

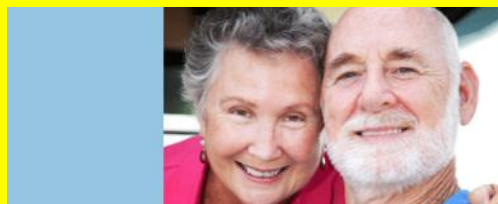


Christian
Community
Aid

2020 Services Handbook

(COVID-19 Edition - with limited services)

Phone: 02 9858 3222



Aged Care
Services

Activities



Food
Services



Enquiries

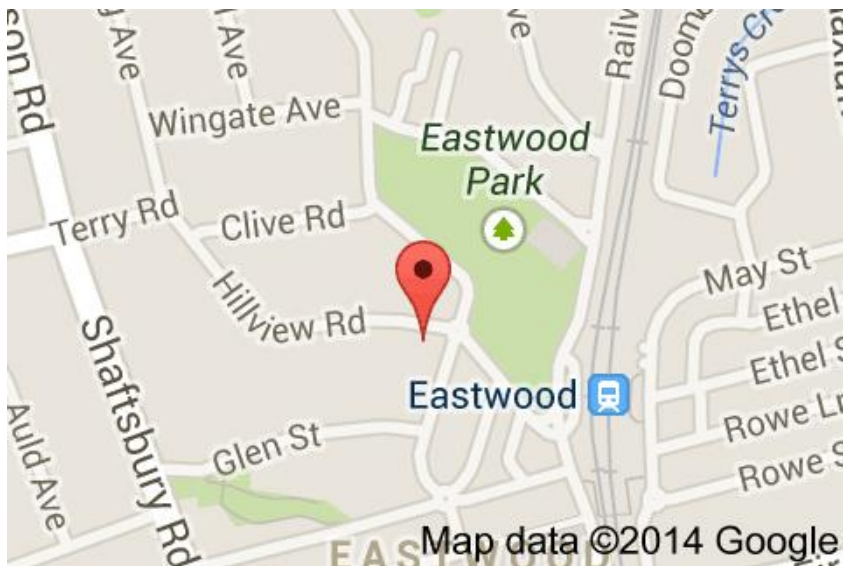


Address: 12 Lakeside Road Eastwood 2122

Telephone: (02) 9858 3222

Email: administration@ccas.org.au

Website: www.ccas.org.au



Individual Shopping



Grocery Shopping For You
\$ 25 per service

Phone Shopping

**Call CCA to place your
order and your shopping will
be delivered to your door.**



*Please
Note*

**COLES or WOOLWORTHS charge a delivery fee
for each order.**

MEALS

**FREE
DELIVERY**

*Hot, Chilled or Frozen
To Your Door - 7 days a week*

Meals are available in many cuisines including Asian, Australian, Indian and Italian. We cater for special diets.

Contact us for the full menu.

MyChef Menu (\$7.50-\$9.00)



Grilled Atlantic Salmon Fillet, Lemon & Dill Cream Sauce & Steamed Potato



Sittee's Lebanese Chicken with Rice



BBQ Pulled Pork with Potato Gratin



Savoury Beef Mince With Mash Potato



Beef Ragu Lasagne

Contact us on 9858 3222 for the full menu.

Rice King Menu (\$7.50)



Chinese Fried Rice with BBQ Pork



Lemon Honey Chicken with Rice



Sweet and Sour Pork with Rice



Curried Prawn with Rice



Honey Soy Chicken with Rice

Contact us on 9858 3222 for the full menu.

Meal Master Menu (\$7.50)



♦ **Country Beef Sausages with Onion Gravy served with Diced Roast Potatoes, Green Beans & Roast Diced Pumpkin**



♦ **Roast Chicken Maryland with Gravy served with Roast Potatoes, Peas & Carrot Rings**

♦ **Roast Lamb with Mint Gravy served with Roast Potatoes, Broccoli & Roast Pumpkin**

♦ **Pork Steak with Honey Soy Sauce served with Sauté Potato, Broccoli & Sliced Carrots**

♦ **Salmon Fish Cakes with Lemon Sauce served with Roast Potato, Beans & Orange Vegetable Mix**



Contact us on 9858 3222 for the full menu.

Flagstaff Menu (\$7.50)



Chicken Strips with Lemon Sauce



Beef Pie with Gravy



Mongolian Lamb & Rice



Pork, Apple & Cranberry Casserole



Ham Steak & Pineapple

Contact us on 9858 3222 for the full menu.

Good Meal Menu

Main Meals (\$7.50):

- ◆ Lamb Schnitzel with Roast Potatoes, Vegetables and Gravy
- ◆ Aromatic Satay Chicken with Vegetable and Rice
- ◆ Lamb Rissolle with Mash Potatoes, Vegetables and Gravy
- ◆ Italian Chicken Parmigiana with Wedges



Petite Meal (\$5.00):

- ◆ Penne Napolitana with Beef Meatballs
- ◆ Lamb Casserole with Sweet Potato Mash and Vegetables
- ◆ Authentic Butter Chicken with Rice
- ◆ Pasta & Vegetable Bake with Parmesan Sauce



Contact us on 9858 3222 for the full menu.

Medical Transport



Bookings are required to be made at least 3 working days prior to the appointment*. Please allow enough time for your appointment as drivers may not be able to wait if you go over the designated time**. Please pay the driver at arrival of the destination, even if return transport is booked.

The kilometres (rounded to the nearest KM) below are calculated from the pick up address to the destination address (based on Google Maps).

- ◆ Under 5km - \$10 one way or \$20 return
- ◆ 5-9km - \$15 one way or \$30 return
- ◆ 10-14km - \$20 one way or \$40 return
- ◆ 15+ km - \$25 one way or \$50 return
- ◆ All prices do not include tolls

For example, the pick up address is 12 Lakeside Road Eastwood and the destination address is Concord Hospital (Hospital Road Concord). The distance is 8.6km. The price is \$15 one way and \$30 for return.

** While all attempts are made to service each booking, no guarantee can be given until we have confirmed with you that we have a driver for you. If we are unable to accommodate your booking you will be informed in advance so that you can make alternate arrangements.*

*** A late fee of \$10 will be added to the transport fee for anyone who is late for their transport booking and/or goes over their waiting time with a grace period of 15 minutes. We advise that you consider allowing extra waiting time for appointments.*

Linen Service

2 bed sheets

2 pillow cases

2 bath towels

1 doona cover
(\$3 extra)



For \$15 per service, your bed will be made up for you. The used linen and towels will be taken away and laundered.



Telephone Linkage

CCA offers Telephone Linkage service for people who prefer a telephone call.



How
are
you?

This service provides regular social contact - daily or weekly phone calls to have a chat and check on your wellbeing.

Counselling Service

Do you need someone to talk to?

CCA can provide free counselling service.

Counselling can help you deal with grief and loss, general depression, anxiety or trauma.

National Disability Insurance Scheme (NDIS)

*We are a Registered Provider of services for
Participants of the National Disability
Insurance Scheme (NDIS)*

Our services include: food services (Meals on Wheels), social activities, multicultural services, shopping assistance, medical transport, linen service and carer support.

Contact us on 9858 3222 for more information.



Volunteering with CCA

*Do you or someone you know have some time to
spare and would like to give something back to
your community?*

Join CCA as a volunteer.

Contact us on 9858 3222 for more information.



Social Interaction



Would you like to socialise with other people from CCA over the phone or internet?

Would you like to keep your body and mind active by joining free classes for exercise, craft, cooking or other activities online from a safe distance?



Contact us on 9858 3222 to register your interest in these programs.

Handbook Information

- All prices, activities and venues within this booklet are subject to change.
- The availability of pick up and drop off transport service is dependent on location.
- If you are in receipt of a Home Care Package, an administration fee will apply and be charged to your package through your package provider.



Our Vision

Every Australian community, the families, children, young people and the elderly, thrives.

Our Mission

- 1. Engage vulnerable and disadvantaged Australians to enable better lives.***
- 2. Engage with the community to enable better lives.***

CCA Bequests

The gift that lives on



Back in 1965, a single act of generosity started the CCA story.

A bequest of £1,300 was given to Eastwood Methodist Church by a local community member in their Will. This was organised by Ian Hunt from Hunt & Hunt Lawyers. Their legacy has served the community well for over 50 years.

CCA has reached a crossroads and reaches out to the community once more. Please consider the difference you could make with a bequest to CCA.

If you don't have a trusted solicitor, please consider Hunt & Hunt North Ryde, custodians of tens of thousands of local Wills and proud supporters of CCA from the very beginning.

Contact Hunt & Hunt Lawyers on 02 9804 5700 or talk to CCA directly on 02 9858 3222.



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Hunt & Hunt Lawyers North Ryde
Level 2, 1 Innovation Drive (cnr Herring Rd)
Email: info@huntns.com.au

hunt & hunt
lawyers