



Meals on Wheels  
Southern Highlands

# Newsletter

Summer 2018

## Christmas giving and receiving

A lot has happened since our last Spring newsletter, including the joys of giving and receiving at Christmas, and the wonderful Southern Highlands community.

I'll start with our local primary school children who wrote Christmas cards to our clients and volunteers. This had a great impact on everyone who received a card and the children who wrote them.



**COMMUNITY  
CATERING**  
SOUTHERN HIGHLANDS

We were able to combine the cards with hampers filled with items generously donated by the women at the Moss Vale Golf Club. Their beautiful community spirit has inspired us to collect items so we can give hampers to all our clients next year for Christmas.

Our volunteer Christmas party was a great success. Not only did our volunteers enjoy the meal we put on for them, they were entertained by the music maestro himself, Geoff Harvey. A big thankyou to Geoff for his time and talent, and for also supporting Meals on Wheels.

The Christmas period concluded for Meals on Wheels Southern Highlands by preparing and serving meals for the Community Christmas Dinner, held at Southern Highlands Christian School. This dinner is an annual event and open to anyone in the community who wants to share the Christmas spirit. We cooked for approximately 370 people the feedback we received was that everyone enjoyed being part of such a great community event.

## Website moving forward

Work continues on our new website. One of the features we're working on is online ordering and payment functionality. Once this feature is up and running, ordering and paying for meals will be so much easier and convenient.

Thanks to Olivia from Olivia Felicity, a local freelance graphic designer for volunteering her time to design the website. Olivia also collaborated with Solutions Outsourced, in Camden, to design a logo for our social enterprise, Community Catering Southern Highlands. Olivia's doing a fantastic job, we're very lucky to have such a creative volunteer. Thanks also to NSW Meals on Wheels for their support in helping us develop our new website.

If you or anyone you know has a function that needs catering, please contact us to see how we can help. We're happy to give you a taste test and show you more testimonials.

More  
than just  
a meal



## IGA

Our local Ashcroft Supa IGA in Moss Vale have been incredibly generous. They organised a Christmas Shopping trip for their customers to raise money for local charities. We were the very grateful recipients of \$1,200!

We also recently received their Community Chest donation of \$2,700. This was very much appreciated as we're currently trying to raise funds to purchase a second combi oven, which will increase our efficiency and ability to serve our growing number of clients.

We cannot thank IGA enough for their continued support in collecting donated pantry items from the public. We also thank our big-hearted community for their pantry donations.

If you wish to donate, the collection point is quite visible at the front of their store.

## New fundraising options

As part of the new website there will be financial donation options. You can either donate to a special project, or a fund that supports clients who struggle to afford to pay for their meals. To kick off the special projects (you'll be surprised to know), it will be to raise funds for the new much needed combi oven.

We can take donations for either of these options before our website is up and running all donations are tax deductible.

## Pie drive – order now!

As mentioned in our previous newsletters, our social enterprise Community Catering Southern Highlands, now complete with a logo and branding, has been very busy with a large array of catering jobs. We've supplied 2 course meals for events, lots of morning teas and lunches for council groups, local organisations training courses, private parties, schools and many more.

### A recent testimonial

“... this success could not have been achieved without your thoroughly efficient and professional service. The committee would have no hesitation recommending your business. “

To support the fundraising for Meals on Wheels Southern Highlands, Community Catering Southern Highlands are having a pie drive. This is a tasty way to help support Meals on Wheels in purchasing the new combi oven and a great way for you to enjoy some delicious pies. Definitely a win/win for all!

A variety of flavours and sizes of pies will be available to collect from our wonderful kitchen. See order forms attached.

## The team is growing

We are really pleased to welcome several new volunteers to our terrific team, both in the kitchen and delivery drivers on the road. A few couples moved here recently and started volunteering to get to know the area and connect with the community.

This has been so encouraging as we know volunteering numbers in general are declining. We're very fortunate Meals on Wheels is such a great organisation with a wonderful reputation and purpose to attract such fabulous volunteers.

Our volunteers come to us from a variety of backgrounds and for different reasons. Our kitchen volunteers now join a fun and hard-working team ably led by our wonderful chef Anna.

## Filming – autographs anyone?

We were privileged to host the New South Wales Meals on Wheels team plus photographer and videographer from Lumapixel. They came to our kitchen and offices to shoot footage to demonstrate and explain the new National Meals nutrition-based guidelines aimed at the over 65-year olds. These new guidelines have been adopted and are now rolling out across the state.

As thanks, they offered to do some filming for our services, Meals on Wheels Southern Highlands and Community Catering Southern Highlands. This was a great experience for our volunteers and staff alike and we thank Lumapixel and NSW MOW for making it possible. Our volunteers Patrick and Laurel are happy to sign autographs anytime you like.



**Interested in becoming a Volunteer?**

Contact Debbie on Tel: 4869 4032

## What's On in the Highlands

### Robertson Show Friday

2nd March & Saturday 3rd March

### Retford Park open day

Sat 3rd & 4th March 4861 1933

### Elderflower Champagne Making Workshop

10th March Ashton Park 0427 203 402

### Southern Highlands Symphony Orchestra

17th and 18th March Bendooley St Bowral  
0416 380 567

### Moss Vale Buskers Battle

17th & 18th March

### Bowral Autumn Music

23rd-25th March St Jude's Church

### Southern Highlands Polo

24th March

### Seniors Festival

4th April – 14th April

[www.wsc.nsw.gov.au/seniors](http://www.wsc.nsw.gov.au/seniors)

### Volunteer week

21-27 May

## BDCU Alliance Bank

Meals on Wheels and BDCU Alliance Bank have been working together for many years and it is a great partnership. We are very different businesses in what we do, however we are both focused on serving our communities and helping them grow.

Meals on Wheels has given us an opportunity to talk about one of our programs that we run that directly impact our communities with funding and awareness.

We launched our My Community Savings Accounts a year ago and they have been a great success so far. The account is an online savings account that allows our members to save money. The money is available to our member whenever they need to access the funds and it earns a good rate of interest.

The best part of the My Community Savings Account is that for every \$1 of interest that we pay to the account holder, we also pay 15cents to their selected community group. This allows the community groups to have funds coming in without extra fundraising activities.

The more people that come and put their funds into an account and nominate each group the more funding that can be paid to that group.

Meals on Wheels are one of our community partners and a great organisation to get behind.

If you are interested in the account or anything else that we do, feel free to pop into one of our branches or give us a call on 02 4860 4000.

[www.wsc.nsw.gov.au/seniors](http://www.wsc.nsw.gov.au/seniors)

## Message from the Manager



I'm really looking forward to 2018. We can see much of the planning and development we've done coming to fruition, which is gratifying. Here's a quick snapshot overview.

- Our volunteers numbers have increased, though we'd love to have more volunteers join us as there is always a need to fill. No matter your skill set, we can find a way for you to help out.
- During 2018 we're rolling out a new, flexible style of training, which will continue to support and develop our indispensable volunteers. It builds on "more than just a meal" for our clients, i.e. providing healthy and nutritious meals, social interaction and monitoring wellbeing.
- Developing our website so it will be easier to access our services and information and make it simpler to order and pay for meals.
- The photography and videography footage provided by NSW Meals on Wheels and Lumapixel were invaluable. Without their support we would not have been able to afford the highly professional training and promotional tools.
- We're currently working on our delicious and nutritious 2018 Winter menu, which is always exciting. Remember, we're happy to take on board any special requests or suggestions.

### Hellos, goodbyes and thankyou's

We are pleased to welcome Margaret Eder to our board and look forward to her sharing her vast experience and knowledge in working with community services and volunteers. We thank Charles Davis for his time served on the board and wish him well on future endeavours and are very pleased he and Ephy continue to volunteer as delivery drivers.

At our AGM last November we had the privilege of hearing from Ken Pogson about the beginnings of the Moss Vale branch of Meals on Wheels. He shared how, as the local dentist, he saw the need for providing meals to those who could not prepare meals for themselves.

Hearing the humble beginning of the service really inspired us, and challenged us to keep building on the great work already done. I thank all the board for their continued support and time given to this wonderful organisation. The innovative views of the board and the establishment of the social enterprise Community Catering Southern Highlands is a real testament to their focus on the future for Meals on Wheels.

Kind Regards



Debbie Smith