



Newtown Neighbourhood Centre Incorporated

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SHOWERS & LAUNDRY FACILITIES

(Updated 17/1/2012)

Name	Details	Contact
<p>Exodus Foundation 180 Liverpool Road, Ashfield</p> <p>Monday to Friday: 8:30 am – 4.30 pm</p>	<ul style="list-style-type: none"> - Free meals Breakfast 9-10am Lunch 11:30-12:45 - Free showers (Incl. soap & towel) 	<p>Ph: 8752 4600</p>
<p>Haymarket Clinic 165 B Palmer St, Darlinghurst</p> <p>Ph: 9331 1969 Monday to Friday: 7 am – 5 pm</p> <p>Saturday: 7am – 12 noon</p>	<p>The clinic provides additional services such as a secondary needle and syringe programme, showers, toilets, mail collection, vitamins and referral to welfare and drug and alcohol services.</p> <p>Nurses Mon to Fri: 7am–5pm; Sat: 7am–12.00pm</p> <p>Doctors Mon to Fri: 8.30am–12.00 noon</p> <p>Flu Injections are being given when doctors are in.</p> <p>Onsite drug and alcohol psychologist 9 -4.00pm</p>	<p>Ph: 9331 1969</p>
<p>The Station Drop-In Centre 82 Erskine St, Sydney Close to Wynyard station</p> <p>Monday to Friday:</p>	<p>Haircuts on Tuesdays and Thursdays from 12:45 to 2:00 pm. Toothbrushes, toothpaste and deodorant available.</p> <p>Free meals: Mon - Friday Breakfast 7.30am – 9am</p>	<p>Ph: 9299 2252</p>

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7:30 am – 4:00 pm	Lunch 12.30pm – 1.00pm Free laundry from 7:30-noon and free shower facilities 7:30am-1:30pm.	
<p>The Wayside Chapel 29 Hughes St, Potts Point</p> <p>Monday to Friday: 9 am – 8 pm</p> <p>Also open Saturdays and Sundays 9am – 5pm</p>	<p>Showers, low-cost meals and clothing for the most disadvantaged members of our community</p> <p>Referrals for short and long term crisis accommodation and housing</p> <p>Information & advocacy services</p> <p>Referral services to health and welfare agencies</p> <p>Meeting spaces for self help and community groups</p> <p>Weekly onsite legal, health, and counselling clinics (we partner with experts in their field)</p> <p>Drop in activities – including sport, gym, photography & movies</p> <p>A judgment free space for those just looking for a chat, a coffee or a quiet place to think</p>	Ph: 9358 6577
<p>Women’s and Girls’ Emergency Centre 361 Raleigh St, Surry Hills</p> <p>Monday to Friday: 9.30am – 1.30pm</p> <p>Outreach 1.30 – 4.00pm</p>	<p>Food, showers, washing machines, material and social assistance and a safe space.</p> <p>Kitchen, bath, shower and laundry facilities</p> <p>Nurse- negotiable, check with centre</p> <p>Friday’s -Homeless legal advice Counselor – Part-time</p>	Ph: 9211 1616

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<p>Norman Andrews House (Bondi Beach Community Centre)</p>	<p>Breakfast & lunch served free every week day. Laundry & shower facilities. Lockers for storage of personal goods. Advocacy & referral services. Community nurse & Podiatrist. Homeless Persons' Legal Service. Counselling services. Art therapy sessions. Group activities. Information available and a safe place to rest.</p>	<p>Ph: 9130 5749 F: 9130 6731</p>
<p>77 Roscoe St, Bondi Beach</p>	<p>Shower & laundry facilities available</p>	<p>Open: Mon – Friday 8am – 4pm</p>
<p>Email: normanandrews@ucabondibeach.com.au</p>		<p>(Not on public holidays)</p>

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