





# Eating With Friends

Newsletter Winter 2019

Welcome to the EWF Winter newsletter.

We were very happy to be able to send out the capacity building micro grants at the end of the '18/19 financial year to groups that responded to the invitation to apply. Groups reported that they would be spending the money on items such as electrical appliances, crockery, cookware, and new tablecloths. Other things that groups were looking to spend the small grant on included groceries for the meals, transport costs, gifts for participants, even guest speakers.  

I visited the Beaconsfield EWF group in May. The group is hosted by volunteers and meets once a month at the Beaconsfield District Health Centre. Kath and Francis have been involved with the group for many years and were recently in need of some new volunteers. Enter Mick, Alison, Anne, Azilina and Shakaya. Mick offered to cook, and while cooking for a group was not his usual habitat, he was willing to give it a go with some support and advice from the other volunteers. The regular participants have been very encouraging of the volunteers to keep going, so it looks like the new crew is on board at Beaconsfield.



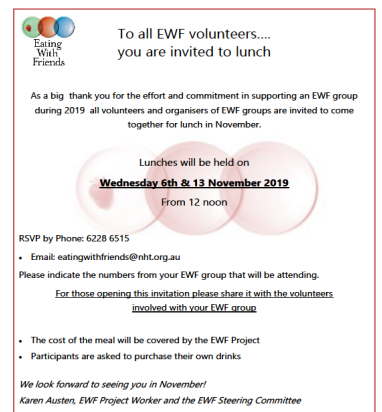
The menu for lunch was curried sausages, mashed potato and vegies, with bread and butter pudding for dessert.

Ian told a story from his polo playing days, resplendent in his polo uniform. He also read a Banjo Patterson poem. John provided fresh silver beet from his garden, picked that morning and complete with a small frog.



Save the date! The annual lunches held to say Thank You! to the volunteers and organisers of EWF groups will be hosted in November this year, with lunch in the south on Nov 6th and lunch in the north on Nov 13th.

Please find enclosed an invitation to the lunch nearest to where your group meets. There will be reminders sent out closer to the time, but save the date now as the lunches are held at such a busy time of year it's easy to get double booked!



Also enclosed is some information about the Aged Care Navigators Trial. You may have seen the ads on tv? This is being supported by COTA TAS so please contact them directly for more information. There are also Specialist Support Workers available to talk to individuals and groups about the aged care system. There is some information about them over the page.

There may be older people attending your EWF group who would like some help finding the aged care information or services that are right for them. The COTA information could help you to help point them in the right direction.

Please remember to send in some pictures and stories from your EWF group throughout the year so they can be shared with the network. Perhaps you are holding a Christmas in July event? Tell us all about it!

Happy Winter!

Cheers

Karen





There may be times when someone needs more specialised assistance to navigate the aged care system. The Information Hubs and Community Hubs will be able to refer people for one-to-one assistance from a Specialist Support Worker in their area.

The worker can provide assistance in person or over the phone and will often meet in relaxed well-known local community spaces, i.e. library, Community Centre or GP clinics.

There are 9 Specialist Support Workers being tested in different locations around Australia during the trial.

**Aged Care Navigators Trial**

The Aged Care Navigators Trial is delivered as part of a consortium led by COTA Australia and funded by the Australian Government.  
[www.AgedCareNavigators.org.au](http://www.AgedCareNavigators.org.au)

COTA (Council on the Ageing) TAS is supporting this pilot project in Tasmania which aims to help older people navigate the My Aged Care system.

Families and carers of older people can also contact the project for information. There are Specialist Support Workers who can come and talk to groups, or provide 1:1 assistance. They will visit people in person or skype to help step people through the system, which can be overwhelming and confusing at times.

Maybe your EWF group who would like to hear from COTA about this project, or perhaps there are individual participants who would benefit from some personal support.

For more information contact:

COTA TAS on 6231 3265

[www.cotatas.org.au](http://www.cotatas.org.au)

## Winter – 'tis the season for soup!

Soup doesn't have to be complicated to be yummy - there are no hard and fast rules. Just chop it up, cook it up, wiz it up, and serve it up hot with some crusty bread!

### Some ideas:

- fry up onion and garlic to start all recipes
- throw in a can of borlotti beans, chick peas or lentils
- add the shredded meat from a cooked chicken
- use all of the vegetable stalks, not just the heads
- use bought liquid stock, or make your own by adding dry stock to water or simmering meat bones
- add herbs and spices to compliment the foundation ingredients of the soup
- when serving add a swirl of sour cream or pesto to the bowl, or a sprinkle of parmesan cheese
- add salt and cracked black pepper to taste



*'soup is cuisines kindest course.'* Virginia Woolf - author

### Some combination ideas

- Sweet potato and carrot
- Broccoli and bok choy
- Pumpkin and red capsicum
- Leek, potato and green peas
- Cauliflower and potato
- Tomato and sweet potato
- Broccoli and barley
- Pumpkin and kale



*'there ain't no point in making soup unless others eat it. Soup needs another mouth to taste it, another heart to be warmed by it.'* Kate DiCamillo - author

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