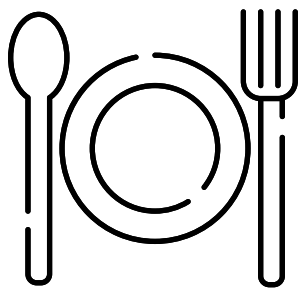
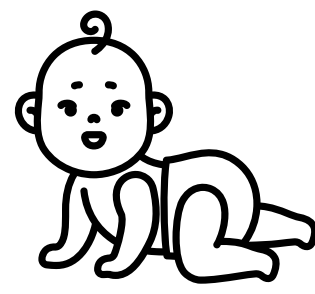


# REFERRAL PATHWAYS

Click on an icon to start



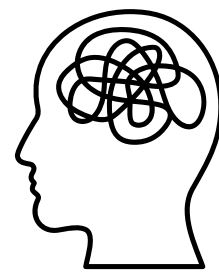
Food Relief



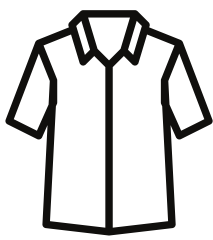
Baby



Bills



Mental Health



Clothing



About SECC

You can always go back to this page  
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South Eastern Community Connect

# FOOD RELIEF

Click on a location

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You can always go back to this page  
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Quick Guide

# FOOD RELIEF


## ➤ **Glebe Assistance Partnership Program**

9552 4164, [www.glebechurch.org.au](http://www.glebechurch.org.au)

138a Glebe Pt Road, Glebe

Monday and Wednesday 10am-1230pm

*Getting there from SECC:*

 1hr -1.5 hrs

 309 and 370

 18 mins

[OPEN IN GOOGLE MAPS](#)


## ➤ **OzHarvest Market**

1800 108 006, [www.ozharvest.org/your-local-ozharvest/](http://www.ozharvest.org/your-local-ozharvest/)

95 Wellington St, Waterloo

Tuesday-Friday 10am-2pm

*Getting there from SECC:*

 30 - 45mins

 309

 8 mins

[OPEN IN GOOGLE MAPS](#)

▼  
MORE



Quick Guide

# FOOD RELIEF


## ➤ Addison Road - Marrickville


9569 7633, [addiroad.org.au/food-pantry/](http://addiroad.org.au/food-pantry/)

142 Addison Road, Marrickville

Monday-Friday 12-4pm

*Getting there from SECC:*

 1hr -1.5 hrs

 309 and 355

 13 mins

[OPEN IN GOOGLE MAPS](#)


## ➤ Addison Road - Camperdown

9569 7633, [addiroad.org.au/food-pantry/](http://addiroad.org.au/food-pantry/)

31 Pyrmont Bridge Rd, Camperdown

Monday-Friday 12-4pm

*Getting there from SECC:*

 1hr -1.5 hrs

 343 and 470

 16 mins

[OPEN IN GOOGLE MAPS](#)



MORE




Quick Guide

# FOOD RELIEF

## ➤ **Pantry4ThePeople**

24/7 Food Support Location:  
1555 Botany Road, Botany

*Getting there from SECC:*

 1hr - 1.5 hrs

 309

 11 mins

[OPEN IN GOOGLE MAPS](#)

## ➤ **Project Kindness**

0431 537 727

Request needed items:

<https://projectkindness.com.au/request-kindness/>

## ➤ **Askizzy**

Go to [www.askizzy.org.au](http://www.askizzy.org.au) for other options



MORE



Emergency Food Relief

# INNER CITY

## ➤ BAYSIDE

- Mission Australia **V**
- St Vincent's Food Van/Truck **M**
- Pantry4ThePeople **P**
- Food Market, Fresh Food & Household Community Pantry **P**

## EASTERN SUBURBS

- • COA Sydney **P D**
- St Marks Community Pantry **P**
- Kooloora **F M**
- Lou's Place **M**
- South Coogee Anglican Church **P**

## INNER WEST

- • Addison Road **P**
- Asylum Seekers Centre **P**
- Exodus Foundation **M**
- Rozelle Neighbourhood Centre **P**

**KEY:** **V** - Vouchers    **M** - Meals    **P** - Pantry/Hampers  
**D** - Delivery    **F** - F&V Bags



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Emergency Food Relief

# INNER CITY

## ➤ CITY OF SYDNEY

- Glebe Assistance Partnership Program **P V**
- Jesus Cares Van **P**
- OzHarvest Market **P**
- Rough Edges Cafe **M**
- The Station **M**
- Will2Live Van **M**

## ➤ OTHERS

- One Meal Makes a Difference **M**
- Prosper Sydney Help Hub **P**
- The Staples Bag **P**

**KEY:** **V** - Vouchers    **M** - Meals    **P** - Pantry/Hampers  
**D** - Delivery    **F** - F&V Bags



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Emergency Food Relief

# GREATER SYDNEY

## ➤ SOUTH SYDNEY

- Kingsway Community Care
- Salvation Army Corps
- Hands and Feet
- The Kogarah Storehouse
- Orana Sutherland

## ➤ WESTERN SYDNEY

- Parramatta Mission
- Anglicare Merrylands
- Parra Food Pantry
- Foodcare Shop
- Turbans for Australia
- Pathways Community Care
- Parramatta Salvation Army
- Harris Park Community Centre



MORE





Emergency Food Relief

# GREATER SYDNEY

## ➤ NORTH SYDNEY

- Anglicare Mobile Community Pantry, Artarmon
- Chatswood Salvation Army
- CatholicCare Artarmon Family Centre
- St Vincent de Paul Society, Crows Nest Vinnies Support Centre

## ➤ MANLY

- Community Northern Beaches
- C3 Syd Cares Manly
- One Meal

**KEY:** **V** - Vouchers    **M** - Meals    **P** - Pantry/Hampers  
**D** - Delivery    **F** - F&V Bags








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Emergency Food Relief

# BAYSIDE

- **Mission Australia**   
9357 1144  
<https://www.missionaustralia.com.au/servicedirectory/190-financial-wellbeing/emergency-relief-city-inner-south-inner-west>
- **St Vincent's Food Van/Truck**   
9518 0303  
Monday, Wednesday - Saturday:  
Slattery Place Eastlakes: 8.05pm to 8.35pm, Maloney St: 8.40pm to 9.10pm  
<https://www.vinnies.org.au/nsw/find-help/vinnies-vans>
- **Pantry4ThePeople**   
1555 Botany Rd, Botany 24/7  
Community Pantry

KEY:  Vouchers  Meals  Pantry/Hampers  
 F&V Bags  Delivery






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Emergency Food Relief

# BAYSIDE

-  **Food Market, Fresh Food & Household Community Pantry**   
[admin@charityltd.org.au](mailto:admin@charityltd.org.au)  
Rockdale, email for full address and opening hours.

KEY:  Vouchers  Meals  Pantry/Hampers  
 F&V Bags  Delivery

  
MORE



Emergency Food Relief

# EASTERN SUBURBS

➤ **COA Sydney**  

9389 0035

Woollahra

Eligibility: COA Members

<https://www.coasydney.org/coa-fresh>

➤ **St Marks Community Pantry** 

9311 0309

Malabar

Every 2nd Fri 10-11am

Bag of Food (\$12)

Eligibility: Pensions or Health Care Card

<https://www.oceansideanglican.org.au/week>






➤ **Kooloora**  

9661 9160 | [kooloora.org](http://kooloora.org)

167 Bilga Cres, Malabar

Pick up pre ordered bag 10:30am

fornightly on Fridays. \$15 per bag

KEY:  Vouchers  Meals  Pantry/Hampers  
 F&V Bags  Delivery

▼  
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Emergency Food Relief

# EASTERN SUBURBS

➤ **Lou's Place** **M**

9358 4553 182 Victoria St, Potts Point

Mon, Wed-Fri 830-330 Takeaway Meals

Women/ Children

info@lousplace.com.au

<https://www.lousplace.com.au/services-at-lous>

➤ **South Coogee Anglican Church** **P**

<https://www.southcoogee.church/community-pantry>

0407 891 306

21 Nymboida Street, South Coogee

(enter on Gregory Street)

Every 2nd Thurs 330-430pm

\$12 per bag

KEY: **V** Vouchers   **M** Meals   **P** Pantry/Hampers  
**F** F&V Bags   **D** Delivery



MORE



Emergency Food Relief

# INNER WEST

➤ **Addison Road** P  
9569 7633  
142 Addison Road, Marrickville  
Mon-Fri 12 - 4  
Community Pantry  
<https://addiroad.org.au/food-pantry/>

➤ **Asylum Seekers Centre** M  
9078 1900  
43 Bedford Street, Newtown  
Tuesdays, Thursdays, Fridays  
12.30-1.30pm  
Meals | Eligibility: Asylum Seeker

➤ **Exodus Foundation** M  
8752 4600  
180 Liverpool Street, Ashfield  
9:00am - 9:45am | Daily  
11:30am - 12:45pm | Daily  
<https://www.billcrews.org/free-meals-sydney>

KEY: V Vouchers M Meals P Pantry/Hampers  
F F&V Bags D Delivery



SCROLL FOR MORE



Emergency Food Relief

# INNER WEST

**> Rozelle Neighbourhood Centre** **P**

9556 9500

754 Darling St, Rozelle

Fortnightly Fri 1230 - 2

Food Pantry

KEY: **V** Vouchers   **M** Meals   **P** Pantry/Hampers  
**F** F&V Bags   **D** Delivery

∨  
MORE



Emergency Food Relief

# CITY OF SYDNEY

## ➤ **Glebe Assistance Partnership Program**

9552 4164, 138a Glebe Pt Road, Glebe

Mon 10-1 Wed 10-1230

Food Parcels, Vouchers

<http://www.glebechurch.org.au>

## **Jesus Cares Van**

0444 558 352, Martin Place Fri/Sat

745pm Food Van Ministry

## **OzHarvest Market**

1800 108 006, 95 Wellington St,

Waterloo Mon-Sat 10-2

<https://www.ozharvest.org/ozharvest-market-waterloo/>

## **Rough Edges Cafe**

9360 6844, 120 Darlinghurst Road

Mon-Thu Takeaway Lunch/Dinner

<https://www.roughedges.org.au/cafe>

KEY: **V** Vouchers **M** Meals **P** Pantry/Hampers  
**F** F&V Bags **D** Delivery



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Emergency Food Relief

# CITY OF SYDNEY

## ➤ **The Station**

9299 2252, 82 Erskine St, Sydney 7

Days 730-9, 12-1230 Takeaway Meals

<https://thestationltd.org/services/#mealsAndDrinks>

## **Will2Live Van**

0449 924 221, Cnr Eddy/Elizabeth St,

Central Mon-Fri 645-7pm Takeaway  
Dinner

<http://www.sydneyhomelessconnect.com/services/will2live/>

KEY: **V** Vouchers   **M** Meals   **P** Pantry/Hampers  
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Emergency Food Relief

# OTHER

## ➤ **One Meal Makes a Difference**

301 Victoria St, Darlinghurst, Sat/Sun

615-7 | Free Meals

[sydneycity@onemeal.org.au](mailto:sydneycity@onemeal.org.au)

[www.onemeal.org.au](http://www.onemeal.org.au)

## **Prosper Sydney Help Hub**

Material Assistance, Apply Online

<https://prosperprojectaustralia.org/welfare/>

## **The Staples Bag**

31 Pyrmont Bridge Rd, Camperdown

Wednesday 10am to 3pm

KEY: **V** Vouchers   **M** Meals   **P** Pantry/Hampers  
**F** F&V Bags   **D** Delivery



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Emergency Food Relief

# MANLY

➤ **Community Northern Beaches**  
9977 1066, 52 Raglan Street, Manly  
Mon-Fri 10am-3pm  
[info@cnb.org.au](mailto:info@cnb.org.au)

**C3 Syd Cares Manly**  
9972 8688, 14-18 Wentworth St, Manly  
Contact for opening hours  
<https://c3syd.church/cares>

**One Meal, Brookvale**  
Old Youth Reach building,  
12 Powells Road, Brookvale  
Mon-Thu 730am-10am, 1230-3:30  
0409 302 717  
<http://www.onemeal.org.au/northern-beaches>

KEY: **V** Vouchers   **M** Meals   **P** Pantry/Hampers  
**F** F&V Bags   **D** Delivery

∨  
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Emergency Food Relief

# NORTH SYDNEY

## ➤ **Anglicare Mobile Community Pantry, Artarmon**

9412 1315

6 Broughton Road, Artarmon

Mon 1-2 pm

Willoughby LGA Families Only

\$12 per bag

<https://www.anglicare.org.au/community/food-assistance/community-pantry>

Anglicare has other nearby locations including North Ryde, Crowsnest and Drummoyne



## **Chatswood Salvation Army** **Community Services Centre**

9419 8695

Cnr Archer Street & Johnson Street  
Chatswood

Tuesday, Thursday 10am-4pm

<http://www.salvos.org.au>

KEY:  Vouchers  Meals  Pantry/Hampers  
 F&V Bags  Delivery



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Emergency Food Relief

# NORTH SYDNEY

## ➤ **CatholicCare Artarmon Family Centre**

1800 324 924

Suite 404, Level 4, Located in Northern  
44 Hampden Road, Artarmon M-F 9-5  
metropolitan region.

<https://catholiccaredbb.org.au/family-youth-children/emergency-relief/>

## **St Vincent de Paul Society, Crows Nest Vinnies Support Centre**

7203 3407, <https://www.vinnies.org.au/>  
Level 2, 60 Alexander Street Crows  
Nest | M-F 10-3

Located in Lane Cove, Mosman &  
North Sydney LGAs.

Must provide a Centrelink income  
statement.

KEY: **V** Vouchers   **M** Meals   **P** Pantry/Hampers  
**F** F&V Bags   **D** Delivery

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Emergency Food Relief

# SOUTH SYDNEY

➤ **Kingsway Community Care,  
Seechange Op Shop**

9589 0058

6/40-42 Railway Crescent, Jannali

Mon - Fri 930am - 3pm

[kingswaycare.org.au](http://kingswaycare.org.au)

**Salvation Army Corps Miranda**

9542 9500

23 Kiora Road, Miranda

Tues and Thurs

Located in Miranda and Surrounds

<https://www.salvationarmy.org.au/shire/locations/miranda/>

**Hands and Feet**

0416 458 787

[handsandfeet.com.au](http://handsandfeet.com.au)

New Methodist Church,

18 Morts Road, Mortdale

Saturday 4 - 5pm

KEY: **V** Vouchers   **M** Meals   **P** Pantry/Hampers  
**F** F&V Bags   **D** Delivery

▼  
MORE



Emergency Food Relief

# SOUTH SYDNEY

## ➤ **The Kogarah Storehouse**

9587 5761

Corner of Kensington & Gray Streets  
Kogarah

Wed 1pm – 3pm

Centrelink card / ID card is required

Register by texting your details to  
0476 868 283

<https://www.kogarahstorehouse.org.au/the-storehouse-food-program/>

## **Orana Sutherland**

9521 8280 | <https://oranansw.org.au/>

3a Stapleton Avenue, Sutherland

M-F 9:30am - 4:00pm

Located in Sutherland LGA

KEY: **V** Vouchers   **M** Meals   **P** Pantry/Hampers  
**F** F&V Bags   **D** Delivery

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Emergency Food Relief

# WESTERN SYDNEY

➤ **Parramatta Mission** P  
9891 2277  
119 Macquarie Street, Parramatta  
Mon - Fri 1 - 3pm  
Holroyd & Parramatta LGA's  
Centrelink Income Statement  
[parramattamission.org.au](http://parramattamission.org.au)

➤ **Anglicare Merrylands** P  
9637 2522  
30 St Ann Street, Merrylands  
Every second Monday 10-11am  
[anglicare.org.au](http://anglicare.org.au)

➤ **Parramatta Food Pantry** P  
8005 1844  
79-81 Hammers Road, Northmead  
Mon, Wed, Friday 9am - 5pm  
[parramattasda.org.au](http://parramattasda.org.au)

KEY: V Vouchers M Meals P Pantry/Hampers  
F F&V Bags D Delivery

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Emergency Food Relief

# WESTERN SYDNEY

- **Parramatta Community Care - P**  
**Foodcare**  
0497 805 788  
18 Barney Street, North Parramatta  
By appointment Fridays 9am - 10:30am  
Centrelink Card  
[pcc.org.au/care](http://pcc.org.au/care)
- **Turbans for Australia P**  
0432 017 000  
14 Martha Street, Clyde  
Sunday 11am - 12pm  
Located in Parramatta, Cumberland  
and Blacktown LGA's  
[t4a.org.au](http://t4a.org.au)
- **Pathways Community Care v**  
9636 7400  
Cnr Dunmore Street and Pendle Way,  
Pendle Hill. Contact for hours

KEY: **V** Vouchers   **M** Meals   **P** Pantry/Hampers  
**F** F&V Bags   **D** Delivery

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Emergency Food Relief

# WESTERN SYDNEY

➤ **Parramatta Salvation Army**  

9689 2832

95 Phillip Street, Parramatta

Mon, Fri 9:30am - 1pm

Located in Parramatta and  
surrounding areas



➤ **Harris Park Community Centre** 

9635 0157

11 Albion Street, Harris Park

Mon-Thu 9am - 4pm, Friday 9am - 3pm

[hpcc.org.au](http://hpcc.org.au)

KEY:  Vouchers  Meals  Pantry/Hampers  
 F&V Bags  Delivery

∨  
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Emergency Relief

# BABY ITEMS

## ➤ **Cuddle Bundles**

Referral from an organisation needed.  
Fill out a referral form at  
<https://cuddlebundles.org.au/referral-form>

## ➤ **Nappy Collective**

Are you an individual/family who requires nappies? Please email your request, town/suburb and state to [nappies@thenappycollective.org.au](mailto:nappies@thenappycollective.org.au) and we'll find somewhere to help.



MORE



Emergency Relief

# BABY ITEMS

➤ **Sydney Help Hub by Prosper Australia**

M-F 9-5 | 0402 787 571

Rotary Community Centre,  
34 North Parade, Campsie

Material aid including nappies,  
vouchers, clothing and food.

➤ **Askizzy**

Go to [www.askizzy.org.au](http://www.askizzy.org.au) for other  
options



Emergency Relief

# BILLS

- **Bill Crews Foundation**  
8752 4602  
180 Liverpool Road, Ashfield  
[billcrews.org](http://billcrews.org)
- **Sydney Multicultural Community Services**  
9663 3922  
3 General Bridges Crescent, Daceyville  
CALD Residents  
[sydneymcs.org.au](http://sydneymcs.org.au)
- **The Salvation Army Moneycare**  
1800 722 363  
Various Locations around Sydney  
[salvationarmy.org.au](http://salvationarmy.org.au)
- **Glebe Assistance Partnership Program**  
9552 4164  
St John's Anglican Church, Glebe  
For Glebe and Local Residents



MORE



Emergency Relief

# BILLS

- **Kooloora Community Centre**  
9661 9160  
167 Bilga Crescent, Malabar  
Postcodes: 2035, 2036  
[kooloora.org](http://kooloora.org)
- **Anglicare Emergency Relief**  
8624 8600  
[anglicare.org.au](http://anglicare.org.au)
- **Metro Assist**  
9789 3744  
LGA's: Canterbury Bankstown, Inner  
West, Canada Bay, Georges River, Bayside  
[metroassist.org.au](http://metroassist.org.au)
- **Bay City Care**  
8094 1354  
[baycitycare.com.au](http://baycitycare.com.au)
- **Asylum Seekers Centre**  
9078 1900  
Eligibility: Asylum Seekers  
[asylumseekerscentre.org.au](http://asylumseekerscentre.org.au)



MORE



24 hour Crisis/Help Lines

# EMERGENCY MENTAL HEALTH SUPPORT

- **Lifeline**  
13 11 14  
[lifeline.org.au](http://lifeline.org.au)
- **Harman Foundation Australia**  
1800 116 675  
[harmanfoundation.org.au](http://harmanfoundation.org.au)
- **Mental Health Central Intake**  
1800 011 511
- **13 YARN**  
13 92 76  
ATSI Specific  
[13yarn.org.au](http://13yarn.org.au)
- **Jewish House**  
1300 544 357  
[jewishhouse.org.au](http://jewishhouse.org.au)



MORE



Counselling

# MENTAL HEALTH SUPPORT

- **headspace Bondi Junction**  
9366 8800  
Youth Specific 12-25 years  
[headspace.org.au](https://headspace.org.au)
- **Marrickville Community Health Centre**  
9562 0500
- **Redfern Community Health Centre**  
9395 0444
- **Forward Therapy - Surry Hills**  
8006 1122  
[forwardtherapy.com](https://forwardtherapy.com)
- **One Door Mental Health Burwood**  
9199 6143



MORE





# CLOTHING ITEMS

- **The Salvation Army, Salvos Connect, Community Centre**  
1300 371 288  
39 Dora Street, Hurstville
- **St Vincent de Paul Society**  
Call 13 18 12 to be referred to a location near you
- **Mudgin-Gal Aboriginal Corporation**  
9698 1173  
233 Abercrombie Street, Chippendale  
Only those who identify as ATSI can access  
[mudgin-gal.org.au](http://mudgin-gal.org.au)



MORE





# Together at SECC

We're here so you're  
never alone.



**South Eastern  
Community  
Connect**

# Is SECC for you?

Do you live in one of these LGAs?

- Bayside
- City of Sydney
- Randwick
- Waverley or
- Woollahra?

Do you want to connect with a community centre that cares?

SECC is here for you, no matter your age, background, or life situation.

Note: SECC also provides OSHC services in Campbelltown and Canterbury-Bankstown.

## OUR PURPOSE

SECC offers support that's meaningful to you.

We combat the loneliness epidemic through dynamic community programs and services.

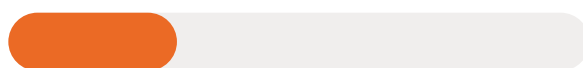


# OUR IMPACT

## WHO WE HELP

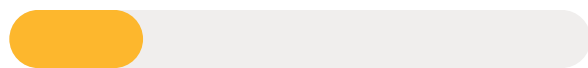


# 65+

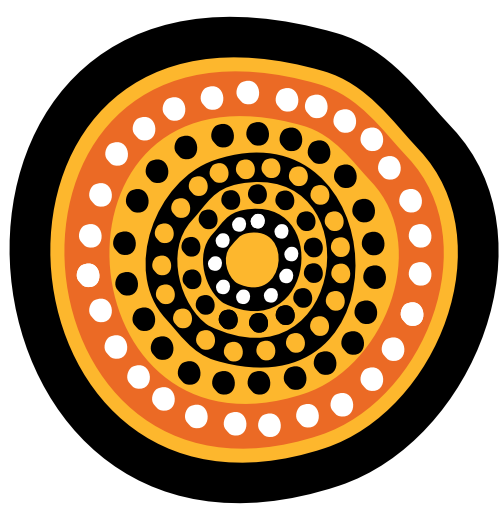


29% of clients  
are over 65

# 0-4y.o.



23% are 0-4 year-olds  
- primarily at The Hub



# 81% increase

clients with Aboriginal and  
Torres Strait Islander  
background (up from 58 in  
2022 to 105 in 2023)

## TESTIMONIAL

"After attending your parenting program I saw a **big difference in my relationship with my child**. Thank you for the support you offer."

- SIAN



# FAMILIES

- OSHC Care ("SMOOSH")
- The People's Pantry
- Toy Library
- Supported Playgroups
- Parenting Workshops
- Case Management
- Domestic Violence Support



# YOUTH

- Weekly Youth Drop In
- Dedicated Youth Case Worker for ages 12-25
- High School Tutoring
- Wellbeing Programs

# SENIORS

SECC is well-known for its support of older people through:

- Community transport and group outings
- Flexible in-home respite care for people over 65
- Social support (both individual and group services)
- A dedicated Darling Point day centre for people living with dementia
- Home Care Package services
- Shopping assistance
- Fruit and vegetable boxes
- Volunteering opportunities

Enquiries: (02) 8338 8506





# COMMUNITY

All SECC programs and services aim to connect people. They include:

- The People's Pantry
- Cooking Groups
- Dementia Care
- Seniors & Community Events
- English Language Classes
- Beginner's Computer Classes
- Tai Chi
- Creative Workshops
- WiFi and JP Services
- Services Australia
- Legal Outreach & Tax Help

## LOCAL FOOD SERVICES

- The People's Pantry
- List Shopping
- Fruit and Vegetable Boxes



## WAYS YOU CAN HELP

# DONATIONS

The need for food relief is huge, and your donation can make an enormous difference to individuals and families in need locally.



### ***Drop-offs:***

#### **SECC Community Hub**

1007 Botany Rd, Mascot 2020



### ***Hours:***

Mondays to Fridays

9.30am to 12pm and 1-4pm



### ***Order Online:***

Order online via Coles or Woolworths and have groceries delivered to 1007 Botany Rd, Mascot (tel 02 7903 0607)



### ***Prefer to donate money?***

Visit our donations page at **[secc.sydney/donate](https://secc.sydney/donate)** – or opt to pledge a monthly amount.

## VOLUNTEERING

Volunteers are the lifeblood of SECC.

As a volunteer you make an invaluable contribution to the centre's activities.

We will support you with volunteer training and a dedicated Volunteer Manager to help you make the most of the experience.

Learn more at **[secc.sydney/volunteer](https://secc.sydney/volunteer)**





**South Eastern  
Community  
Connect**

## **SECC Community Hub**

1007 Botany Rd, Mascot 2020  
(opposite Mascot Memorial Park)

T (02) 7903 0607

Monday to Friday 9.30am-12pm and 1-4pm

## **SECC Head Office**

21 Vernon Ave, Eastlakes 2018

T (02) 8338 8506

Monday to Friday 8.30am to 4.30pm

### **Email**

[secc@secc.sydney](mailto:secc@secc.sydney)

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