



VOLUNTEERS WANTED

Fingal Valley Meals on Wheels are in desperate need of volunteers to deliver meals to clients in St Marys, Scamander, Bicheno and Fingal.

Are you seeking a rewarding, **simple & flexible volunteer role**? Want to feel **valued and appreciated**? Only have around an hour to spare once a month, fortnight or weekly? Then this is your opportunity to join our friendly team!

To register expressions of interest:

<https://mowtas.org.au/get-involved/volunteer/>

For more information: contact local co-ordinators Heather / Michael

Mob: 0408 841 384 - Email: eastcoast@mowtas.org.au

East Coast Office: 1/4 Portland Court, St Helens