

# Need help?

Support services – Resources  
(Spring Edition 2025)



## Housing

<b>Uniting Housing &amp; Support Services (Ringwood)</b> Open door: Monday–Friday service (all ages) 9am–5pm, 291A Maroondah Hwy, Ringwood	8870 4020
<b>Knox Infolink</b> 136 Boronia Road, Boronia Monday–Friday (Closed Wednesday) 10am – 3pm	9761 1325
<b>SalvoCare Eastern</b> Homeless Outreach Program	9890 7144
<b>Statewide Homelessness Line</b> 5pm–9am, weekends & public holidays	1800 825 955

## Free Laundry

<b>Foothills Community Care</b> 156 Underwood Road, Ferntree Gully Wednesday: 3:00pm–5:30pm	0493 846 017
<b>Community @ Cavell</b> Free laundry program 15 Cavell Street, Scoresby (During School Term) Tuesday, 2pm – 6pm	9759 9155
<b>Uniting Ringwood</b> Open door: Monday–Friday service (all ages) 9am–5pm, 291A Maroondah Hwy, Ringwood	8870 4020

## Family Violence

<b>Safe Steps for women and children</b> 24/7 - includes Pets in Crisis Program	1800 015 188
<b>The Orange Door (Belgrave)</b> 1616–1624 Burwood Highway, Belgrave	1800 271 150
<b>The Orange Door (Croydon)</b> 4-16 Devon Street Croydon	1800 271 150
<b>1800RESPECT</b> 24-hour service – domestic violence, abuse, sexual assault	1800 737 732

## Mental health

<b>Lifeline Australia Centre</b> 24/7 Crisis Support	13 11 14
<b>Headspace</b> (12–25 years)	1800 650 890
<b>Kids Helpline</b> (5–12 years)	1800 551 800
<b>Mens Line Australia</b> 24/7 Help	1300 789 978
<b>Beyond Blue</b>	1300 224 636
<b>Suicide Call Back Service</b>	1300 659 467
<b>Ask Izzy</b> - search for services near you	askizzy.org.au

## Free Showers

<b>Knox InfoLink Shower program</b> 136 Boronia Road, Boronia	9761 1325
<b>Uniting Ringwood</b> 291A Maroondah Hwy, Ringwood	8870 4000
<b>Community @ Cavell</b> 15-17 Cavell Street, Scoresby (During School Term) Tuesday, 2pm – 6pm	9759 9155
<b>Dandenong Emergency Relief Service</b> 1616–1624 Burwood Hwy, Belgrave Monday–Friday, 8.45am–4.45pm	9754 7777
<b>Mobile Showers (One voice)</b> <a href="https://onevoice.org.au/mobile-shower-locations/">https://onevoice.org.au/mobile-shower-locations/</a>	Check online

## Need help?



### Free Wi-Fi & Free Charging (electronic devices)

<b>Knox Library – Ngarrgoo</b> Westfield Shopping Centre: 425 Burwood Highway, Wantirna South	1300 737 277
<b>Ferntree Gully Library</b> Ferntree Gully Community Centre 1010 Burwood Highway, Ferntree Gully VIC 3156.	
<b>Rowville Library</b> Stud Park Shopping Centre Stud Road, Rowville VIC 3178.	
<b>Boronia Library</b> Park Crescent, Boronia VIC 3155.	
<b>Bayswater Library</b> Mountain High Shopping Centre Shop 26, Ground Floor, 7–13 High Street, Bayswater VIC 3153.	
<b>Miller Homestead</b> Dorrigo Dr & Melrose Court, Boronia VIC 3155.	
<b>Knox Infolink</b> 136 Boronia Road in Boronia	

### Free Sanitary products

<b>Knox Library – Ngarrgoo</b> Westfield Shopping Centre: 425 Burwood Highway, Wantirna South	1300 737 277
<b>Ferntree Gully Library</b> Ferntree Gully Community Centre 1010 Burwood Highway, Ferntree Gully VIC 3156.	
<b>Rowville Library</b> Stud Park Shopping Centre Stud Road, Rowville VIC 3178.	

### Free Food (meals/emergency relief packs)

#### Across Knox

<b>St Vincent De Paul Society</b> <b>Victoria</b> Ring to arrange an appointment Monday – Friday: 10:00am - 3:00pm, Provides: Food or food vouchers, clothing, furniture & home visits	1800 305 330 (WELFARE LINE)
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#### Bayswater

<b>CHAMPION (Temple Society Aust)</b> TSA Community Hall, 51 Elizabeth St, Bayswater Monday, 10am–12:30pm Wednesday: 12.30pm–3pm (Food pantry, community hub, referrals, info & advocacy.	0433 335 815 or 0468 375 808
<b>Elm Street Mission</b> 654 Mountain Hwy, Bayswater Mon, Wed and Fri (10am-2pm) <u>School Term Only!</u> <b>Social connection</b> for people with mental health challenges – Tea, Coffee and a light lunch.	0428 330 873

#### Scoresby

<b>One Hope Community Church (Community@Cavell)</b> 15-17 Cavell Street, Scoresby Community Meal Wednesday: 6pm–7pm ( <b>Closed during school holiday</b> )	9759 9155
<b>Scoresby Uniting Church</b> 17 Darryl Street, Scoresby (Scoresby Shopping Centre) Mon-Thurs (11am – 2pm) Food parcels or non-perishable	N/A

#### Upper Ferntree Gully

<b>Adracare</b> 3 - 5 Railway Ave, Upper (FTG) Monday, 1pm–3pm Bookings Required	0490 404 110
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### Free Food (meals/emergency relief packs)

#### Rowville

<b>Australia for Christ Community Care:</b> 1079 Stud Road, Rowville Every 1st and 3rd Thursday of the month (5:30pm onwards) - Community meals and pantry access.	9764 8330 0438 039 391
<b>RAFT Anglican Church</b> 131 Taylors Lane, Rowville Monday: 1pm–4pm, Wednesday to Friday, 9am–4pm. Non-perishable items, 7 items per visit, 1 visit per month, no food vouchers.	9764 2573
<b>Restore Community Care</b> 24 Laser Drive, Rowville Appointment necessary. Tues – Thurs: 11am-2:30pm. Emergency Relief, pbs script assistance).	8736 7053
<b>Share Space Inc</b> The Sanctuary group lunch 61 Turramurra Drive, Rowville (Tuesdays, 12pm–2pm)  <u>External Pantry Accessible 24/7:</u> 15 Golburn Drive Rowville (Sun, Wed & Fri – Fresh bread)	0435 330 732 Email: <a href="mailto:info@sharespace.org.au">info@sharespace.org.au</a>  Weblink: <a href="http://www.sharespace.org.au">www.sharespace.org.au</a>
<b>THE WELL- Rowville Baptist church</b> 2 Le John Street, Rowville Tuesday, 10.30am–12 noon Provides: Morning Tea, food relief, pantry food and toiletries.	
<b>ADRACARE</b> 82 Bellfield drive – Lysterfield/Rowville <b>Tuesdays:</b> 11:00am – 12:00pm, pantry open <b>bookings required by phone or text on Mondays</b>	0407 578 738

#### Boronia

<b>Aussie Veterans Op Shop</b> Shop 20C, 50 Dorset Square Boronia. Monday–Friday: 10am–4pm, Saturday, 10am–2pm Food bank, Op Shop, Advocacy and Welfare for military veteran	9761 0468
<b>Boronia Uniting Church</b> 209 Boronia Rd (Corner Boronia Rd & Zeising Crt) Boronia. Tuesday & Friday, 10am–12noon Food parcels (non-perishable)	9762 6732
<b>Knox Infolink</b> 136 Boronia Rd, Boronia <b>Open:</b> Monday, Tuesday, Thursday, Friday <u>Breakfast program</u> (8:30am-10am) <u>Emergency Food Relief/Information and referral and other supports</u> (10am-3pm) <u>External Pantry</u> (Mon – Sun 4pm – 8am)	9761 1325
<b>Saint Paul's Boronia</b> 273 Dorset Road, Boronia Thursday nights, 5:30pm-7:30pm Community Meal (6:30pm served): 2 course meal, dine-in/ available as a takeaway.	9761 1797 Office hours: Mon, Tues, Thurs – 9am-5pm
<b>The Salvation Army</b> 2 Liverpool Road, Boronia Food Markets (No appointment necessary): Tuesdays, 10am–2pm Vouchers – Call them Tuesday, 10am-1pm	8873 5288
<b>The Orchard Church of Christ</b> 59 Boronia Road Boronia Friday night's dinner: 5:30pm – 6:30pm	9762 1277

#### The Basin

<b>Ben's place</b> 2 Liverpool Road Boronia 3155 Wednesday, Saturday & Sunday 12pm-1pm Register via Facebook group: (14) Ben's Place   Facebook	N/A
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### Free Food (meals/emergency relief packs)



#### Ferntree Gully

<b>Foothills Community Care</b>	0493 846 017
Community Meal Monday: 5pm-6pm, Doors open 4pm. Upwey Baptist 21 Darling Ave (corner with Burwood highway – Upwey) Wednesday: 5pm-6pm, Doors open 4pm. FTG Guide Hall, 156 Underwood Road, Ferntree Gully <a href="http://www.foothillscare.org.au">www.foothillscare.org.au</a>	
<b>The Salvation Army</b>	8873 5288
37 Wattletree Road, Ferntree Gully, <u>Doorways Vouchers:</u> Tuesdays 9:30am-11:00am <u>Pantry Items:</u> Wednesday, 9.30am-12 noon <u>External pantry accessible 24/7</u>	
<b>Hills Church Op Shop</b>	N/A External
18 Alpine Street, Ferntree Gully, Pantry only External Pantry accessible behind the shop by the fence: Monday – Saturday 10am – 3pm	

#### Wantirna/Wantirna South

<b>CityLife Community Care</b>	9871 8900
Appointment is necessary 1248 High Street Road, Wantirna South <u>Limited walk in Emergency bag of food:</u> Mon- Fri 10am – 4pm. <u>Appointment necessary for food support:</u> Tues-Fri 10:30am to 2:30pm	
<b>ADRACARE</b>	0468 824 834
119 Mountain Hwy, Wantirna Tuesday: Appt. Booking 10:00am – 5:00pm Wednesday: Appt. Booking 10:00am – 3:00pm Thursday: Open for booked pick-ups only 2.45pm – 4:00pm	
<b>Shree Swaminarayan Temple Melbourne &amp; Swaminarayan Charities</b>	9884 0925
69 Wadhurst Drive, Boronia Appointment Necessary 7 days – Premade meals upon request/grocery kits.	

#### Ringwood

<b>Uniting Ringwood</b>	8870 4000
291A Maroondah Hwy, Ringwood Homelessness emergency support packs	

#### Croydon

<b>Hope City Mission</b>	1800 865 299
51 Lusher Road, Croydon. Monday, 9.30am-4pm	

### Emergency or life-threatening situations call 000.

If you are homeless, at risk of homelessness or escaping family violence, freecall 1800 825 955. 24 hours, statewide.



Knox City Council acknowledges the generosity and support of the volunteers who provide meals, emergency food relief and friendship to our community

### Are your belongings obstructing a public space?

Under the Knox City Council Local Law, Council may take belongings that are obstructing a public space.

If you believe your belongings have been taken, contact Knox City Council as soon as possible on 9298 8000.