

### OUR CONTACT INFORMATION

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## RESULTS OF 2019 ANNUAL RAFFLE

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

**2nd Prize - \$500**

**3rd Prize - \$250**

1st Prize – Marcie Quinn, Ticket #01456  
 2nd Prize – Julie Hawkins, Ticket #01191  
 3rd Prize – Leslie McGrath, Ticket #01179



Major prize-winner Marcie Quinn, flanked by Stewart Bruce (chair – Flexible Care) and Debby Glover (our Service Manager).

Thank you to all who supported our raffle. All 2,000 tickets were sold, and we could have sold more! After taking out costs, we raised \$3,734 for Flexible Care. A similar raffle will be happening for 2020 with details in the next newsletter – watch this space!

### OPERATIONAL STATISTICS

**For our financial year so far**  
 These are our core statistics for the period  
**1 July 2019 – 31 January 2020**

- ✓ Transport with voluntary drivers: 1,474 trips  
69,188 km  
2,116hrs
- ✓ Meals provided: 2,046
- ✓ Yard & Garden: 75 hrs
- ✓ Personal Care: 210 hrs
- ✓ Respite Care: 208 hrs
- ✓ Social Support: 246 hrs

### CURRENT DONORS



### BOARD NEWS

We have had a good start to the year. Your Board now has a fundraising subcommittee to look after all aspects of our fundraising which is an essential income stream for our organisation.

The first street raffle realised \$361 and was drawn on the day. Winner of the grazing box with all sorts of lovely goodies was **Shirley Stevens**.

## BOARD NEWS

(continued)

Flexible Care has lodged an expression of interest for transferring operations to the adjacent RFS premises at the Trinity Centre which would be much more spacious. We are currently waiting for a response from Hilltops Council.

## BOB RANDALL SENIOR CITIZEN 2020



We are very proud of Bob who received his award at the local Australia Day celebrations in Newson Park from ambassador Pierre Issa.

We are also very grateful for the driving skills and generosity shown by Bob to staff and clients.

## INTERVIEW WITH PRUE PAVITT

Prue is one of our four trained care workers. Each is AIN (Assistant in Nursing) trained, specialising in aged care. Prue provides personal care and domestic assistance in clients' homes.

**What sort of things do you do?** I assist with showering, getting dressed and checking on general well-being. I also often check skin integrity and satisfy myself that folk are taking their various medications and eating properly. Then I follow up with any concerns that arise.

**How important is your job?** It has a lot of importance as I am the first port of call for many clients requiring personal care. I have to be non-judgmental, act quickly in the interests of the client when needed and ensure that the client consents with everything I do.

**Who do you report to?** I liaise closely with Jenny James, our Care Manager, who is an Enrolled Nurse.

**Why do you do this job?** It has a really valuable function assisting frail-aged in our local community. It is a position of trust. You need to gain (and earn) that trust with the local folk we assist. We provide comfort and empathy in many situations. For some of those I visit, I might be their only contact in the week. I like to think that if I needed such assistance, then Flexible Care would be there to provide it for me.

So, the job is very satisfying and the clients are always grateful for what I can do for them. Typically, our clients might say "You girls mean everything to me" or "I have no-one except Flexible Care to rely on and it's great that they are there".



**Anything else?** Care workers do not have to be female. It would be really good to have some male care workers, especially to relate to the male clients!

**PS** Prue has been with Flexible Care as a care worker for the past 12 years and showing no signs of easing up!



## 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!



## STAFF NOTES....

- ✓ wishing Trish a speedy recovery following some knee surgery recently. I'm sure you will be back with us in no time at all!
- ✓ wishing Service Manager Debby a refreshing and well-deserved holiday break.

### SKIN CANCER CHECKS AVAILABLE

The 12-seater Renault bus is ready to go on its monthly trips to the Skin Cancer Clinic at Orange throughout 2020. Trips for 28th Feb and 13th March now are fully booked. However, we are taking names for the monthly trips after this.

Please ring Trish Shea in our office to book your appointment and transport

**Trips begin around 8 am and the bus returns to Harden later in the afternoon. Clients who use the service are very pleased with the attention they receive.**