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Mt Gravatt Community Centre

Newsletter | Autumn 2025

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Greeting

from our Board Chairperson

Patricia Shine

A Time of Reflection and Opportunity

On March 8th, the Board and Senior Leadership Team of Mt Gravatt Community Centre convened for a strategic planning day, expertly facilitated by Sharyn Casey from Real Options Consulting. This session allowed us to reflect on our achievements over the past three years and to chart a course for the future. A key focus moving forward will be stakeholder engagement, with Deb and Sharyn leading this vital initiative within our community.

As Chair of the Board, I want to take a moment to acknowledge the exceptional leadership of our CEO, Deb Crompton. Deb advised the Board last year of her decision to retire in 2025, and over the past several months, the Board and Deb have been working closely on a recruitment strategy to identify a new CEO. Deb's dedication, professionalism, and vision have been instrumental in shaping the Centre into what it is today. Her insightful and detailed reports at every board meeting have provided clarity and direction, and her unwavering commitment to our mission has left an indelible mark on our organisation.

While we will deeply miss Deb's leadership, we are also excited about the future and the opportunities that lie ahead. As part of this transition, I am pleased to announce that Sophia Hedman will be taking on the role of CEO, effective at the end of April. Deb will stay on for several weeks as part of the handover process and to support Sophia's transition. Sophia brings a wealth of experience in senior leadership roles, having demonstrated exceptional skills in driving organisational change, enhancing operational performance, and leading diverse teams across multiple portfolios. In her current role as General Manager, she oversees national operations in areas such as marketing, finance, HR, and work health and safety, leading initiatives that have significantly improved productivity and profitability.

Sophia's strong business acumen, leadership, and focus on staff development make her an excellent fit for Mt Gravatt Community Centre as we continue to evolve and grow. Her ability to foster robust relationships with both internal teams and external stakeholders will be invaluable as we strive to deliver exceptional community services while pursuing operational excellence.

What excites us most about Sophia's appointment is her commitment to applying her extensive business skills within the community development sector. Having built her career in corporate and operational management, Sophia is passionate about leveraging her expertise to make a meaningful impact in the community. Her strategic mindset and dedication to team development align perfectly with our organisational values and will be instrumental as she leads Mt Gravatt Community Centre into the future.

Please join me in welcoming Sophia Hedman as our new CEO. We look forward to the next chapter in our journey, confident that with Sophia's leadership, we will continue to implement our strategic plan and engage with the community in new and impactful ways.

Pat Shine

Chair of the Board



Greeting

from our CEO

Deb Crompton

Dear Mt Gravatt Community Centre Supporters

As I approach the end of my time as CEO of Mt Gravatt Community Centre Inc., I want to take a moment to reflect on the incredible journey we've had together over the past seven years and to highlight the many achievements that have shaped our organisation into what it is today.

A Legacy of Impact and Service

When I first joined the Mt Gravatt Community Centre, I was driven by a passion for the community and a commitment to make a real difference.

Today, as I prepare for retirement, I am proud to say that we have built one of the most unique and professional aged care services in Queensland. Our aged care services have passed rigorous audits and are considered some of the best in the state. We've earned a reputation as a sought-after provider, and our fleet of vehicles ensures that we can always reach those who need us the most.

Since 2018, MGCCI has experienced substantial growth, with our revenue increasing by over \$2 million. This financial growth has enabled us to implement a robust IT infrastructure system that is the envy of many organisations. Additionally, we have expanded our fleet to 13 vehicles, an increase of 10, enhancing our capacity to deliver aged care and other community services effectively. These advancements reflect our commitment to identifying community needs and securing grants to support vital programs.

Creating Opportunities and Supporting the Vulnerable

We've worked tirelessly to develop employment and training programs aimed at helping those who are most vulnerable in our community. These programs have provided not only job opportunities but also skills and support for people to thrive. Among our proudest achievements is the launch of Australia's first Social Isolation and Loneliness Program, which has been highly successful and recognised by the government. Our Centre also played a key role in the Queensland Government's inquiry into social isolation and loneliness, helping shape the future of support services in this critical area.

Sustaining and Feeding the Community

Our food rescue program is another success story that speaks to our commitment to supporting the most vulnerable. Over the years, we've rescued and distributed 315 tonnes of food to those in need, demonstrating the power of community collaboration in addressing food insecurity.

Strengthening the Community with Resources and Partnerships

One of the most rewarding projects I have been part of is the raising of the Bernie's building, a project that saw over \$450,000 invested by the Australian Government to ensure our building was safe, accessible, and functional for the future. This investment allows us to provide vital services such as shower and laundry facilities for those experiencing homelessness and poverty. We also continue to run a variety of community events,

including our annual Iftar, Lantern Parades, and garage sales, which bring our community together and celebrate diversity.

Acknowledging Our Incredible Staff

I would be remiss not to take a moment to express my deepest gratitude to the incredible team of staff and volunteers who have made all these successes possible. From day one, they have displayed unwavering commitment, leadership, and dedication to our cause. Their compassion, hard work, and expertise are what make Mt Gravatt Community Centre a truly special place. The care they show to every individual in our community, the support they provide to one another, and the outstanding professionalism they bring to their roles are the cornerstones of our organisation's success.

The growth of our team from just 16 staff to over 40 dedicated professionals is a testament to their passion and the collective effort we've all made to serve this community. Their energy, innovation, and care have inspired me every day, and I will forever be grateful for their support in helping to make our vision a reality.

Recognising Support from Our Partners

None of these achievements would have been possible without the support of our local politicians, government departments, business partners, and our tireless volunteers. These partnerships have been instrumental in ensuring that the Mt Gravatt Community Centre remains a beacon of support in our region. I want to extend my heartfelt thanks to all of you who have worked alongside us and contributed to our success.

The Next Chapter: Welcoming Sofia Hedman as Our New CEO

It is with great excitement that I introduce Sofia Hedman as our new CEO. Sofia brings a wealth of experience, vision, and leadership to the Centre, and I am confident that she will continue to build on our legacy and lead us into the future with energy and determination.

A Call to Join Our Volunteer Network

As we look to the future, I want to take this opportunity to acknowledge the incredible work of our volunteers. Volunteers have been the heart and soul of our Centre, and we welcome anyone who is interested in making a real difference in the community to consider joining our volunteer network. It's a rewarding and fulfilling way to give back, and our volunteers are an integral part of the support we provide.

Thank You

Thank you for allowing me the privilege to serve as your CEO. The work we've done together has been meaningful, and I know that the Mt Gravatt Community Centre will continue to thrive under Sofia's leadership. I look forward to seeing all the great things that are yet to come.

Kind regards,

Deb Crompton

Chief Executive Officer



FEELING DISCONNECTED?
Ways to Wellness can help.

Ways to Wellness is a **free** service by Mt Gravatt Community Centre, **supporting anyone 16 and older in the South Brisbane area** to build **social connections and find meaningful activities**.

Our Community Link Worker can help you find local groups, activities, and support that match your interests—so you can feel more connected and confident!



Photo: Ways to Wellness clients enjoying last years Christmas party.



Who is your Link Worker?

Evey is the Link Worker for Ways to Wellness program, helping socially isolated and lonely individuals reconnect with their community. With a background as a Care Manager in aged care and studies in psychology, she understands the importance of meaningful connections for overall well-being.

Passionate about empowering others, Evey supports individuals in finding social groups, activities, and services that align with their goals. Her compassionate approach and expertise in care and mental health make her a valuable guide in fostering confidence, independence, and a stronger sense of belonging.

What Have Ways to Wellness Clients Been Up To?

Our clients have been making friends and exploring new activities through the **Mount Gravatt Community Centre's program**.



A Ways to Wellness client recently came to the centre looking for a creative group. With a background in fashion, they worked together to explore options, and In-Stitches turned out to be the perfect fit. To make the transition easier, the Link Worker attended her first session, helping her settle in and meet new people.

Photo: Ways to Wellness client displaying the toiletries bag she has sewn

In-Stitches Sewing Group



The In-Stitches Sewing Group at Mount Gravatt Community Centre offers a welcoming space for anyone interested in sewing and connecting with others. The group meets twice a month on the 1st Tuesday (9am – 1 pm) and the 3rd Saturday (9am – 2:30pm). Chris, the facilitator, creates a friendly and supportive environment, preparing pre-cut sewing projects such as simple garments for children in foster care.



"My friend suggested I join Ways to Wellness in hopes of making me feel better, both mentally and physically. After a little convincing I did. It was the best decision I ever made."

Client Referrals and Engagement Success

Over the past period, the Link Worker facilitated 115 supported referrals for new clients, connecting them with a variety of groups, activities, and wellbeing supports. These included:

Mount Gravatt Community Centre activities, exercise classes, arts and crafts, Men's groups, volunteering, mental health support, Horse Assisted Therapy, Disability and Aged Care support, Fishing groups, referrals to Community Transport, and more!

Additionally, 27 existing clients received 80 referrals to wellbeing supports, with 68 out of 80 recommendations resulting in 85% engagement.

Learn more about the Ways to Wellness Program

**Refer yourself or someone
by Scan the QR code**



Get in Touch with Ways to Wellness

Learn more by contacting the Link Worker.

Website <https://waystowellness.org.au>

Email linkworker@mgcci.org.au

Mobile 0491 625 869

Phone 33439833



QAADS Home Care Package services

Have you recently been assigned a Home Care Package and searching for a provider?

Look no further, Queensland Ageing and Disability Services (QAADS) is here to help!

QAADS is the Home Care Package division of the Mount Gravatt Community Centre. QAADS has a similar ethos to MGCCI in that we have a mission to provide an extensive range of services to all people living within the South East Queensland communities .

Our vision is to enhance the quality of life and wellbeing of all people in the community, and to specifically help older people, people with disabilities, their carers and family, by aiding with their daily living so they can remain independent and continue living in their own home.



Pooran showing her passion of gardening.

Photo credit: Evey Skinner

What our clients are saying

“QAADS is more honest, friendly, flexible, and joyful than any other provider I have worked with. From the beginning, I felt very comfortable with the organisation. My care manager is always so gentle, honest and everything she does is from her heart. If there was ever something that I didn’t like, I could talk about it with my care manager and we could come up with a solution together. And, when the support workers visit me at home, they are always smiling. They do what they do with care and they bring joy into my life. It makes a huge difference.”

Pooran, HCP client with QAADS since 2022.

Learn more about the QAADS Program

Call us on 1300 072 237 or 3343 9833 and make an appointment for our friendly Care Managers to visit you to discuss the amazing services QAADS can offer.



Home Maintenance and Modifications

Home Assist Secure

A Queensland Government initiative providing safety-related maintenance services for people aged 60 and over, or individuals of any age with a disability.

Our friendly team can help with tasks such as changing light bulbs, installing smoke alarms, repairing locks, cleaning gutters, and more.



We are here to help to mitigate the risk of falls



Don't take the risk

Falls are a serious risk as we age, research shows that reduced muscle strength, flexibility, balance, and coordination make everyday tasks like climbing ladders or standing on chairs more dangerous.

Don't take the risk—let us help!

Questions? Call 3343 9833

Please remember we are here for you, and no job is too small.

- Free labor for our handyman team, pay only for materials needed to complete the job.
- Access to subsidy for labor charges from our registered contractors.

Questions? Call us on 1300 072 237 or 3343 9833.



Skilling Queenslanders for Work

Unlocking Opportunities through Learning

Skilling Queenslanders for Work is a State Government initiative aimed at providing targeted skills and training to vulnerable Queenslanders who are unemployed or underemployed.

In 2024, Mount Gravatt Community Centre ran three SQW projects:

- Certificate II in Cookery
- Certificate III in School Based Education Support
- Ready for Work



In 2024 Mt Gravatt Community Centre **welcomed their two new project coordinators; Niamh and Matthew**. Bringing a wealth of experience in different fields and their passion for community development, they are excited to lead and expand programs that support local job seekers, families, and vulnerable groups.

Niamh and Matthew look forward to working closely with the community, fostering connections, and creating meaningful opportunities for those in need.

Certificate II in Cookery

We're thrilled to welcome another round of participants to our Certificate II in Cookery, a hands-on program designed to equip aspiring chefs with the practical skills needed to thrive in the hospitality industry.

Whether you're looking to work as a kitchen hand, cook, or catering assistant, or even take the next step into an apprenticeship, this course provides the perfect foundation.

In 2024, this program saw outstanding success, with 21 out of 30 participants securing employment and 7 moving into apprenticeships. As we step into 2025, we're excited to continue supporting and guiding our participants as they embark on their culinary journeys.

As we move into 2025, we are preparing for another year of walking and working alongside participants as they take their first exciting steps into the culinary work. Delivered in partnership with the Institute of Culinary Excellence, this course offers expert training and industry connections to help turn passion into profession.



We are now accepting expressions of interest for this year's intakes running 9am-5pm Tuesdays and Thursdays from 25 March.

Don't miss your chance to be part of this incredible opportunity!

Contact Matthew and Niamh on 0490 679 706 to check eligibility and book an intake.

Free to eligible participants!

Ready For Work

The Ready for Work program is transforming the way job seekers in our community prepare for employment. Designed to provide practical skills and hands-on experience, this government-funded initiative equips participants with the essential tools to secure meaningful work.

Over three weeks, attendees engage in resume preparation, job search strategies, and interview skills, with the added flexibility of one-on-one support to refine their applications and address personal employment challenges.

With group sessions every Wednesday from 9:30 AM – 12:30 PM, plus tailored assistance, the program ensures that everyone has the support they need to confidently step into the workforce.

The next intake starts soon, this program is at no cost to eligible participants!



Certificate III in School Based Education Support

Our Certificate III in School-Based Education Support program has helped participants gain valuable experience in classrooms, building the skills needed to support teachers and students effectively. With 2025 underway, we look forward to continuing this journey, equipping more aspiring teacher's aides with practical training and real-world experience.

This year, we are dedicated to working alongside participants as they develop their confidence and refine their abilities in school environments. Through our partnership with Adapt Education, students receive expert training combined with hands-on placements, ensuring they are well-prepared for roles in education support.



We are now accepting expressions of interest for this year's intakes, with classes running 9am-2:30pm Monday, Tuesday, and Wednesday from 28 April.

Learn more about the SQW Program

Contact Matthew and Niamh on 0490 679 706 to check eligibility and book an intake.

Free to eligible participants!

Website <https://www.mgccci.org.au/services/training/>

Email sqw@mgccci.org.au

Mobile 0490 679 706

Phone 3343 9833



Neighbourhood Centre

We have a lot going on at the centre this year and are so excited about what's to come in our social groups! Whether you are looking for a chance to find social connections or expand your crafting skills, MGCCI has something for everybody!

Our Seniors Social group has been a great hit so far this year. They meet on the 1st Wednesday of every month at 9:30am and then plan a big day out from there! During our meeting last month, our members decided that they would visit the Brisbane Museum, and what a great time they had! This month, our group will be taking our bus on a trip to Beaudesert where they can visit the Historical Museum, wander around the local shops, and enjoy a bite to eat for lunch. It is sure to be a great day out!

Crafternoons have also been a great opportunity for our artistically inclined community members to meet like-minded people! Whether you are a painter, drawer, scrapbooker or anything in between, you are sure to have a great time in our afternoon class.

We have welcomed a new member of staff to our centre, **Amy**, our newest receptionist. Amy joined the centre in January and has been enjoying getting to know everyone while learning her role. There are still many friendly faces for her to meet, so if you haven't had a chance to say hello yet, be sure to introduce yourself when you visit!



What's on

Upcoming Events



Monday	Tuesday	Wednesday
Card Making Fortnightly 10:00am-12:00pm \$8	In Stitches Sewing Group Monthly 9:00am-1:00pm English Conversation Weekly 9:30am-11:00am <small>Excl. 1st Tuesday of the month</small> Afternoon Friends Weekly 1:00pm-2:30pm Musically Speaking Fortnightly 7:00pm-9:00pm \$2	Seniors Social Group Meetings & Bus Trips Monthly 9:30am-12:00pm Free Information Session Monthly 10:00am-12:00pm Slow Stitch Social Group Twice Monthly 6:00pm-7:30pm \$2
Thursday	Friday	Saturday
Crochet & Knitting Group Weekly 10:00am-12:00pm Crafternoons Weekly 1:00pm-3:00pm Musically Speaking Fortnightly 7:00pm-9:00pm \$2 \$3	Art For All Weekly 9:00am-1:00pm All materials supplied. 1st session free! \$5	In Stitches Sewing Group Monthly 9:00am-2:30pm 3rd Saturday of the month.

Activity Program 2025

Emergency Relief
Food Parcels
Available
Monday-Friday
9:00am-1:00pm
Financial Assistance
Available Wednesdays
By Appointment Only

1693 Logan Road, Mount Gravatt 4122 Qld
1300 001 383 or (07) 3343 9833
reception@mgcci.org.au

Food Pantry

Monday - Friday

9:00am - 1:00pm

Our team of volunteers are making a real difference in the lives of disadvantaged members of our community.



Our Emergency Relief Food Pantry provides essential food parcels using donated and rescued food to support individuals and families experiencing hardship. So far this year the Community Centre have already distributed over 1200 hampers. The Food Pantry is open from 9:00 am to 1:00 pm Monday to Friday, no need to make an appointment, please come in during these hours.

If volunteering in our food pantry interests you, we strongly encourage you to reach out to us at reception@mgcci.org.au to complete an application form. Our food pantry team is made up of many wonderfully passionate individuals, and we are looking forward to adding a few additions to the team!



A light blue rectangular banner with a green outline. Inside the banner, the words "Save the Date" are written in a green, cursive, handwritten-style font.

 **Mt Gravatt**
COMMUNITY CENTRE INC
Supporting the Community Since 1990

FREE!

Community Meals

Sponsored by Krishna Conscious Charitable Fund

APRIL
MONDAY 7TH APRIL- MEAL
21ST APRIL - EASTER BREAK

MAY
5TH MAY- PUBLIC HOLIDAY
MONDAY 19TH MAY- MEAL
12:00pm - 1:00pm

"Bernies Place" Mt Gravatt Community Centre
1697 Logan Rd, Mt Gravatt - 4122

Contact: ph: 1300 001 383 email: reception@mgcci.org.au



COME AND JOIN US FOR A DELICIOUS HOMEMADE MEAL

Food Parcels & other services also available. Enquire at reception.

Community Meals

Every 1st and 3rd Monday

12:00pm - 1:00pm

Sponsored by Krishna Conscious Charitable Fund, their team work tirelessly to create delicious home-made vegetarian meals to satisfy and comfort our community members and are consistently doing an incredible job! If you haven't joined us already, please come along to our next meal on 5th May 2025.

Free Cyber Security Course

Every 3rd Monday

9:30am - 11:30am

We are offering a comprehensive monthly workshop covering important topics such as recognising scams and impersonation techniques, how to protect your accounts, where to go for help if you have been a victim of scams.

This course is **free** and open to the public, held on the 3rd Monday of every month, next date is 19 May 2025, so RSVP to reception on 35572150 or email reception@mgcci.org.au or visit the office and we will see you there!

 **Mt Gravatt**
COMMUNITY CENTRE INC
Supporting the Community Since 1990

FREE

Protecting you from Scams

MONTHLY 2-HOUR INFORMATION SESSION

>>> **Join our new Course!**

Learn the basics of Cybersecurity and Scam Awareness

Why attend?

- Different topics every month
- Gain confidence, stay safe and secure online
- Protect your finances and personal information from scams

EVENT INFO

Monday, 19 May 2025
(Every 3rd Monday, Monthly)
9:30am - 11:30pm
*Join us for a free community meal afterwards (12pm onwards)
Bernie's Place
1697 Logan Rd, Mt Gravatt

RSVP TODAY

*Bookings are essential

Email: reception@mgcci.org.au
Phone: 1300 001 383

Stay updated with our socials

 Mt Gravatt Community Centre
 mgcci

Cyclone Alfred

While Cyclone Alfred has now passed, we are very blessed to say that our staff and volunteers are safe and unharmed, however we know this is not the case for everybody. Our centre suffered from loss of power, internet and phone lines while our staff worked from home where it was possible to help our clients through this scary and difficult time. Now that our centre has reopened, we are doing everything possible to assist clients with Food Parcels, Shower and Laundry facilities and offering outlets to charge devices. Additionally, if you or somebody you know is suffering with the effects of Cyclone Alfred, please reach out to

<https://www.disaster.qld.gov.au/tropical-cyclone-alfred>

Medical

Are you up to date with your flu vaccine? All Queensland residents aged 6 months and over can access free influenza vaccinations under the Queensland Free Flu Vaccination Program, which runs from March 1st to September 30th. The 2025 Queensland Free Flu Vaccination Program is available to all Queensland residents, regardless of Medicare eligibility. It is the Queensland Government's expectation that no patient is out-of-pocket for receiving a flu vaccination.

Satellite hospitals are a fantastic alternative to GP Clinics for anybody who may find themselves in need of medical attention.



Eight Mile Plains Satellite Health Centre

Address: 59 Levington Road, Eight Mile Plains QLD 4113

For more details, visit the Eight Mile Plains Satellite Health Centre
page on the [website](#)

Suggestions

We love hearing from you! If you have any ideas or suggestions for the centre, we warmly invite you to share them with us. Your feedback is truly valued, and we appreciate every opportunity to improve and grow together. Feel free to email us at reception@mgcci.org.au—we'll get back to you as soon as possible!

Learn more about the NCC Program

Website <https://www.mgcci.org.au/services/neighbourhood-centre/>

Email reception@mgcci.org.au

Phone 1300 001 383



Facebook



Website



Instagram

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