



2010

# Improving Food Access



Referral Pathways Resource

Promoting Food Security within the  
Inner South East



# Table of Contents...



Learn, cook, grow

- Community Kitchens/Cooking Groups [page 11]
- Community Gardens [page 12]
- Education Sessions [page 12]



Money Matters

- Food Parcels/vouchers/Meals [page 1]
- Financial counselling/support [page 5]



Butt out the binge

- Drug and Alcohol Services [page 14]
- Youth Services [page 16]
- Counselling Services [page 16]



Health hurdles

- Community Health Centres [page 6]
- Maternal and Child Health [page 6]
- Mental Health Services [page 7]



Community connections

- Community Based Social Activities [page 17]
- Shared Meals [page 19]



Movin' & consumin'

- Delivered Meals [page 8]
- Community Transport Services [page 8]



Ethnic eats

- Culturally Appropriate Meals and Social Activities [page 20]
- Assistance for Refugees/Migrants [page 21]
- Ethnic Grocery Outlet [page 22]



## MONEY MATTERS

<b>Food Parcels / Food Vouchers / Meals</b>			
	<i>Name</i>	<i>Description</i>	<i>Contact</i>
<i>City of Glen Eira</i>	<b>Coatesville Community Care</b>	Emergency food relief, including food vouchers. Available the first Friday of every month from 10am – 12pm.	Cnr North Rd and Mackie Rd, East Bentleigh Ph. 9570 3912
	<b>Community Information Glen Eira</b>	Provides food, food vouchers and other assistance on an emergency basis to local residents who are in financial crisis.	1134 Glen Huntly Rd, Glen Huntly Ph. 9571 7644
	<b>Open Hands Project – Carnegie Church of Christ</b>	Operates a weekly community meal and food parcel program out of the church property on Wednesday lunch times.	Peter Los, Minister and Project Manager 40 Toolambool Rd, Carnegie Ph. 9572 2550
	<b>Savemore Supermarket Clearance Centre (Bentleigh)</b>	Discount dairy, frozen, grocery products and much more. Open 7 days.	349 Centre Rd, Bentleigh Ph. 9557 7833
	<b>St Vincent de Paul Society</b>	Assists disadvantaged families in the Bentleigh area by providing food parcels in times of crisis, including supermarket food vouchers.	Mr Frank Hutchinson Ph. 9555 4195
	<b>Tony's Cafe</b>	Offers dinner from 5pm – 7pm every Thursday night at the expense of a gold coin donation.	The Waratah Room (St. Anthony's Hall) Cnr Grange and Neerim Rd, Glen Huntly Ph. 9569 2099
<i>City of Stonnington</i>	<b>Ardoch Youth Foundation</b>	Ardoch's centre based basic needs program and school based breakfast/lunch clubs, provide an invaluable service to the community at large by assisting children, young people and their families who have critical needs. Provides	198 St Kilda Rd, Melbourne Ph. 9537 2424



	<i>Name: (Food Parcels / Meals Cont'd)</i>	<i>Description</i>	<i>Contact</i>
		students and their families with basic resources such as food, clothing, toiletries, stationery and blankets.	
	<b>Christ Church</b>	Six items of canned food for emergency only. Available weekdays, 9.30am – 1pm.	Cnr Punt Rd and Toorak Rd Ph. 9866 4434
	<b>Hanover \$30 Three Day Healthy Eating Challenge</b>	Hanover residents are given a \$30 supermarket voucher and with it, need to plan and shop for a 3 day meal plan. Prizes are given for the most diverse and healthy meal plans.	Wellbeing Officer Hanover Southbank Ph. 9699 4566
	<b>Malvern Emergency Relief</b>	Provides food parcels and vouchers to those in need, 24 hours a day, 7 days a week.	Malvern Police Station 278 Glenferrie Rd, Malvern. Ph. 9822 2487
	<b>Prahran Citizens Advice Bureau</b>	Provides food vouchers, Mon – Fri 10.30-3.00pm. One voucher every four months available to Stonnington residents only.	163 Commercial Rd, South Yarra Ph. 9510 2477
	<b>Prahran Mission</b>	An agency of the Uniting Church in Australia, provides emergency relief services to those experiencing poverty, homelessness and economic disadvantage.	Prahran Mission Ph. 9692 9500
	<b>St Joseph's Food Store</b>	Crisis food support for Stonnington residents only; available Sat and Sun 2.30 – 4.30pm or weekdays via appointments.	30 Fitzgerald St, South Yarra Ph. 9826 9677
<b>St Martins</b>	Food parcels provided to those who can show evidence such as refugee status etc. One parcel	Cnr Cromwell Rd and Wilson St, South Yarra Ph. 9827 3324	

	<i>Name: (Food Parcels / Meals Cont'd)</i>	<i>Description</i>	<i>Contact</i>
	<p><b>St Matthew's</b></p> <p><b>Salvation Army Crisis Services</b></p>	<p>per person every two months. Weds and Fri 11am – 2pm.</p> <p>One food parcel available per person every three months. Monday 11am – 1pm, Tues 1 – 3pm.</p> <p>Food vouchers, 7 days a week – 9am – 11pm.</p>	<p>157a High St, Prahran Ph. 9510 3326</p> <p>29 Grey St, St. Kilda Ph. 9536 7777</p>
<i>City of Port Phillip</i>	<p><b>Betty Day Centre</b></p> <p><b>Emerald Hill Mission</b></p> <p><b>Fresh Fruit and Veg Monday's</b></p> <p><b>Hare Krishna Temple</b></p> <p><b>Sacred Heart Mission</b></p>	<p>Community meal program - a three course meal is available weekdays between 12.00pm and 1.00pm Monday to Friday at a cost of \$7.00.</p> <p>A team of volunteers based in South Melbourne provide food parcels, food vouchers and counselling to various disadvantaged individuals and families between the hours of 10:00 am and 3:00 pm Monday to Friday.</p> <p>The Port Phillip Community Centre arranges a mini market stand in its meeting room and invites residents to take what they need.</p> <p>Serve meals three times a day from a temple premises in Albert Park, and have an outreach program for the homeless and needy.</p> <p>Non perishable food is distributed to people within the Port Phillip Community who are living in poverty. Breakfast Weekdays - 8.30am to 10.00am, weekends and public holidays - 9.00am</p>	<p>67 Argyle St, St Kilda Ph. 9209 6371</p> <p>South Melbourne Ph. 9696 0644</p> <p>Port Phillip Community Group Ph. 95340777</p> <p>Hare Krishna Temple Ph. 9699 5122</p> <p>87 Grey St, St Kilda Ph. 9537 1166</p>

	<i>Name: (Food Parcels / Meals Cont'd)</i>	<i>Description</i>	<i>Contact</i>
	<b>Second Bite Help Yourself</b>	to 10.30am. Lunch 11:45am to 1:00pm daily.  Free food co-op designed to support the agencies and services available to “at risk” groups living in the City of Port Phillip. Food is delivered every Sunday to a central location (council cold storage) where local agencies can help themselves.	City of Port Phillip Health and Wellbeing Team Ph. 9209 6777
	<b>St Kilda Drop-In</b>	The St Kilda Drop In Centre provides more than 9,000 lunches and 17,000 breakfasts per year for people living with psychiatric disability in the local community. The Drop In also provides showering and laundering facilities, as well as outings and activities.	101 Carlisle St, St Kilda Ph. 9525 5478
	<b>St. Silas Anglican Church</b>	Offers a 2 course meal every Sunday night at 5pm for community members, many of whom are homeless.	Church Office 99 Bridport St, Albert Park Ph. 9696 5116
	<b>Appetites</b>	Cook together and share a healthy meal with others or take it home.	Christchurch Community Centre Ph. 9534 9250

<b>Financial Counselling / Support</b>			
	<i>Name</i>	<i>Description</i>	<i>Contact</i>
<i>City of Stonnington</i>	<b>Financial Counselling Service</b>	Offers debt and crisis counselling to families and individuals living in some parts of Stonnington. Programs aimed at low income earners. Open 9am-5pm weekdays.	Ph. 9585 1955
<i>City of Port Phillip</i>	<b>Port Phillip Community Group</b>	Offers financial counselling across four locations in the city of Port Phillip.	Ph. 9534 0777
<i>Across All Areas</i>	<b>Centrelink</b>	Welfare support.	<a href="http://www.centrelink.gov.au">www.centrelink.gov.au</a>
	<b>Connections</b>	Financial counselling to individuals and families living in Stonnington, Port Phillip and Glen Eira, by appointment.	274 High St, Windsor Ph. 9521 5666
	<b>Gamblers Help Southern</b>	Offers free services including financial counselling by appointment.	Ph. 9575 5353



## HEALTH HURDLES

Community Health Centres			
	Name	Description	Contact
City of Glen Eira	<b>Bentleigh Bayside Community Health Service</b>	Offers a range of services including allied health, counselling and dental. Open Mon – Fri 8.30am – 5pm.	Gardeners Rd, East Bentleigh Ph. 9575 5333
City of Stonnington	<b>Caulfield Community Health Service</b>	Offers services including allied health, Indigenous health, counselling and case management. Open Mon – Fri 8.30am – 5.00pm.	260 Kooyong Rd, Caulfield Ph. 9706 6666
City of Port Phillip	<b>Inner South Community Health Service</b>	Offers a range of services including allied health, GP consults, dental outreach, mental health outreach, support and counselling. Open 9am – 5pm across 4 different locations.	South Port Ph. 9690 9144 Prahran Ph. 9525 1300 Inkerman St Ph. 9534 8166 Mitford St Ph. 9534 0981

Maternal and Child Health Centres			
	Name	Description	Contact
City of Glen Eira	<b>Maternal and Child Health Service</b>	For health assistance throughout and post pregnancy, as well as for children.	Service Centre Ph. 9575 5333
City of Stonnington	<b>Maternal and Child Health Service</b>	For health assistance throughout and post pregnancy, as well as for children.	Service Centre Ph. 8920 1333
City of Port Phillip	<b>Maternal and Child Health Service</b>	For health assistance throughout and post pregnancy, as well as for children.	Service Centre Ph. 9575 5333



<b>Mental Health Services</b>			
	<i>Name</i>	<i>Description</i>	<i>Contact</i>
<i>City of Glen Eira</i>	<b>Lantern-Shining Light on Mental Health.</b>	Recovery services for people with mental illness.	17 Taylor St, Moorabbin Ph. 9585 5677
<i>City of Stonnington</i>	<b>The Junction Community Mental Health Service</b>  <b>Waioira Community Mental Health Service</b>	Continuing care, clinical and consultancy.  Continuing care, clinical and consultancy.	2-12 St Kilda Rd, St Kilda Ph. 9076 9888  435 Malvern Rd, South Yarra Ph. 9076 4700
<i>City of Port Phillip</i>	<b>Alfred CAMHS</b>	Mental health services for children and adolescents.	999 Nepean Highway, Moorabbin Ph. 8552 0555
<i>Across All Areas</i>	<b>Mental Health Advice Line</b>	Provides expert advice, information and referral on any mental health issue for all Victorians.	Ph. 1300 280 737



MOVIN' & CONSUMIN'

Delivered Meals			
	Name	Description	Contact
City of Glen Eira	<b>Meals on Wheels</b>	Prepared meals delivered 5 days a week, costing \$6.70 for those receiving a pension.	Food Services Team Leader Ph. 9209 6441
City of Stonnington	<b>Meals on Wheels</b>	Prepared meals delivered 5 days a week, costing \$6.70 for those receiving a pension.	Intake and Information Officer Ph. 8290 3224
City of Port Phillip	<b>Meals on Wheels</b>	Prepared meals delivered 5 days a week, costing \$6.70 for those receiving a pension.	Delivered Meals Service Ph. 9576 9748

Community Transport Services			
	Name	Description	Contact
City of Glen Eira	<b>Commonwealth Respite and Carelink Centre Southern Region</b>	Provides assistance with locating suitable transport options for carers and individuals in the community. Taxi vouchers are occasionally provided for urgent support.	Ph. 1800 052 222
	<b>Community Information Glen Eira</b>	Provides volunteer support including transport for people who are frail aged or disabled.	1134 Glen Huntly Rd, Glen Huntly Ph. 9571 7644
	<b>Glen Eira Access for All Award</b>	Recognises food businesses that provide accessibility initiatives for people with special needs such as wheelchairs or prams.	Metro Access Officer Ph. 9524 3333

	<b>Name: (Community Transport Cont'd)</b>	<i>Description</i>	<i>Contact</i>
	<b>Older Adults Explorer Program</b>  <b>Shopping Trips</b>  <b>TransAccess</b>	<p>Offers a range of trips including scenic drives, picnics, luncheons and movies. Outings are held every Friday, bookings essential.</p> <p>Community buses provided through the council for older residents travelling to Bentleigh, Southland and Chadstone shopping centres.</p> <p>Based at Bentleigh Bayside Community Health Service assisting the frail aged and people with a disability to access services within their local community.</p>	<p>Glen Eira Council Ph. 9524 3333</p> <p>Glen Eira Council Ph. 9524 3333</p> <p>TransAccess Community Transport Ph. 9575 5386</p>
<i>City of Stonnington</i>	<b>Community Transport Services</b>  <b>RECHARGE Scheme</b>	<p>Transport to shopping locations and centre based meals which are wheelchair accessible. Available for the elderly and those with a disability.</p> <p>An initiative designed to improve accessibility and convenience for wheelchair and communication aid users. The RECHARGE scheme alerts the public of power points which can be used to recharge mobility and communication devices.</p>	<p>Aged and Diversity Department Ph. 8290 3224</p> <p>Council's Metro Access Service Ph. 8290 1333</p>
<i>City of Port Phillip</i>	<b>Community Transport Services</b>  <b>Southport Day Links</b>	<p>Free wheelchair accessible bus loop from Elwood to South/Port Melbourne, operating Monday to Friday.</p> <p>Volunteer community transport program providing affordable transport solutions for the elderly and those with disabilities. Resides in South/Port Melbourne and Middle Park.</p>	<p>Community Access Team Leader Ph.9209 6738</p> <p>Ph. 9646 6362</p>

	<b>Name: (Community Transport Cont'd)</b>	<i>Description</i>	<i>Contact</i>
	<b>Fresh Food On Fridays</b>	Bus trip to Footscray markets /prepare & eat scrumptious lunch. Do your own shopping too! 1st Fri of the month Time: 10am-2.30pm, gold coin donation.	SPUC Ph. 9690 1188
<i>Across All Areas</i>	<b>Australian Red Cross</b>	Assists people with limited transport options to attend medical appointments. Referral form social worker or health professional.	Ph. 9814 2777
	<b>Non – Emergency Ambulance Service</b>	Provides non-emergency medical transport. Can be used on referral from your doctor or hospital.	Ph. 9814 2777



LEARN, COOK, GROW

Community Kitchens / Cooking Groups			
	Name	Description	Contact
City of Glen Eira	<b>Cooking Group – Youth</b>	5 week program with the aim of increasing the skills of our youth in cooking, for young people at risk of homelessness.	Bentleigh Bayside Community Health service Ph. 9575 5322
	<b>Russian Community Cooking Groups</b>	Cooking club held fortnightly to help develop meals to share around the dinner table.	Ph. 0416 251 317
City of Stonnington	<b>Hanover Weekly Nutrition Group</b>	Once a week, residents prepare and share 4 – 5 different dishes as a group	Wellbeing Officer Hanover Southbank Ph. 9699 4566
	<b>Cooking, Nutrition and Exercise at Horace Petty Housing Estate</b>	Includes exercise and cooking activities for residents of Horace Petty estate.	Well for Life Project Officer Inner South Community Health Service Ph. 9525 1300
City of Port Phillip	<b>Community Kitchen</b>	Free cooking group available to the public. Available Monday evenings 6.30pm.	114 Inkerman St, St Kilda Ph. 0437 006 420
	<b>Rooming House Social Meals</b>	Rooming house residents are encouraged to prepare and share a nutritious meal together on a regular basis.	Social Meals in Rooming House Program Worker Ph. 9209 6716
	<b>Kitchen Survival Skills</b>	Every Weds 11am – 1.00pm. Cost is \$5 a session.	Port Melbourne NH Ph. 9645 1476



<b>Community Gardens</b>			
	<i>Name</i>	<i>Description</i>	<i>Contact</i>
<i>City of Stonnington</i>	<b>Horace Petty Estate Community Gardens</b>	Garden plots are cultivated by residents on the estate.	Prahran Adventure Playground Ph. 8290 7131
<i>City of Port Phillip</i>	<b>Park Towers Public Housing Community Garden</b>	Community gardens for residents of Park Towers Community Housing Estate, South Melbourne.	Cultivating Community Ph. 9415 6580
	<b>Port Phillip Rooming House Community Gardening Project</b>	Community garden for residents and managers of rooming houses.	Port Phillip Community Group Ph. 8598 6615
	<b>Port Phillip Urban Food Network</b>	Engaging the community around food security issues, particularly the environmental and social benefits of gardening.	Port Phillip Eco Centre Ph. 9525 3102
	<b>Food and Garden Social Group</b>	For SRS residents and other community members. Free of charge and includes a BBQ.	Neighbourhood House Alma Rd, St Kilda Ph. 9525 8746

<b>Education Sessions</b>			
	<i>Name</i>	<i>Description</i>	<i>Contact</i>
<i>City of Glen Eira</i>	<b>Well for Life Nutrition Program in Planned Activity Groups</b>	Regular information sessions regarding healthy eating.	Bentleigh Bayside Community Health service Ph. 9575 5322
<i>City of Stonnington</i>	<b>Ardoch Youth Foundation</b>	Education to young people including those experiencing homelessness and disadvantage. Includes breakfast and support programs.	198 St Kilda Rd, Melbourne Ph. 9537 2424

	<b>Name: (Education Sessions Cont'd)</b>	<i>Description</i>	<i>Contact</i>
	<b>Hanover \$30 Three Day Healthy Eating Challenge</b>	Hanover residents are given a \$30 supermarket voucher and with it, need to plan and shop for a 3 day meal plan. Prizes are given for the most diverse and healthy meal plans.	Wellbeing Officer Hanover Southbank Ph. 9699 4566
<i>City of Port Phillip</i>	<b>Nutrition &amp; Household Management Education Sessions for Families</b>	Community development worker and dietitian working with families to develop practical skills in cooking, planning and preparing nutritionally adequate meals on a budget. Six week program.	Health and Community Development Project Officer City of Port Phillip Ph. 9209 6260
	<b>Skidders Adventure Playground Healthy Eating Project</b>	Available to children in South Melbourne. Includes excursions to South Melbourne Market and food preparation sessions.	Skidders Team Leader Ph. 9209 6308



BUTT OUT THE BINGE

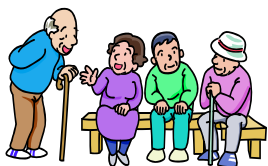
Drug and Alcohol Services			
	Name	Description	Contact
City of Glen Eira	<b>Bentleigh Bayside Community Health Service</b>	Offers a comprehensive range of free drug and alcohol services on a one to one basis. These include: Youth specific, adult services, withdrawal, counselling, information, education and secondary consultation.	Gardeners Rd, Bentleigh East Ph. 9575 5353
	<b>Self-Help Addiction Resource Centre (SHARC)</b>	SHARC services, primarily targeted to those with significant drug and alcohol problems and their families and friends, are underpinned by principles of self help and peer support. Celebrating empowerment, self determination and mutuality, it's believed that recovery from addiction is best served when people who have the problem are a part of the solution	Heather Pickard (CEO) 140 Grange Rd, Carnegie Ph. 9573 1700
	<b>Alcoholics Anonymous Elsternwick</b>	Group Service	Church Hall, 1 Foster St, Elsternwick Ph. 9429 1833
	<b>Alcoholics Anonymous Glenhuntly</b>	Group Service	St Anthony's Church Hall Cnr Neerim Road and Grange Rd Ph. 9429 1833
	<b>Alcoholics Anonymous Murrumbeena</b>	Group Service	St Gile's Church Hall 119 Murrumbeena Rd Ph. 9429 1833

	<i>Name: (Drug &amp; Alcohol Services Cont'd)</i>	Description	Contact
<i>City of Stonnington</i>	<b>Caulfield Community Health Service</b>	Offers drug and alcohol support, and counselling. Open Monday – Friday 8.30am – 5.00pm.	260 Kooyong Rd, Caulfield Ph. 9706 6666
	<b>Community Drugs Networking Group</b>	One of the key networks in the City of Stonnington, targeting service providers and individuals.	Health and Wellbeing Officer Ph. 8290 3274
	<b>Salvation Army Health Information Exchange</b>	Provides clean injecting equipment, disposable containers, safe sex consumables, information and referrals. Information on legal rights and drug users, prevention of amphetamine - related harm, overdose protection and blood - borne viruses. Open 24 hours, 7 days a week.	29 Grey St, St Kilda Ph. 1800 627 727
	<b>Windana Alcohol and Drug Recovery</b>	Residential drug withdrawal for young people and adults. Range of services including, supported accommodation, long term rehabilitation and community integration.	88 Alma Rd, St Kilda Ph. 9529 7955
	<b>South East Alcohol and Drug Services</b>	Offers counselling, withdrawal support, pharmacotherapy, holistic approach.	Ph. 8792 2330
<i>City of Port Phillip</i>	<b>Inner South Community Health Service</b>	Offers drug and alcohol support and counselling. Open 9am – 5pm across 4 different locations.	South Port Ph. 9690 9144 Prahran Ph. 9525 1300 Inkerman St Ph. 9534 8166 Mitford St Ph. 9534 0981

Youth Services			
	Name	Description	Contact
City of Glen Eira	<b>Anglicare</b>	Adolescent community placement, support and referral to other drug and alcohol services.	24-26 Riddell Parade, Elsternwick Ph. 9523 1999
City of Stonnington	<b>Odyssey at Southern Youth Services</b>	Alcohol and drug counselling for young people, including parent support.	22 Little Chapel St, Prahran Ph. 9521 4366
	<b>Youth Substance Abuse Service (YSAS)</b>	Youth specific alcohol and drug treatment service, including outreach, residential withdrawal and rehab, day programs, young parent support, family reconnect, Indigenous specific services and primary health services.	Ph. 1800 014 446
City of Port Phillip	<b>St Kilda Youth Service</b>	Offers counselling support.	5 Duke St, St Kilda Ph. 9534 3685

Counselling Services			
	Name	Description	Contact
City of Glen Eira	<b>Gateway Counselling</b>	Personal, family and parenting counselling, drug and alcohol abuse, eating disorders and behavioural problems.	173 Balaclava Rd, Caulfield North Ph. 9527 5151
City of Port Phillip	<b>Good Shepherd</b>	Offers counselling support.	22 Fitzroy St, St Kilda Ph. 9537 1416
	<b>Uniting Care Connections</b>	Offers counselling support.	274 High St, Prahran Ph. 9530 0666





## COMMUNITY CONNECTIONS

Community Based Social Activities			
	Name	Description	Contact
City of Glen Eira	<b>Bowling Clubs</b>	Multiple bowls clubs available throughout the Glen Eira region.	Glen Eira City Council website – follow the council directories link <a href="http://www.gleneira.vic.gov.au">www.gleneira.vic.gov.au</a>
	<b>Older Adults Explorer Program</b>	Offers a range of trips including scenic drives, picnics, luncheons and movies. Outings are held every Friday, bookings essential.	Glen Eira Council Ph. 9524 3333
	<b>Senior Citizens' Clubs</b>	Multiple Locations.	Glen Eira City Council website – follow the council directories link <a href="http://www.gleneira.vic.gov.au">www.gleneira.vic.gov.au</a>
	<b>Social Support and Monitoring Service</b>	Provides one-to-one volunteer support and friendship to frail aged and disabled residents of Glen Eira. Volunteers can assist with shopping, transport to local activities and companionship.	1134 Glen Huntly Road, Glen Huntly Ph. 9571 8622
City of Stonnington	<b>Adult Day Activity Support Service</b>	Eligible to Stonnington residents who require a supportive social activity program with a higher level of care. Meal is provided with activities.	Intake and Information Officer Ph. 8290 3224
	<b>Bingo Centre Prahran</b>	Bingo is held Wednesday to Sunday at multiple times.	5 – 7 Little Chapel St, Prahran Ph. 9529 6853
	<b>Chris Gahan Centre</b>	Offers a wide range of activities for those over the age of 55 years.	Cnr Greville and Grattin St, Prahran Ph. 8290 1333

	<b>Name: (Social Activities Cont'd)</b>	<b>Description</b>	<b>Contact</b>
<i>City of Port Phillip</i>	<b>Betty Day Centre</b>	The centre is used by many community groups from diverse age groups and multicultural backgrounds. There are also council services and a drop-in space for people to engage in social activities.	67 Argyle Street, St Kilda Ph. 9209 6371
	<b>Cora Graves Community Health Centre</b>	Offers social support groups to residents of Port Phillip, such as arts and exercise groups.	38 Blessington St, St Kilda Ph. 9209 6738
	<b>Mary Kehoe Senior Citizens' Club</b>	Offers activities such as cards, indoor bowls and bingo.	224 Danks St, Albert Park Ph. 9699 4904
	<b>Sketch And Stretch</b>	Gentle walks to lovely places, stretching skills, sketching. Drawing tools supplied, provide own sketch book. Tues 10am-12pm.	Trace Balla Ecocentre Ph. 0438 387 936
	<b>Art Attack</b>	Painting, drawing, clay, movement and writing. Weds 1.00pm-4.00pm. Free of charge.	Peter Batten Port Melbourne Uniting Church Ph. 0419 255 585
	<b>South Side Social Club</b>	Musical afternoons – sing a longs around the piano. Afternoon tea provided – easy wheelchair access. Thurs 1pm – 3pm, gold coin donation.	Gasworks Arts Park Ph. 8606 4200
	<b>Skooters</b>	Social gathering for people who drive motorised scooters or wheelchairs. Fri 11am - 2pm fortnightly. Free of charge inc lunch.	Sandy Atherton 329 Dorcas St, South Melbourne Ph. 9696 4270

<b>Shared Meals</b>			
	<i>Name</i>	<i>Description</i>	<i>Contact</i>
<i>City of Glen Eira</i>	<b>Caulfield Community Health Service</b>	Social meal program with funding from the Glen Eira Council	Adult Outreach Team Ph. 9706 6860
<i>City of Stonnington</i>	<b>Centre Based Meals</b>	Offers residents over 55 years, any person with a disability and carers a delicious and nutritious meal in a comfortable social setting.	Aged and Diversity Department Ph. 8290 3224
<i>City of Port Phillip</i>	<b>Rooming House Social Meals</b>	Rooming house residents are encouraged to prepare and share a nutritious meal together on a regular basis.	Social Meals in Rooming House Program Worker Ph. 9209 6716
	<b>Social Meals Program</b>	Made available through HACC funding. Social activities run through neighbourhood houses, senior citizens' groups and community clubs.	Ph. 9209 6441



## ETHNIC EATS

<b>Culturally Appropriate Meals / Social Activities</b>			
	<i>Name</i>	<i>Description</i>	<i>Contact</i>
<i>City of Glen Eira</i>	<b>CALD Senior Citizens' Meals Moorleigh Community Village</b>	CALD Senior Citizens' groups meet at the centre for activities and meal preparation.	Program Coordinator, New Hope Migrant and Refugee Centre Moorleigh Community Village Ph. 9576 4038
	<b>Eshel Kosher Meals</b>	Provides prepacked, frozen Kosher meals to people in their home	57-59 Glen Eira Rd, Ripponlea Ph. 9532 9000
	<b>King David Kosher Meals on Wheels</b>	King David Kosher delivers Kosher meals to people in their home at around \$11 per meal.	Kosher Meals on Wheels Association of Victoria 532 Inkerman Rd, Caulfield Ph. 9527 5525 <a href="http://www.kmow.com.au">www.kmow.com.au</a>
	<b>Russian Community Cooking Groups</b>	Cooking club held fortnightly to help develop meals to share around the dinner table.	Ph. 0416 251 317
	<b>Senior Citizens' Clubs</b>	Senior Citizens' clubs including, Greek, Italian, Chinese, Maltese and Polish.	Glen Eira City Council website – follow the council directories link <a href="http://www.gleneira.vic.gov.au">www.gleneira.vic.gov.au</a>
<i>City of Stonnington</i>	<b>Ethnic Meals Program</b>	Provides an allocated subsidy to CALD senior citizens' clubs in order to provide a culturally appropriate meal for their club members.	Cultural and Diversity Planner Ph. 8290 3373

<i>City of Port Phillip</i>	<b>Betty Day Centre</b>	The centre is used by many community groups from diverse age groups and multicultural backgrounds. There are also council services and a drop-in space for people to engage in social activities.	67 Argyle Street, St Kilda Ph. 9209 6371
<i>Across All Areas</i>	<b>Jewish Care</b>	Supports the wellbeing of the Jewish Community of Victoria. Can provide assistance for the elderly living in their home, homelessness, financial difficulties and mental health issues.	Ph. 8517 5999 <a href="http://www.jewishcare.org.au">www.jewishcare.org.au</a>

<b>Assistance for Refugees / Migrants</b>			
	<i>Name</i>	<i>Description</i>	<i>Contact</i>
<i>City of Stonnington</i>	<b>New Hope Migrant Resource Centre</b>	Provides food vouchers to migrants and refugees only. Available Mon – Fri 9am to 5pm, by social work appointment only.	40 Gratton St, Prahran Ph. 9510 5877
<i>City of Port Phillip</i>	<b>Brigidine Asylum Seeker Project</b>	Accepts donations which all go to asylum seekers living within the community.	MUST CALL FIRST 52 Beaconsfield Parade, Albert Park Ph. 9696 2107
	<b>English as Second Language Class</b>	9.30am – 11.45am every Monday. Cost is \$10 per term.	St Luke’s Church, Sth Melbourne Ph. 9686 8521
	<b>ESL Literacy &amp; ESL Social English Class (Separate Classes)</b>	Thursday’s 10.30 – 12.00noon. All Welcome, free of cost.	Prahran Mission Ph. 9692 9500
<i>Across All Areas</i>	<b>Centre for Multicultural Youth</b>	Advocates for the needs of young people from refugee and migrant backgrounds.	Multiple locations Ph. 9340 3700
	<b>International Student Care Service</b>	Assistance for international students in Australia.	Ph. 1800 056 449



	<b>Name (Assistance for Migrants Cont'd)</b>	<i>Description</i>	<i>Contact</i>
	<b>Adult Multicultural Education Services</b>	Provides English, employment and education services to CALD clients	255 William St, Melbourne Ph. 9926 4666

<b>Ethnic Grocery Outlets</b>			
	<i>Name</i>	<i>Description</i>	<i>Contact</i>
<i>City of Glen Eira</i>	<b>Ambar Bazaar</b>	Indian grocery.	482 Neerim Rd, Murrumbeena Ph. 9568 1386
	<b>Asian Grocery</b>	Asian grocery.	23 Koornang Rd, Carnegie Ph. 9563 6277
	<b>Dae Sung Grocery</b>	Asian grocery.	61 Murrumbeena Rd, Murrumbeena Ph. 9568 0501
<i>City of Stonnington</i>	<b>Original Indian Spices</b>	Indian Grocery	723 Warrigal Rd, Chadstone Ph. 9807 7004
<i>City of Port Phillip</i>	<b>Shi Shi Asian Food</b>	Asian Grocery.	277 Bay St, Port Melbourne Ph. 9646 6355