



### FOODSTORE

Emergency food parcels may be available.

If you need support, please contact

Russell on 0413 182 053

## FREE MEALS 7 DAYS A WEEK Coffs Harbour



Coffs Harbour Uniting Church

### SOUP PLACE

Uniting Church Hall  
Vernon Street, Coffs Harbour

FREE LUNCH: 12.30 pm - 1:30 pm | Monday - Friday  
Closed Public Holidays

Dining room open Monday - Friday

Phone: 6652 7044

Email: [ucacoffs@optusnet.com.au](mailto:ucacoffs@optusnet.com.au)



Mid North Coast  
FINANCIAL  
COUNSELLING  
Service

Free & Confidential  
Financial  
Counselling

PHONE: 1300 662 540



Open: Monday - Friday, from 9:00 am - 4:00 pm  
Phone: 6648 3694 | Email: [info@chnc.com.au](mailto:info@chnc.com.au)

Visit the Centre, phone or email for  
Support, Information, Referrals & Blankets

- OZHARVEST food delivery: Mon, Wed, Thurs, Fri
- Free computer, Internet & phone use
- Free legal advice alternate Thursdays by phone
- Free counselling Mon, Tues and Thurs
- Wesley Mission Emergency Relief voucher and vouchers and brokerage

DONATIONS OF FOOD, NAPPIES, PET FOOD AND  
TOILETRIES ARE KINDLY APPRECIATED  
22 Earl Street, Coffs Harbour

### Saturday Lunch

#### BAPTIST CHURCH

Rotary Park, Coffs Harbour

Free BBQ lunch on Saturday 12:00 pm

### Sunday Lunch

#### COMMUNITY UNION DEFENCE LEAGUE

Free feed every second Sunday (FROM 10/3)  
1.30pm – 3.30pm Rotary Park

For any updates to this brochure contact:

#### COFFS HARBOUR NEIGHBOURHOOD CENTRE

22 Earl Street, Coffs Harbour NSW 2450  
Phone: 6648 3694 | Email: [coordinator@chnc.com.au](mailto:coordinator@chnc.com.au)

# BREAKING BREAD



*Essential Support*

## *Coffs Harbour Directory*

Other services or resources may be offered in other locations. Information and conditions herein are subject to change without notice and are considered correct as of the 3/7/2024

Garry Farrell established Breaking Bread on the 01/06/2012  
We acknowledge his contribution



Face to face and Phone appts – TUESDAYS only

Suite 2/ 222 Harbour Dr, Coffs Harbour 2450

Call 6651 1788 to make an appointment

- Food vouchers
- Links to other financial support
- Budgeting and other financial tools
- ID Bank and Centrelink Income Statement required



## Coffs Harbour & District LALC

301-325 Pacific Hwy (Wongala Estate)

Monday – Fridays | 8:30 am - 4:30 pm

Phone: 6652 8740 for phone appointments

Aboriginal Community Support & Referrals

## The Salvation Army

40 Mastracolas Road, Coffs Harbour

Open Tuesday to Fridays 9:30am -12:30pm

- Drop in for coffee, biscuit, and chat.
- Food hampers, fresh fruit and veggies
- Shower and toilet facilities
- Case worker available Thursday and Friday
- Financial Counselling



Phone Assistance Line (PAL) available Monday to Friday 9AM – 4PM on 8775 7988 for those who require financial assistance to support them through a crisis.

Food van operates every Friday 4:30PM-6PM at the Coffs Harbour Jetty Left-Hand-Side Car Park.



12 Earl Street, Coffs Harbour 2450

For an appointment:

Phone 6652 3116

9:00 am – 2:00 pm | Mon and Wed - Fri

- Food assistance/pantry vouchers
  - Medication costs
  - Clothing & furniture assistance
  - Electricity Vouchers
  - Family and individual hardship relief
  - Centrelink income statement and I.D required
- Email: [info@lifehousecare.org.au](mailto:info@lifehousecare.org.au)



Provide food for a small fee - Ph: 6658 0055

Coffs Harbour - 169A Orlando St – Tues & Fri 10am – 12pm

Bellingen - 64 Hyde St - Tues and Fri 10am – 12pm

Toormina: 4 Minorca Place - Thurs 10am – 12pm

Urunga: Morris Arcade, Bowra St – Thurs 10am – 12pm

Thurs 2pm – 4pm

Fri 10am – 12.30pm

Woolgoolga: 8 Nightingale St - Tues and Fri 10am – 12 pm (HCC/ PCC Card)



## BRIDGING THE GAP

Currently in process of relocating

Phone: 5606 2167 or email

[admin@bridgingthegapcoffs.com.au](mailto:admin@bridgingthegapcoffs.com.au)

- Electricity Vouchers
- Registered NDIS Provider



St Vincent de Paul Society  
*good works*

6 Scarba Street, Coffs Harbour 2450

For an appointment for assistance, please  
phone 6650 0172 between 8.15 - 9.00 am on  
Mondays and Wednesdays

*(If you don't have a personal phone or any phone credit, please remember that Telstra public telephones are free to use)*

- Food Vouchers
- Pharmacy Prescription Assistance
- Referrals to other agencies
- Centrelink Income Statement & I.D. required

## PETE'S PLACE

8.30 am – 12:30 pm (Monday – Friday)

Closed on the 1<sup>st</sup> Thursday each month

22 Earl Street (behind Coles) | Phone: 0438 931 201

Supporting people experiencing  
homelessness or at risk of homelessness

- Free professional inreach services – medical, Centrelink, legal, Service NSW and specialist housing services
- Shower & toilet facilities
- Free community laundry (wash machines & dryers)
- Breakfast, Advocacy, Support & Referral

## FRIENDS OF THE FAMILY | OUTREACH SERVICE

Food parcels delivery Tues and Thurs

Coffs, Harbour, Toormina, Sawtell & Boambee areas

Call 0448 768 165 from 9am – 12 midday Mon - Fri