

At the
table



Meals on Wheels
Central Coast

Client Newsletter | Spring 2019

New Home Care Package and NDIS Menu

We are pleased to announce the launch of a brand new menu catered to our Home Care Package and NDIS clients.

As well as great choices, we provide the best cost effective meal solutions through your Home Care Package or NDIS Plan.

These menus will be distributed mid September so keep an eye out for them with your usual meal delivery.

If you'd like to receive these meals please discuss with your Home Care Package provider or NDIS Coordinator of Support.

This menu only applies to clients who receive a Home Care Package or have an NDIS plan.



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Pamper Your Carer Day
Thursday 17 October 2019



Do you have a family member or friend that helps care for you?

We would like to invite them to join us for a pampering session on Thursday 17 October at 6/10 Pioneer Avenue, Tuggerah

*Our guests will enjoy a 15 minute massage to one of the following:
feet, neck, back, shoulders/arms.*

All massages are done fully clothed and seated, by an accredited massage therapist from The Peace Bubble Massage Therapy.

Light refreshments will be served.

Limited places are available from 10am to 1pm.

Bookings essential! Call 4357 8444 or email admin@ccmow.com.au

www.ccmow.com.au | 4357 8444

Ordering and Payment Options

We offer many ways of ordering and paying for your meals to makes things a little bit easier for you.

Ordering

1. Over the phone with a Meals on Wheels Central Coast staff member. This can be done on an as needs basis OR recurring orders can be set up (ie for a two or four week cycle)
2. Online ordering - ease of ordering via our website (recurring orders not available for this option)
3. Email to sales@cmow.com.au
4. Order form - this can be handed to your volunteer upon meal delivery
5. Order from via fax

Payment of Accounts

1. Statement issued to you on a fortnightly basis
2. Centrepay
3. Direct Debit
4. Cheque

For more information, on any of the above, please contact your Client Service Officer on 4357 8444.

Fundraising BBQ - Saturday 16 November

We'll be holding a fundraising BBQ on Saturday 16 November at Bunnings Warehouse Tuggerah.

Come along and support Meals on Wheels Central Coast from 8am to 4pm.

There will be sausage sandwiches and drinks available so please come along and help us raise funds so we can keep dishing up our wonderful social support and nutritious range of meals to our Central Coast Community. We hope to see you there!



Saturday 16 November

8am to 4pm

**Bunnings Warehouse
Tuggerah**

Happy 100th Birthday Jack!

A dedicated wife, 5 children, 16 grandchildren, 20 great grandchildren, 8 great great grandchildren, and 14 neighbours ... that's who helped celebrate Meals on Wheels Central Coast client Jack's 100th birthday recently. They came from near and far to celebrate the birthday of this amazing man, with family travelling from Perth, Darwin and Rockhampton to join in the festivities. With the youngest attendee being 17 weeks, and the oldest the guest of honour, there was much fun to be had at this special event.

A client for 5 years, one of Jack and wife Joan's favourite things about Meals on Wheels Central Coast is the variety of food and the convenience of the pre prepared meals. The meal sizes are perfect for them, along with the choice of menu items for those with special dietary needs. We think that they quite enjoy having our wonderful Client Service Officer Lyn visit them also! We hope you had a great birthday Jack!



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.



COAST CUISINE

In support of Meals on Wheels Central Coast

coastcuisine.com.au

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