

May/June 2018



Volunteer Newsletter



Dear Volunteers,



BMFS understands it takes a special person to become a volunteer and we acknowledge the crucial role of volunteering in empowering individuals, fostering others wellness and enablement and building inclusive and resilient communities. We are grateful to you, our 120+ volunteers, for supporting our work in so many different areas. Your kindness, enthusiasm and generosity adds an extra dimension to the nutritional and social care we provide to older people and those with

disabilities in the community.

'National Volunteers Week' (21-28 May 2018) is the perfect opportunity for BMFS to publicly recognise your valuable contributions to the community. Please see the personal invitation included here with this newsletter and your May/June roster.

This year's **Volunteer 'Thank You' Lunch and Awards Presentation** will be in the newly renovated **Springwood Sports Club, 83 Macquarie Rd, SPRINGWOOD.**

Volunteers receiving awards, will also find a letter included, notifying them of their award and have a seat reserved for them. ****Please advise us asap if you are unable to attend.***

We would love as many volunteers as possible to share this special day with us in celebrating the great support volunteering provides to us and the broader community. Please contact us early to secure your place and let us know if you have any dietary requirements.

To RSVP please call the office on 47592811 or email Celia at: volcoord@bmfs.biz.

SERVICE CLOSURES

VOLUNTEER THANK YOU AWARDS

Monday 21 May 2018

NO Katoomba Restaurant

NO Social Support Visits



QUEEN'S BIRTHDAY P/H

Monday 11 June 2018

NO Katoomba Restaurant

NO Social Support Visits

APPLIANCE REPLACEMENT PROGRAM - YOU MAY QUALIFY?

The Office of Environment and Heritage is offering discounts on new energy efficient fridges and TVs so eligible people can replace their old inefficient models.

New appliances can cut energy bills, improve household and living costs and help protect our environment.

They are offering:

40% off the cost of a fridge (save up to \$200 a year on your energy bill)

50% off the cost of a TV (save up to \$125 a year on your energy bill)

⇒ **To be eligible the applicant must be a NSW**



resident AND hold one of the following:

- Pensioner Concession Card
- Health Care Card or Low-Income Health Care Card from Centrelink
- Veterans' Affairs Gold Card **AND:**
- own a fridge that is 6 years old, or older, and want to replace it
- own a plasma or cathode ray tube (CRT) television and want to replace it

To apply: **call our retail partners at The Good Guys on 1300 601 795. or follow link below:**

**[http://www.environment.nsw.gov.au/household s/
appliance-replacement-offer.htm](http://www.environment.nsw.gov.au/household%20appliance-replacement-offer.htm)**



2018 Volunteering Opportunities - We Need Your Help

VOLUNTEER ROLE	LOCATION AND DAY/S REQUIRED	OVERVIEW OR EXPERIENCE NEEDED
Office Support 	Lawson -some Thursdays and Fridays and on call as needed other days	Have pleasant phone manner, computer skills or willingness to learn
Social Support One-on One 	All Areas & Days from Lapstone to Mt Victoria, we need volunteers to provide regular and back up social support when a volunteer is away	Shopping assistance, conversation, drives, outings and so much more
Restaurant Assistants 	Blaxland - Tuesdays Monthly Lawson - Wednesdays During School Terms	Kitchen Prep and on call as needed Kitchen & Front of house as needed
Restaurant Assistants	Katoomba - some Wed and Fridays	All rounders kitchen and front of house
Cook + Connect Participant Support	Lawson - Mondays and Tuesdays - 10 week blocks of day classes 9am - 1pm during school terms	Have experience supporting people with disabilities or have willingness to learn a mentoring support role
Social Support Bus Assistant 	Wednesdays and Mondays - on call as needed could be Driver too	Converse and assist elderly clients on and off bus and share a meal at our Katoomba Community Restaurant
Social Café Assistants Expressions of Interest	Lawson - Tuesdays to Saturdays 9am-2pm - weekly fortnightly or monthly as needed	All rounder café support with mentoring capacities

If you are interested in discussing any of these above volunteer roles, would consider doing something in addition to the area you are already volunteering or you know someone who would be a perfect fit, please contact Celia on 47592811 or email : 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. **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.

May 2018 fuel reimbursements due - 10 June 2018

June 2018 fuel reimbursements due - 10 July 2018

bmfs.org.au

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