

## SOME GOOD NEWS

- We recently received funding from the Monty Gorton Trust for the years 2018 and 2019. This money will assist us greatly in maintaining our cash flow.
- Last week we received two lots of toilet paper - one from Woolworths via Qld Meals on Wheels and the second from Bowen Packaging - so we are pleased to be able to distribute same to our clients this week. We hope this makes things just a little easier for you all. Thank you to both parties for their thoughtfulness.



## AND NOT SO GOOD NEWS

- Sadly, due to the health situation, we have lost the services of our wonderful prison work camp ladies. For the past year they have been maintaining our Meals on Wheels grounds and also assisting in our kitchen each delivery day. These ladies provide us with invaluable assistance and will be sadly missed. We look forward to their return hopefully in the near future and wish them well. In the meantime, our trusty local volunteers are stepping up and filling in the gaps.



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**Bowen Meals on Wheels**  
“The Voluntary, Caring Service”

**NEWSLETTER**  
Vol. 4 March, 2020

### AN IMPORTANT MESSAGE

With the current situation surrounding the Covid-19 virus, it is important our service takes steps to manage the well-being and on-going safety of both yourself and our volunteers.

We ask if you do feel unwell with cold or flu like symptoms that you please contact our service on **47861407** as soon as practicable so we can take the necessary steps to ensure we deliver your meal as safely as possible.

We also ask if you haven't had the opportunity to familiarise yourself with the government's advice on how to stop the spread of Covid-19, please follow the key points noting that practising good hand hygiene and sneeze/cough hygiene at all times is the best defence:

- wash your hands often with soap and water especially before and after eating as well as after attending the toilet or after touching items in public places
- using anti-bacterial hand gel when hand washing facilities are unavailable, especially during deliveries;
- use disposable gloves if hand washing or sanitiser gel is not available;
- avoid touching other people, and
- cough and sneeze into your elbow

- drinking a glass of warm water regularly may help flush the virus from the throat into the stomach where it can be destroyed by stomach juices

If the situation arises where you are placed in home isolation due to the Covid-19 virus, please advise our service ASAP. In situations where this may occur, please know that our service will take all the necessary steps to ensure your meal service is maintained over that period.

While we have implemented a specific emergency response plan initiated by our overarching body Queensland Meals on Wheels, Bowen Meals on Wheels Inc desires to protect it's clients, staff, volunteers at all times and because of this, our operational procedures have always been such that we always have optimum safeguards in place to protect the health of all. However, we have put in place additional cleaning and hygiene procedures above and beyond what would be considered "optimal" to further ensure the health and wellbeing of all.

Below is some additional information which may be useful .

Covid-19 is a new virus that can spread from person to person through:

- close contact with an infectious person (including in the 24 hours before they started showing symptoms)
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

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**Social distancing** includes ways to stop or slow the spread of infectious diseases. It means less contact between you and other people. Social distancing is important because COVID-19 is most likely to spread from person-to-person. The more space between you and others, the harder it is for the virus to spread. From week beginning 16 March 2020, social distancing is to be implemented as an effective means to limit the risk. Volunteers need to maintain a distance of 2 metres where possible from the client when undertaking the delivery. They should avoid touching surfaces inside the home and ensure they sanitise their hands between each delivery. All personal contact, e.g. handshaking, is to be avoided at all times.

We will also build up the stock of frozen meals in the event the supply chain or the supply of volunteers becomes severely reduced.

Please be assured that we are taking this situation very seriously, and we are following ALL directives issued by both the Health Department and our overarching body, Queensland Meals on Wheels.

As they say, be alert not alarmed, and our service is here to support you. Should you wish to discuss this note or discuss any other matter where we may be able to support you, please don't hesitate to contact the kitchen on delivery days (47861407) or ring Chris on 0419431006 .

If you have further questions re the Covid 19 virus you can also call the National Coronavirus Help Line on 1800 020 080. It operates 24 hours a day, seven days a week.

Chris Storrie

Treasurer

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