Southside

*Mount Gravatt Community Centre Inc.*

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| Mount Gravatt Community Centre Inc is committed to delivering high-quality, accessible services to the community regardless of background. People who access the Centre can be assisted with specific information and are provided with a resource and referral service in relation to their particular need/s, including financial support and counselling. | |
| *Address* | 1693 Logan Road, Mount Gravatt 4122 |
| *Phone* | (07) 3343 9833 |
| *Email* | intake@mgcci.org.au |
| *Website* | https://mountgravattcommunitycentrein.vpweb.com.au/ |

*The Brook Red Centre*

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| Peer Operated Service providing a range of activities and supports for people who identify as having or having had a personal experience of mental health concern or illness, or have used mental health services for their own need. The Brook RED Centre has a unique culture and its purpose is Recovery, Empowerment and Development for community members through the practice of Intentional Peer Support. | |
| *Address* | 88 Norton Street, Upper Mount Gravatt QLD 4122 |
| *Phone* | (07) 3343 9282 |
| *Website* | https://www.brookred.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* | Cooparoo: 322 Old Cleveland Rd, Coorparoo QLD 4151  Mt Gravatt: 1480 Logan Rd, Mount Gravatt QLD 4122 |
| *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* | **Woolloongabba:** 182 Logan Rd, Woolloongabba QLD 4102  **Inala:** PCYC Inala, 37 Swallow St, Inala QLD 4077 |
| *Phone* | Woolloongabba: (07) 3249 2222  Inala: (07) 3727 5000 |
| *Website* | Headspace.org.au  https://www.accoras.com.au/headspace-inala |

*Kyabra Community Association*

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| Kyabra Community Association offers support with financial resilience and counselling. Kyabra offers no-interest loans, low interest loans, matched savings programs and support with budgeting and paying bills. Kyabra offers group-based educational activities to people experiencing mental health issues, their families and other significant people that support them | |
| *Address* | Kyabra Street, Runcorn |
| *Phone* | (07) 3373 9499 |
| *Website* | http://www.kyabra.org/ |

*Acacia Ridge Community Centre*

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| Acacia Ridge Community Centre provides affordable groceries to low income earners in our community, emergency relief and other community supports. | |
| *Address* | 21 Hanify St, Acacia Ridge Q 4110 |
| *Phone* | (07) 3277 4893 |
| *Website* | info@belong.org.au |
| *Hours* | Monday to Friday, 9.00am – 2.00pm; and until 4.30 pm by appointment. |

*Brisbane City Council*

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| A wide range of activities are sponsored by Brisbane 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.brisbane.qld.gov.au/whats-on-in-brisbane |

*Community Gardens*

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| Community gardens can fulfil a variety of functions in addition to food production, including the enhancement of healthy lifestyles and good nutrition, reduction in social isolation, encouraging a sense of place, improving local food security and management of public spaces. | |  |
| *Website* | https://www.brisbane.qld.gov.au/clean-and-green/green-home-and-community/community-groups/community-gardens-and-city-farms/find-your-local-community-garden |  |

*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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| **Stones Corner** | Corner Logan Road and Cornwall Street, Stones Corner QLD 4120 | Mon-Fri 8:30am-4:30pm |
| **Mount Gravatt** | 57 Sanders St, Mount Gravatt QLD 4122 | Mon-Fri 8:30am-4:30pm |

*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 |