

Meals on Wheels Central Coast is committed to continuing to deliver more than just a meal to our clients during the current COVID -19 pandemic. We have undertaken the following steps and procedures to ensure this service is delivered in a manner that is safe for our clients, volunteers and staff members.

Meals on Wheels Central Coast are following Best Practice Guidelines which have been issued by the Department of Health and we have staff members who monitor alerts on a daily basis and provide updates to staff and volunteers accordingly.

Our staff and volunteers are provided with Personal Protective Equipment such as gloves, masks and hand sanitiser and are required to change their gloves and use the sanitiser prior to every individual meal delivery.

We have implemented a contactless meal delivery procedure ensuring we follow social distancing guidelines while still maintaining direct verbal contact with our clients and checking on their wellbeing. This involves knocking on the door and calling out to the client or contacting the client via phone after a delivery has been made to ensure they have received the meal and they do not require any further assistance.



**WE'RE COVID SAFE**

**We have a COVID-19 Safety Plan and are committed to keeping you safe.**

- Physical distancing (1.5m)
- Hygiene and cleaning
- Wellbeing of staff and customers

**> HELPING BUSINESS GET BACK TO WORK**

Provide feedback on this business at [nsw.gov.au/covid-feedback](https://nsw.gov.au/covid-feedback)

NSW GOVERNMENT

We will continue to act on the Department of Health's advice to keep our clients, volunteers and staff protected.

### New Menus Now Available!

Our new Menus for 2020-2021 are now available!

We now offer a Meals on Wheels Central Coast Menu, a Home Care Package Menu, and a NDIS Menu.

Menus are currently being distributed with regular meal deliveries however we are seeking assistance in getting these out to the wider community over coming weeks.

If you are able to assist us with distribution, please let your Client Service Officer know.



## New Website for Home Care Package and NDIS Clients

We are thrilled to announce the launch of our new website for our Home Care Package & NDIS clients. [www.ccmealplans.com.au](http://www.ccmealplans.com.au) has been created so that our Home Care Package and NDIS clients can order meals online with their subsidised meal prices listed.

Home Care Package and NDIS clients who currently orders online through our Meals on Wheels Central Coast website, can continue to do so. If they would like access to the new website, then they need to let their Client Service Officer know, or email [sales@ccmow.com.au](mailto:sales@ccmow.com.au), so we can set up login details for them.

## Celebrating National Meals on Wheels Day

National Meals on Wheels Day is celebrated on the last Wednesday in August each year. This day gives us the opportunity to recognise the wonderful contribution our service makes to the Central Coast community. With close to 200 volunteers, we are able to deliver a nutritious meal, provide social interactions and check our clients' wellbeing, enabling senior members and people with disabilities in our community to remain independent in their own homes.

Meals on Wheels has evolved since it's inception in England in 1943, and it's commencement in Australia in Melbourne in 1953. Our humble beginnings on the Central Coast date back to 1967, and over the years we have grown significantly, now serving over 700 clients who receive 17,000 meals per month, making us the largest Meals on Wheels organisation in New South Wales.

We are proud that we offer the service that we do, and we look forward to continuing to offer 'more than just a meal' for years to come.

## One Direct Advisory Joint Venture

One Direct Advisory (ODA), a wholly owned subsidiary of Meals on Wheels Central Coast, has recently announced a joint venture with leading commercial law firm, Priority Business Lawyers (PBL).

The joint venture will see PBL's legal team and ODA's consulting professionals work side by side, sharing resources and blending skills to position clients across the Central Coast, Sydney and Newcastle for success.

ODA Principal Ron Thomsen has been working tirelessly alongside Raea Khan, Principal Lawyer from PBL on a Team Development program which will ultimately serve both for profit and not for profit organisations in the region. Visit [www.pbloda.com.au](http://www.pbloda.com.au) for more information on the joint venture.

## The Adventures of Miss Paula

We have many wonderful volunteers here at Meals on Wheels Central Coast, and one in particular has made quite a few appearances on our Facebook page recently. Friday's have become extra fun with the lovely Miss Paula dressing up in an array of outfits to brighten the lives of those she delivers meals to. To see more images of Paula, visit our Facebook page:

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



Al, Paula & Amy

### Facebook

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

### Instagram

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