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| **S. No.** | **Name of Organization/Individual** | **Contact Details** | **Assistance** |
| 1 | Federation of Indian Communities of Queensland (FICQ)   * Umbrella body for the coordination of all community groups and organizations in QLD | Mr Shyam Das (President)  0412 031 301 | * International student accommodation/financial/rental advice * Grocery assistance & free food & delivery of meals |
| 2 | Vishwa Hindu Parishad of Australia Inc., Queensland (VHP) | Mrs Manonmanii Krishnamohan (President)  0431 375 926 | * Free dinner packs for international students and those in need |
| 3 | Mr Balu | 0413 914 894 | * Help with grocery delivery |
| 4 | Dr Balaji | 0424 456 366 | * Medical advice and home doctor visits |
| 5 | Dr Revathi | 0426 486 426 | * Medical advice and home doctor visits |
| 6 | Dr Sathya | 0421 454 209 | * Counselling for mental health |
| 7 | Thana | 0432 251 581 | * Assistance for senior citizens (medication/groceries/food pick-up and drop-off) |
| 8 | Dr Ashok Chauhan (Gold Coast) | 0408 769 839 | * Medical help and advice |
| 9 | Dr Tanya Unni (Gold Coast) | 0488 994 402 | * Medical help and advice |
| 10 | Varnam Society of Queensland | Mr Rajarajan Thennavan  0431 433 889 | * Free grocery packs for international students in Toowoomba, Brisbane and Rockhampton |
| 11 | Mr Yaju Mahida Gujurati Samaj of QLD | 0430 023 971 | * Free grocery packs for international students in Toowoomba and Brisbane |
| 12 | Sunnybank Hills Pharmacy | Mr Hitesh Kumar  3273 7244 | * Home delivery of medication to South-side of Brisbane |
| 13 | Indian Medical Association – QLD Chapter | Dr Neeraj Khanna (Coordinator)  0429 237 296 | * Medical consultations and advice from a range of doctors |
| 14 | Indian Cultural and Sports Club Inc  &  Simply Human Inc  Indian Cultural and Sports Club Inc  &  Simply Human Inc | Mr Paviter Noori (President)  0449 700 428  Ms Prerna Pahwa  0430 228 009  Mr Paviter Noori (President)  0449 700 428  Ms Prerna Pahwa  0430 228 009 | * Information and contacts provided for the following:   - mental health  - job seekers  - financial assistance in buying medication  - rental relief information  - guidance in how to deal with landlords  - organising emergency accommodation  - casual job placements  - counselling domestic violence victims |
| 15 | Emerson Migration and Family Law | Mrs Aishwarya Somal  [aishwarya@emersonmigrationlaw.com.au](mailto:aishwarya@emersonmigrationlaw.com.au) | * Free consultation for visa-holders affected by COVID-19 * Free consultation for victims of Domestic Violence |
| 16 | BAPS Swaminarayan Temple | Mr Jaynesh Brahmabhatt  0426 061 086 | * Essential care packages, grocery packs and free tiffins for students * Blood donation camp |
| 17 | Gurudwara Sahib Eight Mile Plains  &  Taigum Singh Sabha Gurudwara | Mr Parnam Singh  0434 289 285  Mr Parminder Singh  0411 239 307 | * Free food and groceries for international students * Grocery deliveries for those who are self-isolating and the elderly * Financial assistance |
| 18 | Divya Jyoti Jagriti | Mr Ashish Dhull (Secretary)  0479 048 734  Rakesh (President) based on Gold Coast  0448 265 335 | * Assistance with food and groceries |
| 19 | GOPIO Gold Coast in association with local Gurudwara, doctors, associations and volunteers  Coordinating the community effort on Gold Coast | Mr Pushpinder Oberoi  0488 633 051 | * GOPIO   - Grocery packs   * Mr Pushpinder Oberoi   - Accommodation  - Casual jobs  - Rental relief  - Food deliveries |
| 20 | Sant Nirankari Mission | Mr Vijay Arora  0433 500 736 | * Assistance with groceries and free accommodation in their hall (in keeping with social distancing) * Accommodation may be limited |
| 21 | Abode Australia Migration | Ms. Seema Chauhan  [seema@abodeaustraliamigration.com.au](mailto:seema@abodeaustraliamigration.com.au)  0409287427 | * Free consultation to international students and temporary visa holders |
| **Restaurants and stores providing ongoing free food and meals** | | | |
| 22 | Sankalp The Taste of India | 07 3148 2356 | * 6:30pm -8:30pm free meals |
| 23 | Punjabi Rasoi | 07 3832 0494 | * 6:30pm-8:30pm free food |
| 24 | Dosa Hut Mount Gravatt | 07 3216 8444 | * Ongoing |
| 25 | BBQ Tonight Restaurant | 0426 089 600 | * Free lunch 1:30pm-3:00pm * Free dinner 7:00-8:30pm pick-up |
| 26 | Bollywood Bar | 3843 1193 | * Ongoing |
| 27 | Sona Palace Indian Foods | 0448 428 025 | * Free cooked meals for elderly |
| 28 | Indian Brothers | 3891 3852 | * Ongoing |
| 29 | Pepper Bite | 0403 765 145 | * Ongoing |
| 30 | Lemon Chillies | 0413 039 700 | * 5:30pm-7:30pm free meals |
| 31 | Dosa Hut Gold Coast | 0426 089 600 | * 7:00pm-8:00pm free meals |
| 32 | Rasoi Master (Gold Coast) | 07 5532 2217 | * 7:00pm-8:00pm free meals |
| 33 | Krish Indian Cuisine (Gold Coast) | 07 5578 7688 | * 7:30pm-8:30pm Monday-Thursday free meals |
| 34 | Gold Coast Gurudwara | 0490 481 413 | * 12:00pm-2:00pm free meals |
| 35 | Goa Indian Fusion (Gold Coast) | 0488 633 051 | * Ongoing |
| 36 | Tandoori Palace (Gold Coast) | 0412 455 955 | * Ongoing |
| 37 | Bombay Affair (Gold Coast) | 0416 622 885 | * Ongoing |
| 38 | Gurudwara Sahib Nerang (Gold Coast) | 0431 694 043 | * Ongoing |