



Meals on Wheels
Cootamundra

We have reached the end of another busy and rewarding year!!

A huge **THANK YOU** to those volunteers who are retiring from their delivery duties this year. The service thanks you for your time, dedication and the support to our clients and the wider community.

We look forward to 2025 and the changes it brings to the Aged Care Sector. The Support at Home Program will commence from 1st July 2025 and will replace the existing Home Care Packages program and Short-Term Restorative Care program. Our Commonwealth Home Support Program (CHSP) will continue until 1st July 2027.

From 1st July 2025, as a CHSP provider Meals on Wheels will be covered by the New Aged Care Act. The Act outlines the obligations and responsibilities aged care providers must follow, setting rules for funding, regulation and approval of providers. This new law is designed to improve the lives of older people accessing aged care services in their homes, community settings and residential aged care and encourage aged care providers to deliver high quality care.

A quality service is simply not possible without our volunteers. Volunteers provide the time, skills and knowledge that enable Meals on Wheels to meet the needs of our clients and the community, and to fulfil our obligations as set out by the Department of Health and Aged Care. Each and every one of you is a huge asset and we appreciate your ongoing support 😊.

Meals on Wheels is looking for volunteers for delivery of our hot meals. If you know someone that is interested, please ask them to get in touch with Kerry for more information

VOLUNTEER NEWSLETTER DECEMBER 24

CHRISTMAS LUNCHEON

Cootamundra Meals on Wheels invites you to join us for a Christmas Luncheon on **Tuesday the 3rd of December.**

An invitation is included with the newsletter. If you would like to attend, please RSVP with payment and any dietary requirements by Tuesday the **26th November.**



This is always a highlight of the Meals on Wheels calendar and is a fabulous way to celebrate the end of another year in a relaxed environment. Our guest speaker for the event will be Leslie Burns – Aged Care specialist officer with Services Australia.

There will be a raffle and lucky door prizes on the day, and the man in the big red suit, Santa Claus will also drop in for a visit and to check who is on the naughty or nice list!! **HO, HO, HO**

LIONS CLUB CHRISTMAS CAKES

Since its inception in 1965, the **LIONS CLUB** Christmas Cakes and pudding program has raised more than \$70 million. Much of which has been spent in local communities.

Once again, you can help this important cause, by purchasing a cake or a pudding from the Meals on Wheels Office.

A variety of sizes are available:



1.5 kg cake - \$20

1 Kg cake - \$16

900 g Pudding - \$16

80g Mini Cake \$2

MEAL DELIVERY RUNS

At present, Meals on Wheels is very busy and is receiving new referrals daily. We not only have clients that must eat food prepared in a certain way, but there are also many different dietary requirements that the service provides for.

As part of our obligations, Meals on Wheels must ensure the correct meals are delivered to the correct clients. For example, one client may require food to be cut up, while another may require food to be pureed or they may have allergies.

The service is very conscious of ensuring all meals are labelled correctly, so it makes it easier for our volunteers to see at-a-glance who each meal is made for.

Dementia Training Australia

Increase your knowledge of caring for a person experiencing dementia-related changed behaviour and explore how people with dementia may express their needs through behaviour, rather than words.

Free online courses & training is available at: dta.com.au



On behalf of the staff and committee members at Cootamundra Meals on Wheels, we would like to wish all of our amazing volunteers a healthy and happy Christmas.

And we hope 2025 brings you all the joy and prosperity you deserve



CARER GATEWAY

Carer Gateway is an Australian Government program providing **free services** and support for carers.

If you care for a family member or friend with a disability, a medical condition, mental illness or who is frail due to age, then Carer Gateway can help you.

Carer Gateway provides many services to support carers in their caring role, including:

In-person and online

peer support groups—meet other people like you who care for someone, share stories, knowledge & experience.

Tailored support packages – including planned respite and transport services.

In person & phone counselling – if you are feeling stressed, anxious, sad or frustrated.

Online skills courses – to support your wellbeing and to understand the legal responsibilities **Access to emergency respite**

– if suddenly you can't provide care, for example if you become ill. To find out more

Ph: 1800 422 737 or visit their website at **carergateway.gov.au**

Please
handle with
Care



Home alone on Christmas day? Want to get out of the house and share some lovely food and conversation? Everyone is invited to this year's annual

Combined Churches luncheon

Date: Wednesday the 25th of December

Venue: 90 Thompson Street, Cootamundra

Time: 11am to 2pm. Lunch is at 12 noon

Cost: Free. (Takeaway available)

Share nibbles on arrival, a main meal and sweets. For further information, or to book, call Sister Kathie on 0400 307 585 or Sam McNally on 0418 254 677