



Blackheathens Rise to COVID-19 Challenge with Business Support

In this month's edition of Blackheath Local News we are listing services that are available for locals to help stop the spread of COVID-19. Local businesses are working to meet the community's needs and to keep everyone healthy by reducing shop numbers, sterilising counters, and providing home delivery services.

Government Funded Flu Clinic for Eligible At-Risk Residents: 15 April &

Telehealth and Other Services at Blackheath Family Medical Centre

Blackheath Family Medical Centre is now encouraging everyone to use TeleHealth where possible by ringing **47878225**.

Prescriptions and referrals will be arranged

over the phone. **If you have symptoms of COVID-19 please ring this number and DO NOT come into the Clinic.**

The Flu vaccine is also now available for Flu Clinics at the Centre and eligible at-risk residents will need to book in to get the vaccine. The next clinic is on 15 April. Only 4 people will be allowed into the Clinic at any one time and the doors will be locked to allow cleaning to occur between sessions. Come on time, not early, as you will not be allowed in.

Osteo and Chiro services are still available for those under 70 and the Pathology Lab is operating on reduced hours from 8.30am to 1pm.



A huge thank you to Bill and Eva Johnstone who have sponsored this month's printing of our News

Please share copies with isolated residents

If you're able to sponsor our May edition please contact Lis on 0407 437 553 or email lis@thebigfix.org

Local Support for those unable to leave home



BANC
banc.org.au

Thank you to BANC for assistance in compiling this list. To discover and contact other local businesses visit thebigfixblackheath.org

Family Friendly Grocer	4787 8477	Credit card payment and delivery - offer to deliver for other essential businesses as well
Dash's Pharmacy	4787 8358	Delivery on Thursday only - restrictions may apply
Veggie Patch	4787 7108 0414 186 942	Credit card payment and delivery
Blackheath Butchery	4787 8759	Delivery coordinated with the Family Friendly Grocer orders
Blackheath Newsagency	4787 8449	Newspapers delivered daily and other items at owner's discretion
Katoomba Taxis	4782 1311	Offering delivery of goods and parcels, can do shopping for you and can help with postal needs
Blackheath Area Neighbourhood Centre (BANC)	0411 546284	9.30am - 4.30pm weekdays General assistance, enquiries and referrals
BANC Access	4787 5684	NDIS Support Coordination and Plan Management: Monday to Friday, 8.30am to 4.00pm *Please note if you do not have Support Coordination in your plan you can use your core supports to access this service during COVID19
BANC Wellbeing and Welfare Check line	0438 099 081	This number is for people in the Blackheath area who would like to register for a welfare check call. Available Mon-Wed-Fri 9.30am-12noon
BANC No Interest Loans (NILS)	0413 130 320	NILS loans are still available and will be conducted over the phone. Available Tues & Thurs 9.30am-4.30pm
BANC Cyber_Shed	0458 099001	Phone and computer help is available over video chat and phone. Available Wed & Thurs
Blackheath Laundrette	4787 8044	Free Pickup & drop-off. Hospital grade disinfection service. Please call first if any experiencing any health issues.
Blackheath Veterinary Clinic	4787 7388	Social distancing measures in place. Strict hygiene practices. Call before presenting to clinic. Hours may change.

Blackheath Post Office	4787 8159	Social distancing, only 4 customers allowed in store, strict hygiene practices, changes to parcel pick-up signing processes.
Family First Credit Union	1300 369 900	Over-the-phone support, including paying bills, account management etc. Can organize 3rd party collection of cash.
Weber's Nursery Mt Boyce	4787 5133	Buy veggie seeds etc for self-sustainability. Practising strict hygiene and social distancing practices. Delivery available.
Bogbean Health Foods	4787 5777	Delivery available.
This Little Piggy Deli	0466 261 076	Delivery of deli goods and ready-made meals available.
Blackheath Deli	4787 8984	From Wed 8 April, deliveries available after close of business.
Blackheath General Store	0410 062 705	Ready-made meals and produce available for delivery. Vegan & vegetarian options available. Can do meal plans. Place order in AM for PM delivery.
Blackheath Kebab House	4787 7386	Delivery after 5pm. \$5 charge.
Thai Silk	4787 6968	Will deliver (\$8) when spending over \$35. Order online at: https://www.menulog.com.au/restaurants-thai-silk/menu
Ho's Palace Chinese	4787 8809	Delivery and takeaway available.
Altitude Café	4787 6199	Takeaway & delivery available. Strict hygiene and social distancing in place.
The Smokehouse	0411 333 858	Posting changing daily menus on FB at @thesmokehousebluemountains Will trial delivery of meals and smoked meats after 5pm
Blackheath Bar and Bistro	4787 5787	Takeaway and delivery (including cocktails). Open 4-8pm Sun-Thurs and 4-9pm Fri- Sat New menus on FB @Blackheath-BarBistro
The Hairloom Hair & Beauty	4787 8658	Delivering Hair products, Skinstitut Skin Care, Biolage Shampoo and Conditioners and Arbonne Makeup
Site Rescue	0434 575 470	IT support and help with websites via phone or screen share
Blackheath Physiotherapy & Pilates	0410 699 698	Offering TeleHealth video-based consultations with physiotherapists Mon-Thurs.
Blackheath Lawyers	0466307708	Email, Facetime or phone consultations with signatures via self distancing at office by appointment only.

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www.thebigfixblackheath.org

Free Meals from Blackheath Baptist Church

If you know of a neighbour in need or who could use some “meal therapy” at this time, please contact Andy Collins or Daniel Joyce at the Blackheath Baps office at 4787 8243. Feel free to leave a message and they’ll respond as soon as possible. They are happy to deliver locally, or can arrange a pick-up. All food strictly prepared to adhere to the highest hygiene standards.

Buy coffee roasted in Blackheath and delivered to your door ... and help support young people in Timor at the same time

Roasters with Altitude is a boutique coffee roaster based in Blackheath and offers personalised service providing outstanding freshly roasted coffee to order. They use the award- winning Chinook Air Roasting system. They offer free delivery in the Blackheath area and all profits go to the Timor Learning Centre they built in Timor-Leste

Check out their coffee and products at <https://roasterswithaltitude.com.au/our-story/>

**KYC FRIDAY
NIGHT
DINNERS
HAVE GONE
MOBILE!!**

If you live between
Blackheath and
Bullaburra you can get
your dinner delivered...
for FREE!!

Contact Skye on
1800 405 013 OR
0490 532 309

myst

MYST's Katoomba Youth Centre is delivering free meals for young people

If you're a young person under 24 years between Bullaburra and Blackheath, MYST can deliver you a free meal on Friday night (after Easter).

Ph. Skye on 1800 405 013
or 0490 532 309