



MURRUMBURRAH-HARDEN FLEXIBLE CARE SERVICES INC.

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March 2026 From the CEO



Welcome again to our quarterly news broadcast

Internally, we remain committed to staying abreast of the many ongoing changes/updates impacting delivery of care to our 'aged' clients. With increased government compliance and evolving service expectations, we continue to prioritise best practice in all aspects of home-based care for our ageing community. Recently we have submitted returns confirming all our staff and volunteers are up to date with Working with Children compliance, mindful of the fact that we are an aged care service however this compliance ensures our awareness of government obligations surrounding safe practices surrounding children in and around our environment



We have had some challenges with repairs & maintenance to some of our motor vehicles and we hope that the majority of works now sees our fleet fully back on the road. With our 5 vehicles on the road nearly 5 days a week I guess it is expected that a few things go wrong.



As a nationwide issue we are waiting on the full impacts of availability of fuel and the daily fuel price increases – how this effects our 'essential' service is a 'wait and see' scenario and something we are very mindful of when taking and managing bookings

I thank everyone in our organisation and our local community for getting involved with **Seniors activities throughout the month of March** – all of which are designed for the health and wellbeing of our aged clients.

Stay tuned to our facebook page for all social updates.



We continue with our very busy rosters and client base and have recently welcomed **Linda Hanslow** to our team who is completing some casual shifts with us.

We are always on the lookout for Volunteers and would really appreciate if volunteer driving is something you may consider.
Please call in and see Jodi if you can help with some driving trips.

Next month we will again feature as part of our community by attending and laying a wreath at our local Anzac day service – the least we could for those who have and continue to fight for our rights and our country.

Thanks to everyone for supporting our Easter Raffle and stay tuned for details on our Major 'spend local' Raffle with over \$5000 in local products to be won.



Again, I thank all our team of staff and our volunteers for all their commitment and dedication to our service.

We thank all of our donors for supporting Murrumburrah-Harden Flexible Care Services.



Maryanne (CEO)

From the Board

The Board has had a very busy and productive start to the year, successfully rewriting our Strategic Plan for 2026-2029. A sincere thank you to all board members, our CEO Maryanne, and Stewart Bruce for attending our extra facilitation meetings. We owe a special thanks to Stewart Bruce—a former Chairperson and Board Member—for assisting with this process and offering his invaluable insight. Your participation and feedback are greatly appreciated.



Board Members:

- Paula Phelan – Chairperson
- Nicole Carson – Vice Chair
- Allyson Wales – Secretary
- Gemma Gash – Assistant Secretary
- Lynne Friend – Treasurer, Public Officer
- Grahame Taylor – Director
- Carol Barker – Director
- Amanda Sachs – Director
- Robert Fitzpatrick – Director
- Keith Ward – Director
- Maryanne Fitzgerald – CEO (ex officio)

I would also like to express how fortunate we are to have such a dedicated staff at Murrumburrah Flexible Care. I personally love seeing the array of day trips and adventures our clients enjoy—from the movies and theatre to the Snowy Hydro and thermal pools. Our local hub activities, including celebrations for Chinese New Year, Australia Day, and Seniors Week, have been equally wonderful. It also brought a smile to my face to see our clients and staff participating in the recent Community Colour Shuffle. Thank you to all staff and volunteers for making these services possible.



Fundraising remains integral to providing the best possible care and social opportunities for our clients. We understand that times are tough, and we truly appreciate the community's support—whether through buying raffle tickets, donating items, or volunteering your time. Keep an eye out for our Major Fundraising Raffle in April, valued at \$5,250.00!



Paula

Meals on Wheels News



We're excited to share some updates and news with you all!

Recently, I had the opportunity to travel to Wagga Wagga to attend a Meals on Wheels conference. It was a fantastic day filled with valuable networking and the chance to connect with others in our community sector.

Our menu has had a fresh new look, making it easier to read and navigate. With the colder days approaching, we've also added some **delicious, warming soups** to the menu perfect for this time of year. In addition, we're offering **a great variety of seafood options** just in time for Easter, so there's plenty to look forward to.

I would also like to take a moment to sincerely thank all of our volunteers for their compliance with Working with Children Checks. Your cooperation and commitment help ensure we continue to provide a safe and supportive environment for everyone.

Thank you all for your ongoing support and dedication.
Warm regards,

Jacinta

A reminder that First Aid and CPR training will be coming around again soon for all staff and volunteers. Please keep an eye out over the coming months for an email with further details.

Transport News Welcome into 2026, and we are already at the end of March 😊



Community Transport continues to provide reliable, safe transport for medical, and personal appointments locally, and far and wide within our region.

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.

The beginning of 2026 has proven to be a very busy start to the year regarding social trips.



Our social outings have been particularly popular and enjoyable for everyone involved. Some highlights from the past few months include:

Transport services have been extremely busy over the past three months. From 1 January to 31 March, we successfully transported 770 passengers to a range of medical and social appointments, ensuring our clients stayed connected with the services and activities that matter most to them

- ◆ A trip to Canberra to attend the Canberra Theatre and watch the spectacular show Cirque Alice.
- ◆ A visit to Young, where we enjoyed a lovely lunch outing.
- ◆ A trip to the Southern Cross Theatre to watch Song Sung Blue.
- ◆ The Jade Hurley Show at the Young Services Club.
- ◆ A fantastic live concert at the Wagga Civic Theatre featuring Bjorn Again.
- ◆ A relaxing and memorable day at the Barmedman Mineral Pool, which was one of the best days out.

To stay up to date with our upcoming social outings, please check our Facebook page or visit our office for the latest information.



I would also like to extend a big thank you to all of our volunteer drivers. Your dedication and reliability ensure our clients arrive safely and on time to their appointments. Your support makes a huge difference to our community.

If you have ever thought about becoming a volunteer driver, we would love to hear from you. Please call into the office and I will happily talk you through the process.

Thank you for your continued support.

Jodi

Care and Social Support Services

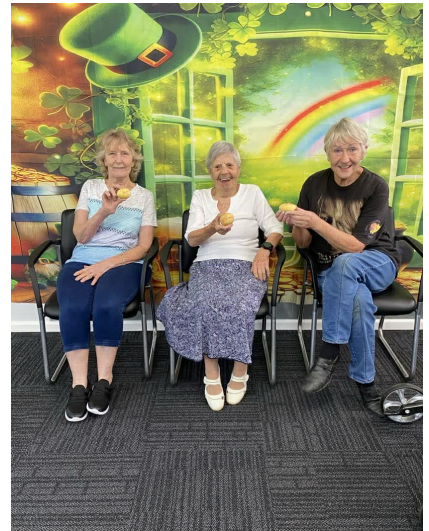


It has already been a vibrant and exciting start to 2026 here at the Hub, with plenty of activities, celebrations, and community involvement.

.In February, we celebrated Chinese culture with a variety of themed activities. Highlights included Chinese New Year Bingo, a festive craft session, and marking the Lunar New Year 2026 being the Year of the Fire Horse. We were also fortunate to welcome guest speaker Hellen Wang, who shared her culture and treated us to delicious homemade dumplings that were enjoyed by all.



March saw us turn our focus to Ireland, with St Patrick's Day Bingo, Leprechaun crafts, and a lively game of Irish carpet bowls bringing lots of laughter and fun. We welcomed Trinity students and had fun helping in creating their Easter hats. A group of us are looking forward to attending the MPS Easter hat Parade. It was also an especially busy month as we celebrated Seniors Week. Thanks to the wonderful collaboration between HRDC, the Harden Country Club, Flexible Care Services, the Murrumburrah Arts Council, and Harden Grange we hosted events every Thursday throughout the month.



Flexible Care clients played a big role in these activities, and it was fantastic to see such strong participation across the community. A standout event was the Colour Shuffle, which proved to be a favourite for all ages. A big thank you to Murrumburrah Public School for allowing us to host the event we hope to make this an annual tradition!

Looking ahead, we have plenty to be excited about in the coming months. We will be welcoming guest speaker Liam to the Hub to talk about Exercise Physiology.

Additional upcoming celebrations include World Art Day, International Dance Day, and Mother's Day. One of the most anticipated events is Train Day, where we will enjoy a train trip to Junee, stop for lunch, and return home by bus a day sure to be filled with great company and adventure.

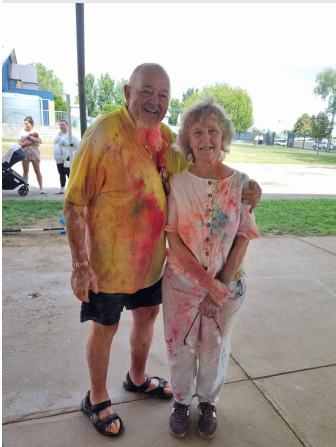
We are also looking forward to visits from Trinity students in the coming months, which always bring fresh energy and connection across generations.

Lastly, we are pleased to welcome back Independent Thursdays. This is a wonderful opportunity to use the Hub space to catch up with friends, work on personal projects, enjoy a cuppa, and stay on for lunch



We are also looking forward to the Op Shop Winter Fashion Parade, where some of our very own Hub clients will take to the runway as models.

Thank you to everyone who continues to support and participate in Hub activities. We look forward to sharing many more memorable moments together throughout the year.



Care Update

We continue to be supported by a fantastic team of 10 out in the field, bringing a wide range of skills and qualifications. A big congratulations to Amanda Shea for completing her Certificate III in Ageing and Individual Support an excellent achievement! We also warmly welcome our newest team member, Linda Hanslow

Our team continue to update skills with workshops, short courses and webinars throughout the year so we can provide a comprehensive range of supports to our community.