

## OPPORTUNITY SHOPS



### RSPCA ANIMAL AID

Shop 4, 43 Playne St, Frankston

Phone: 9783 5994

Mon—Fri 9:00am-4:00pm; Sat 9:00am-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.

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

1-3 Station St, Seaford

Phone: 9786 7015

Mon — Fri 9.30am—4:00pm;

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 9:00am-4:00pm; Sat 9:00am-12 noon

Clothing, linen, bric-a-brac and toys

### SAVERS AUSTRALIA

16-22 Playne St, Frankston

Phone: 9783 1711

Mon — Sat 9:00am—6:00pm;

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 10:00am—4:00pm;

Sat 10:00am—1:00pm.

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

Unit 5/2 Amayla Cres, Carrum Downs

Phone: 9776 4691

Mon — 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 — Fri 9:00am—4.30pm;

Sat 9.30am—12 noon.

Clothing, linen, bric-a-brac, toys

562 Frankston-Dandenong Rd.

Carrum Downs

Phone: 9770 8669

Mon — Fri 9:00am—4:00pm;

Sat 9:00am—12 noon.

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

### ST. PAUL'S OPPORTUNITY SHOP

29 Ross Smith Ave, Frankston

Phone: 9783 3984

Mon — Fri 9:00am—4.30pm;

Sat 9.30am—2:00pm.

### WOORINYAN OPPORTUNITY SHOP

S98 Young St. Frankston

Mon — Fri 9:00am—4:00pm; Closed Sat

Clothing, Linen, bric-a-brac and toys



Where  
to find  
assistance

- food
- meals
- groceries
- low cost haircuts
- furniture removal
- op shops



FRANKSTON  
COMMUNITY SUPPORT  
INFORMATION CENTRE

68 Playne Street, Frankston

Incorporation Registration No: A0000431J

ABN 95 426 151 625

INFORMATION CURRENT 30th APRIL 2010

www.frankston.net  
www.frankston.net

## FOOD & GROCERIES



### FRANKSTON COMMUNITY SUPPORT & INFORMATION CENTRE

68 Playne St, Frankston

Phone: 9768 1600

Mon, Tue, Wed, Fri: 9:00am — 4:00pm

Thursday: 1:00pm — 4:00pm

Subject to FCSIC 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 and appliances, food packs and vouchers when available. Mothers and babies group. An appointment is necessary.

### SALVATION ARMY

1265 Frankston Dandenong Rd

Carrum Downs

Phone: 9775 1915

Monday and Thursday : 10:00am — 1:00pm.

Assistance with food by appointment only. Aid once per month and must produce Health Care or Pension Card. Available to Carrum Downs, Skye, Langwarrin and NE Seaford residents.

17 Forest Drive, Frankston North

Phone: 9776 8456

Wednesday: 9:30am — 12 noon

For Frankston North residents only. 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

Phone: 9238 8515

Chisholm Institute of TAFE

Building S, Beach St, Frankston

Appointments 9am or 1pm (Start of class)  
Monday — Thursday. Please ring first. Haircuts generally available on the day but there may be a waiting list for other services.

Aged pensioners \$12, all others \$18.

Aged pensioner perm \$30.

## FURNITURE REMOVAL



### BROTHERHOOD OF ST. LAURENCE

6-8 Rosella Street, Frankston

Phone: 9770 5102

South-East & Peninsula area. You will need a Health Care or pensioner card for a quote. Discount rates for low income earners, not-for-profit and local community organisations.

## MEALS



### FREE HOT 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

(City Life Cafe)

10-12 Clyde Street, Frankston

Phone: 9770 0660

Wednesday and Friday:

10:30am - 1:00pm.

### HOT LUNCH (City Life Cafe)

10-12 Clyde Street, Frankston

Phone: 9770 0660

Wednesday and Friday. Lunch is served at 12:00pm (sharp) until 1:00pm. Coin donation appreciated.

### HOT DINNER (City Life Cafe)

10-12 Clyde Street, Frankston

Phone: 9770 0660

Monday and Thursday at 5:30pm (sharp) until 6:30pm. Coin donation.

### BBQ

(Redeemer Apostolic Church)

Samuel Sherlock Hall,

5 Quality St Frankston

Near TAFE. Wednesday night at 7:30pm-8:30pm after 6:30pm Service.

### BBQ (Run by City Life)

Beauty Park, Frankston

Near Frankston football oval. Friday night at 5:30pm til 7:00pm (approx).