

At the
table



Meals on Wheels
Central Coast

Volunteer Newsletter | Autumn Edition 2018

National Volunteer Week 21 - 27 May

National Volunteer Week will be held from the 21st to the 27th of May this year, and we will be taking the opportunity to thank all of our wonderful volunteers who help so many in our community live happily, healthily and independently.

Our volunteers fill many roles here at Meals on Wheels Central Coast including delivering meals, helping in Community Restaurants, taking clients shopping, supporting us in the office and of course being on our Board of Directors. We appreciate everything that each of you do.

Please drop in to our outlets from Monday 21 to Friday 25 May and enjoy some morning tea.

Thank you for giving your time freely to help so many in our community.



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>



Charlie has been volunteering for Meals on Wheels Central Coast for over 8 years, taking clients shopping and helping out in the Community Restaurants.

Charlie's favourite thing to do by far however, is to deliver food to clients. Charlie has assisted many a client over the years, going above and beyond in his role as a volunteer. He has defrosted a freezer so the meals could fit in, helped a client get reception on his TV, and showed another how to use their microwave.

Helping out in this way brings great joy to Charlie and it's one of the many reasons he volunteers for Meals on Wheels Central Coast. Of course there's also the beautiful scenery as he drives around!

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.

BBQ Helpers Needed



Do you like cooking a bbq? We need your help at our fundraising barbecues! All volunteers who assist at our fundraising bbq's will receive a MOWCC Volunteer hat. Contact Emma via 4357 8444 or emma@ccmow.com.au to register your interest.

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.



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!

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www.facebook.com/mowcentralcoast/

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