

Our Services:

Meal Delivery: Our volunteers will deliver meals to your door, five days a week, Monday through Friday.

Welfare Checks: A welfare check is done at every delivery, and provides peace of mind for clients, families & friends.

Community Restaurants: A wonderful social outing, with 4 operating every week. Enjoy a hot meal, friendship and games.

Shopping Programs: We can assist you with your grocery shopping via our online or assisted shopping programs. We will order your groceries online, pick them up and transport them to your home. If you prefer to go to the shops, then one of our volunteers will pick you up from home, take you grocery shopping, and return you home again. A nominal fee plus minimum \$50 shop applies to online shopping.

Furry Friends Pet Food: Take the burden of carrying pet food away, with our Furry Friends Pet Food range. This can be delivered with your regular meal deliveries.

NDIS and Home Care Package meals: Meals on Wheels Central Coast is a registered NDIS provider, which means we can assist you with meals on your NDIS plan. We are also able to offer affordable and healthy meal options via your Home Care Package provider.

For more information about any of our services, contact 4357 8444 or admin@ccmow.com.au

Meals on Wheels Central Coast is proudly supported by ...



NDIS & Home Care Package Clients:
Catering for differing needs and dietary requirements, contact us on 4357 8444 for a NDIS or Home Care Package Menu
www.ccmealplans.com.au



Convenient delicious meals available to **everyone** on the Central Coast. No minimum order or contracts required with next business day delivery available.
coastcuisine.com.au or 1800 956 477



ONE DIRECT ADVISORY

One Direct Advisory offers the services of an experienced team that can meet all advisory needs (profit & not for profit businesses).
onedirectadvisory.com.au



PO Box 5260, Chittaway Bay NSW 2261
p (02) 4357 8444 | f (02) 4357 8448
e admin@ccmow.com.au
www.ccmow.com.au

Community Support Service Phone line

Directional Referral Service



Meals on Wheels
Central Coast

(02) 4357 8444
www.ccmow.com.au

What is the Community Support Phone Service?

This is a **FREE** service that is available to all Meals on Wheels Central Coast and One Direct Connect clients.

Available from 8am to 4pm Monday to Friday, clients are welcome to call us on 4357 8444 to chat about an array of issues that could be concerning you.



What issues can I discuss when I call?

You can talk to us about issues you may be facing such as social support, mental health, advocacy, elder abuse, and rights and responsibilities in the aged care sector. Our focus is to resolve your concern, and we will do this by referring you on to the appropriate service.

Please provide as much information as you can when you contact us so we can help understand your issues and concerns.

How does the Community Support Service work?

A trained staff member will be on hand from 8am to 4pm Monday to Friday to take your call and listen to your concerns. Call 4357 8444 to access this free service.

After listening to you and assessing your needs, we will then link you with the appropriate service that can further assist you.

How much does the Community Support Service cost to access?

The Community Support Service is free.

We will listen to your concerns and then will link you to services that offer free advice, or those that bulk bill.

How do I access the Community Support Service?

To access the Community Support Service you need to be a client of Meals on Wheels Central Coast or One Direct Connect.

If you utilise any of our services including Meals on Wheels Central Coast/NDIS/Home Care Package meals, community restaurant, or one of our assisted shopping programs, then you are able to access this service.

To chat to your trained staff member, call our office on 4357 8444 between 8am to 4pm Monday to Friday.

Will the information I discuss remain confidential?

Yes, any information that you provide us will remain confidential.

We will need to gather as much information as we can to enable us to link you with the appropriate service. These conversations will remain confidential.

Can I just ring to have a chat?

Whilst the Community Support Service has been established to assist you with issues and concerns, we are also here to support you and to help combat social isolation.

If you need to chat to someone about any issues, please reach out to us on 4357 8444.



**For more information on any
of our services,
contact us on
4357 8444 or
admin@ccmow.com.au**