



**Meals on Wheels**  
Eurobodalla



**CLIENT NEWSLETTER  
DECEMBER 2021**

Another year has been and nearly gone. We just have Christmas to happen and then the opportunity to welcome in a new year with the hope that 2022 will be better than the last 2 years.

The Covid Pandemic has changed everything we do, and while we wish for the 'good old days' we have to recognise that this disease is going to be part of life as we move forward. So, we need to embrace ways and systems which allow us to live our life comfortably, sensibly and in preparation for the unknown.

We can take a lesson from The Queen who at 95 keeps getting on with the job she has and doing it with a smile, with the support from family and friends and with the real desire to assist others. What an example she has been for nearly 70 years as our monarch.

Our volunteers have been doing just this throughout 2021.

- ✚ The volunteers have wanted to do their job of assisting you with the delivery of meals, taking you on outings through Out and About, assisting with gardening and shopping even though times were difficult.
- ✚ They have wanted to bring some cheer to you, and I am sure they have done this each time they have seen you through their smiles and cheerful greeting.
- ✚ They have tried to support you as a friend and have wanted to assist you wherever they could.

What more could we ask of our volunteers?

They are marvellous and the life blood of our organisation. I am sure you agree with me, and like me wish them well for Christmas with their family and friends.

Our organisation is ready for Christmas and the new year. Here are key dates for you to note

**Meals delivery for the Christmas period**

**Last delivery runs in December and the first runs for January will be**

Narooma	Thursday	23rd December	2022 delivery starts Friday 7 January
Broulee and Moruya	Tuesday	21st December	2022 delivery starts Thursday 6 January
Batmans Bay	Wednesday	22nd December	2022 delivery starts Wednesday 5 January
Tuross Head	Thursday	23rd December	2022 delivery starts Thursday 6 January

**All meals orders for new year need to be placed by  
Noon, Thursday 23<sup>rd</sup> December**

**Out and About**

Last day will be Tuesday 14 December and the first day back will be Monday 10 January 2022 (Bookings to be in by Thursday 6 January). We wish Keith a safe trip home to Ireland to visit his parents for Christmas and unfortunately, he will not be re-joining Out and About. We thank Keith for all he has done and contributed over many years.

**Individual Social Support**

These arrangements will be made to match the needs of each client for shopping, appointments, and or gardening over the Christmas/New Year period

Our **MEALS** clients have had their meals delivered by the staff who would normally be running Out and About. So, thank you to Chelsea and Keith and recently Karen, for their efforts. But we are starting to bring back volunteers. This we are doing gradually, and we are trialling some new ideas as we start.



These will affect volunteers not clients, but it is an opportunity to look at systems and to see where we are able to improve.

We have had a Spring Special menu out with clients. It is full of desserts! These come from North Shoalhaven Meals on Wheels, and we shall evaluate their popularity and whether they become regular items for our general menu.

Our Christmas menu has been settled and the order placed and arrived. It is hard to believe that we are heading towards Christmas already, but we have made sure our order is here and not held up because of a delivery or supply issue.

Our **GROUP SOCIAL SUPPORT** (Out and About) was relaunched on **Monday 1 November**. This is a three-day programme again for the rest of the year and for the first quarter of 2022.

We will be in **Narooma on a Monday**, doing **Lunch About on a Tuesday** and locating in **Batemans Bay (Malua Bay Community Hall) on a Thursday**. **Join us in 2022**



Many Out and About clients will know now that Chelsea has finished her time with us. She was here for three years and contributed well to the Out and About group and she will be missed.

Keith has continued but after his Christmas trip to Ireland he will not re-join us. This is sad but we are thankful for his efforts. Karen joined Keith when we have had six clients attending. We will still have our wonderful volunteers and there will be a new bus driver to join the team of drivers, and I am sure you will enjoy meeting Matthew. Our new staffing team will be known shortly.

Our **INDIVIDUAL SOCIAL SUPPORT** has continued in a modified format. We have had some volunteers shopping FOR clients and some gardening done as the people worked outside. But we have moved to restore all services and should you wish to be assisted again please let us know.



The rate of **VACCINATION** in our local area is wonderful. We have asked all staff (paid and unpaid) to be vaccinated and we have been reporting to the Government (as is required) on our progress. We have all staff and volunteers working with us double vaccinated.

**But we need to know if you have been vaccinated.** This information will be entered onto our secure system. But before volunteers may enter homes safely with meals, or clients are accepted onto Out and About then we need to know your status. Thank you to those who have told us of their status. This greatly assists us in caring for you.

The **ANNUAL GENERAL MEETING** has happened, and we have a new member of the Board. We welcome Derek Hoare from Tuross to the team. Phil Armstrong continues as the President.

**Always remember we are only a phone call away if you want a chat, to place an order, to book an outing or to get some assistance. Remember to keep those hands washed.**

**From the Board and staff, we wish you a Merry Christmas and a great year in 2022.**

Alan Russell,  
Manager

