



Media release

National Meals on Wheels Day

Across the country on Wednesday 24 August, National Meals on Wheels Day will be held.

This event will be highlighting the wonderful efforts one of the largest volunteer organisations undertakes every day of every week throughout the year.

Meals on Wheels can compete with some of the largest employers in the country for the number of people who work for it each day, but as a volunteer.

No matter the weather, or if there is a pandemic in place, the volunteers turn up. They take a smile along with the meals to the older and more frail members of the community every day.

This contact can be the only time some older people see another person in a week, so the social interaction is most important.

For over 65 years in new South Wales these dedicated volunteers have sought to bring comfort and social interaction to their clients along with the very important smile.

In the Eurobodalla, there were three organisations. They were based in Batemans Bay, Moruya and Narooma with each serving their community with pride.

These groups became Eurobodalla meals on Wheels with the base being in Moruya but with the services in each of the areas remaining serviced by locals.

Eurobodalla Meals on wheels has expanded its outlook and to help eliminate loneliness had two other services it provides each week.

Group Social Support services allows clients to attend social activities throughout the shire each week. The social isolation once experienced fades away as clients become friends and 'family' to each other.

These activities vary in nature and while planned by paid staff the volunteers are the backbone of this service as well.