



**Meals on Wheels**  
Eurobodalla

**CLIENT NEWSLETTER**  
**FEBRUARY 2021**

The year has started much better for us and I hope that you have been able to enjoy some of the lovely weather.



It does make such a difference to how we feel, and act and I hope it is making you feel good and happy too.

All our major activities and services are up and running. I hope that you are taking advantage of the services we have. If not, maybe you would like to read of our services within the Newsletter and then contact us. We do want to make sure you are really enjoying the area with our **Out and About** group, and by meeting the friendly people who share this area with you.



Our **PALZ Group** (meets every two months, on a Tuesday morning) is hoping to restart soon. This group was established for those with the early onset of dementia and their carer. But we are happy for others to join. We usually have a Guest Speaker and discussion while enjoying morning tea. Would you like to join us?

Thank you to those who gave comments on the Christmas cards done by the students at Batemans Bay Public School. They were delightful. I know the school was pleased with the feedback and thanks they received too. I hope you have your calendar and pen as a small gift from us. If not, then let a volunteer know and we shall get them to you. Somehow, we were very clever and managed from all the mix of cards and the envelopes they were put in to, to get a card from a young girl to her great grandmother! This was exciting news to hear.



Thank you too for the comments on the Christmas meals. I am pleased you enjoyed them. Have you seen our specials which are now available?

**Out and About has two vehicles every day, and the call upon a third!**

Through the wonderful assistance of the three Rotary Clubs of the Shire, the Moruya Jockey Club and other sponsors we received funds from the Community Race Day held in December 2019 for a new people mover vehicle which we shared with Yumaro. This will allow us to take more people on outings with **Out and**

**About**, especially the **Lunch About** events...so come along. We have a bus and a car every day and the use of another car. Join the fun and chatter of the journey and then the event! We want to use both vehicles to their maximum so come and have fun with a new group of friends.



So, why not get out from home and join **Out & About** on one of the following days:

- Monday (Narooma),
- Tuesday (Lunch About -outside of the local area),
- Wednesday (Moruya)
- Thursday (Batemans Bay) and
- Friday (Lunch About -within the local area).



Our bus or car will come and pick you up and deliver you home after some fun, laughter, a nice lunch and a good time with Chelsea, Keith, and their happy teams of volunteers.



### Do you know our staff?

Many of you call the office and speak to one of us, but it is good to have an idea of who you are speaking with. Here is our staff team and their roles.



Karen (Reception and Individual Social Support), Bethany (Client Services Officer {Meals}), Alan (Manager), Chelsea (Out and About Coordinator), Keith (Out and About Assistant), Nicole (Finance)

**Remember to be in touch (44744464) if you want more information on:**

- ❖ Meals
- ❖ Group Social Support (Out & About)
- ❖ Individual Social Support
- ❖ PALZ

**We are very keen to be able to provide services which assist you.**