



June 2023

From the CEO

*Where has the
year gone?
Thanks for
your
continuing
support.*

Our service continues to be very busy which is a great indication that our local clients put their trust in the services we offer and that they are taking advantage of meeting their healthcare needs. We also have a great rapport with multiple assessment teams who feel comfortable referring clients to our service.

We received some very positive feedback from the Aged Care Quality review conducted in December 2022. We were issued with two recommendations that we are confident that we have now met. This has been brought about by some extensive work by all staff to embrace the new client care computerised program which encompasses client care notes/plans, client invoicing, monthly data compliance and staff rostering/payroll.

We are close to full implementation which we are sure will streamline our processes greatly. A further quality review was completed last week on the two recommendations, and we await report findings. The positive feedback voiced by the reviewer gives us confidence we are on track.

We celebrated National Volunteers week with a thank you dinner last month and I'm sure you have caught up with some social media photos which highlighted everyone's involvement.

I am delighted to advise that Jodi Spackman will be joining our team to take up the position of Transport Co-ordinator. I'm sure that Jodi will be a great acquisition to our team and please drop in and say hi and make her feel welcome as she undertakes this new employment challenge. Jodi will be receiving a handover from Trish for two weeks commencing 10th July.

We are indebted to Trish for the valuable input she has made to our service for the past nine years and we will certainly miss her on a day to day basis. However, she has assured us that she will drop in regularly and I'm sure we will be leaning on her as necessary regarding her vast knowledge of our transport services.

I thank all our staff and volunteers for their continued commitment to Harden Flexible Care Services and hope that you stay tuned to our social and print media which highlights some of the client-based activities and services that we offer.

Maryanne



*Thank you to
our
volunteers
who brave
the heat and
cold and to
the prize
donors.*

*We
appreciate
you all.*

From the Board

There is so much that happens behind the scenes to support Maryanne and her team. Our Board meetings are always thoughtful and productive with each board member bringing different perspectives and expertise. 2023 is proving to be an exciting and fruitful year for Flexible Care. Under the guidance of Maryanne and her team, our client base continues to grow, and a comment that is often heard in our community is how lucky we are in Harden to have such a service. As well as waged staff, which includes a CEO, Care Manager, Meals Manager, Transport Manager and care workers, our service relies heavily on volunteer workers, drivers, and Board members to ensure efficient service operation.

As you know, MHFCS provides a range of practical services and opportunities to support clients in their homes, enabling them to remain independent for as long as possible. This support includes any form of in-home care, personal care, social supports, meals, domestic care services yard and garden and community transport. Our client base includes, Harden, Boorowa, Galong, Jugiong, Young and places in between!

Our weekly social hub session which focuses on creating meaningful moments whilst offering a sense of belonging, connection, and support, has been a runaway success. The 'Hub' fills a much-needed gap, providing social and recreational activities for eligible clients. However, a lack of accessible bathroom facilities excludes some clients who would benefit from this opportunity.

In addition to enabling us to run our programs and services to support our community, in 2023, we are hoping to raise enough funds to convert an old toilet block into an accessible bathroom next to The Hub and to upgrade the bland cement outdoor space into an inviting outdoor community space. This would make such a difference to the Hub users and other visitors. We have been advised that this could cost up to \$50000. Lynne's expertise in finance and management has been invaluable in liaising with Hilltops Council and Craig Filmer from DA Busters to navigate our way through plans and council requirements and we are moving closer to finalise our plans.

We have applied for two grants to help us achieve our goal – a Qantas Community Grant and a Stronger Communities Programme Grant. Cross your fingers for us!!!

Our regular street stall fundraising continues to be well supported by the community. Thank you to our volunteers who brave the heat and cold and to the prize donors. We appreciate you all.

Graham and Mandy have been helping collate a data base of local and near local businesses and community members who will be contacted in the hope of attracting more sponsorship.

In other news, we were delighted to take delivery of our newest vehicle in April and are now working towards building a secure area to garage it. Along with this, we have had a new security system installed so that staff, volunteers, visitors and vehicles are monitored 24 hours/day to ensure safety and security for all. Whew!!! a busy start to the year. Thanks again and we'll keep updating you about our plans!

Judy

Your Board Members

Chairperson: Judy McFadyen

Secretary: Graham Taylor

Treasurer: Ross Pollock

Public Officer: Lynne Friend

Other Board members:

Stewart Bruce, Carol Barker,

Robert Fitzpatrick, Keith

Ward, Amanda Sachs

Cameron Hooke.

Transport News



*Thankyou Steve
Veech for your
years of volunteer
driving with Flexible*

Earlier this year we took delivery of our new Mitsubishi ASX. It has made such a difference to the service and team having an extra vehicle.

Our vehicles remain busy with client medical trips continuing to roll in. However, with the winter weather often meaning last minute cancellations these trips are at times spasmodic.

As an essential part of encouraging clients to check their health, we continue to transport clients monthly to the Orange Skin Clinic.

Social trips are also an important part of our service and we have transported our clients to landra Castle along with two trips to Cootamundra Country Club for music, dinner and dancing.

We send our get well wishes to two of our volunteer drivers in John Taylor and Pat Walsh both of whom have been unwell. Our thoughts are with you both for a speedy recovery.

Volunteer drivers are urgently required, so if you have any spare time please call in and ask about our service. Volunteering can be so rewarding.

Please feel free to pop in and have a chat and see how we can service your transport requirements.

Trish



Meals News

Our Meals on Wheels Service is always popular and with the cold weather upon us clients are taking advantage of the home delivery option, or maybe you would like the convenience of some delicious frozen meals to have in your freezer. Delivery time for hot meals is 12 to 12:30 Monday to Friday.

Crumbed lamb Patties are now back on the menu after been in short supply for some time, and we will pass on any new menu items as they become available.



Don't forget that Meals on Wheels participants can take advantage of our Thursday Hot bake Lunch Specials.

*Don Armitstead
collecting his weekly
meal order.*



Some of my wonderful Meal Volunteers at our 'Thank a Volunteer' dinner.

Call in to the office and enquire about our meals service, we can help you with your assessment requirements or even if you would like to sign up as a volunteer please enquire.

Jacinta

Care and Social Support Services

THE HUB *A place to stay connected.*

Tuesdays
10 am to 2

Several guest speakers have come to speak to us during the past three months at the Hub, including Mandy, who has experience with floral arrangement, Felicity, a physiotherapist, who stressed the value of balance and strength in lowering our risk of falling and Carmel from Terry White Chemist who discussed the importance of frequent blood pressure checks, and awareness of medical conditions like diabetes as a risk factor for those ageing.

We have been attending morning melodies at Cootamundra for the past few months, with lots of dancing for everyone to enjoy. This month, thanks to Jan from Country Keys and Strings and the Harden Country Club we have the good fortune to have our own morning melodies which will be held on the 22nd June 10.30 am at the Club. This is a free event with everyone welcome. The club have put on a very reasonable lunch special for \$12.90 if you choose to stay for lunch. Join us all there for a great day.



In May, the Hub we hosted the Biggest Morning Tea and raised \$861 for the Cancer council and thanks to the support of our community for supporting our event. We have celebrated many things in The Hub over the past three months including, International Women's Day, St Patrick's Day, Harmony Day, April Falls month, Anzac Day and so much more. We look forward to more events, guest speakers, morning melodies and outings in the coming months.

I pay special thanks to our care staff for the commitment they have to our clients to keep them safe and secure in their homes.

Ang

2023 Fundraising and Sponsorship

Thank you so much to everyone who have supported us by buying tickets in our raffles this year. It's amazing how much it all adds up!

Keep an eye out for our future monthly raffles as there are always great prizes on offer and we thank those who contribute to these prizes.

Thank you also to our major sponsors.

Your generosity is so appreciated and will help us reach our target to enable us to build our accessible toilet.

In this edition we acknowledge and thank:



GRAYMONT



Connelly's

