**7,648** Food parcels **19,886**Prescriptions delivered delivered **1,785**Pets cared for **25,220** Meals 29,718 Shops delivered delivered 32,369 **24,253** Advice and Befriending calls made guidance provided 4,008 18,184 Phone check 6,455 Books, jigsaws and craft supplies delivered Transports provided ins completed 137,491 Total volunteering hours