



Volunteer Newsletter



National Scams Awareness Week 2019: 12-16 August

Australians lost almost half a billion dollars to scammers in 2018 according to the latest figures in the [ACCC's Targeting Scams report](#) released in April. Total combined losses reported to Scamwatch and other government agencies exceeded \$489 million – \$149 million more than 2017.

We have all been targeted by potential scammers. Whether it is impersonating the ATO on the phone or banks and other financial organisations in emails. The scammers are becoming more sophisticated in their tactics, some even impersonating the ACCC!

Scamwatch is run by the Australian Competition and Consumer Commission (ACCC). It provides information to consumers and small businesses about how to recognise, avoid and report scams.



**SERVICE CLOSURE - LABOUR DAY
PUBLIC HOLIDAY MONDAY 7 OCTOBER 2019
NO Katoomba Restaurant NO Social
Support Visits**

**SAVE THE DATE
BMFS AGM**

THURSDAY 24/10/2019 6PM - VENUE TBA

Our AGM is just around the corner, and membership renewals are now being accepted. Please find attached a form to either renew or apply to become a member of BMFS accompanying this newsletter.

\$5 for 1 year or \$15 for 3 years

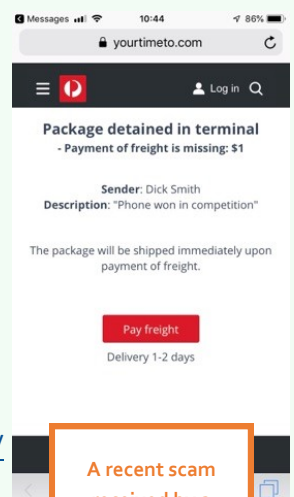
PROTECT YOURSELF

- Be alert to the fact that scams exist
- Know who you're dealing with
- Do not open suspicious texts, pop-up windows or click on links or attachments in emails – delete them
- Don't respond to phone calls about your computer asking for remote access – always hang up
- Keep your personal details secure
- Keep your mobile devices and computers secure.
- Choose your passwords carefully
- Continually review your privacy and security settings on social media
- Beware of any requests for your details or money. Never send money or give credit card details, online account details or copies of personal documents to anyone you don't know or trust
- Be wary of unusual payment requests
- Be careful when shopping online. Beware of offers that seem too good to be true, and always use an online shopping service that you know and trust
- Report any attempts to scam you to the ACCC via their Scamwatch site

Remember, if it looks too good to be true, it probably is.

Source & for more information visit:

<https://www.scamwatch.gov.au/>



A recent scam received by a staff member

BUSH FIRE READINESS BE PREPARED AND PRACTICE YOUR PLAN

I would like to share my experiences of being prepared for a bushfire emergency. I lived in Berowra on the edge of crown land during the 1994 bushfires and this lead me to design an emergency plan. We practiced this plan numerous times.

To be honest I was pretty smug about what I thought was my preparedness. Then we had the 2013 bushfires. The night before we were preparing to evacuate on Wednesday 23rd of October with thousands of others. I went through my checklist.

1. Nominated boss person. Tick
2. Car pointing out of the drive way. Tick
3. Roles for evacuation assigned. Tick
4. Boxes packed, colour coded. Tick
5. Plan taped to the front and back doors. Tick
6. Pet carriers and leads by the front door. Tick
7. Pillow cases and carrier at the back door for the chooks. Tick
8. Evacuation plan emailed to the family so they know where we would be. Tick
9. Boarding place for was chooks organised. Tick
10. Dog friendly park location for the dog. Tick



Then it hit me we hadn't practiced the plan since we had acquired the animals. There would be no room in the car for them. I hastily removed all the photographs for the photo albums reducing the boxes by two.

I thought that it would take us approximately 10 minutes to get out of the house in the morning. Wrong. It took the person allocated the job of catching the chooks 15 minutes. Why, because I hadn't told them to tempt the chooks with food! Anxiety began to stalk everyone one and even my partner, who started to move in slow motion and decided, that before we left the dishes needed to get done, This is someone who would happily let dishes stack up for days before doing them. Don't underestimate how quickly anxiety can take hold.

The moral of the story is to practice, practice and practice again!

Lesley - Volunteer Coordinator

This was my plan. We encourage you to develop your own bushfire readiness plan. Refer to the links below.

SOME USEFUL WEBSITES, SOCIAL MEDIA AND PHONE APPS

Facebook

Blue Mountains Firewatch and Recovery group. <https://www.facebook.com/groups/BlueMountainsFirewatch/>

This group was established after the 2013 fires and a list of important links to various social media, websites and phone apps

Websites - <https://www.rfs.nsw.gov.au/>

Apps

- Fires near me (RFS)
- Emergency App
- First aid
- My Fire Plan (RFS)



AIDER Program

Assistance for Infirm, Disabled and Elderly Residents

A one-off free service to reduce bush fire hazards

AIDER SERVICES MAY INCLUDE

- ✓ Thinning vegetation.
- ✓ Removing leaves, sticks and fallen branches.
- ✓ Trimming branches from around and overhanging the home.
- ✓ Mowing or slashing long grass.
- ✓ Cleaning gutters.

An assessment of your property will be completed by NSW Rural Fire Service staff. Advice will be given about completing your Bush Fire Survival Plan. All works are completed by Rural Fire Service teams.

What is AIDER?

AIDER is a once off **FREE** service, supporting residents to live safely and confidently in areas where bush fires may start. The property must be bush fire prone, meaning an area of land that can support a bush fire or is likely to be subject to bush fire attack.

Who is eligible?

Aged residents and residents with disabling conditions who have limited domestic support from family, relatives, friends or other services.

Call
(02) 8741 4955
to request an
assessment of
your property



Are you prepared for a bush fire?

Aged and disabled people in the community may be at higher risk during a bush fire. The NSW Rural Fire Service recommends that you have a Bush Fire Survival Plan.

EMAIL: aider@rfs.nsw.gov.au

WEB: www.rfs.nsw.gov.au



PREPARE

ACT

SURVIVE

BUSH FIRE INFORMATION LINE | 1800 670 737

MENS COOKING GROUP

Our men's cooking group is a fun and safe environment where older men can develop their cooking and food preparation skills.

There are 10 x 4 hour sessions, held at the Ben Roberts Café in Lawson. 9:30 -13:30. Our next term will run from Thursday 12th of October until December 19th.

Our recent graduating class with the Coordinator Leesa cooked and enjoyed lots of good food and had a great deal of fun.

If you or someone you know would like to join us for the term, call the office on 47592811.



FAREWELL & THANKYOU

Thank you and farewell to our volunteers who have moved or retired. Trish Brown, Pam Chamberlain, Robert Jackson Hope and Mary Ann Flanagan.

NAME BADGES

If you have lost your name badge or don't yet have one please contact Lesley in the office and let her know your preferred name on the badge.

Welcome 17 fabulous volunteers - since July 2018

Restaurants - Pat, Pam, Cathy, Kim, Joan, Fran, Roy, Lorraine

Frozen Runs - Denise, Stephen

Social Support - Liz, Ann

Admin - Sandra

Cook & Connect - Corey, Lesley, Lou, Brian.

SOCIAL SUPPORT FORUM - LAST MEETING FOR 2019

The October forum we will be covering the topic of demystifying smart technology and phone/internet plans for you and your clients .

Please contact Lesley if you have any issues with your rosters or any issues in relation to social support.
or Email: volunteer@bmfs.org.au

OCTOBER FORUM: WEDNESDAY 9TH OF OCTOBER, 10:00AM-12:30PM, LAWSON COMMUNITY CENTRE DINING ROOM, NEW STREET, LAWSON - RSVP WEDNESDAY 3RD OCTOBER 47592811

All Volunteers please remember,

If you are unable to cover your shift please contact Lesley directly on 47592811 or via email: volunteer@bmfs.org.au *If you volunteer in any of the restaurants, even if you inform the cook, please still let Lesley know directly.

*If a client is not home when delivering frozen meals please call **Lauren immediately on 4759 2811** and follow her instructions. Our service has a duty of care, to ensure*

the client's support person knows asap if a client is not there to receive booked meals.

All social support volunteers who claim fuel reimbursement, please complete your fuel reimbursement form monthly and return for processing no later than the 10th day of the following month.

Sep 2019 fuel reimbursements due - 10 Oct 2019

Oct 2019 fuel reimbursements due - 10 Nov 2019

bmfs.org.au

(02) 4759 2811

volunteer@bmfs.org.au

25 Livingstone Street, Lawson NSW 2783 | PO Box 214 Hazelbrook NSW 2779 | ABN: 91 530 248 271

This Service is funded by the Commonwealth Government