

Showers



Coolum Pool Noon-3pm

Use Council Pass available at all Churches & SOS

Baptist Church 1912 David Low Way

Shower Products

Free person hygiene items

Orange Sky Tuesday 9am - Noon

SOS Food Assist

Laundry



Orange Sky

Tuesday 9am – Noon

22 Elizabeth Street

Community Worker

Linking & connecting with key local community social services (inc. centrelink)

Peregian Beach Community House 5471 2311

Thurs 9am – 1pm

Maroochy Neighborhood Centre 5443 6696

Tuesday 1.30 – 3.30pm

No appointment necessary

Free Wifi & Computers

Coolum Library 6 Park Street

Mon – Fri 9am – 5.30pm

Sat - 9am – 3pm

Inclusive membership (doesn't require personal ID)

Footprints - Mobile Footcare Service

Free mobile foot care & diabetes prevention

Diabetes Nurse Navigators

Liam: 0428 984 767 Carolyn: 0407 692 710

Other Programs

Rhythm 2 Recovery Community Drumming

An SOS activity for social & emotional wellbeing

Email sunshinecoastr2r@gmail.com or

Ken Jones Mobile 0434 878 554

Marcus Mission

Men's Suicide Prevention Program

Jon Morgan Mobile 0419 774194

Connecting & Belonging

Thank you to the many individuals & services who support our community!

Save Our Streets Ltd 22-26 Elizabeth St

Food; Connection & Other Activities

Salvos 5335 8542

3/127 Greenoaks Drive

Op Shop & Welfare Support

St Vincent's Coolum 5451 7600 (9am-1pm)

Mobile Welfare Support

Anglican Church Cnr Beach Rd & Perry St

Food & Connection

Baptist Church 1912 David Low Way

Food & Connection

Uniting Church 22-26 Elizabeth St

Food & Connection

Orange Sky 22-26 Elizabeth Street

Laundry Service

The Abacus Program Pay-It-Forward

Op Shops

Life Line Shop 18 Birtwill Street

Mon-Fri 8.45am – 4.30pm

Sat 9am – 12.45pm

Salvos 3/127 Greenoaks Drive

Mon-Fri 9am – 4pm

Sat 9am – 1pm

Hope Charity 6 William Street

Mon-Fri 9am – 4pm

Sat 9am – 2pm

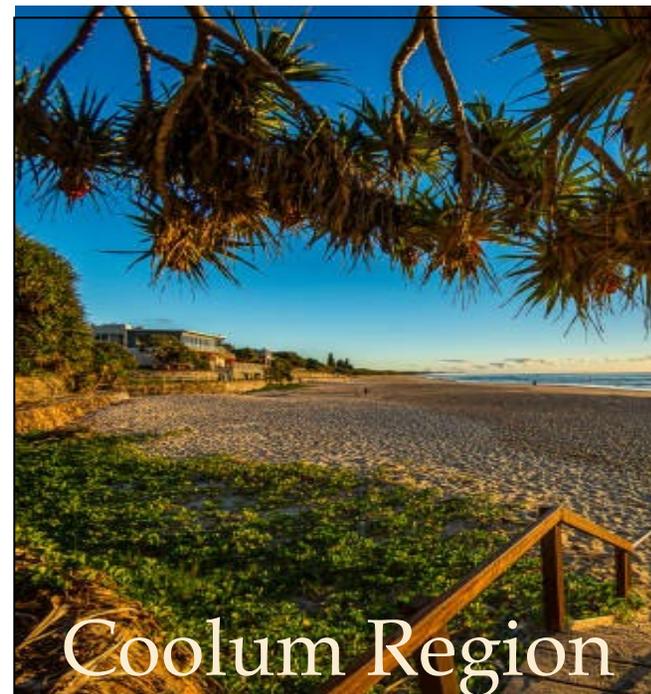
Care Outreach Care Shoppe

35 Dacmar Road

Mon-Fri 9am-3.30pm

Sat 9am-noon

For any additions or changes please email coolum.treasurer@anglicanchurchsq.org.au



Coolum Region

Creating a Community of Care

*Information on where to connect
with your community, access
food support, showers, laundry,
wifi & more!*

Updated Sept 2024

Coolum Community Food Support

Free Meals + Food Provisions (may exclude public holidays)

Monday:

Baptish Church – 1912 David Low Way
Big Breakfast 7am - 8.30am

Salvo's – (at the Anglican Church)
Cnr Beach Road & Perry Street
Plate of Kindness 5-6.30pm

Tuesday:

SOS Food Assist 22-26 Elizabeth Street
Grazing Table 9am – Noon
DIY microwave meals
Groceries (donation) 9am – 1pm

Wednesday:

SOS Food Assist 22-26 Elizabeth Street
Groceries (donation) 11am – 1pm
DIY microwave meals

Thursday:

Anglican Church–Cnr Beach Rd & Perry St
Coffee & Toasties 10am – Noon
SOS Food Assist 22-26 Elizabeth Street
Groceries (donation) 11am – 1pm
DIY microwave meals

Friday:

SOS Food Assist 22-26 Elizabeth Street
Groceries (donation) 9am – 1pm
Save Our Streets Ltd (at the Anglican Church) Cnr Beach Rd & Perry St
BBQ/Pizza & Connect *(coming in Summer)*

Sunday:

Uniting Church 22-26 Elizabeth Street
Lunch Noon -1pm
(following Community Church 11am)
(every 2nd Sunday)

All Week:

St Vincent's – Emergency Food Relief
Coolum 5451 7600 (9am-1pm)

Useful Numbers

Lifeline 131 114 text 0477 131 114

Mental Health Crisis 1300 642 255

Kids Help Line 1800 551 800

IFYS Housing Support 0456 896 021

24/7 Mobile Service

Homeless Hotline 1800 737 732

Dept of Housing (Maroochy) 5352 7333

DV Connect Women's Line 1800 789 978

1800 Respect 1800 737 732

Centacare Sunshine Coast Regional DFV

Service Counselling & Court Support
5430 9300

Beyond Blue Mental Health Support
1300 224 636

Men's Line 1300 789 978

Drug & Alcohol 24 hour Counselling Line
1300 880 574

Legal Aid 5443 7827 & 1300 651 188

Free Legal Advice Sunshine Coast
1800 600 636