

January/ February 2018



# Volunteer Newsletter



## A Christmas message from Fran,

Dear Volunteers,

It is hard to believe that another year is behind us! Thank you so much for all that you have done for our clients over 2017. Every year seems to pass by so quickly and there isn't always the opportunity to thank you enough for all that you do for us. We are very grateful for your support and really look forward to working with you again next year.

It was great to see so many of you at the backyard bash and despite the storm, we were able to still enjoy lunch and socialise with each other. It is always a day when we can relax and enjoy good food. I would like to thank the Staff for all that they did to make the lunch so appetizing.

2017 has seen us diversify and provide different programs. Celia has taken on the Social Support Program and has done a great job of matching 35 clients to volunteers. This ensures that these clients have the opportunity of getting out and doing their weekly shopping and other chores and enjoy a morning tea or lunch. These activities reduce the social isolation that clients sometimes feel and gives them the opportunity of staying in their homes longer.

We also have begun the Cook + Connect program which has run for the past twelve months. Young people with an NDIS Plan learn cooking skills either at home or in a group and become more competent in managing food

Our exciting new social enterprise the **Ben Roberts Café, 10 Benang St, LAWSON** is now open for business 7am-3pm Tuesday to Saturday. The Café aims to provide essential training and employment opportunities for vulnerable job seekers across the Blue Mountains.

We would love you to drop by, say hi and enjoy the amazing food and fabulous coffee we have on offer. There are likely to be some volunteer opportunities available in the Café in 2018 so if you would like to be involved or for more information please contact **Celia anytime on 47592811 or email [volcoord@bmfs.org](mailto:volcoord@bmfs.org)**



Good Food | That *Does Good*



## CHRISTMAS & NEW YEAR 2018

### Service Closure Dates:

**Closing --- 3pm FRI 22 Dec 2017**

**Re-opening ----- 8am TUES 2 January 2018**



storage, preparation and cooking.

This program, run by Leesa Raymond has become very successful. As a natural progression to learning hospitality, some of these young people will help in our community restaurants, becoming more confident in their abilities.

We have been very fortunate to have the lease of the Ben Roberts Café in Lawson which has now been open for two weeks. We are going to set this up as a Social Enterprise which will give the young people from our Cook + Connect Programs the opportunity of employment, traineeships or volunteering. Don't forget to come and try the food and relax and enjoy the sunshine and support the young people we are working with.

Best wishes to you all for a very special Christmas and a New Year filled with happiness and good health,

**Fran O'Leary,  
General Manager BMFS**

## Our NDIS Cook & Connect Programs in 2018 are expanding.

Due to the success of the C & C program in 2017, BMFS is committed to running eight x 10 week sessions in 2018 on Mondays & Tuesdays *and*, the LAWSON Community Restaurant, Wednesdays. We have number of opportunities for volunteers with a passion for cooking and mentoring to support the sessions and the community restaurant.

Contact Celia for more information about the Participant Support role and to express your interest.



Josh & Helen (volunteers)

## Training Opportunities in 2018



- Learn about the role of the NSW Elder Abuse Helpline
- Review your duty of care as a volunteer in supporting older people
- Find out where to go for advice

*This information is facilitated by Shelly Harpur and hosted by SNCC.*

**WHEN:** Thursday 1 Feb 2018

**TIME:** 10am - 12noon

**WHERE:** Blue Mtns Community Hub, Macquarie Rd, Springwood

### *Improve your skills in recognising and responding to the abuse of older people*

This is a really important information session for all BMFS volunteers. I strongly encourage all social support volunteers to attend. This information session will form part of the **first social support meeting for volunteers in 2018**.

I will also be attending this information session and look forward to reconnecting with you all then.

**\* Please RSVP to Celia by 23 January 2018**

## A LEGEND TO VOLUNTEERING - Orientation Training 2018

This is **Essential Training** for all volunteers who have joined our organisation since June 2017. It is also a great refresher for any longer standing volunteers particularly those who have changed volunteer roles since July 2017.

**BMFS has a duty of care** to ensure **you have a comprehensive understanding** of volunteering within our organisation. This is an opportunity to meet other volunteers. Don't miss the opportunity to become better informed of your volunteer rights and responsibilities. By volunteering you are a **Legend!** \*Includes a delicious morning tea please let us know early if you have any dietary requirements.

**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)



## Volunteering on Christmas Day

Are you at a loose end on Christmas Day? Why not volunteer at a free Community Lunch in either Blaxland or Blackheath. These are Kinship at Christmas Foundation events in partnership with local neighbourhood centres.

To volunteer in:

- **Blaxland** call Chris 0433 334 166
- **Blackheath** call Roxanne 0451 462 966



### 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.*

**Jan 2018 fuel reimbursements due - 10 Feb 2018**

**Feb 2018 fuel reimbursements due - 10 Mar 2018**



## Back Yard Bash 2017

On Friday 24 November we held our annual Volunteer Back Yard Bash, with over 60 volunteers in attendance, we were fortunate to have a wonderful water display when the skies opened as we were all enjoying our main course.



Jayne, Mary &  
Leesa



Maureen & Fran



Karen & Fran



BMFS Staff



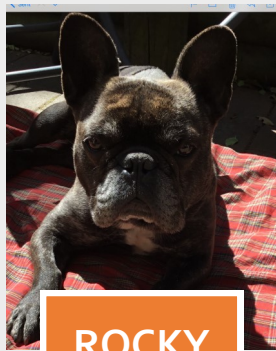
Honey & Chris

Despite the inclement weather it was a lovely way to wind up the year relaxing with such a generous, warm and caring team of amazing volunteers. Thank you so much for all you do for the community,

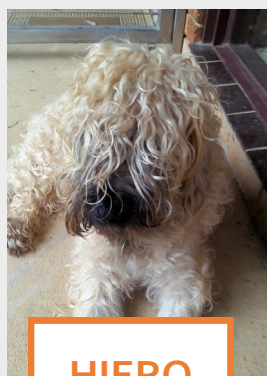
**Best wishes for a wonderful Xmas & New Year,  
Celia, Volunteer Coordinator**

## Pet's Corner

Thanks to all the volunteers and staff who sent in their pet pics proudly displayed below.



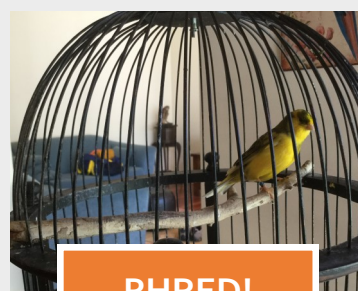
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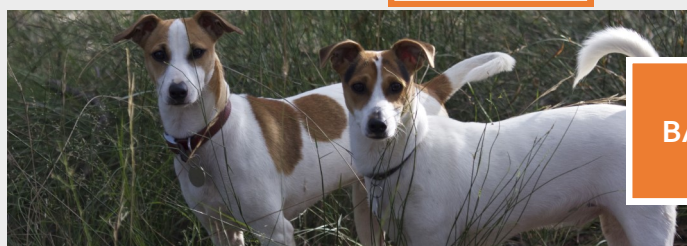
HIERO



BUNNY



PHRED!



BAILEY & MILO



GRACIE

## IMPORTANT START DATES 2018

### COMMUNITY RESTAURANTS

restart from:

**Blackheath** - Wednesday 10 JAN

**Katoomba** - Monday 15 JAN

**Springwood** - Tuesday 16 JAN

**Lawson** - Wednesday 17 JAN

**Blaxland** - Tuesday 23 JAN

### FROZEN MEAL DELIVERIES

restart from: Tuesday 2 JAN

### SOCIAL SUPPORT BUS

Restarts from: Mon 15 JAN

### SOCIAL SUPPORT INDIVIDUAL

Visits restart from:

Thursday 18 JAN *\*unless otherwise pre-arranged with Celia*

### Various Volunteering Opportunities in 2018 - *if it's not fun it's not volunteering*

**Social Support** - passionate about helping older people live independently, be a FRIEND for about TWO hours a fortnight, flexible hours and days, professional training and on-going support.

**Participant Support (Cook & Connect)** - do you have an interest in food, mentoring and social inclusion, help support our NDIS participants complete fun programs that enhance their confidence and independence.

**Restaurant Assistants** - openings in various restaurants in either a regular or emergency capacity.

**\*If you can fill any of the above vacancies or you know someone who might like to join our friendly team, please contact Celia on 47592811 or email [volcoord@bmfs.biz](mailto:volcoord@bmfs.biz)**

## OUR REBRANDING & NEW WEBSITE

The fabulous Liam Ferguson has designed our new logo as below and built our exciting new website [www.bmfs.org.au](http://www.bmfs.org.au) (pictured right).

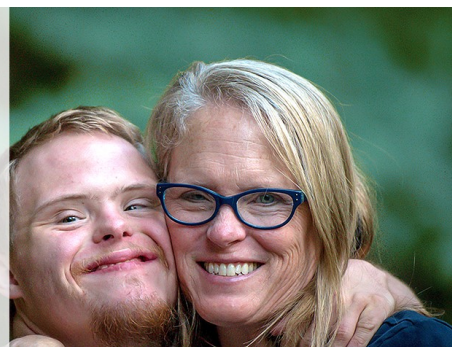
These changes enable BMFS to platform a growing range of NDIS programs and projects to Blue Mountains residents. Over the coming months you will see our new logo and identity being phased in. It is an exciting time for us at BMFS and we are proud to have you all on board sharing these exciting new steps alongside us.

We invite you to take a look at our new website and the growing range of services and volunteering opportunities we offer to support them.



[home](#) [about](#) [contact](#) [newsletter](#)  
[our services](#) [NDIS programs](#) [volunteer](#) [café](#) [catering](#)

Connecting all  
members of our  
community



**Our new logo designed by the very talented  
Liam Ferguson**



**blue mountains  
food services**

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

(02) 4759 2811

[volcoord@bmfs.biz](mailto:volcoord@bmfs.biz)

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