

March/April 2018



# Volunteer Newsletter



## A LEGEND TO VOLUNTEERING - ORIENTATION TRAINING

THIS IS ESSENTIAL TRAINING FOR ALL VOLUNTEERS WHO HAVE JOINED OUR ORGANISATION SINCE JUNE 2017.

**BMFS has a duty of care** to ensure **our volunteers have a comprehensive understanding** of their rights and responsibilities as volunteers. This is an unique opportunity to meet other volunteers and become better informed of what it means to be a volunteer with BMFS. *\*Also a great refresher for longer standing volunteers, particularly those who have changed volunteer roles since July 2017.*

**WHEN:** Tuesday 17 April 2018

**TIME:** 9:30 AM - 1 PM

**WHERE:** Mid-Mountains Community Centre, New St, LAWSON

**RSVP:** Tuesday 10 April 2018 to Celia on 47592811 or email: [volcoord@bmfs.biz](mailto:volcoord@bmfs.biz)

\*Includes a delicious morning tea (please let us know early if you have any dietary requirements).



## EASTER LONG WEEKEND

### SERVICE CLOSURE DATES

**Good Friday 30 March 2018**

NO Katoomba Restaurant

NO Frozen Deliveries

**Easter Monday 02 April 2018**

NO Katoomba Restaurant



## ANZAC DAY SERVICE CLOSURE

**Wednesday 25 April 2018**

**NO Blackheath, Lawson  
or Katoomba Restaurants**

**NO Frozen Deliveries**



**Save the**

**Date**

**MONDAY 21**

**MAY**

**BMFS PRESENTS**

**OUR ANNUAL**

**'VOLUNTEER  
THANKYOU'  
AWARDS**

### Health benefits of social support for the elderly

Current research shows that social support makes us feel better, helps us cope with challenges and can lead to improved health, including physical, psychological and overall well-being. We currently have a number of elderly clients who would benefit from a couple of hours of social support a week or fortnight. These visits might involve shopping assistance, accompanied social outings, movie-going, at-home companionship, memoir writing, shared gardening or shared food preparation.

All BMFS Social Support volunteers receive professional training, on-going support and regular supervision. **(Eleven of our social support volunteers are pictured enjoying lunch after attending training in Springwood on 2 Feb 2018).**

**If you would like to help older people maintain their independence & improve their wellbeing - please contact Celia: 4759 2811 or [volcoord@bmfs.biz](mailto:volcoord@bmfs.biz)**



## Profiling Cook + Connect Volunteering

Our Cook + Connect programs are really taking off this year! With two weekly classes running in Lawson on Mondays and Tuesdays during the school terms *and* some participants progressing into the Lawson Community Restaurant on Wednesdays ***we are now looking to recruit more volunteers to support these programs.***

This week I caught up with two of our current Participant Support volunteers Jackie & Kaitlin who kindly shared their experiences of volunteering in these programs.

### Jackie do you need special cooking skills to be a Cook + Connect Participant Support Volunteer?

"I am not a big cook myself and I don't think you need to be to enjoy this volunteer support role. ***I get a lot of satisfaction from helping these young people learn new things in the kitchen, like how to hold a knife safely, and how to cut and prepare fresh food.*** Each week participants are given new recipes that they practice here with our help; *and* then they can go home and cook them again for themselves and for their families.

***It's a really rewarding experience, and the best part is, I come away each week knowing I have helped young people be safe and make healthier choices in the kitchen"*** says Jackie (pictured front centre).



### Kaitlin what attracted you to volunteering in our Cook + Connect Participant Program?

"I love teaching others how to cook, the importance of food safety and other daily life skills. Part of my role is helping participants understand nutrition which I'm really passionate about. Nothing too complicated just the basics like proteins & carbohydrates and having a healthy diet. For anyone considering this volunteer role, ***I would say, just go for it you won't believe how rewarding it is until you are here experiencing all the excitement and positivity from the participants, they are so super eager to get into the kitchen.*** Also, I love getting to know

everyone, making new friends and we have great conversations. ***At the end of the day, everyone sits around tables sharing a meal, it's like a little community"*** says Kaitlin (pictured left - centre front).

If you would like to be considered for the **Cook + Connect programs** or you know someone who would be great in this role, we need volunteers on a regular and emergency basis for Mondays & Tuesdays during the school terms and Wednesdays in the Community Restaurant.

**\*All enquiries please contact Celia 47592811 or email [volcoord@bmfs.biz](mailto:volcoord@bmfs.biz)**

### All Volunteers please remember.....,

**If you are unable to cover your shift please contact Celia directly on 47592811 or via email: [volcoord@bmfs.biz](mailto:volcoord@bmfs.biz). \*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.

**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.**

**March 2018 fuel reimbursements due - 10 April 2018**

**April 2018 fuel reimbursements due - 10 May 2018**

[bmfs.org.au](http://bmfs.org.au)

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