

SERVICES

TO ASSIST YOU THIS LOCKDOWN

It is important to know what services are available to you in order to stay as safe as possible this lockdown.

Grocery Services

Woolworths offer online shopping with delivery straight to your boot, contactless pick up in store or contactless home delivery same day, next day or in under 2 hours with Delivery Now. They are also offering FREE delivery on your first order or on orders over \$100. For more information visit www.woolworths.com.au

Coles offer online shopping with contactless click & collect in-store or delivery via standard, same day and even remote. They offer free delivery on your first order or on orders over \$250. For more information visit www.shop.coles.com.au

Harris Farm offer same day delivery in selected areas if you place an order before 5PM. For more information call 1300 828 491 or visit www.harrisfarm.com.au



Butcher & Meal Services

Adam's Family Meats are an Award Winning, modern day butcher shop located in New Lambton. They offer free delivery to all online purchases over \$50, to over 170 suburbs in Newcastle, Hunter Valley, Lake Macquarie and Port Stephens. They also have AfterPay available for all online purchases, with no minimum spend. Their product range includes:

- BBQ
- Beef/Poultry/Lamb/Pork
- Gluten Free Products
- Ready Prepared meals
- Small Goods Cheeses Bread and More

For more information call 02 4952 1622 or visit www.adamsfamilymeats.com.au

Hunter Valley Premium Meats are locally owned and located in Newcastle. They deliver 5 days per week to the Newcastle area, 3 days to Lake Macquarie and 2 days per week to the Hunter Valley. They offer free delivery on orders over \$150. Their product range includes:

- Meats
- Salts and Sauces
- Small Goods

For more information call 02 4967 7733 or visit www.huntervalleypremiummeats.com.au

Prepared Meal Delivery Services

Youfoodz are an Australian company who are passionate about making Australia a healthier and happier place. They have a diverse menu of ready-made, fresh meals, snacks and cold-pressed juices/coffee. They have calorie-smart meals and cater to various dietary requirements. They are available in store and offer delivery around Australia. For more information visit www.youfoodz.com

Meals on Wheels are a government funded organisation who deliver meals around Newcastle. Their meals are cooked daily by the Tom Griffiths Catering Centre at Tighes Hill. They have a dynamic menu which is updated regularly. To find your local Meals on Wheels service please visit www.mow.net.au



Community & Support Services

Housing NSW Contact Centre Newcastle - Rental Assistance, Private Rental Subsidies, Temporary Accommodation, Emergency Temporary Accommodation, Supported and Crisis Accommodation. Please phone 1300 305 667 or visit www.sydneyhomelessconnect.com

Mercy Services - A wide range of activities and services for older people, as well as people living with a disability including home care, community transport, residential aged care, substance and family support, and client safeguarding. Please phone 02 4962 6680 or visit www.mercyservices.org.au

You can view all of the Community Support Services available in Newcastle via the City of Newcastle website at www.newcastle.nsw.gov.au

These times can be very stressful and concerning for everyone. If you or someone you know needs assistance please do not hesitate to contact any one of the following services available:

- BetterHelp - www.betterhelp.com
- Beyond Blue - www.beyondblue.org.au
- Headspace (eheadspace) - www.headspace.org.au

You can view all services available at Head to Health via the Australian Department of Health website at www.headtohealth.gov.au

