



# SUDBURY COMMUNITY HOUSE

## PROJECT DIGNITY FAQ'S

### **How do I qualify?**

If you say you are in need, we try our best to help you. No Centrelink or Pension Cards required.

### **How often can you help?**

Mondays & Wednesdays 11am - 1pm. Food hampers are available on these days ONLY.

### **Why?**

We are small and only have limited supplies, thus we can give each family 1x hamper per week. Each hamper is based on individual needs, and we try to be fair to all. We also have an Emergency Relief Document with information of where to go when we can't help.

### **Where do you get your Food?**

OzHarvest and SecondBite mostly. The food is supermarket excess close to 'best by' date or has damaged packaging, but is still perfectly fine to eat.

### **What can I expect in my Hamper?**

Usually fruit, vegetables and bread. Occassionally we may be able to provide eggs, milk or pantry items. We do not provide vouchers and cannot deliver.

### **What else can I expect?**

*No Limits Perth* is here Mondays from 10:30am - 1:30pm with their 'Positive Spin' FREE laundry service. For those living unhoused - you are most welcome. Feel free to grab yourself a takeaway tea/coffee while here.

### **Why are you doing this?**

There is a growing need in our community, and we are trying to assist in any way we can. We are trying to monitor and stay on top of these growing needs, so we may ask you for your first name to keep a record of who is accessing our services and how often. If you would like to share any further information about your circumstances we will happily see if we can provide other support.

**If you know someone in need of assistance/support, we encourage you to please pass on this information.**