



BATHURST UNITING SUPPORT SERVICES (BUSS)

August Newsletter 2023

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As we move through the cold winter months of Bathurst our programs and weekend café are popular times of connection and support for the people in the Bathurst community.

Donations

Generous donations from the Bathurst community continues.

- ✚ Warm women and men's clothing
- ✚ Sleeping bags
- ✚ Fruit and vegetables
- ✚ Cartons of long-life milk
- ✚ Blankets and doonas
- ✚ Gift cards
- ✚ Beanies
- ✚ Financial donations
- ✚ Meals for our freezer



Thank You's

There have been many congratulatory messages of appreciation and thanks for the work we do.

Our cafe freezer is always full of tasty and nutritious food due to our wonderful cooks. The meals are so varied that guests always have many choices.



Thank you, Lynne, for organising the meals.



Thank you to Ian Behan from Bathurst Moneyquest for your financial support of programs. Ian is also a volunteer at the Café and on the BUSS committee.

Ian would like to share why he places so much importance on BUSS.

"The reason why I support BUSS financially and as a volunteer is because as a business owner I think it's important to give back to the local community that supports me and my business.

The reason why I chose to support BUSS is because of the fantastic grass root programs that make a real difference to the lives of those recovering from addiction and those that are less fortunate.

I get a great deal of pleasure out of making connections with the guests that visit the cafe, the other volunteers and committee members. And to my surprise, being a volunteer for BUSS is a lot of fun!!



A big thank you to our local Lions Club for your generous donation towards our programs.

Some of our wonderful volunteers led by Jen have been hard at work sorting and folding the donated clothing, bedding and doonas.

Jen, Marg and Karleen have made an amazing difference. 🍊🍊🍊



We are not in a position to take electrical or household items; or children's clothing. However, we are always in need of good quality men's jumpers and track suit pants and tops.

News

A warm welcome to Joanna Morrison who has joined our team. Joanna works 10 hours a week doing an assortment of jobs for BUSS.

Hi everyone! My name is Joanna Morrison and I have just been appointed as the newest member of the BUSS Team as Admin support and would love to formally introduce myself! I just graduated from high school last year and this year I am taking a gap year. For the past 3 months (March-May) I was living in London and travelling the UK and got to see some of the coolest spots on my bucket list, including many art galleries, museums and historical places. Some things you'll find me doing in my spare time include painting, writing, reading and listening to good music! I am super excited to join BUSS and support our community. I am sure you will start to see me at many of our events, so please don't hesitate to come say hi!"



In the July school holidays youth participating in the *Catholic Church Rise camp* visited our BUSS rooms. They were interested in what we are doing at BUSS. There were lots of great questions and thoughts! Thank you Geoffro for sharing your story with the youth.

"Connection is the opposite of Addiction" was the theme of an information session on Saturday 5th August. 25 volunteers and community members attended this fabulous session about addiction and how it impacts on the lives of people.

Thank you Ian Waddell for increasing our knowledge and understanding of addiction.

Thank you Ruth for walking through the door and sharing your story with us.

An amazing afternoon of community connection. 🍊🍊🍊



A very interesting YouTube clip was a Johann Hari TED talk titled 'Everything you think you know about

addiction is wrong.”

https://www.youtube.com/watch?app=desktop&v=PY9DcIMGxMs&fbclid=IwAR1jzze6G3Nvh4Na2TQL_ewFzV-aAemtGqPMwwwbAYt3bCzr_xNjpPHQcDRY

There are plans to offer more information sessions to our volunteers and people of the community. If you have any topics you'd like to learn more about, please let us know.

Our next planned information session called “Being a Helpful Volunteer” is on Sunday 22nd October from 2.30pm – 4.30pm. More details to follow.

BUSS Café

Saturday and Sunday 12-2pm in the Café rooms

The café is averaging 15/16 guests each day – with the majority of our guests being men. Over 685 meals have been eaten by guests since the start of 2023. New people are attending the café, often with the need of accomodation, bedding, tents

What an amazing 'Christmas in July ' lunch !!

Over 35 people enjoyed delicious food while listening to 'The Music BUSS' perform 8 songs. Thank you to each member of our music and singing group, and special thanks to Sarah for leading us. Many people cooked the yummy food and helped set up the hall.

It looked so festive with all the Christmas decorations. 🎄🎄🎄

Special thanks to Bathurst CWA Evening branch for the Christmas muffins and custard for dessert. Each guest received a Christmas bag of chocolates and extra sweet treats. 🍫🍫



Frypan Warriors

12-1pm Monday mornings in the Café rooms. There have been 34 cooking sessions so far.

Chicken, bacon and pasta was a dish cooked by 11 amazing Frypan Warriors recently. In fact, it smelt so good that some of our chefs ate the meal as soon as they had cooked it. 'This is delicious - can I cook it again so I can take some home for my dinner tonight?'

'I am really hungry – is it okay if I eat half of mine now?.' 😊



Bathurst Buddies

BB continues to be a very popular social connection at Maccas each Friday morning at 9am. There are usually up to 12 people enjoying a coffee and chat. Thank you to McDonalds for providing the vouchers.



Chifley Clinic

BUSS volunteers visited the Chifley Clinic in the months of June and July with hamper bags.

They were 'Happy Friday's' to the people who dose at the Clinic.

The people were very excited and thankful for their hamper bags full of goodies.

"This will really help me." "Thank you so much." "This is like Christmas." "Wow, this is amazing."

A big thank you to Mars Petcare and Bathurst Quota Club for financing and supporting this gesture of kindness.



In the warmer months the Tuesday morning bbq will begin again.

The Music BUSS

10.30-12pm Saturday in the foyer of the Uniting Church.

The Uniting Church is alive with music on a Saturday morning!

People passing by stood outside listening to us - some ventured in.

What a rock band 🎸🎸🎸

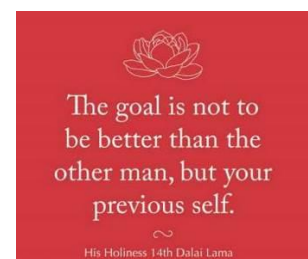
Everyone is welcome to come along and join us.

"I can't sing very well – but I love going" says M.



Lunch after SMART group @11.45am

BUSS volunteers provide further connection to the people who attend Wednesday's SMART addiction recovery group by providing lunch after



the meeting in the BUSS café rooms.

Last Wednesday 12 people enjoyed a chat and laughter over a home cooked meal of Beef Ragu.

An amazing group of people from the community take turns cooking lunch.

You are very welcome to join our group of cooks. 🍳👨🍳

BUSS

BUSS operates programs and the weekend café for people who are homeless, poor, socially isolated; and those with addictions and recovering from addictions.

Many people think of substance use when they hear about addiction, but that's not the only type of addiction.

Today, most experts recognize two types of addiction:

- **Chemical addiction.** *This refers to addiction that involves the use of substances.*
- **Behavioral addiction.** *This refers to addiction that involves compulsive behaviors. These are persistent, repeated behaviors that you carry out even if they don't offer any real benefit. e.g., gambling, shopping, eating*

<https://www.healthline.com/health/types-of-addiction#addiction-basics>

The aim of BUSS is to improve the lives of our participants, helping them to make connections to community and each other, and assisting and supporting them to make better and more informed responsible choice.

GambleAware

Gambleaware.nsw.gov.au

1800 858 858 Help is close at hand - 24/7

Most people gamble at one time or another. For many people, gambling is fun, entertaining and causes no harm.

However, for some people, gambling can become a problem.

Gambling can come at a high cost – financially, emotionally and personally.

Gambling can be harmful for the person that gambles, and their family and friends.

For more information, or to get support, call 1800 858 858 or visit gambleaware.nsw.gov.au



Facebook site

Please check out our Facebook site for BUSS news as it happens.

If you know of anyone who would like a copy of our newsletter emailed to them, please contact us through our Facebook site.

Claiming the date

“ Thank You Afternoon Tea” for volunteers and supporters of BUSS

Sunday 15th October

2.30pm in the Activities hall of the Uniting Church



Thank you everyone for your amazing support!

We would not be able to do the things we do without you!!

BUSS Team

Two of our very popular” Frypan Warriors” recipes.

Hairy Bikers Sausage Casserole

Ingredients

Oil
½ chopped carrot,
½ chopped onion
½ chopped potato
1 and ½ sausages
Pinch garlic
¼ teaspoon paprika
½ teaspoon mixed herbs
¼ cup passata sauce
¼ cup water
½ teaspoon chicken stock powder
1 teaspoon Worcestershire sauce
Salt and pepper to taste
Opt. – other veggies
Pantry items – oil, garlic,
mixed herbs, Worcestershire sauce

Method

1. Cook sausages – remove and when cool chop or slice
2. Saute the chopped onion, carrot and potato til soft
3. Add garlic, paprika and mixed herbs, cook gently – be careful not to burn
4. Add the ¼ cup passata sauce, water and chicken stock powder and Worcestershire sauce.
5. If too thick add more water
6. Add the chopped sausages and cook slowly for 5-10 mins.
7. Season to taste



Teriyaki Chicken

Ingredients

Oil (olive or sesame oil)
½ chopped onion and carrot
Chopped piece of cauliflower and broccoli
200grams sliced chicken
Pinch of garlic, ginger
½ cup teriyaki sauce
(mixture of water, soy sauce, sesame oil,
honey, garlic, ginger to taste)
Boiled rice
Opt. – extra veggies
Pantry items – oil, garlic, ginger, soy sauce,
Honey, rice

Method

1. Fry chopped onion, carrot, cauliflower and broccoli in oil til soft.
2. Push aside in frypan
3. Fry sliced chicken til brown; add pinch of garlic and ginger
4. Add ½ cup of teriyaki sauce
5. Stir veggies and chicken together
6. Cook for 5 mins.
7. Season with salt and pepper
8. Serve with boiled rice

