



Do you want to make a  
**SIGNIFICANT DIFFERENCE**  
in your local community?

**TURN THE TABLES**  
IS FOR YOU!

[www.turnthetables.org.au](http://www.turnthetables.org.au)

## WHAT IS TURN THE TABLES?

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**TURN THE TABLES** is a project developed by Mama Lana's Community Foundation (MLCF), to give businesses the opportunity to join together to build a valuable resource for the most vulnerable members of our community.

*See back page for background information about MLCF.*

Our continual expansion has meant we have outgrown our humble beginnings and need our community's help to strengthen our service, to continue to transform lives. In short, **we need funds for permanent premises!**

### HOW DOES TURN THE TABLES WORK?

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We are inviting a maximum of 50 local businesses to become **TURN THE TABLES** Partners. This is ideal for community-minded businesses who want to give to a cause, knowing it will make a tangible difference.

**Each business** will contribute **\$1,000 per year**, with a commitment of **3 years (\$3,000 in total)**.

*NOTE: Larger Partner donations are also accepted!*

**TURN THE TABLES** contributions will cover rental (and associated) costs of running the Mama Lana's Community Foundation premises. All donations are fully tax deductible.

## WHY YOU SHOULD JOIN TURN THE TABLES

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- o You will be a part of an exciting new initiative, a new approach to philanthropy and community giving.
- o You will be part of a unique movement in our local community, showing that there is power in unity and collaboration.
- o You will know exactly how your money is being utilised.
- o You will be invited to attend an annual 'Thank You' event for Partners, hosted by MLCF, where you can meet fellow Partners and expand your networks.
- o You will receive acknowledgement in our local community of your generosity.
- o You will have opportunity to provide volunteer experiences for your staff if you desire.

### WHAT SERVICES DOES MLCF PROVIDE FROM THE PREMISES?

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- o Dinner service (Monday - Saturday)
- o Drop In Centre (Tuesday and Thursday)
- o Student Lunch Program
- o Basic document assistance (e.g. resume writing)
- o Personal care packages
- o Library facilities
- o Loungeroom are for a safe and quiet place to rest
- o Clothing and 'rough sleeper' supplies
- o Food hampers
- o Advocacy and patron support
- o A sympathetic, non-judgmental ear to listen

## WHAT EXISTING SERVICES SUPPORT OR LINK WITH MLCF?

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- o Food donors: Aldi, Coles, Foodbank, Sargents Pies, Nando's, local restaurants, private donations
- o Centrelink, Wentworth Housing, Platform Youth Services, Uniting NDIS, Likemind, Ability Links, Springwood Nursing Home
- o Various local churches, schools and social groups

## WHAT DOES OUR NEW PREMISES LOOK LIKE?

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MLCF has secured a private rental premises (on a 3 year lease), that has been renovated to accommodate our needs. Cooks prepare most meals at home, with meal service conducted under a purpose-built undercover area in our backyard.

Facilities at our premises include:

- o Dining area for meal service
- o Cooking facilities
- o Storage facilities
- o Community pantry
- o Private meeting areas
- o Clothes washing and shower facilities

## ACCOUNTABILITY

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- o MLCF is independently audited each year and all expenditure accounted for.
- o MLCF is governed by a Constitution which allows provision for a maximum of one (full time equivalent) paid position, should funds become available. All other positions and tasks are undertaken by volunteers.

## ACKNOWLEDGEMENTS FOR TURN THE TABLES PARTNERS

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- o Inclusion on the '**TURN THE TABLES** Partners Wall' (on the MLCF website and at rental premises)
- o Framed '**TURN THE TABLES** Partner' certificate to hang in your workplace
- o 'Thank You' posts on social media
- o Invitation to Partner's annual 'Thank You' event
- o Use of the '**TURN THE TABLES** Partner' logo

## VOLUNTEER OPPORTUNITIES FOR TURN THE TABLES PARTNERS

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- o Run fundraising BBQs
- o Serve food at a nightly meal service
- o Pick up and sort donations
- o Offer free services to patrons (eg legal assistance, haircuts, etc)
- o Pack personal care or Student Food Program packages
- o Working bees/team building
- o Other opportunities tailored to your company

### TAKE THE NEXT STEP AND BECOME A **TURN THE TABLES PARTNER!**

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If you would like more information, contact Michelle Grice on 0412 701 147 or [info@turnthetables.org.au](mailto:info@turnthetables.org.au)

If you are ready to make a difference in your local community, JOIN NOW at:  
**[www.turnthetables.org.au](http://www.turnthetables.org.au)**

## BACKGROUND INFORMATION

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In October 2013, Roger and Lana Borg cooked for fire fighters who were battling the Blue Mountains bush fires. The duo delivered 350 meals a day over a 12 day period during the fires, as well as cooking BBQ breakfasts and dinners for the volunteers. Then in November 2013 they were asked to cook a banquet Christmas Eve dinner from a carpark in Penrith for the homeless and underprivileged.

Roger and Lana realised there was a great need in our local community to help feed the homeless and underprivileged and began providing meals four nights a week. When the need arose, Mama Lana's Community Foundation increased meal services to the current arrangement of six nights each week.

Lana says, "We want to let these beautiful patrons know that there are people out there that truly care. We want to help them get back their self-respect and dignity so they can eventually get back on their feet."

We believe in kindness with no strings attached, and, with dedication and

commitment, Mama Lana's is doing everything we can to achieve this. Mama Lana's Community Foundation (MLCF) is a wholly not-for-profit, volunteer operated organisation dedicated to helping our often forgotten homeless and underprivileged community in the greater Penrith region, to advance their wellbeing and prospects for future independence.

MLCF offers hot meals six nights a week, supplies food and toiletry packs, as well as providing clothing, sleeping bags, swags and blankets to keep the homeless and underprivileged warm during cold Penrith nights.

We liaise on behalf of the patrons with Centrelink, Penrith City Council, Department of Housing and other resource centres and government departments to help the patrons any way we can, to make their lives more comfortable and bearable. We also seek to find long term solutions to better their circumstances. Each night we see new faces, reinforcing to us that the need for our continued and expanded service is necessary.

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**MAMA  
LANA'S**  
COMMUNITY FOUNDATION



## MAMA LANA'S COMMUNITY FOUNDATION

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