



Meals on Wheels
Rockhampton

Newsletter

NOV/DEC

2022



More than just a meal

- Meals on wheels Rockhampton Inc
- www.rockhamptonmealsonwheels.com
- 4928 0540 or 4928 9337



Christmas and New Year Meal Deliveries

The Festive season is fast approaching. Please be aware of our Service closure dates over the Christmas and New Year Period:

Monday 26th December - CLOSED

Tuesday 27th December - CLOSED

Wednesday 28th December - CLOSED

Monday 2nd January - CLOSED

A letter will be sent out prior to Christmas asking if Clients require meals for the days we are closed. If meals are required, these will be delivered as frozen meals on the days prior. You do not need to return the letter if you require the holiday meals.

Please ensure you have storage space in your freezer to store these meals.

Summer Menu

Summer is just around the corner, which means our new Summer menu is about to be released. On **November 14th**, our new Summer continuous 6 week Menu will begin.

We look forward to bringing you lots of delicious new flavours and mouth watering meals. Any food restrictions you have listed with us will carry on to the new menu.

If you wish to swap over to salads or smoothies in this hot weather, please let the office know. (Please note that our Smoothies are unsuitable for people with lactose/dairy free restrictions and diverticulitis. We unfortunately do not have an alternative smoothie for these Clients)

A copy of the new menu will be sent out next week.



Christmas Jokes

Q: What is a Christmas trees favourite Candy?

A: Orna-Mints

Q: What kind of Motorcycle does Santa ride?

A: A Holly Davidson

Q: How do you help someone who has lost their Christmas Spirit?

A: Nurse them back to Elf.



Our Volunteers are an essential part of our Service. Each day they bring fresh meals to our Clients, along with a smile and a hello.

We are currently in need of more volunteer drivers and assistants, especially as we get close to the festive season.

As Clients, you may know someone who could be interested in volunteering for our service.

Maybe...

a Family member?

Someone at your Church?

A Neighbour?

Someone in your social network or activity groups?

To find out more, call us on 07 4928 0540 or email info@mowrockhampton.org.au



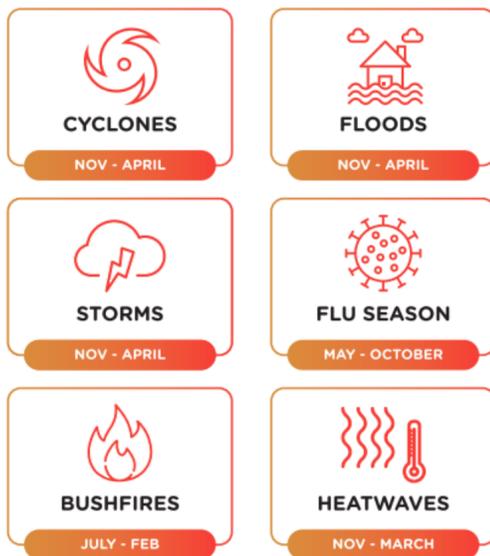
YOUR EMERGENCY GUIDE

emergency.rockhamptonregion.qld.gov.au

DISASTERS THAT MAY IMPACT THE REGION INCLUDE:



OUR DISASTER SEASONS



DISASTER DO'S + DON'TS



Summer Safety Tips



PREPARE YOUR HOUSEHOLD PLAN

Your household emergency and evacuation plan is a hardcopy or electronic document that is designed to keep you and your household members connected and safe in the event you become separated during a natural disaster and/or you lose mobile phone connectivity and access to your contact phone numbers. You might like to include your neighbours in this plan (planning).

In the event you need to evacuate your home, the plan also provides a checklist of actions to be completed to ensure your home and your most valuable possessions are as secure as possible. The plan is designed to be kept somewhere central and visible (like the kitchen fridge) and for each household member to know what is in the plan and to have one with them at all times (in school bags, handbags or work satchels).

Record all details for you and your family in the Household Emergency and Evacuation Plan at the end of this Emergency Guide or click the link below to complete a printable version online via Council's website.

DETAILS TO INCLUDE IN YOUR PLAN



SMS Updates

Our Service now has the ability to send out bulk messages to clients via SMS if the need should ever arise where we need to advise Clients quickly of any important information.

This sort of information may include :

- Service Information during natural disasters and emergencies
- Unprecedented closure of the service due to short staff, unplanned events

Clients with mobile numbers would receive these messages. If a Client does not have a mobile number, their emergency contacts with mobile numbers would receive these messages.