



Meals on Wheels Rockhampton

More than just a meal

Issue 2 . May/June 2019



Meals on Wheels Rockhampton



www.rockhamptonmealsonwheels.com



Volunteer Profile

Name:

Gordon "Snoopy" Carson

Volunteer Position:

Driver (Run #6)

How long have you been volunteering with Meals on Wheels?

6 Years

What did you do before volunteering with us?

Sheet Metal Fabricator

Hobbies?

Pool, Darts—having a good time generally

Why do you like Volunteering?

To aid the Elderly and hear some of their fantastic stories

One Thing people may not know about you?

Always up for a joke.



WON'T BE HOME TO RECEIVE YOUR MEAL?

If you know you will be out during your meal delivery time on a particular day, you may not necessarily need to cancel your meal. You can collect your meal from the Centre between 11:00am and 2:00pm. We are located at 350 Berserker Street, Frenchville.

Simply call the office on 4928 0540 prior to 9:00am on the day to arrange your meal pick up.

Meal Cancellation Policy

Please note if you are going away or will not be home to accept your meal delivery you must provide us with adequate notice of cancellation.

Call the office on 4928 0540 at least the day before or prior to 9:00am on the morning to cancel your meal delivery or you will incur the normal meal charge.



NATIONAL VOLUNTEER WEEK

Making a world of difference
20-26 May 2019

National Volunteer Week

Thank you to all our Wonderful
Meals on Wheels Volunteers!

*Volunteers don't necessarily have the time;
they just have the heart!*



Joke Corner

Got a joke to share? Let us know and we will include it in our next newsletter.

Q. Did you hear about the restaurant on the moon?

A. Great food, no atmosphere.

Q. What did the Grape do when he got stepped on?

A. He let out a little Wine.



New Website

We have a brand new website for our Service.

You can find us on the Internet at:

www.rockhamptonmealsonwheels.com



Meals on Wheels
Rockhampton



We recently spotted our Volunteer Bunnies taking a hard earned break from preparing and distributing all the Long weekend

Meals. We hope you all had a lovely Easter.

Say Cheese!

Do you pay your Account electronically?

Just a friendly reminder that if you pay your account via direct deposit, either please ensure you put your surname or invoice number as a reference to ensure that the funds are credited to the right account.



New Menu for Winter

Our new Winter Menu starts on the 6th May. All Consumers should have received a copy of the new menu with their meals.

What dish are you most looking forward to receiving on the menu?

As with our previous Menu, Meal options consist of either a Hot or Cold meal and a choice of accompanying side dishes.

We always welcome feedback on our Menu and Service.



YOU CAN HELP

If you suspect elder abuse, call the **Elder Abuse Helpline 1300 651 192**.

WHAT HAPPENS WHEN I CALL?

A trained operator will speak to you about the situation and provide confidential advice and information about the help available.

The Queensland Government funded helpline is run by:



SERVICES THAT CAN HELP WITH LEGAL AND SOCIAL SUPPORT

If you need help we have regionally located services to provide you with support and advice.

Brisbane: **07 3214 6333**
Cairns: **1800 062 608** or **07 4031 7179**
Hervey Bay: **07 4124 6863**
Toowoomba: **07 4616 9700**
Townsville: **07 4721 5511**

Call **1300 063 232** for support and advice services located in:

- Gladstone
- Gold Coast
- Mackay
- Rockhampton
- Sunshine Coast

OTHER CONFIDENTIAL ADVICE AND SUPPORT SERVICES

Lifeline: **13 11 14**
Legal Aid Queensland: **1300 651 188**
Office of the Public Guardian: **1300 653 187**

PUBLIC TRUSTEE

Call **1300 360 044** or visit www.pt.qld.gov.au to access The Public Trustee's services.

IN AN EMERGENCY CALL 000



www.qld.gov.au/noexcuseforelderabuse

