

March April 2020



Volunteer Newsletter



WANTED

Do you have any special skills that you think we could use?

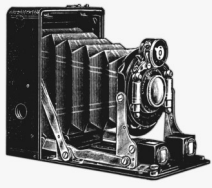
CARWASHING

Blue Mountains Food Services has a fleet of three cars and a van that require regular cleaning.

Car washing is a unique gift bestowed on few. If you are in possession of this gift and are in a position to volunteer please HURRY and call ASAP!



PHOTOGRAPHY



From time to time we need the skills of a competent photographer to help with our social media presence. If you have an eye for photography, then I would love to hear from you. We have a fun job awaiting!

GARDENING



We have our own community garden and composting site. Unfortunately it has suffered from the heat and neglect

We have been supplying items from our garden to community restaurants *and* composting all our food waste from the office and café. BMFS would love to have help from volunteers who enjoy gardening to help restore and maintain our garden.

Please call if you think you can help.

Save the Date

THURSDAY 21 MAY 2020

BLUE MOUNTAINS FOOD SERVICES
PRESENTS OUR ANNUAL
'VOLUNTEER THANKYOU' AWARDS

Personal invitations will be sent in April 2020

EASTER HOLIDAYS

SERVICE CLOSURE DATES

Good Friday - April 10 2020

NO Frozen Deliveries

NO Katoomba Restaurant

Easter Monday - April 13 2020

NO Katoomba Restaurant

BR

Ben Roberts Café 2020 Specials

Tuesday: Lunch Special

Buy one main meal & get a second meal for half price (up to equal or lesser value)

Wednesday: Devonshire Morning Tea Special

1 scone \$7.50, 2 scones \$11, with a small tea or coffee

Wednesday: \$15 Meal Day

Choose from Fish & Chips, Pie of the Moment or our Roast Veg Salad

Thursday: \$15 Seniors' Meal & Coffee Deal

Pair one of Phil's Seniors' meals with a small barista-made tea or coffee. Choose from the Soup of the Day, Roast Veg Salad, Quiche Lorraine & Salad, Fish & Chips or a Ham, Cheese & Tomato Toasted Turkish Sandwich (for eligible Seniors' cardholders)

Friday: Take 15% off your bill for any order over \$35!

Ben Roberts Café is located at 10 Benang Street, Lawson & is open from Tuesday to Saturday, 8am-2pm.

Come visit us soon & try out our specials. And remember, when you visit Ben Roberts you're more than a customer, you're part of a social enterprise supporting people with a disability.





Profiling Social Support Volunteer Ann Montague

The objective of Social Support is; "To assist older people to participate in community life and feel socially included through meeting their need for social contact and company". The Social Support clients are engaged via referrals through My Aged Care. Blue Mountains Food Services is funded for this service via the Commonwealth Home Support Program.

This week I spoke to one of our Social Support volunteers Ann Montague, who kindly shared her experiences of volunteering.

What is your past experience in volunteering?

I have been involved in volunteer work from about 2000. My Introduction to this type of work was running the small grants program for a community foundation on the far South Coast.

Between 2006 and 2017 I did volunteer work in Timor Leste, Vanuatu and Cambodia on a wide range of projects, but usually related in some way with education. This was undoubtedly the most interesting and fulfilling part of my working life. It was a privilege to meet so many interesting people, be involved in such a wide range of projects and activities and be accepted by so many people (despite having lots of problems mastering their languages). I made lifelong friends.

How did you find out about BMFS?

I found out about BMFS from a talk about the organisation at my Rotary Club.

What do you like about volunteering?

Being a volunteer has introduced me to a wide range of people and organisations.

If you would like to be considered for **Social Support** or you know of someone who would be interested in this role, we need volunteers on a regular and emergency basis.

If you or someone you know can help with these activities,

Farewell & happy retirement!

To Sue Cattanach, Gerry Flanagan & Lorna Jackson-Bearfald. Your long-standing volunteer contributions to our organisation were invaluable. You will be greatly missed by clients, staff & your fellow volunteers.



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.

bmfs.org.au

(02) 4759 2811

volunteer@bmfs.org.au

25 Livingstone Street, Lawson NSW 2783 | PO Box 214 Hazelbrook NSW 2779 | ABN: 91 530 248 271

This Service is funded by the Commonwealth Government