Inner Brisbane Free Food Locations & Times

NOVEMBER 2026 **The Coffee Brigade (TCB)** ***Where good things happen at the start of the day***

[Meaning of symbols: ◆= Gentle Place, suit newly homeless. 🚌= Groceries/Home Supplies]

The List

ECM: Night Sanctuary: **Tuesday** & Wed

Every Day, 7 days/week, incl. Public Holidays, unless streets are closed (e.g. for a Fun Run)

The Coffee Brigade (TCB) Van [2 sandwiches, tea, coffee, milo, cup-of-soup, fruit when available].
Stop One: 6:30-7am opposite Fire Station, Ivory St, Fortitude Valley.
◆ Stop Two: 7:10-7:25am. Just outside the Holman St Ferry Terminal, Kangaroo Point.
Stop Three: 7:40-8:10am Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building).
NOTE. *Due to closure of the Story Bridge for maintenance works, Stop 2 will not be used between 27 Dec 26 and 17 Jan 27. The times of the other two stops will be extended as a consequence.*

Every Day, 7 days a week, excluding Public Holidays, Easter and Christmas

3rd Space: Ph 32541144. 8:30am-3:30pm (no overnight accommodation) 505 Brunswick St, Fortitude Valley, [Café (◆): Free meals, 7 days/wk. Breakfast: Fruit, porridge, cereal, veg, soup, toast and spreads; Hot lunch from 10:30 ish + sandwiches etc, depending on donations. Get vouchers from reception for first servings of meals. There is a nominal charge for second servings. M-F Last orders 1pm, closes 2pm; Weekends Last orders 12:30pm, closes 1pm]. 3rd Space provides Emergency Relief assistance (Sat-Tues 9-11am) (🚌 food parcels, vouchers, travel help), WiFi, hot showers, free laundry, daytime bag storage, clean day beds (8:30am-2pm) & a range of support services including support workers, medical (including nurse M-F), secure phone charging & social activities. Best to visit & get information on services & times they are delivered. Closed public holidays. *A good place to start to get back up again.*

Emmanuel City Mission (ECM) (An 18Year+ venue) 10a Cordelia St, South Brisbane. Mon-Fri 7am-3pm, Sat-Sun 9am-1pm. Hot drinks, showers, laundry, toilets. M-F: Breakfast: from 7:30am; Hot lunch midday. Sat: Bacon & Egg roll 11am onwards. Sun: BBQ lunch from 11am. Visiting services: Mon: Micah Projects (housing) 9am-3pm, St Vinnies AOD 9am-12pm. Tue: St Vincent's Care Nurse 7-11am, Hart 4000 (housing) 9am-12pm. Wed: Micah Projects 9am-3pm. Thu: St Vincent's Care Nurse 7-11am. Fri: GP Doctor 9am-3pm Dr Juergen Landmann. Good behaviour is expected. All services free-of-charge. NOTE: Closed first Monday of each month for staff training.
ECM now offers **Night Sanctuary** - overnight crisis accommodation – on **Tuesday & Wednesday** Nights. Register between 10am to 12pm on day. Daytime services close as normal at 3pm reopens for Night Sanctuary at 5pm for registered persons only. Gates close at 5.30pm. 6pm dinner, shower and bed. Gates open at 7am for Daytime service as normal on Thurs. Night Sanctuary is open Christmas Eve. (Night Sanctuary is not offered during Christmas closure.)

Multiple Workday, (M-F), excluding Public Holidays, Easter and Christmas

Wesley Mission Qld Emergency Relief Hub. Ph 32161579 Drop-in service: Mon-Thr 9:30am-Midday; 1-3:30pm**. 136 Brunswick St, Fortitude Valley** (The 'Old Tongan Church'). Quick Drop in interviews, 🚌 Food parcels, medical scripts. Bring proof of low income & Proof of ID (some flexibility). Casework interviews (DV, other services connections etc.). Snack packs & bottled water usually available.
Eddies Van Breakfast BBQ: M-F 6:45am TCB Stop Three: Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building) [Sausages/patty, eggs, bread]. Time overlaps with Coffee Brigade van.

Three days a Week, (M-W), excluding Public Holidays, Easter and Christmas

West End Community House. 4 Norfolk Rd, South Brisbane Ph 3217 2333. Mon-Wed 8.30am-12.30pm: donated food items, clothing & hygiene products available depending on what has been donated - enquire with staff / volunteers in the house. Also contactable via web page contacts & Facebook.

PUBLIC HOLIDAYS *Emmanuel City Mission tries to open on Public Holidays (9am-1pm) and often succeeds. 3rd Space, Wesley Mission, StreetLevel, New Farm Neighbourhood Centre, West End Community House, and most organisations with paid staff do not open on public holidays. Street Vans usually continue on public holidays.*

Red Cross Night Café: For people aged 12-25. Tue & Thu 6:30-8:30pm. 64 Adelaide St, City (under City Hall). Showers, meals, clothing. 4 Voices (IT support) every Thursday One Bridge Nurses every fortnight

Brisbane Youth Service Mon-Fri 1-4pm
518 Brunswick St, Valley. Help for ages 12-25

Kids Helpline 1800 551 800

3rd Space participants can use the Mail Service if they have no permanent address:
Postal Address: PO Box 36, New Farm, Q. 4005
'Residential Address': **505 Brunswick Street, Fortitude Valley**, 4006 for forms etc.
Pick up your mail at 3rd Space reception. Note: There is no parcel storage or pick up service.
3rd Space has clean day beds 8:30am- 2pm if you need a sleep during the day**.**

3rd Space ID support. Obtain ID documents. Ask at reception

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QUIT SMOKING

MONDAY

Coffee Brigade, 3rd Space, Wesley Mission Qld Emergency Relief, Emmanuel City Mission, Eddies Van: See Front Page

Salvation Army Streetlevel Mission: 97 School St, Spring Hill (Behind 24-7 Petrol Station on Barry Parade). Open 9am-1pm. MYO breaky. Dine-In/Hot meal (Midday). Emergency relief (10am-Midday). Faith group 1-2pm.

◆**Community Connection & Belonging**: Community Lunch Baptist Church 560 Ipswich Rd Annerley 12:30pm.

Valley Hearts: 2-5pm 278 Barry Parade, Fortitude Valley. 2pm coffee & refreshments; 🚌 2:15pm fresh produce market & Haberdashery market; 4pm community meal. Orange Sky, Rosies attend. Has toilet facility

Monday Night Musgrave Free Meal: 5-5:45PM Musgrave Park, Russel St Entrance. Freshly made sandwiches.

New Day Church Community Care: Sausage Sizzle 5:30ish-6ish pm Emma Miller Place, City.

Rosies: At Valley Hearts St, Fortitude Valley. 3-5pm & 7:30-9:30pm Emma Miller Place, City [hot/cold drinks, hygiene products, biscuits, friends & chats].

Helping Hands: 8:30ish pm St John's Cathedral. [Hot drinks, sandwiches & extras]

TUESDAY

Coffee Brigade, 3rd Space, Wesley Mission Qld Emergency Relief, Emmanuel City Mission, Eddies Van: See Front Page

Coffee Brigade EXTRA SERVICE: 6:45-7:10am Jeays St Community Center Bowen Hills**. Starts 1 April**

Nudgee College BBQ: 6am TCB Stop One: Kemp Place, Ivory St, Fortitude Valley [Sausages, eggs, bread].

◆**St Pauls Presbyterian Church Morning Tea:** 8-10am St Pauls Tce, Spring Hill. Very friendly. Some gluten free foods. Followed by English language class 9:30am; Midday BBQ & Spanish language church 🚌 **plus $3 Pantry 2-5pm**

New Farm Neighbourhood Centre: 967 Brunswick St Morning Snacks. 🚌 **Hampers** 10:30-11ish(am). Lunch Midday.

Rosies: Churches of Christ, 459 Annerley Road. 9-11am. [hot/cold drinks, hygiene products, biscuits, friends & chats].

Pantry Assist: 🚌 by Annerley Church of Christ: 459 Annerley Road. 10-11:45am Fruit, veg, bread, milk free. Other items at nominal costs. Plus **Rosies:** 9-11am. [hot/cold drinks, hygiene products, biscuits, friends & chats].

Wesley Mission Brisbane Relief Hub BBQ: 10:15am. 136 Brunswick St, Fortitude Valley (Warry St Corner, 'Old Tongan Church') [Hot drinks, take away Burgers with especially good fillings & home make cakes]. **AND One Bridge Nurses** 9:30-11am**.**

Salvation Army Streetlevel: 10:30am-12:30pm Toasties. 97 School St, Spring Hill. Ph 3075 4120.

Street Feed: 5:30 or 6ish pm All Saints Church Carpark, cnr Ann St & Wharf St. [Hampers, Takeaway Meal, cloths, toiletries].

Grill'd: 171 Queens St (Wintergarden food court) 6-8pm. First Tuesday each month: Free Burger!

Hands of Hope: Musgrave Park, Russel St Entrance. 7-8pm. Hot Boxed meals and Extras.

Eddies Van Nite Service: Emma Miller Place, City. 7-7:30pm. Fresh cooked meal boxed/plated on site. Hot Drinks from drugARM

Rosies: Musgrave Park, Russell St Entrance. 7-9pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

WEDNESDAY

Coffee Brigade, 3rd Space, Wesley Mission Qld Emergency Relief, Emmanuel City Mission, Eddies Van: See Front Page

St James College BBQ: 6:30am TCB Stop One: Kemp Place, Ivory St, Fortitude Valley (Opposite the Valley Fire Station). [Sausages, bacon, eggs, bread].

West End Community House. 4 Norfolk Rd, Sth Brisbane. Fruit, vegetables, 🚌 groceries at OzHarvest Market sometime from 9am-11am depending on delivery time.

Community Friends: 🚌 Cnr Vulture St & Thomas St West End (Bunyapa Park). Usually 3-4 days' worth of food/person. e.g. meat, hot takeaway meals, bag of fruit & vegetables, bag of non-perishable items (cans, pasta, rice, pasta sauce etc.) Bread, cake, drinks & other items also available. Suggested arrive 2:30pm for a 3:00pm start.

Kangaroo Point Uniting Church: 🚌 Groceries (07) 3391 1355 Pickup 2:30- 3pm. 40/48 Linton St, Kangaroo Point.

Fishers of Men: [hot meal, fruit, bread, blankets, clothes] 6:15-7:10pm Emma Miller Place, (Roma St Parklands); 7:15-7:25pm St John's Cathedral; 7:25pm Warry St; 7:45pm Avondale Private Hotel; 8pm Roma House/Park Hotel/Brick Housing

St Mary's Coptic Orthodox Church Outreach Service: 7pm Roma St (Opposite Magistrates Court) [Hot boxed meal].

Rosies: Emma Miller Place, City. 7:30-9:30pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

Hot Showers: Emmanuel City Mission: Every day. (Showers and Laundry). Orange Sky:(Launder & showers) (Check Orange Sky Website to confirm services) Wickham Park Mon, Sun 6:30-8:30am; Musgrave Park: Tue, Thur 7-9pm; Sun 6-8pm; Valley Hearts, 278 Barry Parade, Fortitude Valley: Mon 4-6pm, Thur 9:30-11:30am; Ivory St Valley Fri 6:30-8:30am & 10am-12pm; Sat 3-5pm; 12 Jeays St, Bowen Hills: Fri 10am-12pm. New Farm Neighbourhood Centre (laundry & showers incl limited mobility shower), Tues & Thurs, when open. *Southbank Beach pool* ***(cold) showers*** *may be a viable option (especially on public holidays)*
3rd Space Laundry has not worked for an extended period of time and is not working at the time of publication of this pamphlet.

Speak to someone who has been there (Peer to Peer support)

Peer Qnect *is a free and confidential service run by QuIVAA to provide support to people who use substances, including those using anabolic steroids & other performance enhancing drugs, people on the opioid treatment program or seeking opioid treatment across. Phone: 1800 175. peerqnect@quivaa.org.au Open: Mon – Fri 9am-4pm*

Trinity Centre Pantry

Trinity Centre Pantry

9 Church Street, Fortitude Valley (at church hall). Ph: 3852 1635. 🚌

Open: 11am-2pm, Wed/Thu/Fri. LAST ORDERS: 1:45pm. Food parcels each day. Thurs ONLY: limited financial assistance (rent, utilities, some pharmacy scripts). Please bring Centrelink/ pension / other ID. Closed public holidays

THURSDAY

Coffee Brigade, 3rd Space, Wesley Mission Qld Emergency Relief, Emmanuel City Mission, Eddies Van: See Front Page

Coffee Brigade EXTRA SERVICE: 6:45-7:10am Jeays St Community Center Bowen Hills**.**

◆ **West End Community House Backyard Breakfast**: Serving from 7am. 4 Norfolk Road, South Brisbane [Generous hot plated breakfast, cereals, etc]. In the back yard – down the side driveway on left side. Warm, friendly community event.

◆**Andy's Place Drop-in Centre:** St Andrews Uniting Church Hall: 8am-11am, Creek St, next to 299 Ann St, City. Light ("Aussie Continental") breakfast; tea/coffee/snacks; toiletry items; chats.

◆ **Gateway Baptist City Campus Brunch:** Level 1, 81 Elizabeth St. City. 9-11am. During school terms only. Hot food, Chats. Good hot meal and engaging friendly people.

Rosies: Fortnightly 10-Midday. 278 Barry Pde, Valley. 12 Nov, 26 Nov, 10 Dec, 24 Dec. Etc.

Valley Hearts: 10am-1pm 276 Barry Parade, Fortitude Valley. 10am coffee & refreshments, 🚌 10:15am fresh produce market & Haberdashery market. 12noon - community meal. Orange Sky, Rosies. Has toilet facility.

New Farm Neighbourhood Centre: 967 Brunswick St, New Farm. Ph 33585600. Morning Snacks, Lunch Midday.

◆**Holy Trinity Community Table**: 9 Church Street, Fortitude Valley (in church hall). 11-2pm. Corporate partners - Technology1, AECOM, and Unita. Free Concert at midday. Dine-in meal at 12:30. Take-aways available at end of food service, hot/cold drinks, friendship/chat, phone recharge. ϖ Pantry open 11am-2pm for food parcels and emergency financial relief (see separate ad). Priest available for spiritual support. **Thread Together** (new clothing and shoes) 11am third Thursday of month. Limited fruit/veg/bread take-away. Social support service.

Wesley Mission Queensland Emergency Relief. Ph 32161579 136 Brunswick St, Fortitude Valley (Warry St Corner, 'Old Tongan Church'). Lunch in the Garden. 1pm.

Salvation Army Streetlevel Mission: 97 School St, Spring Hill. 3-5pm emergency relief card collection (phone 07 30016288 before visit). Drop-in 3-6pm. Hot Meal 5pm. Chapel 6-7:15pm.

◆**Village Church**: at St Pauls Church, St Pauls Tce, Spring Hill. 6-7pm. 🚌 **Food hampers** and Hot takeaway dinner.

StreetLight. Emma Miller Place. 5:15-7:30pm. Hot Drinks, Light Snacks, cloths etc. Picnic Tables also used by the

Antiochian/Greek/Russian/Serbian Orthodox Church Rotating Outreach Service: 7pm Emma Miller Place. [Hot boxed take away meal]. (A wonderful example of cooperation all round.)

Rosies+Orange Sky+Merciful Servants (Meal 6:30PM): Musgrave Park, Russell St Entrance. 7-9pm [hot/cold drinks, hygiene products, biscuits, friendship/chats, laundry].

FRIDAY

Coffee Brigade, 3rd Space, Emmanuel City Mission, Eddies Van: See Front Page.

Salvation Army Streetlevel Mission Ph 3075 4120: 97 School St, Spring Hill (Behind 24-7 Shell Petrol Station on Barry Parade). 9:30-11:30am. Dine-in or Take-away meal, 🚌 plus grocery collection.

Kangaroo Point Uniting Church: Groceries (07) 3391 1355 🚌 Pick up 2:30-3pm. 40/48 Linton St, Kangaroo Point.

Food not Bombs: starts 6 to 6.30 pm (ish) at Bunyapa Park, 68 Vulture St (cnr Thomas St). Mostly vegan. Eat there or take-away. Casual, cool, very relaxed.

AntiPoverty Network,Qld: Musgrave Park 6:30-8:30(ish)pm Sandwiches & Hot Food if available

Merciful Servants: 6:15pm Emma Miller Place (Cnr Roma St & Albert St, City) [Hot meal, drinks, food pack, fruit].

Valley Outreach BBQ/Feast: 5pm Alternating each week between ECB Stop One (Ivory St) & ECB Stop Three (Wickham Park) e.g. 20 Nov-Wickham Park, 27 Nov-Ivory St)**:** [🚌 Range of donated food + BBQ, drinks, extras.]

Rosies: 7:30-9:30pm. Emma Miller Place, City [hot/cold drinks, hygiene products, biscuits, friends & chats].

SATURDAY

The Coffee Brigade, 3rd Space & Emmanuel City Mission: See Front Page.

◆**Soul Purpose:** *Brekky by the Bridge* 6:30-8am Under the Story Bridge: Eastern side of Captain Burke Park BBQ area, Kangaroo Point. Hot & cold breakfasts and grocery giveaways 🚌 every Saturday. Prayers & Blessings.

Missionaries of Charity ("The Nuns"): 10am-11ish 92 Warry St, Spring Hill [sit-down meal & some inspiration].

◆**Andy's Place:** St Andrews Uniting Church Hall: 11:30am-1pm, Creek St, next to 299 Ann St, City. Meals from 12 noon**.** [main & dessert, hot/cold drinks, fruit & snacks] Free toiletries etc. Gluten Free & vegetarian options

Funky Food: Kemp Place, Every second Saturday e.g. 14 & 28 Nov. 3:45-5pm ish Boxed meal + Fruit and Veg 🚌**. Orange Sky** van from 3pm.

ARA: 5-7pm Sausage Sizzle. Turbot Street overpass. Near Emma Miller Place, City

Emma Miller Place:

Alpha & Omega Outreach: Ἀ&Ω` 5pm [Hot Boxed Meal, cold drinks blankets].

Kangaroo Point Uniting Church Outreach: Every second Sat. 6:30ish-7ish_pm. [Hot food, food packs blankets] Emma Miller Place, City.

Rosies: 7:30-9:30pm. [hot/cold drinks, hygiene products, biscuits, friends & chats].

MICAH's **Care Finder** Ph 30297070
Access aged care & support

WOMEN SUPPORT SERVICE
Ph 1800366877. 31 Thomas St. West End

Download the pamphlet from **https://coffeebrigade.org.au/inner-city-food-pamphlet**
The pamphlet's contact email address is **inr.bris.freefood.list@gmail.com**

SUNDAY **The Coffee Brigade, 3rd Space & Emmanuel City Mission: See Front Page.**

Salvation Army Streetlevel Mission Ph 3075 4120: 97 School St, Spring Hill (Behind 24-7 Shell Petrol Station on Barry Parade). First Sunday of each month: Roast Meal. 11am-1pm. Serving midday. Pet care vet services before meal.

Merciful Servants: Emma Miller Place (Cnr Roma St & Albert St, City. 5:15pm [Hot meal, drinks, food pack, fruit].

CPS Ministries: Bunyapa Park, cnr Thomas and Vulture St. West End 4-6pm, Sausage sizzle.

Brisbane River City Rotary Meals: 5:30-6:30ish pm. Jayes St Park, Bowen Hills [Hot Meals, Sandwiches, Biscuits & toiletries].

Cudl: Musgrave Park, Russell St Entrance. 5:30-8pm Hot Boxed Meals, Drinks.

Community Union Defence League (CUDI): 6-8pm Musgrave Park: Hot meal, biscuits fruit.

Fishers of Men: [hot meal, fruit, bread, blankets, clothes] 6:15-7:10pm Emma Miller Place, (Roma St Parklands); 7:15-7:25pm St John's Cathedral; 7:25pm Warry St; 7:45pm Avondale Private Hotel; 8pm Roma House/Park Hotel/Brick Housing. Bussing to community meal at Rochedale (& transport back) is provided first Sunday of month - Ph 33410160 to arrange pick up.

Rosies: Emma Miller Place, City. 7-8:30pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

drugARM [Hot/cold drinks, biscuits, care] Ph 1300656800 ***Awareness, Rehabilitation, Management***

Our Street Outreach Services (SOS) support people who are experiencing, or at risk of, homelessness, or have issues with alcohol and other drugs, to access services. We provide non-judgemental and confidential support through referrals, information, and a vital outreach of compassion. Our patrols visit parks, street sides and other accessible areas in the regions where we operate. In some locations we offer a barbeque. Our Mobile Outreach Support and Health Program by Integrated Teams (MOSHPIT) provides a unique health service. Each of our vans offer a fully equipped on-board health centre providing check-ups, dressings for minor wounds, referrals to other agencies and support in gaining housing. We partner with other local agencies including GPs and nurses, counsellors, Centrelink officers and volunteers.

MON> 11.30am-12.30pm: MOSHPIT Churches of Christ Complex, Light St. Fortitude Valley; 7.15-8pm: SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Fortitude Valley; 8:30-9pm Cathedral Square, Wharf St, City.

TUE> 11:30am-12:30pm SOS at BHC building common space, basement level behind carpark, Kelvin Grove (with free sausage sizzle), 7.15-8.00pm SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Fortitude Valley; 8.30-9pm: **Cathedral Square, Wharf St, City**.

WED> 11.00am – 12.00pm – SOS at BHC Complex, 2 Lake St, Yeronga (free sausage sizzle), 7.15-8.00pm SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Fortitude Valley; 8.30-9pm**: Cathedral Square, Wharf St, City.**

THUR> 11am-12.30pm: MOSHPIT Rotary Park, Cnr of Grahams Rd & Gympie Rd, Aspley **(free sausage sizzle).**

FRI> MOSHPIT 9-10am West End Kiosk, Boundary St (free Sausage sizzle); 10.30-11am Jeays St Community Centre, Bowen Hills; 11.30am-12.30pm 3rd Space, Brunswick St, Fortitude Valley; 7.15-8.00pm: SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Fortitude Valley, 8.30-9pm: 8.30-9pm: Cathedral Square, Wharf St, City.

SAT> 7.15-8.00pm: SOS Emma Miller Place, Little Roma St; City; 8-8.30pm: SOS Warry St Housing Complex, Welsby St, New Farm; 8.30-9pm 8.30-9pm: Cathedral Square, Wharf St, City.

HEALTH CONTACTS **Non-urgent medical help: 13HEALTH (13 43 25 84) Mental Health access line: 1300 642255**

Inclusive Health: **3rd Space Clinic** Mon 9-10:45am. Dr Sam Wakista. GP (07 3013 6050).

UQ Healthcare: Dr Juergen Landmann. GP Emmanuel City Mission Fri 9am-1pm (for those sleeping rough).
Dr Nancy Sturman. GP New Farm Neighbourhood Centre: Tue & Thur 9am-1pm.

Inclusive Health and Wellness Hub - 15 Hope St South Brisbane- M-F 8.30am-4pm - GPs, NPs and Nurses (07 3013 6050). Other Wellness Services available across the week including Community Acupuncture Wed and Thur 10-2. Walk in.

Medicare Urgent Care Clinic: Level 4, 20 Cornwall St, Wooloongabba. 8am-10pm. For non-life-threatening conditions. No appointment necessary. Bulk Billing. Ph 33461315. Best to get there at least an hour before closing time. **Open every day**.

Brisbane City Nurse-led Walk in Clinic: 316 Adelaide St, City. 8:30am-6pm M-F. Free. Behind Air Niugini Office

In City

Anglicare Nurse Clinic: 3rd Space 505 Brunswick St, Valley M-F. 9am-2pm

St Vincent's Community Services Nurse @ Emmanuel City Mission Tue & Thur mornings until Lunch.

Micah Nurses Emma Miller Place, City every night 6pm-8:30pm & various street locations near food vans.

One Bridge Nurses Tuesdays 9:30-11:30am **& Thursdays 1-2:20pm** @ Wesley Mission Brisbane Relief Hub 136 Brunswick St, Fortitude Valley and Red Cross Night Cafe fortnightly on a Tues 6.30- 8pm

In urgent situations, Community Nurses can get access to GPs if no scheduled GP clinic is available.

Podiatrist (Feet & Lower Leg) once a month at 3rd Space. Book through Anglicare Nurse at 3rd Space.

New Farm Neighbour Centre. **Physiotherapy** Thursdays 9:30-11:30am; **Acupuncture Clinic**. Friday mornings.

DENTAL: Metro North Hospital & Health Service: Ph 1300 300 850. If you have a Pension Concession Card from Centrelink, a Health Care Card, or a Commonwealth or Qld Seniors Card. No card? A Case Manager/ Community Nurse can start the process.

HOUSING: MICAH 3029 7000 | HART4000: 3004 0100 | Youth Housing Project 0732560241 (ages 16-21 years)

EMERGENCY RELIEF: St Vincent de Paul Ph 1800 846 643 No interest loans, vouchers, pantry | Salvation Army Ph 3001 6288: Vouchers, No Interest Loans. Wesley Mission Ph 1300 865 306: Food, Pharmaceutical Assistance | Holy Trinity Ph 3852 1635 141 Brookes St, Fortitude Valley:| Brisbane Youth Service Ph 3620 2400, 518 Brunswick St, Valley): Food, Travel | 3rd Space Ph 3254 1144 See page 1

CRISIS HELP

BeyondBlue (Ph 1300 224 636) | **LifeLine** (Ph 131 114) | **Homeless Hotline** (Ph 1800 474 753)
AngliCare Women & Youth Homeless Shelters (Ph 1300 610 610) | **Sexual Assault** (Ph 1800 010 120)
Kids Helpline (Ph 1800 551 800) | **Family Hotline** (Ph 133264)
Domestic Violence: WomensLine (Ph 1800 811 811) MensLine (Ph 1800 600 636)
National Debt Helpline (Ph 1800 650890) | **Headspace** (Mental Health) (Ph 1800650890)
Basic Rights Qld Community Legal Centre (providing advice, advocacy, and free legal services) (Ph 1800 358511)