



**Meals on Wheels
Tasmania**

From the CEO's desk ...

I thought I knew Meals on Wheels reasonably well up until the middle of May this year but, in the last 12 weeks that I have been the Acting CEO, I have learnt so much more about the organisation and the people who are involved in it.

There have been floods, snow falls, vehicle accidents and some illness (but we did escape plagues of frogs and locusts). In all of that the workers and volunteers battled on and the meals got delivered.

I have also had the opportunity to read reports and articles relating to not-for-profit organisations and to volunteers. One report entitled, "Shaping the Future of Volunteering" really caught my attention and I have summarised it as follows.

The Australian Meals on Wheels Association (AMOWA) recently commissioned a research project that looked at the benefits of volunteering for both individuals and communities. People were asked to respond to the question:

"Thinking about your day to day life, what major experience have you had that would cause you to volunteer?" Respondents were then asked a series of questions about their experience. Interestingly, one of the main reasons that puts people **off** volunteering is that the government imposes too much red tape and bureaucracy!

Their reasons **for** volunteering included:

- Sharing similar values with other volunteers
- Working as part of a team
- To use their skills or to develop skills'
- Giving back to the community.

Here are a couple of quotes from the people interviewed:

"I have volunteered for over 15 years and choose not to be in paid work. My husband earns enough to sustain us and we have adjusted our lifestyle accordingly. People have asked me when I'm going to go and get a 'real' job. People who don't volunteer think of volunteering as a hobby and not real work"

"Our role involves not only providing meals, but support and information that may be useful to them acting as a sounding Board for any problems or difficulties they may have ..."

If you would like to read more about this research, please contact the State Office for a copy.

Finally, I encourage all branches to attend the AGM and vote on the new Constitution, which will serve MOW well into the future. If you cannot be there in person, we can make arrangements for your representative to attend via phone or Skype. Please contact Leesa in the State Office.

Sean will be back at work on the 22nd August.

Sue Williams
Acting CEO MOW Tas



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President's Update

The Board of Governance welcomes two appointees to the Board. They have been appointed because the knowledge, skills and experience they have will be of benefit to the governing of the organisation. They are as follows:

Carey Higgins

Carey has been in private practice since 2001 and is currently a Senior Associate (LLB)/Property and Commercial Law with Simmons Wolfhagen.

She is currently President of the Hobart Community Legal Service Inc. and has been a board member there since 2004. She is a past president and committee member of the Southern Young Lawyers Committee and past secretary and vice-president of the Tasmanian Women Lawyers committee.

Carey is an elected member of the Law Society of Tasmania Council – the supreme decision making forum of the Law Society of Tasmania. In her non-professional life she is the mother of two children

Steve Webber

Steve has an Associate Diploma of Business (Accounting), a Diploma of Management and is a Fellow of the Institute of Public Accountants.

Before he retired in 2014 he was Senior Consultant Community Care Reform at the Department of Health and Human Services. Prior to that he was GST Business Manager in the Divisional Support Unit, Community & Rural Health Division DHHS. He also ran his own business as an auditor for a number of incorporated associations and as book-keeper to small business.

Dr Stephen Aldous
President, MoW Tas.

More
than just
a meal

State Conference & Annual General Meeting

We have been fortunate to attract Ngaire Hobbins to speak at our forthcoming State Conference and AGM. Ngaire is a Nutrition, Ageing and Brain health consultant.

All volunteers, committee members and staff are invited to attend our Conference. Details are—

When: Wednesday 28th September, 2016

Time: 11 am

Where: The Tramsheds Function Centre
4 Invermay Road
Inveresk

RSVP: by 9th September to MoW State Office
admin@mowtas.org.au
Ph: 6272 0124

Meals on Wheels Tasmania values the contribution and input from it's "members" whether you are a volunteer, staff member, or serve on one of our committees. We hope to see you there!

Railton's 40th Anniversary

Congratulations and Happy 40th Anniversary to Railton Meals on Wheels!!

Railton Meals on Wheels was established in 1976 by Play Group Members. An inaugural meeting was held and the wheels were put in motion. The first roster began in January 1977.

Meals were picked up from the Mersey Valley Hospital and three years later from Goliath Cement until closure of the kitchen in 2013. Meals are now provided by the Railton Hotel.

Railton proudly have four volunteers that were on the first roster and are still on the roster today.



Vale Helen Sutton

15 December 1942 - 27 April 2016



Remembering a wonderful supporter of the Railton Meals on Wheels branch, Helen Sutton.

Helen was a respected life member and Committee member of the Railton branch, and a dedicated MoW volunteer for 37 years.

Deepest sympathy from everyone at Meals on Wheels to Helen's family, friends and Railton MoW members.

Around the State ...

Ulverstone

The wonderful Committee and volunteers of our MoW Ulverstone Branch celebrated the opening of their new premises with an Open Day Afternoon Tea on Tuesday 21st June 2016.

At the end of June, Forth Valley branch merged with Ulverstone and relocated to these lovely new headquarters.

Along with the new depot our clients will be receiving a larger variety of meals with the change of meal suppliers in this area.

Best wishes from everyone at MoW Tasmania as you settle into your new premises.



Pictured are Fred Thompson, Ruth Whelan, Maggie Marsden, Carol Frisby, Tiger Hardy, Leila Hardy and Robin Frisby



Deloraine

MoW Deloraine branch recently held their Committee Meeting at the 50s Diner. The photo depicts the committee reading their MoW newsletters. What a wonderful venue for a committee meeting!



Hobart

Dermot, Denise, Alan, Paul and Michael at Hobart MoW wish Greg - one of our drivers - all the best for the future. Greg who has been a valuable member of our team, has decided to move on from MoW where he has been a regular on the Kingston, Fern Tree, Mt Nelson, Sandy Bay and Taroona run for the past few years. All the best to you and your family Greg.



Meals on Wheels eNews

Did you know that for your convenience, you can receive our Newsletter electronically to your email address! To sign up for this service, just send an email to admin@mowtas.org.au with your name and email address. The MoW Tas newsletter comes out every two months.





Around the State ...

Sheffield

It's the time of year for AGM's. The Sheffield Branch of Meals on Wheels Tasmania held their AGM at the local RSL Club on 9th August. Pictured are the Sheffield Committee Members and their Guest Speaker.

Just a reminder that the Associations AGM and State Conference will be held on Wednesday 28th September, 2016 at The Tramsheds Function Centre, 4 Invermay Road, Inveresk starting at 11am. All Welcome.



Cygnnet

Meal deliveries in Tasmania can prove a challenge over the winter period but our wonderful volunteers always turn up with a smile. Pictured is one of our volunteers from Cygnnet Branch delivering during the recent snowfalls.

On Tuesday August 9th, Meals on Wheels Cygnnet held a farewell and thank you afternoon tea for Betty Cook. Betty, after many years of volunteering in several roles for Meals on Wheels has resigned from the Cygnnet Committee and also from the Board of Governance.

There were many of the local people in attendance as well as Stephen and Bev from the MOW Board and Sue, the acting CEO. The three visitors enjoyed meeting the volunteers and hearing their stories, particularly those involving snow falls, floods and some very tenacious people. The venue – the Cygnnet Yacht Club – was so pleasant and the food was delicious.

Betty was presented with a very impressive orchid plant and a lovely scarf. Her contribution to Meals on Wheels Tasmania at all levels is much appreciated and she will be missed.



VitalCALL Emergency Alarms

Meals on Wheels Tasmania is excited to tell you that we have partnered with Vitalcall Personal Emergency Response Services and we are now able to offer you access to a Personal Emergency Alarm at a price exclusive to Meals on Wheels clients.

Vitalcall operates 24 hours a day, 7 days a week and provides assistance to anyone who want to live an independent and active life. It ensures that help is only the press of a button away.

When pressed, the Vitalcall pendant or bracelet sends a signal to a base unit, which in turn calls the Response Centre. There is no need to pick up your phone—the response operators will speak to you through the base unit, assess your needs and send help if required. Even if the operator cannot hear you Vitalcall will still send help.

If you would like further information about this service please call Leesa on 1800 696 325.



Our Per Package Offer:

Cost

Secure Package	\$156.00	
Monitoring	\$26.00/month	(< 100 members)

Secure Package includes:

Delivery of GSM PERS unit
Delivery of LockBox
Phone-Assisted Installation of unit
Training on our systems

Monitoring includes:

24/7 monitoring of system
All maintenance of system



Sunday 4th September 2016

from everyone at Meals on Wheels Tasmania



We need more Volunteers

Our Volunteers are the back-bone of our organisation — we would not survive without them! One of the most rewarding ways to give back to your community is to become a Meals on Wheels Volunteer. We need YOUR help and we need it NOW !!

If you are interested in volunteering with us please call Leesa on 1800MYMEAL (1800 696 325)



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