

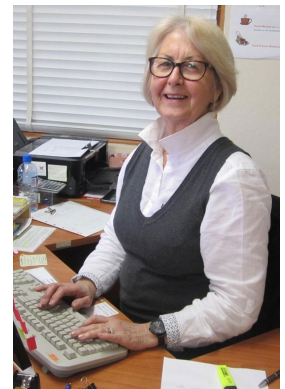
**September 2023**

## *From the CEO*

Our service remains very busy with our rostered cares stretching across 75 clients from Harden and surrounding areas, this keeps our support staff very busy on the road and makes for some beautiful spring drives as they travel between clients, we are certainly making use of our newly acquired motor vehicle purchased earlier this year.

I thank and appreciate all the cares our staff offer to the care of our clients.

We farewelled Trish Shea recently and welcomed Jodi Spackman to fill the big shoes left behind by Trish. Trish committed 9 years to our organisation and certainly always went above and beyond to fulfil all our clients requests. We wish Trish all the best in retirement and hope she enjoys some special family and travel time.



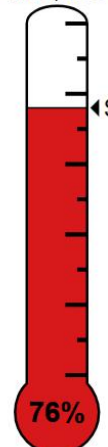
The year is ticking away and many activities have been enjoyed over the past few months; social outings and weekly theme day and activities in the Hub room keeps us on our toes, special mention to the admin team who recently scored a perfect 20/20 for a quiz challenge, much to the dismay of the some of the hub clients!.

We are currently reaching out to our clients for their input by comments/suggestions by way of completing our client satisfaction surveys, we encourage and appreciate feedback as we strive for continual improvement.

### **Bathroom Project funding**

Thank you to all those who have made a donation to our organisation during 2023 in particular for our much needed Bathroom renovation project of which we hope will commence in the coming month.

\$20,000





In July we said farewell to Trish and welcome to Jodi. Trish's contribution cannot be overestimated. She has been our 'rock' for so long. We know that she'll be back to visit and I can't wait to hear about her adventures in France!

Jodi however, has slipped into her role so easily. Thank you to the team for making her so welcome.

As ever, the Hub continues to grow. I just love reading about and looking at the photos of the Tuesday outings and activities. I know I keep saying it, but we are so lucky to have Ang, Jacinta and the rest of the team and volunteers to provide this magical place!

We are holding our AGM on Monday 9th October. My thanks must go to our current Board Members for your supportive contributions to Flexible Care this year. Each member brings a different perspective to the team and as such each member has enabled Flexible Care to continue to be an integral part of our community.

My thanks to Ross Pollock and Cameron Hooke who are both leaving the Board. Ross has been our Treasurer and an active volunteer so a special thanks to him.

We are now selling tickets for our Christmas Raffle. Keep an eye out for us down the street, at the Harden Show and who knows where else! Your continued support is appreciated.

*Judy*

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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.



*National carers week is celebrated nationally during the week of  
15-21 October 2023*

Come along and join us in celebrating at our  
**'Community Morning Tea'**  
held in the Hub rooms at Flexi Care on  
**Tuesday 17<sup>th</sup> October 2023**  
**from 1030am**

*.....let's celebrate all those who care*



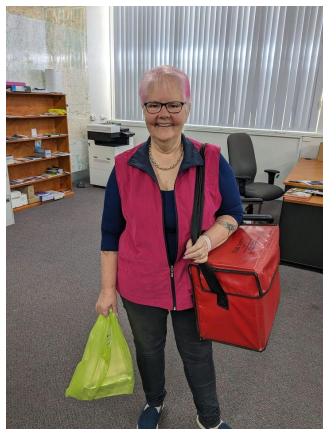


## Meals on Wheels News

NSW Meals on Wheels organisation recently celebrated 70 years of operation. We are so grateful for their over-arching management and regular advises and updates.

Our local meals service continues to grow in our community with our regular weekly clients and many new clients enjoying the vast array of tasty meals on offer. We are currently outlaying approx 400 meals a month to clients within our community.

We thank our volunteers who regularly delivery meals and encourage them to come along to our community morning team on the 17th October.



NSW Meals on Wheels partnered with Reckitt Australia who kindly donated Pine O Clean Wipes to all Meals on Wheels services. We were very grateful to receive ours and are on-sharing with our clients.



Some of our meal clients very happy to receive their wipes at our weekly hub gathering.

*Jacinta*

## Transport News

Community Transport has been very busy over the past few months.

We had to say farewell to our much-loved Trish. She is very much missed, but still has regular contact to make sure everything is running smoothly 😊

We have been very busy with regular weekly trips to Wagga, Canberra and surrounding areas for medical and personal appointments for clients.

Last week we took a bus load of people over to Young to watch the “Everly Bros and Buddy Holly” show. This had rave reviews from everyone that attended. (Photos of this are on Facebook).

We have started fortnightly shopping trips over to Young, which has proven to be very popular and very much anticipated every second Thursday.



*Jodi*

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## Harden Senior Citizens Club Donation

Harden Seniors Citizens Club member Jan Spokes called into Flexi Care today to make a very generous \$500 donation to our service.

Jan advised that the Harden Senior Citizens Club has now wound up after many years of service to our Harden Community and they are in the final processes of off-loading many of their valuable wares to the needy in our community.

Harden Flexible Care is very appreciative of the kind offering from Jan, Shirley and the remaining senior citizens members as the funds will certainly be put to good use at Flexi Care.





## Care and Social Support Services

The Hub has been quite busy over the past few months, with speakers like Ros Stewart for Tai Chi, Darren Williams for NAIDOC Week, and Cathy Kerr for women's health.

**THE HUB**  
*A place to  
stay connected*  
**Tuesdays**  
**10 am to 2**

On 19th Sept we said goodbye to one of our regular Hub friends Shirley. We hope Shirl and Stephen enjoy this next adventure. You will be missed



The Hub came to life, and was transformed into Las Vegas, most of the players lost all their casino chips on the blackjack and roulette tables.



More Outings are being planned as a result of the nicer weather. Please like and follow our Facebook page to stay up to date with all we do and what's coming up.