



Volunteers fill many roles from being drivers, delivering meals into people's homes, helping in the kitchen or on the packing line. Others may be able to provide office skills helping set up databases, writing newsletters or preparing promotional flyers for events. No matter what an individual can offer, every bit of help adds up to a happier and healthier community.

Please contact the local service shown on this brochure or visit our website at [www.nswmealsonwheels.org.au](http://www.nswmealsonwheels.org.au) – just use the 'volunteer skill matching tool' – to see how helping hands and a big heart can make life a little brighter for a lot of people.



## Giving back to the community

“ It's the sense of belonging. It's the personal connection with the caring Meals on Wheels teams. I didn't know how much difference it would make in MY life until I joined this amazing team. ”

Susan McDowell, Volunteer



**Meals on Wheels**  
Bathurst

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More  
than just  
a meal

# Volunteering Joining our team



**Meals on Wheels**  
Bathurst



# Enjoying life

## Supporting independence

Just as society is constantly changing, so is the profile of Meals on Wheels. A snapshot of the volunteers, clients and Friends of Meals on Wheels reflects how we as an organisation are responding to the differing needs of society, and defining our role as one of responsiveness and innovation throughout Australian communities.



The amazing support of our generous 35,000 volunteers across NSW who offer a few hours a week or even just once a month, give frail older people and younger people with disabilities and their carers the ultimate gift – the ability to live in their own homes where most are happiest and maintain a degree of independence and dignity.



While many retirees are active in our formidable volunteer family – and ‘family’ is what it becomes – the face of volunteering is as diverse as our clients. We have teenagers keen to do something for others, families who enjoy the focus of sharing a meaningful activity together, and business people who realise there is life outside the office.

Chatting about local issues or discussing the latest book release may not be part of a volunteer’s job description, but for a client that has very few visitors, it means a lot.

“ I love being involved with my local community and by delivering meals to those who need it most. I get to meet lots of interesting people. ”

Cloe Davis, Volunteer

Helping enhance lives is what it’s all about. While on the surface, it may appear our clients are the ones who gain most from the service, it is clear from volunteer feedback, that they gain a great deal of satisfaction from their involvement.

