

# LARDER NEWS

Monthly Volunteer Newsletter

June/July 2016

## More Than Food

Hello and welcome to the June/July edition of the Larder newsletter.

A few weeks ago, as I was reading online about the Larder, I came across an article written by ABC North Coast. The opening paragraph read,

*“One street back from the hustle and bustle of Byron Bay’s main drag, an unassuming group of men and women line-up quietly for what has become a lifesaving service”*

This made me reflect on the significance of having a front line community service which provides much needed food.

However, it’s not just about food, as important as that is, but also about providing a safe and comfortable place where people are able to come together to talk, socialise and feel part of the community. This is something that is not always possible for those in need or experiencing homelessness.

It’s only thanks to all the volunteers that the Larder is made possible. So, we would like to express our gratitude for your hard work, time and support.

Warm regards,  
Sasha

## Events

### AGM

**Date:** 3rd August

**Time:** 12:00pm - 1:00pm

**Location:** Byron

Community Centre in the Verandah Room

To be eligible to attend the AGM you must be a member of the Liberation Larder. To become a member, please contact Sasha.

Email:

liberationlarder@gmail.com

Phone: 0411886469



A beautiful salad served in June

Thanks to Rachel for the photo

“I’ve learned that people will forget what you said , people will forget what you did, but people will never forget how you made them feel”

— Maya Angelou

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c/- Byron Bay Community Centre  
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## Understanding Difficult Behaviour

For the majority of the time things run smoothly at the Larder with everyone coming together to create a calm and productive environment to best meet the needs of our patrons.

However, once in a while this may be interrupted as someone presents with a difficult behaviour, sometimes referred to as a 'challenging behaviour'.

So what does this kind of behaviour look like?

It may include:

1. Verbal aggression
2. Intimidation or threats
3. Physical aggression towards others and/or property
4. Causing stress to others.

Recently coordinators and other volunteers attended a training workshop aimed at responding appropriately to difficult behaviours. We discussed various ideas and learnt that the key to dealing with these behaviours is understanding why they might be happening, with the first priority being to provide a safe and secure environment for everyone.

The group came up with many ideas as to why a person may present with a challenging behaviour.

These included:

1. Hunger
2. Physical and mental health issues
3. Alcohol and drug use
4. Isolation
5. Housing conditions/ homelessness.

***"The Larder in line with the Byron Community Centre has a 'no tolerance' policy to aggressive behaviour."***

We also discussed ways to recognise early warning signs and how to minimise potential aggressive behaviours.

The Larder in line with the Byron Community Centre has a "no tolerance" policy to aggressive behaviour. As volunteers you are not expected to deal directly with difficult behaviours, but rather to follow the guidance of your coordinator, and the policy and procedures displayed on the wall in the kitchen. These give clear steps about what to do and reflect the values of the service. Central to Liberation Larder is a belief that patrons are the most important people in our service and should be treated with dignity and respect at all times, whilst ensuring the safety of everyone.

Thank you to Helen and the BCC for organising the training, and to Mel from Partners in Recovery for facilitating the workshop. If you have any questions, please do not hesitate to talk with your coordinator.

### Instagram

Thanks to Rachel for the beautiful photo on the front page, as well as all the photos on our Instagram.

To visit our Instagram click on the Instagram icon at the top of the page, or go to:

<https://www.instagram.com/liberationlarder/>

Make an account and sign in to follow us and keep up to date with our photos.

### Thank You

Thank you to the Splendour in the Grass 2016 food stalls and caterers who donated huge amounts of food to the Larder; including fresh mussels, sausages, pies and raw produce which can be used to make meals for those in need in the community.

Also a big thank you to Helen, Liz and Sebastian for working tirelessly to collect and transport all the donated food. Check out the FB page for more details, and watch out for Sebastian's article about the event in the next newsletter.

Thank you to everyone who has donated, there are too many of you to name. The work we do would not be possible without the continued support of the community.

## A Day In The Life of Marie



**6:30 – 7:00am:** Get up, get ready.

**7:00 – 7:30am:** Make tea and coffee; grab muffins and cereal for brekkie table

Then grab everything else and pile into tubs: fruit, yoghurt, milk for smoothies; containers, bowls, mugs and cups, bags, labels, towels and cloths. Load into car. Along with boxes of stuff that has been accumulating all week, near the front door.

Little Toyota now protesting.

**7:30 – 8:00am:** Go downstairs under house and transfer 50 meals from fridge to eskies. And into bloated car. Ditto 7 boxes of pies; scatter cold blocks all around. Check fruit, veg and bread survived night in car OK.



stop off for a coffee in Bruns.

**8:45 – 9:00am:** Complete drive to community centre in Bruns to be met by glorious sight of tables and crates already assembled and draped in picnic-fare red and white gingham.

**8:00 – 8:15am:** Depart house. Drop off box of goodies to nice lady before she leaves for TAFE.

**8:15 – 8:45am:** Throw caution to the wind and

**9:00 – 9:30am:** Unpack grateful car, along with lots of friendly help and set up priority number one, the brekkie table. Invite all to partake.

Grab whatever is needed from cupboard and set up 6 more tables with today's goodies and declare "Larder is open".

**9:30 – 10:30am:** Greet all and start making smoothies, serve pies and meals, hand out bags and have a chat. Continue until food runs out.

**10:30 – 11:00am:** Clean up, wipe-down, wash-up, re-organise and repack much-put-upon cupboard, vacuum and check all OK for next week.

**11:00am – 12:30pm:** Back home and unpack car one more time; wash towels, tablecloths; wipe



down eskies, tubs, fridge; soak thermos's and take-away containers; refreeze cold packs; cut-up and re-house frozen fruit for next week. Turn down fridge; turn up freezer.

Finish washing up thermos's and containers. Put away.

**12:30 – 2:00pm:** Change of pace and down to local shops for a bit of lunch and R&R.

**2:00 – 3:00pm:** Get call from a Bruns. Café - food to donate. Drive, collect, bring food back home. Divide food into appropriate portions; put into take-away containers.

**3:00 – 3:30pm:** Back to community centre; put food in fridge for community workers and larder friends alike. Stick up sign to this effect. Drive back home.

**3:30pm – tea time:** Think about what to cook for tea.

