

Meals on Wheels SA

Wellbeing Independence and Social Connection

Contact The WISE Team on **(08) 8444 0441** or Meals on Wheels SA **1800 854 453** to book in and find out more about these social options in your community.

Northern Metro

Social Gatherings (SSG)	Frequency	Day	Time
Lunch Connections - Salisbury	Fortnightly	Tuesday	12.00pm-2.00pm
Lunch Connection – Gilles Plains	Fortnightly	Tuesday	12.00pm-2.00pm
Lunch Connection - Elizabeth	Fortnightly	Thursdays	12.00pm-2.00pm
Lunch Connections – Parafield Gardens	Fortnightly	Thursday	12.00pm-2.00pm
Café Connections – Golden Grove	Fortnightly	Tuesday	10.00am - 11.00am
Café Connections – St Agnes	Fortnightly	Tuesday	2.00pm - 3.00pm
Café Connections - Elizabeth	Fortnightly	Wednesday	2.00pm - 3.00pm
Café Connections – Northgate	Fortnightly	Friday	2.00pm - 3.00pm

Southern Metro

Social Gatherings (SSG)	Frequency	Day	Time
Lunch Connection - Christies Beach	Monthly	Tuesday	12.00pm-2.00pm
Lunch Connection - Seaford	Monthly	Tuesday	12.00pm-2.00pm
Lunch Connection – O’Halloran Hill	Monthly	Thursday	12.00pm-2.00pm
Lunch Connection - Warradale	Fortnightly	Thursday	12.00pm-2.00pm
Café Connection - Edwardstown	Monthly	Monday	10.00am -11.00am
Café Connections - Aldinga	Fortnightly	Wednesday	10.00am -11.00am
Café Connections - Pasadena	Fortnightly	Thursday	10.00am -11.00am

Other Food Service

Events and classes	Frequency	Day	Time
Nourishing Village Life - North	Monthly	Friday	11.00am – 12.30pm
Nourishing Village Life - East	Monthly	Wednesday	11.00am – 12.30pm
Cook & Connect – Brompton	Fortnightly	Monday	11.00am – 1.00pm
Cook & Connect – Osbourne	Fortnightly	Tuesdays	11.00am – 1.00pm
Cook & Connect – Cumberland Park	Fortnightly	Thursday	11.00am – 1.00pm
Cook & Connect - Woodcroft	Fortnightly	Friday	11.00am – 1.00pm



Other Food Service Activities

The Other Food Service activities aim to educate, train and re-skill CHSP customers in preparing and cooking nutritious meals safely, which promotes their independence and supports their wellness and reablement goals. The WISE program offers a range of activities under this service type.

These include cooking classes, small cooking kitchen experiences located at Meals on Wheels SA local branches, workshops and expos with information and fun and ways to develop a nourishing shared meal experience in residential villages.

These programs are developed and supervised by a qualified dietitian, chef and trainer.

My Aged Care Registration

My Aged Care referral codes are required to attend.

Contact My Aged Care | 1800 200 422

Meals on Wheels Staff and WISE Volunteers can assist people with code access.

Activity	My Aged Care Code Required	Cost
Social Support Groups – Cafe Connection	SSG – Social Support Group	\$5
Friendly home visit by a volunteer	SSI - Social Support Individual	\$5
Workshops and Events	OFS – Other Food Service	\$5
Social Support Groups – Lunch Connections	SSG – Social Support Group	\$10
Cooking Classes	OFS – Other Food Service	\$10

A WISE team member will contact each new customer to invite them to attend their first activity in their local community.

Terms and Conditions

Our services are funded under the Commonwealth Home Support Program, if you are not sure if you are eligible, please contact Meals on Wheels.

If you have not participated in one of our groups before you will need to call

My Aged Care on 1800 200 422 and request the referral code for the type of activity you are participating in (refer above). This code ensures you can safely attend the activity. If you require assistance contact the WISE Team who have a range of strategies to help you on **(08) 8444 0441**.

If you have registered to attend and cannot make it, please call us as soon as practical.

All activities smoke free and hosted by a volunteer with safe food handling and First Aid certificates.

WISE Volunteers wear a yellow felt heart so you can easily identify them. 