Redlands Area

*Redlands Community Centre*

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| The Centre supports the community through a number of valuable “one stop shop” community focused services including: family support, emergency relief, free counselling, community activities, wellness counselling, NILS (no interest loan scheme) |
| *Address*  | 29 Loraine Street Capalaba, QLD 4157 |
| *Phone*  | (07) 3245 2117 |
| *Email*  | info@redlandcommunitycentre.org |
| *Website*  | https://redlandcommunitycentre.org/ |

*The Rock Family and Community Support Inc.*

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| The Rock Family and Community Support Inc. offer services for everyone in the community including emergency relief, food parcels, counselling and budgeting.  |
| *Address*  | 6 Hook Street, Capalaba |
| *Phone*  | (07) 3823 3576 |
| *Hours*  | Tuesday, Thursday and Friday 9am – 2pm |
| *Website*  | http://www.facs.org.au/ |

*St Vincent De Paul Society*

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| St Vincent De Paul Society offer a number of supports ranging from food and housing essentials to mental health support. The best way to access support is to call the helpline that is free to call during business hours, provide your postcode, and be directed to a local community worker. |
| *Address*  | Capalaba: 4/18-20 Moreton Bay Rd, Capalaba QLD 4157Victoria Point: Victoria Point Lakeside, 21-27 Bunker Rd, Victoria Point QLD 4165Cleveland: 2b/42 Shore St W, Ormiston QLD 4160Wynnum: 106 Edith St, Wynnum QLD 4178 |
| *Vinnies Helpline (free call)*  | 1800 846 643 |
| *Website*  | www.vinnies.org.au |

*Headspace*

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| The friendly staff at headspace Capalaba can assist young people aged 12 to 25 with mental health, general health, drug, alcohol, work and study issues. Some services are bulk-billed with a Medicare card and valid Mental Health Treatment Plan. |
| *Address*  | 1/29-37 Moreton Bay Road, Capalaba, Queensland 4157 |
| *Phone*  | 1300 851 274 |
| *Email*  | headspacecapalaba@wmq.org.au |
| *Website*  | https://headspace.org.au/headspace-centres/capalaba/ |

*Big Red*

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| BIG RED is a peer-operated community supporting holistic recovery from a mental health concern.  |
| *Address*  | 53 Mount Cotton Road Capalaba, QLD 4157 |
| *Phone*  | (07) 3390 1116 |
| *Email*  | bigred@bigred.org.au |
| *Website*  | www.brookred.org.au |

*Redlands City Council*

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| A wide range of activities are sponsored by Redlands City Council. There are activities specific to older and younger people, families, cultural events and festivals and more. Look on the website to find activities near you.  |
| *Website*  | https://www.redland.qld.gov.au/info/20128/things\_to\_do |

*Community Gardens*

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| Community gardens can fulfil a variety of functions in addition to food production, inlcuding the enhancement of healthy lifestyles and good nutrition, reduction in social isolation, encouraging a sense of place, improving local food security and managment of public spaces. |
| *Phone* | (07) 3829 8999 |
| *Website*  | https://www.redland.qld.gov.au/info/20250/green\_living/612/community\_gardens |

*Men’s Sheds*

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| Men’s sheds are located across Australia, with numerous locations in the Brisbane North region. They provide a safe and friendly environment for men to work on community projects, specific men’s shed projects, or a project of their choice in their own time. Engaging in these projects can enable men to feel good about themselves, become productive, contribute to the community, connect with friends and maintain an active body and mind. Local Sheds can be located online through the Australian Men’s Shed Association website listed below.  |
| *Find a Shed* | mensshed.org/find-a-shed/  |
| *Website*  | Australian Men’s Shed Association: mensshed.org/  |

*Vans and Kitchens (VAKS)*

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| **Food**: VAKS is a community service website that lists the days and times of vans and kitchens offering food, drink and social contact in Brisbane either for free or low cost. You can search on their website by area, day of the week, or time of the day to find providers that suit your needs.  |  | **Food**: VAKS is a community service website that lists the days and times of vans and kitchens offering food, drink and social contact in Brisbane either for free or low cost. You can search on their website by area, day of the week, or time of the day to find providers that suit your needs.  |
| *Email*  | info@vaks.com.au  |  |
| *Website*  | www.vaks.com.au |  |

*Oz Harvest*

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| **Food:** Oz Harvest sources food for community organisations providing food relief. If you contact them, they can put you in contact with an organisation in your area that provides food relief. Oz Harvest also runs NEST, a national educational program to teach people about healthy, low cost eating. To find out more or book into a NEST session, contact Oz Harvest.  |
| *Phone*  | 1800 108 006 (National Phone Number) |
| *Email*  | Brisbane.info@ozharvest.org  |
| *Website*  | www.ozharvest.org www.ozharvest.org/what-we-do/nest-nutrition-education/  |

*Centrelink*

Delivers payments and services to people in time of transition. Please visit your local service centre for questions around additional support you may be eligible for.

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| **Capalaba**  | 42 Redland Bay Rd | Mon-Fri 8:30am-4:30pm  |
| **Cleveland**  | 159 Bloomfield St | Mon-Fri 8:30am-4:30pm  |

*Stand Up Step Out (SUSO) Bus*

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| The Stand Up Step Out (SUSO) Bus is a free mobile shower and laundry service that provides access to showers, laundry, wifi, phone charging and outreach staff that can provide support and referrals when appropriate. The SUSO bus is a joint partnership between Footprints, SANDBAG and Ove Voice (Melbourne). The bus is currently operating in Wynnum, Capalaba, Clontarf and Zillmere. SUSO services times and locations are subject to change so it is recommended to check their social media pages listed for most current information on when and where to access the service.  |
| *Phone*  | (07) 3252 3488 |
| *Email*  | suso@footprintsinc.org.au |
| *Website*  | Footprints.org.au/homelessness |

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| **WEEK DAY**  | **SUBURB**  | **TIME**  | **LOCATION**  |
| **MONDAY**  | **Wynnum**  | 9am-12pm  | 77 Charlotte St, Wynnum 4178  |
| **TUESDAY**  | **Capalaba**  | 5pm-7pm  | Redland Community Centre 29 Loraine St, Capalaba 4157  |
| **THURSDAY**  | **Zillmere**  | 9am-12pm  | Zillmere Community Centre 54 Handford Rd, Zillmere 4034  |
|  | **Capalaba** | 5pm-7pm | Redland Community Centre 29 Loraine St, Capalaba 4157  |
| **FRIDAY**  | **Clontarf**  | 8am-11:30am  | Pelican Park Hornibrook Esplanade, Clontarf 4019  |

*GIVIT*

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| GIVIT connects people in need with people who have items to give away on their online platform. Organisations can request what is needed by a client and donors can look online and donate in response. Or, donors can pledge items for donations on the virtual warehouse and organisations can see and reserve what is available. Once the organisation receives the items from the donor, it is privately passed on to the recipient. To see a list of organisations in your area that are working with GIVIT, please visit the website.  |
| *Email*  | info@givit.org.au |
| *Website*  | https://givit.org.au |