

OUR CONTACT INFORMATION

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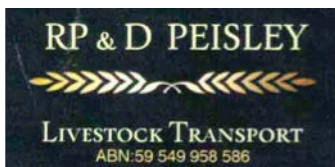
CURRENT DONORS



Harden Post Office



HARDEN BOWLING



We are a very resilient and adaptive organisation demonstrated by our response to COVID-19. Nearly all of our regular activities are now in full swing, including the roving lunches. Social excursions, we hope, will commence early next year - see our request later in this newsletter.

Contrary to previous advice, there **will** be an AGM held this year on 14th December via Zoom technology, at which all paid-up members are entitled to vote. Zoom details will be available from the Office. Please see the advertisement in the Twin Town Times edition dated 26th November.

It was great to attend the annual Volunteers Dinner recently at the Harden Country Club for 43 volunteers and staff. Without the amazing work of our volunteers, Flexible Care would simply not be here!

Our next newsletter is scheduled for February. It's a bit early, but Season's Greetings to all our clients, volunteers, staff and supporters.

Best wishes,
 Stewart Bruce
 Chairperson

ANNUAL RAFFLE NEARLY DONE!

First Prize \$2,000 cash
Second Prize: \$1,000 cash
Third Prize: \$500 cash

Tickets are still selling at a great pace - just \$2 each or 3 for \$5. Buy them at the Office, from the Directors or at our street stalls.

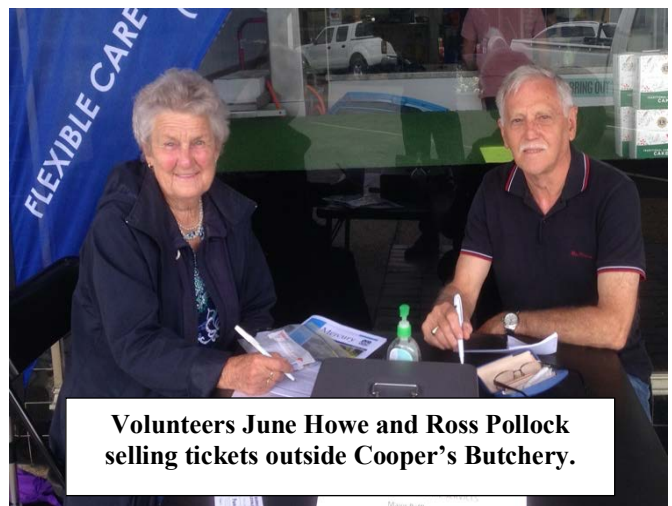
Winning tickets will be drawn at the Harden Bowling Club on Saturday evening, 19th December. This will be a special night. There will be plenty of room (despite social distancing) as we can spread out into the auditorium.

NEWS FROM YOUR BOARD

Our meetings continue to be held remotely, using Zoom technology to link up board members in their homes.

We are currently waiting to hear if our application to *Community Building Partnerships 2020* has been successful. We have requested nearly \$14,000 for a long-overdue upgrade of our IT/computer system.

A big thank you to the mid-week veteran golfers group at Harden for their two generous donations to Flexible Care this year. This was unexpected but a very pleasant surprise!



Volunteers June Howe and Ross Pollock selling tickets outside Cooper's Butchery.

OPERATIONAL STATISTICS

1st July - 31st October

Here are our facts and figures for this period...

✓ Transport with voluntary drivers:	591 trips 32,394 km 936 hrs
✓ Meals provided:	2,156
✓ Yard & Garden:	82 hrs
✓ Personal Care:	81 hrs
✓ Respite Care:	50 hrs
✓ Social Activities:	144 hrs

NOTES FROM THE CEO

As this will be our last Newsletter for 2020, I would like to take this opportunity to thank my staff, Board of Directors and also our Sponsors for their ongoing support.

Thanks must also go to the Harden community for their continued efforts in our fund raising ventures.

May you all have a Happy and Safe Christmas and New Year.

Debby Glover

MEMBERSHIP

Did you know you can become a paid-up member of Flexible Care Services? This costs you just \$2 annually, and entitles you to vote at any general meetings, including our AGM. See the Office for an application form - very simple to complete! Current membership - 30.

Meals on Wheels Spotlight with Aileen Alcorn

Aileen has been working with Meals on Wheels for over 30 years and started when the service was based at the Harden District Hospital. Here is what she has to say:



Why do you volunteer in this way?

Because it is very enjoyable and rewarding. The folk to whom we

deliver meals often like a chat. It is always a pleasant encounter. The face-to-face contact is important for people's welfare. Seeing them regularly also allows us to pick up on problems or concerns before they become too serious.

What to you actually do? Once a month, on a Tuesday, I deliver meals with Judy Dunn who has been involved with

Meals on Wheels for over 50 years! It is good to go as a pair. We support each other and it is better to have a second person present in case of unforeseen situations. We deliver frozen meals and hot meals depending on needs, often helping folk to undo packaging. We can see up to ten people on the day.

What else is good about this service? It is a comfort to other family members knowing that Meals on Wheels is available, being used and that their loved ones - often frail, elderly or vulnerable in some way - are enjoying well-presented and nourishing meals.

Any interesting stories? Well, I do remember many years ago delivering meals to retired dentist Mr Geoff Kruger. He loved to chat and grew his own veges. He did enjoy the meals provided. I still have a shrub in my garden given to me on one occasion by Mr Kruger.

Would you recommend volunteering like this for others? Definitely! It is a very worthwhile community outreach where you can help local folk in very practical ways.

HISTORICAL NOTE: On 15th August 1967, the first meeting of Murrumburrah-Harden Meals on Wheels was held at the property of Mr & Mrs R A Littlejohn, 'The Meadows', Harden. Shortly after, Dr N Joseph requested meals be delivered to Mrs Gentle. The local Hospital Board approved the request. Mrs Gentle received five meals weekly at a cost of 25 cents per meal.

[From a brief history kindly provided by Judy Dunn]

Today, the Meals on Wheels service is an integral part of the daily operations of Flexible Care Services.

Social Excursions Our popular bus trips to places of interest will commence, we hope, early in 2021. Please contact Trish Shea in our office in coming weeks if generally interested. When a **specific excursion** is being planned, Trish can then contact you to see if you are interested - this way, you will not be disappointed or miss out.

SKIN CANCER CHECKS AVAILABLE

The 12-seater Renault bus continues on its monthly trips to the Skin Cancer Clinic at Orange throughout 2020. The bus is full for the trip on 20th November, but there are 6 vacancies for 11th December, the last trip for this year. However, we are taking names for trips in the new year, probably starting in January.

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

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

