

OPPORTUNITY SHOPS

RSPCA ANIMAL AID

Shop 4, 43 Playne St, Frankston

Phone: 9783 5994

Mon—Fri 9:30am-4:00pm; Sat 9:30am-12 noon

Clothing, linen, bric-a-brac, toys, dog food, flea treatment supplies and dog accessories

BROTHERHOOD OF ST. LAURENCE

27 Keys St, Frankston

Phone: 9769 6142

Mon—Fri 9.30am-4:00pm; Sat 9:30am-2:00pm

Clothing, linen, bric-a-brac, toys and furniture

1-3 Station St, Seaford

Phone: 9786 7015

Mon—Fri 9.30am-4pm; Sat 9.30am-12 noon.

Clothing, linen, bric-a-brac and toys

The Village, 1195 Frankston Dandenong Rd. Carrum Downs

Mon—Fri 9:00am-4:00pm; Sat 9:00am-12 noon.

Clothing, linen, bric-a-brac and toys

CITY LIFE

6 Clyde Street, Frankston

Phone: 9770 0660

Mon—Fri 10.00am-4:00pm; Sat 10.00am-1:00pm

Clothing, linen, bric-a-brac, toys and furniture

RED CROSS SHOP

13b Thompson St, Frankston

Phone: 9770 2355

Mon—Fri 9:30am-4:30pm; Sat 10:00am-

3:00pm Clothing, linen, bric-a-brac and toys

SAVERS AUSTRALIA

16-22 Playne St, Frankston

Phone: 9783 1711

Mon—Wed and Sat 9:00am-6:00pm;

Thurs—Fri 9:00am-9:00pm;

Sun 10:00am-5:00pm

Clothing, linen, bric-a-brac, toys and furniture

SALVATION ARMY FAMILY STORES

17 Thompson St, Frankston

Phone: 9770 2549

Mon—Fri 9:00am-5:30pm; Sat 9:00am-5:00pm

Clothing, linen, bric-a-brac, toys and furniture

Unit 5/2 Amayla Cres, Carrum Downs

Phone: 9776 4691

Mon—Fri 9:00am-5:30pm; Sat 9:00am-5:00pm

Clothing, linen, bric-a-brac, toys and furniture

SOCIETY OF ST. VINCENT DE PAUL

25 Ross Smith Ave, Frankston

Phone: 9769 6060

Mon — Fri 9:00am-4:00pm

Clothing, linen, bric-a-brac toys and furniture

154 Austin Rd, Seaford

Phone: 9776 9264

Mon, Tues, Thurs, Fri 9:00am-4.30pm;

Wed — 8:00am-4:00pm; Sat 9.00am-12 noon

Clothing, linen, bric-a-brac, toys

562 Frankston-Dandenong Rd. Carrum Downs

Phone: 9770 8669

Mon — Sat 9:00am-5:00pm

Clothing, linen, bric-a-brac, furniture and toys

ST. PAUL'S OPPORTUNITY SHOP

29 Ross Smith Ave, Frankston

Mon—Fri 9:00am-4.30pm;

Sat 9.30am-2:00pm



COMMUNITY SUPPORT FRANKSTON

Inc. Reg. No. A0000431J ABN 95 426 151 625

Tailored information for Sole Parents

Project funded by FaHCSIA

Where to find assistance

March 2012

In the Frankston area



● food ● meals ● groceries ●

● low cost haircuts ●

● op shops ●



35 Beach Street, Frankston

Phone: 9783 7284

MEALS



FREE HOT BREAKFAST

Frankston Churches Community Breakfast
St. Paul's Church Hall,
High St, Frankston
(beside football ground)

Monday — Saturday: 7:00am — 8:30am
Free hot breakfast provided for people who are homeless, unemployed, pensioners or anyone suffering from hardship or loneliness.

FREE COFFEE & CAKE - Morning (City Life Cafe)

10-12 Clyde Street, Frankston
Phone: 9770 0660
Friday only from 10:30am.

HOT LUNCH (City Life Cafe)

10-12 Clyde Street, Frankston
Phone: 9770 0660
Friday only. Lunch is served at 12:00pm (sharp) until 1:00pm. Coin donation appreciated.

FREE COFFEE & CAKE - Afternoon (City Life Cafe)

10-12 Clyde Street, Frankston
Phone: 9770 0660
Monday, Wednesday and Thursday from 4:30pm

HOT DINNER (City Life Cafe)

10-12 Clyde Street, Frankston
Phone: 9770 0660
Monday, Wednesday and Thursday at 5:30pm (sharp) until 6:30pm. Doors open 4:30pm. Coin donation appreciated.

FRIDAY BBQ (Run by City Life)

This BBQ has been suspended until further notice.

FOOD AND GROCERIES



COMMUNITY SUPPORT FRANKSTON

35 Beach St, Frankston
Phone: 9783 7284
Mon, Tue, Wed, Fri: 9:00am — 4:00pm
Thursday: 1:00pm — 4:00pm

Subject to CSF assessment of financial crisis, help may be provided in the form of overnight groceries and assistance obtaining other basic living essentials. An appointment is recommended. Bring supporting documentation to the interview.

PENINSULA CHRISTIAN CARE

250 Frankston-Flinders Road, Frankston
Phone: 5971 4877

Frankston South and Baxter residents only. Clothing, household goods, furniture, appliances, food packs and vouchers when available. Mothers and babies group. An appointment is necessary for assessment.

SALVATION ARMY

1265 Frankston Dandenong Rd
Carrum Downs
Phone: 9775 1915

Monday and Thursday : 9:00am — 12 noon.
Assistance with food by appointment.
Available to Carrum Downs, Skye, Langwarrin and NE Seaford residents.

17 Forest Drive, Frankston North
Ph: 9776 8456

(Frankston and Frankston North residents only)
Wednesday and Friday: 10:00am — 12:00pm
Please phone to arrange an appointment.

Crisis Centre, Frankston

(In an emergency phone 9784 5050)

SOCIETY OF ST. VINCENT DE PAUL

Phone: 9769 6060 to arrange a visit.

Catholic volunteer organisation workers visit the client's home and assess level of assistance needed. Available to Frankston, Frankston North, Langwarrin and Seaford

residents (up to Armstrongs Rd) and Carrum Downs residents west of McCormick's Rd. Please ring 9am as there are limited visits each day.

Skye residents should ring Cranbourne - 5995 0211. All other areas phone 1300 305 330.

LOW COST HAIRCUTS



CHISHOLM HAIR AND BEAUTY

Chisholm Institute of TAFE
Building S, Beach St, Frankston

Please ring 9238 8515 to make an appointment.

VARIOUS LOCAL HAIRDRESSERS

May offer low cost haircuts etc for aged pension card holders one or more days per week. Check your local hairdresser for details and availability.