

GETTING OUT

CLOTHING & FOOD

When you leave prison, you will need to find your own clothes and food. It is difficult to know what services are open right now and where you can get the things you need. These are not normal times but don't despair – this will not be forever. This fact sheet focuses on Sydney but wherever you are in NSW, please call CRC on (02) 9288 8700 and we will help you to find what you need in your area.



I got out of prison and don't have any clothes to wear. Where can I get clothes?

Often when people come out of prison they don't have any clothes. It can be really frustrating only having prison greens or clothes that don't fit anymore. Big shops, like Kmart, Target, Big W and dollar shops are still open and have low-cost basics. Some op shops are also still open.

I have got out of prison and don't have any money or food. Where can I get food?

There are charities and community centres in many areas providing free meals, free or low-cost grocery basics or food vouchers. You can look up what is available in your area on www.askizzy.org.au. CRC staff can look them up for you as well. Call CRC on (02) 9288 8700.

Many of the usual charities are still providing meals though during COVID-19. This is usually takeaway food only to allow for social distancing. This varies from area to area, so please call CRC for information about where to go in your area. There are also some websites at the end of this fact sheet with some more information about where to go.

I am feeling sick and need some groceries. What should I do? Who can help me?

If you are feeling sick with any symptoms it is important not to leave the house at the moment. Major supermarkets can deliver 'basics boxes' to your home; these are low-cost but not free. There are also some community pantries with low-cost essentials, such as the Sydney Food Pantry at 181 Parramatta Road Annandale, tel: 0449 844 006, or the Food Pantry at Addison Rd in Marrickville, which is open 12-4 on weekdays. They can be reached on (02) 9569 7633.



Websites for further information:

www.askizzy.org.au

www.sydneyhomelessconnect.com/services-category/food

www.alexgreenwich.com/homeless_support

