

At the  
table



Meals on Wheels  
Central Coast

Volunteer Newsletter | Winter Edition 2017



## Give Happy - Live Happy National Volunteer Week 19th-24th May 2017

National Volunteer Week is an annual celebration to acknowledge the generous contribution of our nation's volunteers. This year Meals on Wheels Central Coast showed their appreciation by presenting our valued volunteers with a coffee mug. Each outlet also supplied a morning tea for our volunteers to enjoy after they finished their meal run. Volunteering plays a critical role in Australia's national identity. There are 5.8 million Australians (31 percent of the population) who engage in volunteering activities and programs, making an estimated annual economic and social contribution of \$290 billion.

Volunteering Australia CEO Adrienne Picone said, "Volunteering has a range of benefits. It is essential to building strong and resilient communities, and encourages economic participation, mitigates isolation and loneliness, and increases social inclusion and community participation. Volunteers also, gain valuable skills, and develop personally and professionally from their involvement in volunteering."



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 8444 or visit [www.combinedhomeservices.com.au](http://www.combinedhomeservices.com.au)

NEW MENU  
OUT NOW!!

Great News! Our new menu for 2017-2018 is ready for distribution. We thank our volunteers for helping us pass this on to our current clients and ask if possible to collect any old menus and return them to your outlet to save any confusion for clients.

Menu  
2017 - 2018



Meals on Wheels  
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[www.comow.com.au](http://www.comow.com.au) | 02 4357 8444

# A Paw of Approval from Winter

Say hello to Winter, our first Meals on Wheels for Furry Friends delivery recipient. The Furry Friends initiative sees Meals on Wheels partnering with Central Coast business East Coast Dogs, to deliver nutritious, affordable pet food to elderly pet owners across the Coast. Delivered by Meals on Wheels friendly volunteers at no cost, pet owners will also get the chance to interact and gain a helping hand with pet feeding if needed.

Winter's owner Karen has recently become a client of Meals on Wheels Central Coast and has been so impressed she thought she'd try it for this special member of her family. Both dogs and cats are catered for in this service tailor made for Meals on Wheels clients, with only raw and natural ingredients used in all the pet food products. Meals on Wheels for Furry Friends is bound to be a great success on the Coast, if Winter's reaction is anything to go by. Pictured here with Karen's son Glenn, Winter was eager to discover the new food available to him, giving it the 'paw of approval'.

For more information, or to request a Pet food menu, please contact Meals on Wheels Central Coast on 4357 8444 or email [admin@ccmow.com.au](mailto:admin@ccmow.com.au)



## BBQ at Bunnings

Friday 24th March saw Meals on Wheels Central Coast hold our first BBQ at Bunnings in Tuggerah. This proved to be a very successful day where we raised \$1130.00. A huge thank you goes to our wonderful volunteers who assisted us in any way. Your help was very much appreciated. We will be holding two more BBQ's at Bunnings Tuggerah in October. If you are interested in volunteering to help with this event please give Emma a call on 4357 8401.



Did you know????

Chocolate milk was once sold as a medicine!!!!  
YES! Chocolate milk does make everything better.  
It was originally invented by an Irish Physician and sold in the U.K. for medicinal purposes!

## Christmas in July at our Community Restaurants

Christmas in July is in full swing this month at our Community Restaurants. Delicious food, fun and friendship were shared, carols were sung and there was even a visit from Santa with a small gift for everyone. Thank you to our volunteers who assist at Community Restaurants for making the day so much fun for everyone.



Meals on Wheels Central Coast Invites you to our

*Golden Anniversary Volunteer Party*

to be held

Friday 18th August, 2017

Central Coast Leagues Club Star Buffet

From 12 Noon

**50**  
**YEARS**  
1967-2017