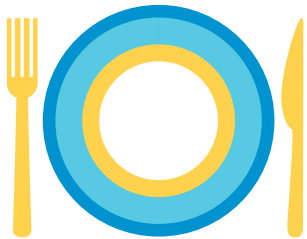


NUTRITION

**49,520
MEALS**

free meals were provided thanks to all our amazing volunteers

**1,507
HAMPERS**

food hampers were provided to those doing it tough. Hampers are made up of food donated by generous community members and local businesses

FINANCE

**105 NILS**

No Interest Loans (NILS) were provided to clients totalling \$80,189. The NILS scheme is provided through Good Shepherd Micro Finance and National Australian Bank and ensure that low-income families can purchase necessary items such as washing machines, fridges and car registrations

**73**

people were provided with free Legal Advice through our partnership with Central Coast Community Legal Centre

**502**

people were assisted with paying their medical prescriptions

**302 VOUCHERS**

EAPA vouchers (Energy Accounts Payment Assistance) were provided to people who were having difficulty paying their energy or gas accounts

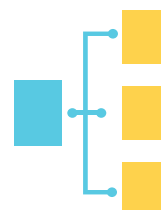
HEALTH & ACCOMMODATION

**1,751 SHOWERS**

Clients have access to shower and laundry facilities. Last year 391 people laundered their clothes and gave toiletry packs to 215 people. 215 people also got a hair cut. 34 people were provided with free podiatry check ups with Central Coast Family & Sports Podiatry Kincumber

**98**

interviews for people in need of emergency accommodation

**436**

referrals were made to other support agencies for financial help, counselling, health services, well-being etc.

**15 SWAGS**

were given to clients who were sleeping rough. 49 sleeping bags, 63 blankets and other linen items were also distributed