

Introducing CareApp

We are excited to introduce CareApp, a smartphone and computer application that has been developed to build a care community for our clients and their loved ones and carers.

CareApp sorts members of the community into care circles such as primary carers as well as family and friends. When visiting a client, our volunteers and staff members can share appropriate information with the family at the click of a button.

The cloud based app is compatible with iOS and Android operating systems and most web browsers, allowing family members to access the system anytime.

Families will now be able to receive direct updates as well as being able to receive private, real time notifications and photographs of their loved ones at outings and events. These images cannot be shared

to Facebook or other social platforms so the clients' privacy is assured. The message and check in feature also reinforces the support network that our Meals on Wheels Central Coast clients have.

The CareApp system will be rolled out at Meals on Wheels Central Coast, starting with clients, volunteers and staff at the Tuggerah Delivery Centre.

All clients will be asked to sign a consent form before their profile is set up on CareApp.

Volunteers will be advised as to when training will be occurring for CareApp as soon as possible.



Thank you!

Sometimes our volunteers go above and beyond, and this was the case last month, when Budgewoi volunteers Ken and Len lent their services to the Tuggerah Delivery Centre/The Entrance Outlet.

Being out of their territory didn't phase the pair, and they happily delivered meals to The Entrance clients with ease.

Thank you Ken and Len, it was a pleasure to have you operating out of Tuggerah for the day.

We appreciate your versatility and time volunteering with Meals on Wheels Central Coast.



Thank you to all of our volunteers!

Easter & Anzac Day Closure

Easter Orders, Deliveries & Office Closure



Meals on Wheels
Central Coast

Easter Office Closure

All Meals on Wheels Central Coast outlets will be closed from **2pm Thursday 18 April** and will reopen on **Tuesday 23 April**. The office will also be closed on **Thursday 25 April** for the Anzac Day Public Holiday.

Order Schedule for the Easter/Anzac Day Period

| Order Date | Earliest Delivery Date |
|-------------------------|-------------------------|
| Monday 15 April 2019 | Tuesday 23 April 2019 |
| Tuesday 16 April 2019 | Tuesday 23 April 2019 |
| Wednesday 17 April 2019 | Wednesday 24 April 2019 |
| Thursday 18 April 2019 | Friday 26 April 2019 |
| Tuesday 23 April 2019 | Friday 26 April 2019 |
| Wednesday 24 April 2019 | Monday 29 April 2019 |

Please note: If you normally receive a recurring order, your Client Services Officer will be in contact to arrange a delivery date.



Methods of Ordering

Did you know we have many easy ways that clients can order their meals?

This can be done online, via email sales@ccmow.com.au, over the phone or in person (a form will be handed to you, the volunteer).

Clients can discuss these options by calling their Client Services Officer on 4357 8444.

Free Training Courses

Central Coast Council are offering a range of learning and development opportunities that you are invited to participate in. The FREE training courses on offer are:

First Aid Training for Volunteers: This training provides participants with the skills and knowledge required to provide first aid response, life support, and the management of casualty(s), the incident and other first aiders –within a range of situations including in the home, workplace or within the community, until the arrival of medical or other assistance. The First Aid courses (HLTAID003) will be held at East Gosford from 9am-1pm on the following dates:

Thursday 18 April / Thursday 16 May / Thursday 20 June (Note: you just attend one of these days)

If you would like to book into one of these courses, or would like more information, contact Sharon Moore on 4325 8906.

Please Note: The training will run for four hours only and all participants MUST complete the pre-work component prior to attending the training session.

Mental Health First Aid Training for Volunteers: This Mental Health First Aid (MHFA) course teaches people simple, practical first aid skills for helping a family member, friend, co-worker or other person who is experiencing mental health problems

Date: Monday 20 May and Tuesday 21 May

Time: 9am-4pm

Venue: Smart Work Hub, 28 William Street, Gosford.

Bookings are essential. Register at www.eventbrite.com.au. Either pop the code 56952929746 into the browse search bar or enter 'Mental Health First Aid Training for Volunteers' and the Central Coast Council event should come up. Limited places available so book now!

All students now require a Unique Student Identifier (USI) when completing a nationally recognised course. Get your USI by registering at <https://www.usi.gov.au/>

Seniors Festival 2019



Pictured L to R: Regina, class attendee; Dennis Taylor CEO; Liesl Tesch MP; Andrew, valued volunteer.

We had so much fun celebrating the NSW Seniors Festival this year. We held a series of Gentle Movement Classes at venues across the Coast, including our Woy Woy outlet, Toukley Presbyterian Church and our Community Restaurants at Bateau Bay, West Gosford and Woy Woy.

There was plenty of moving and stretching by all involved, with a very positive response overall. We even had Local Member for Gosford, Liesl Tesch MP, pop in to stretch with us.

We like to offer different activities each year for the Seniors Festival, so if you have any ideas on what you or our clients would like to participate in next year, please email marketing@ccmow.com.au or call Pip on 4357 8444.

Do you have family or friends who would appreciate no fuss meal times?

Coast Cuisine offer free delivery of pre prepared meals from one end of the Central Coast to the other. Convenient, easy, and delicious.

All proceeds support Meals on Wheels Central Coast, so they're not only making meal times quick and easy, they're helping locals in need!

Spread the word about Coast Cuisine today. No contracts or referrals by My Aged Care or NDIS required.



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www.facebook.com/mowcentralcoast/

Instagram

www.instagram.com/mealsonwheelscccoast/