

May 2020



# Client Newsletter



We hope this newsletter finds you well during what continue to be strange times. We are proud to have been able to continue our meal delivery, personal care & social support services to you without interruption. We are trying to fill your orders as best we can but are likely to have ongoing issues with the Lamb Leg w/Spinach & Almonds, Pumpkin, Spinach & Feta Frittata, Vegetable Cottage Pie and Lamingtons. We are also trying to shorten delivery days with staff delivering meals to some clients, so you may see a new, friendly face at your door. Thank you for your patience as we attempt to meet unprecedented demand for our services.

Although Anzac Day was very different this year, many of us found our own way to make the day special. Pictured below is our long-time client Joyce Evans outside her home in Winmalee. Joyce served in the Australian Army Medical Women's Service.

If you have pictures of your Anzac day or of some of the things you have been doing to pass your time in isolation, please share them with us. We would love to see what you have been up to!



These tips are from the Ageing & Disability Commission. They are specifically aimed at older & vulnerable people to help you stay as safe & healthy as possible during this challenging time.



## Find ways to keep in touch

Social distancing and self isolation are different, but both require keeping in touch with people. Use the phone or email to have daily conversations with each other. Remind them about maintaining a 1.5 metre distance with anyone, to avoid large gatherings and usual greetings (hugs and kisses).



## Keep an eye on their diet

The more that vulnerable people stay indoors, the less interested they can become in eating healthy and regular meals. Consider talking to them about ordering home delivery of fresh produce from their local supermarkets, or drop off meals to them while maintaining social distancing rules.



## Do not ignore regular medical needs

During a crisis, it can be easy to think a person's daily medical needs are not as important. **This is not the case**, and any form of medical attention must not be ignored, especially for an older person or person with disability reliant on regular medication.



## Limit the 24 hour news cycle

The constant news cycle of the spread of Coronavirus (COVID-19) can be overwhelming. Consider having a conversation with them about watching their favourite movie, or a new show. This will also help manage increased fear and anxiety.



## Remind them of the importance of hygiene

Clean hands thoroughly for **20 seconds** with soap and water, or an alcohol-based hand rub. Sneeze or cough into a tissue or a flexed elbow. And speak with them about avoiding close contact with anyone who has cold or flu-like symptoms.



## Read information from official sources

The amount of information about Coronavirus (COVID-19) increases daily. Encourage them to keep up to date with the latest information from official sources, including **NSW Health**, the **NSW Government** and the **Australian Government**.

People often ask where the name of our café, Ben Roberts, comes from. The café was named Ben Roberts when we took over in late 2017. And here is a bit of history to explain just who Ben Roberts was!

Ben Roberts Café is currently open for takeaway orders, Tuesday to Saturday, 8am-2pm. Call us on 0434 314 254 to order ahead or simply turn up & see what delicious offerings are available that day!

If you are running out of ideas to keep you occupied during isolation, here are a few suggestions we have come across:

- ✿ Spring cleaning
- ✿ Read a book
- ✿ Fix something
- ✿ Paint something
- ✿ Have a bath
- ✿ Do some craft
- ✿ Try a face mask
- ✿ Cook or bake
- ✿ Call a friend
- ✿ Write a poem
- ✿ Take a nap
- ✿ Keep a journal
- ✿ Meditation
- ✿ Plan a holiday
- ✿ Start a course
- ✿ Exercise
- ✿ Learn a language
- ✿ Yoga

### Benjamin William Roberts

Benjamin William Roberts was a gold miner from California who came to Lawson in 1879. He worked as a pumper at Lawson Railway Station. He acquired 300 acres of land west of Queens Road.

In 1887 he purchased Lot 12 from Joseph Slade and built Alameda, first as a guesthouse, then in 1894 as a hotel when he got his publican's licence. In 1895 John Webster bought the hotel and he changed the name to the Grand Hotel, after renovating it and furnishing it in first class style.

Ben Roberts built two shops and several cottages, including Edgeroi and St Helens (changed to Carlton in 1930). He sold one shop to Mr Hart in 1892 which he had as a general store.

In 1893 a Progress Committee was elected and Roberts was one of the members. They accomplished many improvements around Lawson.

By 1895 Roberts decided to move to Castlereagh due to ill health and died there in 1899. His name lives on thanks to Carolynne Skinner who, in December 2007, opened a café named after him in one of the houses he built.

Blue Mountains Food Services continued that naming tradition when we took over the Ben Roberts Café in late 2017.



BIRDLIFE ACTION NETWORK



### Birding at home: A Message from BirdLife Australia

*We know the coming weeks & months are going to be hard for everyone across Australia, as we stand together to stop the spread of COVID-19. But even at difficult times like this, you can rely on birds to bring you joy, solace & a connection to the natural world.*

*So, we've gathered some ways that we can all continue to enjoy the beauty of our feathered friends and keep you having fun & learning new skills while our movements are restricted.*

**BirdLife Australia** is a national bird conservation charity with more than 175,000 supporters. Our purpose is to stop extinctions, ensuring native birds are protected & valued. Join us at [www.networkbirdlife.org/birding-at-home](http://www.networkbirdlife.org/birding-at-home) to partake in some of the following activities: complete the Autumn Bird Survey, explore our online Bird Finder, enjoy some outstanding photography, read *Australian Birdlife*, & much more!



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food services

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