



It is time to be in touch again and to bring you up to date with a number of events, happenings, changes, developments and all things happening at Southern Shoalhaven Meals on Wheels



Firstly, there was a coronation and I hope you did take the time to look at another piece of British history. The funeral for Her late Majesty Queen Elizabeth II was an amazing event and 6 months later the Coronation of King Charles III was equally as important and full of tradition and pageantry, especially for the British people.

Secondly, you should recall that there was a Royal Commission into our Aged Care system set up by the previous Government. A very full report was produced and both Federal Governments have been committed to making sure these recommendations happen. This will see a new Aged Care Act and therefore reforms. These reforms were to start on 1 July 2023. After the election the new Federal Government moved this target to 1 July 2024 but in the latest Budget this is now 1 July 2025. However, some changes have started such as our funding model, wage increases for various groups within Aged Care and some regulations. The new programme will be called In-Home Care and once there is more to talk about I shall let you know. If you are keen on the process you could look up the Department of Health and Aged Care website and see the various discussion papers. In the meantime, we shall continue what we are doing and hope you remain happy with our services.

Restoring dignity to aged care

The aged care reforms will put older Australians first, improving quality, safety, and choice in aged care to create a sector that:

- * is responsive to the needs of older Australians
- * is simpler to navigate, with face-to-face services
- * empowers older Australians to make informed choices
- * is well regulated
- * is more transparent
- * makes sure providers are accountable
- * values and grows the aged care workforce.

News From Sussex Inlet

What a wonderful Open Day we had at Sussex last month. Many people visited us at the Neighbourhood Centre and 12 people have expressed an interest in getting meals from us. We are busy bringing these people into the system now.

Due to the flyers around town and the article in the Sussex Inletter, our Open Day was well known around town. Those who may not have visited could tell us about what we were doing when we walked down the street back to the office. The word was out!!

We have also looked at the upgrade of the shop. We have had a technology upgrade and shortly the centre will be painted out.

I know that Michele and Ros are smiling with the new pieces of equipment and hopefully we will keep these going with the upgraded centre.



Michele and Ros

Very happy Sussex Inlet volunteers

My wife told me to stop impersonating a flamingo. I had to put my foot down





It is important to let people know what we do and what we are able to provide the community. We hear a lot about other groups but because we have been doing meals delivery in the community for over 50 years, I believe our story can be lost and our work taken for granted. People forget that as well as delivering the meal, we do a quick check on how our clients are, take a smile and have a quick chat. For those on our Group Social Support outings this contact is longer, and the caring, compassion and smiles are there all day. Our Individual Social Support clients also experience this when our outstanding volunteers visit, taking them out for coffee or lunch or do some 'courtyard' gardening for them.

I hope you may spread the word as 'Word of Mouth' is the best advertising...and you have done it so well for our Groups that our numbers attending are spectacular....so can we tell the story about our meals too.

I am proud and pleased with what our volunteers do. They are a very humble group and complete their tasks quietly and without applause. I know you thank them, and they comment on how good it is to see you and to spend some time with you.

I also know how the office team enjoys the chat they have when you call in or ring up to put in an order or make a booking for an outing. It is such a nice thing to be able to have nice conversations and share some wonderful tales and jokes.

Keep well and enjoy our services.
Alan Russell

Client and Volunteer Forums

As we look to the future it will be wonderful to get your comments and thoughts on our services.

Please join me for a cup of tea and discussion on our organisation or to give feedback and suggestions

Client Forums Ulladulla : 1pm at the Centre—Wednesday 14th June & Wednesday 12th July

Client Forums Sussex Inlet: 1pm—Sussex Office -Wednesday 13th September

Social Group News

It has been great to see the groups in action and what vibrant and friendly groups meet on our various days.

The Monday, Wednesday and Thursday groups are well established and have been delighted to welcome new people to the fold. Why not send a friend or bring a family member to see what happens and how the social connectedness would benefit people you know.

Trips to bowling, fishing and a picnic in the sun were highlights and the trip to a show in Nowra will be especially memorable. Shortly there will be another meeting with the group from Eurobodalla Meals on Wheels. There have been two in the past and we are starting to get to know each other.

You will never be happy if you continue to search for what happiness consists of.

You will never live if you are looking for the meaning of life. Albert Camus

Not to brag, but I just went into another room and actually remembered why I went in there.

It was the bathroom, but still....

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