



Meals on Wheels
Eurobodalla

VOLUNTEER WORKER NEWSLETTER MAY 2021

We, as a nation are doing so well in preventing the pandemic invade our shores, but we do need to remain aware and ahead of the game. It is my role to remind everyone who assists Eurobodalla Meals on Wheels to complete its work, that we need to play our part every day.

In March I wrote: The Board is very aware of the need to keep you safe and to make sure our clients are well cared for. Each month the Board reviews our Covid precautions to make sure these objectives are being reached.

The Board has continued to meet monthly, and, in my report, I make a recommendation on our needs during this pandemic for the Board to discuss. Our requirements have not changed since March, and they are...

- **that we ease our restrictions...on the understanding that we can revert to masks, staying out of homes as soon as a problem arises.**
- **that we do not require masks to be worn by volunteers (*unless they wish to do so*) and that meals may be taken into homes if clients are happy (*if clients want volunteers to wear masks, volunteers should be able to produce a mask and comply*).**
- **that we continue to encourage social distancing and sanitising of hands.**

And if you are going on our Out and About programme, the opportunity to welcome more people as we allow passengers on the bus but with the following protocol...

- **that we lift the seating restrictions on our bus/car for Out and About but encourage passengers (*clients and volunteers*) to wear a mask while in a closed vehicle.**

We will continue to watch carefully what is happening and will be expecting our volunteers to have the vaccine once it is available and the Board has stated...

- **that all who work and volunteer for Eurobodalla Meals on Wheels will be expected to have the Covid vaccine once it becomes available.**
- **that we review this again (*monthly*).**

I do have a form from the Australian Department of Health (*Eligibility Declaration Form*) available with the attached conditions if you wish to 'move up' the line and have your vaccine earlier. As you are all working in Aged Care you do qualify under 1b, but this may not now be needed. Please ring me at the office.

I do need to continue to remind you (especially as winter is about to arrive!) of the general precautions that you should be taking:

- **clean hands with soap and water for 20 seconds or use an alcohol-based sanitiser.**
- **Cover your nose and mouth with a tissue when coughing and sneezing or use your elbow, not your hands.**
- **Avoid close contact with people unwell with a cold or flu-like symptoms and stay home and get tested for COVID-19 if you have these symptoms.**
- **Avoid touching your face and eyes.**
- **Greet people with a wave and a smile.**
- **Maintain physical distancing of 1.5 metres from others as much as possible and avoid crowded places.**
- **Wear a mask (*have you got one of ours, and do you have it in the car when you are working for us??*)**
- **Use cashless options to buy things**

From NSW Factsheet dated 23 April 2021

As you know we ask anyone who has a cold or flu-like symptoms to refrain from working and spreading it to our vulnerable clients.

But I do need to remind you to watch for the COVID-19 symptoms of: Fever (37.5°); cough; shortness of breath; sore throat; nausea; loss of smell; loss of taste; fatigue; runny nose; joint pains; acute blocked nose; unexplained chest pain or conjunctivitis have all been reported as symptoms of COVID-19.

Please be aware of this so we are able to maintain our excellent services to our clients.

I am sure you were excited about the start to this Newsletter, but I do need to make sure we are all doing the right things and aware of the expectations placed upon us.



Now for other news...

From the Board...

The Strategic Plan is developing well.

The Board has agreed to the

Purpose being: **Eurobodalla Meals on Wheels helps make our community stronger, by providing services that contribute to the health, well-being and independence of people.**

Core Values being: **Honesty, Empathy, Commitment, Continuous Improvement**

Areas of Development being: **Growth and Sustainability; Clients; Workforce; Marketing; Governance; Systems**

The Board is now working out our strategy in these areas.

I have attached another SWOT form which you may like to complete and send back with your ideas.

Last month, the Board started considering the recommendations (there were over 145!!) from the Royal Commission into Aged Care. This will take some time, but we are looking forward to the May Budget and the comments expected there to set the Timeline for this important implementation process.

The Annual Survey of clients has started to be delivered to each client. They may give you their completed form in an envelope to be returned to us, or they may ask you to assist them in completing their form.

TRAINING NEWS

FIRST AID TRAINING

We have finalised a course for Volunteers. **The date will be TUESDAY 25 MAY**, but we can only have 8 people. There will be no cost as we will cover this, but we do need the names!!

Please contact the office (4474 4464) to register.

We have bought two defibrillators and it will be great to have people trained in their use too!



In Brief...

VOLUNTEERS UPDATE

Karen (Reception and Individual Social Support) has been ringing volunteers to make sure all our records are up to date and that volunteers have the new shirt.

We are looking at updating name badges, especially for those who have been with us for five (5) years or more.

More on this shortly but thank you for your assistance when she has called.

National Volunteer Week is happening this month and I wish to thank you for all that you do for our clients and for our Cooperative. Your efforts are genuinely appreciated; and your friends may like to join us in our support of others.

MEALS NEWS

We remind you that if at any stage you feel unsafe while delivering meals, then please do not go on with the delivery at that home, and to let us know. Your safety is paramount to us.

Our Winter Menu has been introduced and there are some changes. I am sure the clients are going to like the new items. We have over 60 items available to our clients which provides for choice and most tastes! please continue to return meals to the distribution centre if a client is not home.

OUT AND ABOUT NEWS

Our May programme is out and our clients have a wonderful month ahead of them with Lunch About on a Tuesday going from Mollymook to Bodalla; there will be a movies in Narooma and cooking with Michael; crafts, photography, chocolate making, painting and a group of singers entertaining make up some of the months activity.

At every session of course there is the conversation and laughter, which brings lots of fun and friendship to everyone's lives (including the volunteers).....and leads to our clients being out of their home and mixing with others.

Let people know as we want to provide fun and enjoyment for as many as possible.

INDIVIDUAL SOCIAL SUPPORT NEWS

A reminder that this is an area we wish to grow but we do need more volunteers who could assist in taking clients shopping, on an outing or just visiting them once a week. Do you know anyone may be able to assist?

Your WHS Rep: Les Carter Contact on 44723632 or 0491441968 or email proteaplace6@gmail.com

Thank you for your wonderful contributions and big smiles!

Alan Russell,
Manager



Eurobodalla Meals on Wheels – Strategic Planning 2021

Strengths Weaknesses Opportunities & Threats (SWOT)

In a few short words please write or type 3 things that you think describe EMOW's Strengths, Weaknesses, Opportunities and Threats especially as we look at the six (6) Areas of Development being: Growth and Sustainability; Clients; Workforce; Marketing; Governance; and our Systems.

Your insight into the service will provide valuable input into the future direction of the organisation during the strategic planning process noting that Continuous Improvement is one of our Core Values.

Responses will be collated, and individual respondents will not be named.

Name (Optional):

Role:

STRENGTHS What does EMOW do well?	WEAKNESSES Where can EMOW improve?
1.	1.
2.	2.
3.	3.
OPPORTUNITIES What ideas do you have to help EMOW become more successful?	THREATS What things in the external environment that could threaten EMOW?
1.	1.
2.	2.
3.	3.
What will help us to get to where we intend to be?	What may get in the way of our future?

Question: Does our name "Eurobodalla Meals on Wheels" help or hinder our Growth and Sustainability?