

June 2021



Client Newsletter



Blue Mountains Food Services held its annual Volunteer Thank You Event during National Volunteer Week. We gathered at Hazelbrook Bowling Club & many of us enjoyed a relaxing game of barefoot bowls (mostly minus the bare feet due to the cold).



Many awards were presented on the night, most notably awards for 30 Years of Service to Peg & Gerry Taylor (left). It was wonderful to hear them speak of their time with BMFS & the many changes that have occurred over the years.

We are also delighted to announce that the 2021 staff-nominated Volunteer of the Year Award went to Jeff Mason (bottom right).

Jeff, who unfortunately could not be with us on the night, was nominated for the following reason:

Jeff has most definitely gone above & beyond what would normally be expected of a volunteer. When COVID hit, Jeff (along with a number of our delivery drivers) continued to deliver meals to some of the Blue Mountains' most vulnerable people. During the scariest of times at the beginning of the pandemic, when our country was in lockdown, Jeff delivered meals every Friday. He flexibly complied with changing health regulations & he delivered meals on his own for a good portion of the year (due to social distancing requirements). As demand for meals grew, Jeff often delivered to more than 50 clients a day & he was often the only person they saw when our clients were encouraged to self-isolate for extended periods. Jeff continues to deliver meals each Friday, now with an offside each week, & has recently trained a number of new volunteers who have joined the organisation. Jeff is always looking for ways to improve the way we do things & we often make changes to our processes based on his suggestions. Our Friday clients, when they call the office, always remark on how lovely he is. In this past year especially, Jeff has gone above & beyond & we are certainly grateful that he is part of our team.

I am sure you will all join us in congratulating our many award recipients and in thanking all of our volunteers for everything that they do for you & us!

It was a very sad day for us last week when our longest serving staff member, Karen Frawley, left the office for the very last time. Karen has moved on to take the helm of Blacktown Meals on Wheels who are an incredibly lucky organisation to have her. Their gain is our loss!

Karen was with BMFS for a total of 15 years & was instrumental in setting up many programs within the organisation. Karen's dreams came true with the opening of the Ben



Roberts Cafe & the establishment of cooking classes for people with disabilities. At the end of last year she was acknowledged by Rotary when she was awarded the Paul Harris Fellow (PHF) Award (above, with Rotary President Paul Campbell).

Many of you will have seen or spoken to Karen over the years & will miss her as much as we will. We wish her all the best in her future endeavours & if you would like to send her a farewell message be sure to call the office & we will pass on your words.

Please note that our service will be closed on Monday June 14 due to the Queen's Birthday public holiday. While this will not affect our meal delivery service, it will mean that our office will be closed, & that any restaurants, social support, personal care or cooking classes will not be running that day.





This week we have begun to hand out gift packs to our clients containing four cleaning products. Thank you to NSW Meals and Wheels and Woolworths for making this happen!



Do you live in Blackheath, Mt Victoria or Medlow Bath? Then you may be eligible for this free short-term or one-off service. Blackheath Area Neighbourhood Centre has current vacancies in the program & would love to hear from you.

They also provide No Interest Loans (NILS) to those on low incomes. Loans are available for a range of reasons up to the value of \$1500. Repayments are set at an affordable rate over 12-18 months.

Call Jade or Elouisa on 4787 7770 for more info!

BLACKHEATH CARES

Blackheath Cares is a free service which links volunteers with vulnerable residents in the areas and townships surrounding Blackheath, to provide support in the home.



Blackheath Cares volunteers can assist with:

- Social phone calls and visits.
- Pick up & deliver groceries/medicines
- Feeding a pet during a short term hospital stay
- Transport to library, appointments & shopping



If you or someone you know would benefit from this program, or if you'd like to volunteer your time, call Jade or Elouisa on 4787 7770

Our kitchen garden in Lawson is currently being lovingly restored by one of our NDIS participants, Caius, with staff & volunteer help. This week we were excited to be introduced to our very own resident scarecrow!

Last month's answers

- Meat cooked medium rare **REDDISH**
- They're hush hush **SECRETS**
- Fred & Wilma's pet **DINO**
- Cadbury chocolate bar **CRUNCHIE**
- Keeping an eye on **WATCHING**
- Lightest on one's feet **NIMBLEST**
- Public place to make call **PAYPHONE**

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!

CR	MO	OW	FA
TO	WAY	DEF	TLY
ING	OBE	MI	LEE
UND	IAN	ELS	ES
RR	RE	GRO	WK

Clues...

- Wiggle room (6 letters)
- Plotter Guy (6 letters)
- Germ (7 letters)
- How a rebel acts (9 letters)
- Foundation (9 letters)
- Turns around quickly (5 letters)
- A day that never comes (8 letters)

Answers in next month's newsletter!



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Supporting our community

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This Service is funded by the Commonwealth Government