

Volunteering

Meals on Wheels would not survive if it was not for the time and service donated by our volunteer drivers. Our clients often comment about the kind and compassionate people we are lucky enough to have doing our deliveries for us every weekday.

We have individuals, couples, social, school and community groups and several local businesses who provide a roster of staff who give up their lunchtime to come and help us out.

Volunteers can choose how regularly they help out – whether it is once a week, fortnight, month or just to be on call as an emergency fill-in when required.

Our Volunteers are welcomed as Members of Armidale / Uralla Meals on Wheels Incorporated and are invited to attend regular social events and gatherings hosted at the facility. **Interested volunteers please contact the office.**



Donations

Meals on Wheels gratefully accepts donations of fresh produce for use in our meal production. If you have excess vegetables that you would like to see put good use, please drop into our office.



Armidale Uralla Meals on Wheels

Armidale Showground, Dumaresq Street

PO Box 1608

Armidale NSW 2350

T: 02 6772 8970

E: info@aumow.org.au

W: www.aumow.org.au

Office Hours:

Monday to Friday 9am – 3pm



Meals on Wheels
Armidale-Uralla

**All information current July 2017*

Disclaimer

Although funding for Armidale / Uralla Meals on Wheels has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.



Meals on Wheels

Armidale – Uralla

Nourishing our Community

Information Brochure

T: 6772 8970



Overview

The Armidale/Uralla Meals on Wheels service was established 1966. It was first located at the Armidale Hospital, from which meals were integrated back into the community.

Since then the organisation has grown substantially and relocated to the Armidale Showgrounds in 2014 where a production kitchen was established. The Meals on Wheels service is now supported by the Department of Health (DOH) under the Community Home Support Program (CHSP).

This program aims to assist people to remain at home and continue living independently for as long as they wish and as long as it is practical.

The majority of our clients are being subsidised under the CHSP. However we do welcome private clients as well who pay a slightly higher fee for their meals.



CHSP clients need to be referred through MyAgedCare, either by their healthcare provider or service provider or they can visit **MyAgedCare.gov.au** or call on **1800 200 422**.

*Funded by the Australian Government Department of Health.
Visit the Dept. of Social Services website (www.dss.gov.au) for more information.*

Meal Service

Meals are delivered daily from 11.30am by our wonderful volunteer drivers. All our meals are made on site and whenever possible we use locally sourced and seasonal ingredients.

Our clients can order a hot meal for eating immediately or opt for a chilled or frozen meal to re-heat at their convenience. We also offer mini meals to suit those who require smaller portions.

We also offer dessert, soups, salads, sandwiches and protein shakes.

We provide gluten-free and vegetarian meal options and because each meal is served individually we can cater for our clients' personal preferences including medical conditions, medications or allergies.

Clients can choose a Meal Pack which includes a regular sized meal, dessert and a juice or can opt to order meals only.

Prices start as low as \$2.50 for soup up to a full Meal Pack for \$9.50 (hot or chilled meal).



Catering

Meals on Wheels regularly caters our hot lunches to community groups. We can also provide morning or afternoon teas as well as fruit platters, sandwiches, wraps and other lunch options – and we deliver as well!

We now also host groups in our facility at the showground so if you need an informal meeting space, contact us about hosting your event. We have a large-screen wall-mounted digital TV for presentations as well as a PA system if required.

Please call our office on 6772 8970 or email us on info@aumow.org.au with your catering or function enquiries.

Quality & Safety

Armidale /Uralla Meals on Wheels is accredited under the Australian Aged Care Quality Agency to meet a set of operating standards that are applied to all organisations providing services to older Australians.

AUMOW has developed a Food Safety Plan in accordance with the Food Standards Code, the NSW Food Act 2003 and NSW Food Regulation (2015).

The NSW Food Authority conducts regular audits of the AUMOW facility to ensure adherence to the guidelines. AUMOW maintains high standards at all times and has held its' food licence at the Showgrounds Premises since 2014.