

## Community Support in Lockdown



**Dromana FOOD RELIEF Ph: 0417 467 734**

Thursdays from 9 am to 10.30 am at Fifteen Gibson Street

**DROMANA**  
COMMUNITY HOUSE  
Food Relief

Collect a food parcel including prepared fresh/ frozen meals and pantry items and a box of fresh vegetables, fruit and bread or rolls. For those in need!

Pop up cart 9.30 am – Bread and some vegies Monday to Wednesday

Sorry no deliveries, the Community House is closed.

**SecondBite**  
Ending Waste. Ending Hunger.



**coles** *Bakers Delight*



**TORELLO** farm



**MORNINGTON  
PENINSULA**  
*Shire*

The Shire supports the three community support and information centres across the Peninsula who are providing emergency relief on the Peninsula:

- [Southern Peninsula Community Support](#) 5986 1285
- Westernport Community Support 5979 2762
- Mornington Community Information and Support Centre Inc. 5975 1644

The Centres provide a wide range of support to people in need of assistance ranging from food, material aid to bill payments. If you know someone who needs help reach out to the organisations.

**Housing assistance** - The Salvation Army Rosebud Office on 5986 0000

**Vinnies Kitchen** Lunch and Dinners 980 Pt Nepean Road, Rosebud Ph; 0417 598 433

### **Southern Peninsula Community Support - Rosebud**

*Phone 5986 1285*

*Monday to Friday | 10:00 am – 3:00 pm*

Talk with an experienced interviewer and find out how we can assist with Emergency Relief and essential support to you, including: Pantry items & food parcels; Fruit & vegetables; Personal hygiene products; Public transport costs; Assistance with pharmacy & education costs; Shower & laundry program; and Assistance with utilities



Peninsula  
Community  
Legal Centre

If you need urgent legal assistance

Phone (03) 9783 3600 or 1800 064 784

## Further assistance

The uncertainty the pandemic brings can affect our mental health and we might feel stressed, anxious and worried in ways we haven't before.

If you need to talk to someone about how you are doing you can call [Beyond Blue](#) to speak to a trained counsellor on 1800 512 348 or [Lifeline](#) on 13 11 14.

If you live under threat of family violence by another person in your home and you are at risk, you are allowed to leave home. If you are stopped, you can tell police you are feeling unsafe and they will help you. Call 1800 737 732 for confidential counselling and support or visit [1800 RESPECT](#).

## Local testing clinics

If you have any symptoms, however mild, you should get tested. Symptoms can include: fever, coughing, sore throat, shortness of breath, runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

For further advice call the 24-hour Coronavirus hotline 1800 675 398, your general practitioner or use the State Government's [online self-assessment tool](#).

Testing is free if done through a public health facility or GP offering bulk billing.

**Rosebud Hospital:** The clinic is located in Eleanora House at the front of the Rosebud Hospital.

**Frankston Hospital:** Corner of Hastings Road and Yuillie Street, Frankston.

**Atticus Health Medical Clinic Hastings:** Testing at the clinic car park. Tests are by appointment only.

**Rosebud Respiratory Clinic at the Rosebud Skin Cancer Centre:** Testing at the clinic by appointment.

## Are you eligible for the vaccine?

Use the [COVID-19 vaccine eligibility checker](#) to find out when you can receive a COVID-19 vaccine, book an appointment or register your interest.

Some local GP clinics are offering the vaccine. Contact your GP or go [online to find your nearest vaccination clinic](#)