



# Volunteer Newsletter



## A Christmas message from Karen

As 2018 draws to a close, I would like to wish all our wonderful volunteers, your families and friends, a very Merry Christmas.

Our organisation provides various supports to many people living in the Blue Mountains community. These supports may involve meal deliveries, social support, food and nutritional advice as well as opportunities to connect and enjoy nutritional meals at our five community restaurants.

Without the generosity of time and care from you all; we would not be able to deliver these services and supports to our local community members. The time you give and the social skills you bring, makes a world of difference to the lives of so many of our clients.

For some of the people who receive our services, your contact through meal deliveries, a friendly chat at a

### CHRISTMAS & NEW YEAR 2019

Service Closure Dates:

**Closing....3pm MON 24 Dec 2018**

**Re-opening -----8am WED 2 Jan 2019**



restaurant or your companionship during social support may be their only connection to the community.

We look forward to working with you and continuing to make such a positive impact on the community in 2019.

On behalf of myself and the staff of Blue Mountains Food Services, I thank you for your support. We hope you have a peaceful and relaxing time during the festive season.

***Stay safe and see you in the New Year  
Karen Frawley, Acting General Manager***

### OUR VERY OWN COMMUNITY GARDEN & COMPOSTING SITE - 2019 New Volunteering Opportunities

On Monday 3 December Lis Bastion from the 'Big Fix' facilitated a **permablitz** workshop in our back yard! Permablitz's are informal community horticulture events, this one involved a group of 24 young people, who together, organically built an edible garden and compost space in our back yard as part of a funded permaculture project that enabled them to share skills and permaculture knowledge, strengthen their community bonds, and importantly, have fun!



BMFS now has the rustic beginnings of our very own community garden and composting site. We envisage in 2019 that we can supply some food to our café and community restaurants *and* compost all our waste from here. *BMFS* would love to have help from volunteers who enjoy gardening and those who would like to learn more about gardening.



**Expressions of interest are now open for anyone keen to be involved in 2019. Please contact Celia on 47592811 or email [volunteer@bmfs.org.au](mailto:volunteer@bmfs.org.au). We look forward to your support!**

### Other Volunteering Opportunities 2019 *Can you help?* If so please contact Celia anytime 4759 2811

#### **Frozen Meal Deliveries**

Offsider needed to fill-in Tues, Wed, Thurs or Fri as needed.

#### **Restaurant Assistant**

Regular help needed on a Friday in Katoomba and fill-in Mon or Wed

#### **Social Support**

Shopping help and companionship for older people any day any area of Mtns

#### **Facilitator Support**

Cook + Connect classes Mon, Tues & Fridays in school terms from Feb '19

## 2019 BMFS Activity Start Dates

### Community Restaurants

**Katoomba** - Monday 7 JAN

**Springwood** - Tuesday 8 JAN

**Blackheath** - Wednesday 9 JAN

**Blaxland** - Tuesday 15 JAN

**Lawson** - Wednesday 16 JAN

### Other BMFS Activities/Services

**Frozen Meal Deliveries** - Wed 2 JAN

**Social Support** - Wed 2 JAN

**Ben Roberts Café** - Wed 8 JAN

**Cook + Connect** - Mon 4 FEB

### Back Yard Bash 2018

On Friday 30 November we held our annual Volunteer Back Yard Bash. This year we were fortunate to have great weather and as with previous years; staff lovingly prepared a plentiful buffet of fresh salads and desserts. Thank you to all who came and to those unable to be with us this year, it was a lovely afternoon spent relaxing with such a generous, warm and caring group of people.



I am truly blessed to work alongside you all, my very best wishes to you for a safe and happy festive season,  
**Celia Lotus, Volunteer Coordinator**

Are you at a loose end on Christmas Day? Would you like to volunteer or perhaps you know someone who might benefit from some company? If so 'Kinship at Christmas Foundation' in partnership with 'Belong Blue Mountains' have two *free* Christmas lunches you could attend on Christmas Day for **Blaxland**: call Chris 0433 334 166 or **Blackheath**: call Roxanne 0451 462 966

Farewell and happy retirement:

**June Tobin, Kath Priestley & Bob Harland**



Your long-standing volunteer contributions in our community restaurants, meals deliveries and social support have been invaluable.

You will be greatly missed by our clients, staff & volunteers alike.



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

**If you are unable to cover your shift please contact Celia directly on 47592811 or via email: [volunteer@bmfs.org.au](mailto:volunteer@bmfs.org.au) \*If you volunteer in any of the restaurants, even if you inform the cook, please let Celia know directly as well.**

*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.*

**Jan 2019 fuel reimbursements due - 10 Feb 2019**

**Feb 2019 fuel reimbursements due - 10 Mar 2019**

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

(02) 4759 2811

[volunteer@bmfs.org.au](mailto:volunteer@bmfs.org.au)

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