

## Want to be a volunteer?

You will need:

- A willingness to work with people who are frail aged or have a disability.
- To be prepared to undertake any training required to perform the role of being a volunteer.
- Two personal referees.
- A current driver's license, compulsory third party green slip and comprehensive vehicle insurance if you plan to use your vehicle.

You will also need to agree to a Criminal Records Check every three years.

To access Meals on Wheels, Social Support Services, Flexible Respite or become a volunteer, please contact our Social Support and Flexible Respite Co-ordinator.

**101-103 Bega Street**

PO Box 860

BEGA NSW 2550

**Telephone:** (02) 6494 7456

**Fax:** (02) 6492 4274

**Email:**

[socialsupportcoordinator@bvmowplus.org.au](mailto:socialsupportcoordinator@bvmowplus.org.au)

**Website:** [www.bvmowplus.org.au](http://www.bvmowplus.org.au)



**Meals on Wheels**  
New South Wales  
Bega

## Social Support

Helping with shopping,  
home visits and social activities

More  
than just  
a meal



Accredited against the Commonwealth Home Care Standards  
Registered NDIS Provider Number: 4500 4173



Our volunteers love to share a cuppa and a chat, can help you and a small group of your friends with shopping, or go with you for a walk, a drive, to an art gallery, to the movies or to visit a friend. Let us know your social needs, and we will be there for you. Older people, NDIS participants and their unpaid carers can also join us at any of our organised activities happening every week. We are also the local Veteran's Community Support Service. Our services are provided to eligible clients who live in the Bega Valley Shire.

**We offer:**

- Social Support Groups.
- Meals on Wheels, pick up or home delivery.
- Shopping Bus.
- Social Group in Bega every Monday.
- Social Groups in Candelo and Bemboka every Wednesday.
- Flexible Respite Care.
- Two Saints Café in Bega, meals every Friday.
- Veteran's Community Support Service.

More than just a meal

**How do I access Social Support?**

Contact My Aged Care on 1800 200 422

There are also many other ways our volunteers can support your social needs. All our volunteers have had Criminal Record Checks.

**Do you need help with banking?**

A volunteer can help you with your banking, especially if you have problems with mobility or your eyesight.

**What about paperwork?**

Our volunteers can help you with filling out forms, writing letters and other paperwork.

**Home Visits**

One of our volunteers can come to your home for a cuppa and a chat, to watch the football on TV with you or whatever interests you.

**Shopping Bus**

A shopping bus leaves Bemboka and Candelo once a week for either Bega or Merimbula to take people to the shops and appointments.

*“ I've been a volunteer most of my life and I love driving. I love the sense of humour, it's great to talk to people and learn their history. ”*

Kevin Cox, Bemboka, Meals on Wheels volunteer shopping bus driver

**Is there a cost?**

Yes, people who use Social Support services are required to contribute to the costs of their service. The Social Support and Flexible Respite Co-ordinator is happy to discuss this with you.

You can call 02 6494 7456, or if you are over 65 call My Aged Care on 1800 200 422.

**National Disability Insurance Scheme (NDIS)**

We are a registered provider with the National Disability Insurance Scheme.

