Urban Angels Community Kitchen UPDATE

Munificent Merry Makers

We have some wonderful news…for the third year in a row, we were deeply honoured to be chosen as the charity to receive the proceeds of Frank's Charity Ball. This very special event once again brought together an incredible community of generous hearts. Thanks to the generosity and dedication of everyone involved, along with $700 in sponsorship, the Ball raised an incredible $5,385! Adding to this kindness, the Merry Makers Dance Club donated a further $500.

Together, this extraordinary effort reflects not just generosity but also the care and commitment of a community that truly believes in what we do. We are humbled and so very grateful for this support. It makes a real difference to the lives we touch every day, and it inspires us to keep going with even greater purpose. This kind of support keeps our work alive and reminds us that we are part of a caring compassionate community.

Hosts, Rose and Frank, pictured left. At right, Men's Shed president, Peter Siney and dance partner, Rosie.

Birgit had the pleasure of attending the Charity Ball, and said what a wonderful event it was:
'It was a magical evening that will help us continue to bring hope, dignity, and warmth to thousands of people each month. The evening was beautifully organised, with every detail thoughtfully planned, and it was an absolute privilege to be part of. The dancing was breathtaking, the room was alive with energy, and to see people come together with Community as the focus, was heartwarming.'

Loading up on community spirit

Chancellor Church has been a dedicated supporter of Urban Angels for many years now. Some of our current regular volunteers signed up with us permanently after volunteering with the Church group. It is amazing what that congregation has achieved by working together – for four weeks in a row they all contributed donations for us to make thousands of meals. First we received a van-load of vegetables; the next week it was nearly 100kg of chicken drumsticks; then more vegetables and last week an incredible 50kg of beef. But the Church's belief in community really came to the fore when they arrived on our doorstep (twice) ready for an afternoon of packing meals and cleaning. We are so grateful for all they have done for us and value the relationships we have built based on the shared dream of a compassionate world, starting in our own backyard.

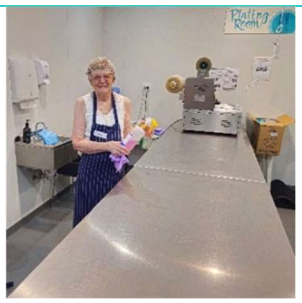
Peter Hill emerges from the mountain of veggies in his van.

The first Chancellor Church crew, along with regular volunteer and congregation member, Julie.

Former volunteer, Robyn #1, introduced us to a very contented baby in her care.

Regular volunteer, Robyn #2, shares a laugh with Karen

Peter returns, laden with veggies.



Clean as a whistle, Robyn #3 tidies up the plating room after a busy afternoon.

Another week, another load of ingredients… this time close to 50kg of beef was donated.

The satisfaction of cleaning the uncleanable… Steve returned our kitchen mats to a sanitary state.

Karl realized just how many people he was helping as he packed hundreds of meals into the freezer.

The 2nd Chancellor Church group were given flowers as a token of our appreciation – over 1300 meals were packed over two afternoons!

Nadia, Kay and Robyn (who volunteered on both afternoons) packed Cottage Pie.

Ian, Wal and Kym (with daughter, Talia, not pictured) spent the afternoon packing over 300 Spaghetti Bolognaise!

Teens taking control of the kitchen

Continuing our partnership with the Teens Take Control initiative, the boys who work the farm at Woombye stopped by to have a tour of our Service St facility; and brought a crate of freshly harvested spring onions with them! We presented what we had made with their crop of green tomatoes – our Beef Mexicana meal – which they then helped to pack, garnish, lid and date. They each took home a meal to find out exactly how all their tasty produce is being used. Something of even more value and weight for them to take home was the heartfelt life advice offered by our volunteer, Phil, who took time to speak with each of them (pictured top left). The young farmers have since delivered many gorgeous

radishes and baby carrots and have plans underway for summer crops. We very much look forward to whatever freshly picked produce they will provide next with which our Chefs can make tasty and nutritious meals.

If you missed the details of this incredible initiative in last month's newsletter, you can view this news clip from Channel 7: https://www.facebook.com/7NEWSSC/videos/24765979396340730/

Pictured below: the boys carefully packed Beef Mexicana meals, from start to finish.

From the heart

This picture shows rough sleepers in Nambour choosing clean bedding from the supply we have been able to provide, along with our meals, thanks to your generosity. Thank you to everyone who has donated bedding over the past few weeks. It is indescribable how much this improves their quality of life, and they always express their gratitude for these little extras, as well as the meals.

Whether it's a block of chocolate, some much-needed bedding, or one of our nourishing hot meals, we can see it in their eyes that our service means something significant to them. When we arrive, many are already gathered and waiting patiently. Some are in very poor health, and like everyone, they don't always have good days…our service brings them comfort and hope. Over time, as trust grows, their quietness fades, and many not only share their stories but also give us hugs, showing how deeply they value the connection as much as the food. Thank you to all of our volunteers do this delivery…we couldn't do it without you!

Some feedback from the delivery drivers on their weekly runs:
Suzanne A. always gives us a donation, $50 every week, even when she only takes a couple of meals. After the delivery crew leaves, she always calls the Kitchen to thank us for what we do.

Deborah, from a block of units in Smith St, collects all the coins from the residents in a jar, even if it's 5 cents, and when the jar is full they donate all the money to Urban Angels. Yesterday they donated $77.35.

Message from Lyle, from Mooloolaba South homes run:
Hi there, it's Lyle from Minyama. I wish to suspend my deliveries as I will be on specialised diet for the foreseeable future. Thank you so much for the friendly visits, the incredibly generous service you provide and the wonderful food. You are truly appreciated.

From Doug at Cooroy Food Pantry:

- A young lady in her twenties with some medical issues came for help she did not ask for much food, told us she is all alone. Her mother who was her carer died suddenly from heart attack, and she is left to manage the home on her own. After paying the Rates she was short of money for food and medicines and we were able to assist her with food and cash. She shed tears of gratitude for help given.
- A man deserted by his wife, left to care for his four boys, could not pay the rent on their home, now living in a shed and struggling to keep food on the table.
- A single mum with seven children, living in a donga, due to high rent costs, gets support from Centrelink, but little left after rent and car and food expenses.

Although we have put limits per person on the Frozen meals they have been an important part of providing food for the needy this month again, thank you for all you do.

Volunteer stars

A quick update on our most p.c. Chef, Matt, pictured here with Yvette & Gwen. He says 'everything is moving forward as planned' and the doctor's checks have been positive.

Leanne serves lunch at the Hub… Friday burger day!

After Robyn #1 left to take care of a baby from her parish, Robyn #2 joined the Wednesday afternoon crew. Welcome Robyn!

Monday meal madness… Deb, Barb and Pat dish up Fried Rice.

Anita joined Brodie on his second shift at the Hub. Welcome Brodie!

Gaye enjoyed her first shift at the Hub so much, she returned to plate up potato salad.

Did someone say 'strawberry season'? OzHarvest's Linda delivers many crates of fresh strawberries, overseen by long time Urban Angel and OzHarvest volunteer, Cathy.

Not only strawberry season, but birthday season too! Taaj's official end to teenage years was celebrated with an incredible strawberry laden cake made by Chef Denise.

Never too old to enjoy cake… Joe also got to blow out a candle (or two).
We would like to wish ALL our volunteers with September birthdays three cheers! We are so grateful you are with us.

Lift the Lid on Mental Health

It's that time of the year again… the Mooloolaba Rotary's Lift the Lid on Mental Health Walk will be held on Sunday 19 October. We would love to see as many of you as possible attending this event as it is a very worthy cause…Birgit will there. This is the 10th anniversary of the walk which aims to bring attention to the issue of mental health, as well as raise funds for research. We have heard from several reliable sources that this is a great day out, with emphasis on fun, not speed! Children and dogs welcome.
For more information https://www.liftthelidwalk.com.au/mooloolaba

Containers for Change project

Urban Angels now has a Containers for Change member number that can be used when returning containers to designated collection points, which will help raise money for Urban Angels. You are welcome to quote our member number [**C11616477**] when recycling your own collection. Alternatively, bring your used drink bottles into the Service St kitchen and deposit them in our dedicated Containers for Change bin. If you wish to take containers in yourself, please use the Urban Angels member number or barcode as pictured. Generally, any flavoured drink containers in glass, plastic or tin are eligible for the 10c refund, including wine and spirit bottles. NO PLAIN MILK BOTTLES. For more details on eligible containers please go to their website https://www.containersforchange.com.au/qld/ .

Member number
C11616477

House keeping

Two different phones for different purposes…

1. Hub Phone – 0439 784 848

Please send a message to this dedicated Hub phone when you can't make your WEEKEND or NIGHT Hub shift (last minute changes only). This phone is monitored by the staff member on duty, so your message will reach the correct person in time. PLEASE DO NOT USE PERSONAL STAFF PHONE NUMBERS FOR THIS PURPOSE.

2. Urban Angels Phone – 0457 615 803

This is our general office phone, checked by Marta. Use this number (or email Marta urbanangels@ifys.com.au) for all other roster changes.

No naked tootsies!!

While we all enjoy the chance to wear sandals or thongs as the weather starts to heat up, please remember that ONLY CLOSED IN SHOES, preferably with non-slip soles, are to be worn when volunteering at either the Hub or Service St kitchens. Regardless of the role you have – whether you are doing labels, prepping in the kitchen, serving or delivering meals – remember… no naked tootsies allowed! Kitchens and work areas can have hot liquids, sharp objects, and heavy items that may fall, and open shoes leave your feet unprotected. So please keep your feet safe in closed-in shoes.

Donations gratefully accepted

This QR code links to the Urban Angels donation page. Please share with anyone you know who wishes to support us. *All donations over $2 are tax deductible.*

Every little bit helps.