

## **Volunteer for Meals on Wheels driver/ Runner**

**The Volunteer & Service Training (VAST) Program** is seeking **Volunteers as Drivers/ Runners for meals on Wheels** in the Eastern Suburbs and the City of Sydney.

We are a **Volunteer Recruitment Agency** providing service to more than 50 not for profit organizations for their volunteer needs. VAST is a program run by JNC.

Our frail elderly clients often need assistance for their regular supply of meals, fruits and vegetables due to ageing, illness or limited or no support from family members. Meals delivered on their door step can help to prevent premature or inappropriate institutionalisation by providing help so people can live in their own community. It also helps to improve their quality of life and they feel valued or cared for.

Volunteers could use their own car or organisation's car to drive to client's home and their companion-Runner can deliver the meals to the clients before the volunteer driver drives them to the next client.

No driving skills required for the position of runner.

The volunteer for the position of driver requires having an Australian driving licence.

Volunteers from different cultural backgrounds and who can speak different languages other than English are welcome.

Time commitment for this position is approximately 2-3 hours every week on a regular basis

Volunteers will receive training and ongoing support from the organisation.

This position is available in following areas: Kingsford, Bondi Jn, Double bay and Eastlakes

Call us on 9349 8200 or email your interest on [vast@jnc.org.au](mailto:vast@jnc.org.au)