Cross Roadhouse Griffin Centre Meeting room 1, Genge St, City
4:30pm-5:30pm **Take-away 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**

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Blue Door Ainslie Village, Quick St, Campbell

7:45am-1:30pm **Coffee, etc**

12noon-1:30pm **Hot meal**

Red Cross 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 **Take-away morning tea**

Red Cross 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 **Take-away morning tea**

Red Cross Roadhouse Griffin Centre Meeting room 1, Genge St, City

4:30pm-5:30pm **Take-away meal** Provided by Australian Red Cross

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-3:00pm **Vinnies Oaks**, 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

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

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

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 **Red Cross Roadhouse**, Narellan St, Civic

Sunday

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

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Free Showers

Monday- Friday

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

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

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.

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