

16,224

Older Adults came to the Centre

Average **1,802** Monthly

90 Daily

TRANSPORT SERVICE KEEPS PEOPLE INDEPENDENT

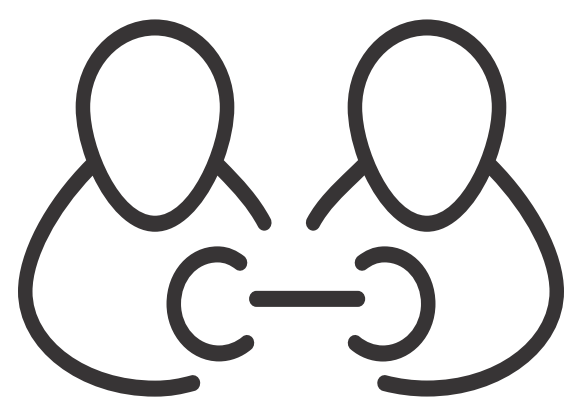


4,124 Trips

provided for older adults

Average **23** Per Day

INDIVIDUAL SOCIAL SUPPORT



5,250 Hours received

352 Instances of service

GROUP SOCIAL SUPPORT

1,440 Hours **288** Instances of service

Discussion Group - Saturday Social Club - Care Cafe



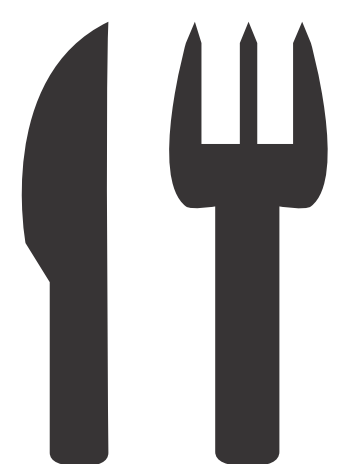
89 People

449 Hours



Assisting people with their computer literacy and comfort with technology

FOOD FOR SOCIAL CONNECTION



3,366

Meals served at the Community Restaurant

MOSMAN MEALS, FOOD SECURITY

18,757 Meals delivered at home

Average of **1,563** Meals delivered monthly

18% over the GOV target. Up **36%** since 2018/19

FRIDAY YOUTH GROUP



20 Young adults with a disability 18-40 yrs old

264 Hours



HEALTH AND WELLNESS

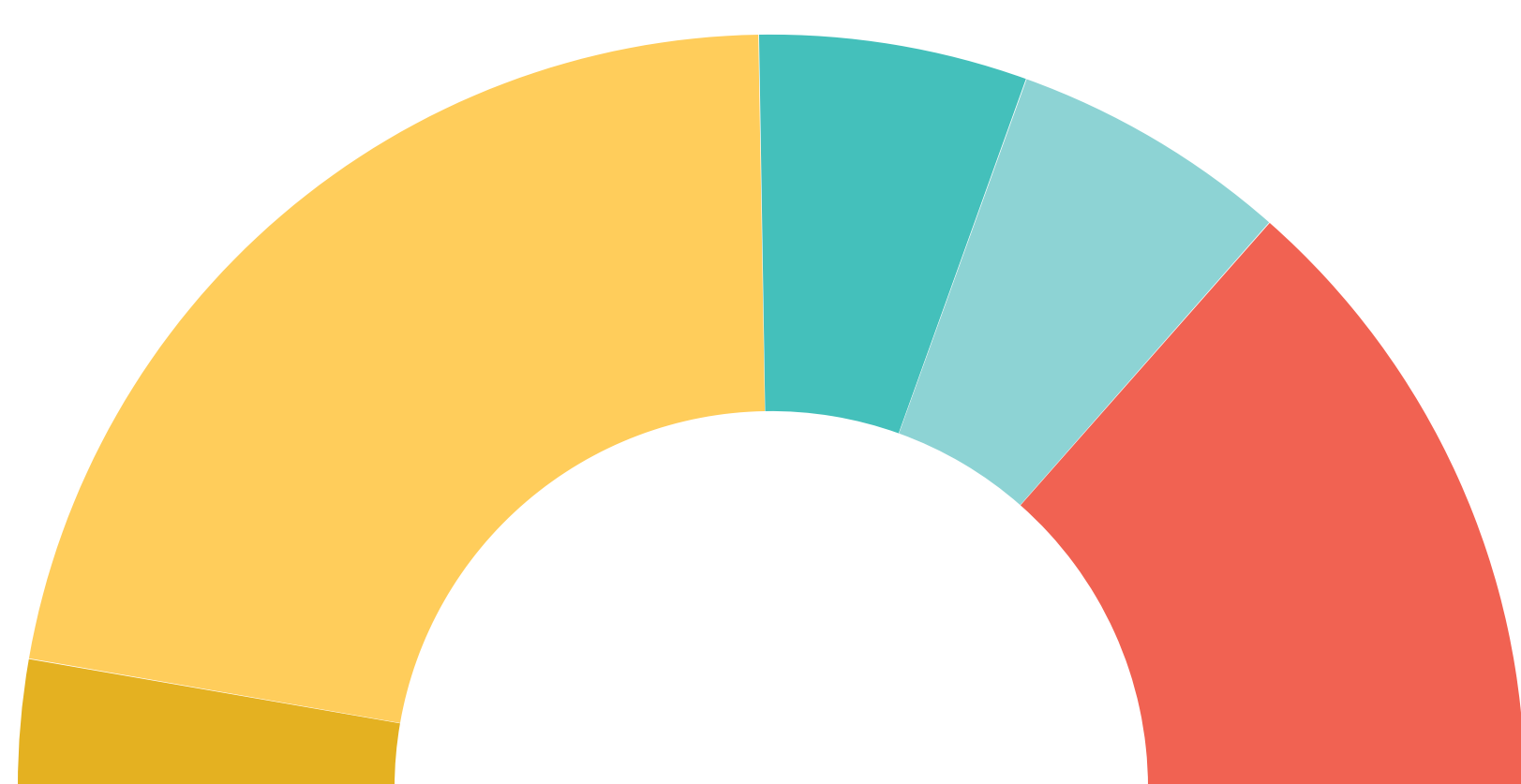
4,885 Instances/Sessions

301 People

Improved their health through our Wellness Programs - up 3%!

185 VOLUNTEERS

Helped older adults in our community



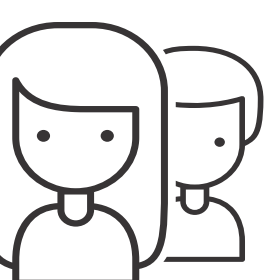
Community Transport (5.5%) Centre Activities (11.5%) Community Care (27%) Mosman Meals (44%) Restaurant (12%)

ENGLISH CONVERSATION CLASS

63 Adults From **17**

Countries improved their English language skills

CARERS SUPPORT



818 Hours

61 Carers

Mosman CommunityCare.

Mosman COUNCIL

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Numbers based on 2019/20 data