

More than just a meal

# Our Services

Our service is here to support you, or your loved one, remain living in your own home, and to be a part of the community, for as long as you choose to do so.

- Nutritious Meals
- Food preparation in your home
- Social Support
- Shopping Assistance
- Friendly visitors or Phone calls
- Transport

Services are available to people eligible for the Commonwealth Home Support Programme (CHSP). CHSP services are subsidised by the Commonwealth Government and there is a client co-contribution fee for most services.

To access services you will require a referral from My Aged Care. You can call My Aged Care direct on 1800 200 422, or we can help you with this, if you prefer.



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# About Us

We have been a part of our rural community since 1970. Initially providing a Meals on Wheels service to Holbrook. We now offer meals services, social support and transport services across the Greater Hume Council Area.

Our office is located in Holbrook, just near the traffic lights, at 114 Albury Street. Outreach Hubs are held monthly in Culcairn, Jindera and Walla Walla.

**Local Service**  
**Local People**  
**Local Care**

## CONTACT US

-  114 Albury Street, Holbrook NSW 2644
-  02 60363677
-  My Aged Care 1800 200 422
-  [www.holbrookmealsonwheels.com.au](http://www.holbrookmealsonwheels.com.au)
-  [office@holbrookmealsonwheels.com.au](mailto:office@holbrookmealsonwheels.com.au)



**Holbrook**  
**Meals on Wheels**  
**Service Inc.**

**Meals on Wheels**  
Greater Hume Area

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- Meals on Wheels
- Food Services
- Social Support
- Transport

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# Food Services

Enhance your wellness

- Nutritious, tasty and affordable Meals on Wheels Services to eligible people.
- Large menu of over 100 meals
- Meal preparation & menu planning, in your own
- Let's Eat Out Vouchers

## SAMPLE MENU

### Soups

Chicken Noodle Soup  
Pumpkin Soup

### Mains

Chicken & Mushroom Casserole  
Roast Lamb  
Shepherd's Pie

### Desserts

Sherry Trifle with Custard  
Sticky Date Pudding with Custard  
Bread & Butter Pudding

Talk to us about services in your area. We can help you remain well nourished and healthy in your own home.

For meal prices, please ask staff for a current menu.

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# Social Support



Enhance your participation in the community

- Provided by a volunteer or paid worker in your own home or in the community,
- Attend Appointments
- Shopping, bill paying, banking
- Minor Domestic Tasks
- Friendly visitor or phone calls
- Outings and Day Trips
- Gentle Exercise Sessions
- Men's Group
- Friday Food



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# Transport

Remain actively connected with your community

- Transport may be provided by a volunteer or paid worker using our service vehicles.
- Supporting you to attend
  - community groups
  - shopping centre
  - medical or other appointments
  - Activities and Social engagements

Community Transport is provided under the CHSP. Transport services can be used locally within Greater Hume and regionally across Riverina Murray.

For more information and current service costs, please talk to our staff.

