



# Meals on Wheels National Conference

Wednesday 24 July to Friday 26 July 2024

Sofitel Wentworth, SYDNEY

## CONFERENCE PROGRAM

*Resilience, Revitalise, Reimagine*

<b>Wednesday 24<sup>th</sup> July</b>	
12:00am - 1:00pm	Delegate Registration
12:00pm - 1:00pm	<i>Light lunch held in the Trade Exhibition – sponsored by</i>
1:00pm - 1:05pm	<b>Welcome introduction by Conference MC:</b> Kevin Reid
1:05pm - 1:20pm	<b>Welcome to Country:</b> Uncle Allan Murray (confirmed)
1:20pm – 1:45pm	<b>Chairs Address:</b> Paul Sadler, MoWA National Chair
1:45pm – 2:00pm	<b>Welcome Address:</b> Chris Minns, Premier of NSW (invited)
2:00pm - 3:00pm	<b>Keynote:</b> Kevin Humphries - motivational speaker Resilience and Mental Health
3:00pm - 3:30pm	<i>Afternoon refreshments held in the Trade Exhibition – sponsored by</i>
3:30pm - 4:00pm	<b>DoHAC Address: Presenter tba</b>
4:00pm – 4:50pm	<b>Let's talk volunteering:</b> Penny York, Director, Usability (confirmed)
4:50pm – 5:00pm	<b>Gold PLUS Sponsor presentation: Welcome Function - Enterline</b>
5:00pm - 7:00pm	<i>Conference Welcome Function held in the trade exhibition – sponsored by Enterline</i>

<b>Thursday 25<sup>th</sup> July</b>	
8:00am - 8:30am	Delegate Registration - arrival tea, coffee and assortment of mini-French pastries, juice, or smoothies available in the trade area
8:30am - 8:35am	<b>Welcome and housekeeping by Conference MC:</b>
8:35am - 9:30am	<b>Future of Food – with the population ageing, peoples dietary preferences are changing and there is a lot of innovation in the space – what is the future?</b> Professor Dr. Johannes le Coutre, FRSN, Food and Health, School of Chemical Engineering, UNSW Sydney (confirmed)
9:30am - 10:30am	<b>Christopher The – Cooking presentation (confirmed)</b>
10:30am - 11:00am	<i>Morning refreshments held in the Trade Exhibition</i>
11:00am – 11:45am	<b>The stigma of hearing in older people:</b> Bamini Gopinath, Cochlear Chair in Hearing and Health and Professor, Macquarie University Hearing / presenting with Claudia Odello, NSW MoW (confirmed)



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11:45am – 12:30pm	<b>Aged Care and Quality (invited)</b>
12:30pm - 1:30pm	<b><i>Lunch held in the Trade Exhibition</i></b>
1:30pm – 2:25pm	<p><b>Concurrent Workshop 1: The Art of Stress Management: Strategies from my stress survival toolbox</b> Christina Fam, Founder of SplendEd</p> <p>Immerse yourself in a dynamic workshop where practical stress management techniques meet the power of storytelling. You'll have the unique opportunity to explore and practice a variety of stress management strategies from the presenter's own stress-defying toolkit, while delving into the tales of resilience and change that accompany them. Through live, interactive demonstrations, you'll learn how to integrate these tools into your daily routine, transforming the way you perceive and manage stress. Whether you're looking to enrich your own life or seeking new methods to support others, this session promises insights and skills that will empower you to navigate life's pressures with a reinvigorated sense of strength and clarity.</p>
	<p><b>Concurrent Session 2: Let's Do Lunch (LDL)</b> Dr Mikaela Wheeler, Lecturer in Nutrition, School of Public Health, The University of Queensland (confirmed)</p> <p>LDL is a new program that builds on the social license of Meals on Wheels Queensland (MOWQ) to extend and enhance its social engagement with clients. By going beyond simply delivering meals, volunteers sit with clients to enjoy a meal together and during this process, using appropriate assessment tools and skills, assist in understanding the client's wellness needs and provide additional social connection. This co designed program was implemented and evaluated in six Meals on Wheels Services in Queensland.</p>
	<p><b>Concurrent Workshop 3: Textural &amp; Nutritional requirements for texture-modified meals</b> Alison Host, Faculty of Science, Medicine &amp; Health, University of Wollongong</p>
2:25pm – 2:30pm	<b><i>Changeover to repeat of workshop sessions</i></b>
2:30pm – 3:30pm	<p><b>Concurrent Workshop 1: The Art of Stress Management: Strategies from my stress survival toolbox</b> Christina Fam, Founder of SplendEd</p>
	<p><b>Concurrent Workshop 2: Let's Do Lunch (LDL)</b> Dr Mikaela Wheeler, Lecturer in Nutrition, School of Public Health, The University of Queensland (confirmed)</p>
	<p><b>Concurrent Workshop 3: Textural &amp; Nutritional requirements for texture-modified meals</b> Alison Host, Faculty of Science, Medicine &amp; Health, University of Wollongong (confirmed)</p>
3:30pm – 4:00pm	<b><i>Afternoon refreshments held in the Trade Exhibition</i></b>
4:00pm – 4:15pm	<b>Platinum Sponsor presentation: Conference Dinner - POLIXEN</b>
4:15pm – 4:50pm	<b>Vegemite: A Recipe for Success</b> - Jamie Callister, grandson of Cyril Callister, the man who invented Vegemite. (confirmed)
4:50pm – 5:00pm	<b>Closing comment for the day – Conference MC</b>



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6:30pm	<i>Pre-dinner drinks</i>
7:00pm – 10:00pm	<i>Conference dinner – 70's theme – sponsored by Polixen</i>

<b>Friday 26<sup>th</sup> July</b>	
8:00am - 8:45am	Delegate Registration - arrival tea, coffee and assortment of mini-French pastries, juice, or smoothies available in the trade area
8:50am – 9:00am	<b>Welcome and housekeeping by Conference MC:</b>
9:00am - 9:30am	<b>National board update:</b> Paul Sadler, MoWA National Chair
9:30am - 10:30am	<b>Strategic planning panel:</b> Priorities for MoWA (5-minute slots with Q & A) Invite Advisory Council representatives or MoW members or mixture of both – facilitated by Glen Kennedy
10:30am - 11:00am	<i>Morning refreshments held in the Trade Exhibition</i>
11:00am - 12:00pm	<b>Keynote: Sarah Rowan – inspirational speaker &amp; speed painter (Confirmed)</b>
12:00pm - 1:00pm	<i>Lunch held in the Trade Exhibition</i>
1:00pm – 1:30pm	<b>Intergenerational Program:</b> Casual discussion and interviews with those managing the program
1:30pm – 2:10pm	<b>Leading Change:</b> Angela Frith, Managing Director Fire Up Solutions; James Langanke, Director Fire Up Solutions; Sharyn Broer, CEO Meals on Wheels SA
2:10pm - 2:30pm	<b>Conference close &amp; summary:</b> Paul Sadler, MoWA National Chair
2:00pm	<b>Conference concludes</b>