



**Meals on Wheels**  
Eurobodalla

## **VOLUNTEER WORKER NEWSLETTER MARCH 2021**

Last month I wrote: The Board is very aware of the need to keep you safe and to make sure our clients are well cared for. Each month the Board reviews our Covid precautions to make sure these objectives are being reached.

The Board met on February 22<sup>nd</sup> (and will meet again on Monday March 22<sup>nd</sup> to check on the implementation) and have eased their protocols. These I sent to each Distribution Centre and had sent to you by email or post.



The Board has resolved, and they now expect the following from the volunteers.

**As there has been nothing in the local area,**

- **that we ease our restrictions for the next month on the understanding that we can revert to masks, staying out of homes as soon as a problem arises.**
- **that we do not require masks to be worn by volunteers (unless they wish to do so) and that meals may be taken into homes if clients are happy (if clients want volunteers to wear masks, volunteers should be able to produce a mask and comply).**
- **that we continue to encourage social distancing and sanitising of hands.**

And if you are going on our Out and About programme then there is the opportunity to welcome more people as we allow more on the bus but with the following protocol

- **that we lift the seating restrictions on our bus/car for Out and About but encourage passengers (clients and volunteers) to wear a mask while in a closed vehicle.**

We will be watching carefully what is happening and will be expecting our volunteers to have the vaccine once it is available and the Board has stated.

- **that all who work and volunteer for Eurobodalla Meals on Wheels will be expected to have the Covid vaccine once it becomes available.**
- **that we review this again in March.**

It is great for us on the South Coast to have a safe and 'free' environment, but we must guard this jealously and continue to do all we can to prevent the virus coming here. I thank you, on behalf of the Board, for all you have done, continue to do and will do in the future to guard our way of life and care for our fellow 'coasters'.

The work on the **Strategic Plan** is underway and the first Workshop for the Board looked at our Purpose statement. The Board thinks this is a clear and precise statement which allows for the Cooperative to advance in a variety of ways if it needs to.

So, the Purpose of Eurobodalla Meals on Wheels will remain:



### **Our Purpose**

**Eurobodalla Meals on Wheels helps make our community stronger  
by providing services that contribute to the health, well-being and independence of people.**

I have attached a SWOT form which you may like to complete and send back with your views. These will be ready for when the Board gets to this aspect of their work.

In March, the Board will consider the recommendations from the Royal Commission into Aged Care.

## FIRST AID TRAINING

We are finalising a course for Volunteers. Could you let the office know if you would like to update your skills and knowledge?

At present we have 6 people who are Out and About volunteers, but we would like Meals and ISS people too. Please contact the office (4474 4464) to register.



## EASTER

This year we are planning to send an Easter Egg to all clients. These will be distributed during Easter week.

We hope you will make sure the clients have received them and if they cannot eat them, they can give them to a family member!



Our delivery of meals will remain the same leading up to easter except for Narooma who will receive their meals on Thursday. But some will have to put their orders in earlier, so please remind clients to put in two weeks of meals orders the week ahead of Easter.



## In Brief.....

### MEALS NEWS

We have had our first Specials Menu and now we have the Easter Menu. Remember to only go into homes if clients welcome you and if need be please have a mask ready should they wish you to wear it.

### OUT AND ABOUT NEWS

There are exciting events coming up and you may like to mention some of these opportunities when you are visiting clients.

The programme includes Sculptures by the Sea in Bermagui, finding their Irish Roots, learning how to make a Irish Stew and celebrating St Patricks Day. Easter events will fill up Easter Week. In April there will be a trip over the new bridge to a BBQ, Baking with Michael (*everyone loved his Pasta lesson*), making Lemon Butter, looking at artifacts from Batemans Bay Museum and a visit to Mrs Innes' home.

So lots happening at Out and About. If you know people who would like to join the group, let us know and we shall make contact with them.

At every session of course there is the conversation and laughter, which brings lots of fun and friendship to everyone's lives (including the volunteers).....and leads to our clients being out of their home and mixing with others.

### INDIVIDUAL SOCIAL SUPPORT NEWS

This is an area we wish to grow but we do need more volunteers who could assist in taking clients shopping, on an outing or just visiting them once a week. Do you know anyone may be able to assist?

### TRAINING NEWS

These terms will assist when you are speaking with clients as they will use these in conversation.

|          |                                     |   |
|----------|-------------------------------------|---|
| ACAT     | Aged Care Assessment Team           | Information and assessment service for frail aged persons to determine eligibility for home care packages and residential care.   |
| CHSP     | Commonwealth Home Support Programme | The CHSP provides entry-level home support for frail older people who need assistance to keep living independently  |
| ComPacks | Commonwealth Packages               | A case-managed package of non-clinical care for up to 6 weeks after discharge from hospital. The primary goal of ComPacks is to transition the client from acute care to home. Available from participating NSW public hospitals        |
| HCP      | Home Care Packages                  | A home care package is an Australian Government-funded co-ordinated package of services tailored to meet the person's specific care needs, with eligibility determined by an Aged care Assessment team. There are 4 levels of packages. |

## Vaccine Rollout

The COVID vaccine programme is underway. There are various sources for information. At this stage it seems that volunteers and staff will be eligible for the 1b rollout.

**Your WHS Rep: Les Carter** Contact on 44723632 or 0491441968 or email [proteaplace6@gmail.com](mailto:proteaplace6@gmail.com)

Thank you for your wonderful contributions and big smiles!

Alan Russell,  
Manager



**Eurobodalla Meals on Wheels – Strategic Planning 2021  
Strengths Weaknesses Opportunities & Threats (SWOT)**

In a few short words please write or type 3 things that you think describe EMOW’s Strengths, Weaknesses, Opportunities and Threats.

Your insight into the service will provide valuable input into the future direction of the organisation during the strategic planning process.

Responses will be collated, and individual respondents will not be named.

**Name** *(Optional)*:

**Role:**

| <b>STRENGTHS</b><br>What does EMOW do well?   | <b>WEAKNESSES</b><br>Where can EMOW improve?  |
|---|---|
| 1.  | 1.  |
| 2.  | 2.  |
| 3.  | 3.  |
| <b>OPPORTUNITIES</b><br>What ideas do you have to help EMOW become more successful? | <b>THREATS</b><br>What things in the external environment that could threaten EMOW? |
| 1.  | 1.  |
| 2.  | 2.  |
| 3.  | 3.  |
| <b>What will help us to get to where we intend to be?</b>                           | <b>What may get in the way of our future?</b>                                       |
|   |   |