



## Volunteer Newsletter



### Lisa Granger has joined BMFS...

My first day in the office with BMFS was on July 27 & I have thoroughly enjoyed learning about the different aspects of the organisation & meeting lots of friendly faces.

I will mainly be working with Lauren in the office as the Administration Support Officer & will have lots of contact with volunteers & clients.

I am 37 years old & have lived in the Blue Mountains for 11 years. I have 3 kids who like to keep me on my toes. When I have some free time you'll usually find me hidden down at one of the local waterfalls with a good book!

I am looking forward to getting to know all of our staff, volunteers & clients and am sure I will chat to you on the phone soon!



### ...and Leesa Brading has left us!



*I just wanted to take the time to say goodbye to you all! I have appreciated my time working at BMFS & having the opportunity to meet many wonderful people such as yourselves. It has been a real pleasure in every respect. I have enjoyed hearing clients' stories about how life used to be, learning about their families & listening to everyone's cooking tips & tricks.*



*You have taught me many lessons that will be invaluable in the months & years to come. I know that you have helped shape my career in ways that I may not even fully recognise until later in life. For that, & for so much more, I sincerely thank you.*

*From Leesa*

### Suspension of community restaurants... again!

Well, we almost made it! But on the eve of the resumption of our community restaurants, new recommendations were issued by NSW Health advising against non-essential travel & gatherings. Because of this, BMFS made the difficult decision to postpone the re-opening of the restaurants.

We were disappointed to have had to make this decision as we know how keen all of our volunteers & clients were to return, but the health & safety of our staff, volunteers, clients & the wider community is obviously paramount, making this decision a necessity.

Just this week we have started considering the possibility of resuming services again. Restaurants will need to operate under a revised COVID-safe model & will have a limited capacity. As we iron out these details & put firm plans in place we will make contact with restaurant volunteers. So please watch this space!

If you need help or information related to COVID-19 you can contact one of the following:

**National Coronavirus Helpline**  
1800 020 080 (24 hours)

**Disability Information Helpline**  
1800 643 787

**Healthdirect**  
1800 022 222 (24 hours)

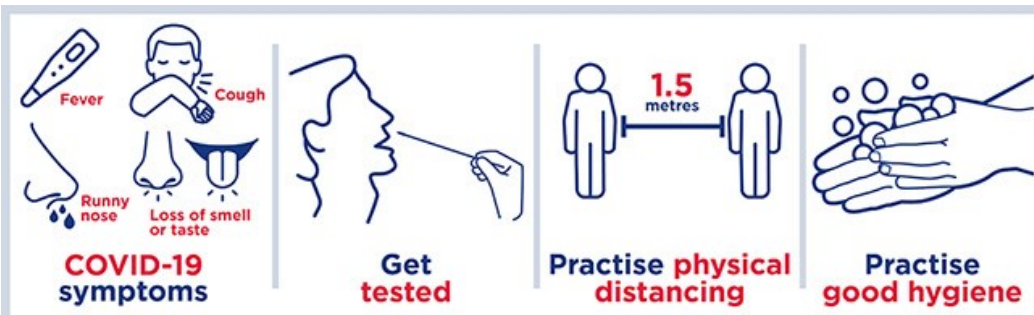
**ServiceNSW**  
13 77 88 (24 hours)

Your own doctor

Emergency department of your local hospital

000 if you have a medical emergency

[www.nsw.gov.au](http://www.nsw.gov.au)





## National Meals on Wheels Day Wednesday August 27, 2020

National Meals on Wheels Day is celebrated every year on the last Wednesday in August. It is an opportunity to recognise & celebrate the significant contribution that is made to the community by over 600 Meals on Wheels services & in excess of 70,000 volunteers (just like you) across Australia!

Meals on Wheels enables clients to remain in the comfort of their own home & enjoy a level of independence for as long as possible by providing them with consistent, nutritious & easy to prepare meals.



On behalf of everyone at Blue Mountains Food Services we would like to say a huge thank you for your tireless efforts in helping us support our clients. We would not be able to do what we do without you!

As a token of our appreciation we would like to offer you a **FREE CAKE & COFFEE** (or tea!) from our Ben Roberts Café, 10 Benang Street, Lawson. Present this voucher at the cafe before the end of September, Tuesday-Friday, 8am-2pm, & enjoy a delicious treat on us!

### Farewell Thelma!

Thelma Murphy, a devoted BMFS client of many years, has sadly passed away. Thelma will be greatly missed by all who knew her. She celebrated many birthdays with us, including her 94th birthday last year (left).



Monday October 5 is the Labour Day Public Holiday, so all BMFS services, including our office, will be closed on that day.



## PUZZLER!

All you need to do is solve the 7 clues by matching together the tiles on the right to make 7 *Little Words!* Remember you can only use each tile once.

**Good luck!**

HOW	ENCE	ING	ER
ETT	EV	END	BAC
KS	UPS	AD	TEN
REA	VOR	DI	ING
CED	TH	ULT	DEP

## Clues...

- Ended a marriage (8 letters)
- Bothersome (9 letters)
- Reliance on another (10 letters)
- Where coins' tails are (5 letters)
- Menacing (11 letters)
- Supposedly mature person (5 letters)
- In spite of that (7 letters)

**Answers in next month's newsletter!**



**Blue Mountains Food Services**  
*Supporting our community*

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This Service is funded by the Commonwealth Government