



HEALTHY FOOD CHOICES A HIGH PRIORITY

Meals on Wheels Central Coast (MOWCC) and The Flagstaff group have combined forces and have entered into a Memorandum of Understanding to offer a wide range of nutritional meal choices to their organisations clients. The MOU, set to commence in September 2017, will allow the two respected companies to expand their client base, potentially delivering meals to over 850 aged and disabled people across the Central Coast.

Ron Thomsen, Chairman of Meals on Wheels Central Coast Board of Governance, said that the relationship with The Flagstaff Group was welcomed and was entirely client directed to add value to the Meals on Wheels service theme of 'more than just a meal'.

"We want to offer to our existing clients and new customers a huge range of meals with competitive pricing", Mr Thomsen said.

"The Flagstaff Group has an established history of working with a number of not for profit service providers, and this, along with their expertise in the food industry, makes it an ideal pairing with MOWCC.

"We believe that working with The Flagstaff Group will add value to our traditional client base as we will be able to provide a wide range of nutritional meals made with high quality products."

As with MOWCC, The Flagstaff Group has built its business around supporting our aged and disabled communities in New South Wales.

Both organisations seek to enhance people's lives, with Flagstaff known for its specialisation in disability employment and socialisation in NSW.



Meals on Wheels Central Coast are proud to announce their new division, Combined Home Services. Combined Home Services offers a wide range of in-home services, from housekeeping, decluttering and lawn maintenance, to physiotherapy and IT assistance. Available to anyone on the NSW Central Coast, our services are delivered by local professionals who are all experts in their industries. No matter what you need done around the home, you can rely on Combined Home Services to deliver a quality, cost-effective service every time. For more information please call 4357 8478 or visit www.combinedhomeservices.com.au

Celebrating 50 Years



A beautiful gesture from the clients at our Community Restaurant at Tuggerah Lakes Community Centre. A lovely congratulations card for our 50th Anniversary.



Meet Fred, one of our exceptional volunteers. Fred has been volunteering with us for 32 years, and at the age of 93, is still driving and delivering meals with a helper twice a month. You inspire us Fred and we thank you for all you do.

It's an extremely special thing when you celebrate your 50 year Anniversary and you can honour a volunteer who has been there since the beginning. Congratulations Viv, we are so grateful for your wonderful contribution over the past 50 years.



Some of our office staff celebrating at our 50th Anniversary Gala Dinner which was held at the Crown Plaza on 30th August. Thank you to all of our wonderful sponsors and guests who helped make the night an extremely special one.

A Special Gesture



Sometimes our volunteers go that little step further.... Here are Paula and Mike ready to spread some joy by taking flowers to clients on their run recently. A beautiful act in remembrance of a valued Meals on Wheels volunteer in New Zealand.

Its BBQ Season - Volunteers Needed



Come along and support Meals on Wheels Central Coast at one our Fundraising BBQ's at Bunnings Tuggerah over the next few months. Help us raise funds so we can keep dishing up our wonderful social support and nutritious range of meals to our Central Coast community. The BBQ's will be held on Friday 6 and 27 October and another on the 1st December. If you would like to volunteer to help out at any of these events please call Emma on 3457 8401. Your help would be greatly appreciated.