



- Meals on wheels Rockhampton Inc
- [www.rockhamptonmealsonwheels.com](http://www.rockhamptonmealsonwheels.com)
- 4928 0540 or 4928 9337

## National Meals on Wheels Day

August 31st was National Meals on Wheels Day. National Meals on Wheels day celebrates the valuable role Meals on Wheels has in our Community.

For 57 years, Meals on Wheels Rockhampton has been preparing and delivering delicious meals and providing important social and well-being checks to ensure the health, safety, and social connection of our customers.

Our Staff and Volunteers celebrated the day with cake and morning tea held at the service.

## Allied Parts Donation

- A BIG Thank you to the team at Allied Parts, a local business who recently run a fantastic Fathers Day raffle with all proceeds going to Meals on Wheels Rockhampton.
- The raffle was drawn recently and our committee secretary Jane and Manager Margo were presented with a very generous donation. We truly appreciate the kindness of Allied Parts in choosing us as the beneficiary.
- Congratulations to the lucky winners of the raffle.



Volunteers Ken and Kerry cut the cake to celebrate National Meals on Wheels Day

Meals on Wheels Committee Secretary Jane Marshall and staff from Allied Parts Rockhampton with the prizes from their very successful Fathers Day Raffle

## Queens Birthday Public Holiday



Our Service will be closed on **Monday the 3rd of October** for the Queens Birthday Public Holiday.

If Clients require a meal for this public holiday, a frozen meal will be provided prior to the holiday. A letter will go out in the coming weeks to Clients asking if they require a meal on this date.

## Reheating your Meal Instructions

### Reheating Instructions for Meals

Meals should be stored in the fridge if they are not being consumed immediately when received. Our Foil containers are **Microwave Safe** therefore Main Meals do not need to be transferred to a heating container. Please note that reheating times are an approximate only and depend on oven/ microwave type and size.

#### Main Meal Reheating Instructions:

##### Microwave:

1. Do not remove Lid, lift edge of one corner
2. Heat on high for 3-5 minutes until hot

##### Conventional Oven:

1. Do not remove Lid
2. Preheat Oven to 180C
3. Heat for 20-25 Minutes, until hot.

#### Soup Reheating Instructions:

##### Microwave:

1. Loosen Lid of soup container (we suggest transferring soup to a Microwave safe dish)
2. Heat on high for 2 mins. Stir after first minute.

##### Stovetop:

1. Transfer Soup to a Saucepan
2. Heat on stovetop on a medium heat, stirring occasionally.



*Please take care removing the plastic containers from Microwave after heating as they will be very hot*

## Leaving Phone Messages



Our Service does have an answering machine, so if you call outside of Business hours you can leave a message and we will follow up when we are back in the office.

Just a reminder when leaving phone messages to make sure you say your name on the message so that we can get back to you. We've had quite a few people leave us messages but with no name so we are unsure of who called.

# RUOK?™

A conversation could change a life.



## The signs it might be time to start an RUOK? conversation

Sometimes the reason someone is struggling is obvious. They might be grieving the loss of a loved one, facing a major health challenge or navigating a change in their life circumstances.

However, it can often be something hidden. They might be putting on a brave face but feeling isolated. They might be dealing with financial or family related stress that you don't know about.

It won't always be obvious when someone's not doing so well but there are changes you can look out for that might signal they need some extra support.

### Have you noticed a change in what they're saying?

Are they:

- Confused or irrational
- Moody
- Concerned about the future
- Concerned they're a burden
- Lonely or lacking self-esteem
- Concerned they're trapped or in pain
- Frustrated about their situation

### Have you noticed a change in what they're doing?

Are they:

- Experiencing mood swings
- Dismissive or defensive
- Self-medicating
- Becoming withdrawn or isolating themselves
- Behaving recklessly
- Losing interest in what they used to love
- Less interested in their appearance and personal hygiene
- Changing their sleep patterns



### Is there something going on in their life?

Have they experienced:

- The loss of someone or something they love
- Major health issues
- Financial difficulty
- A loss or change in their levels of independence
- Relocated to a new community or neighbourhood

**If you notice a change or just have a feeling that something is not quite right, it's time to start a conversation.**



**Rockhampton & District Inc**  
Learning at Leisure is Learning for Pleasure  
Keeping Youthful & Enthusiastic

U3A brings together people who have retired from full-time work but not from living an active and fulfilling lifestyle. We provide courses and activities covering a wide variety of interests including physical exercise, health, lunch groups, discussion groups, music, craft, writing, poetry, history, drama and much more. U3A have something for everyone.

Meals on Wheels do have flyers and timetables available at our Service for anyone who may be interested.

Contact can also be made directly to the local Rockhampton U3A Organisation :

**Cheryl Wickes 0428 452 836**

**u3arockhamptondistrict@gmail.com**  
**u3ARockhampton.org.au**

## Community Groups



Photo: from U3A Rockhampton FB Page