

More
than just
a meal



Chatter Box

Meals On Wheels May 2020

Important Dates to remember

Monday 8th June – Queens Birthday holiday

Meals will be delivered Thursday 4th June. If you do not require meals or have any questions, please call the office on -

(02) 96226183

If you are running out of ideas to keep you occupied during isolation, here are a few suggestions we have come across:

- Spring cleaning
- Fix something
- Have a bath
- Try a face mask
- Call a friend
- Take a nap
- Meditation
- Learn a language
- Read a book
- Paint something
- Do some craft
- Cook or bake
- Write a poem
- Keep a journal
- Plan a holiday
- Exercise
- Yoga

We recognise that this newsletter is coming out to you during this unusual time around the world. As you know by now, we are in the middle of a pandemic (COVID-19). This has affected the way we all live our daily lives.

Over the last few weeks, Blacktown Meals on Wheels have made some changes to the way we run the service. This is necessary to ensure the safety of you, our clients, volunteers, and staff.

Unfortunately, as you know, the Social days and outings have been cancelled until further notice. This was a very hard decision to make and we know it is hard for all of you while we must self-isolate. We sent out activity packs to all Social day clients. We hope you have enjoyed keeping your minds busy.

We are still delivering meals to your home with strict measures in place to minimise the risk of further virus spread. This involves some meal deliveries having only a driver delivering meals to practice social distancing. We ask you to be patient as meals may be delivered a little later than usual. Orders for meals have greatly increased and as this demand grows, our stock may run out from some suppliers and you may need to receive a substitute meal.

We would like to thank you for your understanding during this time.

Any feedback or comments are welcomed. Please contact the office and speak to a staff member.

Over the next few weeks, you may receive a phone call from one of our volunteers to check in on you. If you need assistance, please call the office and one of our friendly staff will assist you.

We understand that this a very hard time for everyone in the community. If you are experiencing any kind of mental health issues and would like some support, please continue reading below.....

Mental health support for clients

A dedicated free call support line has been established to support the mental health of those impacted by the spread of COVID-19.

This support line is also a good source of information for those people who do not have the internet.

Phone **1800 171 866**.

Good hygiene for coronavirus (COVID-19)

(Source: Australian Government – Department of Health)

When you are well

Everyone – even when well – can help slow the spread of COVID-19.

This means:

- wash your hands often with soap and water. This includes before and after eating and after going to the toilet
- use alcohol-based hand sanitisers when you cannot use soap and water
- avoid touching your eyes, nose and mouth
- clean and disinfect surfaces you use often such as benchtops, desks and doorknobs
- clean and disinfect objects you use often such as mobile phones, keys, wallets and work passes
- use tap and go instead of cash where possible
- increase the amount of fresh air by opening windows or changing air conditioning



There is no evidence that alcohol-free hand rubs are effective against viruses like COVID 19. Experts recommend you don't use them.

When you are sick

As we move towards living COVIDSafe, it is important that you stay at home if you feel unwell. You should also continue to practise good hygiene.

If you have cold or flu like symptoms you should seek medical advice and get tested for COVID-19. You should get tested even if your symptoms are mild.

If you have COVID-19 you must isolate and follow the directions of your local Public Health Unit.

What has changed

From Friday 15 May, the following is allowed:

- public gatherings of up to 10 people
- food and drink premises can open, but only to seat a maximum of 10 customers at any one time – this includes cafes and restaurants, a restaurant within a registered club or pub, or a cellar door that serves food
- up to 5 visitors may visit another household at any one time
- weddings can have up to 10 guests plus the people conducting or assisting in the conduct of the service, a photographer, a videographer, and the couple
- indoor funerals and memorial services can have up to 20 mourners and outdoor funerals up to 30 mourners
- religious gatherings and places of worship can have up to 10 worshippers
- outdoor playground and exercise equipment can be used with caution
- outdoor pools can open with restrictions.
- You may not travel to regional NSW for holiday purposes. Travel and transport limitations remain in place.



The best way out is always through.

- Robert Frost

***If you have any comment
or feedback about the
service, please contact the
office on (02) 9622 6183.***