

Media Release

IMMEDIATE RELEASE
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Love on the menu this Mother's Day

Mother and daughter Jenny Collins and Mandy Cotterill have spent nearly two decades in the kitchen together as volunteer cooks at the Aberfoyle Park Community Centre.

They spend each Wednesday morning preparing lunch for members of the ACH Group Aberfoyle Social Links program, as they've each done for the past eight and 10 years respectively.

Mandy, an Aberfoyle Park local, started volunteering in the kitchen when she worked as a childcare worker at the centre's crèche.

Jenny, who lives at Seacliff Park, joined her daughter two years later when the cook retired.

"We needed another cook, and I thought Mum could do it, and she's been here ever since," Mandy says. "It's nice to spend time together each week."

Alongside her voluntary work, Mandy spent many years as full-time carer to her son David, 29, who was diagnosed with an intellectual disability at the age of three. He moved to supported care at Minda in July last year, bringing about big changes for both he and his mother.

"He's starting to learn to cook and wash for himself and he's very happy there. He rings me often to say hello."

Jenny no longer has her own mother to share Mother's Day with – she died when Jenny was just 14, at the age of 52, leaving behind seven children.

Mother's Day will be spent celebrating with Jenny's four children, including Mandy, who all live in Adelaide, and Jenny's husband Stan, 86.

"I consider myself very lucky to have four lovely kids here with me," Jenny says. "That's the most important thing – spending time together."

To find out more about volunteering for ACH Group, phone 1300 224 447 or visit www.ach.org.au

End Media Release

About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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