



Meals on Wheels
Blacktown



Volunteer Newsletter

July 2023

From the Manager

The first week of July is NAIDOC Week - a time to celebrate and recognise the history and culture of Aboriginal and Torres Strait Islander Peoples. This year's theme is *For Our Elders* - very fitting for an organisation such as ours. We wish everyone a happy NAIDOC Week!

Professionalism in volunteering training

Thank you to all who were able to attend our Professionalism in Volunteering training on the 29 June with Louise Sutcliffe, community consultant. We hope you found the session valuable and that it has given you confidence in your personal and professional dealings.

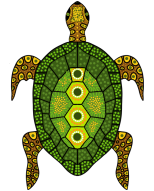
If you were unable to make it, please see Rey who will be able to provide you with a rundown of the session and provide you with information and some handouts.

New and potential client information

If you know someone who would like to access our services or have been asked how to go about referring clients to our service, please see Rey for more information and she can provide you with an Information Pack to provide to potential clients and, as always, feel free to provide them with the office number and email: 02 9622 6183 or info@blacktownmow.com.au

Polo shirts for volunteers

We now have polo shirts available for volunteers who are prepared to wear one whilst on their volunteer shift. We have size small to XXL – please see Rey if you are interested.



Renovations update

We are pleased to confirm the renovations to our freezer are complete and our packing staff have been able to use the new freezers which have given us more space and a fresh new look. We are now waiting on some joinery to be installed in the packing room to finalise the work. We will share some photos on completion of the works. In the meantime, the staggered pick up times have been a success with the meal runs and will continue until further notice.

For all meal run drivers, please see below updated information for your reference:

- Please park in car park spaces outside the packing room where meals were previously handed to you.
- The sign-in table has moved to the packing room. Please ensure you sign in on your arrival via the packing room and staff will be there to assist you with your run Information.
- Meals will be handed to you via a trolley by the packing staff at your allocated time slot in the car spaces in front of the packing room.
- When you return, please unload meal bags in front of the office area or car park.

Thank you all for your cooperation.



Volunteer of the Month - *Shirley Walker and Helen Korner*

This month, we were giving away two lovely hampers to the lucky winners of our Volunteer of the Month raffle. Congratulations to Shirley Walker and Helen Korner who are the recipients. We hope you enjoy all the goodies packed with love.

Shirley Walker

Shirley Walker is our current, longest standing volunteer with BMOW. Shirley has been volunteering with us since February 1998! That's over 25 years of dedicated service!

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

"I love volunteering and coming to BMOW and going on the delivery run meeting clients, talking and listening to them and making them feel better. When I started volunteering, I was volunteering for Meals on Wheels out of Mount Druitt Hospital where the service provided fresh cooked meals cooked in the hospital kitchen. We served hot meals, sweets and fruit."

What is a little-known fact about you?

"I enjoy catching up with my friends and seeing the clients. Prior to volunteering with Meals on Wheels I was working and volunteering for the Red Cross in Fiji."



Helen Korner

Helen Korner has been volunteering with us since November 2009. Helen started volunteering through the Workers Club and we are now lucky to have Helen continue with BMOW.

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

"I love that the clients are always so happy to see you and I enjoy listening to the stories they tell you about their lives and being able to relate to them."

What is a little-known fact about you?

"I grow Orchids which have currently taken over my kitchen table due to the cold weather. I love swimming and when I was 14 years old I went to a new school and won swimming carnival race against Lorraine Crapp who ended up being a Olympian."



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



Gribble Place BLACKTOWN

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Office hours: 8am to 4pm Monday to Friday

Email: volunteer@blacktownmow.com.au