



# Volunteer Newsletter



As the end of the year approaches, we want to thank all our volunteers and acknowledge the hard work that they put into the services we provided to the Blue Mountains community during 2019. We welcomed our new General Manager, Martin Gardiner. Martin, with the support of our wonderful team of staff & volunteers, has ushered in changes that have put our organisation on to a sound footing for 2020.

It is because of your generosity, kindness and caring that we can continue to provide services to our valued clients!

We look forward to another year of working together to enable our clients to remain healthy & connected to our community. On behalf of the BMFS Board, we wish you & your families a Happy Christmas & New Year.

*Danielle Wilding-Forbes*  
*Chair, BMFS Board*

The Christmas season can be a difficult time for many people for a range of reasons, whether they be from strained or even broken family relationships, loneliness, financial pressures or even just a "Christmas grouch" mentality. The support that you, our volunteers, provide to our clients is invaluable in breaking down some of these barriers. We are forever grateful for the work all of our volunteers do, whether that is delivering meals to clients or working in the Community Restaurants; spending quality time with clients in a social support capacity or helping our NDIS participants learn how to cook or providing administration support in the office. It is all equally as important and an enormous help to us and to our clients. All of us at Blue Mountains Food Services wish our volunteers, family and friends a very safe and joyful Christmas celebrating this wonderful time of the year with family and friends and look forward to working with you again you next year.

*Martin Gardiner*  
*General Manager*



## CHRISTMAS & NEW YEAR 2020

Office Closure Dates:

**Closing - 2pm Tuesday 24 Dec 2019**

**Re-opening - 8am Thursday 2 Jan 2020**



### So Long Farewell

Our wonderful cook at the Blackheath restaurant for the last 10 years Cisca Wheatley is retiring, again!



Cisca was part of the original Meals on Wheels cooking team, when we cooked and delivered our own meals. So all in all she has dedicated 20 years to BMFS

Cisca is much loved by the volunteers and clients, at Blackheath and will be missed by us all.

***Good luck Cisca and enjoy your retirement***

### IMPORTANT MESSAGE

If you are unable to cover your shift can you please call the office on 4789 2811 as soon as possible so we can organise a replacement.



## Our Programs and Services Will Resume on the Following Dates in 2020

### Community Restaurants

**Katoomba** - Monday 13 JANUARY

**Springwood** - Tuesday 14 JANUARY

**Blackheath** - Wednesday 15 JANUARY

**Blaxland** - Tuesday 14 JANUARY

**Lawson** - Wednesday 15 JANUARY

### Other BMFS Activities/Services

**Frozen Meal Deliveries** - Thursday 2 JANUARY

**Social Support** - Thursday 2 JANUARY

**Ben Roberts Café** - Tuesday 7 JANUARY

**Cook + Connect** - Monday 3 FEBRUARY

### Back Yard Bash 2019

On Friday 29th November we held our annual Volunteer Back Yard Bash. This year it was held at the Mid-Mountains Community Centre. The setting and weather were perfect for a relaxed and enjoyable event. The fabulous food was prepared by our magnificent cooks.

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 incredibly lucky to work alongside such an amazing group of people.

All the very best to you for a safe, peace-filled and happy festive season,

**Lesley Connor, Volunteer Coordinator**



### All Volunteers please remember

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 2020 fuel reimbursements due - 10 Feb 2020 Feb 2020 fuel reimbursements due - 10 Mar 2020**



**Farewell and happy retirement - Ian Evans & Bruce Powell**



*Thank  
You*

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.

### Other Volunteering Opportunities 2020 *Can you help?*

#### Social Support

Provide companionship and assistance to older people to participate in community life.

*Must be caring, patient and willing to walk alongside someone without doing for them. This role may involve transporting people in your own car, for shopping or other outings.*

#### Cook & Connect

Lawson Mondays, Tuesdays and Fridays.

9am-1:30pm on-going during school terms for 5 & 10 week blocks at a time.

*Ideally you will have experience supporting people with disabilities or a willingness to learn.*

***If you or someone you know can help with these activities, please call Lesley on 4759 2811 or email [volunteer@bmfs.org.au](mailto:volunteer@bmfs.org.au)***

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

(02) 4759 2811

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

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