



Volunteer Newsletter



2021. It's been a long year!

Last year, many of us thought we wanted to fast forward through the year. In some ways this year was easier, as we had "seen it all before". But then the Delta strain forced a major rethink for lots of people.

"Lockdown", became a way of life many of us settled into: work and home, work and home, work and home etc. For some it was just home, home, home and home. Some, struggled in isolation from family and friends, but now look forward to a brighter future as we approach 95% vaccination rate in NSW. We know of others who were very comfortable in an isolation bubble and felt very safe, but now, are struggling with society quickly opening up. Every one of us will react differently to these changes so I encourage all of us to be supportive of each other as the country opens up.

We certainly hope for a brighter future where life will soon be somewhat closer to life as we knew it before COVID. We should also be very grateful for our local doctors, health workers and hospital staff who put themselves at risk every day in dealing with the pandemic.

For us at Blue Mountains Food Services, I cannot thank the staff, volunteers & clients enough for their willingness to be flexible in following the rules & regulations as they are issued. And a special thanks goes to our volunteers and staff who continued to deliver services to our clients throughout the year. As this long year nears its conclusion, I encourage all of us to spend time with family and friends and to support others who continue to struggle during this difficult time.

All of us at Blue Mountains Food Services wish our clients, volunteers, staff & families the very best for Christmas and we look forward to supporting you again in the NewYear.

*Martin Gardiner,
General Manager, BMFS*



Service closure

A reminder that our office will be closed from 2pm on **Friday December 24, 2021** & will reopen at 8am on **Tuesday January 4, 2022**. There will be no meal deliveries or social support between **Monday December 27 & Monday January 3** (some personal care will be provided). Deliveries, distribution, office admin and social support will resume from Tuesday 4th January 2022.

Ben Roberts Café will be closing for the holiday period - the last day of trade will be Friday December 17. We will be open again from **Wednesday January 5**.

Community restaurants

Blaxland - Last day: Tuesday December 14

First day back: Tuesday January 11

Springwood - Last day: Thursday December 16

First day back: Tuesday January 11

Lawson - Last day: Wednesday December 15

First day back: Wednesday January 12

Katoomba - Last day: Friday December 17

First day back: Friday January 14

Blackheath - Last day: Wednesday December 15.

First day back: Wednesday January 12

2022 Cook + Connect and Men's Group Dates

Cook + Connect programs including the Men's Group will resume on Monday the 24th of January and the last day of term one will be Friday the 8th April.





We will especially appreciate the time spent with family and friends this holiday season following our restrictions during the COVID 19 pandemic. While we are not out of the woods yet, and still need to adhere to COVID 19 guidelines, this pandemic has taught us all the value of family, friends and time outdoors. So during this month of celebration, keep in mind both your physical and mental wellness with tips and activities from our 2021 Meals on Wheels December month of Wellness!

December 2021 wellness calendar



1 Start a Wellness journal!	2 Write 2 things to your journal you are thankful for today.	3 Happy Hanukkah! View the great jelly donut recipe on Facebook page.	4 Catch up for a cuppa with someone you haven't seen lately.
5 Enjoy a roast dinner this Sunday.	6 Send a card to someone you are thinking of.	7 Spend some time in the garden.	8 Start a conversation with someone you might normally speak to.
9 Try out a new hobby.	10 Write down 2 things you like about yourself!	11 Have a chat to your neighbour you may not have met this day.	12 Share your favourite holiday recipe on our Facebook page.
13 View holiday craft ideas on our website.	14 Spend some time outdoors.	15 Smile at a stranger and say hello!	16 Try one of our holiday recipes from our Facebook page.
17 Write in your journal what makes you happy about this time of year.	18 Go for a stroll with a friend.	19 Bake some holiday treats.	20 Double check your holiday gift buying list.
21 Spend some time in school listening to the birds.	22 Be kind to yourself and do something for you!	23 Christmas Day	24 MERRY Christmas
25 Christmas Eve	26 Boxing Day	27 It's time to Relax and put your feet up!	28 Go for a walk or a swim.
29 Looking for a New Year's resolution? Now is a great time to volunteer with us.	30 New Year's Eve	More than just a meal	



Our participants were very excited when our Cook +

Connect classes resumed last month. They have been busy cooking up a storm & in their spare time they have been getting creative - designing their own spoons to add to Spoonville at the Lawson Neighbourhood Centre!

IMPORTANT MESSAGE

If you are unable to cover your shift. Please call the office on 4759 2811, so that we can organise a replacement.

Farewell and good luck to Robyn Mehl

Robyn has been with BMFS since April 2015. While in recent years she has been the regular cook at Blaxland, Robyn has worked at all five of our restaurants at some stage during the last 6 1/2 years. Her contributions to the community restaurants have been invaluable. Robyn will be greatly missed by the staff, clients and volunteers. We wish Robyn all the very best in her new role at Blacktown Meals on Wheels.

Thank you!



Our talented gardeners, Caius & Lesley, have been hard at work in the garden again & we are all now reaping the rewards. The constant rain also helped!

In the last few weeks they have delivered loads of fresh herbs & vegetables to our café & for use in our cooking classes.



Blue Mountains Food Services
Supporting our community

www.bmfs.org.au

(02) 4759 2811

admin@bmfs.org.au

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

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