

# MURRUMBURRAH- HARDEN FLEXIBLE CARE SERVICES INC.

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## November 2025 From the CEO



A warm, or perhaps 'windy' welcome to the later ½ of the year, things continue to be incredibly busy here at Flexi Care and we are pleased to be nearing the end of the storm-related repairs and renovations to our office spaces. On a very positive note, both our office staff and the Social Support Hub clients are thriving in their refreshed environments



Internally, we remain committed to staying across the many ongoing changes impacting how we deliver care to our elderly clients. With increased government compliance requirements and evolving service expectations, we continue to prioritise best practice in all aspects of home-based care for our ageing community.

Again, our heartfelt thankyou's go out to our generous donors and raffle-ticket supporters, recently we gratefully accepted a very generous \$5000 donation from the Harden Touch Association. Our service is pursuing digital signage for our front façade to promote our services and upcoming events, an exciting project we hope to bring to life in 2026 and donations will certainly help make our dream a reality.



This year has been full of social highlights and we encourage everyone to stay tuned to our news and events on Facebook – all very capably managed and driven by Ang. Jacinta continues to source fresh and appealing meal options to keep our clients well nourished and we are delighted by the ongoing positive feedback on both the variety and flavour of our meals. Please feel free to drop in if you'd like more information.

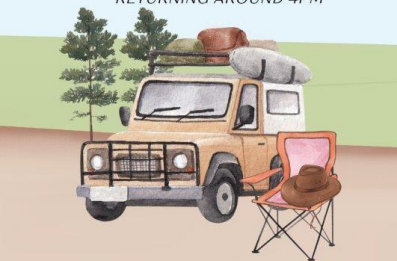
*shopping trip*  
**BELCONNEN MALL**  
 WEDNESDAY 27<sup>TH</sup> AUGUST  
 LEAVING FLEXIBLE CARE @ 8.30AM  
 LEAVING MALL @ 2.30PM



ENQUIRE WITHIN

Jodi has also expanded our client transport opportunities, creating enjoyable social outings ranging from mystery day trips and shopping excursions to larger centres. If you're interested in upcoming events make sure to stop by and speak with her.

**MYSTERY ROAD TRIP**  
 ARE YOU READY FOR AN ADVENTURE?  
 WEDNESDAY 10<sup>TH</sup> SEPTEMBER  
 LEAVING FLEXIBLE CARE @ 9AM  
 RETURNING AROUND 4PM



ENQUIRE WITHIN

12-18 OCTOBER 2025  
**NATIONAL CARERS WEEK**



**NATIONAL CARERS WEEK**  
 Celebrate the 3 million Australians providing unpaid care and support to their family members or friends.  
 Learn more at [carersweek.com.au](http://carersweek.com.au)

I thank our dedicated in-home care staff; you consistently go about your work with meaning and compassion to meet the varied needs of our clients and making a difference in their everyday living.

To both our Volunteer base and our Board (outgoing/incoming); your support, guidance and involvement is appreciated as you form part of the essential role in ensuring Harden Flexi Care remains a strong and thriving local organisation.

With the festive season fast approaching we encourage our clients and/or families to contact us regarding any changes to their cares, meal arrangements or transports over the holiday period. Meal orders placed a few weeks prior to Christmas are especially helpful to ensure we can meet demand.

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



In closing I extend my sincere thanks to our entire team for your ongoing dedication to both our service and our clients. Your work continues to strengthen our vital community asset. I wish everyone a safe, happy and holy holiday season.

**Our Flexi care office will close @ 12noon on Wed 24/12/25, re-opening Mon 5/1/26  
 Wishing you all a safe, happy & holy Christmas**

*Maryanne* (CEO)

## From the Board

The second half of this year has seen the transformation of our Hub, to a bigger and better facility, allowing for a greater range of activities and client socialisation. A huge shout out goes to Maryanne and her team for all their patience whilst this transformation was taking place but also to their foresight in how best to change the room to get the most potential and use.



### 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)

Thanks to Angela and the team for all their enthusiasm and creativity, always coming up with different ideas for social activities and outings making the hub such an inclusive, exciting and entertaining experience for all the clients.

## Board Changes and Updates

I would like to say a huge thank you and goodbye to three of our outgoing board members; **Judy McFadyen, Patricia Shea & Jane Martin**

These ladies have made great contributions to the board over their time serving, whether it be assisting with fundraising, or clean-up efforts after the hail storm this year, or participating in board meetings. Judy especially has also been actively fulfilling roles whilst on the board, from being the Chairperson and later the Secretary for the past 7 years. Thank you all once again and we wish you all the very best in your future endeavours.

I wish to offer a warm welcome to two new board members, who have jumped right into the Secretary and Vice Secretary roles – we welcome; **Allyson Wales & Gemma Gash** and we hope they enjoy their roles with us.

The next few months will see the board busy finalising the strategic plan for 2026/2029 as well as supporting Maryanne and her team with the changes in the Aged Care Reform.

## Thank You

I would also like to acknowledge the great support in the form of donations we have received in the second half of this year especially the generous donation from Harden Touch Football Association.

Thank you very much to the community for getting behind all our Raffles this year. Our last Raffle being the Christmas Raffle with 4 great prizes to be drawn at the Harden Bowling Club on Friday 28th November. We appreciate all the support and generosity from community members and businesses who donate prizes, as well as all the volunteers to sell the raffle tickets and of course the community who buy the tickets. This support assists Flexicare to provide wonderful ongoing services.

As we roll into the Festive Season, I would like to wish all our clients, volunteers, staff and supporters a very Merry Christmas and Bright and Happy New Year. Look forward to seeing you all in the new Year.

*Paula*

## Meals on Wheels News



The new meal menu includes these very popular additions:

- ➔ Boneless Lamb shanks
- ➔ Meat loaf



Any clients that need smoke alarms checked please contact the local Fire Station - Flexicare can advise their number.

Christmas meals will be served at last hub on 16th December and available to purchase frozen for home convenience

I attended a meals forum at Wagga Tuesday 25 November. It was an end of year Christmas celebration and sought new ideas for next year.



*Jacinta*

## Transport News



Here we are at the pointy end of the year, 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.

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.



We have been very busy with our social outings, every month providing a different location and venue. Some of our destinations have included:

**Coolamon, Junee, Tumut, Talbingo, Temora, Bowning, Yass, Murrumbateman and Jugiong.** There have also been trips down to the Belconnen Mall for shopping days. We encourage people to call into the office with suggestions of different venues that they would like to visit, as we try to cater for everyone within our community.



We are looking forward to another busy and fun packed 2026 😊

We now have 21 wonderful volunteer drivers that go above and beyond to ensure the safety and wellbeing of their passengers during their journey with Flexible Transport.

**ROAD TRIP VIBES**  
**COMMUNITY TRANSPORT ORGANISATION LTD**  
**MYSTERY TRIP**  
 Thursday 23<sup>rd</sup> October  
 Leaving Flexible care @ 9.30am  
 returning at 4.30pm  
 Cost \$10  
 Bring money for lunch  
 enquire within  
 02 6386 3561  
**LET'S GO**  
**ADVENTURE**

Without these volunteers we would not be able to offer this crucial service within our community and we are very thankful for their ongoing support in our service.

*Jodi*

## Care and Social Support Services



As we reach the end of another wonderful year at the Hub, I want to thank each of you for the energy, warmth, and friendship you bring to our space. It has been a joy to share so many moments of laughter, creativity, and connection with you throughout the year.

Our final Hub Day for the year will be **Tuesday 16th December**, which we will celebrate with Christmas carols with Trinity followed by lunch. 🎵



Thursday 18th December we will gather at the Harden Country Club for Music with Shane Kerr and a 2-course meal cost \$25 If you're a Flexible Care client please **RSVP the office by 10th December**

The Hub will return in the new year on Tuesday 20th January. I'm already looking forward to the Australia Day activities I'll have planned for you all!

Please note:

The office will close at 12pm on Wednesday 24th December and will reopen on Monday 5th January.



Thank you for making this year such a rewarding and enjoyable one. I look forward to welcoming you all back in the new year for more activities, outings, and time spent together.

Wishing you a joyful Christmas, a relaxing break, and a bright start to the New Year. May your days be merry, your hearts full, and your holiday season sparkling!

Ang