

**ARMIDALE / URALLA
MEALS ON WHEELS INC.**

P O Box 1608
ARMIDALE NSW 2350

Phone: (02) 6772 8970
E-mail: info@aumow.org.au

Office Hours of Business:
Monday to Friday —9am to 3pm
Closed on Public Holidays

AUMOW

Management Committee:

Rick Mills - President
Bob Franklin - Vice President
Jill Bennett - 2nd Vice President
Jon Spilsbury - Treasurer
Meg Nicol - Secretary

Committee Members:

John Hamel / Doug Lobban / Martin Hazell
Bev Pitt / Maryanne Munsie / Dee Hillard

Christmas & New Year Closure Dates:

CLOSED: Monday 25th, Tuesday 26th, Wednesday 27th December.

CLOSED: Monday 1st January

We will be back on deck from 2nd January 2018

Thank you to the organisations and businesses that support Armidale Uralla Meals on Wheels by allowing their staff to “**Donate your Break**” to us regularly. Roberts & Morrow, Forsyths, National Australia Bank, Regional Australia Bank, Newcastle Permanent, Challenge /Ascent Group, Town & Country Real Estate, Armidale High, Sunnyfield Disability Services all have staff who come on regular delivery runs and we know the clients love to see these professionals donating their time to our service.



Just a glimpse of Spring in our MOW Garden.

Thank you Jan, Rick & Marg for keeping it looking so lovely.



**P O Box 1608
Armidale**

Phone: 6772 8970

info@aumow.org.au

Armidale/Uralla Meals on Wheels

Spring 2017 NEWSLETTER

NOVEMBER 2017

Welcome to our Newsletter

Student Placements with Meals on Wheels

We have been lucky enough to host two groups of students - both with completely different goals but both for the same reason - to see how community services work and the positive impact we have on members of our community.

In August we hosted a class from NEGS who are studying Community & Family Services as an elective. MOW was one of a series of visits that the students undertook with a number of community services.

The students spent the morning with us as manager Kerry explained how the service works and they were able to see the kitchen team in action serving everyone's lunches. Then the Armidale Central Rotary group who were rostered for deliveries that day, took the students out in pairs to meet some of our clients.

**INSIDE THIS
ISSUE:**

**From the
Managers desk..**

**News &
Client Notices**



Photo: Armidale Central Rotary with NEGS Students
**Photo Credit: David Gee*

We also welcomed four First Year Medical Students from UNE who came for several visits and were able to see all aspects of the business from signing up a new client, through to the kitchen service process, as well as deliveries. We also visited the Neighbourhood Centre where we donated some food items and learned about the services they offer.

It is great to see our future Doctors have the opportunity to learn about how community services work at ground level.

From the Managers' Desk....



Kerryn Williams
Manager

The Team that makes great things happen:

Admin Team:

Melissa Moore
Kara Smith

Kitchen Team:

Kellie Madden
John Wightman
Natasha Booth

Casual Staff:

Chrissy White
Vicki Frizell

Thank you!

More than just a meal

Spring at Last!

I hope everyone is enjoying the (slightly) warmer weather as we all surface from our winter hibernation again and hope for more rain.

We have welcomed a number of new clients to the service since our last newsletter - if you are new to Meals on Wheels, we hope you are enjoying the meals and also not having to worry about cooking or shopping as much any more. Don't hesitate to contact the office if you have any questions about the service.

We have hosted several visitors in recent months, as highlighted on the front page - Thank you to the volunteers who supported both sets of visitors.

Our AGM on September 19th was held in conjunction with a luncheon for those who were able to attend, and we shared a lovely meal and productive meeting. I would like to re-state my thanks to Ruth Blanch who has stepped down from the Management Committee after many years of service, but will continue to volunteer as a driver for us. Our new Committee member is Mr Doug Lobban - a regular volunteer and welcome addition to the team.

On a sad note, we will be saying farewell to our wonderful chef Kellie at the end of the year as she moves on to another position, teaching at the New England Community College. Kellie is a very gifted teacher and we hope she will succeed in this new adventure - we all wish her the very best. We are in the process of recruiting a new chef and expect no interruptions to our service over the transition. Thank you for your understanding during this period.

Kind Regards, Kerryn Williams



Terry, Simon & Doug enjoying lunch at our AGM function in September.

News & Client Notices.....

Christmas Celebration for Volunteers and Clients

Everyone is invited to join us for afternoon tea on **Monday 11th December** at 2.30pm here at the **MOW Pavilion**. We are providing a **Christmas Afternoon Tea** to say a big thank you to all our volunteer drivers for providing such a valuable and reliable service throughout the year.

Any of our clients who would like to attend are welcome to come along and enjoy some Christmas cheer, scrumptious treats and great company.

I am pretty sure Santa will not be present, however I am certain there will be some Christmas lucky door prizes for some of our guests. Drop in and enjoy a cuppa and a treat!

Christmas & New Year Closure

We will close for a few days over the Christmas period but you will have the chance to order frozen meals to help cover the public holidays. Our last delivery day will be Friday 22nd December and we will be back cooking again on Thursday 28th and Friday 29th December.

We will also be closed on Monday 1st January for the New Year Public Holiday but we will all be back on deck from the 2nd January 2018.

The menus leading up to Christmas will have instructions on how to order extra frozen meals for these long weekends.

Summer Menu

Starting in November our revised summer menu includes several salad options which will replace some of our more "wintery" meals. As usual, if there are any ingredients in the salads that you do not like or cannot eat, please let us know so we can accommodate your preferences and still provide you with a fresh salad you can enjoy in the warmer weather.

Small price changes

50c added to Sandwiches & Mini-meals

We are sorry to have to adjust our pricing with a small increase to sandwiches and mini-meals.

As we head into summer our sandwich orders have recently doubled and we have had to add a small increase of \$0.50c to help cover additional costs. Our mini-meals have been slightly under-priced in the past but we feel that \$6.50 is still really great value for this meal. These price changes are in effect from the start of November.

MOW Client Survey

We really do value the feedback we receive from our customers about our meals and our service. If there are any ideas or suggestions that we can take on board, please let us know.

You will find a client survey form enclosed with this newsletter and we would ask that you complete as many questions as you like, fold it up and return it with the drivers. It is completely anonymous but you can put your name on the form if you would like us to follow up directly with you.

Jams, Pickles, Relishes & Preserves

We have an assortment of homemade jams, pickles and relishes for sale \$5- per jar.

There is a variety to choose from so make sure you check your supplies!

We also have some **Lemon Butter** hiding in the fridge so ask the staff if you would like some!

CLIENTS: please call us if you would like to know what's available - we can deliver it with your meal.

***A jar of our preserves could be a handy stocking filler for someone who appreciates such delights.*

Thanks to Marg Mills for providing these delicious treats for MOW!

NB: If you find yourself with surplus fruits, we might be able to use them.