

# NEWSLETTER

## August 2019

### OUR CONTACT INFORMATION

Trinity Centre  
Cr East & Albury Streets (PO Box 199)  
HARDEN NSW 2587  
Phone: 02 6386 3561  
Fax: 02 6386 3785  
Email: [manager@flexicare.org.au](mailto:manager@flexicare.org.au)  
Website: [www.flexicare.org.au](http://www.flexicare.org.au)

## GETTING THERE SLOWLY! ANNUAL RAFFLE

**1st Prize - \$5,000 cash**

**2nd Prize - \$500**

**3rd Prize - \$250**



Target  
\$10,000

To be drawn on 13th Dec 2019 at the Harden Country Club. Tickets are \$5 each, available from the Flexible Care Office or from board members and staff.

\$3,600

\$0

If you can sell a book for us, please call in to the Office.

Tickets will also be sold at the next street stall outside IGA on Saturday, 14th September.

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### OPERATIONAL STATISTICS

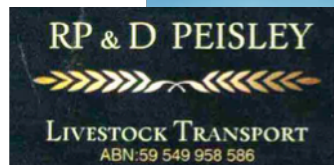
#### For 2018-2019 Financial Year

These are our amazing facts and figures for the period 1 July 2018 – 30 June 2019 ...

- ✓ Transport with voluntary drivers: 2,043 trips  
117,960 km  
3,414 hrs
- ✓ Meals provided: 4,466
- ✓ Yard & Garden: 195 hrs
- ✓ Personal Care: 402 hrs
- ✓ Respite Care: 228 hrs
- ✓ Social Activities: 474 hrs

Transport utilised the services of around 20 volunteer drivers, while another 40 volunteers assisted with Meals on Wheels home deliveries.

### DONORS FOR 2019



### BOARD NEWS

As this newsletter goes to press, we welcome two new directors to the board filling casual vacancies from now till the October AGM. They are **Ross Pollock** and **Keith Ward** (who also looks after our website). Their experiences with the local business scene and technology are skills that will be very much valued by our board. Welcome on board!



The Board organised a planning day for staff and directors on 25th June and, at this stage, has sought input from Flexible Care clients via a questionnaire. The result is our next Strategic Plan 2019-2022 which is fast taking shape. We hope to have it finalised by the September board meeting. A link to download a copy will be added to our website and hard copies will be made available from the office. Many thanks to board director **Judy McFayden** who has spear-headed this important process.

## SOCIAL OUTINGS COMING UP

Three bus excursions are currently being planned. They are to:

- Junee – Roundhouse, Licorice Factory and Monte Cristo (pictured)
- Grenfell Silos – return trip. Very popular!
- Floriade (Canberra)



At this stage, definite dates are not available. However, Trish (front office) is taking names now as these trips fill up fast.

## GOING TO YOUNG?

If you wish to travel to Young on a given Monday or Wednesday (for any reason at all), why not ring Trish on 6386 3561 and book a seat on our 12-seater Renault Masterbus. If a group wishes to travel, other days are also possible.



## VOLUNTEERS NEEDED...

Please consider becoming 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.



## INTERVIEW WITH...



**How did you find out about volunteer driving?** I saw the “drivers wanted” notice outside the office.

**How long have you been volunteering as a driver?** Since January this year.

**Why did you decide to do this?** Well, I love meeting people and having conversations with them, and I enjoy my driving. There is also the satisfaction of assisting others who need your help. You never know, one day I might need the service myself, so it's good for me to help others now.



**Where do you drive?** I go mainly on the longer trips to Canberra and Wagga, but I've also driven to Albury, Young and Cootamundra.

These have all been for specialist medical appointments in the various centres.

### What qualities do you need to be a volunteer driver?

Above all else, you need to be a competent driver. You need to be able to find your way around unfamiliar territory, using your maps or GPS or whatever, and be prepared for changes in road conditions, detours or the like. You need to be a critical thinker!

**What about the Flexible Care staff?** The staff, especially Trish [the transport coordinator] are just great! They are very supportive and don't put pressure on you to take up every request – they are aware you have another life.

**Any advice to others thinking of doing this?** I would encourage you to be a driver if you enjoy meeting people. It's certainly better than sitting around doing nothing in retirement. But if you are younger and have the time, this would be a great thing to do.

**PS** Jenny has also learned to driver the Mercedes Sprinter bus and operate the wheelchair lift, under the careful instruction of Pat Walsh. Thanks, Pat!

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Group at the Coolamon Cheese Factory in June.  
Photo courtesy of Pat Walsh.

## SKIN CANCER CHECKS AVAILABLE

The 12-seater Renault bus continues with trips to Orange throughout 2019 to the Central West Skin Cancer Clinic on a monthly basis. Trips begin around 8 am and the bus 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

**Bookings now available for Friday, 4th October and Friday, 18th October. There are currently some vacancies. Please book early to avoid disappointment!**

*Murrumburrah Harden*  
**FLEXIBLE CARE SERVICES INC.**