



Meals on Wheels
Rockhampton

Newsletter

OCT/NOV
2023

More than just a meal

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

New Menu

Our New Summer Menu will start on **Monday, 27th November**. All Clients will receive a copy of this menu prior to this date.

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 Summer Menu.

We will continue to cycle through the current continuous Winter menu until the 27th November.



Winter Menu - week tracker

Lost track of where we are up to on the menu?

Use this handy guide below:

Week 5 - October 2nd to October 6th

Week 6 - October 9th to October 13th

Return to Week 1

Week 1 - October 16th to October 20th

Week 2 - October 23rd to October 27th

Week 3 - October 30th to November 3rd

Week 4 - November 6th to November 10th

Week 5 - November 13th to November 17th

Week 6 - November 20th to November 24th



Summer Menu starts

How to provide feedback on your service

Complaints, Compliments and Feedback



We want to make sure we are doing a good job.



If you are not happy with something you can make a **complaint**



If you really like something you can give us a **compliment**



If there is something we can do better you can give us **feedback**

Complaints



If you are not happy with your meal service we want you to tell us about it.

To make a complaint to Meals on Wheels you can:



Call us on 07 4928 0540



Email us at info@mowrockhampton.org.au



Write to us at PO Box 9890, Frenchville 4701



Ask a friend or someone you trust to help you make a complaint.

Your complaint can be anonymous. You do not have to include your name or any information that would show who you are.



National Meals on Wheels Day celebrations

Our Service celebrated National Meals on Wheels Day on August 30th. This year marked 70 years of Meals on Wheels service in Australia.



Kitchen Volunteers



Delivery Volunteers



Staff

Community Events

October is Seniors month. Keep an eye out for activities and events being held in our Community to celebrate.



Reminders

A couple of quick reminders for Clients -

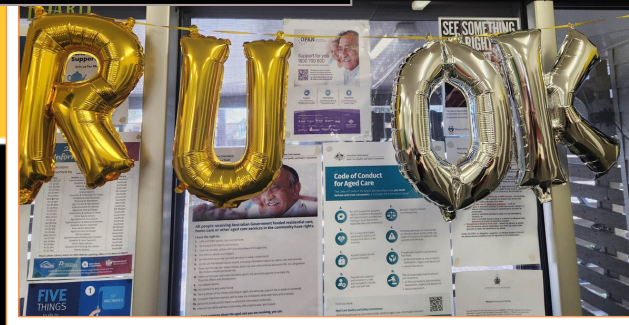
- If you are not home at delivery time we can only leave your meal in a working fridge - Meals cannot be left in an esky, cold bag or sitting out. If you have a key safe, you can provide us with the code.
- When paying by Bank Deposit please ensure you include a payment reference. Either your Invoice number or Name. This ensures we can allocate payment correctly.



R U OK? Day celebrations



September 14th



R U OK?
A conversation could change a life.



You're Invited!
TO THE CORRIDOR TO CARE 2023 AGED CARE - TRADE SHOW

OCTOBER 12, 2023- 10AM TO 1PM



ROCKHAMPTON SPORTS CLUB
1 LION CREEK RD, WANDAL,
ROCKHAMPTON, QLD, 4700

On the Day....

Come along for a fun filled morning of entertainment and information. Join in our Seniors Month celebrations and learn more about aged care services in your community.

- **Information Stalls** Local Aged Care and Health Experts
- **Free Courtesy Bus** available via bookings on 07 4807 6519
- **\$15 Meal Specials**
- **Free Raffle** and Giveaways

ENQUIRIES 1800 418 488

Welcome Sheree

We would like to introduce you all to our new chef, Sheree Taylor. Sheree has recently relocated to Rockhampton and is excited to be part of the Meals on Wheels Kitchen team and is enjoying meeting lots of different people through the service. Sheree has extensive chef experience including working in restaurants, clubs, mining and military camps. Her hobbies include Scuba Diving.



welcome
TO THE
TEAM