

Your year to volunteer



Become a Volunteer with Meal on Wheels.
As Diane and James have discovered, your time could be the highlight of someone's day.

For Diane and James Cox, volunteering with Meals on Wheels Barossa has become one of the most rewarding parts of their retirement.

After hearing about the opportunity from a neighbour, they joined just over a year ago and now spend three hours every second Thursday delivering meals - and much more - to older community members.

They describe the organisation as wonderfully supportive, with open communication, a helpful induction process, and ongoing updates through a monthly newsletter.

Training was simple and engaging, with online modules, worksheets, and videos that made getting started easy.

Their role goes beyond delivering a nutritious three-course meal.

Working as a husband-and-wife team, they also provide a friendly welfare check, taking time to chat about gardens, pets, or anything else their clients want to share.

For many older people, these

volunteers may be the only visitors they see that day, making the social connection just as important as the meal itself.

Diane and James love meeting new people and feel valued through morning teas and annual service awards. But for them, the real reward is knowing they're helping others stay safe, supported, and independent at home.

"It's not about us," they say. "You get so much out of it."

Their message to anyone considering volunteering in aged care is simple, "Absolutely do it".

With more than a million meals delivered each year in South Australia alone, Meals on Wheels relies on volunteers - and being part of that impact is something Diane and James are proud of.

Is this Your Year to Volunteer in Aged Care?

Become a part of Meals on Wheels.
Contact Lyn Tasker 0499 037 447.

