



# Eating With Friends

Newsletter Autumn 2018

Welcome to the EWF Autumn newsletter.

Thank you to all the groups that completed and returned the annual survey of EWF groups that was sent out in January. There are only a few groups that have not returned one yet ... please contact me for another form if yours has gone astray. When individuals and organisations call wanting to find out where their nearest group is, when they meet, contact details etc. it is great to be able to have that information on hand to give to people, and to know that it is accurate and up to date!

I paid a visit to the Tasman EWF group at Nubeena in January. This group meets in Nubeena at the second site of the Dunalley Tasman Neighbourhood House. The happy crew meets once a month on a Friday.



Tasman EWF lunch at Nubeena



I also visited the EWF group that meets at the Goodwood Community Centre on the 1st and 3rd Thursday of each month. A dedicated crew of volunteers prepares and serves up a meal for 50 people (on average) each time. When I visited fish cakes were on the menu - and they were delicious!



Lynette has kindly provided her 'secret recipe' for everyone. Turn over for details. Yum!



Goodwood Luncheon

Send in a picture and story from your EWF group so we can share what different groups are up to!



The Department of Health and Human Services, Public Health Services (Tas) has some online training about the nutritional needs of older people. It's free! The training could be useful for EWF volunteers to help raise awareness of the nutritional needs of older people. Details on how to access the training is overleaf.

Easter has managed to scoot past in the blink of an eye and now we are into the madness of May! It will be EWF Micro Grant time before we know it! The forms for grants will be sent out early June so keep an eye out.

Cheers

Karen

## Fish Cake Recipe – provided by Lynette from Goodwood EWF

### Ingredients for the Fish Cakes:

- 500grms cooked mashed potatoes [allow to cool]
- 1 tin pink salmon [put contents into a bowl and just remove the bones, keeping the liquid]
- 1 chopped onion
- 1 egg

½ cup breadcrumbs

1 sprig of chopped parsley

### Ingredients for the Coating:

- 1 egg
- 1 cup milk
- 1 ½ cups bread crumbs
- 1 cup plain flour



### Method:

In a large bowl place all the Fish Cake ingredients –the potatoes, onion, egg, bread crumbs, parsley and salmon (including the liquid) and with a gloved hand mix together to combine.

Use 3 bowls and put the plain flour in one, the egg and milk in the 2nd and whisk together, and finally the breadcrumbs in the 3rd bowl.

Now take the Fish Cake mixture and form into individual fish cakes (think patties/large meatballs size)

When all the Fish Cakes are made take each one and cover in flour from the bowl. Repeat until all are covered with flour.

Next take one Fish Cake at a time and dip quickly into the egg mixture then into the bread crumbs making sure to cover completely. Continue until all the Fish Cakes are covered in bread crumbs. Refrigerate for ½ hours.

Then in a deep fryer, in which the oil has been heated to 170 degrees, add the Fish Cakes making sure not to over crowd them. Repeat until they are all cooked. (A deep pan could also be used for cooking them).

Serve with chips and salad or vegetables.

## Nutrition for older people – online training

The Eating with Friends program encourages all group coordinators and volunteers to complete the FREE online training, *Nutrition for older people*. You will learn more about the nutrition needs of your group participants, and get practical ideas to help with their health and wellbeing. It's free, and only takes one hour. The training fits really well with the Eating with Friends core values too!

You can access the training through the Health Learning Online website, at <https://dhhs.sproutlabs.com.au/login/index.php> Simply create a login, then find the training in the "community and cultural care" folder.

### EWF Contact Details

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[www.nht.org.au/projects/eatingwithfriends](http://www.nht.org.au/projects/eatingwithfriends)

**Pamphlets, posters and badges are available to help you promote your group, along with an Action Kit for new groups.**

*The EWF Project is auspiced by NHT and supported by the Australian Government Dept of Health and the Tasmanian Government Dept of Health & Human Services.*



### My Aged Care

My Aged Care is your one-stop-shop for aged care services and information in Australia. From 1 July 2015 it provides you with information:

- on the different types of aged care services
- about your eligibility for services and how we can help you find local services
- on assessments and referrals to the providers that can meet your needs
- about the cost of your aged care services, including fee estimators.

Most of us don't want to think about needing support when we get older, but it's important to know what your options are. Ageing well is about being prepared, having choice and flexibility. By knowing about the services available, you can get the outcome that best suits your needs.

### Further information

To find out how you can access the right aged care services for your needs:

- visit the My Aged Care website at [www.myagedcare.gov.au](http://www.myagedcare.gov.au)
- or
- call the My Aged Care contact centre on 1800 200 422\*

The My Aged Care contact centre operates:

- Monday to Friday – 8am to 8pm
- Saturday – 10am to 2pm

The contact centre is closed on public holidays.

**Finding the aged care services that are right for you**