

## Volunteer Newsletter | Spring 2019

### 2019 Christmas Celebration

The date has been set and the venue booked! Pop Wednesday 11 December in your diaries, as we'll be having a Christmas celebration for all of our volunteers!

Mingara Recreation Club will host us this year as we celebrate all the many hours you have contributed to our clients, and our organisation.

Held from 12 noon in The Show Room, you will enjoy a buffet lunch along with raffles, lucky door prizes and great company. Invitations will be issued closer to the date. We look forward to celebrating 2019 with you!



Save the date!

### Volunteers Wanted



Our Community Restaurants need some more hands to help lighten the load.

If you have a bit more time to spare, or you know of someone who might be interested, please have a chat to Amy B, our Acting Volunteer Coordinator.

Amy can be contacted on 0419 958 829 or [volunteer@ccmow.com.au](mailto:volunteer@ccmow.com.au)

### Pamper your Carer Day - Thursday 17 October

On Thursday 17 October, we will be holding a Pamper your Carer Day at our Tuggerah Distribution Centre from 10am to 1pm. This is being held to celebrate National Carers Week 2019.

Please encourage our clients to invite their carers to attend this event. Carers will be treated to a 15 minute massage to either the neck, feet, back or shoulders/arms. Massages will be conducted by an accredited massage therapist from The Peace Bubble Massage Therapy. Light refreshments will also be served.

Bookings are essential for this event, and places can be reserved by calling 4357 8444 or emailing [admin@ccmow.com.au](mailto:admin@ccmow.com.au)



# Home Care Package & NDIS Menus

We are pleased to announce the launch of a brand new menu catering to our Home Care Package and NDIS clients. As long as great choices, we can provide the best cost effective meal solutions for those with a Home Care Package or NDIS Plan.

These menus will be distributed mid September with meal deliveries. This menu only applies to clients who receive a Home Care Package or have an NDIS plan.



## Fundraising BBQ - Saturday 16 November

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

If you are available to come along and help out, please contact Amy B on 0419 958 829 or [volunteer@ccmow.com.au](mailto:volunteer@ccmow.com.au). We will need volunteers to assist throughout the day on the following shifts:

**7am to 10am, 10am to 1pm, and 1pm to 4.30pm.**

We would love your help so we can run a streamlined and delicious bbq!



**Saturday 16 November**

**8am to 4pm**

**Bunnings Warehouse  
Tuggerah**

## National Meals on Wheels Day

National Meals on Wheels Day was celebrated on Wednesday 28 August this year. Thank you for all the amazing work that you do year round to assist us and our clients. Thanks also to our special guests Liesl Tesch MP, Member for Gosford and David Harris MP, Member for Wyong, for their assistance on the day. Here are a few pics from the day.



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.



### Facebook

[www.facebook.com/mowcentralcoast/](https://www.facebook.com/mowcentralcoast/)

### Instagram

[www.instagram.com/mealsonwheelscoast/](https://www.instagram.com/mealsonwheelscoast/)