



Volunteer Newsletter



2020. The year that just keeps going!

This is the year many of us would like to fast forward through in order to resume some degree of normality! Here in Australia we have certainly been blessed as we have 'survived' COVID-19 comparatively well to

others, although we do spare a thought & best wishes for those who have been directly impacted, whether through illness or loss of loved ones.

Our 'survival' has not come about from good luck. It comes about from every one of us doing the right thing. In this regard, I cannot thank the staff, volunteers & clients enough for their willingness to be flexible as circumstances change and in following the rules & regulations as they are issued. It has been a team effort. Every one of our volunteers has contributed to the service that we provide to our clients & without that support we could certainly not do what we do!

As the year winds down it is a good opportunity for us all to reflect on the year that has passed & take time to think about what really matters to us personally, whether that be your health, family, friends or others you may seek to help.

All of us at Blue Mountains Food Services wish our volunteers & their families the very best for Christmas and we look forward to partnering with you again in the New Year.

Martin Gardiner, General Manager, BMFS

Service closure

A reminder that our office will be closed from 2pm on **Thursday December 24, 2020** & will reopen at 8am on **Monday January 4, 2021**.

There will be no meal deliveries, personal care or social support between **Friday December 25 & Friday January 1**.

Community restaurant end of year closures

Blaxland - Last day: Tuesday December 15

First day back: Tuesday January 12

Springwood - Last day: Thursday December 17

First day back: Tuesday January 12

Lawson - Last day: Wednesday December 16

First day back: Wednesday January 20

Katoomba - Last day: Friday December 18

First day back: Monday January 11

Blackheath - Last day: Wednesday December 16

First day back: Wednesday January 13

Australia Day Closure

Our service will be closed on Tuesday, January 26, 2021, for the Australia Day Public Holiday.

Thank you Volunteers!

Due to COVID-19 restrictions we were unable to hold our usual end of year Backyard Bash to thank our volunteers for everything you have done for us throughout the year. Instead, we held a series of smaller afternoon 'high teas' at our very own Ben Roberts Café.

While the mood was slightly different to normal, the afternoon teas have been a wonderful opportunity for us to get together to say thank you & have a nice chat in a small group environment. We still have one more afternoon tea to go, but here are a small selection of pictures taken so far (left). A complete list of award recipients can be found on the back page!



Thank You!



THE BLUE MOUNTAINS FOOD SERVICES Supporting our Community

OFFERS...

DELIVERY OF MEALS and Life Skills

Social EXPERIENCES

Support for the community...

OUR PROGRAMS...

MEALS ON WHEELS - More than just a meal

COOK + CONNECT - Cooking programs for people with a disability

COMMUNITY RESTAURANTS

WE HAVE-

- A broad range of services
- Not just about the food, but a social connection
- Clients are not just clients. We are concerned about their welfare

SOCIAL CONNECTION FOR DISABLED MENTALLY AND PHYSICALLY

DETAILS

EMAIL: ADMIN@BMFS.ORG.AU

WEBSITE: WWW.BMFS.ORG.AU

PHONE: 02 4759 2811

BMFS

Supporting our community • Building skills for life

Blue Mountains Food Services Supporting our Community

Address: 25 Livingstone St Lawson NSW 2783

Website: www.BMFS.ORG.AU

Email: ADMIN@BMFS.ORG.AU

Phone: 02 4759 2811

We have a Broad range of services that includes:

- meals on wheels
- cook and connect
- community restaurants
- personal care and social support services

It's not ALL about the food but a social connection! It's more than just a meal!

Our clients are friendly and kind, and we care and are concerned about their welfare

More!

Cook + Connect - Gives everyone, even people with a disability, a chance to cook! Because, who doesn't love cooking?

Meals on Wheels - Home delivery of meals - BUT WAIT... These meals are more than just meals, they are accompanied by friendly, caring clients that we care for.

Look at some of these wonderful advertisements designed by local primary school students as part of the Blue Mountains Gazette's 'Design an Ad' competition!

Not just about food - but a social connection

Clients are not just clients - we are concerned about their welfare

Blue Mountains Food Services

Supporting Our Community

Supporting Our Community | Caring Staff and Volunteers

Broad Range of Services

Our Programs include:

- Home delivery of meals
- More than just a meal
- Cook + Connect cooking programs for people with a disability
- Community Restaurants

Contact Details

Phone: 02 4759 2811

Website: www.BMFS.ORG.AU

Email: ADMIN@BMFS.ORG.AU

Address: 25 Livingstone ST Lawson NSW 2783

Remember our clients are not just clients we are concerned about their welfare

Blue Mountains Foods Services!!

Building life skills

Persistent, Kind, Happy

Supporting Our Community

Caring staff and Volunteers

Programs

One of our many programs are meals on wheels where we deliver meals to your home. You can choose from a wide variety. Another cook and connect - a cooking program for people with a disability. And community restaurants. Personal care and social support services. As you can see it's not just about the food, but the social connection.

Where to find us

Email: ADMIN@BMFS.ORG.AU

Website: WWW.BMFS.ORG.AU

Address: 25 LIVINGSTONE ST LAWSON, NSW 2783

Call us at: 02 4759 2811

Blue Mountains Food Services Supporting our community

Blue Mountains Food Services

More Than Just a meal

Programs

- Meals On Wheels - home delivery of meals
- Cook + Connect - COOKING for people with a disability.

Community Restaurants!

Details

Phone: 02 4759 2811
 Website: WWW.BMFS.ORG.AU
 Address: 25 Livingstone St Lawson NSW 2783
 Email: Admin@Bmfs.ORG.AU

Supporting our Community!
 Building Skills For Life!
 Caring Staff and Volunteers!

Blue Mountains Food Services
 Supporting our community

BLUE mountains food services

Where we are: 25 Livingstone
 Lawson 2738 NSW
 phone: 02 4759 2811
 web: WWW.Bmfs.ORG.au (all caps)

WHAT we do!

- We support our community
- Building Skills for life
- Caring staff and volunteers
- programs: meals on wheels
- home delivery of meals - more than just a meal
- a chat too!
- community restaurants
- COOK + connect

Programs about cooking for people with disabilities and that's not all!

A Helping Hand!

'Design an Ad' is now one of the major events on the school calendar. Over the past 30 years, the project has involved hundreds of thousands of students, teachers & local businesses in a uniquely creative way. By getting the students to focus on a local business, designing something that will bring credit to both themselves & the business, they are increasing the bond between school & community.

Blue Mountains Food Services

BmF.ORG.au
 Phone: 02 4759 2811
 Email: ADMIN@BMFS.ORG.au
 Address: 25 Livingstone St Lawson NSW 2783

About them

BMF Services provides a range of things such as Supporting our community and friendly staff. Clients are not clients we are concerned about welfare.

Services

- Building Skills for Life
- Meals on Wheels
- Cooking programs for people with a disability community restaurants
- More than just a meal cook + connect
- Home delivery of meals

BY: Hayden Bunting

MEALS ON WHEELS

IS More than just a meal it makes everyones day.
 Blue Mountains food services.
 everyone gets a visit

Blue Mountains food services

Details

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



Award recipients

Anna Olszewski: 15 years' service
Brian Luke: Gold award
Gayle Best: Silver award
Doreen Stoodley: Silver award
Imelda Yannatos: 10 years' service
Jeff Mason: Gold award
John Eva: Silver award
John Stoodley: Gold award
Julie Attard: 10 years' service
Lexi Kelsey: 10 years' service
Marilyn Robertson: 5 years' service

Maureen Shane: 5 years' service
Maureen Neville: Gold award
Pat Dingemans: 5 years' service
Paul Munce: Silver award
Paul Murray: 5 years' service
Robert Smith: 10 years' service
Roy Davidson: Silver award
Stephen Makepeace: Gold award
Steve Fryer: Gold award
Tony Zimmerman: 5 years' service
Trina Oloman: Silver award
Wendy Bugeja: Silver award & 10 years' service



We are proud of our very own Karen Frawley who was recognised by Rotary last month. Karen was awarded the Paul Harris Fellow (PHF) Award.

Karen has been with BMFS for 12 years & has been 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. Rotary President Paul Campbell presented Karen with her award.

Last month's answers

- Buffoon **CLOWN**
- Band of stage performers **TROUPE**
- Aerial apparatus **TRAPEZE**
- One-wheeled transport **UNICYCLE**
- Attention-grabbing diversion **SIDESHOW**
- Look for attention **GRANDSTAND**
- Campsite canopy **TENT**

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!

DU	BAN	TES	EGA
JUG	NGE	UNI	NG
EN	GL	LE	RI
WI	ORA	GS	ON
DEL	NS	ERS	COR

Clues...

- Beirut's country (7 letters)
- Abiding (8 letters)
- Gives to a deputy (9 letters)
- Rare sighting (8 letters)
- Costume toppers (4 letters)
- Like a pumpkin (6 letters)
- Their hands are full (8 letters)

Answers in next month's newsletter!



Blue Mountains Food Services
Supporting our community

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