

Ballarat food relief information

Food relief, social connection and other resources

Salvation Army - food and vouchers

102 Eureka Street, Ballarat

Emergency Relief-

Telephone 5337 0600 to arrange an interview and assessment Mon – Fri 9:15am – 2:15pm.

Bread and fruit able to be collected at the front of Reception Mon – Fri 9:15am -2:15pm

Café 102 – Sit down hot meal (gold coin cost)

102 Eureka Street, Ballarat Monday to Friday, 10am – 2pm

Uniting Care – food, vouchers, shower and laundry facilities

105 Dana Street, Ballarat

Emergency Relief for those on low income or immediate financial crisis.

Book by phone 5332 1286 at **9am** at reception for an appointment.

available Monday – Friday 9am-2pm

BreezeWay Meals Program – Sit down hot meal as well as sandwich packs available for takeaway.

102 Albert St corner of Dana Street, Ballarat

7 days a week Opens 10.30 am Meals from 11.30 to 1pm.

Meals for Change

Support young people (aged 15-25) to access affordable meals in local cafes

Contact Jen on 0407 814 126

St Vinnies - food and vouchers and funding for medical scripts and MYKI top-ups

6 Dawson Street South, Ballarat. 10am – Midday, open Monday, Wednesday and Friday

15 Violet Grove, Wendouree 9.30am- 11.30am, open Monday, Wednesday and Friday

To organise a home visit for assistance call and leave a message on 5334 2844 someone will contact you.

Ballarat Neighbourhood Centre

11 Tuppen Drive, Sebastopol, 5329 3273

Fridays – Community lunch 12-2pm

Fridays - Bread

Anglicare Victoria - community sit down breakfast

49 Lydiard Street South, Ballarat Monday – Friday 8.30am - 10am

Emergency Relief - food and vouchers

- 14 Victoria Street, Bakery Hill. Monday – Thursday 10.30am – Midday
- 227 Albert Street, Sebastopol Closed till further notice
- 21/19 Victoria St, Creswick Second Wednesday of the month 1-2pm (*must phone to register attendance*)
Please phone for assistance: 5333 0600

Hilltop Church – food bank

503 Mair Street, Ballarat 3350

5331 5957

- Food Bank – fresh produce Friday 1.30pm – 2pm
- Free bread alternate Fridays
- Frozen meals available, please call to arrange (*leave a message if unattended*)

Ballarat Seventh Day Adventist Church – Soul + Food, Emergency Food Distribution Programme

Cnr Learmonth & Grevillea Road, Wendouree

Thursdays, 11am -1pm

Donation requested for a trolley of groceries (pantry staples, frozen items and fresh food).

All welcome. Registration required.

Soup Bus - Ballarat On Track Foundation - free hot dinner

Corner of Eyre st and Doveton St South, Ballarat. (Camerons Welding and Industrial Supplies)

Monday – Thursday 7.30pm-9pm

Sunday 5.30 pm – 7.30pm no registration required.

Shower Bus - One Humanity - shower and clothes washing facilities.

Corner of Eyre st and Doveton St South, Ballarat (located with the Soup Bus at Camerons)
open Thursday 6-8pm and Sunday 5-7pm

Delacombe Community Garden

16 Nandiriog Drive Delacombe

For people to pick available fresh fruit, vegetables and herbs, the garden is open all year round.

Food Is Free Inc. Green Space

Rear/212 Ripon St Sth, Ballarat

A space for people to drop off or collect veggies, fruit and herbs and connect with the neighbourhood.

<http://www.foodisfree.com.au>

Details may change without notice, contact organisation to confirm they are open and have food.

Other useful contacts

Better Health Channel

▪ Health & medical info to improve health, wellbeing & manage medical conditions www.betterhealth.vic.gov.au

Beyond Blue 1300 22 4636

▪ Online chat | info about depression and anxiety www.beyondblue.org.au

Directline 1800 888Safe Steps Family Violence Response Centre - 1800 015 188 (free call 24 hrs).

You can also call (03) 9322 3555 or visit <https://www.safesteps.org.au/>

MensLine Australia - 1300 78 99 78 (24 hrs).

Support and information for men. to help men recognise and stop using violence or abuse. also, advice and support for men experiencing violence in their family or relationships. <https://mensline.org.au/>

Kids Helpline - 1800 551 800 (free call 24hrs).

Free, 24-hour phone and online counselling service for 5- 25 year olds. <https://kidshelpline.com.au/>

eheadspace 1800 650 890

▪ Free phone | online support | counselling 12-25's & family <https://headspace.org.au/eheadspace>

National Sexual Assault, Domestic and Family Violence Counselling Service - 1800 737 732 (free call 24 hrs).

1800 RESPECT sexual assault, domestic and family violence counselling service

You can also connect to an online counsellor from their website. <https://www.1800respect.org.au/>

Child Protection Emergency Service - 13 12 78 (free call 24 hrs).

Call the Child Protection if you believe a child needs to be protected from abuse or neglect.

You can also visit Child protection on our DFFH Services website for more information.

<https://services.dffh.vic.gov.au/child-protection>

Men's Referral Service - 1300 766 491(free call 24 hrs).

The Men's Referral Service helps men take action to stop using violent or controlling behaviour. The service provides anonymous and confidential telephone counselling.

Lifeline - 13 11 14 (free call 24 hrs).

Helps people experiencing a personal crisis with support and suicide prevention services.

DirectLine - 1800 888 236 (free call 24 hrs).

This phone service gives people access to drug and alcohol counselling, information, and referral to services.

<https://www.directline.org.au/>

Rainbow Door 1800 729 367

▪ Free specialist LGBTIQ+ helpline providing information, support, & referral www.rainbowdoor.org.au

Family Relationship Advice Line - 1800 050 321 (free call)

The Family Relationship Advice Line is a service for families experiencing relationship or separation issues.