

Information contained here is provided by individual orgs, and is correct at time of publication. We strive to ensure everything is as up to date as possible.

The contributors acknowledge the The Traditional Owners of the land on which we have produced this booklet, the Boon Wurrung and Woiwurrung peoples of the Kulin Nation, including the Wurundjeri tribe. We pay respects to Elders past and present. We acknowledge the sorrow of the Stolen Generations and the impacts of colonisation on Aboriginal and Torres Strait Islander peoples. We recognise the resilience, strength and pride of the Aboriginal and Torres Strait Islander communities.



**THIS ISSUE'S CONTRIBUTORS:**  
Jenni, D, Lee, Chris, Kevin, Lesley-Anne  
Ronnie, Alex, Emily

**SCAN THE QR CODE TO VISIT THE WEBSITE**



**[www.needtoknowhomeless.org](http://www.needtoknowhomeless.org)**



Please tell us if this booklet is helpful and share your suggestions for future editions!

Email: [Needtoknow@cohealth.org.au](mailto:Needtoknow@cohealth.org.au)



everyone is welcome at cohealth

# What YOU...



## to survive the streets

### FIND HOPE

Spend more time enjoying community outings, where you will enjoy people. Don't suffer alone. Some people feel nothing at all, but some of us feel there is a lot more in our hearts, our drive, our soul and spirit to chase for a greater power and life. For your one self, find the spark. It's there.

- Jenni Hughes.



Information for people who are **HOMELESS** or doing it tough in Melbourne

Created by people who were and are homeless with special thanks to the library for providing a safe and supported space.



# SERVICE SHOWERS LAUNDRY

<b>COHEALTH</b> <b>9448 5536</b> 53 Victoria St City	<b>MONDAY- FRIDAY</b> 9:30am- 12:30pm	<b>MON - FRI</b> 9:30-12:30 *bookings: Call + book or turn up + book at reception
<b>ST. MARYS HOUSE OF WELCOME</b> 165-169 Brunswick St. Fitzroy 9417 6497	<b>MONDAY- FRIDAY</b> 8:30am- 3pm	No laundry service
<b>ST. MARKS</b> 2/250 George St. Fitzroy	<b>MON -TUE</b> 10:30am – 2:30 pm <b>FRIDAY</b> 10:30am -12:30pm	<b>MON, TUE,</b> 10-30 -2:30pm (last load ~1:45pm) <b>FRI</b> 10:30-12:30
<b>CITY OF MELBOURNE LIBRARIES</b> 9658 7300 Kathleen Syme Library Library at the Dock	<b>MON -THU</b> 10am – 5:30 pm <b>FRIDAY</b> 1pm -5:30pm <b>SAT</b> 10am – 3:30pm <b>SUN</b> 12pm -3:30pm	No laundry service
<b>THE LIVING ROOM</b> 7- 9 Hosier Lane Melbourne Free call: 1800 440 188	<b>MON</b> 9:30am – 4pm <b>TUES</b> 9:30 -12:30pm <b>WED and FRI</b> 9:30-4pm <b>SAT</b> 11am -4pm	<b>MON -TUE</b> 10:30am – 2:30 pm <b>FRIDAY</b> 10:30am -12:30pm
<b>Innerspace</b> 4-6 Johnston St. Collingwood	<b>MON – FRI</b> 10:30am – 3:30pm (last shower 3:30pm)	<b>M- F</b> for laundry Closed weekends

Look up this website: [locations.orangesky.org.au](http://locations.orangesky.org.au)  
 Put in a location and you'll find more places to do laundry or have a shower.

# SERVICE ADDRESS MEAL SERVICE

<b>ST. MARYS HOUSE OF WELCOME</b> 9417 6497	165-169 Brunswick St. Fitzroy	<b>BREKKIE</b> 1st sitting: 8:30am - 9am 2nd: 9:15am - 9:45am <b>MORNING TEA:</b> 10:30am <b>LUNCH</b> 1st sitting: 12:00pm 2nd: 12:45pm
<b>St Vinnies Food van</b> 1800 305 330	297 Flinders St. Melbourne	<b>DINNER</b> Monday-Saturday: 8:30pm-9pm Sunday: <b>CLOSED</b>
<b>Salvation Army Salvos 614</b>	69 Bourke St. Melbourne	<b>Day Cafe</b> , Mon-Fri: 9-10:30 am <b>Twilight Cafe</b> every day 5-7pm <b>CLOSED 1<sup>ST</sup> TUES OF MONTH.</b>
<b>Grilld</b> Southern Cross Station	Spencer St. Melbourne	<b>Free Dinner:</b> First Tuesday of the month 5:30pm – 7:30pm – ish.
<b>From Us 2 You</b> Facebook group - FromUs2You	Batman Park (Near Blue Tongue Bikes)	<b>Tues</b> 12:30pm - 1:30 <b>Thurs</b> 12:30pm - 1:30 <b>Sun</b> 8:30am - 9:30 am
<b>Sacred Heart Mission</b>	87 Grey St. St. Kilda	<b>Brekkie:</b> M- F 8:30 – 10:30 9am- 10:30 Saturdays <b>Lunch:</b> 7 days 11:30am – 1pm
<b>St. Marks Community Centre</b>	2/250 George St. Fitzroy	Frozen meals available to takeaway or heat onsite. <b>M-F 10:30- 2:30pm</b>
<b>Ozanam House</b> M-F 8am -1pm	191 Flemington Rd. North Melbourne	<b>Breakfast daily</b> 8-9am <b>Lunch daily</b> 12-1pm *changes daily* (usually sandwiches)

## FREE PADS & TAMPONS:

CoHealth Central City (see above) **Period Project** –contact FB group  
 City of Melbourne Libraries – Library at the Dock, City Library, Kathleen Syme)

# BE GOOD TO EACH OTHER

- Story by Lee

The clichés about the meaning, the spirit of Christmas, the reason for the season, are familiar to everyone. And just in case, we're reminded each year: among other things, it's a time for family, for coming together, for showing appreciation to those you love. But Christmas is a miserable time for millions of people for those very reasons: they have no remaining family, or none that they care to see; they feel unloved and aren't up to being loving; and while everybody is coming together over bonbons and merriment, they couldn't feel further apart. If Christmas is to be a time of celebration, we must find a way to bring these people back into the fold. Only then will we, as a community, have something truly worth celebrating.

. . .

Another cliché holds that Christmas is a time for hope. If you are one of those who are used to feeling alone at Christmas, I would like to say a few words to you in the spirit of hope. You aren't alone. There are many just like you, who may feel on Christmas Day like the only soul in the world who wasn't invited to the party. Don't look within, where you will find only yourself and your loneliness. Look outside of yourself, and find a multitude waiting for human connection to come to them. And because your attention is no longer fixed upon yourself, because you are paying attention, maybe you can give that most unlikely gift - out of a clear blue sky, this year, human connection might find them. And if you aren't someone who feels depressed or left out at Christmas, try to notice if people seem isolated, maybe stop and say hello, make a gift of your attention, warmth and friendship. Be good to each other this Christmas. And if you can't be merry, be safe.

## HEALTH SERVICE

## HOURS/ SERVICES

### COHEALTH

9448 5536  
53 Victoria St  
Melbourne City

**Dietitian:** Tuesday, Wednesday, Thursday  
**Physio:** Tuesday, Wednesday, Thursday  
**Women's Physio:** Thursdays  
**Podiatrist:** Monday, Tuesday, Thursday  
**Nurse:** Monday, Tuesday, Wednesday

### NURSE ON CALL

phone only  
**1300 60 60 24**

24/7 Over the phone nurse advice

### The Living Room

7-9 Hosier Lane  
**(Closed SUN + TUES 12-1pm  
Closed every 2<sup>nd</sup> TUES all day.)**

Nurse:  
**Mon, Wed, Thu, Fri** 9:30 am to 4:00'  
Tues – 9:30 -12:30  
**Sat** - 11am - 4pm  
Male Doctor: **Thursdays**  
Female Doctor: **Mon, Wed, Fri**

### Melbourne Syringe (freshies) Foot Patrol

**1800 700 102**  
For AOD health info and  
freshies

### City Street Health Outreach

53 Victoria St.  
Melbourne  
0438 359 273

**M-F 9am-10pm**  
**Weekends: 10am -6pm**  
Nurse, Harm Reduction Outreach workers, GP  
(AOD support) Dual diagnosis clinician, Peer  
workers, ATSI worker.

### ST. MARYS HOUSE OF WELCOME

9417 6497

**NDIS** worker on site - Appointment only  
**Services Australia** (advocacy service)  
Every Tues  
**Optometrist** 1st Thursday of every month

### Innerspace

4-6 Johnston St.  
Collingwood  
**Drop in or call ahead**  
9448 5530

**Mon- Fri 10:30 -5:30**  
Doctor, AOD Counsellor + Naloxone  
vouchers available, NSP program  
Detox Nurse, Computers and Phones  
available.

**In an emergency, go to hospital or call 000**



# FROM HOMELESS TO HOPE

Story by D

Seven years ago I had to escape family and domestic violence, and found myself homeless and battling addiction.

I was alone, didn't know what to do or where to go or who to talk to, but eventually I found the courage to ask for help. I reached out to a support service. They couldn't help me overnight, but I showed up every night for two weeks until they could. I was lucky enough to get a room in crisis accommodation at Oz House. Once I was there and had time to settle my mind, I was able to start addressing my issues. I got on the buvidal program, linked in to counselling and filled out an application for supportive housing. The waiting and not knowing came next, felt like it went on forever. But in the meantime, I did everything I could to improve my life. I stayed as positive as I could, and just held on to hope.

I'm glad I kept on pushing forward, thanks to all my supports and a lot of determination I am now in permanent housing. I am safe, doing new things and learning more about myself everyday.

I'm four years clean, part of an amazing community group, surrounded by awesome people and start studying next year to do peer support work.

Even though I couldn't see it at times, there really was a light at the end of tunnel.

There are a lot of services out there, you've just got to reach out, and keep reaching out. Make sure you take care of your health as best as you can, and make you your number one priority. Let your voice be heard. Speak up, because it is never too late to make a change.

Wishing everybody the very best, as everyone deserves to be safe, and have somewhere to find peace. 😊

# BELIEVE IT OR NOT. THERE IS HOPE!

Story by Chris F

Hi to all who suffer from addiction and are sleeping in fear, homelessness and hardship. I'd like to share a little bit of my story, as I've been an addict for 38 years. Homeless at the age of 12, living in parks in Melbourne until caught by police. Made a ward of the state and put into the juvenile system until I hit prison at 18.

I was angry at the world and rebelled at every chance I had. It was all I knew. I got tired of the trouble I created and worked hard, created a business. I met a beautiful woman, got married and had two amazing boys. I had it all!

However, I drank every day, more and more without people knowing. I hid it well until I couldn't function anymore. People started to catch on to my addictions. I hit lower than rock bottom and hit the streets again.

Then, the cohealth outreach team found me. I had no idea of the services available to all of us with addictions and people really doing it hard. The team are people who have their own past with addictions, which makes for great understanding and empathy. No judgement, just connections. I honestly thank all for where I am today. 30 days sober and strong. A long way to go, but it is a start. YOU CAN DO IT!

## KEVIN'S STORY

My name is Kevin, I never thought for a minute let alone a second, that I would and end up homeless and in a crisis as I did. Due to long term addiction, it's cost me my family friends and love ones. And reality set in quick, not knowing what to do and where to go. 4 months of sleeping in my car and self funding motels. I was blessed due to St Vinnies and Saint Kilda Crisis to be linked to services I didn't even know existed. And ultimately Catherine from St Kilda Crisis, informed me of Flagstaff Crisis. So for little under 2 months, I rang St Kilda crisis every day at 4.30pm until I was placed in crisis accommodation at Flagstaff. Moving forward 5 months and after being referred to Ozanam House. I'm now settled here for over 3 weeks. The services both shelters have offered has been nothing but great. Referrals to Medical practitioners, counselling and psychiatrist appointments, plus drug and alcohol counselling, Dental, and financial counselling and the list goes on. Here's a video link for Flagstaff Crisis accommodation to get an idea of the facility diner rooms and recreational room and activities that are on offer:



**SCAN HERE TO WATCH:**



The services are there to help you.

Reach out and keep reaching out.

- Jenni Hughes

### stop by for an afternoon of pool and darts

Thursdays fortnightly  
19th October onwards  
12pm – 2pm  
iCue Lounge  
191 Lt. Lonsdale St  
Melbourne



Play some games, chat to others and get connected to health and social support.  
This is a free event and everybody is welcome (including dogs!)



care for all

Monthly community drop in  
WEDNESDAYS 11am-3pm  
November 15, December 13

For people sleeping rough on the streets or experiencing harm from alcohol or other drugs in the CBD.  
**Where:** Micro-Lab 227-229 Bourke St. Melbourne  
**Info:** Please call **Ronnie, AOD worker 0497 506 660**  
Hang out in a non-judgmental, supportive environment with cohealth. These sessions are for people who need a safe and welcoming place to relax.  
Get free access to Lunch and snacks, free clothes, Netflix, barber, referrals for legal help etc.

## NEED HELP?

### Library Social Worker

The Library Social Worker can help connect you with housing, health and other services you might need.

Ask a library staff member to arrange a meeting with our social worker. Alternatively, you can contact them on **0466 927 400** or **librarysocialworker@melbourne.vic.gov.au**  
Monday to Friday 9am- 5pm



### narrm ngarrgu Library

New Library opening at Queen Vic Market Precinct  
Therry St. Melbourne

City of Melbourne Libraries are opening a new library location at the Queen Vic Market Precinct. It is scheduled to open November 24<sup>th</sup> 2023 and will include state of the art facilities, including a makerspace with creative technology you can use for free, a brand new book collection, family services, shower facilities plus much more. The library is free and open to all. Stay tuned for updates, or visit [melbourne.vic.gov.au/libraries](http://melbourne.vic.gov.au/libraries) to hear more.

'Always bring your own sunshine.' D



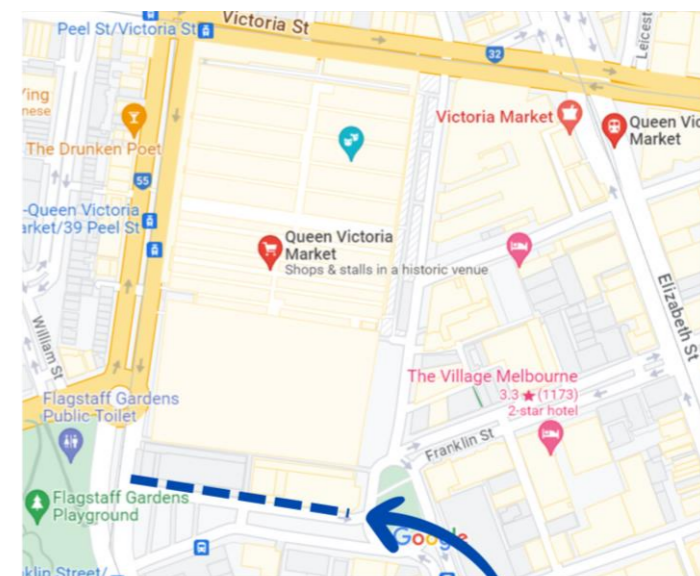
### You're never too old to dream a new dream - D Queen Vic Market Food Relief

Franklin street side of market, next to car park

Every day at the market there are different stalls offering free dinners and food along Franklin street sheds.

For a full list of food relief stalls, scan the QR code below, or see the small handout printed with this zine.

The handout also has food and clothing support options at other venues and was compiled by Glen.



food stalls set up here