

Meals on Wheels - Cyclist

Meals on Wheels is an important community service that helps seniors and people with disabilities maintain independence. This brief, but essential delivery is often a highlight in the day of our members and is a wonderful opportunity for volunteers to support their neighbours.

You will use your own bicycle with a hook-up trailer, provided by the agency to deliver meals. A detailed map is supplied of the route to be covered, with all stops clearly marked. A Meals-on-Wheels sign on the trailer will alert other motorists that a delivery is in progress. You would be responsible for delivering the meal directly to the client's home and pausing briefly to talk and observe their general condition.

Volunteer Duties & Responsibilities:

- Must enjoy working with people
- Must have an interest in seniors and disabled persons' issues
- Must be friendly, reliable, patient, non-judgemental and non-discriminating
- Must have a bike and helmet
- Confidence cycling in the city
- Inform the Meals on Wheels staff at least three days in advance if unable to do deliveries
- Participation in volunteer related training workshops

Orientation, Training and Benefits:

- Staff provides orientation and training before volunteers are placed in the program
- On-going support provided by staff
- On-going training workshop opportunities and get-togethers provided throughout the year
- Mileage stipend provided

Program Time:

- Monday through Saturday: 11 - 1 pm

Volunteer Commitment:

- Once a week (or every other week); flexible according to volunteer's schedule
- Minimum of 3-6 months

Contact Information:

Volunteer Program

(416) 532-4828 ext. 171 or 105

Email: daniellebe@westnh.org / ingridxi@westnh.org / volunteers@westnh.org