

## OUR CONTACT INFORMATION

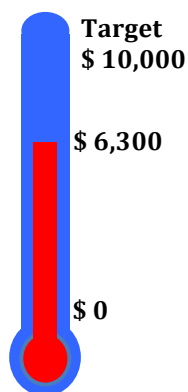
Trinity Centre  
Cr East & Albury Streets (PO Box 199)  
HARDEN NSW 2587  
Phone: 02 6386 3561  
Fax: 02 6386 3785  
Email: [manager@flexicare.org.au](mailto:manager@flexicare.org.au)  
Website: [www.flexicare.org.au](http://www.flexicare.org.au)

## ONLY A MONTH TO GO! ANNUAL RAFFLE

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

**2nd Prize - \$500**

**3rd Prize - \$250**



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.

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

If you have sold raffle booklets, please return, with money, to the office as soon as possible.

=====

## OPERATIONAL STATISTICS

### For our financial year so far

These are our core statistics for the period  
1 July - 31 October 2019 ...

- ✓ Transport with voluntary drivers: 984 trips  
43,709 km  
1,343 hrs
- ✓ Meals provided: 1,373
- ✓ Yard & Garden: 52 hrs
- ✓ Personal Care: 137 hrs
- ✓ Respite Care: 160 hrs
- ✓ Social Support: 156 hrs

Transport utilises the services of around 15 registered volunteer drivers, while another 40 volunteers assist with Meals on Wheels home deliveries.

## BOARD NEWS

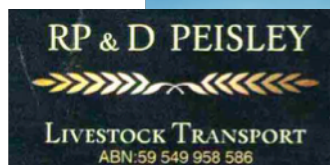
Following the AGM last month, our new Board is up and running. The ten board members are as follows:

Stewart Bruce	Chairperson
Jan Ryan	Vice-Chairperson
Judy McFadyen	Secretary
Lynne Friend	Treasurer
Ross Pollock	Director
Keith Ward	Director
Grahame Taylor	Director
Carol Barker	Director
Robert Fitzpatrick	Director
Debby Glover	Service Manager

Our thanks go to retiring director Greg Sanderson for his contribution to Flexible Care Services over the past two years.

Please check our website for the latest information about our wonderful organisation – you can access copies of all 12 past quarterly newsletters, our constitution and the new Strategic Plan 2019-2022. We appreciate Keith Ward's commitment to keeping our website up to date.

## DONORS FOR 2019



## SOCIAL OUTINGS NEWS

Trish Shea has been busy organising social trips lately and many have enjoyed these excursions:

- **Monet Impressionists** Exhibition at the National Gallery, Canberra
- **Coolamon** museums and cheese factory (2nd visit)
- Murals on the **Grenfell** silos (2nd visit)
- Movie **Downton Abbey** at Southern Cross Cinema, Young.

Pat Walsh  
(volunteer  
driver),  
Margaret Tobin  
(meals  
volunteer) and  
client Leonie  
Townley ready for  
*Downton  
Abbey*.



**A Christmas Shopping trip is being organised to Belconnen Mall, Canberra for late November/early December. Please contact Trish if interested.**

It is a good idea to contact the office now and then to see what excursions are being planned. It is very disappointing to miss out if you don't know!



### A NOTE FROM THE SERVICE MANAGER

Since our last newsletter we have been busy holding various activities promoting our Christmas raffle of \$5,750 to be drawn on 13th December at the Harden Country Club. You can purchase a ticket, for only \$5, from our office.

Debby Glover

## 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 – just ask!



### COMMUNITY CHRISTMAS LUNCH

Are you at a loose end over Christmas? Perhaps you aren't able to see family or friends at this time. Maybe you would enjoy the social contact with others over a good meal.

The Harden/Galong Uniting Church is organising a lunch on Sunday, 22nd December in the Church Hall, Binalong Street, Harden commencing 12 noon.

Volunteers will serve your Christmas-style lunch and there may be a few other nice surprises! **There is no cost.** To reserve a place, please contact Aileen Alcorn (6386 2157 or 0427 202 338) or Stewart Bruce (6386 3074 or 0423 090 912). Let us know if you need transport when you ring us!

## INTERVIEW WITH JENNY JAMES

**What is your role at Flexible Care Services?** I am the Care Manager for our care workers Pru Pavitt, Wendy Chesworth, Kay Wyatt and Liz Butt. I also am involved with social support, organising our "roving lunches" twice a month so clients can get out of the house and enjoy socialising with others.

**What else do you do?** Well, the most important thing is to do assessments for clients that have personal care and respite needs. That involves looking at the level of personal care required, checking health and safety in the home, seeing if any special equipment is needed and giving advice to help folk live independently where they can. I also organise the rosters for our care workers, monitor any concerns and liaise with other agencies so our clients can get the best possible care.

**What does personal care involve?** It means our care workers visit clients up to 7 days per week, assisting them to shower, dress, put on support stockings if needed and check on their wellbeing. We also know that carers – often a husband or wife – sometimes need a break, so we provide short-term relief so they can do just that!



### What motivates you with your work?

Enjoyment! I like helping people. It is very satisfying and families often express their thanks. It is an important service to keep going. Being local makes it easier for me to establish a rapport and trust

with those we help who are generally vulnerable elderly people.

**Postscript.....**Jenny was with Flexible Care at the beginning, working with Pat Thurstle. She started as a personal carer in the late 1990s and has worked continuously apart from a few short breaks.



### SKIN CANCER CHECKS AVAILABLE

The 12-seater Renault bus will have its last trip to Orange for 2019 on **Friday, 22nd November** to the Central West Skin Cancer Clinic. The bus leaves around 8am 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

**Bookings now available for Friday, 22nd November – there are some vacancies on the bus. Monthly trips will resume in February 2020.**