



Meals on Wheels
Eurobodalla

CLIENT NEWSLETTER SEPTEMBER 2020

I hope you do not mind receiving another Newsletter but in this fast-changing world we need to stay in touch with you. Some of you may not get too many messages or contact from outside of your home, so maybe my small note here will bring some information and news.

As I wished in my last newsletter, I hope that you are still well and keeping yourself safe with clean hands and by meeting with only those you know.



We are trying our absolute best to look after you when we deliver meals. We have been developing plans for when we can have our Out and About group back. In all our efforts and plan development we are making sure that our prevention and control measures meet the required standards and are implemented. We want to maintain the health and wellbeing of clients, volunteers, staff, and the community.

So, what has happened recently?

- ✓ National Meals on Wheels Day was on Wednesday 26 August.

We had the support of the Mayor and two Councillors who came to Batemans Bay and assisted.

The Councillors travelled with volunteers and delivered meals.

The Mayor was able to welcome the teams back and give them a small gift card from BP Australia as a thank you.

We were in the paper, on the radio and mentioned in the Mayors Podcast following the Council meeting!



The Mayor presented gift vouchers to volunteers

- ✓ We feature on the cover of the New South Wales Meals on Wheels magazine too!
The picture is of our wonderful Neil Benson taking a bale of straw out of the bus to assist a farmer (Keith) during the drought.
We do seek to support people when we can, and our bus and cars greatly assist us in this task.
- ✓ Our Out and About team have been busy developing Care Plans for each client.
These are all complete and on file.
Each one took considerable time as the staff member enjoyed the meeting and conversations.
The Plans will be updated regularly to make sure we are meeting your needs.
The latest Australia Government Department of Health bulletin (19/08/20) says:
"When CHSP providers re-open social support services they must follow the guidelines, advice and restrictions in their state or territory. This includes maintaining physical distancing and infection control measures. Provider also must have a COVIDSafe plan for their workplace and service delivery model."
We have these in place and are ready...so come mid-October we are going to try again.
- ✓ Volunteer Morning Teas
We have started having these to make sure our volunteers are thanked, and trained so they can assist you when they are working with you.
These have been happening over three days per week for September and will continue into October especially for the meals volunteers.

The Cooperative is about to have its Annual General Meeting. This is going to be held in Narooma at the end of October. This is when the President and I present reports on the year that we have had (*and what a year we have had!!*). This year will see some new Directors being elected to the Board.

Our meals service has seen some changes to the menu. We have introduced some new items, and these have been very well received. We have also introduced some Spring Specials until they run out.

Out and About has now had three attempts to restart. We are still looking at when we can reopen and hope it will be mid-October and the date, we have in mind is 20 October but we shall see how the area is responding to the virus. We know that everyone is keen to get going and to 'break out' from their homes and to have some fun again.

Individual Social Support is operating. Our gardening teams are terribly busy, and the shopping assistance is going well too.

Our work at Wallaga Lake with the Elders is still on hold. This is incredibly sad as we did have a great time. We look forward to reconnecting with the community.

PALZ is a group for 'professionals' with dementia and their carers. This happens once every two months on a Tuesday but again we have had to call it to a halt. We look forward to providing speakers for the group again soon...hopefully before Christmas.

Take care of yourself and keep smiling.

Alan Russell,
Manager



The Mayor and Cllr Brown with volunteers

Tips for Supermarket shopping

1. Shop infrequently
2. Consider wearing a mask
3. Wash your hands
4. Stick to store guidelines on social distancing
5. Only handle items you're going to buy
6. Buy only what you need
7. Consider paying by card
8. Follow store advice on packing and reusable bags
9. Be patient and remain courteous



**Councillors, volunteers, and staff about to set off on National Meals on Wheels Day
Batemans Bay Community Centre 26 August**

Delivery days

**A reminder that the following are our new delivery days.
This schedule was started in April.**

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| ▪ Broulee/Tomakin/Mogo/Moruya | Tuesday | (Orders in by Friday) |
| ▪ Batemans Bay | Wednesday | (Orders in by Friday) |
| ▪ Tuross/Moruya Heads/Potato Point | Thursday | (Orders in by Friday) |
| ▪ Narooma/Kainga/Dalmeny | Friday | (Orders in by Friday) |

