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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 Thennavan0431 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 Kumar3273 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 009Mr 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  | * 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 Singh0434 289 285Mr 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
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| 18 | Divya Jyoti Jagriti  | Mr Ashish Dhull (Secretary)0479 048 734Rakesh (President) based on Gold Coast0448 265 335 | * Assistance with food and groceries
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| 19 | GOPIO Gold Coast in association with local Gurudwara, doctors, associations and volunteersCoordinating 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
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| 21 | Abode Australia Migration | Ms. Seema Chauhanseema@abodeaustraliamigration.com.au0409287427 | * Free consultation to international students and temporary visa holders
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| **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
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