



Meals on Wheels
Eurobodalla

VOLUNTEER WORKER NEWSLETTER OCTOBER 2022

We are into Annual General Meeting season and our members will hold their AGM on Monday 24th October. Membership is free and it does allow you to be part of the decision-making processes for the Cooperative. If you would like to attend the meeting, please contact me and we shall have the forms ready for you, but your Membership will have to be accepted and this could happen at the Boards meeting held prior to the AGM.



There will be several important Agenda items for this year's meeting. These items include the new Objects of the organisation in line with those expected of organisations registered with the Australian Charities and Not for Profit Commission; changes to our rules regarding insurance; the appointment of an Auditor; the election of three (3) people to the seven-person Board; the receipt of the annual Financial Statements and the Annual Report and hearing of developments happening within the organisation. Please do come along and hear what is being proposed. We are only as strong as the involvement of our volunteers as Members.

One matter we will touch upon is the request from South Shoalhaven Meals on Wheels for Eurobodalla Meals on Wheels to take over the management for their organisation. This has been agreed to and will see me working one day a week in Ulladulla and the rest of the time I will be connected by the wonders of technology. Our Finance Officer will also have a role to play in this new arrangement.

This will be carefully studied over the rest of this financial year and a decision made for the 1 July 2023. This is exciting as the changes within Aged Care will need to see strong, and larger, organisations being able to implement the new requirements which are being gradually introduced.

Our Strategic Plan asks us to look at opportunities to grow our business. This opportunity will see two of the stronger meals on wheels operations working closely together. People who have been sought for advice on the matter have reacted most favourably about the new venture.

We will also be involved in their Annual General meeting on Thursday 27th October and as the President and I sit on the Management Committee of Meals on Wheels Queanbeyan, we will also be involved in their AGM process in November. These are interesting occasions when each Board/Management Committee summarises the year just gone and looks to the future with the election process for new Directors. New South Wales Meals on Wheels will also hold their AGM in October and we will access their zoom meeting as well.

For us, it is important that we are aware of other organisations and the developments and contributions they make to their community as it contributes to our Continuous Improvement process (one of our four values).

Attending the Australia Meals on Wheels Conference is another avenue for information, but the pandemic dictated that it was unwise for the President and myself to attend. So, we have tried to look at their presentations online. We are also involving ourselves in presentations from the Department of Health and the Aged Care Quality Commission on the changes being made in the Aged Care sector.

All of this is important and essential to maintain the wellbeing of our Cooperative. To this end we were very excited by the report from the Aged Care Quality Commission after their audit visit. Thank you to you and our clients for the lovely comments made to the auditors. Our Board was very happy and impressed with the final report we received.

The last month was very sad with the passing of the Queen. I know many of our clients were upset by her death after 70 years of devotion to duty, encouragement of others and support for so many through her patronages of organisations like ours. We acknowledge her support for everyone in the Commonwealth.



The training of volunteers is important, and the Annual Survey did highlight some courses that you would like us to plan for, and we have done this. The first course this year was a First Aid course which was very successful. Congratulations to all participants who attended and passed. There was much laughter and fun just outside my office

which was like the two courses held last year. It confirms that we have found a very professional and engaging presenter. There could be a second course if we have eight (8) people. Please let me know if you are interested.

The next training opportunity will be on the 17th October and will be on Counselling. We have found a qualified Counsellor who is designing a course for us, and we hope it will be useful. It will not be 'technical' but provide you with easy-to-understand information to assist when you are with clients. We are inviting those who noted in the survey that they would like to attend but we will have spaces for others. Would you like to be part of this? If so, please contact me.

National Meals on Wheels Day saw us on the local radio stations with interviews and advertising for more volunteers. We were also in print through an article in the Beagle. All these exposures highlighted what we do for the older and more frail members of the community. We thank The Beagle, 2FM and 2EC for their support.

High Tea was an occasion where we could say thank you to our volunteers. This was an excellent occasion and lots of fun....and lots and lots of lovely food. It was good to be able to meet up again, to chat and to get to know others who are doing what you are doing at other centres. There were some games and opportunities to 'win' a prize, and these were kindly donated by business in the Shire. We thank Moruya Rotary and the Jockey Club for their support.

But we still need more volunteers. Do you have a neighbour or a friend who may like to join our team. We have positions as packers, delivery people, visitors, gardeners, helpers who take clients shopping and to appointments and the list goes on. We can arrange rosters to meet availability and the frequency a volunteer may have available. Please get them to have a chat with us and attend one of our Induction courses. We would love to meet and welcome them.



Services update:

Meals.....we have continued to do well and to meet our client's needs. There were some small price rises due to changes in freight charges. But we have been excited to be able to hold most of our meal costs. This is helpful to our clients as we see prices rise in all other areas. The Food Panel will meet once more -early October and Christmas will be on the agenda. This Panel meets four times a year for about an hour. We would like to have new volunteers offer their thoughts and comments- would that be you?

Out and About (Group Social Support)this has been going very well and the number of hours completed by our clients is passing our targets. Why? It is because of the care and concern of the staff, the development of the programme to meet clients' needs and wishes and the 'culture' within the group. We are happy to accept further clients and to offer them the opportunity to be 'Out and About' rather than sitting at home. Remember, when telling people about the service, that our vehicles will pick up the clients and take them home, also they can pick and choose what they wish to attend. Contact Kelley or Cathy if you know of anyone interested. They will discuss the programme and how to get involved; or if you would like to be a volunteer they would love to hear from you too.

Individual Social Support....a growing area and one we wish to develop with your assistance. We need people who can assist and if time is an issue this area of assistance may be just the thing for them. Time is less than for some of the other service areas, but the contributions are very significant. Can you chat to someone; can you do simple gardening; can you take people shopping or to an appointment; can you just visit someone who maybe lonely. If you can do any of these things, then we have a spot for you. Give Kelley a call and have a chat about the time commitment.....you may be surprised.

Wallaga Elders Social Group This has started again, and we have had three gatherings. October is my last one due to the new management tasks I will have but we will still have Carol Meindl assisting and we have a new volunteer to assist her. We provide a fruit platter for morning tea and then cook a lunch. You may like to assist with the support of the Elders at the Koori community at Wallaga Lake. If so let me know. This happens on the first Thursday of each month. We arrive at 10am and leave before 2pm.

PALZ Group (Professionals with Alzheimer's) I do have a new supporter as we try to re-establish this important programme. It is a very important programme, and we will get it up and running. I would like to have a list of people who could provide an interesting talk on something you have done in your life....let me know if you could assist by talking about an experience for 30—40 minutes.

Board news...as is usual at the AGM some members stand down. This year three will do so by rotation and of those one has renominated. We will have new 'blood' on the Board. This is wonderful as we get new ideas and new ways of looking at issues. Thank you to Deborah Buchanan and Sue Proud for their time, commitment, and wonderful service.

**Alan Russell,
Manager**