



Client Newsletter

More
than just
a meal™

Hello Camden Meals on Wheels family,

As we head into the second half of the year, I want to take a moment to look at the bigger picture of why we do what we do - and share some incredibly important news regarding the future of our service.

First and foremost, thank you. To our team, our tireless volunteers, and our wonderful clients: you are at the heart of everything we do. Every morning, as our Volunteers pick up their eskies with fresh, nutritious meals destined for homes across the Camden LGA, we are doing so much more than delivering food. We are delivering connection, a friendly face, and peace of mind.

But to keep our wheels turning, we rely heavily on federal funding, which is why I want to update you on a major development from Canberra that directly affects us all.

A Huge Win for Community Care: The Senate Recommends Keeping CHSP

For the last couple of years, there has been a lot of anxiety in the aged care sector. The federal government had been planning to phase out the Commonwealth Home Support Programme (CHSP)—the grant system that funds entry-level services like ours—and merge it into a single individual budget system called *Support at Home*.

We, alongside Meals on Wheels NSW and Australia have been fighting hard against this.

I am absolutely delighted that it seems our Politicians have heard the message. The Senate Community Affairs References Committee just released a unanimous, cross-party report with a clear message to the government: **Keep CHSP separate.**

The Senate's key recommendations are a massive sigh of relief for us:

- They recommended that CHSP remain a standalone, block-funded program rather than being folded into *Support at Home*.
- They called on the government to extend guaranteed CHSP funding for an additional three years (taking it out to July 2030) to provide certainty.

- They requested an independent cost-benefit analysis to prove what we already know—that entry-level, preventative programs keep people healthy and out of hospitals at a fraction of the cost of residential care.

Did you know? Across Australia, CHSP supports roughly 60% of all aged care recipients but uses less than 10% of the government's total aged care budget. It is proof that grassroots, community care is the most efficient and compassionate way to support our elders.

What This Means for Camden. For our clients and volunteers here in Camden, this is the best news we could have hoped for. It means stability. It means we can focus on what we do best—providing meals, transport, and social support without the dark cloud of bureaucratic restructuring hanging over our heads.

While the Senate's report is a recommendation and we still need the Government to formally accept it, this unanimous cross-party support gives us immense leverage and confidence.

Fuelling Our Local Mission. While we celebrate this win, our day-to-day funding pressures remain real. The cost of food, fuel and general operational expenses continue to climb. Government grants provide our foundation, but it is the local spirit—donations, corporate partnerships, and our volunteers' precious time—that allows us to never turn away a Camden resident in need.

If you have a few hours to spare a week or want to find out how you can support our fundraising efforts, please reach out to the office. Let's keep working together to ensure that no one in Camden is left hungry or isolated.

Thank you all for your ongoing support, trust, and dedication to our community.

Clare McCabe
President

Camden Meals on Wheels is committed to providing the highest quality services to all our clients. We value all feedback, including compliments, suggestions and/or complaints from our clients, our client carers, and our volunteers. Feedback helps us review our practices, improve our services, and ensure we continue delivering the support our community deserves.

Please remember that we are constantly looking for ways to improve your overall experience with us. We appreciate your feedback/comments, and we are happy to take on board any complaints on how we may be able to improve our services. Feel free to call us on 02 4655 6822, email to admin@camdenmow.org.au or send a note with our Volunteers. We value your opinion and appreciate your input.

Telephone **02 4655 6822**

General email admin@camdenmow.org.au Newsletter email newsletter@camdenmow.org.au

What you've done and what you can do

First month of Winter done and dusted! June saw us as busy bees 🐝 in the office organising another art workshop at CMOW office with a Glass and Brush workshop which was thoroughly enjoyed by all who attended. Once again, we saw the artists buried deep within come out on the day with some beautiful masterpieces.

Thank you to Tracey from Glass and Brush for sharing your wonderful talents and superb teaching skills.

We also attended the Alan Baker Art Gallery with a big thanks to Roger for the wonderful tour. So, if you ever have some spare time in your day be sure to pop into the Art Gallery and have a look.



Chair Yoga with the wonderful Cate from Ageing with Choices is still as popular as ever running on the 2nd and 4th Wednesday of the month. Our Chair Yoga classes are free of charge and go for an hour starting at 10:15am till 11:15am. Tea and coffee served before class at 9.45am.

If you feel like some light exercise to keep yourself mobile and active, give the office a call on 4655 6822 to put your name on the list and head on down to Camden Senior Citizens Centre 65 John Street, Camden. *Transport is available to Camden Meals on Wheels clients for a small fee depending on LGA.

Our free Card Making days are every 1st, 2nd and 4th Thursday of the month at CMOW office. If you wish to attend, please call the office on 4655 6822 to put your name on the list. It's always a nice morning spent with some company, having chats and a cuppa all whilst being creative. *Transport is available to Camden Meals on Wheels clients for a small fee depending on LGA.



Upcoming Events - July

- Wed 1st** Bingo at CMOW and lunch at The Oaks Hotel. Pick up at 10.00am. Bingo starts at around 10.45am
- Thurs 2nd** Card Making at CMOW 10.00am to 12.00pm
- Wed 8th** Chair Yoga 10.15am to 11.15am and lunch at Camden RSL
- Tues 14th** Wreath making workshop for our Christmas in July at CMOW, lunch is included 10.30am start
- Wed 15th** Lunch at The Plough and Harrow Hotel. Pick up 11.15am
- Wed 22nd** Chair Yoga 10.15am to 11.15am and lunch at The Royal Hotel
- Thurs 23rd** Card Making at CMOW 10.00am to 12.00pm
- Wed 29th** Bingo at CMOW + Pizza Day **Orders and payment in by 22/7 please**
- Thurs 30th** Card Making at CMOW 10.00am to 12.00pm

** Lunch at client's expense unless otherwise stated

** Chair Yoga pick up starts from 9.15am.

** Transport available for CMOW clients for a fee depending on LGA

** Event days pick up starts from 10.00am unless otherwise stated

Save the Date: 22nd September

Telephone 02 4655 6822

General email admin@camdenmow.org.au

Newsletter email newsletter@camdenmow.org.au

Walk and Talk Group Launching in August

The group provides a great opportunity to enjoy some gentle exercise, connect with others and build social connections in a relaxed and supportive environment. We welcome everyone to come along, get moving and enjoy a chat while exploring our local community. Further details, including dates and meeting locations will be shared soon.

If you would like to know more information, please call the office on 4655 6822.



Captured events

Thank you to everyone who participated in our Biggest Morning Tea Fundraiser. This event brought some of our Clients & Volunteers together for a wonderful cause. Thanks to the generosity and support of everyone involved, we raised an incredible \$779.70.

A special thank you to the following people / businesses who donated to our event:

- Arta Atelier Camden
- Bakers Delight Camden
- Kay Sidman
- Saint Nicks Patisserie
- Sweet Treats by Rhi
- Two Birds Bakery
- Meat Tray donated by Lynne McKay
- Camden Florist
- BWS

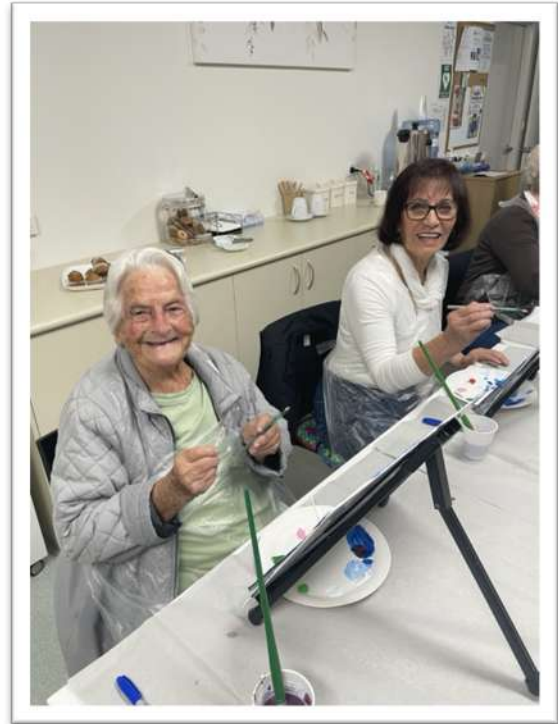
We are incredibly grateful to everyone who contributed to this fantastic result.



Telephone 02 4655 6822

General email admin@camdenmow.org.au

Newsletter email newsletter@camdenmow.org.au



Guided Painting - Peonies flowers on canvas, our wonderful artists are adding some colour to a winter's day.

Reminder

Please do not park in the Grinners Catering car park.



FALL PREVENTION CHECKLIST

Helpful and practical content for all those caring for an elderly loved one

FLOORS

- Wallways are clear of furniture and other obstacles.
- Loose mats and rugs have been replaced with non-slip rugs.
- Cords and wires are taped down or folded away hidden or against the wall.
- The floor is clear of items that can be tripped on, such as shoes, magazines, and boxes.

STAIRS AND STEPS

- Loose or uneven steps and carpet have been fixed.
- Handrails on both sides of stairs or existing handrails are secure.
- There is good lighting in the stairway with light switches at the top and bottom.
- Non-slip adhesive rubber tread on steps.
- Stairs clear of items that can be tripped on, such as shoes, magazines, and boxes.

BEDROOM

- Bedside table lights are available and easily accessible.
- There are plug-in night lights in bedrooms and hallways.
- Ensure there is phone access, e.g. bedside table or floor, in case of falls.

BATHROOM

- There are non-slip flooring or mats.
- There are at least two grab bars in the bath, shower, and toilet area.
- Consider purchasing a shower chair and handheld shower head.
- Add night lights along the hall or path to the bathroom.

KITCHEN

- Regularly used items are in easily accessible places.
- If you have to use a step ladder, make sure it has a handle at the top. Never use a chair as a stepping stool.

OTHER

- An emergency numbers list, in large print, is near each phone, including Triple Zero (000) and your local GP.
- Use a walker or a walking stick if your balance is unstable.
- Consider a wearable medical alert device or personal alarm in the event of an emergency.
- There is a phone near the floor, in common areas, in case you fall and cannot get up.

Photo by michelle-henderson @ unsplash

Our Volunteers

Have you had a positive experience with one of our volunteers?

If you have had the opportunity to spend time with some of our volunteers and have any feelgood stories or experiences, we would LOVE to hear from you!! Let us know what our volunteers have done to help you or make you feel better. Our volunteers love hearing the stories too!
Email: admin@camdenmow.org.au or phone 4655 6822

Volunteer Spotlight

Our volunteers play an essential role in supporting our services, and we are proud to recognise their contributions.

This month, we highlight the incredible efforts of our volunteer team, who have:

- Provided hands-on support across programs
- Assisted clients with care, professionalism, and compassion

What Our Volunteers Have Been Doing?

Over the past month, our volunteers have been actively involved in:

- Supporting daily program activities and client engagement
- Assisting with group sessions, workshops, and events
- Providing companionship and social support to clients
- Helping with administrative and behind-the-scenes tasks
- Contributing to a warm, inclusive, and welcoming environment

Their presence helps create meaningful experiences and ensures our services run smoothly.

Volunteer of the Month

We are pleased to announce **Tracy** as our Volunteer of the Month! Tracy volunteers in the office and has shown outstanding dedication, compassion, and commitment in supporting both our clients and the team. Her positive attitude and willingness to go the extra mile make a meaningful difference, every day, that she is in the office!

Thank you, Tracy, for your incredible contribution - we truly appreciate all that you do!

From the Kitchen

We have upcoming changes to some of our Gourmet Meals: -

The following meals will be discontinued:

Beef Casserole, Lamb Casserole, Steak & Bacon Casserole

You can continue to order them until supplies run out.

New Replacements Meals coming soon

We will be replacing the above meals with delicious new options:

- **Hearty Beef Casserole** (from Lite n' Easy)
- **Lamb Casserole** (from Bathurst)

We are actively working on a high-quality replacement for the **Steak & Bacon Casserole** and will update you as soon as it is finalised. Thank you for your understanding and ongoing support

FOOD SAFETY

Question: *Can my meal be heated, put away if I don't eat it all and then heated again later or the next day?*

The answer is a simple NO. Meals are 'Heat it once, eat it once'. If you don't stick to this golden rule, you are at extremely high risk of food poisoning. As we get older our bodies find it much harder to fight off stomach bugs. Reheating can kill some germs, but those germs then leave behind hidden toxins. You may have been able to get away with it when you were younger, but you are now risking a hospital admission.

Heat it once, eat it once

COOKING INSTRUCTIONS

*THESE TIMES ARE A GUIDE ONLY AS ALL MICROWAVES & OVENS ARE DIFFERENT

*YOUR MEAL LABEL WILL GIVE YOU THE MOST UP-TO-DATE INSTRUCTIONS

MICROWAVE

1. PLACE FROZEN MEAL DIRECTLY IN MICROWAVE
2. SET ON HIGH & HEAT FOR 6-7 MINUTES (CHECK INSTRUCTIONS ON YOUR MEAL)
3. OPEN & STIR MEALS, IF REQUIRED, HEAT FOR ANOTHER 1-2 MINUTES OR UNTIL HOT (HEATING TIMES WILL VARY FOR DIFFERENT MICROWAVES)

OVEN

PLACE FROZEN MEAL DIRECTLY IN THE OVEN AT 160 DEGREES FOR 30-40 MINUTES.

LITENEASY MEALS

MICROWAVE HEATING:

PEEL THE BOTTOM RIGHT-HAND CORNER OF LID BACK 3CM TO VENT STEAM

HEAT ON HIGH FOR 6 MINUTES LET MEAL STAND FOR ONE MINUTE BEFORE OPENING

OVEN HEATING:

PREHEAT OVEN TO 180 DEGREES REMOVE LID COMPLETELY AND RE-COVER WITH ALUMINUM FOIL HEAT IN OVEN FOR 35 MINUTES

THAWING DESSERTS

DEFROST FOR 1-2 HOURS
USE WITHIN 24 HOURS
DO NOT REFREEZE

BE AWARE THE CONTAINER WILL BE HOT & USE A HEATPROOF AID TO REMOVE THE MEAL FROM YOUR MICROWAVE OR OVEN

DO NOT LEAVE MICROWAVE OR OVEN UNATTENDED WHILE COOKING

PLEASE MAKE SURE YOUR FOOD IS HEATED THOROUGHLY BEFORE CONSUMING

HOT MEALS MUST BE EATEN IMMEDIATELY. IF THIS DOES NOT HAPPEN, YOU MUST THROW AWAY THE REMAINDER.

MEALS SHOULD ONLY BE HEATED ONCE & NEVER REFREEZE A FROZEN MEAL ONCE IT HAS BEEN THAWED OUT

STORAGE INSTRUCTIONS

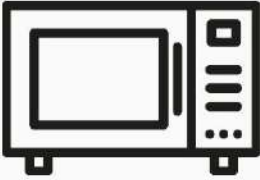

PRODUCTS MUST BE KEPT FROZEN UNTIL USE

ALL MEALS HAVE FROZEN SHELF LIFE OF 9-12 MONTHS FROM DATE OF MANUFACTURE

PLEASE CHECK USE BY DATE ON INDIVIDUAL MEALS PURCHASED

DO NOT REFREEZE ONCE MEALS ARE COOKED

DO NOT REHEAT ONCE MEALS ARE COOKED

	MAIN	MINI
	6-7 MINS	5-6 MINS
	MAIN	MINI
	30-40 MINS	30 MINS
SOUP		DESSERT

MICROWAVE ONLY
DO NOT REMOVE LID
HEAT FOR 4-5 MINS
STIR & HEAT FOR
FURTHER 30 SECS
OR UNTIL HOT

MICROWAVE ONLY
DO NOT REMOVE LID
HEAT FOR 2 MINS
OR UNTIL HOT
BATHURST DESSERTS-
READ INSTRUCTIONS

**FOOD NOT CONSUMED
AFTER HEATING
MUST BE DISCARDED
DO NOT REHEAT**

Telephone 02 4655 6822

General email admin@camdenmow.org.au Newsletter email newsletter@camdenmow.org.au

Tongue Twister



A poet and you know it

A friendly smile, a chat, a call,
Small moments often mean the most of all.
Through laughter shared and stories told,
Our hearts stay warm, no matter old.

Together we can face each day,
With caring friends to light the way.
For life's much brighter, it's true to say,
When we connect along the way.



Words that start with W

1. The largest mammal in the world
2. A person who practices magic in stories
3. An animal often found in packs
4. The device used to tell the time on your wrist
5. The opposite of lose
6. The liquid that falls from clouds
7. The direction opposite east
8. A structure that surrounds a castle for defence
9. The material used for knitting from sheep's fleece
10. A plant that grows naturally where it isn't wanted
11. A popular Australian native tree
12. The movement of air outdoors



Telephone 02 4655 6822

General email admin@camdenmow.org.au Newsletter email newsletter@camdenmow.org.au

Dot to Dot



Random things

Number terms

Score – a group of 20

Dozen = 12

Baker's Dozen = 13

Gross = 144 (12 dozen)

Great Gross = 1728 (12 X 12 X 12)

Pair = 2

Brace = 2

Moiety = one half

Tithe = one tenth

Hundredweight (cwt) = 112 pounds

Myriad = 10,000

Hattrick = 3

Unusual words

Glabella – The space between your eyebrows.

Petrichor – The earthy smell right after it rains.

Aglet – The small plastic or metal tip at the end of a shoelace.

Wamble – The growling sound your stomach makes when you're hungry.

Tines – The pointed prongs on a fork.

Minimus – Your smallest toe or finger.

Agraffe – The wire cage covering the cork on a champagne bottle.

Armseye – The hole in a garment where the sleeve is attached.

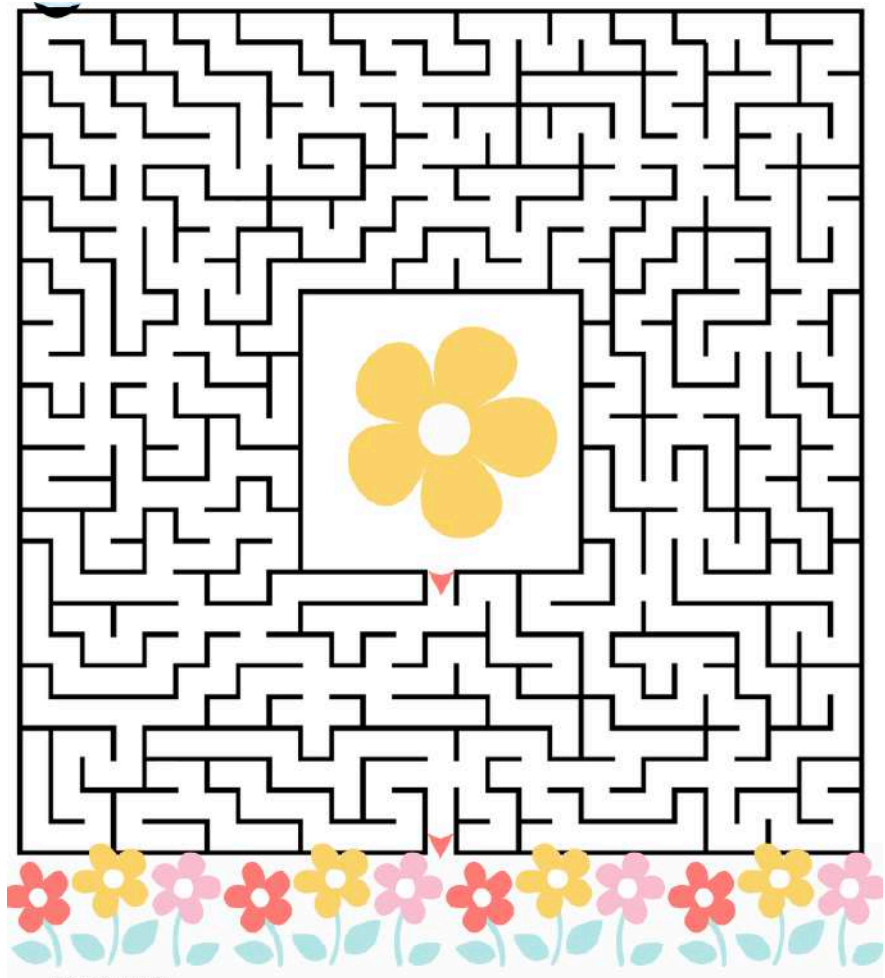
Griffonage – Messy, barely legible handwriting.

Titlle – the dot over the letters i and j.

Sudoku

					1	5		
					6	4	3	2
	8				4	6		
5								
			2				1	
	2	4	1	7	8			
9	6		4					
	1		6	9	7			
		7					4	

Maze



Word Search – 2026 Football World Cup Countries

T B R A Z I L Z A Y W P I C N Y G S X G T Z
 P M A C N B D D F I F B T V A A C R Q N A Y
 T A L N U N S M Y H L A V W O O P F E H L C
 S U Y J I R L A W D Z A R L T R R A P A G Z
 E H N A B T A S U L N O R L A A Y O J I E E
 G A P I O T N C Q D N R A T N G R C C T R C
 Y S L F S M Y E A U I N A C S T E A O I I H
 P C O G N I Y A G O D A E T U U B N G A A I
 T N S R I N A N U R C S R G A O A C E Q S A
 U E J Z A A D E A G A I A A V Q D C A S O T
 S T O M H Y L J R R U L X E B N F M A C U A
 V H R Q E A Y P U O I R R E A I A N C U N P
 G E D L R E C N A C K D U L M N A O U Z E A
 G R A C Z L M I U R E H R F A J R U A B W I
 C L N R E I G E R E A E T P G O Q V I E Z R
 O A D O G R R M N F Z G E U M W G Q B K E T
 N N C A O Q O G U T A A U Y O G A Q M I A S
 G D A T V T L D I I U H N A I S C A O S L U
 O S N I I A B W A U G M T A Y K J R L T A A
 R T A A N T S N S U H L E U H F R I O A N P
 I F D D A I M A S Y Q M E B O G O U C N D X
 S K A F S S T S W E D E N B N S X R T P F Q



ALGERIA
 ARGENTINA
 AUSTRALIA
 AUSTRIA
 BELGIUM
 BOSNIA HERZEGOVINA
 BRAZIL
 CABO VERDE
 CANADA
 COLOMBIA
 CONGO
 CROATIA

CURACAO
 CZECHIA
 EGYPT
 ENGLAND
 EQUADOR
 FRANCE
 GERMANY
 GHANA
 HAITI
 IRAN
 IRAQ
 IVORY COAST

JAPAN
 JORDAN
 MEXICO
 MOROCCO
 NETHERLANDS
 NEW ZEALAND
 NORWAY
 PANAMA
 PARAGUAY
 PORTUGAL
 QATAR
 SAUDI ARABIA

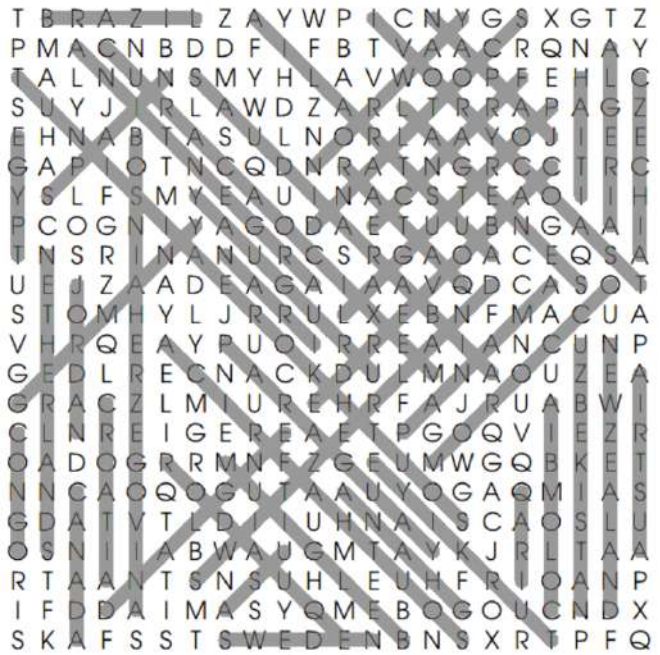
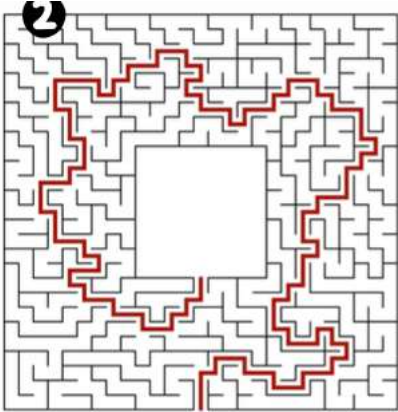
SCOTLAND
 SENEGAL
 SOUTH AFRICA
 SOUTH KOREA
 SPAIN
 SWEDEN
 SWITZERLAND
 TUNISIA
 TURKIYE
 URUGUAY
 USA
 UZBEKISTAN

Telephone 02 4655 6822

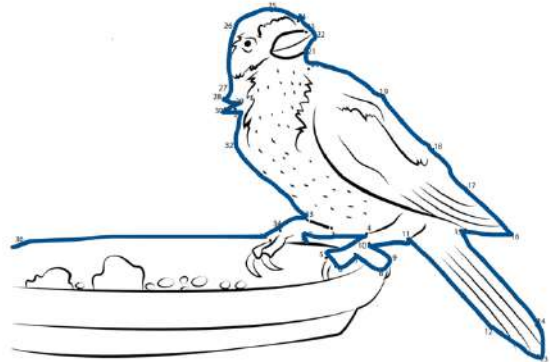
General email admin@camdenmow.org.au Newsletter email newsletter@camdenmow.org.au

Answers

Words that start with: Whale, Wizard or Witch, Wolf, Watch, Win, Water, West, Wall, Wool, Weed, Wattle, Wind.



3	4	6	9	2	1	5	8	7
1	9	5	7	8	6	4	3	2
7	8	2	5	3	4	6	9	1
5	7	1	3	4	9	2	6	8
8	3	9	2	6	5	7	1	4
6	2	4	1	7	8	3	5	9
9	6	8	4	5	2	1	7	3
4	1	3	6	9	7	8	2	5
2	5	7	8	1	3	9	4	6



JULY 26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 NAIDOC Week	6 	7 "World Chocolate Day" 	1 Bingo @ CMOW 10.00 + Lunch @ The Oaks Hotel	2 Card Making @ CMOW 10-12pm	3	4
12	13	14 Christmas Wreath Making Workshop @ CMOW + Lunch 10.30 start	8 Chair Yoga + Lunch @ Camden RSL	9	10	11
19	20	21 "National Lamington Day" 	15 Plough and Harrow Lunch Pick Up 11:15am	16	17	18
26 	27	28	22 Chair Yoga + Lunch @ The Royal	23 Card Making @ CMOW 10-12pm	24	25
			29 Bingo @ CMOW + Pizza Day 10.00 start	30 Card Making @ CMOW 10-12pm	31	

Telephone 02 4655 6822

General email admin@camdenmow.org.au Newsletter email newsletter@camdenmow.org.au

Add some colour



Telephone 02 4655 6822

General email admin@camdenmow.org.au Newsletter email newsletter@camdenmow.org.au