



Eating With Friends

Newsletter Autumn 2019

Welcome to the EWF Autumn newsletter.

Usually the request form for the EWF small grants is sent out with the Autumn newsletter. Unfortunately the EWF Project is unable to offer the small grants before the end of this financial year ending on June 30. *However we might be able to bring in the new financial year with the small grants. We will know soon!*

There are a few aprons left over from the volunteer lunches last year so if there are any groups that could not make it to the lunches but would love their volunteers to sport an apron or two while preparing EWF meals then let me know and I can send them out to you. Colour choices are green or blue.



As well as the EWF aprons there are still some EWF shopping bags available to groups. Email me at eatingwithfriends@nht.org.au if you are interested in any of the above items.

My Aged Care is the one-stop-shop for aged care services in Australia. There is information about MAC over the page.

There is currently a project trial being led by Council on the Ageing (COTA) as part of a national 'Navigation Trial' to help people understand the system that can be complex and daunting. Community members can access user-friendly resources, participate in information sessions, and access peer and specialist support to help them to navigate the aged care system.

There may be older people attending your EWF group that could benefit from accessing this trial so please share this information with them.

For more information about the trial call COTA 62313265 or check out www.AgedCareNavigators.org.au

EWF's 7 core values are guiding principles for groups to practice and promote. They have been used since 2000 to help guide the work of groups and include:

- 1: provide low cost, varied and nutritious meals
- 2: encourage a culture of inclusiveness where every one is welcome
- 3: target people with limited opportunities to socialise
- 4: utilize local community resources
- 5: provide opportunity for volunteer involvement
- 6: respond to the needs of the local community
- 7: ensure appropriate access is provided



Please feel free to promote the 7 core values (above) in any of your advertising for your EWF group. Remember that EWF brochures are available free for groups to use. There is also a brochure template available that groups can populate with their own information and photos.

Remember to send in some pictures and stories from your EWF group so they can be shared with the network.



Above is a picture of the Central Highlands Men's Group. The group has 10 regular participants and meets once a month. Starting off in Ouse, the group heads out by bus to different locations for various activities - and of course - lunch!

The story over the page is from Rosebery EWF and how they spent their small grant in 2018.

There is also a recipe—just for EWF groups!

Cheers

Karen



Madame Butterfly Ballet Movie Event & Rosebery Eating With Friends

Excitement was in the air in Rosebery when our EWF group knew Madame Butterfly Ballet was coming to our beautiful Gaiety Theater, and we had the funds to attend. Stories of reminiscence started to pop up weeks before the big night, as many started to remember performances in years gone by that they had attended. And at one point it was decided by the group (4 women and 6 men) that they would all dress up in their best evening wear and jewels.

One gentleman who is in his 90's even talked about how the men used to wear makeup in the olden days to look the part when they attended the theater.

The evening started with a three-course dinner at the Rosebery Community House. It was prepared and cooked by our resident chef / admin staff member Josie Grabe. Volunteer Mrs Doona and House manager Lynn York were the kitchen hand/ waitresses.

Dinner menu

Starters: garlic & herb sourdough and locally caught abalone paddy's

Main: roast lamb and vegies

Dessert: vanilla cake with lemon curd, raspberry coulis & double cream

After Dinner

We were all transported to the Gaiety Theater by our resident primary school Principal Mr Mc Bain in the mini bus and home again after. Everyone enjoyed the event so much that they have started talking about organising another one soon.



RECIPE FOR SUCCESS FOR AN EWF GROUP



Ingredients:

- Volunteers
- Ideas
- Inclusion
- Enjoyment
- Participants
- Healthy Food
- Conversation
- Fun

Method:

- Bring together a group of dedicated volunteers
- Plot and scheme on where to host a group meal
- Plot and scheme on when to host a group meal
- Plot and scheme on what to cook for a group meal
- Invite a group of people along to sit together, share a meal, and enjoy each others company
- Blend all ingredients together until a smooth consistency is reached
- Cook up a storm and share it as a group
- Enjoy and repeat!





Finding the aged care services that are right for you

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
- 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.

EWF Contact Details

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www.nht.org.au/projects

Promotional pamphlets, posters and badges are available for groups



The EWF Project is auspiced by NHT and supported by the Federal Government Dept of Health and the State Government Dept of Health & Human Services.