



## Self Isolation Packs - Handy Resources

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We hope you are all doing well during this uneasy time, and all young people are keeping safe at home.

We are sharing some fantastic resources for staff, families, young people and anyone else who may benefit from these.

1. [Managing Your Mental Health Online](#) During COVID-19
2. [Self Isolation](#) Pack
3. [Staying at Home](#) Pack - activities
4. Your [Sensory Self Care](#) Toolkit

Please feel free to share with your contacts.

Enjoy and keep safe, keep well - hang in there.

INFORMATION



## Emergency & Material Aid Services

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### Emergency Relief

|  |  |                          |
|--|--|--------------------------|
| <b>Hills Community Aid</b>   | 9639 8620  | Mon – Fri by phone       |
| <b>Anglicare community pantry</b><br>healthcare / immigration card with you) | *\$10 groceries, \$2 fresh food (bring pension / |                          |
| Baulkham Hills 0419640381  | Lalor Park 9838 9092                             |                          |
| Blacktown 9831 5454  | Granville 96371073                               |                          |
| <b>Karabi community &amp; development services:</b>                          |  |                          |
| Constitution Hills Foodbank  | 9631 7055  | 9:00 - 4:30 Mon- Thurs   |
| Seven Hills Foodbank   | 9688 1084  | 9:00 - 4:30 Mon-Thurs    |
| Wenworthville Foodbank   | 9831 6575  | 9:00- 6:30 Mon-Friday    |
| <b>Hawksbury Helping Hands</b>   | 4577 707   | 5:00-7:30 pm Sat & Sun   |
| Meals, showering, and other services for people experiencing homelessness.   |  |                          |
| <b>Vinnies Food Pantry Harris park</b>                                       | 8861 9757  | Mon – Fri by appointment |
| <b>Parramatta community food care</b>  | 9630 3892  | Fri by appointment       |
| <b>Strong Nation Community Food care</b>                                     | 4587 8091  | Mon – Fri by appointment |
| <b>Cumberland Multicultural Community Centre</b>                             | 02 9637 7600                                     |                          |
| <b>Mission Australia – Blacktown</b>   | 1800 669 064                                     |                          |
| <b>Salvation Army</b>  | 1300 371 288                                     |                          |
| <b>St Vincent de Paul</b>  | 1800 606 724                                     |                          |
| <b>Christ Mission Possible</b>   | 4704 8809  | Call for details         |

A summary of all Emergency & Material Aid in and around Blacktown is [attached](#).

If any details are incorrect, please contact Blacktown City Council

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### **Contact Details**

Jesica [Varela@blacktown.nsw.gov.au](mailto:Varela@blacktown.nsw.gov.au)

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