



On behalf of our local Meals on Wheels Service, may I say, “Thank you for your service and support. Thank you for being a valuable member of our team, at a time when there is so

much change and uncertainty in the world”. As American author Elizabeth Andrew once said “volunteers do not necessarily have the time; they just have the heart”. And boy, do our volunteers have heart!

For 6 days of the week, you give up an hour or 2 of your valuable time to help others. Whether you’ve been doing it for many years, or many months, thank you!! We couldn’t do what we do every day without you.

From the 20th – 26th of May we celebrated **National Volunteer Week**. This is Australia’s largest annual celebration of volunteering and highlights the important role that volunteers play in our community.

The theme for 2024 is

iSomething for Everyonei

It aims to recognise the diverse passions and talents that everyone brings to volunteering and is a chance to say “thank you” for the support and care you provide to our clients every day.

Volunteers are crucial to the operation of every Meals on Wheels organisation. From January to June this year, our local volunteers will have already delivered just over 10,500 meals!!

FUN FACT
Meals on Wheels volunteers in NSW were found to have 11% higher wellbeing when compared to people of a similar age group who volunteered with a different organisation.

While volunteering can be deeply rewarding, it’s important that you prioritise your own health

while dedicating your time and energy to helping others.

Here are some practical tips and strategies to help maintain your mental well-being throughout your volunteering journey.

1. It is essential to establish clear boundaries and manage expectations. Prioritise your well-being by setting realistic goals and communicating them with others.

2. Practice Self-Care: Do things that rejuvenate and replenish your energy, such as exercise, meditation, or other hobbies.



3. Reach out to fellow volunteers or support networks within the organisation. By sharing experiences, challenges, and successes with others it can foster a sense of belonging and mutual support. Seeking support is a sign of strength, not weakness!!

4. Reflect and Celebrate: Take time to reflect on the impact of your volunteering efforts. Maintain a gratitude journal to remind yourself of the positive things you bring to the lives of others.

Cootamundra Meals on Wheels will also be hosting a volunteer luncheon on Thursday 27th June. Please find enclosed your invitation to attend. We hope you can join us.

DO YOU KNOW SOMEONE KEEN TO VOLUNTEER?

Meals on wheels is much more than a meal delivery service. It’s a warm smile and a quick friendly chat with our clients, many of whom live alone. If you know someone who has an hour or two each month to be a part of this important community service, please put them in touch with our MOW co-ordinator Kerry Kostrubic today on (02) 6942 4695.

NEW ROSTER – JULY TO DECEMBER

We have been hard at work finalising the volunteer roster for the next 6 months, which is enclosed with your mail-out. As you can imagine, this is a huge task, ensuring that everyone is slotted in on the correct days. Also enclosed is our annual Volunteer Survey, please take the time to complete it & return it to our office. The service appreciates your feedback which is used as part of our continuous improvement.

COVID IN THE COMMUNITY

While the transmission of COVID in the community remains low, it is still prevalent. Here at Meals on Wheels our priority is to keep both our volunteers and clients safe and well.



While wearing masks isn't compulsory, we believe that they are best practice and are one of the easiest ways to help prevent the spread of COVID -19.

Other ways you can

protect you and your loved ones is by staying up-to-date with your recommended vaccinations, including COVID-19 and flu. Frequently washing your hands for at least 20 seconds with soap and water or use an alcohol-based hand rub (sanitiser). Covering your nose and mouth when coughing and sneezing with tissues or a flexed elbow. Washing or sanitising your hands and disposing of dirty tissues in a bin immediately. Please stay at home if you are not well.

COOTAMUNDRA SOUP KITCHEN

Tired of eating alone? Why not enjoy a warm meal and some great company at the Cootamundra Soup Kitchen.

Operating every Wednesday night from 5.30pm (except during school holidays), the Soup Kitchen is a free service for all ages. Take away meals are available and walk-ins are welcome. For further information, contact Sam McNally on 0418 254 677 or email cootasoupkitchen@hotmail.com

2 MINUTES WITH MOW PRESIDENT - TIM MAHON



My first memory of Meals on Wheels was helping my mother deliver the meals from the back of the Temora Hospital, this was early in the 1970's.

I became involved as a volunteer in Cootamundra after I married into the Sutherland family. My wife, Denise, and I were volunteers on the weekend roster. Six years ago, whilst in hospital in Wagga, I received a phone call from Kerry, she asked me if I would be interested in joining the committee. I agreed as I have always been a believer in community looking after community.

In 2020, following the retirement of our long-serving president Ken Turner, I was nominated for the position of President. I must admit, I was unsure at first, but I am now, quite enjoying the position. The Social Support is an area that I am keen to see develop as we overcome the hangover of COVID-19.

It is a privilege to work with the committee, staff & volunteers involved with Meals on Wheels and I look forward to this organisation continuing to provide a very important service that is **More Than Just A Meal**.

More
than just
a meal

MEALS ON WHEELS NATIONAL CONFERENCE 24th TO 26th OF JULY

This year the National Conference will be held at the Sofitel Wentworth in Sydney. There are some fantastic keynote speakers and wonderful workshops to get involved in. Attending the Conference is also a great way to meet other people involved in Meals on Wheels and find out more about the way other services operate. Find out more at <https://mealsonwheels.org.au/national-conference-2024/>