



# MURRUMBURRAH- HARDEN FLEXIBLE CARE SERVICES INC.

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## June 2025 From the CEO



Neil st, 10th Feb.  
Photo: Twin Town Times

Welcome to 2025 and things continue to be very busy at Flexi Care. In February we were challenged by the massive hailstorm that ravaged Harden leaving us in disrepair for the immediate days after the event. I thank all my team here for their diligence and patience in the working conditions that we have managed in the past 4 months.

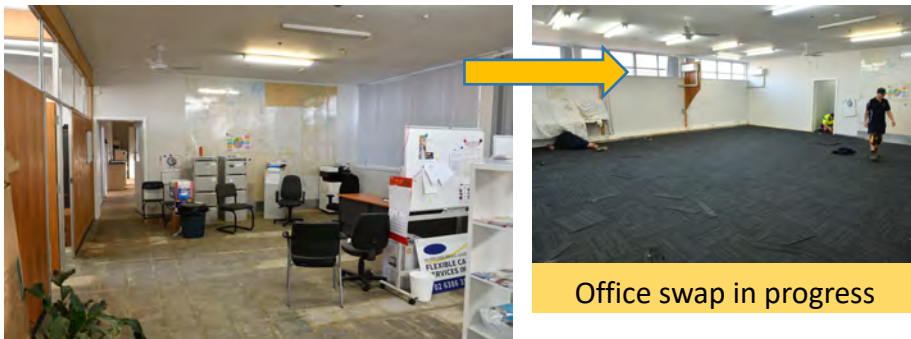


We, along with Hilltops Council, continue to manage the clean-up and repair jobs required to bring our service outlet back to normality.

I'm proud of the way we prioritised the care and safety of our aged clientele 'touching base' with many of them to make sure they were safe in the days following the event even when all of us had 'home issues' to resolve, our service prides itself on maintaining 'business as usual' throughout the recovery.



MP Steph Cooke and GM Anthony O'Reilly inspecting the damage



Office swap in progress

At the same time and due to our growth in our social support activities it has been timely to fulfil the need to swap our office spaces. Upon completion, The Flexi Care office will open nearest to East St allowing our former room to be transformed into our large social support group room. We are so grateful that we have had access to the old tennis court building to host our hub activities, however our clients are 'biting at the bit' to get back home. **Stay tuned for further details.**

In staffing updates, we have recently farewelled Wendy Chesworth and Debbie Leabeater, we thank both these ladies for their service and commitment to our clients and in particular Wendy who had dedicated 15 years for the betterment of our community clients, we wish them well in their future endeavours.

We also have recently welcomed both Amanda Shea & Trish Shea who are loving the interactions with our aged care clients, Trish back in her old stomping ground – we are grateful they are part of our team.



Trish

Our community continue to support our cause and we thank Harden Murrumburrah Rotary Club and Pepe's Ducks,



UNITE FOR GOOD



both have made generous donations to us we also give a big thank you to everyone that continues to buy our raffle tickets down the street in particular our Easter and Wood Raffles, our service could not function without this financial assistance.



To stay in tune with our community we have provided promotional information sessions at Seniors Week at The Country Club and at CWA Harden, if there is anyone out there that thinks our service can help please feel welcome to drop in for a chat.

Our client base is maintaining at a high level and we have a great working relationship with many health providers to supplement our core business of CHSP funded clients – we continue to meet all data targets in all our activity types. Many changes are occurring in the aged care space and we are continually updated regards funding and provision of cares to clients updates.



As previously highlighted our Volunteers are much valued and we acknowledged them at our annual Volunteers Dinner at the Club last month, a great night of fun activities, good food and a few bevies were enjoyed by all – some already swinging the hula hoop in readiness for next year ***Again I thank all of my team for their dedication to our service and clients which provides an essential community asset.***

Maryanne (CEO)

## From the Board

Well what a busy start to 2025



I would like to start by thanking all the board members for their warm welcoming, support and guidance in the role of Chair.

I have witnessed what a resilient team of staff make up the team of Flexicare Harden, led by **Maryanne Fitzgerald**.

Whilst becoming part of the board it has been amazing to watch how all the staff and volunteers band together to ensure the service keeps running without disruption. This was evident in their response to the hail storm in February that also affected so many residents and businesses in Harden.

It was great to see the joint force of staff, board members as well as other volunteers rallying around to assist and help in the clean-up effort. Special mentions to the muscle men **Robert and Grahame**.

### 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)



Grahame  
ANZAC Day

To all the clients that attend the Hub we really appreciate your patience whilst temporarily relocating whilst our current location is being repaired and renovated. Thank you to all the local businesses that have been assisting with the renovations and repairs to the Flexicare building. Once all work is completed I am sure the clients will enjoy their new space to socialise and meet. As Judy Mc Fadyen had mentioned in a previous newsletter this would be "Ang's Dream". Hopefully Ang, this dream is not far from reality.

I would also like to acknowledge the great support in the form of donations we have received this year from

Graymont  
Pepe's  
HM Line Dancers  
Harden Supa Barn  
Mid Week Golfers



Thank you very much to the community for getting behind our Easter Raffle, and our current trailer load of Firewood Raffle. We appreciate all the support and generosity from community members and businesses who donate prizes, as well as all the volunteers who brave the weather conditions to sell the raffle tickets and of course the community who buy the tickets. This support assists Flexicare to provide this wonderful ongoing service.

*Paula*

## Meals on Wheels News



Meals on wheels continue to deliver delicious and nutritious meals within our local area. We are currently sourcing our meals from Narrandera Meals on Wheels, which offer a broad variety of meals and sweets



Jacinta & Ang at Seniors Expo March



These are proving very popular with our clientele, which has seen our daily delivery runs increase. These are delivered to the homes by our friendly volunteers who will stop for a quick chat and a general wellbeing check on our customers .

Recently we had a soup day at the hub. Hub goers were given the choice of Chicken and Vegetable, or Minestrone soup with bread. This proved very popular on a cold winter's day, and all bowls were empty on return to the kitchen



Menus and delivery times are available through the office, and payment can be made over the phone for convenience.

Flexicare's Volunteer roster is currently full, so a BIG Thank you to all our wonderful volunteers for donating your time to help our organisation.

**Without your help we would not be able to offer this much sought after service daily.**

*Jacinta*

## Transport News



Here we are halfway through 2025, where has the time gone..... 😊



Community Transport continues to provide reliable, safe transport for medical, and personal appointments locally, and far and wide within our region, with our invaluable team of volunteers that we are so fortunate to have.



Fortnightly shopping trips have continued throughout the year. Destinations change each fortnight to different locations, to give people a change in scenery, plus another shopping experience within the townships in our area. These trips have proven to be a very popular and sought after day.

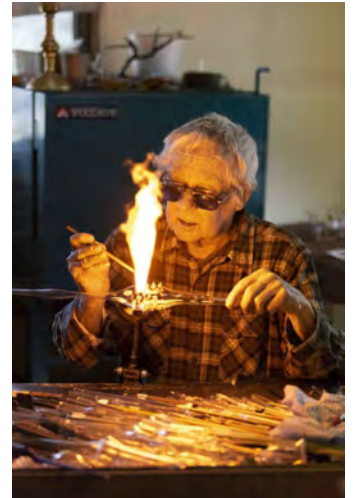


March 2025 saw Flexible Care purchase our new Nissan Xtrail as part of the fleet of our Community Transport vehicles. It is a much-appreciated new addition, that all the Volunteer drivers love to drive.

This purchase has enabled us to utilise the old car for domestic use for the staff.

This month two of our Community Transport vehicles transported ladies on a local excursion. First stop was the “Two Little Pigs” café in Binalong for a coffee, then down to the “Glass Blowing Gallery” where they learnt the art of Glass Blowing from Peter Minson.

Peter is a third-generation glassblower, who has a wealth of knowledge, having worked in his own business for the past 49 years. It was then on to Boorowa where the ladies enjoyed a lovely meal at the “Courthouse Hotel”, before heading back to Harden. All reports stated that it was a fantastic day, and that everyone thoroughly enjoyed themselves.



We have some more social trips planned for members of the community in the coming months, so **watch this space** and drop in if you are keen to participate and we will explain the criteria. If you are needing transportation to any medical or health related appt’s please do not hesitate to contact me.

*Jodi*

## Care and Social Support Services



### Our social support group thrives!

Some of the group activities attended are Friday hydrotherapy sessions at Harden Physio, these are a hit and the clients find them incredibly beneficial



Our Cootamundra bingo and lunch outing was a fantastic day, everyone in attendance was very welcoming and we even had some winners!



Locally we have enjoyed flexible care ‘paint and sip’ sessions with Jaime (revealing some hidden artistic talent!)



and our monthly Harden Country Club Classic’s where we enjoy delicious meals, dancing and community interactions.



A huge thank you to the Harden Country Club for letting us use their space after the storm until we relocated to the old tennis court building. Maintaining our Social Support hub was crucial as we continue to recognize the vital role that social interactions have in maintaining sound mental health and emotional well-being.



We have celebrated many themed days recently; World Bee Day (with local honey tastings!), World Creativity and Innovation Week (button art!), Easter hat making with Trinity School, International Dance Day (chair dancing!), and recently Footy Colours Day - featuring a Hawks/Hawkettes jersey design competition—the entries were amazing!



Our commitment, as the only local home care provider, is to deliver compassionate and reliable support to our diverse clientele through trained professionals working collaboratively to ensure the highest standard of care for all our clients.

We look forward to soon unveiling the grand opening of our new, larger Hub space, hopefully on July 29th! The wait is over with some exciting plans for the coming months. Independent Thursdays return in August and we are delighted to be invited to the Community Book Parade and Literacy Celebration on Tuesday, August 19th, 2025, at McLean Oval in Harden (9:30–11:30am). We are already working on our costumes and can't wait to show them off!

I extend my gratitude to our team of dedicated support workers and appreciate their hard work and positive impact they have on our community.

If your loved one needs supports to keep their independence please get in touch with us at [Support@flexicare.org.au](mailto:Support@flexicare.org.au)

Your feedback is valuable to us. We encourage clients and families to share their thoughts with our office. Please like our Facebook page, Murrumburrah-Harden Flexible Care Services Inc., for updates and event information