



## **A Big Thank You to all our volunteers 44 years on**

Bridgetown Meals on Wheels began delivering meals on the 3rd April, 1978, at a cost of 80 cents per meal which included a fruit juice. On average 15 meals were delivered each week day by a dedicated group of over forty volunteer drivers.

The first survey and delivery of meals was originally funded by the Australian Assisted Plan monies. In 1986 the Department of Health and Ageing's Home and Community Care (HACC) took over the funding of Meals on Wheels.

Bridgetown Meals on Wheels has always been a stand-alone organisation. The original constitution was developed and adopted at a meeting on the 29th May 1978 and it became an incorporated body in July 2000.

Within a couple of years of its commencement it was evident that the regular healthy meals and the brief, but vital, daily contact made by the volunteers contributed significantly to the wellbeing of the residents who used the service

Over the forty four years of meal delivery in Bridgetown there have been both changes and new opportunities.

Mandy Davies helped to get Meals on Wheels established. She was also the President in 1987 and '88 and then held the job of Secretary from 1989 until 2001.

"I was involved in the initial survey in 1975 to see whether Meals on Wheels was wanted in our community. We surveyed around twenty to thirty people we thought would need the service but the overwhelming answer we got was a big NO.

"Then in 1977 the service was established. Being a nurse with the Silver Chain at the time I witnessed a remarkable change in the health and the attitude of the clients receiving the meals, not only nutritionally but also mentally; their outlook improved remarkably. *Read More in Current Issue*