



**Meals on Wheels**  
Rockhampton

# Newsletter

**JUN/JUL**

**2023**

More than just a meal



Meals on wheels Rockhampton Inc



[www.rockhamptonmealsonwheels.com](http://www.rockhamptonmealsonwheels.com)



4928 0540 or 4928 9337

## Have you been approved for a home care package?



We would like to remind Clients, their families and carers that it is important you let us know if you have been approved for a Home Care Package and are now receiving your meals through your package rather than receiving CHSP (Commonwealth home support program) as this changes the amount you pay us and the way we bill you.

Unfortunately we are not always advised by My Aged Care, Providers or Clients when they move to a package and this can cause confusion and billing issues .

A Home Care Package is coordinated care and services to help you live independently in your home for as long as it is safe and appropriate to do so. Some people receive services through the Commonwealth Home Support Programme (CHSP) and are then assessed for a Home Care Package. Others will start with a Home Care Package. The benefit of a Home Care Package is that your home care provider will work with you to choose care and services that best meet your age-related functional decline, needs and goals and manage your care and services. There are four different levels of Home care packages depending on your needs.

## Winter has arrived and so has our new menu

The cool weather is upon us. How does Beef and Guinness Stew, Gingerbread pudding and Hungarian Pork soup sound? All perfect for cool Winters days.

Our new Winter menu will start on **Monday 12th June**. Our Chefs have put together a great menu for you all to enjoy and we look forward to you all trying it.

All Clients will receive a copy of the new menu prior to its start.

Any food allergies, food restrictions and selection of days will automatically carry on to the new menu.

If you need to make any changes to this, please advise us when you receive your copy of the Winter Menu. If you do not like a particular meal on the menu you can substitute for a roast or cold meat and salad.



## Show day Closure

The Annual Rockhampton Show is coming up this month. Although the Show day public holiday is on Thursday, 15th June, our Service will remain open this day and will close instead on **Friday, 16th June**.

Clients will receive a letter prior to this date asking if you require a Frozen meal for the day we are closed. Frozen meals will be delivered prior to the Friday.



**Mark your Calendar: We will be closed Friday the 16th June.**



### What is Carer Gateway?

Carer Gateway is an Australian Government program providing free services and support for carers.

If you care for a family member or friend who is frail due to age, has a medical condition or disability then Carer Gateway can help you.

The Australian Government works with a range of health and carer organisations across Australia, known as Carer Gateway service providers, to deliver services to carers no matter where they live in Australia.

Carer Gateway provides many services to support carers in their caring role, including:

- **in-person and online peer support groups**
- **tailored support packages to help with accessing planned respite, transport services, and more**
- **in-person and phone counselling**
- **in-person and online self-guided coaching**
- **online skills courses to support your wellbeing and understanding of legal responsibilities relating to the caring role**
- **access to emergency respite if you suddenly find you can't provide care, for example if you become ill or injured.**



If you are caring for a family member or friend there is support for you too.

[carergateway.gov.au](http://carergateway.gov.au)  
1800 422 737 Monday-Friday 8am-5pm



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## National Volunteer Week



National Volunteer Week, held annually in May, is a great opportunity to say a BIG Thank you to our wonderful Volunteers who make the running of our Service a success.

We are very grateful for our Kitchen Volunteers, Delivery Drivers and Assistants and our Committee Volunteers.

**We couldn't do it without you. Bravo!**

