



MEALS PLUS SPONSORED LUNCH PROGRAM

INFORMATION FOR VOLUNTEERS

ABOUT MEALS PLUS

Meals Plus Service provides meals, case work support and emergency food parcels for people who are homeless or at risk of homelessness.

Meals Plus is Parramatta Mission's version of a 'soup kitchen', providing over 150 meals daily, from Monday to Friday, to people in the local community who are homeless, at risk of homelessness or otherwise acutely disadvantaged. Showers, toilets, laundry facilities, case work support, housing assistance, medical referrals, on-site financial counsellors and chiropractors, pro-bono legal services and Centrelink outreach are also available to this target group through Meals Plus.

Meals Plus also serves as an accommodation referral gateway and provides short-term emergency accommodation assistance to over 25 people daily. In the past 12 months alone, six 'rough sleepers' (that is, chronically homeless people) from Parramatta have been housed or hospitalised through interventions at Meals Plus. Parramatta Mission's social commitment to the target group assisted through Meals Plus includes weekly recovery groups, social activities programs and discussion groups. Meals Plus assists between 150-200 people each day, many of whom have come to know Meals Plus through referrals from allied health and social services.

INFORMATION FOR VOLUNTEERS

Apart from Meals plus Coordinator, the case worker and a Cook, Meals Plus operates entirely on a volunteer workforce. Volunteer tasks are fully supervised and include: 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. Meals Plus is open from Monday to Friday for breakfast and lunch.

The start and finish times, address and other details for corporate volunteer teams are as follows:

Start time: 9.00am-9.30am

Finish time: 1.30pm-2.00pm

Location: 119 Macquarie St, Parramatta, which can be accessed from behind Leigh Memorial Church.

On arrival: Go to reception on level 1 and advise the receptionist that your team is here to volunteer at Meals Plus. The receptionist will direct you to Meals Plus.

Contact: Your contact people at Meals Plus are Bianca Ferrari, Paul Moussa (Meals Plus Coordinator/Case worker) or Silvia (the cook).

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

Parking: There is no parking at Parramatta Mission. The closest parking station is on Horwood Place (across the road on the right).

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

Children: Children under 18 must be fully supervised by an adult, however, volunteers are strongly advised NOT to bring children to Meals Plus.

HOW TO BOOK

For Community Volunteering experiences:

Please email bianca.ferrari@parramattamission.org.au or jennyfuda@parramattamission.org.au with your selected volunteer date(s) and shift(s). You will receive a return email confirming your booking. Bookings should be made at least two weeks before the nominated volunteering date(s).

For Occupational Health & Safety purposes, you will need to provide the full names and contact details of the volunteers and the 'team leader' at least one week before your volunteering date.

INSURANCE

Parramatta Mission has insurance coverage for volunteer workers. Please advise if you require a copy.

COMMUNITY VOLUNTEERING PROGRAM INVESTMENT

Community Volunteering (team-building experiences) at Meals Plus:

Each Team Volunteering session at Meals Plus: \$2,000 (incl. GST) for up to 10 employees.

The fee includes liaison; coordination of each volunteering opportunity at Meals Plus; risk assessment; lunch at Meals Plus; and supervision by a Parramatta Mission staff member who will be present throughout the experience.

Please advise if it is necessary for Parramatta Mission to invoice your organisation for the hosted lunch and whether the invoiced item is for a 'donation' or 'sponsorship'.

CONTACT INFORMATION

Bianca Ferrari on 02 9891 2277 or email bianca.ferrari@parramattamission.org.au (Volunteer Coordinator) or Jenny Fuda jenny.fuda@Parramattamission.org.au (Marketing and Fundraising Coordinator)

Many thanks again for your interest in supporting Parramatta Mission. We look forward to hearing from you.