

VOLUNTEERS NEWSLETTER SEPTEMBER 2025

I am looking forward to meeting many of you (around 60) at our **High Tea** on the 24th. These have been a great opportunity in the past for you to meet others who are volunteering for Meals on Wheels.

I would like to thank the Moruya Rotary Club led by Jan Young (one of our Directors and Chair of our Food Panel) who leads the team of caterers who spoil us, and Ken Brown the Manager of the Jockey Club who donates the facility for our use. Both people are most generous in what they do for our organisation.

We have looked at holding two functions -one at the Moruya Jockey Club and one in Ulladulla. This year we will use the Groups Christmas luncheon as an opportunity to thank the northern volunteers for their time and contributions towards the wellbeing of the clients in the north. If you are interested in coming to this, please speak to Emma in the Ulladulla office.

Board news- at present our President is recovering from heart surgery. We wish Phil well but recognise that he will be out of operation for some weeks, and I know he will be sad to miss meeting everyone at High Tea.

Survey 2025 -Thank you to those who returned the Survey. These results have been collated and are available at each site. The Board will look at these at their next meeting. Some of the findings are included in this Newsletter.

The Client Survey also noted the work of the volunteers, and the overwhelming comment was how wonderful you all are....so thank you from the clients for your smiles and efforts.

As you are aware there is a new **Aged Care Act 2024** which should have started on 1st July 2025. This has been delayed until the 1st November 2025. The Act and associated Rules have been completed and there is

now some concern about what is being introduced.



Board of Directors
is pleased to invite you to the
The Volunteers' High Tea
Wednesday 24th September 2025
2pm to 4pm
@ Moruya Jockey Club
Donnelly Drive at North Head Moruya
opposite the Moruya Airport
Catering – Moruya Rotary Club

What do you enjoy most in your volunteer work?

I feel useful- it gives me purpose
Doing something rewarding
Being useful
Being able to help
Social aspect and helping others
Providing a service to people in need
and building new relationships
Its rewarding seeing the joy a short visit and chat can bring
Talking to clients and helping where needed
Chatting and making others smile
I enjoy seeing the clients happy, enabling them to get out and about and enjoying themselves
I enjoy the positive relationship I have with an older community member who has a different life experience to my own
Chatting
Meeting other people
Helping our community

**"Volunteering is the ultimate exercise in democracy.
You vote in elections once a year, but when you volunteer,
you vote every day about the kind of community you want to live in."**



In the latest edition from 'HelloCare' there are several concerns, and we need to make sure our clients do not suffer. The new Act will see the Home Care Packages (HCP) programme changing to Support at Home (S@H). Those on HCP should have had communication from their Providers about the changes.

Those who are on the first step of the Aged Care programme, the Commonwealth Home Support Programme (CHSP) will not see any changes from 1st November. But the Government is reviewing this most effective and efficient system within Aged Care during 2026 with the possibility of including it in the Support at Home programme. When the review happens, we will let you and our clients know as this most successful programme could become part of the cost-cutting process. The Aged Care Act is already saving the Government billions of dollars-the Royal Commission didn't seek this.

Some quotes from the article make us concerned for the independence of our clients.

The Support at Home program will require co-payments based on pension status, income, and assets. Full pensioners face 5% contributions for "independence services" like showering and 17.5% for "everyday living" support like cleaning, while self-funded retirees could pay up to 50% and 80% respectively. For those on fixed incomes, these costs are daunting.

Imagine Ellen, an 80-year-old full pensioner in Perth, surviving on a \$572.20 weekly pension. Needing help with showering and housework, she could face co-payments of \$50 per week, nearly 10% of her income. To cover this, Ellen might skip meals or delay medical visits, risking malnutrition or infections.

"By not enabling older people to stay at home longer, the new restrictive home support system will create a nation burdened by nursing homes instead of a country that respects and values its elders," he argues. A commenter agreed, stating, "The system is totally unfair, we all paid taxes for many years."

Consider Tom, a 77-year-old part-pensioner in regional Queensland with \$12,000 in savings and a superannuation income of \$40,000. Needing 10 hours of weekly support for showering, meal preparation, and transport, he could face co-payments of \$7,500 annually, nearly a fifth of his income. Unable to sustain this, Tom might forgo care, risking falls or hospitalisations that cost taxpayers more.

As 1 November 2025 approaches, seniors are bracing for a system that seems to betray the Royal Commission's promise of dignity. Wilcocks' call to exempt pensioners from co-payments and restore human oversight resonates with those who feel "they would like us dead," as one commenter starkly put it.

As our clients become more aware of what is being planned, we need to be there to make sure they have support and assistance. All clients are entitled to a support person at all meetings when discussing their future.

Alan Russell Manager

**Embrace compassion
without exception.**

~ Janice Anderson

Do you find your volunteering role rewarding?

I love helping people
I enjoy helping others and the social contact it gives me
Meeting other people **Enjoy helping**
We enjoy meeting the clients and
doing something for our community.
Giving back to the community
I feel part of the community
The interactions, warm smiles makes it so well worth it
Meeting clients, providing support
The service MoW provides and getting to know the clients
Gives me a chance to meet and help
people in my community,



"MEN, I NEED A VOLUNTEER TO TELL ME HOW DEEP THIS WATER IS!"

**Sussex Inlet
Anniversary**

**SAVE THE
DATE**

**Friday 14th
November**