



Meals on Wheels
Blacktown

More
than just
a meal

Volunteer Newsletter

February 2023



From the Manager

What can be said about February? After New Year's Day and all the promise that January can bring, it is hard to find a good February opener. Of course, we could talk about Valentine's Day, but probably a more interesting day is *International Mother Tongue Day*. This is a day to celebrate the diversity of languages; not the common languages used by organisations and the media, but the regional languages that we speak at home.

The day was borne out of protests that occurred in Pakistan when the then-government declared Urdu their sole official language, despite the many regional mother tongues. The protests turned violent on the 21 February 1952 and that day is now celebrated to commemorate the fallen protesters.

We all know that Western Sydney is an incredibly diverse place, full of diverse languages and cultures. So sure, Valentine's Day might be around the corner, but take a moment on the 21 February

to appreciate all the languages spoken around us.

Dates for your diary

22 Feb Mt Annan Botanic Gardens Social Day outing

Changes to mileage reimbursement

As you will have seen in a recent letter sent to volunteers, we have made some changes to the way that we reimburse for delivery mileage. Volunteers will need to fill out a mileage form for each run and they will be reimbursed for kilometres travelled.

Volunteer vacancies

We need volunteers for Wednesdays on the following runs:

Run 5 either weekly or fortnightly

Run 3 fortnightly



Covid-19 Update

The Department of Health and Aged Care have shared the latest advice for providers in the Aged Care sector. Here is an excerpt from the announcement:

“Aged care providers need to remain alert and prepared for a potential outbreak of COVID-19. We encourage providers to continue to stay alert and remember the key steps to keep yourself and others safe and maintain COVID-19 safe behaviours:

- do regular rapid antigen tests (RAT) to screen for infection
- wear a mask if indoors to help slow infection
- wash your hands frequently
- stay up to date with vaccinations
- stay home if unwell or COVID-19 positive.

All aged care workers and visitors should not attend work, and should stay at home, if they have respiratory symptoms to help prevent the spread, even if they receive a negative RAT result.

Workers who test positive for COVID-19 should not attend the workplace for at least 7 days, including those who provide close personal care to older people in their homes or the community.”



Volunteer of the Month Greg Crouch

Greg has been volunteering with us since 24th May 2021.

What do you love about volunteering with Meals on Wheels?

“Gives me sense of achievement by returning to society. Getting to see people that sometimes may not have a visitor for a week so it brightens their day which cheers me up also”.

What is a little known fact about you?

“I follow Manly in the Rugby League”

Introducing BMOW's Management Committee

This month, we introduce the President of the Committee, Anna Redman. Here's what Anna had to say about taking on the top job:

“I joined Meals on Wheels as a volunteer driver just over 5 years ago, after retiring as a manager within the transport and logistics industry. At the time, I was also caring for my elderly father at home, which I believe brings a unique perspective around the care requirements of our aging population. I enjoy engaging with our clients, and as a long-standing member of the committee, I have also been grateful for the opportunity to use my relevant career experience in guiding our staffing team. I am honoured to serve as your committee President and am looking forward to continuing to support the organisation in meeting our obligations and serving our elderly community.”

