



Meals on Wheels
Eurobodalla

CLIENT NEWSLETTER OCTOBER 2021

We hope that you are well and kept away from any issues which may have arisen over the last three months. It certainly has been a very difficult time for us all, but we should be pleased that we live on the south coast and not in Sydney, or in Canberra or Melbourne. Our interruptions, while annoying and frustrating at times, have not been as great as those others have had to deal with. But Freedom Day has arrived, and we are all starting to move on.



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 will be done 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 a Spring Special menu out with clients at present. It is full of dessert, and 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. It is hard to believe that we are heading towards Christmas already.

Our **GROUP SOCIAL SUPPORT** (Out and About) is relaunching on **Monday 1 November**. This will be a three-day programme again for the rest of the year.

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**.

There is a programme attached to this Newsletter and an invite to everyone to be part of this programme. Let's get out of the house, have some fun and a laugh or two with new friends.

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 will still be there, and Karen will join him when we have 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 **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 are moving to restore all services and should you wish to be assisted again please let us know.

There have been some changes to how things are managed in the office with Chelsea leaving us. This will see some new documents for new clients including

- a new programme format for Out and About. The one here is a sample but the next programme will be for a three-month period.
- a new menu has quietly been introduced with items in slightly different places
- a new Introduction folder for new clients to our service.



Within the Cooperative there have been developments too.

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 paid staff double vaccinated and we have 112 out of 120 volunteers double vaccinated. The others have had one jab and will have the other by the end of the month. This is great and we are well ahead of many groups.

But we need to know if you have been vaccinated and would appreciate the attached form being returned.

Although voluntary this information will be entered onto our secure system and the sheet destroyed. But before volunteers may enter homes safely with meals, or clients are accepted onto Out and About then we need to know your status. I hope you may assist us.

The **ANNUAL GENERAL MEETING** will happen next Monday (25 October) at our Moruya office. Those attending will receive the Annual report and the financial report and they will hear from the President (Phil Armstrong) and me.

During the meeting the Board will launch its new Strategic Plan and we shall forward to you with your next newsletter a pamphlet setting out their objectives for the year.

There will be at least one new Board member following the meeting as we have farewelled Les Carter after many years of service as a volunteer and two periods as a director. We shall let you know the full composition of the Board in the next newsletter.

The **PANDEMIC** is not over! While we have rejoiced at having Freedom Day and restrictions lifted, we must remain cautious and continue to follow the basic rules of

- keeping your hands washed
- staying the 1.5m away from others
- following the public health orders in relation to gatherings
- having a mask with you and wearing it when you need to do so
- thinking carefully about where you wish to go and when
- being careful over the holiday period when we will have lots of visitors to our region, and they are starting to come now for weekend breaks!



So a new start....our FREEDPOM opportunity

Why not join our Out and About group.

Why not meet some new people and have some fun.

Why not help develop our Recipe Book.

Why not join us on some whale watching trips.

Why not going to the movies....and we will give you a lolly bag!

Why not get out and have some fun with some friends.

Contact us about these opportunities and book your spot.



Alan Russell,
Manager

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.

Keep safe and wash those hands!!

More than just a meal