



August 30th was National Meals on Wheels day. While we did not have anything major happen we did take time to reflect on the efforts and community contributions that Meals on Wheels is dedicated to providing and we appreciated all those upon whose shoulders we stand. The second celebration is the 70th anniversary of Meals on Wheels Australia and there have been many people throughout the country who have built this wonderful organisation.

More
than just
a meal

There are thousands of people involved today, and many thousands in the past, who have provided this community service. In fact, I believe that we have nationally a bigger workforce than some major companies!

Let's celebrate by telling even more people how they can be a client and enjoy what we offer, and community minded people how they can serve others. A growth in both would be a wonderful gift to Southern Shoalhaven Meals on Wheels.

The Meals on Wheels concept originated in Britain during WWII, with authorities delivering meals to elderly, frail people. The first Australian service began in 1953 when Mrs E. Watts pedaled a tricycle around South Melbourne. The first meal was soup, roast lamb and plum pudding and cost 1/3d (around 13 cents). In 1954, the Red Cross provided a car and volunteers to deliver the meals.



In New South Wales, Meals on Wheels was pioneered by Sydney City Council in March 1957. In the first week 150 meals, cooked in the Town Hall kitchen, were served for inner-city dwellers. Each meal cost two shillings. By charging recipients a small fee, Meals on Wheels was able to provide better quality meals. It also removed the stigma of charity, despite the fact that the service relied heavily on unpaid volunteers. However, today the

practice of having meals prepared by enthusiastic volunteers has been replaced by a much more regulated system with OH&S and food safety regulations governing the operation of the services.

There are many thousands of volunteers and clients throughout Australia and the service is particularly important in regional and rural areas. As of 2019/20 Meals on Wheels services delivered more than 10 million meals annually to more than 75,000 people in Australian cities and regional and rural areas. Meals were delivered by around 76,000 volunteers. (*Australian Food Timeline*)

Social Group News



Spring always seems to bring some excitement with it as we look forward to warmer days, but there's been no cabin fever for our social groups over winter as we have all had fun times together whatever the weather. We have had some wonderful days being entertained at our two fabulous entertainment centres, The Bay Pavilions at Bateman's Bay and The Shoalhaven Entertainment Centre in Nowra, where we clapped and sang along to favourite songs by some very talented artists. The lunches at the clubs were also a real treat. And talking about treats.... our visit



to Woodstock Chocolates where we were shown how they make their delicious chocolate and honeycombs was very interesting.... and delicious!



Another highlight was our morning at Miriam Miller's beautiful home in Milton where she and her fellow rug makers showed us their love of propping and rugging. But our days together in the function room were also full of fun and laughs as we "milked cows", produced an absolutely hysterical play, created wonderful artworks, reminisced, celebrated birthdays and enjoyed life together.



NEW MEAL VARIETIES feedback from some of our happy customers

Molly is very happy with the meals she has tried so far, saying they are tasty and good quality. She is very appreciative of the service. Beth said that she was impressed with the tuna patties and would order them again.

Try Meatballs in Tomato Sauce , Tuna Patties, Mongolian Lamb, Mini Chilli Con Carne

We are always looking at ways to make your dinner time a pleasant experience & are pleased to be able to provide a good variety of quality & choice. We would love to hear your feedback on the meals provided and any suggestions we could add to the menu.

Southern Shoalhaven Zone Meals on Wheels
Building 3; 78 St Vincent Street, Ulladulla
PO Box 983, Ulladulla 2539
Office Hours: Monday to Friday 9.00am - 2:30pm
Phone: 4455 2861
E-mail: info@ssmow.com.au
www.ssmow.com.au

How come everyone my age seems older than me?





Since June there has been a great deal happening at Southern Shoalhaven Meals on Wheels!

First, we had a Quality Audit from the Australian Aged Care quality Standards Commission. This looked at all we do and how we are providing services to our clients, how we care for our clients and volunteers as well as the Governance and general management questions.

We received an initial report and were able to respond to it. This we have done and have had two follow-up telephone calls since. We are now waiting for the final report which should be with us by early September.

Second, we held a Special General Meeting for our members on 20th July. The Management Committee put to the members one resolution which had been circulated a month before.

The Resolution was to merge our operations with Eurobodalla Meals on Wheels. The Resolution was accepted by the meeting, and we are now working to meet this objective.

Both organisations had done a great deal of work and given the concept a lot of thought before hand and are ready to make it happen.

The Funding Administration Manager, from the Department of Social Services, who oversees both operations has been part of the discussions and has given us the necessary forms to complete. These have been done, submitted, and are going through the system. It was hoped that 1st November would be the date but due to some funding issues (good ones!) this may be 1 January.

But the result is that nothing, but the Governance will change. Our existing staff will be here. Our lovely clients will continue to get the services that have enjoyed for so long and the volunteers, who are the cornerstone of our operation, will continue to be supported in the great work they do.

There are many changes in Aged Care following the Royal Commission and these two organisations are preparing to face them in a stronger position.

I congratulate both governing bodies for the vision they have shown and for the consideration to this concept they have shown.

As well as all of these major events being on our desk, the staff have maintained our services at a very high level. This is reflected in the results of the Client Survey. These results are available if any client would like a copy. Please just ask at the office and we will get one to you.

Enjoy the spring weather (which we seem to have been having earlier than usual) but remember we must prepare our homes for the summer. If you need assistance, please let me know as a local company is looking at a programme of assistance being available to you.

Keep well and thank you for your ongoing support.

Alan Russell

UPDATE ON OUR COVID POLICY

- That only fully vaccinated staff and volunteers be engaged in our work especially when in contact with clients.
- That we encourage staff and volunteers to have all Booster shots as well as the first two shots.
- That any staff member or volunteer who has had the virus **must** take another week after they have been cleared.
- That hand sanitiser is to be located on each workstation.
- That all Group Social Support activities continue, and the wearing of masks is encouraged within transport; to continue with social distancing as much as possible; hand sanitiser to be available and used, and that anyone who has had the virus **must not** be with the group for an additional week once cleared.
- That all Individual Social Support services continue, and the wearing of masks is encouraged.
- That Hand Sanitiser **must** be used by everyone working or entering the office.
- That every client be offered a free 'handbag' sized bottle of hand sanitiser often while stocks last.
- That staff/volunteers who deliver meals **may** enter the home of clients if both parties are happy to do so. The wearing of a mask by the volunteers entering homes, attending clients, or travelling in cars is encouraged.
- That we continue to distribute meals from the Ulladulla and Sussex Inlet freezers.

Client and Volunteer Forums

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

The Client Forum session in Sussex Inlet on 13 September will be rescheduled due to a clash of meetings.

New dates for our Client and Volunteer Forums will be circulated shortly. I look forward to the opportunity to meet with you.



Southern Shoalhaven Zone Meals on Wheels
Building 3; 78 St Vincent Street, Ulladulla
PO Box 983, Ulladulla 2539
Office Hours: Monday to Friday 9.00am - 2:30pm
Phone: 4455 2861
E-mail: info@ssmow.com.au
www.ssmow.com.au

Volunteer First Aid

We are hoping to have a first aid course in September or October. We have a few options for dates from the course provider but need the participants.

Sussex Inlet have a course filled already so a date will be allocated shortly and we want one in Ulladulla.

Please let the office know if you would like to update your skills and knowledge.

