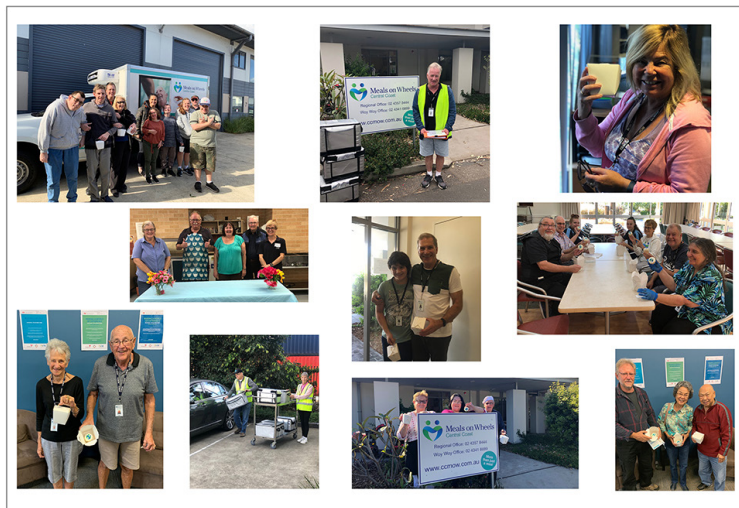
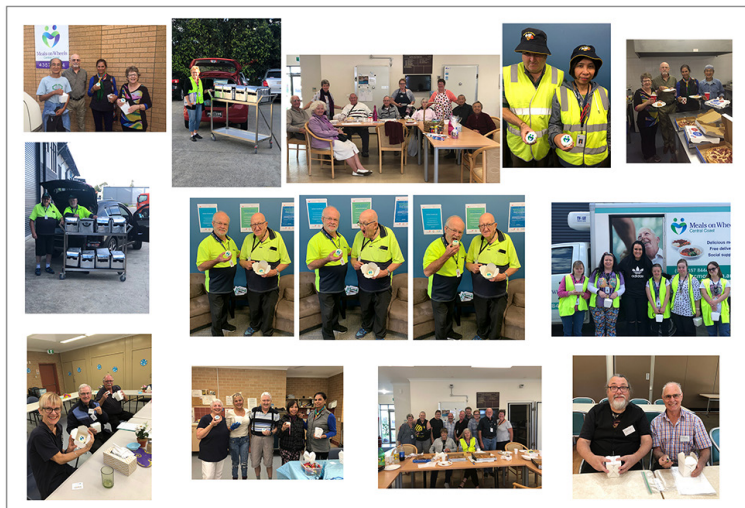


National Volunteer Week 2019

National Volunteer Week was celebrated between May 20 to 26 this year and we had a great time honouring our volunteers. We appreciate all that you do and thank you for your huge contribution to Meals on Wheels Central Coast. Here are some snapshots for you to enjoy!



Congratulations Ken!

Congratulations to our amazing volunteer Ken who recently picked up an Award from Volunteering Central Coast during National Volunteer Week.

Well done on your Highly Commended, Living Legend Volunteer of the Year Award Ken!



Acting Volunteer Coordinator

Amy Baulman is currently covering the role of Acting Volunteer Coordinator at Meals on Wheels Central Coast. Amy will be looking after you until the position of Volunteer Coordinator is filled.

Amy can be contacted on 0419 958 829 or volunteer@ccmow.com.au for any volunteer related enquiries.

Volunteers Needed

Our Community Restaurants held at Woy Woy on a Tuesday and a Friday are in need of some extra hands. If you are interested in helping out between 9am and 2pm on these days, please contact Lorraine on 0427 026 229.

NAIDOC Community Day

Central Coast NAIDOC Community Day will be held on Tuesday 9 July from 10am to 3pm at The Entertainment Grounds, Gosford Racecourse.

This is a fantastic day to get involved in, so if you're attending, make sure you pop by our stand and say hi!

New Menu Coming Soon!



Our 2019 - 2020 Menu will be distributed to our clients over the next few weeks. This menu has so much variety, with gluten free, low fat, low salt, dairy free, lactose free and vegetarian options for clients to choose from.

There has been a slight price increase however this is minimal and we continue to offer great value for money. The Menus will be sent out with regular orders from mid to late July.

We will also be asking volunteers for assistance in distributing these to various places such as medical centres, doctors, hospitals and community centres across the Coast. If you can assist with Menu distribution, please let Amy know via volunteer@ccmow.com.au or 0419 958 829.

News from the Community Restaurants

A huge thank you to all the wonderful dedicated Community Restaurant Volunteers for their ongoing help in providing a fun day out for our clients. The remarkable work you do is greatly appreciated by the clients, staff and Board of Governance.

Wishing everyone Good Health and Happiness

Lorraine, Community Restaurant Coordinator



Community Announcements

Kariong Neighbourhood Centre will be holding some FREE Creative Community Art classes during July and August. Proudly supported by Central Coast Council, there are Mosaics and Aboriginal Art classes to choose from.

There are also a couple of 3 hour workshops in Aboriginal Art for kids 12 years and over in the school holidays.

Places are filling fast for these specialised workshops - contact Kariong Neighbourhood Centre on 4340 1724, admin@knc.net.au or visit their Facebook page [@KariongNeighbourhoodCentre](https://www.facebook.com/KariongNeighbourhoodCentre) for more information. Bookings essential.

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/

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