
COMMUNITY SUPPORT DIRECTORY: FREE & LOW- COST MEALS, SAFE SPACES, AND CONNECTION

December 2025 – January 2026

The holiday season can be a challenging time for many. Whether you're dealing with hardship, loneliness, or simply need a welcoming space to be with others, you are not alone. This directory is here to guide you to the services and support available throughout the December 2025 – January 2026 period in Adelaide's South.

Inside, you'll find a collection of free and low-cost meals, safe spaces for social connection, and mental health support services—all designed to help you feel connected, supported, and cared for.

This list represents just a small selection of the incredible services available. If you know of other resources, please share them with us! Email your suggestions to hbcc@holdfast.sa.gov.au and we'll work to keep this directory as up-to-date and helpful as possible.

We've made this directory easy to use and understand, with the hope that you'll find something that meets your needs.

Together, we can create community that lifts each other up.

Reach out. Connect. Stay supported.

Southern Services Directory

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City of Holdfast Bay

Website: [City of Holdfast Bay | Welcome - Adelaide's Premier Seaside Destination](#)



GLENELG

St Andrew's - 92 Jetty Road
8295 1771

Community support and food relief:
Tues, Thurs & Fri 11am-1.15pm

Mary's Kitchen (free meal)
Tues evenings, 6pm

Orange Sky Laundry
Tues 5.30pm – 7.30pm

(last wash 6.30pm)
Fri 11am-1pm (last wash 12pm)

**Citylight Church Food Pantry
Hampers**

Hampers every second Weds and free
bread every second Thurs
Email cares@citylight.church or texting
0451918635 with your name

**St. Mary's Kitchen by
Glenelg Catholic Parish**
92 Jetty Road, 8295 1771
Thurs evenings 6pm

St Paul's - 48-50 Brighton Road
8295 6376
Free morning tea 10.30am-12pm
1st, 3rd and 5th Wednesday of the
month (except school holidays)
Free community meal 11.30am-1pm
2nd and 4th Wednesday of the month
(except school holidays)
Emergency food Wed 11am-2pm
Op-Shop Monday and Weds 11am-2pm

St Peter's - 1 Torrens Square
8295 2382
Wed to Fri, 9.30am-12pm
Food relief and clothing



EMERGENCY SUPPORT PAGE

holdfast.sa.gov.au/communities/emergency-support

*Correct at time of printina - November 2025

FREE COMMUNITY EMERGENCY RELIEF SERVICES

BRIGHTON

**Brighton Church of Christ
Community Care** - 69 Sturt Road
8298 7677

Mon, Wed, Fri for food relief,
10am-1pm

Grocer with a Heart - 63 Sturt Road
At the back of Brighton Church of Christ
7093 5688

Tues to Fri
10am-12.30pm & 1.30pm-3.30pm
Sat 10am-1pm

Coastlands Community Care -
528 Brighton Rd, 8410 0745
1st and 3rd Wed of each month for
coffee and cake, 10am-12pm

St Jude's - 444 Brighton Road
0413 685 027

St Jude's Community Pantry, 24/7

St Jude's Community Meal
11.30am-1.30pm every Friday

Lighthouse Community Church -
26 Jetty Road, 8296 9800
Free morning tea every 2nd and 4th
Tues, 10am-11.30am
Free baked goods every Sun from 5pm

**If you are worried about how you or
someone else is feeling, below are
some support lines you can contact:**

Lifeline: 13 11 14

DV Support Line: 1800 737 732

Mental Health Triage: 13 14 65

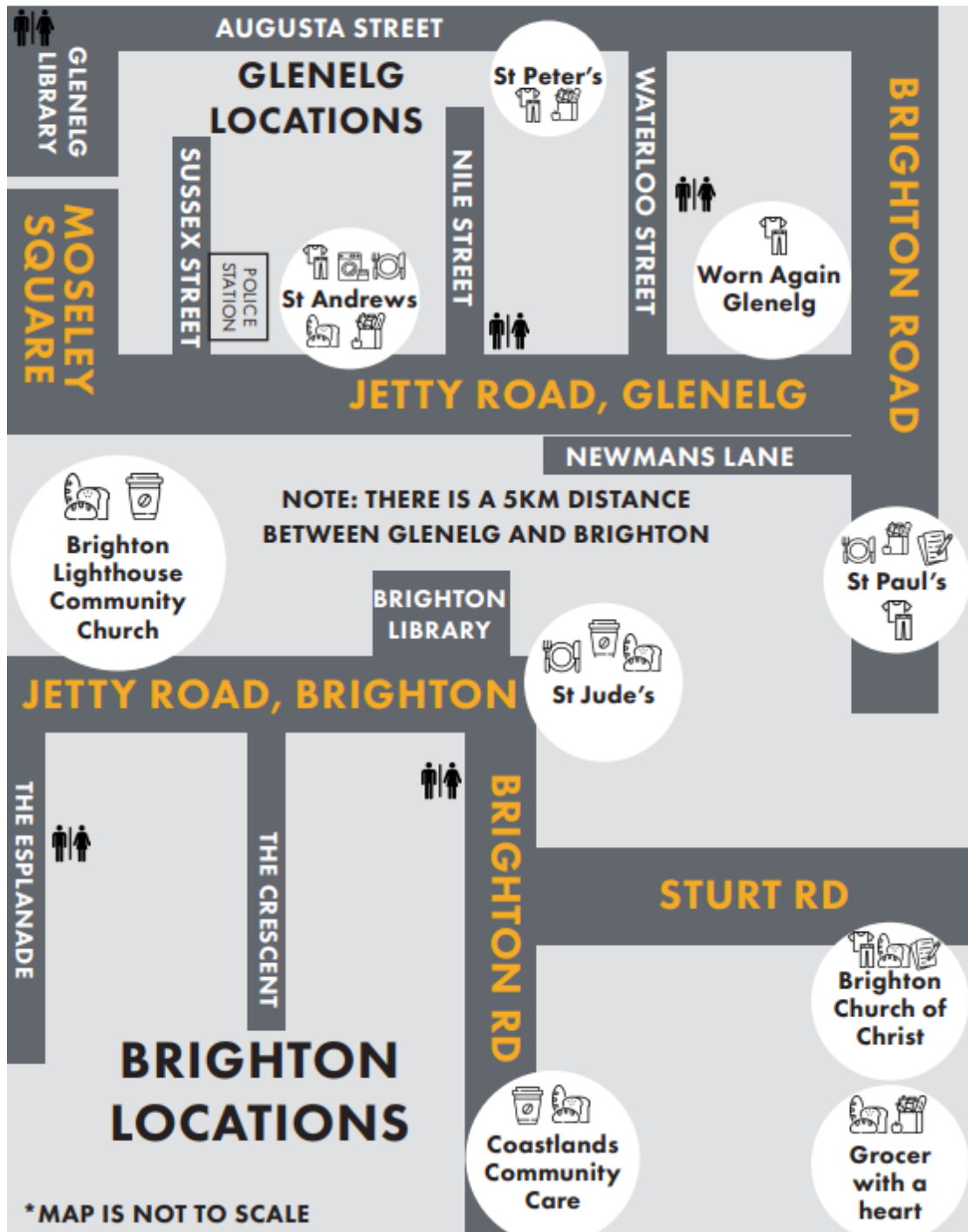
Non emergency support line: 13 14 44

Lived experience support line (LETSS):
1800 013 755, local phone support line
staffed by people with experiences of
distress

Toward Home Access (Sonder): 1800
809 273, housing, health, and wellbeing
service

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City of Holdfast Bay Library Opening Hours: Offering Reading Spaces, Study Spaces, Computers, Printing and Air-Conditioning.

<u>Glenelg Library</u>		<u>Brighton Library</u>	
Address	2 Colley Terrace, Glenelg, SA, 5045	Address	20 Jetty Road, Brighton, SA, 5048
Phone	08 8179 9555	Phone	08 8229 9988
Festive Season Library Operating Hours 2025/2026			
Glenelg		Brighton	
Fri 19 Dec	9am – 5pm	Fri 19 Dec	9am – 5pm
Sat 20 Dec	9am-1pm	Sat 20 Dec	9am-1pm
Sun 21 Dec	1pm – 4pm	Sun 21 Dec	Closed
Mon 22 Dec	9am – 5pm	Mon 22 Dec	9am – 5pm
Tues 23 Dec	9am – 5pm	Tues 23 Dec	9am – 5pm
Wed 24 Dec	9am – 5pm	Wed 24 Dec	9am – 5pm
Thurs 25 Dec	Closed	Thurs 25 Dec	Closed
Fri 26 Dec	Closed	Fri 26 Dec	Closed
Sat 27 Dec	9am-1pm	Sat 27 Dec	Closed
Sun 28 Dec	1pm – 4pm	Sun 28 Dec	Closed
Mon 29 Dec	9am – 5pm	Mon 29 Dec	9am – 5pm
Tues 30 Dec	9am – 5pm	Tues 30 Dec	9am – 5pm
Wed 31 Dec	9am – 5pm	Wed 31 Dec	9am – 5pm
Thurs 1 Jan	Closed and normal hours thereafter	Thurs 1 Jan	Closed and normal hours thereafter

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Name/Location	Contact	Service	Times/Days
St Andrew's by the Sea 92 Jetty Road, Glenelg SA 5045	8295 1711	Community Lunches & Meals Clothing & Laundry Services Baked Goods & Grocery	CLOSED from 12 Dec 1.15pm REOPEN Tues 20 Jan 2026
Citylight Church Food Pantry Hampers	0451 918 635 cares@citylight.church or text 0451 918 635 with your name to ensure availability before pickup	Food Pantry Hampers	Limited Stock and availability
St Jude's Church - The Anglican Parish of Brighton 444 Brighton Rd, Brighton SA 5048	0413 685 027	Christmas Day Lunch	25 December 2025 12pm – 1.30pm Bookings Required for Catering Purposes
William Kibby Veterans Association 40 Kibby Ave, Glenelg North SA 5045	0499 339 006 Website: William Kibby VC Veterans Shed - Australian Men's Shed Association	We know the festive season can be full of activity for some and a little quieter for others. Whatever your pace, you're warmly invited to join us for a relaxed morning tea with friendly faces and good conversations.	Tuesday 23 Dec 2025 Tuesday 30 Dec 2025 Tuesday 6 Jan 2026 10 - 11.30am

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<p>Young Person's AA Group Alcoholics Anonymous Glenelg North Community Centre</p> <p>40 Kibby Ave, Glenelg North SA 5045</p>	<p>8221 6999</p> <p>Website: https://www.aasouthaustralia.org.au/</p>	<p>Anyone who has a desire to stop drinking is welcome and encouraged, spectators interested in AA (professionals or family members of people with a drinking problem) are welcome as well. We provide tea/coffee and snacks to attendees.</p>	<p>This is a meeting that will run all day, for AA members (or anyone with a desire to stop drinking) to drop in and out as they please. There will be refreshments provided.</p> <p>Christmas Day 25 Dec 2025 9am – 5pm</p>

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William Kibby Veterans Assoc.

Join us
FOR MORNING
TEA

Morning Tea with Heart

We know the festive season can be full of activity for some and a little quieter for others.

Whatever your pace, you're warmly invited to join us for a relaxed morning tea with friendly faces and good conversation.

Let's come together to share a cuppa, meet locals, and celebrate the community spirit that makes our area so special.

 **Dates:**
Tuesday - 25rd Dec, 10-11:30am
Tuesday - 30th Dec, 10-11:30am, sausage sizzle at 12noon
Tuesday - 6th Jan, 10-11:30am

 **Location:** Glenelg North Community Centre - Millie Dorsch Room

 Come once or come to all three - If you have no way of getting there - please ring 0499 339 006 for assistance.

 **LET'S COME TOGETHER THIS HOLIDAY SEASON.**

Hosted by the William Kibby VC Veterans Association and supported by Meals on WheelsSA and City of Holdfast

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City of Marion

Website: [City of Marion | Council, South Australia](#)

City of Marion Library Opening Hours: Offering Reading Spaces, Study Spaces, Computers, Printing and Air-conditioning.

Date	Cove Civic Centre	Cultural Centre Library	Park Holme Library
Mon 22 December	9:30am – 5pm	9:30am – 5pm	9:30am – 5pm
Tues 23 December	9:30am – 5pm	9:30am – 5pm	9:30am – 5pm
Wed 24 December	9:30am – 12:30pm	9:30am – 12:30pm	9:30am – 12:30pm
Thurs 25 December	CLOSED	CLOSED	CLOSED
Fri 26 December	CLOSED	CLOSED	CLOSED
Sat 27 December	CLOSED	CLOSED	CLOSED
Sun 28 December	CLOSED	CLOSED	CLOSED
Mon 29 December	9:30am – 5pm	9:30am – 5pm	9:30am – 5pm
Tues 30 December	9:30am – 5pm	9:30am – 5pm	9:30am – 5pm
Wed 31 December	9:30am – 12:30pm	9:30am – 12:30pm	9:30am – 12:30pm
Thurs 1 January	CLOSED	CLOSED	CLOSED
Fri 2 January	9:30am – 5pm	9:30am – 5pm	9:30am – 5pm

Name/Location	Service
City of Marion	Support services City of Marion
City of Marion	Mental health City of Marion

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Name/Location	Contact	Service	Times/Days
<p>Christmas Day Lunch</p> <p>887 Marion Rd, Mitchell Park SA</p>	<p>Christmas Day Lunch - MarionLIFE</p>	<p>Held each year, all are welcome to join us for Christmas Day Lunch. Come along for a main meal, dessert, tea/coffee, music and fun! Families with children are most welcome too. Please book ahead, there is a \$5 per person cost to help us with catering.</p>	<p>Christmas Day 25 Dec at 12noon</p>
<p>Glandore Community Centre</p> <p>Transport Tips –</p> <p>Bus: Stop 9 Beckman Street East and West side: 450m walking distance. Bus routes 241 and GLN1 stop at these bus stops. Stop 180 Cross Road North: 550m walking distance. Bus route 100 stops here.</p> <p>Train: The closet train station is Emerson Railway Station. It is 1km walking distance to Glandore Community Centre. Trains on the Seaford, Noarlunga and Flinders line stop here.</p> <p>Parking: Glandore community centre</p>	<p>FREE Twilight Picnic Summer Series</p> <p>Bookings: https://www.eventbrite.com.au/e/twilight-picnic-summer-series-glandore-tickets-1681475802389?aff=oddtcreator</p>	<p>Join us for a relaxing Twilight Picnic in the Glandore Grounds. Unwind under the shade of our magnificent trees and enjoy an evening of live acoustic music, food for purchase at Summit Cafe or BYO picnic, lawn games, and meet your neighbours.</p> <p>Dec 12 - Christmas Edition: Live music by Netherby, Glandore Community Choir, Lift Cancer Choir Sing along Christmas Carols Meet Teddy the Pony BYO picnic or purchase eats at Summit Café Christmas activities and local makers gift stall Meet your neighbour, discover our Glandore</p>	<p>Christmas Edition Friday 12 Dec 25 5pm - 8pm</p> <p>Friday 9 Jan 26 5pm – 7pm</p> <p>Friday 13 Feb 26 5pm – 7pm</p>

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has 2 car parks: car park to the rear of the centre access from Clark Avenue with 2 accessible parking spaces available. Car park access from Malwa Street with 2 accessible parking spaces available.		history through storytelling	
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City of Onkaparinga

Website: [Home City of Onkaparinga](#)

Name/Location	Service
City of Onkaparinga	Food City of Onkaparinga
City of Onkaparinga	Food and gardens City of Onkaparinga
City of Onkaparinga	Free Food Heart & Soul Group

Onkaparinga Libraries will close at 5pm Wednesday 24 December 2025 and reopen at 9.30am on Friday 2 January 2026.

Community, Neighbourhood, Positive Ageing and Youth Centres

- Reynella Neighbourhood Centre will be closed from 1:45pm Friday 12 December 2025 and will reopen 9am Monday 12 January 2026
- Christie Downs Community Centre will be closed from 3pm Friday 12 December 2025 and will reopen 9am Monday 5 January 2026
- Coromandel Community Centre will be closed from 3pm Friday 12 December 2025 and will reopen 9am Monday 19 January 2026
- Hackham West Community Centre will be closed from 3pm Thursday 18 December 2025 and will reopen 9am Tuesday 27 January 2026
- Woodcroft Morphett Vale Neighbourhood Centre will be closed from 3pm Friday 12 December 2025 and will reopen 9am Monday 12 January 2026
- Neporendi Aboriginal Community Centre will be closed from Monday 15 December 2025 and will reopen 9am Monday 12 January 2026
- Aberfoyle Community Centre will be closed from 4pm Thursday 18 December 2025 and will reopen 9am Monday 12 January 2026
- Aldinga Community Centre will be closed from 4pm Friday 19 December 2025 and will reopen 8:30am Monday 12 January 2026
- Seaford Neighbourhood Centre will be closed from 3pm Friday 19 December 2025 and will reopen 9am Monday 12 January 2026

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- Youth centres (Base 10, Studio 20 and Wardli) will be closed for general enquiries from Friday 19 December 2025. All youth centres (Base 10, Studio 20 and Wardli) will reopen on Tuesday 6 January 2026.

Please note: From Tuesday 6 – Friday 23 January 2026, centre access is only available to school holiday registered program attendees. General public access will be available from Tuesday 27 January 2026.

- Wakefield House Positive Ageing Centre will be closed from Monday 22 December 2025 and will reopen Monday 5 January 2026 for normal centre hours.
- Elizabeth House Positive Ageing Centre will be closed from Monday 22 December 2025 and will reopen Monday 5 January 2026 for normal centre hours.

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EMERGENCY FOOD ASSISTANCE February 24th, 2025

*F = Foodbank Customer Paid Vouchers available from these Agencies.

FOODBANK HUB on Beach Road, Christies Beach hours are Mon-Friday 9 am -3.00pm

7 DAYS PER WEEK

HERE'S TO STRENGTH COMMUNITY WELLNESS HUB – ALDINGA

Open 7am to 5pm 1A Old Coach Road, Aldinga **7561 3500** Access to **FREE** food everyday through the Community Pantry, **FREE** café meals through pay it forward wall and onsite crisis referral support.

CRISIS CARE (AFTER 4PM) **13 16 11 (7 Days Week)**

ST VINCENT DE PAUL ALL SUBURBS **1300 729 202** Ring **ANY** day to make an appointment for Tues or Thurs 9am- 12noon.

MONDAY TO FRIDAY

ANGLICARE SA 111 Beach Rd, Christies Beach **1800 748 149** 9am – 12pm.
Ring 9-9.30am. *F

NOARLUNGA UNITING CHURCH 23 William Rd, Christies Beach **8384 3868** 9am - 11am.
Entrance via main Church building. Emergency services, food relief, food parcels and Foodbank vouchers. **CLOSED PUBLIC HOLIDAYS & XMAS-NEW YEAR BREAK.*F**

THE STABLES CHRISTIAN CENTRE 684, Brodie Rd, Huntfield Heights 9am -2pm
Ring **8326 4455** in the morning for an appointment for food assistance. *F

UNITING COMMUNITIES 107 Dyson Rd, Christies Beach **8202 5846** to receive a call back.
Emergency assistance is being offered via phone assessment. Available Monday - Friday.
Please contact in the morning between 9am - 1pm to schedule a same day appointment.

SALVATION ARMY (DOORWAYS) 186 Elizabeth Road, Morphett Vale **8130 6188** for Voucher Pick-ups.

COASTAL COMMUNITY SUPPORT SERVICES – Community Pantry, Shop 8,130 Main Road, McLaren Vale, Pantry Staples & personal care products **ALL FREE**, Just Walk in, no questions asked. Open 9am to 5pm.

MONDAY

ABERFOYLE PARK BAPTIST CHURCH 70 Manning Rd, Aberfoyle Park **by appointment only**, ring the new Community Services number **0409 258 166**, which will be answered when

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there is someone in the office **OR** it can be called at any time, leave a message and your call will be returned ASAP. Postcode 5159 only *F (Customer pays vouchers only)

CHRISTIAN CARE SUPPORT CENTRE 7 Stewart Ave, Aldinga Community Centre.

Open 9.30am to 11.30am. Ring **0497 164 210** between 9am & 9.30am to make an appointment. Postcodes 5172-5174

CHRISTIES BEACH BAPTIST CHURCH 8 Fowey St, Christies Beach **7200 2501**. Ring at 9am for appointment on the day. Appointments held between 9.30am 11am **(CLOSED SCHOOL HOLIDAYS)** *F (Customer pays vouchers only)

MARIONLIFE 887 Marion Rd, Mitchel Park (Entrance via Alawoona Ave). Ph. **8277 0304**

Mon-Thurs 9am-12pm, in person visits- no appointments but please come early as we do have capacity limits. Open to residents with a Centrelink card, who are in City of Marion, City of Onkaparinga, City of Holdfast Bay and City of Mitcham. Stop 25 Finnis St or Stop 24 Marion Rd.

MORPHETT VALE CHRISTIAN COMMUNITY CHURCH 444 States Rd, Morphett Vale **0403 680 440** 9.30 am.to 12pm. Ring at 9.30 to make appointment. **(CLOSED SCHOOL HOLIDAYS)** *F (customer pays vouchers only)

CAREWORKS NOARLUNGA CENTRE CHURCH OF CHRIST 165 Beach Road, Noarlunga Centre, **83261153** 9.30am -12pm, Walk-ins welcome. Free Café for coffee and a toasted sandwich plus **FREE** fruit/veg, cakes & bread when available. *F

OASIS FOOD PANTRY Open 10am to 3pm, 7 Commercial Road, Sheidow Park. **8321 9313** **Free bread, fruit & vegetables!!** Basic grocery products, meat and frozen vegetables to purchase.

TUESDAY

ALDINGA BEACH CHILDRENS CENTRE 1 Evans Street, Aldinga. 2.30pm **free** - fruit, veg & bread (and meat when available) **85576208 (CLOSED SCHOOL HOLIDAYS)**

CHRISTIES BEACH BAPTIST CHURCH 8 Fowey St, Christies Beach **7200 2501** Ring at 9am for appointment on the day. Appointments held between 9.30am and 11am **(CLOSED SCHOOL HOLIDAYS)** *F

CHRISTIE DOWNS COMMUNITY HOUSE Corner of Flaxmill and Morton Roads **8384 6894** Community Pantry 9.30am -1.30pm. **FREE** bread, fruit and vegetables. We also have cheap staple grocery items. It costs \$2 to access.

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HACKHAM WEST COMMUNITY CENTRE 44, Glynville Drive, Hackham West, Food pantry open 12.30pm to 2pm **FREE and low-cost food.** No Appointment Required.

MARIONLIFE 887 Marion Rd, Mitchel Park (Entrance via Alawoona Ave). **8277 0304 Mon-Thurs** 9am-12pm, in person visits- no appointments but please come early as we do have capacity limits. Open to residents with a Centrelink card, who are in City of Marion, City of Onkaparinga, City of Holdfast Bay and City of Mitcham. Stop 25 Finnis St or Stop 24 Marion *F

OASIS FOOD PANTRY Open 10am to 3pm, 7 Commercial Road, Sheidow Park. **8321 9313** **Free bread, fruit & vegetables!!** Basic grocery products, meat and frozen vegetables to purchase.

PEOPLE'S PLATTER Reynella Neighbourhood Centre, 10am-2pm ,164-170 Old South Road Reynella, \$2 donation for bread & vegetables & shop for food available, at low cost, in our food store. **0424 710 326**

SEAFORD CHRISTIAN CHURCHES (SEM) Cnr Main St & Grand Blvd, Seaford **70719239** 9am-12pm, ring 9am. Emergency Food assistance & Foodbank referrals. **(CLOSED SCHOOL HOLIDAY) *F**

WEDNESDAY

ABERFOYLE PARK BAPTIST CHURCH 70 Manning Rd, Aberfoyle Park ***by appointment only, ring the new Community Services number 0409 258 166,*** which will be answered when there is someone in the office **OR** it can be called at any time, leave a message and your call will be returned ASAP. Postcode 5159 only ***F (Customer pays vouchers only)**

CARE & CLOTHES CENTRE 8 Aldersey St, McLaren Vale **8323 8779** 9.30am-1pm. Ring for an appointment

CHRISTIAN CARE SUPPORT CENTRE 7 Stewart Ave, Aldinga Community Centre. Open 9.30am to 11.30am. Ring **0497 164 210** between 9.00am & 9.30am to make an appointment. Postcodes 5172-5174

CHRISTIE DOWNS COMMUNITY HOUSE Corner of Flaxmill and Morton Roads. **8384 6894** Community Pantry 9.30am -1.30pm. **FREE** bread, fruit and vegetables. We also have cheap staple grocery items.it is \$2 to access

HACKHAM WEST COMMUNITY CENTRE 44, Glynville Drive, Hackham West, Food pantry open 12.30 to 2pm **FREE and low-cost food.** No Appointment Required.

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CAREWORKS NOARLUNGA CHURCH OF CHRIST 165 Beach Road, Noarlunga Centre, **83261153** 9.30am -12pm, Walk-ins welcome. Free Café for coffee and a toasted sandwich plus **FREE** fruit/veg, cakes and bread when available.

PEOPLE'S PLATTER Reynella Neighbourhood Centre, 10am-2pm ,164-170 Old South Rd Reynella, \$2 donation for bread & vegetables and shop for food available at low cost, in our food store. **0424 710 326**

THE VINES UNITING CHURCH 152 Reynell Rd, Woodcroft **8322 8661 or 0421279935**

- a) Pantry 152 – new opened in Oct FREE
- b) Emergency Relief (ER) 10am-12pm

VINNIES FRED'S VAN Wardli Youth Centre, Christie Downs. 13 McKenna Rd, Christie Downs **7.00pm Walk in**

THURSDAY

ABERFOYLE COMMUNITY CENTRE Aberfoyle Community Centre. Corner of Jessica Street & Sandpiper Crescent. **84882036** 1, Jessica Street, Aberfoyle Park. Every Thursday fortnight - **FOODBANK TRUCK** (vouchers available in the Centre)

ADRA COMMUNITY PANTRY 130 Pimpala Rd, Morphett Vale **0403 680 179** Opening times are 5pm - 6pm before and ADRA cafe after 6.45pm to around 7.30pm during school term. Basic food at low cost, free bread & fresh food when available. Card payments only preferred. Please bring your shopping bags. **Bus stop 47 on Bus route 744 and 734. All welcome and join us for a free meal as well.**

CALVARY LUTHERAN CHURCH Community Pantry, 5 Windsong Court, Morphett Vale **7285 9588** 10am-11.30am. Ring 9am, for an appointment (**Closed School Holidays**)

CARE & CLOTHES CENTRE 8 Aldersey St, McLaren Vale **8323 8779** 9.30am-1pm ring for an appointment.

CHRISTIAN CARE SUPPORT CENTRE 7 Stewart Ave, Aldinga Community Centre **0497 164 210**
FREE bread 8.20am to 8.40 am

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CHRISTIE DOWNS COMMUNITY HOUSE Corner of Flaxmill and Morton Roads .**8384 6894**
Community Pantry 9.30am -1.30pm. **FREE** bread, fruit and vegetables. We also have cheap staple grocery items.it is \$2 to access

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FRIDAY

ADRA COMMUNITY PANTRY 130 Pimpala Rd, Morphett Vale **0403 680 179** 12pm-2pm. Basic food at low cost, free bread & fresh food when available. Card payments only preferred. Please bring your shopping bags. **Bus stop 47 on Bus route 744 and 734.** All welcome.

ALDINGA BEACH CHILDRENS CENTRE 1 Evans Street, Aldinga **8557 6208** 2.30pm **FREE** - fruit, veg & bread & meat when available (**CLOSED SCHOOL HOLIDAYS**)

ALDINGA COMMUNITY CENTRE, **Vinnies Fed's Van** ,7 Stewart Ave. Aldinga Beach **7.00PM Walk In**

CARE & CLOTHES CENTRE 8 Aldersey St, McLaren Vale **8323 8779** 9.30am-1pm. Ring for an appointment.

CHRISTIES BEACH BAPTIST CHURCH 8 Fowey St, Christies Beach **7200 2501**. Ring at 9am for appointment on the day. Appointments held between 9.30am and 11am (**Closed School Holidays**) *F

CAREWORKS NOARLUNGA CHURCH OF CHRIST 165 Beach Road, Noarlunga Centre, **83261153** 9.30am -12pm, Walk-ins welcome. Free Café for coffee and a toasted sandwich & **FREE** fruit/veg, cakes & bread when available. *F

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ST. HILARY'S MINISTRY CENTRE, 1 High Street, Morphett Vale (11.30am – 1.30pm) *F

SATURDAY

MORPHETT VALE CHRISTIAN COMMUNITY CHURCH 444 States Road, Woodcroft **FREE BREAD 5.30 pm**

OASIS FOOD PANTRY Open 11am to 12.30pm, 7 Commercial Road, Sheidow Park. **8321 9313** **Free bread, fruit & vegetables!!** Basic grocery products, meat and frozen vegetables to purchase.

SUNDAY

VINNIES FRED'S VAN Wardli Youth Centre, Christie Downs. 13 McKenna Rd, Christie Downs **7.00pm Walk in**

FOODBANK

Foodbank Mobile Hub to Be advised.

HOW TO USE YOUR FOODBANK/FOODHUB VOUCHER

Agency paid vouchers will only require ID.

Note from Foodbank Re Customer Pays Vouchers

With the increase cost of living impacting so many in our community we understand that financial hardship is being experienced for longer periods, in response to this, we have increased the number of visits on our customer pays vouchers from 4 visits to 10 visits & have removed the spend limit.

Current vouchers are still accepted & active white visitor cards are being swapped for 10 visit versions, with expiry date extended to allow clients up to 6 months to utilise their access to our hubs.

Customer paid vouchers will require the following.

- Please present this voucher & show your EFTPOS **(YOU NEED TO PAY FOR YOUR SHOPPING)**

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- We will give you a small card which you need to bring to each visit to be marked.
- No cash or cheques - credit or debit card only to pay by EFTPOS

General/FEC/Resources//Food/2025/ER Listings/February 24th, 2025, final

AGENCY AS OF 23rd NOV 2025	CHRISTMAS MEALS 25th DECEMBER 2025 (Or earlier)
ALL WELCOME Marion Life @ Marion Church of Christ Auditorium Enter via Marion Church of Christ front door off Alawoona Avenue Mitchell Park	Christmas Day Lunch 12.00 noon \$5.00 cost – cash only Includes, main meal, dessert, soft drink & tea /coffee MUST BOOK- PH-8277 0304 Or Email info@marionlife.org.au R.S.V.P. by 11/12/25 Before 12pm WEBSITE marionlife.org.au
Calvary Lutheran Church 5 Windsong Court, Morphett Vale Phone 72859588	Thursday 11 th Dec Community Christmas Meal @ 1.00pm BOOKINGS ESSENTIAL by ringing the church office GOLD coin Donation
ALL WELCOME Woodcroft Community Centre 175 Bains Road, Morphett Vale Hosted by The Way Church	Christmas Day Lunch 11.am Food, music & gifts. FREE Bookings essential For more information Phone 0488 017 114
Aldinga Community Centre, Stewart Avenue, Aldinga Beach	Christmas Day Lunch Thursday 25/12/2024, 11.00am – 2.00pm FREE RSVP /bookings essential Phone 08 8125 6310
ALL WELCOME Christies Beach Baptist Church Fowey Street, Christies Beach	Christmas Day Breakfast 9.30 am FREE RSVP by 18 Dec (especially if have specific dietary needs.) Phone Stephen on 0431 849 182
Christies Downs Community House, in partnership with Humanity First SA Corner Flaxmill & Morton Road	Annual Dinner and Food Hamper Giveaway To request a Hamper ring 8384 6894 by 12/12/25 One hamper per family. FREE evening meal @ 6.00pm 22/12/25

GENERAL/S.A.F.E.CENTRE/Christmas meals 2025

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AGENCY as of 23 Nov 2025 Updated 9.30 am DECEMBER 2025	DECEMBER 2025 TO FEB 2026 (or earlier) Who's Open, when & notes
Anglicare SA Phone 1800 748 149 111 Beach Road, Christies Beach	Open each day except for Public Holidays 9am-12pm ring at 9.00am
MARIONLIFE 887 Marion Rd, Mitchel Park (Entrance via Alawoona Ave).	Emergency Relief closes 11/12/2025 and reopens 12/01/2026
ADRA Community Pantry Pimpala Road, Morphett Vale	Last day open 12 Dec 2025 and reopen 23 Jan 2026.
Foodbank Food Hub Christies Beach 59-61 Beach Road, Christies Beach	Closed all public holidays of the Christmas term. There are extended hours on these days. Monday - 15/12 – Fri 19/12 9am-3pm Monday - 22/12 – Wed 24/12- 8am -3pm Monday - 29/12 & Tues 30/12 – 9am - 3pm Wednesday - 31/12 – 8am – 3pm Tuesday - 2 Jan – 8am – 3pm
S.A.F.E. Centre co-located with Christies Beach Baptist Church, 8 Fowey Street, Christies Beach. 7200 2501	Emergency Relief Closing 13/12/2025 and re-opening 27/1/26
Seaford Christian Churches 70719236 Cnr. Main St. & Grand Blvd, Seaford	Emergency Relief Closing 9/12/2025 & re- opening Tuesday 27/01/2026 Tuesday Night Dinners, closed 9/12/2025 & will re-commence Tuesday 4/2/2026 Town Square Café Closes Friday 19/12/2025 & reopens Friday 23/1/2026

GENERAL/S.A.F.E.CENTRE/CHRISTMAS/2025 open & closure hours

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STANDBY Support After Suicide

Website: [Home - StandBy](#)

Name/Location	Contact	Service	Times/Days
StandBy Support After Suicide	FREE Call: 1300 727 247	Anglicare SA Suicide bereavement support services.	Via phone every day, including weekends and public holidays 6am – 10pm

LELAN – Lived Experience Leadership & Advocacy Network

ALT2SU PEER SUPPORT GROUPS END OF YEAR CALENDAR 2025 - 2026

regular groups continuing • groups on public holidays • two additional groups



MONDAY	WEDNESDAY	THURSDAY	FRIDAY
15/12 7pm Open Online	17/12 7pm St Peter's Youth Centre Stepney		19/12 8pm Friday Night Open Online
22/12 7pm LGBTQIA+ Online	24/12 7pm St Peter's Youth Centre Stepney	25/12 4pm Open Online	26/12 2:30pm Arvo Open Online 8pm LGBTQIA+ Friday Night Online
29/12 7pm Open Online	31/12 7pm St Peter's Youth Centre Stepney	1/1 7pm Open Online	2/1 8pm Friday Night Open Online
5/1 7pm LGBTQIA+ Online	7/1 7pm St Peter's Youth Centre Stepney		9/1 2:30pm ARC (Mile End) 8pm LGBTQIA+ Friday Night Online

LELAN's Alt2Su groups are supported by funding from Preventative Health SA and additional contributions from LELAN.



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FOODBANK

Name/Location	Contact	Service	Times/Days
FOODBANK	Get help from Foodbank, Get food from Foodbank	Life happens to all of us and there is no shame in asking for help. We help feed over a million people every month throughout Australia.	Food Hubs will be open every day except for the Public Holidays

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EMERGENCY CONTACTS

Website: [Emergency Contacts](#) | [Office of the Chief Psychiatrist](#) | [SA Health](#)

SAPOL for Life-threatening Emergencies Police | Fire | Ambulance - **000**

SAPOL for Police Attendance - **131 444**

Beyond Blue - **1300 22 4636** 24/7 Support for anyone experiencing anxiety, depression, isolation and loneliness. Free qualified support via chat or phone.

Kids Helpline - **1800 55 1800** Free helpline for kids, 24hour counselling service for young people aged 5 - 25years.

Lifeline - **13 11 14** Crisis Support. Suicide Prevention. 24hour access for all Australian's experiencing emotional distress.

Suicide Call Back Service (SCBS) - **1300 659 467** The Suicide Call Back Service is a 24 hours/7days a week nationwide service that provides telephone counselling to people 18 years and over who are feeling suicidal, caring for someone who is suicidal or bereaved by suicide.

13YARN - **13 92 76** an Aboriginal & Torres Strait Islander crisis support line funded by the Australian Government with the support of Lifeline and developed in collaboration with Gayaa Dhuwi (Proud Spirit) Australia. It is run by Aboriginal and Torres Strait Islander people.

Aboriginal and Torres Strait Islander Crisis Support (24hrs) **13 92 76**

Mental Health Triage - **13 14 65** or assistance in a mental health emergency, contact the mental health triage service on **13 14 65** available 24/7 – Metropolitan and Country SA. This service is the main point of access for mental health services and is staffed by mental health clinicians.

1800RESPECT **1800 737 732** - Confidential information, counselling and **support** service · Contacting 1800RESPECT · Seeking **support** · Violence and abuse · Supporting someone · Safety planning.

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Domestic Violence Crisis Line (24hrs) **18800 800 098**

MensLine Australia provides free 24/7 counselling, information, and referrals for men with relationship, mental health, and wellbeing concerns. Call **1300 789 978**

Gambling Help **1800 858 858** | National Debt Hotline **1800 007 007**

Homeless Connect SA (24hrs) **1800 003 308**

Urgent Mental Health Care Centre (24 Hrs) **8448 9100**

Headspace **1800 063 267**

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THANK YOU



A heartfelt thank you to all the services, organisations, charities, and councils for your incredible support in sharing and collaborating to bring much-needed connection to our communities over the Christmas and New Year season.

Your efforts in reaching out to those who are isolated, lonely, or experiencing hardship have made a meaningful difference, offering comfort and companionship during a time when it's most needed.

We are truly grateful for your dedication and for working together.

Thank you for your compassion and commitment to making a positive impact this holiday season!

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