

# MATERIAL AND PRACTICAL NEEDS

## Utilities

### Manly Motor Registry - Roads & Traffic Authority NSW

**Phone:** 13 22 13 **Fax:** 02 9474 1380

239 Pittwater Rd, Manly 2095

**Mail to:** PO Box 76, Manly 1655

**Email:** [RTA\\_Contact\\_Centre@rta.nsw.gov.au](mailto:RTA_Contact_Centre@rta.nsw.gov.au)

**Web:** [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

**Service Description:** Licensing of drivers, registration of motor vehicles.

**Hours:** Mon-Fri 8.30am-5pm, Sat 8:30am-12.00noon

**Alternative Names:** RTA

### Manly Streamwatch - Water Testing

**Phone:** 9976 1658

**Mail to:** 1 Belgrave St, Manly 2095

**Email:** [volunteering@manly.nsw.gov.au](mailto:volunteering@manly.nsw.gov.au)

**Web:**

[www.manly.nsw.gov.au/environment/pollution/water/streamwatch/](http://www.manly.nsw.gov.au/environment/pollution/water/streamwatch/)

**Service Description:** Water testing at Manly Lagoon. Learn how to take water samples, test for pollutants, and about local aquatic life.

Volunteer to make a difference and call Council's Community Volunteer Coordinator on (02) 9976 1658 for testing dates

**Hours:** 10am - 2pm. Last Wednesday of each month.

## Emergency Material Aid

### LinC Church Services Network Pittwater Inc

**Phone:** 9973 1777

Uniting Church (Office), 44 Bellevue Ave, Avalon 2107

**Mail to:** PO Box 617, Newport 2106

**Service Description:** This network of 8 Churches of various denominations is a referral centre whose volunteers try to meet community needs such as shopping, transport, visitation, friendship. Referrals to other agencies are made when appropriate.

**Hours:** Mon, Wed, Fri, 9:30am-12:30pm (answering machine at other times)

### LinC Warringah

**Phone:** 9451 0872

**Mail to:** PO Box 83, Belrose West 2085

**Email:** [brassins@optusnet.com.au](mailto:brassins@optusnet.com.au)

**Web:** [lincnational.org.au](http://lincnational.org.au)

**Service Description:** A referral centre with volunteers helping with welfare assistance, transport, friendship, home care through a network of Churches and service agencies. Network of local churches mobilised to link Christian volunteers with the needs of their local community.

**Hours:** Mon 10am-12pm, Fri 10am-12pm - Message Bank.

### Manly Community Centre

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### No Interest Loan Scheme (NILS®) – Northern Beaches

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### Northern Beaches Lone Parent Family Support Service

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### Salvation Army - No Interest Loan Scheme (NILS®)

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### Salvation Army Community Welfare Centre (Northern Beaches)

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### St Vincent De Paul Society, Brookvale Centre

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### Youth Reach - St Vincent De Paul Society

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## Low Cost Computer Facilities

### Avalon Community Library

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## Avalon Recreation Centre

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## Balgowlah Seaforth Library

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## Harbord Community Library

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## Justice of Peace Service - Manly Library

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## Manly Library Baby Bounce and Rhyme

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## Manly Library Children's and Youth Services

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## Manly Library Reading Development Collection

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## Manly Library Toddler Time

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## Manly Library

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## Pittwater Library Service - Mona Vale Library

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## Warringah Library Service - Belrose Library

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## Warringah Library Service - Dee Why Library

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## Warringah Library Service - Forestville Library

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## Warringah Library Service - Warringah Mall Branch

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## Low Cost Meals

### Allambie Heights Luncheon Club

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### Avalon Luncheon Club

**Phone:** 9970 8399 **Fax:** 02 9913 2777

Avalon RSL Club, 1 Bowling Green Lane, Avalon 2107

**Mail to:** PO Box 1572, Warriewood 2102

**Email:** [nbfs@bensoc.org.au](mailto:nbfs@bensoc.org.au)

**Service Description:** Luncheon Club provides a 2 course hot meal including one glass of white wine, for people who like to share a meal with others, thus reducing social isolation and loneliness as people meet others in a relaxed and friendly atmosphere. Transport may be available at a nominal fee for those unable to use public transport.

**Hours:** Fri 12pm-1pm

**Alternative Names:** Avalon Community Restaurant

### Catholic Parish of St John the Apostle & Evangelist , Narraweena

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### Manly Community Restaurant and Seaforth Community Restaurant

**Phone:** 8966 9925 **Fax:** 02 9976 9887

Manly Senior Citizens Centre and Meals on Wheels, 275

Pittwater Rd Cnr. Balgowlah Rd, Manly 2095

**Mail to:** PO Box 190, Manly 1655

**Email:** [manlymow@zipworld.com.au](mailto:manlymow@zipworld.com.au)

**Web:** [www.manly.nsw.gov.au/community-services/aged--disability/meals-on-wheels/](http://www.manly.nsw.gov.au/community-services/aged--disability/meals-on-wheels/)

**Service Description:** Manly restaurant weekly on Fridays, beginning at 11am with a cuppa, a 3 course meal is served from midday.

Seaforth Community Restaurant - Held on the first Monday of the month at the Seaforth Sporting & Community Pavilion, Wakehurst Parkway, Seaforth

**Hours:** Manly Restaurant: Fridays 11am-1.30pm.

Seaforth Restaurant: 1st Monday of the month 11am-1.30pm.

## Manly Council Community Development Coordinator

**Phone:** 9976 1562 **Fax:** 02 9976 1400

Manly Council, 1 Belgrave St, Manly 2095

**Mail to:** PO Box 82, Manly 1655

**Email:** [communitydevelopment@manly.nsw.gov.au](mailto:communitydevelopment@manly.nsw.gov.au)

**Web:** [www.manly.nsw.gov.au](http://www.manly.nsw.gov.au)

**Service Description:** Consults with and supports senior citizens, people with a disability, people from CALD backgrounds, as well as professionals working in the Community Services field.

Provides information on services and programs, development of services through HACC, ADHC and NSW Community Services, and support to local services and programs including; Manly Meals On Wheels Service, Manly Club for Seniors, Manly Community Centre, Manly Access Committee, Manly Council Community Grants, Manly CDSE Grants.

Coordinates Club Friday recreational service for adults with an intellectual disability.

**Hours:** 9:00am-5pm

## Manly Meals On Wheels Service

**Phone:** 8966 9938, 8966 9925 **Fax:** 02 8966 9938

Manly Senior's Centre and Meals on Wheels, 275 Pittwater Rd (Cnr Balgowlah Rd), Manly 2095

Mail to: Po Box 190, Manly 1655

**Email:** [manlymow@zipworld.com.au](mailto:manlymow@zipworld.com.au)

**Web:** [www.manly.nsw.gov.au/community-services/aged--disability/meals-on-wheels/](http://www.manly.nsw.gov.au/community-services/aged--disability/meals-on-wheels/)

**Service Description:** Service provides for the needs of older people, younger people with disabilities and their carers in the Manly Local Government Area and Balgowlah North (part of Warringah) in all aspects of food services including delivered, hot, cook-chill and frozen meals, Community Restaurant, shopping trips and outings.

**Hours:** Mon-Fri 7:00am to 4:00pm

## Manly Senior's Centre & Meals on Wheels

**Phone:** 9976 1562

275 Pittwater Rd (cnr of) Balgowlah Rd, Manly 2095

**Mail to:** Manly Council, PO Box 82, Manly 1655

**Email:** [communityprojectcoordinator@manly.nsw.gov.au](mailto:communityprojectcoordinator@manly.nsw.gov.au)

**Web:** [www.manly.nsw.gov.au/community-services/aged--disability/senior-citizens-centre/](http://www.manly.nsw.gov.au/community-services/aged--disability/senior-citizens-centre/)

**Service Description:** A varied program of activity and learning is available at the Manly Seniors Centre. Activities for older people include Manly Club for Seniors (dance and singing groups, table tennis, bowls, scrabble, mahjong, Bridge, art), University of the Third Age, Healthy Lifestyle exercise classes, Community Restaurant and Computer Pals.

A selection of meals are available to buy directly from the Meals On Wheels Service located at the Centre. Meals on Wheels is a service that supports seniors, people who are frail aged, people with a disability, and carers, to remain independent in their own home.

**Hours:** 9am-4pm

## Northern Beaches Food Services

**Phone:** 9970 8399 **Fax:** 02 9913 2777

6 Jackson Rd, Warriewood 2102

**Mail to:** PO Box 1572, Warriewood 2102

**Email:** [nbfs@bensoc.org.au](mailto:nbfs@bensoc.org.au)

**Web:** [www.bensoc.asn.au](http://www.bensoc.asn.au)

**Service Description:** Dispatch & delivery of meals to people who are frail aged, people with a disability & their carers. Community Restaurant is available at Avalon. Transport is available to the community restaurant.

**Hours:** Mon-Fri 8am-4.30pm

## Salvation Army Manly

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## Street Mission

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## Opportunity Shops

### Australian Red Cross Society - Avalon Branch

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### Australian Red Cross Society

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### Credit Line - Northern Beaches

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### Lifeline Northern Beaches - Dee Why

**Phone:** 9972 2468

908 Pittwater Rd, Dee Why 2099

**Web:** [www.lifelinenb.org.au](http://www.lifelinenb.org.au)

**Service Description:** Recycled clothing at bargain prices

**Hours:** Mon-Fri 9am-4.30pm. Sat 9am-1.30pm

### Lifeline Northern Beaches - Forestville

**Phone:** 9453 3980 **Fax:** 02 9453 3980

47 The Centre, Forestville 2087

**Web:** [www.lifelinenb.org.au](http://www.lifelinenb.org.au)

**Service Description:** Recycled clothing at bargain prices

**Hours:** Mon-Fri 9am-4.30pm

### Lifeline Northern Beaches - Kids World

**Phone:** 9939 2139

1/5 Chard Rd, Brookvale 2100

**Web:** [www.lifelinenb.org.au](http://www.lifelinenb.org.au)

**Service Description:** Kids World Warehouse - clothes, toys, books at bargain prices

**Hours:** Mon-Fri 9am-5pm; Sat 9-1pm;

## **Lifeline Opportunity Shop - Mona Vale**

**Phone:** 9979 8045

2 Bungan Lane, Mona Vale 2103

**Web:** [www.lifeline.org.au/northernbeaches](http://www.lifeline.org.au/northernbeaches)

**Service Description:** Brand new and recycled clothing at bargain prices.

**Hours:** Weekdays 9am - 4.30pm, Saturday 9am - 1.30pm

## **Lifeline Suicide Bereavement Support Group**

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## **St Vincent De Paul Society Shops**

**Phone:** 9905 0424 **Fax:** 02 9905 7009

638 Pittwater Rd, Brookvale 2100

**Mail to:** PO Box 557, Brookvale 2100

**Service Description:** Sells clothing and household items. Shops at: 2 Fisher Rd, Dee Why 2099; 2 Pittwater Rd, Manly 2095; Bungan Court, Waratah St, Mona Vale 2103; 1310 Pittwater Rd, Narrabeen 2101; 638 Pittwater Rd, Brookvale 2100; open 7 days 9am-5pm. Sells clothes, furniture, whitegood appliances, electrical, household items. Open for donations and will pick up larger donations Mon-Fri 9am-4:30pm. Note: Dee Why shop closing down.

**Hours:** Daily 9am-5pm

**Alternative Names:** St Vincents, Vinnies, SVDP, Salvos Stores