



Volunteer Newsletter



We are now well & truly into 2021, but this is our first official opportunity to say Happy New Year! We hope you had a safe & relaxing Christmas and that you are refreshed & diving into the New Year with renewed energy.

So far everything has been 'business as usual' for us, apart from some ongoing number restrictions in our community restaurants which have just recently been relaxed. Thank you as always for your patience & understanding as we continue to work in the 'new normal'.

Already this year we have been able to take on a number of new volunteers in a variety of roles across the organisation. We welcome each & every one of you and look forward to getting to know you better as the year moves on.

Matthew in particular is very happy. He now has a volunteer helping him in the distribution area every day. This has allowed him to keep on top of the increased demand for meal deliveries that we have seen over the past year.

And lastly thank you! We could not do what we do without each one of you. Here's to 2021 being a great year for all of us here at BMFS!

'CHSP' explained!

The following information went out in our most recent client newsletter. We thought it might also be of interest to yourselves as volunteers in the aged care sector.

Funded by the Australian Government, the Commonwealth Home Support Programme (CHSP) is an entry level programme for older people who are mostly able to live & cope on their own & don't yet need higher levels of support at home. For more complex needs, a homecare package may be more suitable. On a homecare package a greater number of services are coordinated & tailored to meet your specific needs.

BMFS provide the following CHSP services:

- Food services: such as meal deliveries & meals at a community centre
- Personal care: help with bathing or showering, dressing & hair care etc
- Social support: social activities in a individual or community-based setting.

Other services available under CHSP funding include transport, domestic assistance, home maintenance, home modifications & nursing care.

If you are 65 years or older, or 50 years or older & identify as an Aboriginal &/or Torres Strait Islander person, are still living at home & need help to continue living independently, you or your carer can apply for CHSP services by contacting the My Aged Care Contact Centre on 1800 200 422. You will need a home support assessment to determine your eligibility & the level of support you need. Many of you will already have done this if you began accessing our CHSP services in the past few years.

The Australian Government provides some funds directly to CHSP service providers but there is also an out-of-pocket cost for most CHSP services.

If you have any questions about services we deliver under the CHSP or via homecare packages, please call us at any time!

Cooking for 1 or 2 Program



Learn to cook easy, flavoursome food and make new friends

If you are 65 or older, or 50 or older and you identify as Aboriginal or Torres Strait Islander, join us for five daytime cooking sessions and enjoy preparing and eating a meal together

There is a small charge of \$7 per session to cover food costs

- 5 x three & half hour sessions
- Friday 9:30 am – 1:00 pm
- 26 February – Friday 26 March 2021
- Springwood Hub Kitchen/Dining Room

Call us on 4759 2811 for more information and to book your place.



Changes to rostering!

As you know, we are now sending our rosters & volunteer newsletter out quarterly, so most of you should now receive rosters for the periods January-March, April-June, July-September & October-December. Cook+Connect rosters are sent out prior to the start

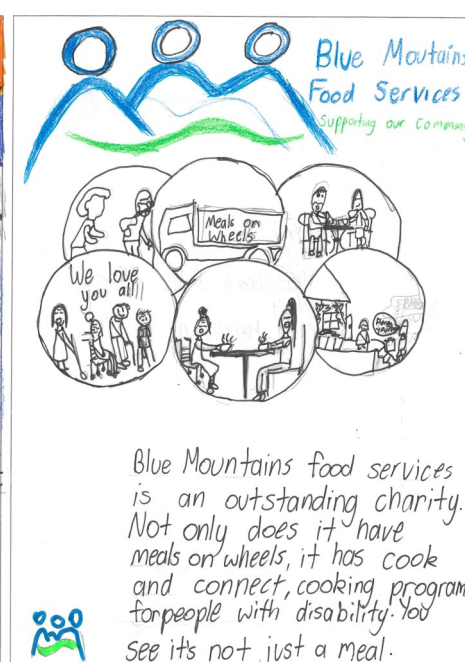
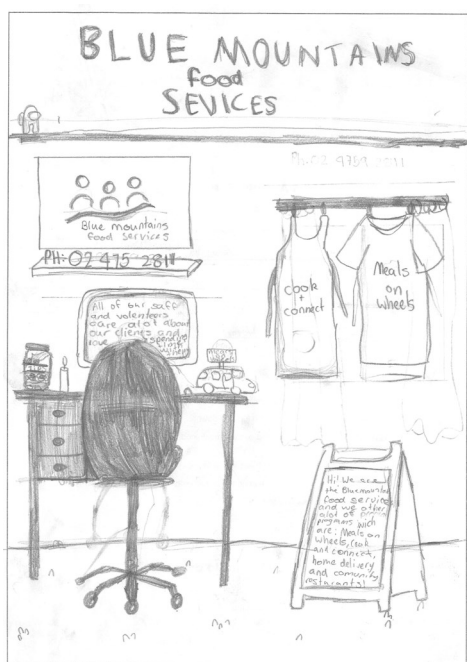
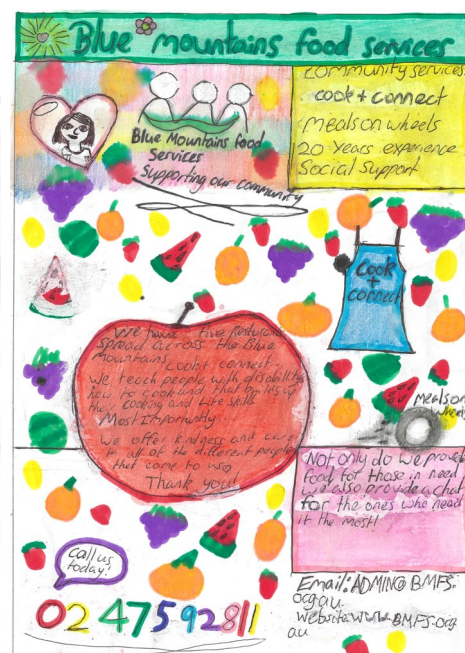
of each term & Social Support rosters are sent out twice a year, for January-June & July-December.

Your next roster will be sent out at the start of March. This time we will be trialling an automated rostering system that will come straight from Polixen (our records management system). Things to note are as follows:

- If you have not received a roster by March 12, please check the 'junk' folder of your emails
- If you still cannot locate your roster, please call Lisa or Lauren in the office on 4759 2811

■ Most importantly, **you cannot reply to the automated email!** So if you need to let us know about rostering issues or planned absences etc, please direct your email to volunteer@bmfs.org.au If you have any questions at all please call Lisa or Lauren any time!

Some more ads designed by local students as part of the Blue Mountains Gazette's 'Design an Ad' competition!
And the winner was...



Service Closures

Our service will be closed on the following public holidays:

- Good Friday: Friday April 2
- Easter Monday: Monday April 5
- Queens Birthday: Monday June 14

**SAVE
THE
DATE**

Please put Friday May 21 in your calendar & keep that date free if you can!

We are aiming to hold our annual Volunteer Thank You function on this date & while we are unsure of what format it will take at this stage, we are keen to celebrate in some way!

So keep the date free & as soon as we have more information we will pass it on to you!

A collection was organised at our Blaxland restaurant for Gateway Family services to help with their Christmas hampers (below).



Some photos from our Christmas celebrations back in December. A happy & festive end to a tough year at our restaurants & Cook+Connect groups.



Last puzzle's answers

- Beirut's country **LEBANON**
- Abiding **ENDURING**
- Gives to a deputy **DELEGATES**
- Rare sighting **UNICORNS**
- Costume toppers **WIGS**
- Like a pumpkin **ORANGE**
- Their hands are full **JUGGLERS**

PUZZLER!

All you need to do is solve the 7 clues by matching together the tiles on the right to make *7 Little Words!* Remember you can only use each tile once.

Good luck!

AB	HE	ADL	FL
AMP	SW	TED	MA
BAS	ERL	VIC	TE
TI	AND	ITZ	CON
ANN	SL	CRE	ELS

Clues...

- Thick slice (4 letters)
- Rice variety (7 letters)
- Car light (8 letters)
- Large Greek island (5 letters)
- Found guilty (9 letters)
- Facecloths (8 letters)
- Matterhorn country (11 letters)

Answers in next month's newsletter!



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Supporting our community

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