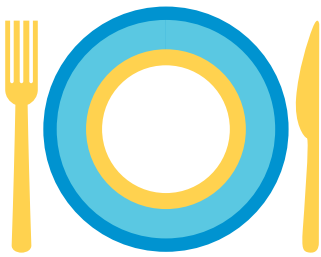


NUTRITION



49,495 MEALS

free meals were provided thanks to our amazing volunteers.



1,315 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



106 NILS

No Interest Loans were provided to clients totalling \$86,903. The NILS scheme is provided through Good Shepherd MicroFinance and National Australia Bank and ensures that low-income families can purchase necessary items such as washing machines, fridges and car registrations.



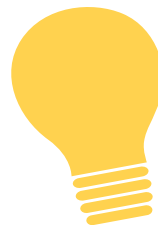
49

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



497

people were assisted with paying their medical prescriptions.



332 VOUCHERS

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

HEALTH & ACCOMMODATION



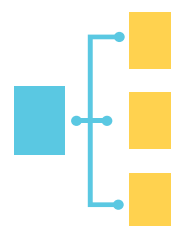
2,107 SHOWERS

Clients have access to shower and laundry facilities. Last year 454 people laundered their clothes and we gave toiletry packs to 394 people. 164 people also received a free hair cut. 69 people were provided with free podiatry check ups with Central Coast Family & Sports Podiatry Kincumber.



82

interviews for people in need of emergency accommodation.



330

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



23 SWAGS

were given to clients who were sleeping rough. 123 sleeping bags, 209 blankets and other linen items were also distributed.