

Organisation	Contact details	Donations Requested	Assistance/Services offered	Other important information (e.g. re pickups, service offerings etc)
Green Connect	02 4243 1537 https://green-connect.com.au/	Bedding, winter pajama's, self care items, activity books, cutlery, frying pans and pots.	Offering care packs and vegetable packs to those in need in the Illawarra.	Donations of goods cannot be dropped off during lockdown but a pickup service is available.
Living Connected	0409 753 808 admin@livingconnected.org.au https://livingconnected.org.au	-	Free service teaching seniors how to set up and run Zoom meetings along with free weekly Zoom sessions to get help with phones, tablets & computers.	Weekly Face to Face Drop-In sessions replaced by Zoom.
Wollongong Meals on Wheels	02 4226 5869	Volunteers are needed	Pre-cooked meals, unaccompanied shopping and telephone support.	Contact the office to book in a pick-up, delivery or other service.
Illawarra Women's Health Centre	02 4255 6800 https://womenshealthcentre.com.au/	Money, gift cards, feminine hygiene products	Mental Health and Medical Services, Social Support Groups, Domestic and Family Violence Support and Case Work.	Women's only center, able to provide telehealth, phone and face-to-face appointments.
Healthy Cities Illawarra	02 4283 8111 https://foodfairnessillawarra.org.au/low-cost-free-meals-directory-printable/	-	An online directory for low cost and free meals.	-
Age Matters	134 478 www.agematters.org.au	Food hampers, personal care and hygiene items, safe and clean mobility aids – for ages 65 and above.	Short term assistance for older people who are homeless or are at risk of homelessness.	Donations can be picked up with limited availability.

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