



Meals on Wheels
Blacktown



Volunteer Newsletter



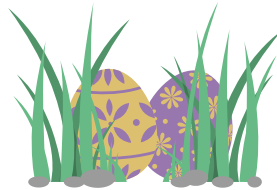
April 2023

From the Manager

It seems as though the good summer weather held out through the first month of autumn and we had a great March at Blacktown Meals on Wheels. This month, we have a number of closures due to Easter and Anzac Day. Make sure to note them in your calendar.

We are all looking forward to the Riverboat Postman outing and hope you can all join us.

From the staff, we wish you all the best for Easter - travel safe if you are on the road over the holidays.



Clients meeting Royston at West HQ during the March Social Day Outing

Dates to remember

- 6 April** Mt Druitt delivery (due to Good Friday)
- 7 April** Office closed for Good Friday
- 10 April** Office/restaurant closed for Easter Monday
- 24 April** Blacktown deliveries (due to Anzac Day)
- 25 April** Office closed for Anzac Day
- 26 April** Social Day Outing: Alpaca farm at Tanglin Lodge, Tennyson
- 18 May** Volunteer's Thank You Outing
- 24 May** Social Day Outing: Joan Sutherland Performing Arts Centre

It may be difficult to say no, but...

A volunteer's role for Meals on Wheels is to deliver meals to the client's home. You are not able to go to the shops for the clients, transport them in your car, or take their washing off the line. If a client requests this kind of assistance in the home, please let a staff member know so we can direct them to contact *My Aged Care* on 1800 200 422



Riverboat Postman outing for volunteers 18 May

Coming up in May, we have National Volunteers Week from 15-21 May. To celebrate and thank our volunteers, we are taking you on an outing on the Riverboat Postman. The day will include morning tea, lunch, and a trip along the Hawkesbury River in the Postman's boat. Limited transport available. For more information and to book a place, contact the office.

Volunteer of the Month - Anne MacDonald

Anne MacDonald is our *Volunteer of the Month* for March. Anne has been volunteering with us since 18th May 2020.

What do you love about volunteering with Blacktown Meals on Wheels?

"I enjoy delivering the meals and chatting to the elderly people I deliver to"

What is a little-known fact about you?

"I enjoy going on road trips and going to live concerts"

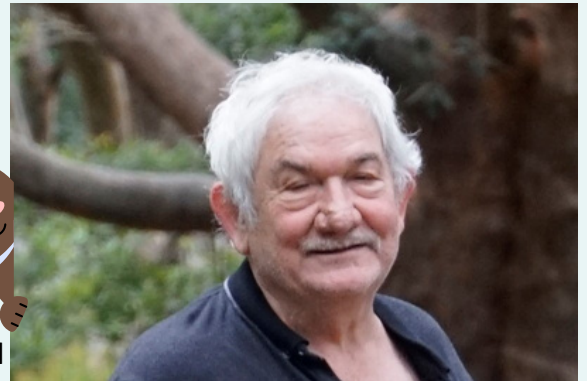
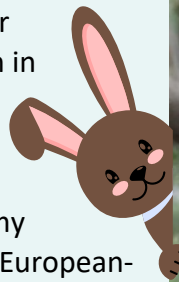


Have you updated your availability recently?

We have permanent and fill-in vacancies available for meal delivery. If you have some spare time available, give Rey a call.

Introducing BMOW's Management Committee

This month, we introduce Geoff Stewart, a member of the Management Committee. From Geoff, "Born in Christchurch, New Zealand in 1951, I initially worked in banking and as an accountant in finance before switching to a career in computers in 1974. This saw me transferred to Australia in 1978 with my wife of 4 years (now 48 years), Jill. My roles with a European-based company spanned 44 years and had me spending several years working in Asia and then 10 years in the USA in a role that included North and South America. With the above, Jill and I were lucky to be able to visit and see many countries. Retiring in 2016, I joined Jill as a volunteer at BMOW and we have been privileged to meet and serve clients both on runs and at social days."



At the 2018 AGM, I was honored to accept a position on the Management Committee which included 3 years as President from 2020-2022. Within the committee, I am trying my hardest to represent the volunteers' voice as well as balancing this with the business realities/challenges facing BMOW.

From June 2022, I became ill and spent 5 months in Hospital/Rehab, making it necessary to temporarily suspend the volunteering activities, however, I am now on the mend and looking forward to making a continued contribution as a Management Committee Member.

If you have any feedback, questions, or notice any hazards while volunteering, please advise the office immediately 9622 6183



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