

Celebrating the NSW Seniors Festival

There were toes tapping throughout our Community Restaurants as we celebrated the NSW Seniors Festival this year.

Thanks to a grant from the NSW Department of Family and Community Services, we were able to hold a series of Open Days at our Community Restaurants.

Our clients enjoyed the talents of The Frantastics, Coastal a Cappella, the Ettalong Public School Choir and local musician Tom Josephs, who accompanied the unofficial Meals on Wheels Central Coast choir.

For more information on our Community Restaurants, please contact us on 4357 8444.

Members of Coastal a Cappella in action

Sales Force Volunteer Day

Around 50 corporate volunteers from Sydney based company Sales Force converged on the Central Coast in March to assist one of our clients, Leigh Fitton. Leigh has struggled to maintain his garden so the team from Sales Force set to work, transforming the outside of his property, attacking the front, side and back gardens.

Leigh was very grateful to the work completed, and we look forward to working with Sales Force on more projects in the future.



New Board Members

We have welcomed two new members to our Board of Directors.

Ted Coupe and Natalie Jenkins joined the Board in March, and bring with them a wealth of experience in the profit and not for profit sectors.

For more information on all of our Board Members, please visit our website www.ccmow.com.au/about/ourboard.



Natalie Jenkins



Ted Coupe

Appliance Replacement Program

The Office of Environment and Heritage is offering discounts on new energy efficient fridges and TVs so eligible people can replace their old inefficient models. New appliances can cut energy bills, improve household and living costs and help protect our environment.

They are offering:

- 40% off the cost of a fridge (save up to \$200 a year on your energy bill)
- 50% off the cost of a TV (save up to \$125 a year on your energy bill)

To be eligible the applicant must:

- be a NSW resident
- hold one of the following:
 - Pensioner Concession Card
 - Health Care Card or Low-Income Health Care Card from Centrelink
 - Veterans' Affairs Gold Card
- own a fridge that is 6 years old, or older, and want to replace it
- own a plasma or cathode ray tube (CRT) television and want to replace it

To apply go to <http://www.environment.nsw.gov.au/household-s/appliance-replacement-offer.htm>

Australian Hearing

Australian Hearing offers hearing services to clients eligible under the Australian Government Hearing Services Program. To be eligible, a person must be an Australian citizen and satisfy one of the following criteria:

- Pensioner Concession Card Holder or their dependent
- Department of Veteran's Affairs Gold or White Repatriation Health Card holder
- Sickness allowance recipient or their dependent
- Member of the Australian Defence Force
- Children and Adults to 26 years
- Referred clients of an Australian Government funded vocational rehabilitation service
- Aboriginal and Torres Strait Islander people aged 50 and over
- Aboriginal and Torres Strait Islander peoples participating in Community Development Employment Projects (CDEP)

Call 131 797 or visit www.hearing.com.au for more information.

More Quality Meal Choices

Meals on Wheels Central Coast is proud to be your local food delivery service. Central Coast owned and operated, Meals on Wheels Central Coast has offered quality service for over 50 years.

Offering meal delivery, social support and community restaurants, all the income made from these essential services goes back into our community.

A number of new businesses are being operated from outside the Central Coast area, and they are offering our valued clients incentives to join including initial free or discounted meals and free delivery. Unfortunately many of these for profit organisations are not sustainable and can't deliver the 'more than just a meal' service that you are used to receiving from us. The profits from these organisations are not directed back into your community, as ours are.

We will always offer more choices and where possible fair dinkum Aussie meals at a very reasonable price. If you have any concerns or would like advice, please contact us on 4357 8444 or admin@ccmow.com.au.

On line Ordering

Do you order your meals via our online ordering system yet? Easy and convenient, you'll have your meals ordered with just a few clicks.

To sign up, email marketing@ccmow.com.au or call 4357 8444.

Return and Earn

We have collection points at all our outlets for Return and Earn, the recycling scheme that is spreading across the Coast. Drop your recyclables into one of our outlets or nominate Meals on Wheels Central Coast as your preferred charity when depositing these at collection points on the Coast. Thank you for your ongoing support!

Entertainment Books

We now have 2018/2019 Entertainment Books available for purchase.

Access substantial discounts from restaurants, cafes, attractions and hotels plus much more. Books are only \$65 and are available in hard copy or via a digital app. \$13 from each sale goes to Meals on Wheels Central Coast. To find out more call us on 4357 8444.

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