



# CORPORATE VOLUNTEERING

with purpose



[parramattamission.org.au](http://parramattamission.org.au)



# ABOUT MEALS PLUS

Meals Plus sits at the heart of Parramatta Mission and is often the first point of connection for people experiencing, or at risk of, homelessness. Offering two nutritious meals each weekday alongside essential support, it provides a trusted, welcoming space where people feel safe to seek help and take their first steps toward stability.

As a frontline service, Meals Plus is a key referral point for local councils and service providers when someone is in immediate need. Our guests come from many backgrounds, including individuals escaping domestic and family violence, refugees and newly arrived migrants and people experiencing homelessness for the first time.

To further support guests who face significant barriers accessing mainstream services, Parramatta Mission delivers **Community Hub Days** twice monthly onsite. These events bring vital services directly to Meals Plus such as legal assistance, Centrelink outreach and accommodation support, ensuring help is easier to access.

Meals Plus remains the foundation of our work, a dignified, trusted entry point to broader support and a vital part of our mission to be a community transforming lives.

*"I had a wonderful time and would 100% volunteer again. I was welcomed and made to feel part of the Meals Plus family"*



## WHY VOLUNTEER

By hosting a Meals Plus lunch, your team helps provide nourishment and connection to people in our community who need it the most. Corporate volunteering is also a valuable team-building experience and a meaningful part of many corporate social responsibility programs across Australia.

Aside from the Meals Plus Coordinator and Food Services Coordinator, the program runs entirely on volunteers. Tasks include preparing and serving food, setting and clearing tables, washing up, organising emergency food parcels and cleaning and sorting donations.



Over **1,315** guests supported through Hub Days



Meals Plus delivered **81,288** meals



**3,161** showers



**2,453** laundry services



**5,801** food parcels



**9,860** material aid



**18,545** volunteer hours

*"Meals Plus, where Courage turns to Hope!"*

# VOLUNTEERING PROGRAM

**8.45 am - 9.15 am**

Arrival and briefing

**9.15 am - 11.15 am**

Prep work for the meals

**11.15 am - 11.25 am**

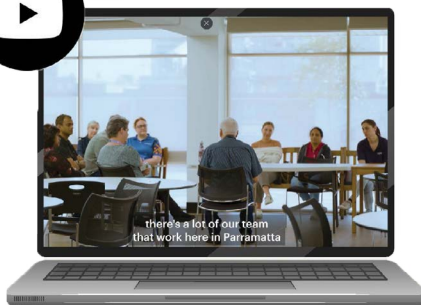
Break

**11.30 am - 12.45 pm**

Lunch Service

**12.45 pm - 1.15 pm**

Debriefing



Have a look here at an example of what a day with us looks like!

[tinyurl.com/PMvolunteering](https://tinyurl.com/PMvolunteering)

For Work Health & Safety purposes, please provide the full names and contact details of all volunteers attending, including the designated team leader. Parramatta Mission provides insurance coverage for all volunteer workers.



## CORPORATE VOLUNTEERING

Each team session accommodates 6–10 participants and requires a non-refundable donation of \$2,500. As our program relies heavily on volunteer support and careful daily planning to ensure we can meet the needs of our guests, we ask that any changes are made with sufficient notice. Sessions may be rescheduled or cancelled with a minimum of seven days' notice. Cancellations made **less than 24 hours in advance** will incur a 50% fee.

As Meals Plus receives no government funding, we rely heavily on donations to keep the service operating. We also encourage each volunteer to bring a bag from home with items such as canned goods, Tupperware, plastic bags, or good-quality second-hand clothing.

**“An experience of a lifetime. Thank you so much to all of you for the great work you do in supporting the community. I was so surprised to see how much help is needed. Thank you for giving us the opportunity to be involved.”**



## INFORMATION

**Start time:** 8.45am | **Finish time:** 1.15pm

**Location:** 119 Macquarie St, Parramatta

**Public transport:** Parramatta Railway Station is a 5-minute walk from Meals Plus, Light Rail is 1-minute walk.

**What to wear:** Comfortable clothing - long pants, shirts/t-shirts with short or long sleeves, covered shoes with non-slip soles. Aprons are provided.

To book your corporate volunteering session or explore additional ways to get involved, please contact our Fundraising Team with your preferred date:  
[fundraising@paramattamission.org.au](mailto:fundraising@paramattamission.org.au)

## KEEP YOUR IMPACT GOING

If you're seeking further opportunities to create lasting impact within our community, we invite you to connect with us.

- **Workplace Giving:** A simple, tax-effective way for employees to make regular contributions that directly sustain our services.
- **Individual Donations:** Every gift, big or small, helps us provide meals, essentials, and support to those who need it most.
- **Corporate Partnerships:** Long-term collaborations that amplify your organisation's social impact and help us plan for the future.
- **In-kind Support:** Donating goods, services, or expertise that strengthen our programs and reduce operational costs.

Visit us at  
[parramattamission.com.au](http://parramattamission.com.au)