

GROUP / CORPORATE VOLUNTEERING DAY

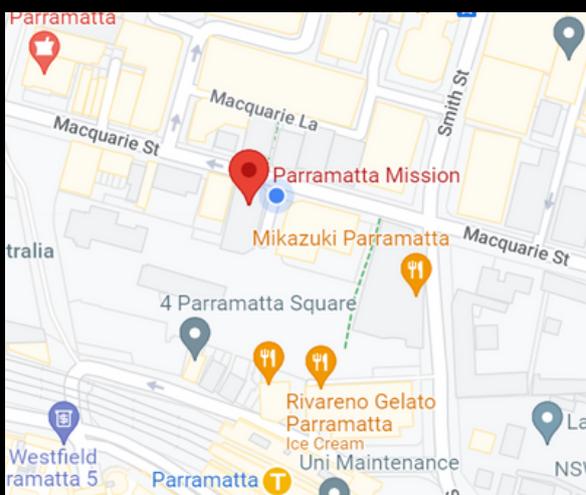


About

Meals Plus is a place of welcome that envelops people with a sense of belonging to a community when they would otherwise feel alone on their own. By providing people with a hot meal, supporting their basic needs each day and connecting them with community resources, Meals Plus is an ever-open door into a local community where people experiencing marginalisation like homelessness and social isolation, can re-discover balance and confidence in their own potential to transform their own lives.

Meals Plus provided over **73,000** meals to disadvantaged people last year - up **15,000+** from the year before. Our services also include emergency food assistance, laundry and shower facilities, legal advice by visiting solicitors, housing advocacy, Centrelink outreach service and referral to accommodation services. Apart from the Meals Plus Coordinator and a Cook, Meals Plus operates entirely on a volunteer workforce. On a usual day, our volunteers may be tasked with preparing food, cooking, washing up, setting tables, clearing tables, serving meals, setting out produce for emergency food parcels, cleaning up, stacking chairs and folding tables, as well as unloading and sorting any donations received.

When, where and some.



Start time: 8.45am

Finish time: 1.15pm

Location: 119 Macquarie St, Parramatta

Parking: There is no parking on site with the ongoing construction work.



Public transport: Parramatta Railway Station is a 5-minute walk from Meals Plus

What to wear: Modest comfortable clothing - Long pants, shirts/t-shirts with short or long sleeves, covered shoes with non-slip soles.

Corporate volunteering

Each team session of **8-10 individuals** incurs a non-refundable donation fee of **\$2,000**. A reschedule or cancellation may be done with a week's notice.

As Meals Plus is un-funded by the Government, we rely heavily on donations and grants in order to keep this service operating. We do encourage each volunteer coming in to bring a bag from home - canned items, Tupperware, plastic bags & good quality second hand clothing.

*(*Optional - for a bespoke discounted price of \$600+GST, a team can come in and create a promo video for your organisation - [example here](#))*

If you are looking to make an impact:

Please email Mikhail Chowdhary on mikhail.chowdhary@parramattamission.org.au with your preferred date(s).

“Meals Plus, where Courage turns to Hope!”

Why Volunteer?



Besides the smiles you can see on our volunteers faces, Corporate Volunteering is becoming an integral part of corporate social responsibility programs in Australia. It is indeed a strong team building and bonding experience that also provide for people in need.



For Work Health & Safety purposes, you will need to provide the full names and contact details of the volunteers and the 'team leader' on the day of your volunteering date. *Parramatta Mission has insurance coverage for volunteer workers.*

What the day entails...

- 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



Meals Plus Partners



“ THE EXPERIENCE OF VOLUNTEERING WITH THE PARRAMATTA MISSION'S MEALS PLUS PROGRAM CHANGED THE WAY I VIEW THE SERVICE THEY PROVIDE. I PREVIOUSLY IDENTIFIED THIS SERVICE FOR HOMELESS PEOPLE NEEDING A MEAL BUT SOON DISCOVERED THAT THEIR OUTREACH WAS FAR WIDER. THEIR PROGRAM IS A NON-JUDGMENTAL FULL SERVICE PROVIDING NOT ONLY JUST A MEAL BUT A SENSE OF BELONGING AND HOPE AND SUPPORT FOR THE LOST. I HAD A WONDERFUL TIME AND WOULD 100% VOLUNTEER AGAIN. I WAS WELCOMED AND MADE TO FEEL PART OF THE MEALS PLUS FAMILY FOR THE TIME I SPENT THERE. ”



“ JUST WANTED TO REACH OUT AND THANK YOU, PAUL, AND THE TEAM FOR LOOKING AFTER US YESTERDAY. WE ALL ENJOYED BRINGING SOME HAPPINESS TO LUNCH GUESTS AND THOUGHT THE EXPERIENCE WAS EXTREMELY MEANINGFUL. ”

“ AN EXPERIENCE FOR 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 INVITING US AND GIVING US THE OPPORTUNITY FOR SUCH AN EYE-OPENER. ”