

Weekly Schedule for Food and Basic Needs

Rockingham has many local services that can provide food and basic needs.
Below is where and when help is available.



| | | | |
|------------------|----------------------------|-------------------------------|--|
| Monday | 9am - 12pm | Coastal District Care Centre | Food hampers (health care card required). |
| | 9.30am – 12pm | Vinnies WA | Food, clothing, furniture and bill support (phone for an appointment). |
| | 10am – 12.30pm | The Crew | Meal, showers, and laundry. Meal served at 11am. |
| | 1.30pm – 2.30pm | Youth on Fire | Food relief including fresh fruit and vegetables. |
| Tuesday | 9am – 1pm | The Salvation Army | Food hampers, showers, laundry, bread, light lunch and WIFI. |
| | 4.30pm - 6pm | ADRA Café | Hot food, take away and clothing. |
| Wednesday | 9am - 12pm | Coastal District Care Centre | Food hampers (health care card required). |
| | 9am - 1pm | The Salvation Army | Community lunch, food hampers, showers, bread, and Foodbank. |
| | 10am – 12.30pm | Happy Pantry | Food parcels and fresh produce (small fee may apply). |
| | 10.30am – 12pm | Vinnies WA | Food, clothing, furniture and bill support (phone for an appointment). |
| | 4pm – 5.30pm | FABBBQ | Community barbeque. |
| Thursday | 9.30am – 11.30am | The Crew | Toasties, showers, and laundry. Hampers from 12pm – 2pm. |
| | 9.30am – 12pm | Vinnies WA | Food, clothing, furniture and bill support (phone for an appointment). |
| | 10am – 12:30pm | Happy Pantry | Food parcels and fresh produce (small fee may apply). |
| | *Mobile Service | ADRA Mobile | Takeaway hot soup and food. |
| Friday | 9am - 12pm | Costal District Care Centre | Food hampers (health care card required). |
| | 9am – 1pm | The Salvation Army | Refreshments, showers, laundry, bread Foodbank and WIFI. |
| | 9.30am – 10.30am | Youth on Fire | Food relief including fresh fruit and vegetables. |
| | 10am - 1pm | St Brendan's Homeless Respite | Hot meal and dessert, fresh produce, laundry, clothing and showers. |
| Saturday | Services currently closed. | | |
| Sunday | *Mobile Service | The CREW Mobile Meals | Free hot meals. |



***For Mobile Service and other service information, please see back page.** Some services may have requirements, for example a health card. You should contact the service directly to check if they will be able to assist.

Updated June 2025

Emergency Relief Services

WA Connect

An online directory of Community services in Western Australia.

waconnect.org.au/

ADRA Café

21 Wanliss Street, Rockingham

Anglicare WA

No interest loans and financial counselling.
9528 0702

Monday to Friday 8.30am – 4pm

Coastal District Care Centre

Unit 4, 6 Leghorn Street, Rockingham

roogirl3@live.com.au

0416 413 849

FABBO

Friends at the beach for people in need.

Governor Reserve, Rockingham

0417 524 009 (Ris)

0409 889 826 (Craig)

Wednesday 4pm – 5.30pm

Feed it Forward

Food relief including fresh fruit and vegetables, request through their

[Facebook](#) or [website](#).



Foodbank WA

1800 979 777

Monday to Friday 9.30am – 5pm

foodbank.org.au/?state=wa

Happy Pantry

Food relief parcels and fresh produce.

A small fee may apply.

550 St Albans Road, Baldivis

happypantry@outlook.com

0478 757 155

happypantry.org.au/

St Brendan's Homeless Respite

Hot meal and dessert, fresh produce,

laundry, clothing and showers.

The Guide Hall, Watts Road, Safety Bay

The CREW

Food hampers, hot meals, showers and laundry.

5 Cessnock Way, Rockingham

rockingham@thecrew.org.au

The Salvation Army

Community light lunch, food hampers,

showers, laundry, bread, and WIFI.

Corner Willmott Drive and Read Street,

Cooloongup

rockingham@salvationarmy.org.au

1800 722 363 or 9527 3460



Vinnies WA

Financial counselling, food, clothing, furniture and bill support. Please phone Vinnies for an appointment.

Unit 1/14 Livingstone Road, Rockingham

9592 7816

Youth On Fire

Food relief including fresh fruit and vegetables.

3 Cessnock Way, Rockingham



Mobile Service *

Sunday by The CREW Mobile Meals

Thursday by ADRA Mobile Kitchen

- 4.50pm - Corner Lake Street and Safety Bay Road
- 5.10pm – Governor Road Reserve
- 5.30pm – Rockingham Skate Park
- 5.45pm – Anniversary Park
- 6.10pm – BP Petrol Station, Dixon Road
- 6.30pm – Behind Petro Fuel, corner Mandurah Rd and Fifty Rd, Baldivis.



Service details may have changed since this flyer was printed.

Please contact services directly or scan this QR code to see the updated flyer online.

**An initiative by the
Rockingham Emergency
Relief Network**

