

NEWSLETTER - ISSUE 4 OF 2021 (AUGUST)

# BLACKMAIL

Blue Mountains Aboriginal Culture & Resource Centre

## Message From Chief Executive Officer

Warami – hello everyone,

For those who missed our last copy of the Blackmail in late May 2021, my name is Venessa Possum and my family identify as Dharug People from the southwest region of the Sydney basin. In saying this, we also acknowledge Dharawal and Gundungurra Peoples because the place where my ancestors were born is known for murura (pathways) connecting these three mobs. Likewise, in the mountains we acknowledge Dharug and Gundungurra Peoples and pay our respects to our Elders and our emerging Elders, as well as all Aboriginal People across our beautiful lands.

I started at ACRC as acting CEO three months ago and I am finding there is always something new to learn every day. I can truly say I am enjoying the challenges and recently ACRC as a team are looking for ways to support our community during these recent COVID restrictions.

We hope you are all staying safe and well!

This issue of Blackmail is celebrating NAIDOC and this year's theme is 'Healing Country' and we are all feeling disappointment that many events have been cancelled or postponed. We would like you to know that ACRC has been gifted supplies of face masks and hand sanitiser, which we would like to share with community, so if you need some of these items please let us know.

***We acknowledge the Darug and Gundungurra people as the Traditional Custodians of the land in which we live and work.***

## This issue:

Message from Chief Executive Officer

PAGES 1-2

Message from Board and Aboriginal Children's Day

PAGE 3

BMACC Statement of Recognition

PAGE 4

NAIDOC Week 2021

PAGES 5-7

Family Support

PAGE 8

Elders Support

PAGE 9

Transport

PAGE 10

In the Spotlight

PAGE 11

Transport Enquiries  
Please call Paul:

0427 710 708

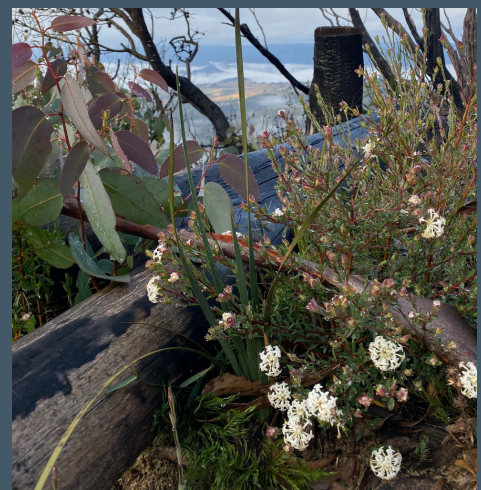
To help balance these difficult times, we are presenting some good news stories in this copy of the Blackmail. We are including a special reproduction of some words by Burnum Burnum, and thank you to Aunty Marie Clegg for sharing this copy signed by the author himself. The writing is quite small so we hope you can zoom in to read his 'Statement on the Australian Environment' that praises our ancestors and Country. Aunty said "...he gave this signed copy to me more than 15 years ago." She also said "...we had some great conversations, he never gave up on his wish for a treaty." Another acknowledgement goes to our our Blackmail editor Cathy Rendell who was excited when she saw the Burnum Burnum copies because their families are related.

On this note, I would like to finish with my belief that 'Healing Ngurra - Country' is growing together as one big mob, yanama budyari gumada – walking in good spirit. When we think about 'Healing Country' we know that Aboriginal People have cared for Ngurra for more than 60,000 years' and even in the present day we are still doing this through our positive actions and thoughts. We still have our cultural events with ceremony, creativity, languages, sciences, dancing and more. So, 'Healing Country' is a good message for the wider population living in this Country, it may help other people to think about the importance of this Country in their everyday lives, and how they can become allies for Aboriginal ways of being.

Yanu (hope to see you soon)  
Venessa Possum (Nani)

## Winter flowers seen blooming around Narrow Neck and out towards Ruined Castle

PHOTOS FROM  
MARION WHITEHEAD



## Message From Board

Dear Community,

On behalf of the Blue Mountains Aboriginal Culture and Resource Centre, we are hopeful that everyone is coping well with the life adjustments caused by Covid. As a Board it is frustrating when there is so much we would like to do but are so limited by stay at home orders. We are still trying to fit in zoom meetings to make plans for when things go back to normal. We would like to take this opportunity to thank the BMACRC staff for their continuous strong support and hard work ethic. It shows a strong team and individuals willing to find new ways to support the community during these hard times so we can still continue to strive.

Thank you,  
Bernadette O'Bryan.

## National Aboriginal Children's Day 2021

In 1988, the first National Aboriginal and Islander Children's Day was established on 4 August and was set against the backdrop of protests led by Aboriginal and Torres Strait Islander people and their supporters during the bicentennial year. Aboriginal and Torres Strait Islanders peoples felt a day was needed to celebrate our children, to give them confidence and make them feel special and included.

The date 4 August was historically used to communally celebrate the birthdays of Aboriginal and Torres Strait Islander children who were taken from their families at a young age, without knowing their birthday – the Stolen Generations.

For more information and activities go to <https://aboriginalchildrensday.com.au/>

**National Aboriginal and  
Torres Strait Islander  
Children's Day 4 August 2021**





## BMAAC Statement of Recognition

Blue Mountains Aboriginal Advisory Council's 'Statement of Recognition and Commitment' endorsed by Blue Mountains City Council on eve of National Sorry Day

The Blue Mountains City Council unanimously adopted a 'Statement of Recognition and Commitment' and acknowledged the Council's strong partnership with Gundungurra and Dharug Traditional Owners on 25 May 2021.

Blue Mountains Mayor, Cr Mark Greenhill said: "The Statement is a vision for Council to walk with Traditional Owners, and the broader Aboriginal community, to build a more positive future based on truth, respect and recognition of Traditional Ownership."



Photo: Dharug Elder Aunty Bev Ward with Mayor Mark Greenhill

"The journey to historic and transformational moments such as this Statement takes time, and significant discussion. The Aboriginal Advisory Council began work on the Statement in 2017. Extensive discussions and consultation has ensured that Traditional Owner and local First Nation perspectives, and local conversations and aspirations, have been reflected and captured.

"We acknowledge and thank the Aboriginal Advisory Council for their pivotal role in developing the 'Statement of Recognition and Commitment', which aims to honour the past and respond to the future in an honest and meaningful way."

Read the full Statement of Recognition and Commitment at BMCC website [https://www.bmcc.nsw.gov.au/sites/default/files/docs/2021-05-25\\_Enclosure\\_Item1.pdf](https://www.bmcc.nsw.gov.au/sites/default/files/docs/2021-05-25_Enclosure_Item1.pdf).

**"The Statement is a vision for Council to walk with Traditional Owners, and the broader Aboriginal community, to build a more positive future based on truth, respect and recognition of Traditional Ownership."**

CR MARK GREENHILL

Source: [bmcc.gov.au](https://www.bmcc.gov.au)



## Naidoc Week 2021

The **NAIDOC 2021 theme - Heal Country!** – calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction. Country that is more than a place and inherent to our identity. Country that we speak about like a person, sustaining our lives in every aspect - spiritually, physically, emotionally, socially, and culturally. NAIDOC 2021 invites the nation to embrace First Nations' cultural knowledge and understanding of Country as part of Australia's national heritage and equally respect the culture and values of Aboriginal peoples and Torres Strait Islanders as they do the cultures and values of all Australians.

For generations we have been calling for stronger measures to recognise, protect, and maintain all aspects of our culture and heritage.

We are still waiting for those robust protections.

This year's theme also seeks substantive institutional, structural, and collaborative reform – something generations of our Elders and communities have been advocating, marching and fighting for.

Healing Country means finally resolving many of the outstanding injustices which impact on the lives of our people. It is about hearing and actioning the aspirations of Aboriginal and Torres Strait Islander peoples which are the culmination of generations of consultation and discussions among our nations on a range of issues and grievances.

After 250 years, our children and our future generations deserve better. We cannot afford to let pass the very real opportunity that now presents itself for reform based on a fundamental change in the relationship Australia has with Aboriginal and Torres Strait Islander peoples.

Heal Country, heal our nation.

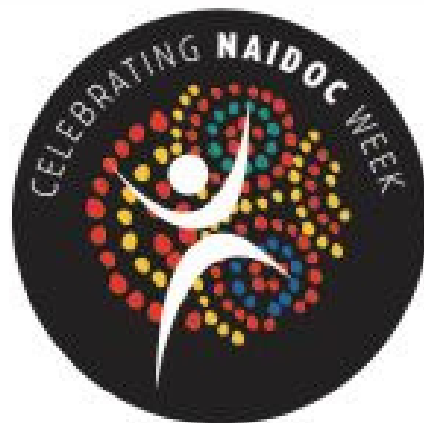
## Naidoc Week 2021

### Heal Country

Country is  
inherent to our  
identity.  
It sustains our  
lives in every  
aspect -  
spiritually,  
physically,  
emotionally,  
socially, and  
culturally.



Source: [www.naidoc.org.au](http://www.naidoc.org.au)



# NAIDOC History

## 1920s & 1930s

Before the 1920s, Aboriginal rights groups boycotted Australia Day (26 January) in protest against the status and treatment of Indigenous Australians. By the 1920s, they were increasingly aware that the broader Australian public were largely ignorant of the boycotts. If the movement were to make progress, it would need to be active.

Several organisations emerged to fill this role, particularly the Australian Aborigines Progressive Association (AAPA) in 1924 and the Australian Aborigines League (AAL) in 1932. Their efforts were largely overlooked, and due to police harassment, the AAPA abandoned their work in 1927.

In 1935, William Cooper, founder of the AAL, drafted a petition to send to King George V, asking for special Aboriginal electorates in Federal Parliament. The Australian Government believed that the petition fell outside its constitutional responsibilities.

## 1938

On Australia Day, 1938, protestors marched through the streets of Sydney, followed by a congress attended by over a thousand people. One of the first major civil rights gatherings in the world, it was known as the Day of Mourning.

Following the congress, a deputation led by William Cooper presented Prime Minister Joseph Lyons with a proposed national policy for Aboriginal people. This was again rejected because the Government did not hold constitutional powers in relation to Aboriginal people.

After the Day of Mourning, there was a growing feeling that it should be a regular event. In 1939 William Cooper wrote to the National Missionary Council of Australia to seek their assistance in supporting and promoting an annual event.

## 1940-1955

From 1940 until 1955, the Day of Mourning was held annually on the Sunday before Australia Day and was known as Aborigines Day. In 1955 Aborigines Day was shifted to the first Sunday in July after it was decided the day should become not simply a protest day but also a celebration of Aboriginal culture.

## 1956-1990

Major Aboriginal organisations, state and federal governments, and a number of church groups all supported the formation of NADOC, the National Aborigines Day Observance Committee. At the same time, the second Sunday in July became a day of remembrance for Aboriginal people and their heritage.

In 1972, the Department of Aboriginal Affairs was formed, as a major outcome of the 1967 referendum.

In 1974, the NADOC committee was composed entirely of Aboriginal members for the first time. The following year, it was decided that the event should cover a week, from the first to second Sunday in July.

In 1984, NADOC asked that National Aborigines Day be made a national public holiday, to help celebrate and recognise the rich cultural history that

## 1991-Present

With a growing awareness of the distinct cultural histories of Aboriginal people and Torres Strait Islanders, NADOC was expanded to recognise Torres Strait Islander people. The committee became known as the National Aborigines and Islanders Day Observance Committee, NAIDOC. This new name has become the title for the whole week, not just the day. Each year, a theme is chosen to reflect the important issues and events for NAIDOC.

During the mid-1990s, the Aboriginal and Torres Strait Islander Commission (ATSIC) took over the management of NAIDOC until ATSIC was disbanded in 2004-05.

There were interim arrangements in 2005. Since then a National NAIDOC Committee, until recently chaired by former Senator Aden Ridgeway, has made key decisions on national celebrations each year. The national committee has representatives from most States and Territories.

## BURNUM BURNUM'S Statement on the Australian environment.

This land of the Dreaming was given to us by the Great Spirit and we love it very dearly. The idea of it being taken, was strange to the Aboriginal people. If we do not own the freshness of the air and the purity of the water, what right do we have to pollute them? Every part of this land is sacred to us and every step we take is like a prayer. Every shining gum leaf, every sandy shore, every mist in the eucalypt forest, every clearing and insect is holy in the memory and experience of our people. The sap which courses through the trees carries the memories of the black people. The shining water that lives in the billabongs and rivers is not just water, but represents the blood of our ancestors.

Teach your children that the earth beneath their feet contains the dust of our ancestors so they will respect the land, which is rich with the lives of our kin.

Now that you have taken our land, you must remember that it is sacred, and you must teach your children that it is sacred, and that each ghostly reflection in the clear water of the lakes tells of events and memories in the life of our people.

Our dead never forget this beautiful Earth, for it is the Mother of all people. We are part of the land and the land is part of us. The perfumed flowers of the brown Boronia are our sisters; the Kuala, the Kangaroo, and great Eagle, these are our brothers. The rocky crests, the juices of the forest, the body heat of the dingo, and humans... all belong to the same family.

There is no quiet place in the cities. No place to hear the crackling of leaves or the rustling of an insect's wings. What is there to life if we cannot hear the lonely cry of the curlew or the mopoke, of the archetypal arguments of the frogs around the billabongs at night.

The air is precious to us for all things share the same breath - the animals, the trees, the humans; we all share the same breath.

Since you have already taken our land, you must remember that the air is precious to us, that the air shares its spirit with all the life it supports. The wind that gave our grandparents their first breath, also receives their last sigh, and the wind must also give our children the spirit of life.

Why clear the remaining rainforests and native forests, they are the lungs of the world, the purifiers of water and air.

Teach your children as we have taught our children, that the Earth is our Mother. Whatever befalls the Earth, befalls the sons and daughters of the Earth. If humanity spits upon the ground, they spit upon themselves.

This we know; the Earth does not belong to us, we belong to the Earth.

This we know; all things are connected. Whatever befalls the Earth, befalls the people of the Earth.

Humans did not weave the web of life, they are merely a strand in it. Whatever we do to the web, we do to ourselves. Humans come and go, like the waves of the sea.

Love your land as we have loved it; care for it as we have cared for it. Hold in your mind the memory of the land as it was when you took it.

And with all your strength, with all your minds, with all your hearts, repair it for the children - and LOVE it.

January 25, 1990

Inspired by and based on Chief Seattle's Speech of 1854



This personally signed copy from Burnum Burnum was supplied by Aunty Marie Clegg.

Aunty Marie shared this with us as she believes the message behind it aligns with Naidoc Week and theme 'Heal Country'

And with all your strength, with all your minds, with all your hearts, repair it [our land] for the children – and LOVE it.

Burnum Burnum

2 Earth Spirit

To Marie  
Susan  
Burnum Burnum  
11/8/95



# Family Support

What a way to start term 3 off with COVID rising putting all staff and families in lockdown at home just before school and Koori playgroup started term 3. I was thinking what I could do to support the families that attend the Koori playgroup and then it hit me I have seen MOCS do zoom with families, and I thought that we could do the same. Me being a newbie at this, this was going to be my first playgroup via zoom. The theme of Naidoc is Heal Country and running our playgroup via zoom is to keep up the connection and heal our families by keeping them connected to our services and our community and friends and family. With the children doing culture, craft, games, and story time this is heal country and keeping all of us connected.

Our first Koori playgroup commenced on the 12th of July 2021 in two parts with 2 families attending. The playgroup was fantastic the children loved and enjoyed the craft, storytelling, and the card game "go fish" that we played. Our playgroup will be running on Mondays through zoom until the lockdown is lifted. Please contact me on 0439 028 652 to find how to join our playgroup by Thursday at 3pm. We look forward to you joining us.

I am working from home with no home visits available so if you need any support from me please contact me on 0439 028 652 Mon - Fri 9am to 4:00pm.

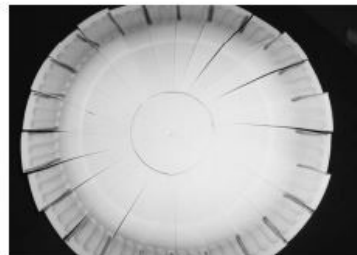
Raylee Wall, Playgroup Co-ordinator.



## BASKET WEAVING

Aboriginal and Torres Strait Islander people weave natural materials such as long grasses, vines, plant fibres, bark, hair, fur and feathers.

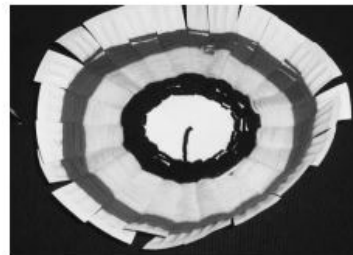
They take great care and time in making baskets, mats, bags and fish nets and traps.



On the back of the paper plate, make a circle in the middle as shown in the photo.

Using a ruler and pencil divide the plate into even sections, make sure there is odd number of spokes.

Cut each line right up to the circle - these become the spokes.



Tie wool around one of the spokes and start to wind the wool under and over each spoke, pushing firmly towards the centre circle to maintain tension.

Continue weaving until you reach about 2 cm from the outer edge of the plate.

Use a stapler to now start forming the basket shape. Hold two spokes together and staple. Continue doing this until all the spokes have been stapled together and the basket is formed.



Paint the white bits of the basket brown to finish it off.

This basket can also be made in other sizes by using cardboard and making a circle of your desired size on it and following the instructions.

### WHAT YOU NEED

- Paper plate
- Scissors
- Ruler
- Wool - can be different colours
- Brown/green paint
- Paint brush
- Stapler and marker



## Elders Support

Since our last edition, we saw the end of the Smokey Dreaming Program, 18 weeks of coming together sharing Stories in various ways and getting to know one another on a fairly intimate level. I have to say it was so much fun preparing this Program and spending time with all the participants. I would like to extend a big thank you to Uncle Lex Dadd for his wonderful, insightful and much appreciated support and guidance, working with him is a delight as is spending time with all of you. Having said that, the Elders Program will continue on in a very similar way, given the success of Smokey Dreaming. We have also adopted the name for our Elders Program, it just seemed to fit.

The last event of that Program saw our Community host a visit from the Elders from the Kinchela Boys Home Aboriginal Corporation and the Cootamundra Domestic Training Home for Aboriginal Girls. As the chill etched into the landscape, fluffy clouds floated heavily on the Mountain. The forecast for the day was snow. So, our visitors settled in as Uncle Lex stoked the fire and conversations expanded until our senses were immersed in the warmth of Culture. "Healing Through Story Telling" was our theme and we chose poems as our method of sharing. Given that we had spoken through life's traumas in previous events, we concentrated on "What Makes You Happy?", this allowed us to end the Program on a joyful note, illuminating the resilience of Aboriginal Peoples.

The day was captured by a local photographer Shana O'Brien and a beautiful Booklet has been created in a collaboration between ACRC and Siobhan from Blue House, a local Design Company. Thank you to both Shana and Siobhan for your exemplary work. These Booklets will be distributed to all participants in due course along with some small presents.

Given the current situation with the Covid virus changing the way in which we interact, we are becoming more conversant with the internet, even if somewhat reluctantly and our phone conversations are a bit longer. Just know that the team at ACRC are still here, working behind the scenes to look after our Community. We are only a phone call away.

Please remember that your kindness makes a huge difference in these difficult times and know that you are very loved. I so appreciate that we have a strong Community and that we stand together, it makes my heart smile.

Looking forward to seeing you all again soon.

Elly Chatfield, Elders Support Worker.

# Transport

## ACRC Transport

All drivers will undergo Covid-19 testing every 7 days as is required for all essential workers under Transport NSW rules.  
Drivers will wear masks as is also required.  
We still offer all trips to undertake Banking, elective Surgery, essential shopping and regular Medical appointments and other trips by CEO approval.

## Healing Country

I was pretty hyped with NAIDOC coming and things we had in planning with ACRC; many of our partners and the Community. Not to be so, but when it happens it's going to be bigger, brighter, warmer and hopefully heaps of fun! The theme this year of Healing Country is one that felt like the right time and one we've been working toward for a while now.

On a personal level, after the fires of a couple of years ago, and some of the programs we as a Community had been working towards such as the Yellomundee Cultural Burning workshops in 2019, it seems as though the wider Community is really listening to what Aboriginal people are saying and there is a shift toward positive change for Community and Country.

If you require travel please call or text Transport for bookings 0427 710 708. Ideally with 24hrs notice between; 9:00am – 4:00pm Monday- Friday.

**Blue Mountains Aboriginal Culture & Resource Centre**

**TRANSPORT—from 30 May 2021**

**Zone 1: Mount Victoria to Lawson—**  
RETURN \$5

**Zone 2: Mount Victoria to Springwood—** RE-  
TURN \$10

**Zone 3: Mount Victoria to Kingswood /Nepean**  
Hospital— RETURN \$15

The map shows three vertical zones labeled 1, 2, and 3. Zone 1 covers the area from Mount Victoria to Lawson. Zone 2 covers the area from Mount Victoria to Springwood. Zone 3 covers the area from Mount Victoria to Kingswood and Nepean. The map includes various towns and landmarks in the Blue Mountains region.

From 30 May 2021, ACRC will be providing a 'Card Reader' (EFTPOS) for your payment of transport services.

Please Note: ACRC will no longer provide transport beyond Mount Victoria and Kingwood / Nepean hospital.

However, transport for critical care beyond the these zones will be approved on a case by case basis.

New transport fees comply with ACRC funding requirements.

To allow time for transport planning...

Bookings for transport must be made 24 hours ahead of time — between 8.30am and 4.00pm

IN CASE OF EMERGENCY PHONE 000





## In the Spotlight

### ***Congratulations to Aunty Elly Chatfield and daughter Becky Chatfield on receiving their certificate of Community Recognition from MP Trish Doyle***

Becky explains to us; As a full time single parent as well as a full time employee, and someone that is always looking to work towards more opportunity to continue to provide for and set good examples for my girl, I often feel overwhelmed with the amount of responsibility that I hold. I often also feel that I'm not doing enough for my community even when I'm stretched thin.

Knowing that people see my effort and that they appreciate it, has been such a wonderful and encouraging thing for me.

I also know that I can't do these things with out the support of my family, especially mum and my siblings and their partners, as well as my closest friends who never think I'm asking too much of them when I need help.

I feel very fortunate to have been recognised and very lucky to have the support that I need to keep making these things happen.





# Good mental health and wellbeing

What is good mental health and wellbeing?

Good mental health and wellbeing mean different things to different people and every person has to find their own way to a life that is meaningful and satisfying for them.

Things that can contribute to positive mental health and wellbeing include:

- spending quality time with close friends and family
- working in a job or finding an activity that is meaningful, which can provide a sense of purpose
- learning a new skill such as painting, singing or knitting which can provide a sense of pride and achievement
- finding a hobby (such as gardening, playing sport, cooking, or art)
- giving to others by volunteering, being there for friend in need, or caring for animals
- having someone to talk to who can provide support and reassurance
- eating healthily and exercising regularly
- spending time with people who share similar interests
- experiencing new things such as trying different foods, travelling, or meeting new people.

Ways to improve your mental health and wellbeing

Learn to relax and do things you enjoy:

- Having something to look forward to promotes positive mental health and wellbeing.
- Everyone is different, so find out what works for you.
- Relaxing activities may include:
  - listening to music
  - watching your favorite TV show or series
  - reading
  - practicing relaxation techniques such as meditation, yoga or tai-chi
  - mindfulness techniques are helpful to manage anxiety and negative or intrusive thoughts
- gardening
- play with pets

# 5 Herbal Teas to Drink

When You Need An

# ENERGY BOOST



## Green Tea

Green Tea also keeps free radicals under control, reduces the risk of cancer, and helps prevent heart disease.

## Ginseng Tea

Ginseng also helps fight obesity by helping stabilize blood sugar levels and suppress appetite.



## Ginger Tea

Ginger also has anti-inflammatory properties that can help prevent heartburn.

## Eucalyptus Tea

Eucalyptus can also fight against respiratory infections with its strong antibacterial properties.



## Hawthorn Tea

Hawthorn also contains fiber, making it beneficial for proper digestion.



## > Look after your mental health during the COVID-19 (coronavirus) pandemic

### 1. Stay active



Exercise is good for your mind and body. You can leave home to exercise outdoors but remember to stay 1.5 metres away from others. Exercise regularly and choose activities you enjoy. This could be walking, tai-chi, jogging, yoga or an indoor workout.

### 2. Eat healthy



Eating healthy food is good for our mental and physical health. Eat a lots of different fruits and vegetables and other foods high in fibre such as brown rice, oats, wholemeal breads, lentils and beans.

Limit unhealthy snacks and drinks which are high in sugar, unhealthy fats and salt. Unhealthy snacks leave less space for the healthy foods you need to boost your mood, energy levels, digestion, and sleep.

### 3. Stay Connected



Social connection is important for our mental health. Stay in touch with family and friends over the phone or online. Share your feelings with loved ones and trusted people from your community and invite them to share with you. Limit your visits with your family and friends. If you do visit, practice physical distancing and keep 1.5 metres apart, and maintain good personal hygiene. Don't visit if you're unwell.

### 4. Take a break from the news and social media



Social media can help you stay connected, but too much time can make us feel stressed. It's good to stay informed, but choose trusted sources of information, like the government.

### 5. Stick to a routine



Have a regular bedtime and meal times. Plan your day so you have time for household chores, connecting with others, activities you enjoy, and rest.

### 6. Monitor your mental health and wellbeing



It's really important to monitor your mental health and wellbeing. It is also good to be aware of family, friends and neighbours who may be worried or stressed. Things to look out for include difficulty concentrating, poor sleep, and feeling distressed or overwhelmed. These are signs that it's time to reach out.

### 7. Seek support



Don't be afraid to talk to someone if you are feeling stressed or anxious. Talk to friends and family about how you're feeling. You're not being a burden.

If you're feeling overwhelmed, you can talk to a trained counsellor any time, any day by calling the Coronavirus Mental Wellbeing Line: **1800 512 348**. For a free telephone interpreter call **131 450** and say the language you need. You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

If what you're going through is making it hard to get on with your daily life, contact your local General Practitioner (GP).

*Adapted from Look after your Mental Health Australia, Mental Health Australia, March 2020*



# Food Relief and Assistance

Thrive Services 4782 1555  
2 Station Street, Katoomba  
www.thriveservices.org.au

Belong Blue Mountains  
Katoomba Neighbourhood Centre  
4782 1117 8 Station Street, Katoomba.  
www.kncinc.org.au

Mid Mountains Neighbourhood Centre  
4759 2592 7-9 New St Lawson  
www.mmnc.org.au

Gateway Family Services 4720 6500  
70 Old Bathurst Road, Blaxland  
www.gatewayfamilyservices.org.au

Church of New Life, Katoomba  
Bureau Park, Barton Street, North Katoomba







Blackheath (BANC) 4787 7770  
41 Gardiner Crescent, Blackheath  
banc.org.au

Salvation Army 4782 9251  
41 Waratah Street Katoomba

Wentworth Falls Community Hub  
(Holy Trinity)  
0421 600 395/0407 586 329  
17 Armstrong St, just off Falls Rd

Springwood (SNCC) 4751 3033  
reception@sncc.org.au  
www.sncc.org.au

Anglicare, Katoomba (St Hilda's) 4782 9318  
68 Katoomba Street (at back of building)  
<https://www.sthildas.net/anglicare/>




**FREE FRESH FRUIT, VEGETABLES, & BREAD**

Distributed by Winmalee Neighbourhood Centre in partnership with Winmalee Coles through Secondbite. Pick ups are done We pick up FIVE days a week. Free food is available through the Centre from 8:30 AM to 4 PM every weekday.

**FRIDAY FOOD CUPBOARD**

Subsidised food parcels available for \$10 for 10 items or \$15 for 15 items. Pantry lists are posted on our website and can also be found inside the Centre. The Cupboard opens at 10:30 AM and closes at 12:30 PM. You can shop once per family every fortnight.



**winmalee**  
neighbourhood  
centre  
NOURISHING LIVES. STRENGTHENING COMMUNITIES



**Blue Mountains Food Services**  
**Meals on Wheels®**  
*Meals with a personal connection*



**We are your local Meals on Wheels® provider delivering nutritious meals to your home**

Main/mini meals	Soups	Snacks	Desserts
Fresh salads & sandwiches	Fruit	Drinks	

Choose from our extensive range of items

**Call us on 4759 2811 for more information**

**What our clients say:**  
"You brought me back from the dead. So So pleased with everything. The food is wonderful"  
"I'm eating so much better now and my health is improving. A great service indeed"  
"I cannot praise highly enough the volunteers that come into my home each week"

Supported by the Australian Government Department of Health  
25 Livingstone St Lawson NSW 2783  
www.bmfs.org.au