



## COVID-19 INFORMATION SHEET

**As at March 26, 2020**

Please note that whilst every effort has been made to include accurate information, in this rapidly evolving environment information may change daily.

### **Accommodation**

- Link to Home 1800 152 152 (free call, 24 hours)  
Temporary accommodation for those experiencing homelessness. Housing are providing additional resources for those who need to self-isolate or who are in a domestic and violence situation.
- Rental Arrears Haymarket Foundation - Sydney Homeless Early Intervention Scheme (SHEIS) is offering remote assistance to single clients aged over 18 years, who are at risk of homelessness. If you would like to refer a client who is at risk and requires support, please call 9197 9720.
- Find a Bed [https://www.facebook.com/Findabedau/?hc\\_location=ufi](https://www.facebook.com/Findabedau/?hc_location=ufi)  
They are compiling a list of empty homes which can be used for self-isolation purposes.

### **Centrelink Payments**

#### **Supplementary payments**

The government will pay a \$750 one off Economic Support Payment if you're living in Australia. You don't need to do anything you will automatically receive the payment from 31 March, with most getting it by 17 April 2020. Then another payment in July.

This includes everyone who receives a welfare payment and those with a pension concession card, seniors card and veteran gold card. Disability Support Pension.

JobSeeker Payment will be the new working age payment from 20 March 2020.

## **Coronavirus Supplement - temporary extra income**

The supplement is worth \$550 a fortnight (\$275 a week) on top of the income support you already. Payments will begin on April 27 and will be available for at least six months.

## **Reporting for current income support recipients**

Presently, reporting for payment is still mandatory but alternative arrangements have been made with how you can report. Please contact your individual job network to find out more and continue adhering to your individual job plan.

If you cannot meet mutual obligation requirements due to self-isolation or quarantine, please call Centrelink who can grant a Major Personal Crisis exemption, without having to provide evidence such as a medical certificate.

## **Centrelink Jobseeker Payment**

If you have recently lost your job and need to apply for income support, please contact Centrelink immediately. Waiting periods have temporarily been waived.

<https://www.servicesaustralia.gov.au/individuals/services/centrelink/jobseeker-payment/how-claim>

## **Centrelink Contact Numbers**

Jobseekers hotline 132 850

Older Australians 132 300

Disability Support Pension 132 717

Multilingual Phone Service 131 202

## **Tutorials**

Tutorials and Youtube videos are available on this website which can assist customers with their enquiries:

<https://www.servicesaustralia.gov.au/individuals/subjects/self-service>

## General Assistance (groceries and social support)

- Foodbank NSW & ACT – 9756 3099  
Works in partnership with charities and schools to distribute the food to where it's needed most. They can help you find a charity in your area that can support you.
- Addison Road Food Pantry (affordable groceries)  
Hut 1, 142 Addison Rd, Marrickville  
Tel: 9569 7633

Tuesday	2pm – 5pm
Wednesday	10am – 2pm
Thursday	2pm – 7pm
Friday	12pm – 3pm

- The Staples Bag (affordable groceries)  
449 Canterbury Rd, Campsie  
Tel: 9787 6832
- Rozelle Neighbourhood Centre

Peninsula Cares is a support network for all who live in and around Balmain, Rozelle, Birchgrove, Balmain East and Lilyfield.

Do you need help or know someone who may need help with:  
Picking up your shopping/chemist items?  
Posting your mail?  
A regular phone call to check on how you are?  
Other urgent supplies?

To access support:

Call our Helpline 9556 9550 to talk to our volunteers  
Send email to [peninsulacaring@rozellecentre](mailto:peninsulacaring@rozellecentre)  
complete online request for help:

<https://www.cognitofrms.com/Rozellecentre/RequestsForHelp>

- Newtown Neighbourhood Centre  
Information and Referral Service by phone 10am-2pm (Monday to Thursday)  
9564 7333 or email [communitystrengthening@newtowncentre.org](mailto:communitystrengthening@newtowncentre.org)

## Local Free Meals

These organisations will offer free takeaway meals for those experiencing homelessness or at the risk of:

- Exodus Foundation (take-away only)  
180 Liverpool Road Ashfield, 2131  
Tel: 8752 4600  
8am – 4pm Monday to Friday  
8am – 3pm - weekends
- Newtown Mission Jordan's Café (take-away only)  
280A King Street, Newtown  
Tuesday, Wednesday and Friday (1 – 3 pm) and Thursday (6 – 7 pm)
- Saint Constantine & Helen Greek Orthodox Church (take-away)  
378 King Street, Newtown  
Tel: 9519 7868  
Lunches 12pm – 2pm
- Lentil As Anything (pay what you can afford, take-away delivery)  
391 King Street, Newtown  
Tel: 8283 5580  
<https://www.lentilasanything.com/order-online-links?fbclid=IwAR3DNaVzvHTKNii-M4jtxf9ngRN96d-ji8dFo38uDnh65zbNIBYYH1wmDPo>
- Wayside Chapel  
29 Hughes Street, Kings Cross  
Café area remains open:  
Monday to Saturday 9:30am-9:30pm  
Sunday 10am-9:30pm  
Tel: 9581 9100

## Emergency Aid

Vinnies – 13 18 12

Assistance with food, clothing, household items and financial aid for people struggling to get by.

## Legal Advice

- Redfern Legal Centre  
<https://rlc.org.au/contact>
- Marrickville Legal Centre - 9559 2899 <https://www.mlc.org.au/contact/>
- Legal Aid Domestic Violence Unit - 9219 6300

## Supermarkets

- Woolworths Priority Assistance Service offers dedicated delivery windows to eligible customers including seniors, people with a disability and those with compromised immunity or who are required to self-isolate. Register here: <https://www.woolworths.com.au/shop/discover/priorityassistance>
- Coles Online Priority Service – launching soon  
<https://www.coles.com.au/customernotice>

## Food Donations

These local organisations have requested food donations so they can continue supporting their clients:

- Exodus Foundation
- Newtown Mission
- Anglicare Summer Hill

Examples include:

Instant noodles, cans of tuna, cans of spaghetti / baked beans, toilet paper(!) for emergency food hampers. And, to keep our takeaway meals going for Newtown Mission: UHT (longlife) milk and loaves of sliced bread (preferably white sliced).

- Asylum Seeker Centre  
<https://asylumseekerscentre.org.au/food-and-toiletry-donations/>
- Newtown Neighbourhood Centre  
1 Bedford Street, Newtown

Free food pantry outside centre for people to leave grocery or toiletry donations or to take as needed.

## Online Resources and Groups

- Love in the time of Covid-19  
<https://www.facebook.com/groups/680463122494391/>

Online form if you require assistance:

[https://docs.google.com/forms/d/e/1FAIpQLSdfEvyqFWTrk3G0Dg2s4igEH\\_D2GsGenDR06\\_kBSZ0Oa\\_ziyQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdfEvyqFWTrk3G0Dg2s4igEH_D2GsGenDR06_kBSZ0Oa_ziyQ/viewform)

- Covid-19 Inner West Sydney Mutual Aid  
<https://www.facebook.com/groups/142634903715594/>
- Online Medical Advice and Prescriptions: <https://www.qoctor.com.au/>

## Employment Opportunities

- Coles Supermarkets are recruiting night-fillers:  
<https://www.colescareers.com.au/retail-stores/in-store/nightfill-grocery>
- Centrelink temporary staff:  
<https://servicesaustraliacareers.nga.net.au/cp/index.cfm?event=jobs.checkJobDetailsNewApplication&returnToEvent=jobs.listJobs&jobid=455E321D-3BC4-45E7-B1D6-AAE600CE7136&CurATC=EXT&CurBID=62AFB35D%2D9273%2D4A11%2D8DCC%2D9DB401354197&JobListID=22FC4F47%2DE994%2D46A3%2DB8C9%2D9BC901269F43&jobsListKey=09eb40f4%2D663c%2D47a7%2D9434%2Def7d49048567&persistVariables=CurATC,CurBID,JobListID,jobsListKey&lid=78300810008>

## Other Resources

- Ask Izzy list services supporting people experiencing homelessness  
<https://askizzy.org.au/>

- Red Cross: <https://www.redcross.org.au/get-help/emergencies/looking-after-yourself/how-to-prepare-for-coronavirus>
- Vinnies: [https://www.vinnies.org.au/page/News/NSW/Blog\\_NSW/Vinnies\\_and\\_Coronavirus\\_Answering\\_Your\\_Questions/](https://www.vinnies.org.au/page/News/NSW/Blog_NSW/Vinnies_and_Coronavirus_Answering_Your_Questions/)

## Specialised Services

- Family Advocacy and Support Services (FASS) Sydney Family Court  
FASS social support is available on Mondays to Fridays from 9:30am – 1pm, and 2 – 4pm.  
Tel: 9287 7505 or [slcp@swwslc.org.au](mailto:slcp@swwslc.org.au)
- Leichhardt Women’s Community Health Centre  
Ph: 9560 3011  
Reception is continuing to open during our normal hours, but most appointments (including GPs, naturopath, counsellor, and nurse) are being moved from face-to-face to telehealth via phone or Skype.

## Emergency Numbers

- Police, Ambulance, Fire - 000
- Domestic Violence Line - 1800 656 463 (24 hours)
- Mental Health Line = 1800 011 511
- COVID-19 National Hotline  
The Coronavirus Health Information Line provides general information relating to coronavirus (COVID-19) for the general community. The line operates 24 hours a day, seven days a week. 1800 020 080
- NSW Health Direct 1800 022 222
- NDIS 1800 800 110
- My Aged Care 1300 536 707

## **Coronavirus screening clinics**

Coronavirus (COVID-19) screening clinics are also in operation at several hospitals across the region:

- Royal Prince Alfred Hospital 8.00 am - 10.00 pm daily
- Concord Hospital, 8.00 am - 6.00 pm daily - across road from ED in Sports Institute Building
- Canterbury Hospital, 8.00 am - 10.00 pm daily - access via the After Hours GP entrance
- St Vincent's Hospital 10.30am - 6.00pm daily. Enter via main hospital entrance and follow the green line to the Flu Assessment Clinic. (\*All non-emergency presentations for testing of children should go to Sydney Children's Hospital or Royal Prince Alfred Hospital)
- Sydney Eye Hospital Emergency Department, 8 Macquarie St, Sydney, is now offering testing.
- Prince of Wales Hospital 10.00am - 8.00pm daily - access via Building 14B Avoca St, Randwick
- Redfern Health Centre, 103 – 105 Redfern St 9.00am – 4.00pm Monday - Saturday
- St George Hospital 8.00am - 6.00pm daily - Gray Street Kogarah