

Giving back to the community

Volunteers fill many roles from being drivers, delivering meals into people's homes, assisting in community kitchens or in transportation of clients to a community centre to enjoy a meal along with other social activities. 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.

“ I've been a volunteer most of my life and I love driving. I love the sense of humour, it's great to talk to people and learn their history. ”

Kevin Cox, Bemboka, Meals on Wheels volunteer shopping bus driver

To access Meals on Wheels, Social Support Services, Flexible Respite or become a volunteer, please contact us.

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Accredited against the Commonwealth Home Care Standards
Registered NDIS Provider Number: 4500 4173



Meals on Wheels
New South Wales
Bega

Volunteering

Join our team

More
than just
a meal



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 get so much enjoyment and meet so many new people, it also gets me out and about and I love it. ”
Bega Valley Meals on Wheels volunteer

“ 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.

