

At the
table



Meals on Wheels
Central Coast

Volunteer Newsletter | Autumn Edition 2016



Give Happy, Live Happy Celebrating National Volunteer Week

Monday 9 May marks the beginning of National Volunteer Week 2016. Established in 1989, National Volunteer Week is the largest celebration of volunteers and volunteerism in Australia. It provides an opportunity for organisations like Meals on Wheels Central Coast to highlight the role of our volunteers in the community and to say thank you to those of you who selflessly give your time to helping others in need.

This year, Meals on Wheels Central Coast is joining Volunteering Australia with their theme "Give Happy, Live Happy", celebrating that not only are volunteers helping make the lives of others happier, but that they too are happier as a result. Indeed, numerous studies have revealed that volunteers live happier and healthier lives—and sleep better at night! Volunteering has been proven to improve people's sense of self-worth and purpose within their community, whilst also giving off a "helper's high," a powerful physical and emotion-

al feeling experienced when directly helping others.

And the extent of that help is extraordinary! For Volunteer Coordinator, Lisa Sexton, volunteers are the lifeblood of Meals on Wheels Central Coast, giving over 15,000 hours of service to the community every year. "I can only hope that you each know how valued you are by Meals on Wheels and by the Central Coast community, not only during Volunteer Week but throughout the year," she said.

As a small gesture of gratitude for your generous contribution to our cause, Lisa has delivered a basket of chocolates to each outlet and community restaurant for the enjoyment of all our volunteers. Please help yourself to these and know that your selfless dedication and generous contribution to the community is very much appreciated.

Reminder!

Meal pick-up time from the outlets is between 9.00-9.30am. As we head into the colder months, some clients may find it difficult to rise early on those chilly mornings!

Did you
know?

Per capita, Australians read more newspapers than any other nation • If you eat a polar bear's liver, you will die of a Vitamin A overdose • Lemons contain more sugar than strawberries • Cats have 32 muscles in each ear • Volunteers contribute \$200 billion to the Australian economy annually



The Happiness Effect

When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were.

Compared with people who never volunteered, the odds of being “very happy” rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy - a hike in happiness comparable to having an income of \$75,000 versus \$200,000, say the researchers.



New Look

Our ‘At The Table’ newsletter and promotional brochures have all had a recent make-over! You can let us know what you think by emailing us at admin@ccmow.com.au



Let Us Entertain You!

Support Meals on Wheels Central Coast and enjoy a host of amazing discounts for restaurants and activities across the region. Purchase an Entertainment Book or Digital Membership for just \$60 today. Call **4357 8444**.

If you are going away or cannot make your rostered meal delivery day for any reason, please contact Lisa Sexton on **4357 8401**.



Seniors Week 2016

On 7 April, Meals on Wheels Central Coast hosted ‘Active Living & Learning’ at Green Point Community Centre, in celebration of Seniors Week 2016.

The event saw guests participate in a low impact yoga demonstration, with a speech by Meals on Wheels Central Coast Board member, Margo Lowe, discussing the importance of volunteering on a person’s wellbeing.

Guests were treated to a morning tea and sausage sizzle, whilst performances by The Singing Hands, Tony Remedios of the Fab Four, and the Coast Christian School choir - accompanied by Mr Chris Gallea on guitar - had everyone toe-tapping.

“I would like to thank all the volunteers who helped me out for the day,” said event organiser, Cheryl Smith.

Like Us On Facebook

Meals on Wheels Central Coast is back on Facebook and we would love to be friends with our volunteers! Please show your support by liking our page:

www.facebook.com/mowcentralcoast

The first 200 followers will go in the draw to win some fantastic prizes, so be sure to encourage your friends and family to like us too!



Check Mate

Police checks are renewable every three years and are a requirement of our funding body. Lisa Sexton will be in contact with all volunteers who need their police checks renewed in due course and will arrange a suitable day and time to meet. Please make yourself available to do so when required.