

## 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](http://www.flexicare.org.au)

**January 2025**  
*From the CEO*



As we farewell a wrap on year 2024 we look back on some of our notable achievements.

One of the most visual is our new front façade which is so much more inviting for all our clients and makes a lovely outdoors space for our social activities with our fresh new furnishings. We thank Malcom McDonald for assisting with the garden beds, the shire boys for pathways, our social support clients for helping with planting and all to those who help fund and complete the upgrade. Likewise we thank Scott & Luke for the completion of our new accessible bathroom adjacent to our hub room, a much needed addition to our service.



Our service benefited by the addition of a garage awning for the protection of our additional motor vehicle and a large commercial oven & dishwasher to meet our meals on wheels needs.

We were more than happy that our Mercedes Sprinter Bus was taken on by The Grange and it's great to see that their clients are benefiting by such a reliable vehicle - we are enjoying the new Hyundai Staria people mover acquired in the past year.



We welcomed 4 new casual staff members last year and they are a part of our a formidable team who meet the needs of our clients on a daily basis.

Community donations and fundraising is essential for the viability of our service and we are so grateful for the participation of everyone as this amounted to \$25k last year, our service could not function without this financial assistance.

Further increases saw our client base again rise and I can report that we assisted 219 clients in the past 12 months across all activity outlets (excepting transports), this is a great achievement by all our staff. year.

We already have some plans in place for further growth in 2025 and we encourage everyone to drop in and say giddyay, stay tuned to our facebook page or make a phone call if we can help you any way.

Regards  
*Maryanne* (CEO)



*From the Board*



At the AGM I stepped down as Chairperson. I love being part of the Board and am continuing on as secretary. I wish our newly elected chairperson, Paula Phelan, all the very best in her new role.

At the AGM three new Board Members were elected

- Board Members:**
- Paula Phelan (chair)
  - Nicole Bolger (vice chair)
  - Judy McFadyen (secretary)
  - Lynne Friend (treasurer, public officer)
  - Grahame Taylor (director)
  - Carol Barker (director)
  - Mandy Sachs (director)
  - Robert Fitzpatrick (director)
  - Keith Ward (director)
  - Trish Shea (director)
  - Jane Martin (director)
  - Maryanne Fitzgerald (CEO)

**NEW BOARD MEMBERS**

Paula Phelan (chair)  
Trish Shea (director)  
Jane Martin (director)



Trish



Jane



Citizen of the Year



**Stewart Bruce** stepped down from the Board at the Nov AGM. Stewart, your leadership and guidance over the years has been invaluable and we all wish you the very best in your well earned break.

Maryanne, congratulations from the Board on your well deserved Australia Day Award

*Judy* – Secretary



## Meals on Wheels News



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

There is no denying the importance of good nutrition to our health and wellbeing.

That's why Meals on Wheels' delicious and nutritious meals, delivered to your home by friendly volunteers is internationally recognised, evidence-based and proven to reduce the risk of falls and malnutrition, empowering and enabling you to live independently in your own home, for longer.

## BECOMING A MEALS ON WHEELS CUSTOMER



A STEP-BY-STEP GUIDE ON ACCESSING MEALS ON WHEELS

### CONSIDER YOUR NEEDS

Firstly, have a think about how often you'd like to receive Meals on Wheels. Some people prefer a few times a week, while others would like a daily meal. Meals on Wheels also offers frozen meals for convenience on the weekends.

### CHECK IF YOU ARE ELIGIBLE FOR EXTRA SUPPORT

Meals on Wheels provides its essential service via the Commonwealth Home Support Programme, Home Care Packages and on a private basis.

You may be eligible for subsidised meals through these Government programs so it is a good idea to check this by speaking to the team at My Aged Care.

### CONTACT YOUR LOCAL SERVICE

You will find the contact details to your local service on our website or by speaking to your state or territory peak body.

Give them a ring to discuss your needs and set up an account

### ENJOY!

Once your account has been set-up and you've been put on a roster for meal deliveries you should expect flavoursome and nourishing meals delivered to your door by friendly volunteers within a couple of days



Meals on Wheels  
Australia



Happy New Year to everyone 😊

After a very busy year, we finished off 2024 on a high.

We continue to provide reliable safe transport for medical, and personal appointments locally, and far and wide within our region.



Fortnightly shopping trips will start back in the coming month, which is becoming popular and much sought after.

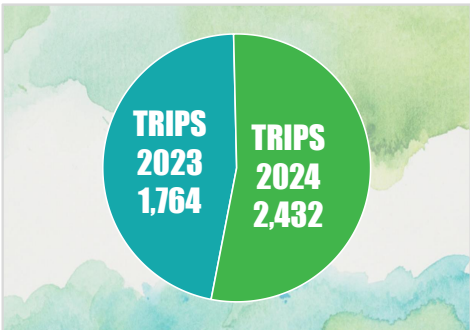
We have some exciting social trips planned for members of the community in the coming months.



2024 Outings



From reports, we can conclude that we have seen an increase in transportation from 1,764 trips in the year 2023, to 2,422 in 2024.



We now have 18 wonderful volunteer drivers that go above and beyond to ensure the safety and wellbeing of their passengers during their journey with Flexible Transport. Without these volunteers we would not be able to offer this crucial service within our community, and are very thankful for their ongoing support to our service.

We are looking forward to another busy and fun packed 2025 😊

Jodi





FLEXIBLE CARE  
HUB

Newsletter ♦ January /February



Welcome back to the Hub

Welcome back to another exciting year at our hub!  
We are thrilled to have everyone return and can't wait to kick off the year with a variety of themed days and events designed just for you.



This year we have planned some fantastic activities that promise to bring you joy and connection to our community. From painting with Jamie, jewellery making, craft with Maggie, flowers with Mandy , gardening to some outings-we would love your input to come up with some fresh ideas. We encourage you to participate, share your ideas, and help us make this year memorable.



We have made some changes in the hub so we can accommodate our growing clientele and are looking at further ways to expand. We look forward to seeing all of your smiling faces. Stay tuned for more details on our up coming event's, don't forget we are also on Facebook tell your friends and family so they can see what we do throughout the year.



Ang

Hub  
Tuesdays

January 21st  
Australia  
Day BBQ

January 28th  
Hub  
Planning

February 4th  
Craft with  
Maggie

February  
11th  
Chinese new  
year

February  
18th  
Valentines  
Day

February  
25th  
Community  
Garden

Independent Thursdays

You're  
Invited!

Our Hub will now be opening on Thursdays 10am - 2pm  
The room will be available for you to use, feel free to bring your projects, a book or just yourself for a cuppa. There will be puzzle packs to keep you busy and lunch will be available. No transport will be available for Hub Thursdays, lunch order in by 11am  
Independent's is the key

## Hub Opening Hours

**Tuesdays** 10am-2pm

**Thursdays independent** 10am-2pm<sub>6</sub>

Meals are delivered hot Monday to Friday, or frozen meals available to take home or be delivered. Please see Jacinta

Trips are being organised to surrounding towns for Thursday's fortnightly starting 30/1/25 please put names down with Jodi.

## Swimming

Benefits of swimming

Improve muscle

strength, heart health, lung

capacity, sleep quality

mental well-being just to

name a few

- **Where:** Harden Pool
- **When:** Mondays in February and March  
10am - 11am
- **Cost:** \$3.70

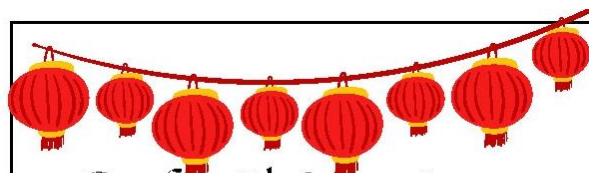


## Luncheon

**Where:** Harden Chinese

**When:** Friday 7th February

**Cost:** \$5.00



## Craft with Maggie February 4th

To celebrate Chinese New Year we will be making Lanterns.

The 2025 Lunar Year will be the year of the snake, the snake is considered a symbol of good fortune and fertility



## Country Club Classics

**Where:** Harden Country Club

**When:** Thursday 20th February

**Cost:** \$15 Lunch included