



MEDIA RELEASE

Meals on Wheels Needs You

25 July 2016

Volunteerism is an essential part of what makes Buloke a great place to live. Our shire enjoys one of the highest rates of volunteerism in the state. Locals helping locals for a better way of life.

Buloke currently has around 120 volunteers helping out with Meals on Wheels, and they are looking for fellow community members to join them in this important work. The service needs more volunteers in each major town.

Meals on Wheels provide nutritious meals for Home and Community Care clients, delivered by Council supported volunteers. The service aims to support and enhance the well-being and independence of older people and younger people with disabilities, as well as providing personal and social contact.

People may not be able to cook for themselves for a variety of reasons. Sometimes the service is received for a short time, such as after surgery. In most cases the meals are provided on-going for people who are unable to prepare food for themselves.

Apart from the vital nutritional benefits Meals on Wheels provides, volunteers provide a critical monitoring and social wellbeing component to the service. Volunteers often alert their supervisors if a client's health is deteriorating. This early intervention and prompt medical attention can often prevent hospitalisation or in some cases, permanent care.

We encourage you to consider getting involved. Whatever your situation, volunteering is an opportunity to show you care about your community. Anytime you can give is precious. Even two hours a month can make an enormous difference. All you need to do is complete a registration form and have a current police check prior to commencing with the program.

Talk to one of your local community Meals on Wheels volunteers and see why they enjoy this great opportunity to contribute to the community.

Current Meals on Wheels volunteers will shortly receive a letter in order to update our volunteer register.

Anyone interested in becoming a Meals on Wheels volunteer can call Community Services on 1300 520 520.

End release

For further information contact Media and Communications Officer, Travis Fitzgibbon on 1300 520 520.