



Behind the Wheel

Nepean Food Services

September 2017

EXCELLENCE IN THE WAY WE ENABLE THOSE WE SUPPORT TO STAY INDEPENDENT

CLIENT NEWSLETTER

A Message from our Operations Manager

Ditte Kozak

Spring is here and a welcome to warmer weather and an end to the flu season.

Nepean Food Services celebrated National Meals on Wheels Day 2017 with a week-long morning tea where we were able to spend time with our volunteers and present them each with a small gift of appreciation for the excellent work they do in the community.

Nepean food services will be holding their annual general meeting on the 8th November if anyone would like to attend. We have limited spots for transport to and from the hall.

Nepean Food Services is pleased to launch their breakfast menu. We have many options available so please see inside for details.

Don't forget if you would like to go out for a few hours and join our different social experiences please ring the office on 4733 7200 and one of our friendly staff members will help you.

Nepean Food services also held their annual planning day on the 20th September to plan for next year. We always like to include clients so if you think there are ways that we can improve our service or if you have a need for any extra service please let us know on the included feedback form. This is your service so please get involved. Thank you.



Contact Us

Penrith Program

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16 Jeanette St,
REGENTVILLE NSW 2745
Phone: (02) 4733 7200
Fax: (02) 4733 7211

Warragamba Program

15 Weir Road
WARRAGAMBA NSW 2752
(02) 4774 2589

admin@nepeanfoodservices.org.au
www.nepeanfoodservices.org.au



Nepean Food Services now has a menu for delicious breakfasts to help you start your day in a nutritious way. Price is \$5.50 With a range including Ham & Cheese Croissant, Omelette & Juice, Scrambled Egg Crepe, Quiche Lorraine, Farmers Omelette Meal, and a Breakfast pack including cereal, milk, fruit cup and juice, there is a nice breakfast to suit any taste.

Full Day Meal Packs

Also, to make things even easier, you can now order a meal pack for a full day. This includes Breakfast, soup, bread roll, main meal & dessert. Price is \$16

Call us now

Join Nepean Food Services

We are certainly more than just a meal. Along with delivering nutritious meals to your door, we also run several events that you may be interested in joining - special outings, regular brunch and lunch clubs, Stepping On Falls Prevention and a number of others. Call our office to join in!



Fun with Nepean Food Services





The NSW Elder Abuse Helpline & Resource Unit was established as part of the NSW Ageing Strategy to help intervene and prevent incidences of elder abuse.

We offer a free service that provides information, support and referrals relating to the abuse of older people living in the community across NSW. We place the safety of the older person first. Our service is confidential and callers remain anonymous.

We encourage individuals, concerned friends, family members, neighbours and support workers to call 1800 628 221 if they suspect elder abuse is occurring. Anyone can make the call.

If you require an interpreter, first call 131 450 and tell the operator your preferred language.

The NSW Elder Abuse Helpline & Resource Unit is auspiced by the NSW State Government (the Department of Family and Community Services) and operated by Catholic Healthcare Limited.

<http://www.elderabusehelpline.com.au/about>

NEPEAN FOOD SERVICES INC.

(Meals on Wheels)

Annual General Meeting

Wednesday, 8 November 2017

Commencing at 12.00pm for a light lunch,

AGM to commence at 12.30pm

Floribunda Hall

3-4 Floribunda Avenue

GLENMORE PARK

RSVP required by 25 Oct on 4733 7200 or

admin@nepeanfoodservices.org.au

If you wish to become a member of Nepean Food Services

please contact Ditte by 1/11/17 on

4733 7200 to complete a membership application. A \$2.20

membership fee is applicable.

Cliff's Joke



An Irishman went to the cinema. He bought his ticket and then went in to see the film. A few minutes later he appeared at the box office and bought another ticket. A few minutes later he went to the box office again and asked for another ticket. "What's the idea?" Asked the cashier. "I've already sold you two tickets." "I know," He said, "But every time I try to get in, some bloke keeps tearing them up."

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