

Inner Brisbane Free Food Locations & Times

December 2023. Vol 6 Issue 7 The Coffee Brigade (TCB) *Where good things happen at the start of the day*



IN DECEMBER AND EARLY JANUARY, USE THIS PAMPHLET

WITH THE SPECIAL XMAS-NEW YEAR PAMPHLET WHICH LISTS CLOSURES AND SPECIAL EVENTS

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

The Coffee Brigade (TCB) Breakfast Van [2 sandwiches, 2 fruit, tea, coffee, milo, cup-of-soup].

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. You can use the free Shuttle bus No 27 (Riverside Centre, Eagle Street to Kangaroo Pt.) or City Hopper to get to Stop2.

Stop Three: 7:40-8:10am Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building).

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

3rd Space Café: Ph 32541144. 8:30am-2pm 505 Brunswick St, Fortitude Valley, [Free porridge until 11am, soup of the day, fruit, tea PLUS low-priced snacks & cheap meals]. *3rd Space has the widest range of services of any organisation on this list. It provides Emergency Relief assistance (food parcels, vouchers, travel help), Wi Fi, hot showers, free laundry, day time bag storage, clean day beds, lockers & a range of support services including social workers, medical (including nurse M-F), secure document storage, legal advisers & social activities. Best to visit & get information on services & times they are delivered.* Closed public holidays.

Emmanuel City Mission (ECM): 19 Merivale St, Sth Brisbane. Mon-Fri 7am-3pm, Sat-Sun 9am-1pm. Hot drinks, Showers, Laundry, Toilets. M-F: Breakfast: from 7:30am; Hot lunch at 12 midday. Sat: Bacon & Egg roll 11am onwards Sun: BBQ lunch from 11am but no showers or laundry. *Good behaviour is expected. NOTE: Closed first Monday of each month for staff training. ECM Last day open 2023: 25 Dec. Restarts Sun 7 Jan.*

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

Wesley Mission Queensland Emergency Relief. Ph 32161579 Drop in service: Mon, Wed-Fri 9:30am-Midday; 1-3:30pm Tuesdays. 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof building). Quick Drop in interviews: Food parcels, Medical scripts. Bring proof of low income & Proof of ID (some flexibility). Location serves meals: See entries for Sun, Mon, Tue & Wed. and book casework interviews (DV, other services connections etc.). Snack packs and bottled water usually available when open.

Eddies Van Breakfast BBQ: 6:45am TCB Stop Three: Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building) [Sausages/patty, eggs, bread].

West End Community House. 4 Norfolk Rd, South Brisbane Ph 3217 2333. Mon-Fri 9-11am: small donated food packs, 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, Street Level, New Farm Neighbourhood Centre, West End Community House, Jays Street Community Centre, and most organisations with paid staff do not open on public holidays.



Wesley Mission Qld Brisbane Relief Hub Emergency Relief: Last day 22/12/2023 Reopens 2/1/2024

Mon, Wed, Thurs, Fri 9:30am-Midday; 1-3:30pm. Tues 1-3:30pm

Community Meals, Food Hampers, Prescription Vouchers, Financial Counselling, Case Work

Trinity Centre Pantry: 9 Church St, Fortitude Valley (at church hall). Ph. 3852 1635.

Open: 11am-2pm. Food parcels available Tue-Fri. Limited assistance with rent, utilities, pharmaceutical scripts (some PBS items only) on Thurs only. Please bring your

Centrelink/Pension card to access the service. Paperwork is required for financial assistance. Christmas Hampers in December subject to stock availability. Last day 2023 Fri 22. January 2024: will only open on Thursdays - 4th, 11th, 18th and 25th



Nite Café: For young people aged 12-25. Tue & Thur 6:30-8:30pm.
64 Adelaide St, City. Hot Showers, hot meal, clothing.

Brisbane Youth Service Mon-Fri
42 McLachlan St, Valley Help for ages 12-25

3rd Space (07) 3254 1144 will take messages – look at white board opposite reception.

You can use 3rd Space's Mail Service if you have no permanent address:

Postal Address: PO Box 36, New Farm, Q. 4005

'Residential Address': **505 Brunswick Street, Fortitude Valley, 4006**
for parcel deliveries, forms.

Pick up your mail and parcels at 3rd Space reception.

3rd Space has clean day beds 8:30am – 3:30pm if you need a sleep during the day (M-F only).



3rd Space
Closed 25 & 26/12
and 1/1/24
(Public Holidays)

Legend: ◆=Gentle Place

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. Dine-In or Hot meal (Midday). Emergency relief (11am-1pm). Faith group 1-2pm. Ph 3075 4120

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

Valley Hearts & Orange Sky, 4 Voices & Rosies: Jeays St Park, Bowen Hills. 2-6pm. [Take away meal, Fruit & Veg hot/cold drinks, hygiene products, biscuits]. Laundry Showers. Digital connections & chats. *Contact Valley Hearts, Ph 0412 078 114 for individual support.*

New Farm Neighbourhood Centre: 967 Brunswick St, New Farm. Ph 33585600. Amazing breakfast. **(Final day: 4 Dec)**

Max Chandler-Mather & Amy Macmahon's Monday BBQs: Raymond Park, Kangaroo Point: 4-6:45pm

& Kurilpa Point Park: 4-6pm. Plus warm clothes, hygiene products & friendly conversation.

Hope Ministries International: Sausage Sizzle 5:30ish-6ish pm Emma Miller Place, City.

Community Canteen: 6:30pm Wesley Mission building 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof). [Boxed take away meal].

Rosies: Jeays St Park, Bowen Hills. 4-5:30pm & 7:30-9:30pm Emma Miller Place, City [hot/cold drinks, hygiene products, biscuits, friends & chats].

TUESDAY

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

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.

Jeays Street Community Centre: 11am Free Fresh Food Market. Bring a bag and fill it with fresh produce!

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

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

Wesley Mission Brisbane Relief Hub BBQ: 10:15am. 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof building) [Take away Burgers with especially good fillings & home make cakes].

Salvation Army Streetlevel Mission: 11am-1pm Toasties. 97 School St, Spring Hill (Behind 24-7 Shell Petrol Station on Barry Parade). Ph 3075 4120.

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

One Voice Van: 6:45pm Emmer Miller Place. Free Hot Showers

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 approx 11am depending on delivery time. Foodpacks available depending on donations 9-11am

◆ **Salvation Army Open House:** 167 Ann St, City. 11am-1pm. Very friendly venue. Hot meal sit in or t/away.

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. 2-3pm 40/48 Linton St, Kangaroo Point. Can deliver Ph (07) 3391 1355

Fishers of Men: [hot meal, fruit, blankets, clothes] 6:30-7:20pm, Roma St Parklands, cnr Roma & Albert Sts, City; 7:30-7:45pm St John's Cathedral; 8:30-8:15pm Warry St (Wesley Site) Spring Hill; 8:20-8:30pm Avondale Private Hotel, 179 Musgrave Rd, Red Hill; 8:30-8:45pm Roma House/Bric Housing location, Spring Hill.

Wesley Mission Brisbane Relief Hub Community Meal: open 6:30pm 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof building). [Sit Down meal].

One Voice Van: 6:45pm Emmer Miller Place. Free Hot Showers

St Mary's Coptic Orthodox Church Outreach Service: 7pm Roma Street (Opposite Brisbane Magistrate's Court) [Hot boxed take away meal].

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

THIS PAMPHLET IS AVAILABLE ON-LINE AT:

WESTENDER

<https://westender.com.au/crisis-support-inner-brisbane-free-food-locations-and-times/>

and *The Coffee Brigade* Facebook page



More food options in WEST END and SOUTH BRISBANE are listed in a great pamphlet produced by **FEEDING 4101**. You can access the list on their facebook page: [Facebook.com/feeding4101](https://www.facebook.com/feeding4101) !

THURSDAY

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

◆ **West End Community House Backyard Breakfast:** 6:45-8isham. 4 Norfolk Road, South Brisbane [Generous hot plated breakfast, fruit, filter coffee]. In the back yard – down the side driveway. Warm, friendly community event.

◆ **Gateway Baptist City Campus Brunch:** Level 1, 81 Elizabeth St. City. 9:30am-Midday Hot food, Chats. Good hot meal and engaging friendly people.

◆ **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; activities/board games/chats.

Valley Hearts & Orange Sky Laundry & Rosies: Jeays St Park, Bowen Hills. 10am-2pm. [BBQ meal 11:30ish, hot/cold drinks, hygiene products, biscuits, friendship/chats, bread, laundry showers]. Plus Fruit and Veg distribution.

West End Community House. 4 Norfolk Rd, Sth Brisbane. food packs available depending on donations 9-11am.

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

Salvation Army Streetlevel Mission: 97 School St, Spring Hill (Behind 24-7 Shell Petrol Station on Barry Parade). 3-5pm emergency relief. Drop-in 3-6pm. Hot Meal 5pm. Chapel 6-7pm.

One Voice Van: 6:45pm Musgrave Park. West End. Free Hot Showers.

Kangaroo Point Uniting Church Hall: 40-46 Linton St, Kangaroo Point. 6-7pm Hot packed meals. Hot & cold drinks (fortnightly e.g. 9 Nov)

◆ **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: Musgrave Park, Russell St Entrance. 7-9pm [hot/cold drinks, hygiene products, biscuits, friendship/chats, laundry].

FRIDAY

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

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

Salvation Army Streetlevel Mission Ph 3075 4120: 97 School St, Spring Hill (Behind 24-7 Shell Petrol Station on Barry Parade). 10-11:30am. Dine-in or Take away meal, plus grocery collection.

Valley Hearts, Jeays St Community Centre, Bowen Hills. Toasties 9am-1pm. Support Services. Art & craft. Pool Comp (1st & 3rd Fri of Month)

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

Kangaroo Point Uniting Church: Groceries. 2-3pm 40/48 Linton St, Kangaroo Point. Can deliver ph (07) 3391 1355

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

Valley Outreach BBQ/Feast: Alternating each week between ECB Stop One (Ivory St) & ECB Stop Three (Wickham Park e.g. 22 Sept-Ivory Street): 5:30pm [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.

Street Care: Coffee Brigade's Stop3, Wickham Park, Spring Hill. 7-9am Brecky, clothing, toiletries

Missionaries of Charity ("The Nuns"): 10am-11ish 92 Warry St, Spring Hill [takeaway 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 drink fruit & snack] Free toiletries etc. Gluten Free & vegetarian options

Dig-In: 4:30-5pm **2 locations.** Kemp Place, Ivory St, Fortitude Valley (Opposite the Valley Fire Station) & **Bunyapa Park,** Cnr Thomas & Vulture Sts, West End. Hot boxed T/away main & extras. Can get a few meals for the week.

Emma Miller Place: Alpha & Omega Outreach: 'A&Q' 5pm Hot Boxed Meal, cold drinks blankets

Kangaroo Point Uniting Church Outreach: Every second Sat e.g. 27 May, 10 June

6:30ish-7ish_pm. Hot food, food packs (evolving format) blankets Emma Miller Place, City

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

Hot Showers

3rd Space: Everyday. Emmanuel City Mission: Mon-Sat.

Orange Sky:(Launder & showers) Wickham Park (TCB stop 3) Mon, Thu, Sat, Sun 6:30-8:30am; Russell St Musgrave Park: Tue.& Thurs 7-9pm Sun 6-8pm; Jeays St Park Bowen Hills: Mon 4:30-6:30pm(Laundry Only), Thurs 9:30-11:30 am; Ivory St Valley Fri 6:30-8:30am; Sat 3-5pm; Bunyapa Park, West End: Wed 2-4pm

One Voice:6:45-8:45pm: Tues & Wed Emma Miller Place & Thurs at Musgrave Park, West End.

New Farm Neighbourhood Centre (laundry and showers inc limited mobility shower), Mon-Tue, Thur-Fri.

Southbank City Beach pool (cold) showers may be viable option (especially on public holidays)

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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.**Community Canteen:** 1pm Wesley Mission Brisbane Relief Hub [Take Away boxed meal].**Merciful Servants:** Emma Miller Place (Cnr Roma St & Albert St, City. 5:15pm [Hot meal, drinks, food pack, fruit].**Brisbane River City Rotary:** 5:30-6:30ish pm. Jayes St Park, Bowen Hills [Hot Meals, Sandwiches, Biscuits & toiletries].**Fishers of Men:** [hot meal, fruit, blankets, clothes] 6:30-7:20pm, Roma St Parklands, cnr Roma & Albert Sts, City; 7:30-7:45pm St John's Cathedral; 8:30-8:15pm Warry St (Wesley Site) Spring Hill; 8:20-8:30pm Avondale Private Hotel, 179 Musgrave Rd, Red Hill; 8:30-8:45pm Roma House/Bric Housing location, Spring Hill.**Shah Satnam Ji Green:** (Street Name 'The Indians'): Boxed Rice and mild curry vegetarian meal> Emma Miller Place 7am, South side under William Jolly Bridge 7:20pm; Musgrave Park 7:30pm**Rosies:** Emma Miller Place, City. 7-8:30pm [hot/cold drinks, hygiene products, biscuits, friends & chats].**MOSH PIT/ Drug ARM****[Hot/cold drinks, biscuits, care] Ph 1300656800 ARM: Awareness, Rehabilitation, Management***MOSH PIT/Drug ARM believe in treating all the factors that contribute to alcohol and drug use, not just the issue by itself. Services are tailored to meet the needs of each person and are informed by current best practice. Services and resources are available for family and friends of alcohol and other drug users to help with self-care and wellbeing, tools for communication, healthy boundaries and information.***MON>** 11.30am-12.30pm: MOSHPIT Bric Housing Complex, Warry 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: SOS Ivory St (Opposite Kemp Fire Station), Fortitude Valley.**TUE>** 11.30am- 12.30pm: SOS Bric Housing Complex, 2 Lake Street, Yeronga.**WED>** 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: SOS Ivory St (Opposite Kemp Fire Station), Fortitude Valley.**THUR>** 11am-12.30pm: MOSHPIT Rotary Park, Cnr of Grahams Rd & Gympie Rd, Aspley (free sausage sizzle).**FRI>** 9.30-10.00am: MOSHPIT Suncorp Bank, Boundary St, West End; 10.30-11.00am: MOSHPIT Jeays Street Community Centre, Bowen Hills; 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: SOS Ivory St (Opposite Kemp Fire Station), Fortitude Valley.**SAT>** 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: SOS Ivory St (Opposite Kemp Fire Station), Fortitude Valley.**HEALTH CONTACTS****Non-urgent medical help: 13HEALTH (13 43 25 84) Mental Health access line: 1300 642255.****NOTE:** The GP clinic at 3rd Space is presently not staffed.**Micah Inclusive Health:** 07 3013 6050**UQ Healthcare:** Dr Juergen Landmann. GP Emmanuel City Mission Fri 9am-1pm (for those sleeping rough)

Dr Nancy. GP New Farm Neighbourhood Centre: Tue & Thur 9am-1pm.

Hope Street Medical Centre, South Brisbane. A range of health services*In urgent situations, Community Nurses can get access to GPs if no scheduled clinic is available.*

If other GP services are needed, it may help to find an alternative bulk billing GP service at

<https://www.hotdoc.com.au/find/bulk-billing-doctor/QLD/brisbane-4000UQ>**Anglicare Nurse Clinic:** 3rd Space 505 Brunswick St, Valley M-F. 9-11:30am**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.**Podiatrist** (Feet & Lower Leg) every second week 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. If you don't have a card, get a Case Manager or Community Nurse to start the contact process**HOUSING:** MICAH 3029 7000 | HART4000: 3004 0100 | Salvation Army Accommodation & Housing Services 38321491**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: See page 1. Brisbane Youth Service Ph 3620 2400, 42 McLachlan St, Fortitude 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)

Others: National Debt Helpline (Ph 1800 650890) | Headspace (Mental Health) (Ph 1800650890)