



Meals on Wheels
Bundaberg



Service Manager Message

Half Year Reflection

With the end of the financial year and reflecting on this position of our service, it is clear that we are not slowing and the need for Meals On Wheels is in a greater need than ever before.

Like any business, we have our competitors, promising the world, some of which you would have seen on TV heard on the radio and in leaflets received. But I'm proud to say, these other meal providers can not offer the face-to-face support and wellbeing checks on a regular basis. Even amongst in-home service providers, we remain one of the highest visitation services across the board (which we do voluntary and not funded). I can not thank our team of volunteers enough in supporting our service and importantly looking out for your wellbeing.

The federal government is working toward a much needed reform in Aged Care, looking at the need of the individual rather than the masses. How they intend to do this is starting from the ground up and allow a more uniformed approach across multiple services with flexibility for you, the client, to get the services you need and when you need them. Bundaberg Meals On Wheels has taken an active approach in being apart of the steering committee consisting of 13 members across 2 states which will have greater input from a meal provider prospective, reporting directly to the federal government. We hope to see big steps made over the next 12-18months for the future of all over 65years.

National Meals On Wheels Day Wednesday 30th August, this year we will be serving Roast Beef with Roast Vegetables for the main and Pavlova with fruit and cream for dessert. We invite our local members, councillors and business to be involved on the day in either purchasing a meal or assisting on a delivery run.

We would liked to thank Hinkler Lions Club for donating \$1,000 to Bundaberg Meals On Wheels, greatly appreciated and will go towards the continuing supply of nutritious meals to local residents.

Kind regards

Brendon Searle

Service Manager

Bundaberg & District Meals On Wheels Inc.

Newsletter

Edition 1

01-2023

More
than just
a meal



Office News

Office Hours Changing

From 1st September 2023

Office will be open from
7:00am to 3:00pm

This will not affect daily deliveries.



What's Cooking

Did you know we offer Breakfast Boxes?



Contents:

- 1 x Cereal sachet
- 1 x Tea Bag
- 1 x Coffee Stick
- 1 x Sugar Stick
- 1 x 150ml UHT Milk
- 1 x Fruit Salad Cup
- 1 x Orange Juice
- 1 x Oatmeal Twin Cookie



Contact our office for more details

We have had an abundance of tomatoes and our kitchen has been producing tomato chutney, these are for sale, if you are interested please call our office for availability and costs.



Volunteer Drivers

We welcome some new volunteer drivers to Bundaberg Meals On Wheels and we have moved some of regular drivers rosters around, so if you meals are at a different time than normal, please

10 Eastgate Street

**Bundaberg & District
Meals on Wheels Inc.**
ABN: 35 862 882 474

PO Box 740
BUNDABERG 4670
Phone: 4151 5825
Email: admin@bmow.com.au

Open Monday to Friday
7:30am to 4:00pm
Closed Public Holidays

keep this in mind. You only need to call the office if you have not received your meal by 12:30pm.



Helping Hands



Our service receives much support throughout the year from our farmers, without them we wouldn't be able to offer as much fresh produce in our meals as we do. However we know many of our farmers have hit on tough times, with drought, flood, limits and changes with exports and the red taper around modern day farming. So our service is getting onboard the 'Flanno For A Farmer' on Friday 25th August 2023. Keep a look out for staff and volunteers on the day and if you wish to donate towards the cause please let your delivery drivers know.

Visit the website for more information

<https://flannoforafarmer.com.au/mealsonwheelsbundabergteam>



How Are You?

Are you unsure on what service could be available to you?

If you are over the age of 65yrs you can register through My Aged Care. There are no costs associated in registering and even if you feel you don't need it straight away to be registered and to have an assessment done will prepare for the future.



Step 1. Learn about different types of care



Step 2. Get assessed for aged care services



Step 3. Find a provider in your area that suits your needs



Step 4. Manage your services

Some of the services available including meals, garden and home maintenance, in-home care, cleaning and transport.

For further information visit the website

www.myagedcare.gov.au

or call



1800 200 422



myagedcare



What's On

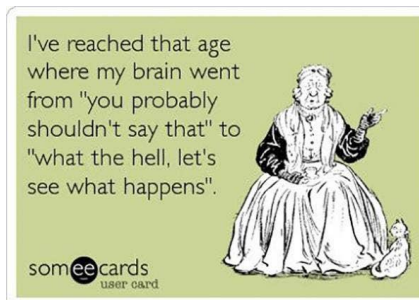


Meals on Wheels

30 August is National Meals On Wheels Day, we've invited our local members to be involved, so you maybe lucky in receiving a special guest delivering your meals.



For A Laugh



With age comes new skills... you can laugh, cough, sneeze, and pee all at the same time!



Puzzle Me This??

I have a head and a tail that will never meet. Having too many of me is always a treat.

If you have a red home made out of red bricks and a yellow home made out of yellow bricks, what is a greenhouse be made out of?

What am I?