

# THE CITY OF CAMPBELLTOWN



**SHOPPING**

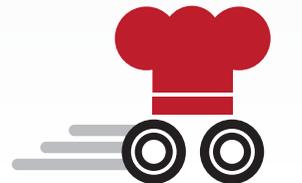


**HOUSEBOUND  
LIBRARY**



**If you have some time to spare,  
why not become a  
Meals On Wheels Volunteer?**

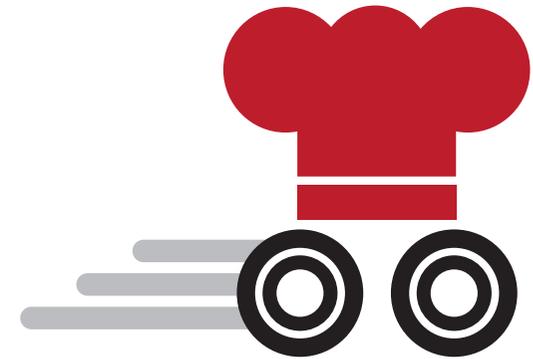
**Please call 02 4645 4523.**



**CAMPBELLTOWN  
MEALS ON WHEELS**

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

 [www.facebook.com/MoWCampbelltown](https://www.facebook.com/MoWCampbelltown)



**CAMPBELLTOWN  
MEALS ON WHEELS**



**Tel • 02 4645 4523**



## Campbelltown Meals on Wheels

Started service in 1972, the service covers Campbelltown Local government Area and Appin. We provide meals for 7 days, a Shopping service and Housebound Library service for People who are frail, people with disabilities and their carers.

We offer an extensive range of meals.

All meals are nutritiously balanced and our meals are able to be used as a staple diet or a supplement to your current menu. We cater for specific dietary requirements, including: portion sizes, vegetarian, modified meals (pureed, minced etc.), diabetic and gluten free meals.

Services and delivery are flexible and available Monday to Friday.

## What services are available?

### FOOD SERVICE

Our menu has a range of nutritious affordable meals offering chilled / frozen main, mini meals, sandwiches, Breggie bakes, soups, desserts and juices, catering for most dietary requirements.

Our meals are delivered by our dedicated and trained team of volunteers, Monday to Friday between 9am – 11am. The volunteers provide wellbeing checks and a social connection.

### SHOPPING SERVICE

A shopper will call at the client's home, pick up a shopping list and the money, do the shopping at the nearest centre and return the goods to the client's home.

### HOUSEBOUND LIBRARY SERVICE

A member of the Library staff will assess the client in likes and dislikes of Library books, tapes and videos. A Meals On Wheels volunteer will call each fortnight to deliver and pick up books etc.

More than just a meal

## MY AGED CARE

“MyAgedCare” has been established by the Australian Government to help you navigate the aged care system. The Gateway is part of the Australian Government’s changes to the aged care system which have been designed to give people more choice, more control and easier access to a full range of aged care services.

MyAgedCare is a website and national contact centre. Together they will provide you with information on aged care for yourself, a family member, a friend or someone you are caring for.

You can find more information about these and other improvements to Australia’s aged care reforms by contacting the MyAgedCare centre on 1800 200 422 between 8am and 8pm Monday to Friday and 10am until 2pm on Saturdays.

For more information you can visit  
[www.myagedcare.gov.au](http://www.myagedcare.gov.au)



Australian Government  
Department of Social Services