

FEED ME GEELONG, BELLARINE & SURF COAST

Feed Me Bellarine is a community space primarily run by volunteers in rescue, reuse and repurposing food waste. Their chefs cook with passion and purpose to create nutritional, varied meals of quality. It is a not-for-profit, Bellarine Peninsula based community run charity.

Feed Me Bellarine has a cafe and market using rescued and donated food with the concept of 'pay if and what you can'. Food relief is also offered to those who require it through their outreach and delivery model. Find out more by visiting:

<https://www.feedme.org.au/>

WASTED @ FMB is their community based food mini mart. Their market is open Tuesday to Saturday 10-4, at 24 Sinclair Street, Ocean Grove.

Feed Me Bellarine holds "Wasted Dinners" regularly. Check their website for upcoming dinners and to make reservations.

<https://www.feedme.org.au/wasted-dinner-reservations>



FEED ME BELLARINE

no
questions
no
agendas

SAVING FOOD TO FEED
FAMILIES ON THE BELLARINE

BCSR QUARTERLY NEWS

Hello everyone and welcome to our December Newsletter.

It's been great to reconnect with our Registrants by phone, email and in person and hear how things have been going for you all during 2022. It's hard to believe what a difference it's been to this time last year.

Our Volunteers have been working very hard during 2022 to return operations to the office and, whilst there is still a way to go, that effort has been justly rewarded.

It is pleasing to report that we were able to resume promotional activities so as to maintain our Registrant, Volunteer and Committee numbers.

Sadly, however, we were informed of the passing of long term Volunteer, Barry Collinson who was a favorite amongst those he called on a regular basis as well as fellow colleagues. We miss him dearly.

We thank our Bellarine Police Members for their ongoing support of and trust in our service and wish them a peaceful break.

Please note that the service will close for a Christmas break from 12 noon on Friday 16 December 2022 and resume at 9.30 am on Monday 09 January 2023.

Warmest wishes for the festive season and we look forward to being of service to you again in 2023.

Leonie Saundry
Chairperson
Bellarine Community Support Register.

GEELONG BUSINESS EXCELLENCE AWARDS 2022

The Bellarine Community Support Register entered the Geelong Business Excellence Awards 2022 for the first time this year. An extensive nomination process, followed by a judging panel visit to our Register, saw the Register selected as a finalist in two categories - Best Regional Business and Best First Year Entry.

Being recognised as a finalist in these awards is an awesome acknowledgement of the great work of

our volunteers.

On Thursday 27 October, Register Chairperson Leonie and Assistant Co-ordinator Maree attended the Geelong Business Excellence Awards at GMHBA Stadium.

Whilst unsuccessful, the quality of the event and the calibre of the candidates was outstanding.

Well done to our amazing team of volunteers.

CORRECTION

An article in the *Bellarine Times* on October 21, 2022, titled "Bellarine Community Support Register celebrates volunteers" incorrectly named the volunteers pictured. The top photo caption on page 13 should state: Irene McKenzie receiving her 15 year certificate from BCSR President, Leonie Saundry. The photo's caption at the bottom of the article should state: Jenny Marshall receiving her two year service certificate from BCSR President, Leonie Saundry.

Bellarine Times



TAKE LADDER SAFETY SERIOUSLY

Did you know that ladders are the leading cause of death and injury in household products? Follow these safety tips to remain safe while doing the everyday chores around the house. **Ladder safety matters.**

In 2017-18, over 5,600 people were hospitalised as a result of falling from a ladder at home.

People aged 65 years and older are most likely to suffer serious injuries from a ladder fall – so don't become a statistic! In 2020, 36 people died from falls from ladders. 11 of those people were from Victoria.

- Use only ladders that meet the Australian Standard (AS/NZS 1892) – pay attention to safety warnings – don't climb too high.
- Check that your ladder is in good working order; ensure it is free of rust, has non-slip safety feet, and if safety locks and braces are in place – use them!
- Wear slip-resistant shoes.
- Don't use a ladder with missing or loose parts, or if it is bent or warped – wobbly ladders should be retired to the bench.
- Ensure the ladder is level and positioned on a firm, dry surface – check out the state of the ground and that nothing slippery is near the base or top contact points.
- Never put the ladder on top of other objects to gain extra height.
- Choose a ladder that is the right height for the job.
- Maintain three points of contact at all times while on the ladder. Use two hands when climbing. When using a tool, make sure both feet and your other hand are secure on the ladder.
- Work within your arm's reach and avoid leaning out. Don't be lazy – re-position the ladder as you go.
- Have someone hold the ladder while you climb – great team work can save the day.

SUICIDE CALL BACK SERVICE

Suicide Call Back Service provides phone and online counselling for anyone who is worried about someone.

Supporting someone who is thinking about suicide can be a stressful situation.

You may even feel guilty that you are not doing enough.

These are all natural responses. You don't have to face the situation alone.

Suicide Call Back Service has a number of resources available that can help you through this difficult time.

If it is an emergency call 000.

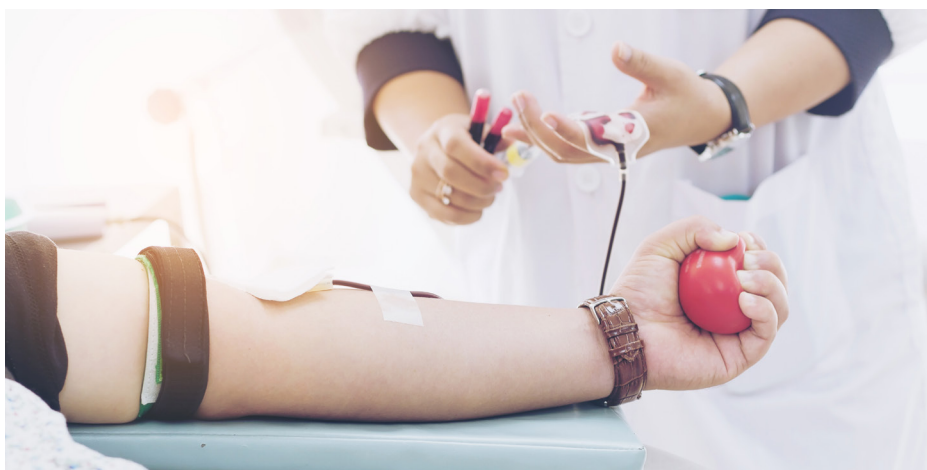
Call 1300 659 467



<https://www.suicidecallbackservice.org.au/worried-about-someone/>



HAVE YOU EVER CONSIDERED GIVING BLOOD?



Are you ready to start saving lives?

With three blood donations required every minute, your blood really matters.

When you give blood, you're more than just a donor. You're the Lifeblood of your friends, family and community. Join us and book your donation today.

To see if you can donate blood, learn about making your donation, and finding a blood donor centre, follow this link to learn more:

