

MURRUMBURRAH- HARDEN FLEXIBLE CARE SERVICES INC.

Trinity Centre
27 East Street (PO Box 199)
HARDEN NSW 2587
Phone: 02 6386 3561
Fax: 02 6386 3785
Email:
manager@flexicare.org.au

Website: www.flexicare.org.au

October 2024 From the CEO



Join us for Morning
tea



Wednesday 16th
October 2024 from
1030am
@ Harden Flexible
Care 27 East St



First Aid/CPR updates

As we farewell the winter cold we look forward to some 'spring weather' to enjoy our outdoors space which is still under renovation, we are certainly taking advantage of our new bathroom and outdoors furnishings, thanks again to everyone that contributed financially to make this happen.



In the past months we have updated our motor vehicle fleet by way of purchase of a new Hyundai Staria people mover and despatched of our ever reliable small Sprinter Bus which has found a new home up at The Grange, from all reports the residents are very excited about the opportunities it will present. With our vehicles on the road almost every day we will also be looking to update another vehicle in coming months.

Things remain very busy here at Flexi Care and in particular with the end of another financial year commitments, it was pleasing to summarise the contributions by our community by way of donations and support of our fundraising efforts.

Our staff are regularly provided with training updates to complement their knowledge base and we all recently undertook our First Aid/CPR updates. Likewise we are continually looking at ways of continual improvement of our services and the opportunity has been extended recently to all clients to participate in annual satisfaction surveys, some very positive comments were voiced and some quality suggestions on improvements which we will now consider to benefit the offerings to our clients.

Would you like to become a Flexi Care Board Member?
AGM Monday 11th Nov24 4pm
Speak to Judy or any board member if interested



I was given the opportunity to speak at Rotary last month and I hope that the informed session was of benefit to some, thank you for welcoming me to address your group.

Coming Events

Carers Morning Tea - Wednesday 16th October 2024 from 1030am

provides a little social get together for those who are cared for and to thank those in a caring role.

Drop in a for cuppa and cake from 1030am on the day.



Show them you care



If you or a family member needs help in maintaining their healthcare at home please reach out to us and we will help if we can.



Flexi Care AGM

Monday 14th November 2024 at 4pm

Can you make a difference to the elderly in our community - consider volunteering as a board member for our community based organisation.

The staff participate in the 2024 Footy Tipping which brought about much discussion and banter in the office each week. I'm not normally one to gloat but I led from start to finish to take out the win.

Not sure if it was pay back or not but my beloved Eels coffee cup 'accidently' got smashed last week – the jury is currently deliberating on whether this was malicious damage or not ?



Regards

Maryanne (CEO)

From the Board

October again... it just seems that I sat down to write the June report such a short time ago.

Such a busy and fruitful year again for our service.



Board Members:

Judy McFadyen – Chairperson
Nicole Bolger - Secretary
Lynne Friend – Treasurer, Public Officer
Stewart Bruce – Vice Chair
Grahame Taylor – Director
Carol Barker – Director
Mandy Sachs – Director
Robert Fitzpatrick – Director
Keith Ward – Director
Maryanne Fitzgerald – CEO (ex officio)



Our accessible bathroom is a reality, the outdoor furniture is in constant use and landscaping of the outdoor area is underway.

Our service delivery continues to grow and our reputation is known and valued throughout the district.



Volunteer's Dinner July

None of this is possible without the Board, the dedication of Maryanne and her team and the numerous volunteers who support Flexible Care in so many ways throughout the year. I loved meeting so many of you at our volunteers dinner. Thank you to each and everyone one of you.

Once again, we have worked so hard to supplement our funds

Thank you to the donors who support us year in and year out either financially or in kind in our fundraising efforts.



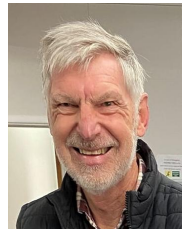
Like other volunteer organisations we are finding it more and more difficult to attract people to help across the organisation.

If you are able to, or know anyone who could volunteer as drivers, with Meals on Wheels deliveries, selling raffle tickets, assisting at the Hub or become a Board Member let us know.

AGM in November

My thanks 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 a valued and integral part of our community.

Stewart Bruce will be stepping down from the Board. His leadership and guidance over the years has been immeasurable but he quite rightly says that 'it is time for a break'. Thank you, Stewart. Your shoes will be big ones to fill.



At the meeting I will be stepping down as Chairperson. I love being part of the Board but after two years as Chair I know that I am not able to give the role the time that it needs and deserves.



So... we need your help to find new Board members.
Thanks again for your support of Flexible Care in 2024.



MURRUMBURRAH-HARDEN

FLEXIBLE CARE

MONSTER RAFFLE

1st prize valued at over \$2,300.00
2nd prize valued at over \$500.00
3rd prize valued at over \$250.00

PRIZES
\$3,000.00

**DRAWN FRIDAY 6TH
DECEMBER @ 8 PM
HARDEN COUNTRY CLUB**

TICKETS
**\$2.00 EACH OR
3 FOR \$5.00**

QR CODE

**GET YOUR TICKETS
@ FLEXIBLE CARE
27 EAST ST HARDEN
02 6386 3561**

MONSTER CHRISTMAS RAFFLE

THANK YOU TO THE FOLLOWING SPONSORS

LIGHT HORSE HOTEL
ZIEMS QUALITY MEATS
LONG TRACK PANTRY
HARVEY NORMAN YOUNG
DJ'S ON NEILL
THE POTTING SHED
JUGIONG MOTOR INN
GINO'S FRUIT & VEG
POWDERLY'S PUMPING
MADE BY MANDY MOO
TWIN TOWN PIZZAS
PRESTIGE BEAUTY
ATHAIR
BUNNINGS

OHANA COLLECTION
BARWANG WINERY
HOUSE OF HONEY
JUGIONG WINE CELLAR
HARDEN POST OFFICE
HARD ROCK GYM
THE MANE BY KYLIE
J JAMIESON MASSAGE
POPPAS FUDGE FACTORY
BRINGARUM ALPACAS
GOLDEN GLANCE NURSERY
HARDEN COUNTRY CLUB
JACKSONS BAKERY
THOMPSONS RURAL
BARNES STORE

October means that we start selling raffle tickets for our 'Monster Christmas Raffle'. Our community has been so generous in donating goods and services. Look out for the Christmas Gift Trees which are full of incredible prizes. This year we will be selling tickets at our monthly street stall and thanks to the help from Alison Manwaring we will also be selling tickets online. The raffle will be drawn on Friday December 6 at the Harden Country Club.

Judy

Meals on Wheels News



Meals on Wheels provide main meals that are designed with the over 65 group in mind

We have welcomed a few new clients who are receiving regular meals and really enjoying them.

I have a number of new delicious meals on our menus so pop in and try.

A very big thankyou to Trinity Catholic School for volunteering to help us deliver the meals on wheels on Friday our community was delighted to see you 😊

We will be selling tickets in our 'Monster Raffle' down the street on Thur 17th & Sat 19th October.

Prizes are valued at over \$3000.

If you could give a couple of hours to sell tickets I would love to hear from you.



Jacinta



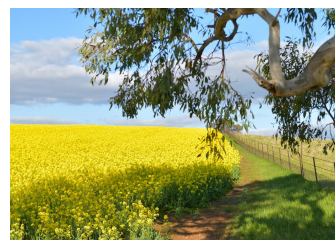
Congratulations to Pam Jamieson winner of our last Wood Raffle for 2024
Thank you to everyone who bought and helped sell tickets.

Transport News



Spring has sprung, and with this, the sunshine has people out and about..

We continue to be kept busy with medical and personal appointments locally, and further afield in Wagga, Canberra, Sydney and everywhere in between.



We have started our fortnightly shopping trips up again, alternating between Young and Cootamundra. This has proven to be a popular fortnightly event.

This month saw one of our volunteer drivers put his hand up to drive the bus over to Chinaman's Dam with our Hub goers for a BBQ lunch and look around the beautiful garden. Everyone said they thoroughly enjoyed their day out☺

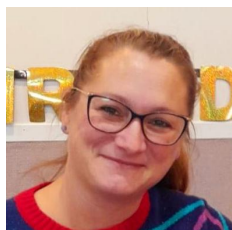


With our reporting process we can see that compared from this time last year, there has been a significant increase for people requiring transport, locally, and further afield to bigger centres.



Jodi

Care and Social Support Services



Wow, what a busy few months we've had! We welcomed Trinity Catholic School for a visit and played some fun games that Trinity had organised. The Hub also enjoyed a visit to Trinity Catholic School and looked around the classrooms, one of the Hub clients asking the children "where have the blackboards gone"?

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



We also enjoyed a fun trip to the movies followed by lunch and social time at Young.



More recently, we explored the beautiful Lambing Flat Chinese Garden, where we had a delicious BBQ lunch and finished the day off with a scenic drive.



We are enjoying the warmer weather and plan to make regular visits to the Community Garden, and attend the Rotary community Garden Gathering morning tea.

'Bowlo beats' is back, and we are looking forward to meeting new people, showing our dance moves and enjoying a lovely lunch, bring your enthusiasm and let's make some memories!

And let's not forget the excitement of the 2024 "hub Olympics"! it was an absolute blast, and my personal highlight was the swimming events. Congratulations to the Olden girls for winning the 2024 Hub Olympics!



Our Hub and gatherings are a fantastic opportunity to meet new friends, share experiences, and explore our local community together. To keep up to date with what's happening in the Hub, be sure to follow us on Facebook. If you would like to attend the Hub, call in and we will guide you through the signing up process.!

Ang

