



FOODSTORE

Emergency food parcels may be available.

If you need support, please contact
Wayne 0408 298 899
or Russell on 0413 182 053



Mid North Coast
**FINANCIAL
COUNSELLING**
Service

Free & Confidential
Financial
Counselling

PHONE: 1300 662 540



COFFS HARBOUR
NEIGHBOURHOOD CENTRE

Open: **Monday - Friday, from 9:00 am - 4:00 pm**
Phone: **6648 3694** | Email: info@chnc.com.au

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

- **OZHARVEST food delivery: Monday - Friday**
- Free computer, Internet & phone use
- Free legal advice alternate Thursdays by phone and alternate Tuesdays face-to-face
- Free counselling Mondays and Fridays
- Wesley Mission Emergency Relief voucher and vouchers and brokerage

DONATIONS ARE KINDLY APPRECIATED
22 Earl Street, Coffs Harbour

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

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
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

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 22/09/2023

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



Phone for an appointment

6651 1788 | Monday – Friday 9.00 am – 4:30 pm

Face to face and Phone appts – Tuesdays only

Suite 2 & 3 222 Harbour Dr, Coffs Harbour 2450

- Food vouchers
- Links to other financial support
- Budgeting and other financial tools
- ID Bank and Centrelink statements 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

Electricity bill assistance (EAPA) Weds and Thurs morn only.

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 onsite for ongoing support
- 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 at Coffs Harbour Farmer Markets Thursday from 9AM-12PM and 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 – 3:00 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**



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

183 Rose Ave, Coffs Harbour

Tues, Wed, Thurs | 9:00 am - 3:00 pm

Phone: **5606 2167**

- Electricity Vouchers, Swags (if available).
- Forms, Advocacy and Counselling
- Clothes and Food parcels (if available)
- Work and Development Orders
- Free breakfast and lunch (Tues, Wed and Thurs)
- 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
- Telstra Vouchers
- Pharmacy Prescription Assistance
- Referrals to other agencies
- Centrelink Income Statement & I.D. required

PETE'S PLACE

8.30 am – 1:30 pm (Monday – Friday)

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

Supporting people experiencing homelessness or at risk of homelessness

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

FRIENDS OF THE FAMILY | OUTREACH SERVICE

Phone: **0448 768 165**

Food parcels delivery Tues – Wed – Thurs
Coffs, Harbour, Toormina, Sawtell & Boambee areas