

# Men's Activities To Energise (MATE)



Inspired Care... Enriching Lives... Together

## What is MATE?

Men's Activities To Energise (MATE) is designed to support the health and wellbeing of older men living independently at home through the provision of flexible and responsive social services. These include:

- Home visits, one-on-one companionship
- Accompanying men to medical and other appointments
- Supporting men to connect or reconnect with social groups, activities or hobbies

## Who Can Access the Service?

Men of 65 years and over who live in the Hornsby, Hunters Hill, Ku-ring-gai, Lane Cove, Manly, Mosman, North Sydney, Pittwater, Ryde, Warringah or Willoughby Local Government Areas.

## How do I contact the Service Coordinator?

Contact our Service Coordinator to discuss your situation and find out more about our services via:

Telephone: (02) 9468 5955

Facsimile: (02) 9468 5988

Email: [ccadmin@nsr.unitingcare.org.au](mailto:ccadmin@nsr.unitingcare.org.au)

## How much does the service cost?

The Service Coordinator will discuss an affordable contribution with you prior to the service starting. People will not be excluded due to an inability to pay.

## Interpreting Services

Our Social Support Service has access to both face-to-face and telephone interpreters to help us communicate better with you.

To make an initial contact with us, you can call the Health Care Interpreter Service on (02) 9840 3456. This service is available 24 hours, 7 days a week.

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Northern Sydney Region

T 1800 665 966

E [information@nsr.unitingcare.org.au](mailto:information@nsr.unitingcare.org.au)

W [www.nsr.unitingcare.org.au](http://www.nsr.unitingcare.org.au)

  
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A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
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