

March/April 2019



Volunteer Newsletter



APRIL PUBLIC HOLIDAYS

SERVICE CLOSURE DATES

Good Friday 19 April 2019

Easter Monday 22 April 2019

NO Katoomba Restaurant

NO Frozen Deliveries



ANZAC DAY SERVICE CLOSURE

Thursday 25 April 2019

NO Springwood Restaurant

NO Frozen Deliveries



blue mountains
food services

Connecting all members of our community



Aged Care Services



Disability Services



Volunteering

We are recruiting for volunteer support in the following areas:

- **social enterprise cafe**
- **cooking groups**
- **office administration**
- **community restaurants**
(food preparation/meal service)
- **individual social support**
(outings, shopping help, home visiting)
- **gardening/composting**

Interested in any of the above roles?

Do you know someone who would be a perfect fit? For more information, please contact Celia on: 02 4759 2811 or email volunteer@bmfs.org.au

Call out for volunteers

Dear Volunteers,

BMFS community programs help others in the community who are at risk of loneliness and isolation to stay engaged, healthy and connected. We cannot do this without the support of a vital and diverse pool of volunteers. 2019 is off to a flying start with a number of exciting volunteer openings:

Café Support - *New Role* Ben Roberts Café, our social enterprise initiative, is recruiting younger 'hospitality savvy' volunteers who would benefit from some regular local café experience (Tues to Fri weekly).

Office Help - If you enjoy working in an office environment and have a few hours to spare a week or fortnight Monday to Friday we would love to have you join our friendly office team.

Community Restaurants - We have regular openings at our Katoomba (Mon, Wed & Fri), Lawson (Wed) and Blaxland (Tue) restaurants preparing and serving food to others.

Cooking Groups - regular volunteers needed to support these innovative programs Mondays, Thursdays and Fridays from Term 2 (May 2019).

Veggie Garden/Compost help - As you may know, late last year our backyard was transformed via a Permaculture workshop. We now have a veggie garden and composting site in Lawson that needs on-going TLC. If you have a passion for gardening we would love your support to keep this permaculture project sustainable.

Social Support - there are a number of older people on a waitlist for assistance with shopping, to go on outings or just to experience a friendly person visit them once a fortnight. Professional training and supervision provided.

****If regular volunteering does not suit your current lifestyle and you would enjoy spontaneous and flexible volunteering opportunities instead; we offer episodic volunteering across a variety of different roles, 'filling-in' when regular volunteers are unavailable.***

"One of the greatest gifts you can give is your time" - Rick Warren

"Volunteering is the ultimate exercise in democracy. When you volunteer, you vote every day about the kind of community you want to live in." - ANON

SOCIAL SUPPORT FORUM

Opportunity for SS volunteers to connect with each other, share stories, gain support and enjoy a light morning tea together.

WHEN: Mon 15 April **TIME:** 9:30am - 11:30am

WHERE: MID MOUNTAINS COMMUNITY CENTRE, LAWSON

For catering purposes please **RSVP: Celia by 8/4/19**

PH: 47592811 or E: volunteer@bmfs.org

Save the Date THURSDAY

16 MAY 2019

BMFS PRESENTS OUR ANNUAL

'VOLUNTEER THANKYOU' AWARDS

Personal invitations will be sent in April 2019

All Volunteers reminder.....

If you are unable to cover your shift please contact Celia 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 Celia 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 or a scheduled visit.

All volunteers claiming fuel reimbursement, please complete form monthly and return for processing as follows:

March 2019 reimbursements due - 10 April

April 2019 reimbursements due - 10 May

bmfs.org.au

(02) 4759 2811

volunteer@bmfs.org.au

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This Service is funded by State and Commonwealth Governments