

# 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.

<b>Monday</b>	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 - 3pm	Youth on Fire	Food relief including fresh fruit and vegetables.
<b>Tuesday</b>	9am – 1pm	The Salvation Army	Food hampers, showers, laundry, bread, toasties and WIFI.
	4.30pm - 6pm	ADRA Café	Hot food, take away and clothing.
<b>Wednesday</b>	9am - 12pm	Coastal District Care Centre	Food hampers (health care card required).
	9am - 1pm	The Salvation Army	Community lunch, food hampers, showers, bread, and WIFI.
	10am – 12.30pm	Happy Pantry	Food parcels and fresh produce. (Small fee may apply)
	10am – 12.30pm	Vinnies WA	Food, clothing, furniture and bill support (phone for an appointment).
	4.30pm – 6pm	FABBQ	Community barbeque.
<b>Thursday</b>	9.30am – 11.30am	The Crew	Toasties, showers, and laundry.
	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.
<b>Friday</b>	9am - 12pm	Costal District Care Centre	Food hampers (health care card required).
	9am – 1pm	The Salvation Army	Refreshments, showers, laundry, bread, and WIFI.
	9.30am - 1pm	Youth on Fire	Food relief including fresh fruit and vegetables.
	10am - 1pm	The Crew	Food hampers and clothing.
	10am - 1pm	St Brendan's Homeless Respite	Hot sit down meal and dessert, fresh produce, laundry, and showers.
<b>Saturday</b>	10am – 12pm	Happy Pantry	Food parcels and fresh produce. (Small fee may apply)
<b>Sunday</b>	*Mobile Service	S.O.U.L Soup by The Crew	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.

# Emergency Relief Services

## WA Connect

An online directory of Community services in Western Australia. The platform can help you or someone you know find assistance in your local area.

<https://waconnect.org.au/>



## ADRA Café

21 Wanliss Street, Rockingham

## Anglicare WA

No interest loans and financial counselling.

14 Council Ave, Rockingham

9528 0702

Monday to Friday 8.30am – 4.30pm

## Coastal District Care Centre

Unit 4, 6 Leghorn Street, Rockingham

[roogirl3@live.com.au](mailto: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 4.30pm



## Feed it Forward

Food relief including fresh fruit and vegetables, requested through their

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

## Foodbank WA

1800 979 777

Monday to Friday 9.30am – 5pm

[www.foodbank.org.au/?state=wa](http://www.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](mailto:happypantry@outlook.com)

0478 757 155

<https://happypantry.org.au/>



## **Mobile Service \***

Sunday - S.O.U.L Soup by The Crew

Thursday - 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.

## Rockingham Street/Community Chaplain Inc.

Service update to come.

## St Brendan's Homeless Respite

Sit down hot meal and dessert, fresh produce, laundry, 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](mailto:rockingham@thecrew.org.au)



## The Salvation Army

Community lunch or toasties, food hampers, showers, laundry, bread, and WIFI.

Corner Willmott Drive and Read Street,

Cooloongup

[rockingham@salvationarmy.org.au](mailto: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



Scan this QR Code to see the updated resource online, as services details may have changed since printing.

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

