

Inner Brisbane Free Food Locations & Times

Aug-Sept 2022. Vol 5 Issue 7 The Coffee Brigade (TCB) *Where good things happen at the start of the day*

Free GPs clinics you could use.

If you have Covid 19 symptoms/exposure please get phone advice on 1800 020 080.

Do not visit these clinics if you have Covid 19 symptoms or exposure.

Dr Ann Solari (GP): SMS or text Ph No 0424423972 Mon-Fri 6am-6pm.

3rd Space 505 Brunswick St, Valley. Drop-In Clinics: Mon 9am-2pm, Wed 10:30am-2pm, Fri 9am-2pm.

NOTE: Dr Solari's last clinic is 2 Sept. After that, a GP will visit 3rd Space on Wednesday mornings.

Sunny Street Doctors' Clinic: Wed 6-7:30pm. Wesley Mission Brisbane Relief Hub, 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof building).

New Farm Neighbourhood Centre: GP visits Mon & Thur 9am-1pm.



The FOOD LIST

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

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

TCB Stop One: 6:30am opposite Fire Station, Ivory St, Fortitude Valley.

TCB Stop Two: 7am Just outside the Holman St Ferry Terminal, Kangaroo Point.

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

TCB Stop Three: 7:30am Top of Wickham Park (Cnr Wickham Tce & Albert St, opposite Soho building).

TCB Stop Four: 8am West End Boat Ramp Car Park

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, doctor), legal advisers & social activities. Best to visit & get information on services & times they are delivered. Sanitise hands on entry.*

Emmanuel City Mission (ECM): 19 Merivale St, South Brisbane. Mon,Tue,Thu,Fri 9am-3pm.Wed 8am-9pm. Sat-Sun 9am-1pm. Hot drinks, Shower, Toilet. Breakfast: from 9am; Hot lunch around midday. Dinner Wed 6:00pm Special breakfast: Wed 8am. BBQ lunch but no showers or laundry on Sundays. *Good behaviour is expected.*

Closed Mon 26 Sep-Sun 2 Oct; 26 Dec-Sun 8 Jan. Christmas Festival Wed 21 Dec-Sun 25 Dec Open 9am-9pm.

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. Also, can book casework interviews (DV, other services connections etc.)

Eddies Van Breakfast BBQ: SEE Note at bottom of page. 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, Sth 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. Valley Hearts continues on public holidays.

MICAH PROJECTS COVID POP-UP VACCINATION CLINICS PH 3029 7000

Holy Trinity Pantry 141 Brookes St, Fortitude Valley. Ph. 3852 1635
Open: 11am-2pm. Food parcels available Wed to Fri. **CLOSED UNTIL 31 August**
Limited assistance with rent, utilities, pharmaceutical scripts (some PBS items only) on Thursdays only. Please bring your Centrelink or Pension card to access the service.

Paperwork is required for financial assistance.

Nite Café: For young people aged 12-25.Tue & Thur 6:30-8:30pm.

64 Adelaide St, City. Hot Showers, hot meal, clothing. Medical care via Sunny Street Medical Service.

Wesley Mission Qld Brisbane Relief Hub Emergency Relief Services

Mon, Wed, Thurs, Fri 9:30am-Midday; 1-3:30pm. Tuesday1-3:30pm

NOTE: Eddies Van temporarily not visiting sites due to some logistics issues but it will return to normal soon.

3rd Space iAM program

Replace lost ID documents
Ask for David or Ro Tue,
Wed, Thur, Fri mornings
or email: iAm@3rdspace.org.au

MONDAY

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

Orange Sky: 6:30-8:30am TCB Stop 2, Top of Wickham Park (Cnr Wickham Tce & Albert St). Laundry, Showers; Jeans St Park, Bowen Hills 4:30-6:30pm Laundry only.

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

Salvation Army Streetlevel Mission: 97 School St, Spring Hill (Behind 24-7 Shell 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 556 Ipswich Rd Annerley 12:30pm

Valley Hearts & Orange Sky & Rosies: Jeans St Park, Bowen Hills. 4-6:30pm. [Take away meal, Fruit & Veg give away hot/cold drinks, hygiene products, biscuits]. Laundry. Contact *Valley Hearts, Ph 0412 078 114 for individual support.*

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

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

Rosies: Jeans St Park, Bowen Hills. 4-5:30pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

Vital Connection: 7pm Emma Miller Place, City [Vegetarian emergency food packs]

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

Eddies Van Nite Service: See NOTE bottom of page 1. 7-8pm Turbot Street overpass, City. [Hot Boxed meal].

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.

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

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. 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].

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

Salvation Army Streetlevel Mission: BBQ. 11am-1pm Love Street Park. Cnr Love & Water Streets Spring Hill.

Orange Sky: 7-9pm Musgrave Park, West End. Laundry, Showers

Street Feed: 5:30ish (pm) All Saints Church Carpark, cnr Ann St & Wharf St. [Hampers, Boxed Takeaway Meal, extras, cloths, toiletries].

Brothers in Need: 6:30pm Emma Miller Place (Cnr Roma St & Albert St, City) [Hot meal, drinks, food pack, fruit].

Eddies Van Nite Service: See NOTE bottom page 1. 7-8pm Turbot Street overpass, City. [Hot Boxed meal]

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].

Emmanuel City Mission: 19 Merivale St, South Brisbane. Special Breakfast 8am.

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

Salvation Army Open House: 167 Ann St, City. 11:30am-1pm. Friendly venue. Hot meal and information sheets.

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: 46 Linton St, Kangaroo Point. Food parcel 2-4pm.

Fishers of Men: 6pm Emmanuel City Mission, 19 Merivale St, South Brisbane; 6:30pm, Roma St Parklands, cnr Roma & Albert Sts, City; 7:10pm Warry St, Fortitude Valley; 7:30pm St John's Cathedral; 8pm The Mansions, cnr Boundary St & Gregory Terrace, Spring Hill; 8:30pm Avondale Private Hotel 179 Musgrave Rd, Red Hill [hot meal, fruit, blankets, clothes].

Wesley Mission Brisbane Relief Hub Community Meal: open 6:30pm 316 St Pauls Terrace, Fortitude Valley (Warry St Corner, Green tiled roof building). [Boxed take away meal or sit-down inside meal]. Health Services also.

St Mary's Coptic Orthodox Church Outreach Service: 7pm Under Turbot Street Overpass (Near 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].

STOP SMOKING B4 IT STOPS YOU. **QUIT LINE: 137848**

THURSDAY

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

Orange Sky: 6:30-8:30am TCB Stop 2, Top of Wickham Park (Cnr Wickham Tce & Albert St)

West End Community House Backyard Breakfast: 7-8am. 4 Norfolk Road, South Brisbane [Generous hot breakfast, fruit, filter coffee]. In the back yard – down the side driveway. Warm, welcoming and friendly community event.

Valley Hearts & Orange Sky Laundry & Rosies: Jeays St Park, Bowen Hills. 10ish-12:30pm. [Burger 11ish, hot/cold drinks, hygiene products, biscuits, friendship/chats, bread, laundry]. Plus Fruit and Veg distribution.

Gateway Baptist City Campus Brunch: Level 1, 81 Elizabeth St. City. Closed for 4 weeks. Reopens 19 May. 9:30am-Midday Hot food, Chats. Good hot meal and engaging friendly people.

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.

Village Church: at St Pauls Church, St Pauls Tce, Spring Hill. 6-7pm. Food hampers and Hot takeaway dinner.

Antiochian/Greek/Russian Orthodox Churches Outreach Service: 7pm Under Turbot Street Overpass, City. [Hot boxed take away meal].

Eddies Van Nite Service: See NOTE bottom page 1. 7-8pm Turbot Street overpass, City. [Hot Boxed meal].

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.

Orange Sky: 6:30-8:30 am Kemp Place, Ivory St, Fortitude Valley (Opposite Fire Station). Free laundry & showers.

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

Jays St Community Centre, Bowen Hills: Free cheese toasties 11am-Midday.

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

Kangaroo Point Uniting Church: 46 Linton St, Kangaroo Point. Food parcel 2-4pm.

Prayer and Food Van: 6:30-9:30pm (if people are still there) Musgrave Park Russell St Entrance, West End. Choice of 8-10 plated hot foods served from van. Fruit, drinks. Vegan options. Bad weather can cancel event.

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 Pk): (Wickham Pk on 25 August then 1 Sept Ivory St etc.): 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.

Orange Sky: 6:30-8:30am TCB Stop 2, Top of Wickham Park (Cnr Wickham Tce & Albert St) Showers & laundry

Soul Purpose: Brekky by the Bridge 6:30am to 8am-ish Under the Story Bridge: Eastern side of Captain Burke Park BBQ area, Kangaroo Point. Hot & cold breakfasts and grocery give aways every Saturday. Prayers & blessings.

Missionaries of Charity ("The Nuns"): 10am-11ish 92 Warry St, Spring Hill [takeaway meal & some inspiration].

St Andrews Uniting Church Hall: 11:30am-1pm, Creek St, next to 299 Ann St, City. Meals from 12 noon. **Sit down only after August.** [main & dessert, hot/cold drink fruit & snack] Free toiletries & good quality second hand clothes.

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.

Emma Miller Place: Brothers in Need: (Street Name: "The Muslims") 5:30pm [Hot meal, drinks, food pack, fruit].

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

SUNDAY

The Coffee Brigade, 3rd Space & Emmanuel City Mission: See Front Page.

Orange Sky: 6:30-8:30am TCB Stop 2, Top of Wickham Park (Cnr Wickham Tce & Albert St). Laundry, Showers.

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. Open 11am. 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: 6-6:45pm. 11 Eagle Terrace, Brisbane City (in the park directly opposite Big Bird Backpackers) Hot meal & a cold drink. Plus: sleeping bags, toiletries and non-perishable foods

Fishers of Men: 6pm Emmanuel City Mission, 19 Merivale St, South Brisbane; 6:30pm, Roma St Parklands, cnr Roma & Albert Sts, City; 7:10pm Warry St, Fortitude Valley; 7:30pm St John's Cathedral; 8pm The Mansions, cnr Boundary St & Gregory Terrace, Spring Hill; 8:30pm Avondale Private Hotel 179 Musgrave Rd, Red Hill [hot meal, fruit, blankets, clothes].

Rosies: Emma Miller Place, City. 7-8:30pm [hot/cold drinks, hygiene products, biscuits, friends & chats].

Orange Sky: Musgrave Park, West End. 6-8pm Laundry & Showers.

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.



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 12.30-1.30pm: MOSHPIT, Gregory Tce, Spring Hill (Boarding Houses); 7.30-7.45pm: SOS, Emma Miller Place, Little Roma St, City; 8-8.30pm: SOS, Suncorp Bank, Boundary St, West End; 8.45-9.15pm: SOS, Gregory Tce, Spring Hill (Boarding Houses)

TUE **BBQ 11am-1pm Eagle Tce. Milton (Big Bird Backpackers. NEW**

WED 7.30-7.45pm: SOS, Emma Miller Place, Little Roma St, City; 8-8.30pm: SOS, Suncorp Bank, Boundary St, West End; 8.45-9.15pm: SOS, Gregory Tce, Spring Hill

THUR 11-12.30pm: MOSHPIT, Brisbane North Rental Village, Aspley (free sausage sizzle)

FRI 9.30-10.30am: MOSHPIT, Jeays Street Community Centre, Bowen Hills – **Anglicare Nurse onboard**; 10:30-11:30: MOSHPIT, West End; 7.30-7.45pm: SOS, Emma Miller Place, Little Roma St, City; 8-8.30pm: SOS, Suncorp Bank, Boundary St, West End; 8.45-9.15pm: SOS, Gregory Tce, Spring Hill

SAT 7.30-7.45pm: SOS, Emma Miller Place, Roma St, City; 8-8.30pm: SOS, Suncorp Bank, Boundary St, West End; 8.45-9.15pm: SOS, Gregory Tce, Spring Hill

drug ARM

HEALTH CONTACTS – GPs listed on Front Page

National Coronavirus Health Info Hotline: 1800 020 080

Non-urgent medical help: 13HEALTH (13 43 25 84) **Mental Health access line:** 1300 642255.

Anglicare Nurse Clinic: 3rd Space 505 Brunswick St, Valley M-F. 9-11:30am

Podiatrist (Feet & Lower Leg) every second week at 3rd Space. Book through Anglicare Nurse at 3rd Space.

Wesley Mission Brisbane Relief Hub, Fortitude Valley:

Sunny Street Doctors' Clinic: Wed 6-7:30pm.

WMQ Mental Health First Aid: Drop in 15min mental health check. Every Wed fortnight 6pm-7pm.

Hope Street Medical Centre, South Brisbane. A range of health services.

Micah Nurses visit various street locations when food vans are present.

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

Some other services and agencies

Jeays Street Community Centre Bowen Hills: Mon, Tue, Fri Open 9:30am-1pm Ph 3852 5105

Community Plus+ at Yeronga

26 Devon St, Yeronga Ph: **07 3848 2285** Phone ahead to request a food pack for collection. Staff teams are onsite from 8am-1pm. Also Information and Referrals – via telephone, email and Facebook Messenger. Pre-packed takeaway meals, food parcels and hygiene parcels for collection.

Bardon Neighborhood Centre and the Community Pantry

Ph **07 3198 4410** email BardonNC@community.org.au. support for north/ west/ inner Brisbane. Information, financial assistance, vouchers. No Interest Loans support.

Hot Showers: [3rd Space](#): Everyday. [Emmanuel City Mission](#): Mon-Sat. [Orange Sky](#): (Launder & showers) Mon, Thu, Sat, Sun 6:30-8:30am Wickham Park (TCB stop 3); Tue: Musgrave Park: 7-9pm; Thu Jeays St Park: 9:30-11:30am & Musgrave Pk 7-9pm; Fri, Ivory St Valley 6:30-8:30am; Sun. Musgrave Park 6-8pm.
[One Voice](#): 9:45pm Tues & Wed Emmer Miller Place & Thurs at Musgrave Park, West End.
[New Farm Neighbourhood Centre](#) (laundry and showers inc limited mobility shower), Mon-Tue, Thur-Fri.



This publication is available on the Coffee Brigade facebook page

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 1300 371 288): Vouchers

[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.(07) 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)