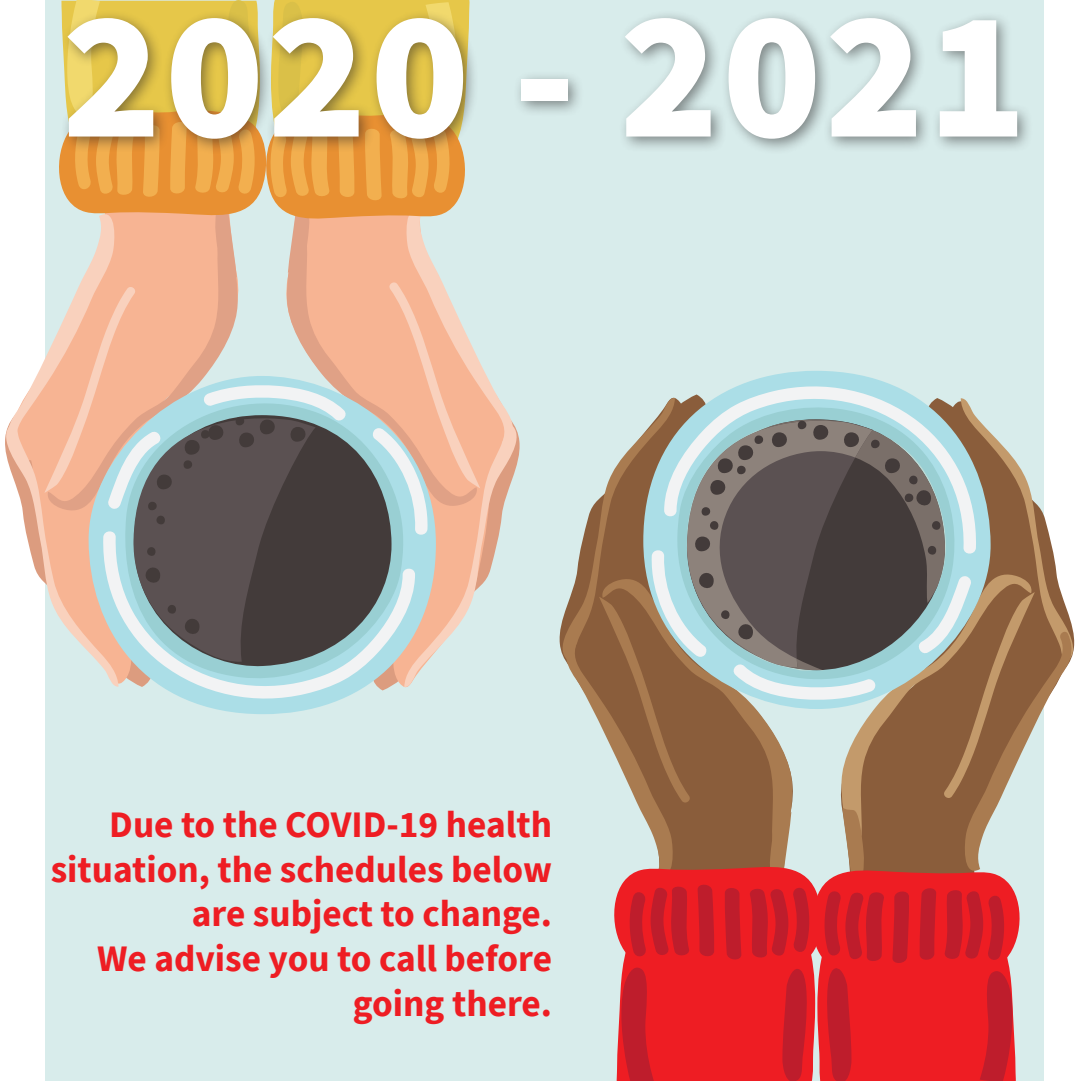


LET'S PREPARE THE BIG COLD ...

# WINTER PLAN

# 2020 - 2021



**Due to the COVID-19 health situation, the schedules below are subject to change. We advise you to call before going there.**



**Saint-Gilles and surrounding**

## Where to eat ?



### Morning

#### ■ Le Clos

Breakfast from 8.30 to 9.30 (ticket distribution from 8.30 to 9.00).

Price : 1€ the meal and 0,30€ beverages. Available 7 days a week. MAX. 10 persons sitting inside.

33a Parvis de Saint-Gilles - Saint-Gilles - 02/537 33 33

Metro 2 et 6 Stop Porte de Hal  
- Tram 3-4 Stop Parvis de Saint-Gilles or Porte de Hal

#### ■ L'Entraide de Saint-Gilles

Monday to Friday from 8.30 to 10.00 free coffee, soup and breakfast served outside.

Counselling : Monday to Friday from 8.30 to 11.00

Tram 3-4-51 Stop Parvis de Saint-Gilles or Metro 2 and 6 Stop Porte de Hal

#### ■ Les Petites Sœurs des Pauvres

Every day distribution free of charge of sandwiches from 9.00 to 10.00

Rue Haute 266

Brussels - 02/512 13 80

Bus 48 Stop Jeu de Balles

Tram 92 and 93 Stop Poelaert

Metro 2 and 6 Stop Louise

#### ■ Resto du Coeur de Saint-Gilles

From 7 december, Monday to

Friday from 8h30 to 10h free breakfast.

Max 16 persons inside + take away

Rue de Bosnie 22 - Saint-Gilles

02/538 92 76

Tram 81-82 Stop Bethléem

### LUNCH AND DINNER:

#### ■ Le Clos

Lunch for 2€, 7/7, for the homeless (Ticket distribution until 12h) (10 PERSONS SITTING INSIDE MAX), meals are served at 12h30 (no access during the meal).

From 14.30 menu (limited number) for 0,50€. Free soup from 14.30. Closed on Tuesdays at 13.30 and on the first Tuesday of the month.

33a Parvis de Saint-Gilles - Saint-Gilles 02/537 33 33

Tram 3-4-51 Stop Parvis de Saint-Gilles or Metro Stop Porte de Hal

#### ■ Comité de la Samaritaine

Meals to take away from Monday to Friday, from 12.00 to 14.00.

Price : 1 € (if possible).

Food packages distributions every Wednesday for the residents of the Marolles. Call the social worker of the association to make an appointment.

41/6 rue de la Samaritaine – Brussels 02/513 06 26

Bus 27 or 48 Stop Chapelle

#### ■ Frigo pour tous

Open without appointment from Tuesday to Saturday from 10.00 to 12.00 a.m

Rue Arthur Diderich 34,  
1060 Saint-Gilles.  
Tram 81, stop Lombardie. Trams  
3, 4, 51, stop Albert. Bus 54 and  
48, stop Albert.

■ **Les missionnaires de la charité**

**Les sœurs de Mère Theresa**

Avenue du Roi 69 - Saint-Gilles  
02/539 41 17  
Tram 82 – Bus 64 Stop  
Avenue du Roi

■ **Nativitas**

Free distribution at the door :  
soups, sandwiches, coffees and  
desserts from 12.00 to 13.30.  
Rue Haute 118 - Brussels  
02/512 02 35  
Bus 95 -48-27 Stop Chapelle

■ **Resto du Cœur de Saint-Gilles**

Warm meal from Monday to  
Friday from 11.00 to 13.00. Max 16  
persons inside + take away  
Prices : 1€ -2€ 3€ after needs study  
with the social assistant. Free  
soup and sandwich.

Food package once a week  
(Monday to Friday) from 9:30  
am to 10:30 am. On the basis  
of registration with the social  
service or an indictment from the  
Saint-Gilles CPAS.

Counselling office : Monday,  
wednesday, Thursday and  
Friday from 14.00 to 16.00 or by  
appointment. Rue de Bosnie 1  
Saint-Gilles - 02/538 92 76  
Tram 81- Stop Bethléem

■ **Rencontre – Day Center**

Open 6 days from.10.00 to 19.00.  
Tuesday from 12.00- 19.00.  
Closed Monday.

Lunch Soup (free of charge) :  
from 12.15 to 13.00

Evening meal (free of charge):  
from 17.30 to 18.30

Soup : in the evening for 0,35€

Coffee : all day for 0,50€

22 seats instead of 80.

Counselling : 6 days from 10.00  
to 12.00 – from 14.00 to 16.00.

Free access for women.

Men must make an  
appointment. New membre  
card wednesday, thursday,  
Friday.

Rue de la Senne 63 Brussels  
02/514 33 32

Tram 82-83-51 Stop Porte  
d’Anderlecht

**Where to warm up ?**



■ **Le Clos**

Open 6/7 from 13.30 to 18.00  
(max 16 pers. at the time).

Closed on Tuesdays.

33a Parvis de Saint-Gilles  
02/537 33 33

Tram 3-4-51 Stop Parvis  
de Saint-Gilles or Metro  
Stop Porte de Hal

## ■ **Restaurant social La Rencontre**

Open 6 days from 10.00 to 20.00.

Tuesday from 9.00 to 12.00.

Closed on Mondays.

22 seats instead of 80.

Rue de la Senne 63 - Brussels.

02/514 33 32

Tram 82-83-51

Stop Porte d'Anderlecht

10.45, 11.45-12.00 and 13.00-13.15.

Price : 2.50 €. Bring some soap and a towel.

Rue du Chevreuil 28 Brussels

02/511 24 68

Bus 27 Stop Porte de Hall - 48 Stop

Porte de Hall stop Place du Jeu de Balle

## Where to rest ?



## ■ **Pierre d'Angle**

After social counselling, possibility to take a nap.

Reservation by phone from 13.00.

Rue Terre Neuve 153- Brussels.

02/513 38 01

Metro 2-6 - Tram 4-51

Stop Midi Station

Bus 48 Stop Jeu de Balle

## ■ **DoucheFLUX**

Tuesday to Friday

from 8h30 to 14.30

Wednesday ONLY FOR WOMEN

Saturday from 10h30 to 14h30

Shower for 1€

15 persons max in the building

Rue des Vétérinaires 84 -

Anderlecht 02/319 8 27

Metro 2 - 6 Stop Gare du midi -

Tram 32- 81- 82 - Bus 49- 50 Stop

Avenue du Roi

Bus 78 Stop Vétérinaires

Metro 2-6 Stop Midi Station.

## Where to sleep over night?



## ■ **Le Samusocial**

Emergency Shelter – Men, Woman, Families.

Reservation via a toll free number 0800 99 340

Food, shower, bed, psycho-medical care. All services are free of charge and open to all.

## ■ **La Fontaine**

On appointment from Monday to Friday from 9.00 to 12.00 and from 13.00 to 16.00.

Free shower, health care, pedicure, anti- parasite treatment.

Rue Haute 346 - Brussels

02/510 09 10

Metro 2-6 Tram 3-4-51

Stop Porte de Hal

## Where to wash?



## ■ **Bains publics**

From Tuesday to Saturday, from 9.15 to 13.15. Tickets sold between 9.15 and 9.30, 10.30-

## ■ **Missionnaires de la charité**

Wednesdays from 9.00 to 10.00 free of charge. For men only.

Avenue du Roi 69 - Saint-Gilles  
02 539 41 17  
Tram 82 – Bus 64 Stop Avenue du Roi

Where to wash clothes?



### ■ Pierre d'Angle

Phone reservation by a social worker to take a nap from 13.00.  
Rue Terre Neuve 153 - Brussels.  
02/513 38 01  
Metro 2-6 Tram 4-51 Stop Midi Station – Bus 48 Stop Jeu de Balle

### ■ Rolling Douche

Mobile Hygiene Service  
0474/414 007  
In our specialised mobile home equipped with a warm system, we offer clean clothes, warm beverages and counselling. All our services are free of charge and open to women, men, accompanied children (with a parent if child is under age)  
Monday from 13.30 to 18.00, place Flagey - 1050 Ixelles  
Wednesday : from 13.30 to 18.00, rue des Sols, Central Station  
Thursday from 11.00 to 15.00, Malibran Daycenter (10, rue de la Digue. 1050 Ixelles). Until the end of March.

Friday from 14.00 to 18.00, Midi Station (next to the Pension Tower). Please note, clothes are available for people taking a shower in our mobile home.

### ■ Bulle ASBL

Free mobile laundry service  
0487/ 44 88 68  
« Bulle » is a truck equipped with 2 washing machines and 2 dryers. Clothes are washed and ried free of charge (washing powder included). While the clothes are being washed a coffee is offered as well as a listening ear. If possible, haircut is offered.  
Monday from 13.30 to 17.30 place Flagey  
Wednesday from 13.30 to 17.30 – rue des Sols (Central Station)  
Friday from 13.30-17.30 Midi Station

### ■ DoucheFLUX

Laundromat from Tuesday to Friday from 8.30 to 11.00.  
Women only : Wednesday Saturday from 10.30-13.30  
Laundry may be washed only if a shower is taken for 1€.  
Rue des Vétérinaires 84 - Anderlecht  
02/319 58 27  
Metro 2 - 6 Stop Gare du midi - Tram 32- 81- 82 - Bus 49- 50 Stop Avenue du Roi  
Bus 78 Stop Vétérinaires  
Metro 2-6 Stop Midi Station.

## ■ Le Clos

7 days/week from 9.30 to 11.00,  
13.30 to 18.00. All inclusive 2€  
maximum 7kg.

33 A Parvis - Saint-Gilles

02/537 33 33

Tram 3-4-51 Stop Parvis de Saint-  
Gilles or Metro Stop Porte de Hal

## ■ L'Entraide de Saint-Gilles

From Monday to Friday 10.00 at 12.00 - 1€

Rue de l'Eglise 59 - Saint-Gilles

02/541 81 14

Tram 3-4-51 Stop Parvis de Saint-Gilles  
ou Metro 2 and 6 Stop Porte de Hall

## Where to keep your belongings safe ?



## ■ DoucheFLUX

For a new locker (depending  
on the availability), go to the  
reception Tuesday or Friday on  
14.30

To extend a rental or to get access  
to a rented locker, go to the  
reception from Tuesday to Friday  
from 08.30 to 16.00 or Saturday  
from 10.30 to 16.00.

Price : 1 €, 1.50€ or 2 € / week,  
depending on the size of the  
locker.

Metro 2 - 6 Stop Midi Station

Tram 32- 81- 82 - Bus 49- 50

Stop Avenue du Roi

Bus 78 Stop Vétérinaires

## Medical treatments?



## ■ Athéna – Médecins généralistes - infirmière

From Monday-Friday from 9.00  
to 18.00 (medical and social help).  
Last registration at 17h.

Nursing service from Monday to  
Thursday from 13.30 to 17.30

If possible, call before you come.

If you have Corona symptoms,  
please call the center and don't  
come in person at the center. If  
you cannot call (no phone,...),  
come with a mask at the center.  
Closed on weekends and bank  
holidays.

2 rue Jean de Brouchoven – Brussels  
02/244.53.02

Metro 2-6 Stop Botanique, Tram  
3-4 Stop Rogier

## ■ DoucheFLUX Nursing consultations

From Tuesday to Friday from  
10.00 to 12.00. Free without  
appointment but registration  
mandatory at the reception.  
Wednesday for women only

## Medical pedicure

Friday from 13.00 to 16.00. Free,  
mandatory registration at the  
reception.

## Physiotherapy

Wednesday from 14.00 to 16.00

for women only, Saturday from 10.30 to 16.00 for everyone. Free, only on medical prescription. Foot care : foot bath, wound disinfection, bandages (basic medical care, no medical pedicures).

On alternate Saturdays from 13.00 to 16.00. Free.

### Optician

Every 2nd Thursday of the month from 10.00 to 12.00.

For an optimal service, it is better to speak French, Dutch or English. If you don't please come with someone who can translate for you .

Mandatory registration at the reception. Price : 1 €

Rue des Vétérinaires 84,  
Anderlecht – 02/319 58 27

Tram 32-81-82 Bus 49-50 stop  
Avenue du Roi

Bus 78 stop Vétérinaires.

Métro 2-6 stop Midi Station.

### ■ DUNE

(help for people suffering from drug addiction)

Free counselling and check-up.

Nurses available from Monday to Friday from 19h to 22h30

Avenue Henri Jaspar 124 - Saint-Gilles  
02/538.70.74

Metro 2 et 6 et tram 3, 4, et 51 -  
Stop Porte de Hal.

### ■ La Fontaine

Nursing services

By appointment from Monday to Friday from 9.00 to 12.00 and from 13.00 to 16.00

Free Medical consultations every Monday from 19.00 to 21.00 and every Thursday from 14.00 to 16.00

Rue Haute 346, 1000 Bruxelles-  
02/538.70.74

Tram 3-4-51 Métro 2-6  
stop Porte de Hal.

### ■ Médibus – Free medical care

every Monday from 19.00 to 21.00 and every Thursday from 14.00 to 16.00

Rue Haute 346, 1000 Bruxelles  
02/538.70.74

Tram 3-4-51 Métro 2-6  
stop Porte de Hal.

### ■ Médibus – Orientation and medical care by Médecins du monde Médibus - Free mobile medical

service : 02/225 43 13

Monday from 18.30 to 20.45 :

rue des Sols – Central Station

Tuesday from 18.30 to 20.45 :

Esplanade de l'Europe

Midi Station

Thursday from 18.30 to 20.45 :

place Solvay – North Station.

### ■ ASBL Solidarité Grands Froids

Doctor and nurses : every

Tuesdays from 12.00-16.00

Clothes distribution : every

Tuesdays, Thursdays and Fridays  
from 12.00-16.00

(Access to the center only with a note from a social assistant or advisor)  
74 rue du Danemark – 1060 Brussels  
Tram 81 stop Bethléem or Trams 3-4-51 and Metro stop Porte de Hal

## How to get general Information ?



### ■ CASAF – Centre d'accueil social Abbé froidure

Abbot Froidure Social Reception Centre) Social permanence, debt mediation, legal aid, food and material assistance Open Monday to Friday from 8:30 a.m. to 4:30 p.m. only on appointment on 02 533 04 60 or to be requested on the spot 101 American Street 1050 Ixelles

### ■ CPAS de Saint-Gilles

Welcome Desk from 8.00 to 12.00.  
Rue Fernand Bernier 40 and  
Chaussée de Charleroi 123A -  
Saint-Gilles.  
02.600.54.11  
Metro 2-6 Stop Porte de Hall or  
tram 81 Stop Bethléem  
Metro 2-6 Stop Louise or  
tram 81 Stop Janson

### ■ Diogènes

Street workers within the Brussels region including Saint-Gilles.  
Support to homeless people throughout their marginal life.  
02/502.19.35

### ■ DoucheFLUX

-Psycho-Social Advices from  
Tuesdays to Fridays from 9.00 to 15.00  
Wednesday ONLY for women.  
The social worker can be called  
from Monday to Friday to 9.00 to 15.00.  
0470/874260 or by email :

valentine.reyniers@doucheflux.be  
-Legal advices (for people without  
a belgian residence permit)  
Thursday without appointment  
(but you have to make a request at  
the reception first) from 12.00 to  
15.00  
Languages : French, Dutch,  
English.

Rue des Vétérinaires 84 -  
Anderlecht - 0471 22 96 43  
Metro 2 - 6 Stop Midi Station  
Tram 32- 81- 82 - Bus 49- 50 Stop  
Avenue du Roi  
Bus 78 Stop Vétérinaires  
Metro 2-6 Stop Midi Station

### ■ DUNE (help for people suffering of drug addiction)

Anonymous, free and  
unconditional counselling.  
Welcome desk from Monday to  
Friday from 19.00 to 22.45.  
Counselling from Tuesday to  
Friday from 19.00 to 22.30,  
Thursday from 14.00 to 17.00  
Avenue Henri Jaspar 124- Saint-Gilles  
02/538.70.74  
Metro 2 and 6 et tram 3, 4 and 51 -  
Stop Porte de Hal.



### ■ **Educateurs de rue**

Street educators of the municipality of Saint-Gilles  
On the Parvis de Saint-Gilles : on Tuesday and Thursday from 11.00 to 13.00.

Midi Station and around : - The 1st and 3rd Mondays of the month from 9.00 to 11.00.

The 2nd and 4th Tuesdays of the month from 18.00 to 21.00.

Rue de l'hôtel des monnaies 68/70, 1060 Saint-Gilles.  
02/539.23.91

### ■ **Service Justice de Proximité permanences**

General Legal Help  
Monday from 14.00 to 16.00, Wednesday and Thursday from 09.00 to 12.00. Only on the phone, no more appointments.

7-8 Place Broodthaers - Saint-Gilles  
02/542 62 40  
Metro2-6/Tram 81 Stop Midi Station

### ■ **L'Entraide de Saint-Gilles**

Social counselling : from Monday to Friday from 8.30 to 11.00

Rue de l'Eglise 59 - Saint-Gilles  
02/541 81 14

Tram 3-4-51  
Stop Parvis de Saint-Gilles or Metro 2 and 6 Stop Porte de Hall

### ■ **Médecins du monde**

Telephone Hotlines : Monday, Wednesday, Thursday, Friday :

9.00 to 12.00 and 13.00 to 17.00.  
Tuesday only from 9.00 to 12.00.  
02/225 43 13

### ■ **Resto du Cœur de Saint-Gilles**

Social counselling : Monday, thursday, tuesday and Friday from 9.00 to 10.00 and from 11.00 to 13.00, or with an appointment in the afternoon.

If emergency, possibility to meet an advisor during the meals (at the beginning of the week).

Rue de Bosnie 22 - Saint-Gilles  
02/538 92 76

Tram 81 Stop Bethléem

Tram 82 Stop avenue du Roi

### ■ **Restaurant social La Rencontre**

Social counselling from Monday to Friday from 10.00 to 12.00. Closed on Monday between 14.00 to 16.00.

Rue de la Senne 63 - Brussels –  
02/514 33 32

Tram 82-83-51 Stop Porte d'Anderlecht

### ■ **Le Clos**

Social counselling from 10.00 à 12.00 and from 14.00 to 18.00.

Closed on Tuesday afternoon.

33a Parvis de Saint-Gilles  
02/537 33 33

Tram 3-4-51

stop Parvis de Saint-Gilles.

Métro 2-6 stop Porte de Hal.







**CPAS**  
**1 0 6 0**  
**OCMW**

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