

## MESSAGE FROM THE BOARD

Dear Clients, Staff, Volunteers, Sponsors and Members

Our wonderful organisation is going ahead in leaps and bounds and we hope you enjoy all our news.

However, I want to pause for a minute to acknowledge the contribution of two special members. The first is Cate Minogue who was farewelled at a special staff dinner at the Terracotta Restaurant recently. Cate was the coordinator for our Meals on Wheels program and has given over 12 years of valued service to Flexible Care. We do wish her well and the best of health in life beyond MHFCS.

We were saddened by the passing of Brian Dunn who has worked tirelessly for so many years, principally as Chairperson of the Board of MHFCS. Only a few days before Brian's passing, he was enthusiastically discussing Flexible Care matters with me from his hospital bed and making notes. Our sincere sympathies go out to Judy and the extended family.

On a brighter note, I attended a Rotary Meeting in April, with fellow board member Jan Ryan and service manager Debby Glover. I gave an illustrated talk on Flexible Care and we answered lots of questions. It was an informative evening for Rotary members as we 'spread the word'.

Your Board is currently looking at garaging options for our newest vehicle (the Corolla Ascent). We welcome renewing sponsor Pepe's Ducks. Finally, with the closure of NAB in Harden, we took the decision to transfer our banking business to the Bendigo Bank and are impressed with the services they are providing.

Stewart Bruce  
Chairperson



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**LOOK OUT FOR OUR STAND** as part of the Healthy Harden Committee Expo at the Hard Rock Gym on 17<sup>th</sup> August. There will be stands covering lots of aspects to do with your health and well-being. From 12.30 pm to 6.30 pm. For further details, contact Ros Stewart on 0406 379 561.

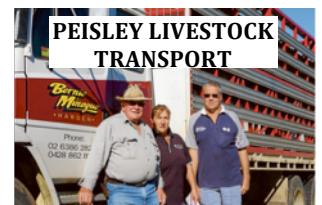
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### SKIN CANCER CHECKS AVAILABLE

The Sprinter vehicle travels to Orange to the Central West Skin Cancer Clinic on a monthly basis. The trip begins around 8 am and returns to Harden later in the afternoon. Clients who use the service are very pleased with the attention they receive.

Please ring Trish Shea in our office  
to book your appointment and transport

## OUR SPONSORS 2017



## OUR FUNDRAISER RAFFLE

**Get your tickets now!**

**FIRST PRIZE - \$8,000 Travel Voucher**  
**SECOND PRIZE - \$2,000 Travel Voucher**  
**(to spend as you wish!)**

Prizes and sponsorship by HelloWorld,  
Cootamundra.

Tickets \$10 each

**Target** - to raise at least \$11,000 for Flexible Care Services from the sale of just 2,000 tickets.  
Drawn 8<sup>th</sup> Dec at the Harden Country Club.



**Call in at the office to buy a ticket or take a book of 20 to sell yourself to help us reach our target.**

[not open to staff members or board members of MHFCS]

## HOW ARE WE GOING?

**Financial Year: 2016-17**

- ✓ Transport with voluntary drivers 2,945 trips  
136,447 km  
3,745 hrs
- ✓ Meals provided: 4,090
- ✓ Yard & Garden: 266 hrs
- ✓ Personal Care: 506 hrs
- ✓ Respite Care: 238 hrs
- ✓ Social Activities: 700 hrs

Transport has increased considerably from the previous year when volunteers did 2,728 trips and 130,135 km over 2,705 hours.

## SPECIAL GENERAL MEETING

**Monday 28<sup>th</sup> August**  
**at Offices of Flexible Care, starting 5.30pm**

To consider and vote on proposed changes to our Constitution to align with the new Model Constitution issued by the Department of Fair Trading. All paid-up (2017) members of MHFCS are entitled to vote at this meeting. A copy of the proposed changes is available to peruse (or photocopy) from our Offices during MHFCS business hours, 9.00 am – 3.00 pm.

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## ANNUAL MEMBERSHIP OF MHFCS REMAINS AT \$2 FOR 2017

**Membership renewal is still open for this year.** Please keep your 2016 membership card as we aren't reprinting these at present. New cards, however, will be issued to new members. We presently have 34 paid-up members but would like to increase this. Members can vote at special general meetings (such as the one above) and at annual general meetings.



Our new Meals on Wheels coordinator is **Jacinta Potts**, pictured packing frozen meals into the special insulated delivery bag. Jacinta is very excited about her work with Flexible Care which includes other jobs as well. Thank you for

your enthusiasm and great work!

## NEXT OF KIN PROGRAM

This program developed by the NSW Police Force **helps people living at home alone** by having the contact details of their nominated person recorded at the local police station.

Your doctor, dentist and any medical alerts that might help in an emergency situation can also be provided by you.

**Completing the form is optional.**  
**Flexible Care can help you complete it if required.**  
**We can collect them over the next few weeks and return in a batch to the police station.**  
**Your information remains CONFIDENTIAL.**

## SERVICE MANAGER'S NOTES

Once again, it has been a very busy few months. All staff have been working tirelessly to deliver six services to our community. MHFCS is preparing for the Financial Year End commitments which include Financial and Audit preparation.

Debby Glover  
Service Manager

## STAFF MATTERS

**Kay Wyatt** has been quietly training and now working as a staff member with Flexible Care. Kay visits clients at home and provides essential personal care where needed. It takes a special person to provide this sort of care to our clients!

## RECENT TRAINING COURSES

Staff and volunteers often take the opportunity to upgrade their training and competencies. In recent months, the following have occurred:

- Kristy Stevenson (our Board secretary) attended several evenings conducted by the Harden Regional Development Corporation on governance.
- Board members Jan Ryan and Stewart Bruce attended a different governance course in Young (presented by Meals on Wheels)
- 15 staff and volunteers took time over a whole Saturday to complete comprehensive first-aid skills through Allens Training.



Costs for all courses were met by Flexible Care Services.



## SPARE HOUR OR TWO??

Why not become a volunteer driver – even once a fortnight would help us! Trips can be local or farther afield. Talk to Trish Shea, our Transport Coordinator, for more details.

## OUR CONTACT INFORMATION

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