



Meals on Wheels  
Blacktown



# Client Newsletter

June 2023

## From the Manager

I hope everyone is enjoying the warm days we have experienced recently, a wonderful way to see out Autumn. As we head into the colder months, rug up and stay warm and remember to stay safe. Winter brings more flu and COVID so make sure to take care of yourself.

This month, we have a public holiday (12 June) and a staff training day (19 June) which both fall on a Monday. Clients that normally attend the Monday Social Day Restaurants are invited to attend the Tuesday Restaurants. Transport will be available both weeks.

## Dates to remember

- Monday 12 June – Public Holiday. The office and Social Day Restaurant will be closed
- Monday 19 June – staff training day, Social Day Restaurant will be closed
- Every Monday and Tuesday – Social Day Restaurant 10am to 1pm. Morning tea and Lunch for \$8. Bingo, trivia, and prizes \$2. Transport is available. Contact the office for more information.
- Wednesday 28 June – Social Day Outing to the Hubertus Club, Luddenham. Contact the office for more information.



## Watch out for scams

Blacktown Meals on Wheels will never send you a text message asking for your details or to cancel your meals. If you receive a text claiming to be Meals on Wheels, please call the office number on 9622 6183.

### Scams to watch out for

Whether it be via text message, a phone call, email or via social media, scam artists will stop at nothing to try and gain access to your money and personal information.



### Be on the lookout

The most important thing to know is that scams exist and be on the lookout for them.

- Always make sure you know who you are dealing with or talking to. If something seems too good to be true, it probably is.
- If you are not sure that an offer is genuine, do not go through with the purchase or share personal details.
- Check if the company is registered through the ABN lookup website (<https://abr.business.gov.au/>)
- Read reviews of the business and check for signs that it could be a scam.
- Use a credit card rather than a debit card or bank transfer so that you can ask your bank for a charge back.
- Keep up to date at *Scamwatch*: The ACCC's Scamwatch website (<https://www.scamwatch.gov.au/>) has up-to-date information about scams and how to get help if you have been impacted by a scam.

## Updates

- Please be advised that the 'wine trifle and cream' has been deleted from the menu due to suppliers discontinuing the item. We apologise for any inconvenience.
- Reassessments – You may be contacted over the next few months to complete a reassessment with Amber. The purpose for a reassessment is to ensure we have the correct information on file which includes your phone number and emergency contacts. This is also a good time to provide any feedback about the service and meals you receive and to ensure you are satisfied with *Blacktown Meals on Wheels* overall.
- In general, we are having some problems with our phones. Please be patient while we work through this.

## For Sale

All items are brand-new or barely used. Contact 0428 961 642 for more information

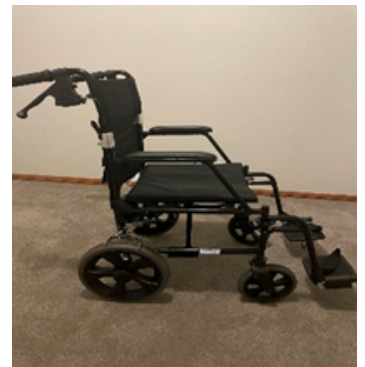
### Walker \$70

- Strong lightweight
- Height adjustable handles
- Storage bag
- Easy to move



### Wheelchair \$200

- Lightweight aluminium frame with swing away removable leg rests and fixed armrests.
- Storage pocket behind the backrest.
- Folding backrest and frame for easy storage and transportation.
- Attendant hand brakes to provide more control for the carer.
- Heel loops to prevent feet from slipping backwards.
- Solid tyres for lower maintenance.



### Mobility scooter \$1200

The Pride Pathrider ES10 mobility scooter is an entry-level, medium-sized scooter, offering outdoor stability

Product Features:

- Easy-grip tiller adjustment knob.
- The charger port is mounted on the tiller for easy access for the dual voltage off-board charger.
- It has a back-lit LED battery meter for increased accuracy and visibility in any setting. The headlight is also LED and offers long-lasting, high-intensity pathway illumination.
- The seat is foldable, made from moulded plastic, covered in black vinyl, and has eight-position seat rotation. The seat has viscoelastic foam inserts to improve comfort and a slider for improving positioning.
- The dual braking system is regenerative and electromechanical.



## Blacktown City Council Library Workshops

Blacktown libraries have free workshops to assist the community with basic computer and technology training. They also provide one on one training. Please see attached for the workshops available. Contact the library for more information.

### Understanding: Smartphones

About this event:

Bring along your smartphone and learn how to make the most of its commonly used features. You will also learn how to stay safe online while using your smartphone.

Accompanying support workers / support persons do not need a ticket.

- Date and time: Mon, 19 Jun 2023 10:00 AM - 11:30 AM
- Location: Riverstone Library & Digital Hub Market Street Riverstone, NSW 2765



For help booking, call Riverstone Library & Digital Hub on 9627 3823.

### Understanding: Online shopping safety

About this event:

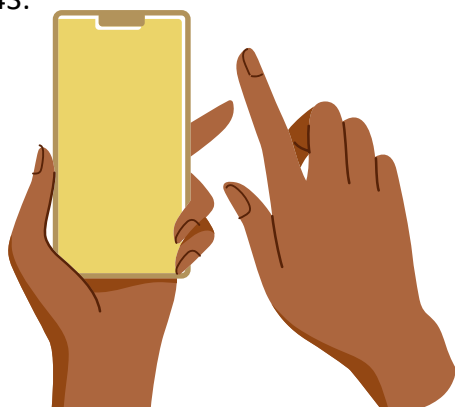
- 1 hour 30 minutes
- Mobile eTicket

Want to take advantage of online bargains? This workshop covers various online services and best practices to shop smart and shop safe.

Accompanying support workers / support persons do not need a ticket.

- Date and time: Wed, 14 Jun 2023 10:00 AM - 11:30 AM
- Location: Lalor Park Library Corner Freeman Street & Northcott Road Lalor Park, NSW 2147

For help booking, call Lalor Park Library on 9624 5243.



### One-on-One technology assistance

It's never too late to learn! With free face-to-face basic computer and technology training, we can help you:

- get to know your device
- keep in touch with family and friends online
- access websites and download apps
- discover new online hobbies.

Dennis Johnson Library, Stanhope Gardens

By appointment, call 9421 2670

Our Library @ Mount Druitt Hub

By appointment, call 8886 2000

Lalor Park Library.

Monday:

- 10.30 am – 11.30 am or
- 11.30 am – 12.30 pm

Call 9624 5243

Riverstone Library & Digital Hub

By appointment, call 9627 3823



## June Puzzle - *Fun with anagrams*

Can you solve all the anagrams below? Rearrange the letters of the word on the left to spell new words. Each anagram has two options, can you find both words?

BEAD	Abed	or	Bade
CLAPS		or	
DEAL		or	
CIDER		or	
BAKER		or	
CARS		or	
FOREST		or	
STRAP		or	
PETS		or	



*If you have any feedback or questions please advise the office on 9622 6183*