

## OPPORTUNITY SHOPS



### **RSPCA ANIMAL AID**

**Shop 4, 43 Playne St, Frankston**

Phone: 9783 5994

Mon—Fri 9:30am-4:00pm; Sat 9:30am-12 noon

Clothing, linen, bric-a-brac, toys, dog food, flea treatment supplies and dog accessories

### **BROTHERHOOD OF ST. LAURENCE**

**1-3 Station St, Seaford**

Phone: 9786 7015

Mon—Fri 9.30am-4:30pm; Sat 9.30am-12 noon.

Clothing, linen, bric-a-brac and toys

**The Village, 1195 Frankston Dandenong Rd. Carrum Downs**

Mon—Fri 9:00am-4:00pm; Sat 9:00am-12 noon.

Clothing, linen, bric-a-brac and toys

### **CITY LIFE**

**Shop 9 Station Street, Frankston**

Phone: 9770 0660

Mon—Fri 10.00am-4:00pm; Sat 10.00am-1:00pm

Clothing, linen, bric-a-brac, toys and furniture

### **RED CROSS SHOP**

**13b Thompson St, Frankston**

Phone: 9770 2355

Mon—Fri 9:30am-4:30pm; Sat 10:00am-

3:00pm Clothing, linen, bric-a-brac and toys

### **SALVATION ARMY THRIFT SHOP**

**33 Ross Smith Avenue, Frankston**

Phone: 9781 2020

Mon—Fri 9:30am-4:00pm; Sat 9:30am-1:00pm

Clothing, linen, bric-a-brac, toys and furniture

### **VINNIES**

**80-82 Young Street, Frankston**

Phone: 9770 5818

Mon — Fri 9:00am-4:00pm

Clothing, linen, bric-a-brac, toys and furniture

**152 Austin Rd, Seaford**

Phone: 9776 9264

Mon, Tues, Thurs, Fri 9:00am-4.30pm;

Wed — 8:00am-4:00pm; Sat 9.00am-12 noon

Clothing, linen, bric-a-brac, toys

**562 Frankston-Dandenong Rd. Carrum Downs**

Phone: 9770 8669

Mon — Sat 9:00am-5:00pm

Clothing, linen, bric-a-brac, furniture and toys

### **ST. JOHN'S ANGLICAN CHURCH OPPORTUNITY SHOP**

**4 Monterey Blvd & Frankston**

**Dandenong Rd, Frankston North**

Phone: 9782 0572

Mon 9.00am - 2.00pm; Thu 9.00am - 2.00pm

2nd and 4th Sat per month 10.00am - 1.00pm

## MARKETS



### **FRANKSTON MARKET**

**Carpark, Young St Frankston**

Every Sunday 8:00am-1:00pm

Entry: Gold coin donation

Clothing, bric-a-brac, toys, plants

### **SEAFORD FARMERS MARKET**

**Broughton Street reserve, Seaford**

3rd Sunday each month 8:00am-1:00pm

Entry: \$2 donation

# Where to find assistance

December 2017

## In the Frankston area



● food ● meals ● groceries ●  
● op shops ● markets ●



35 Beach Street, Frankston  
Phone: 9783 7284

COMMUNITY SUPPORT FRANKSTON  
Inc. Reg. No. A0000431J ABN 95 426 151 625

## FOOD AND GROCERIES



### COMMUNITY SUPPORT FRANKSTON

**MON, TUES, WED, FRI:** 9:00am – 4:00pm

**THURSDAY:** 1:00pm – 4:00pm

**35 Beach St, Frankston**

Phone: 9783 7284

Subject to CSF assessment of financial crisis, help may be provided in the form of overnight groceries and assistance obtaining other basic living essentials. An appointment is recommended. Bring supporting documentation to the interview.

### PENINSULA CHRISTIAN CARE

**TUESDAY** Food Pantry - 10am - 2pm  
(Must phone for an appointment)

**TUESDAY** Basic food relief - 10am 4pm  
(not always open - phone first)

**Wednesday - Thursday** - We can help only if food is left over

**252 Frankston-Flinders Road, Frankston**

Phone: 5971 4877

For Frankston and Baxter residents.

### SOCIETY OF ST. VINCENT DE PAUL

Phone: 9769 6060 to arrange a visit.

#### LIMITED VISITS EACH DAY

Please ring at 9:00am.

Catholic volunteer workers visit the client's home and assess level of assistance needed.

Available to Frankston, Frankston North, Langwarrin and Seaford residents (up to Armstrongs Rd) and Carrum Downs residents west of McCormick's Rd.

Skye residents ring Cranbourne - 5995 0211.

All other areas phone 1300 305 330.

## FREE MEALS — FRANKSTON



#### MONDAY

**Theadora House - Karingal**

12:30pm — 2:00pm

24 Whitford Way, Frankston

Free hot meal

#### TUESDAY

**Salvation Army**

Food Distribution: 10:00am - 12:00pm

2 Course Lunch: 12:00pm - 1:00pm

Canteen available- lunch menu from \$2

1265 Frankston-Dandenong Rd

Phone: 9775 1915

**John Paul College Food Van**

5:00pm — 7:00pm

Cnr Clyde & Station Street, Frankston

(Tea, coffee and food items)

#### WEDNESDAY

**Uniting Church**

Free sausage sizzle 12:15pm — 1:00pm

16-18 High Street, Frankston

Phone: 9783 3400

**Sikh Volunteers Australia**

Food Van - 7:00pm — 8:00pm

Young Street car park next to tasman meats

Free and freshly cooked vegetarian take-away meal

#### FRIDAY

**Braaap Community Support BBQ**

\$2 Sausage sizzle (or free for homeless and disadvantaged)

Every Friday 12:00pm - 1:00pm

35 Playne Street Frankston

**Lifegate Inc. Food Van**

7:00pm — 9:00pm

**Young street car park next to tasman**

**meats.** Usually available on the 1st, and 3rd Friday of the month.

#### SATURDAY

**Sikh Volunteers Australia**

Food Van - 7:00pm — 8:00pm

Young Street car park next to tasman meats

Free and freshly cooked vegetarian take-away meal

## FOOD — OTHER AREAS



### PANTRY 5000

**WEDNESDAY** 9:30am – 1:00pm

**St Aidan's Church Hall**

**Cnr Poulson St & McLeod Rd, Carrum**

Phone Parish office: 9772 1251

Postcode **3195, 3196, 3197, 3198, 3201**

To receive a hamper you need:

- Current Health Care card
- Support Agency referral
- An interview so staff can provide the level of food support you need

#### Your Pantry

**MONDAY** 9:00am – 12:30pm

**WEDNESDAY** 7:30am – 1:00pm

**3-5 Blantyre Avenue, Chelsea**

**Chelsea Community Church of Christ**

For more information please call the office on 9773 0301

#### FRESH FOOD



### ST MARKS UNITING CHURCH

**THURSDAY** 10:00am

**50 Barkly St, Mornington**

**Phone:** 5975 1943

Free fresh food donated by farmers, wholesalers, markets and supermarkets.

## MEALS — OTHER AREAS



#### TUESDAY

**Lunch — Matts Place**

11:30am – 1:00pm

**St Chad's Church**

10 Thames Promenade, Chelsea

Free hot lunch for homeless, lonely, or disadvantaged people.

#### WEDNESDAY:

**Breakfast** - (in partnership with Chelsea Uniting Church)

7:45- 9:45am

**3-5 Blantyre Avenue Chelsea**

**Dinner- St Macartan's Parish**

7:00pm - 9:00pm

**4 Drake Street, Mornington**

Phone: 5975 2200