



# Eating With Friends

Newsletter Spring 2018

Welcome to the EWF Spring newsletter.

The annual lunches were held in early November to say Thank You! to the volunteers and organisers of EWF groups. The lunch in the north was on 7th November and the southern one on 14th November. Both lunches were well attended and it was wonderful to be able to say thank you in person to so many people involved in running EWF groups around Tasmania.

Groups represented at the lunches included Beaconsfield, Clarence, Derwent Valley, Devonport, Dodges Ferry, Dorset, East Devonport, Fingal, Glenorchy, Goodwood, Kingston, Midway Point, Nubeena, Ravenswood, Risdon Vale, St Helens, Ulverstone, West Moonah and Woodbridge.

*The crew from Fingal Valley Neighbourhood House are here sporting the latest in apron fashion wear which were the gifts for those attending the lunches this year.*



I will let the pictures tell the story of the lunches!

There are a few aprons left over from the lunches 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.



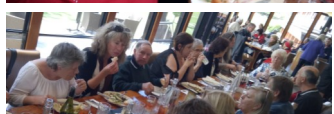
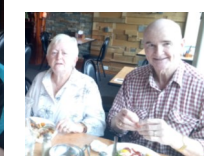
My Aged Care is the one-stop-shop for aged care services in Australia. There is information about MAC over the page. There may be older people attending your EWF group that need help finding the aged care services that are right for them. This information could help you to help point them in the right direction.

Please remember to send in some pictures and stories from your EWF group so they can be shared with the network. Also it would be great to have some up-to-date, high resolution photos that I can use for a revamp of EWF promotional material in the new year.

Enjoy the run up to Christmas and all the festive frivolity that may bring. Have fun!

Cheers

Karen





## Eating With Friends on a whole new level!

I recently went on a trip to India. On my second day in this amazing country I visited a Sikh temple in Delhi where volunteers prepare thousands of meals every day for people of the city. Everyone is welcome, with no barriers to attending and sharing in the free food provided. All the meals are prepared fresh every day, with fresh produce donated to the kitchen. Thousands of chapati breads are rolled and cooked for each meal.

I tried my hand at making chapati but must confess to being super slow at achieving the required thickness and shape for cooking. Thankfully there were lots of other helpers there to reach the quota or a lot of people would have been waiting for their bread to go with lunch!

Check out the size of the soup ladle! The pile of serving trays stacked against a wall was something to behold—and a tad daunting to think that all the washing up at the end of each meal is done by hand. That equates to dirty dishes by the thousands!



The visit to the temple's kitchen was both inspirational and humbling to see so many people volunteering to prepare meals for so many people on a daily basis.


*Karen* (EWF Project worker)



More EWF lunches pics





**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](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.

### EWF Contact Details

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