

## VOLUNTEER OPPORTUNITIES

- Monday Mornings Weekly 9-10am – **helping move food donations** into our store room.
- Tuesday and/or Thursday Mornings 9:30-11:30am – **join the Community Garden team.**
- Thursday Evenings, Twice a Month 5:30-6:30pm – to **help set-up for the Community Meal.** Dinner starts at 6:30pm, you are most welcome to stay and join us for the meal!
- Friday Mornings, Twice a Month 8-10am – to **help cook and serve a hot breakfast** for men in the local area.

For more information, please contact us on 8277 0304 or [info@marionlife.org.au](mailto:info@marionlife.org.au).

## BIG DISH UP COOKING CLASSES

MarionLIFE, in partnership with Junction Australia and Urban Sprout Australia, are holding FREE cooking classes. The course will run weekly for **six weeks from Tuesday 16 May, 3-5pm**. The sessions involve participants making various dishes together; they are able to enjoy some of the meal at the end of the sessions and make enough to take home to eat later.

The project aims to help individuals and families connect and enjoy the improved social outcomes associated with this. Places are limited; **to book please contact Sarah Harding** on 0407 542 560 or email [sharding@junctionaustralia.org.au](mailto:sharding@junctionaustralia.org.au).

## FUNDRAISING CONCERT 20 MAY

Brougham Place Uniting Church and MarionLIFE Community Services proudly present **Country Meets City Fundraising Concert.**

**When:** Saturday 20 May at 7pm

**Where:** Brougham Place Uniting Church, 193 Brougham Place, North Adelaide

**Artists:** The Sherrahs, Amy Lea, MiniM Choir, plus Local Chamber Group

**Tickets:** [www.ticketebo.com.au/countrymeetscity](http://www.ticketebo.com.au/countrymeetscity)

Hardcopy tickets can be purchased in person from either Brougham Place Uniting Church (82672657) or MarionLIFE Community Services (82770304). Adults are \$20 and Children/Students Under 18 are \$5. Proceeds go towards MarionLIFE, CMLA and BPUC Building Fund.

## CRISIS SUPPORT

MarionLIFE Community Services offers an Emergency Relief Service to support people meet their basic needs in times of crisis. This service provides **food, Foodbank vouchers, toiletries, blankets, bill assistance, school shoes and clothing support** for people who have a valid Centrelink card. Zone restrictions and a limit on the number of visits apply.

The service operates **Monday – Thursday between 9am-12noon** at our centre. No appointment required, but it's best to arrive before 11:30am so our wonderful team has time to assist before we close for that day.

During the interview **information about further support, community activities and local training courses is provided.** Referrals can also be made directly into Financial Counselling and Mental Health Services. For more information or to access MarionLIFE's Emergency Relief Service call 82270304 or come by in person to 887 Marion Rd, Mitchell Park.