



Before & After

FROM THE CEO

Hello everyone, and I hope you enjoy reading our final newsletter for the year. What a big year we have all had in our community and around the world. It has been a tough year, but I am proud of what we accomplished together. Thanks to you, we will be going into the New Year with strength, to build on our accomplishments and to consolidate our position and service to our community.

2019 has seen Bernie's undergo a total refurbishment – if you have driven past, you would have seen the building has been raised, bathroom, toilet and laundry facilities available for the community, a commercial kitchen and future café' coming. This was a dream of mine when I first started at Mt Gravatt Community Centre in 2018 and I am very proud of what has been achieved – the property is now valued at \$1.3 million dollars. What an amazing asset for the Mt Gravatt Community and a huge thank you to Ross Vasta, Federal Member for Bonner who has supported this project from its concept, the MGCCI Board of Directors who supported the vision and to the Department of Infrastructure, Transport, Cities and Regional Development for the funding to complete the project.

As you know from previous newsletters, we became a Home Care Package Provider at the start of the year and our new brand "Queensland Ageing and Disability Services" is delivering services as far as the Gold Coast. Our in-home staff have increased including an on-site nurse to provide high quality services to our Level 1 to Level 4 clients. Further, we have purchased a fleet of vehicles to support this service delivery.

The Annual General Meeting was held on November 5th and our life member Ms Judy Spence Chaired the meeting.



Our 2020/21 Board is made up of President Ms Patricia Shine, Secretary Ms Ruth O'Brien and Treasurer Ms Meredith Horner, Board members are Andrew Ross, Robert Mukonbozi, Patricia Shepherd and Jon Barker.

Finally, I would like to thank all those who have supported us throughout the year; Member Ms Corrine McMillan, Member for Mansfield, Ross Vasta, Federal Member for Bonner, Councillor Krista Adams, Holland Park Ward and Councillor Steven Huang, Macgregor Ward office and State, Federal and Local government departments who have provided the funding to deliver amazing community programs throughout Mt Gravatt and surrounding areas. May I take this opportunity to thank the amazing staff and volunteers at Mt Gravatt Community Centre for their valuable input, strength, and resilience during 2020. Please remember "The best of all gifts around any Christmas tree is the presence of a happy family all wrapped up in each other." And that is what I wish for you all!

Deb Crompton



NEIGHBOURHOOD CENTRE

What's been going on at the Neighbourhood Centre?

A lot since COVID-19. Heaps of community members have been coming in to access Emergency Relief for food and bills and our volunteers have been killing it!

Special shout out to the volunteers who have been offering their time to us and the community.

We appreciate you so much and hope, that you are enjoying your time here.



With Christmas around the corner, the Neighbourhood Centre is working hard on planning how we can assist our community as much as possible before we go on break between the 24th of December to 4th of January. Good news, we were offered the Lord Mayor's Charitable Trust Christmas Grant for 2020 with extra funds for Foodbank, toys and Christmas celebrations. This will give us that extra boost we need to prepare for the holidays ahead!

Christmas can be exceptionally challenging for some. Therefore, we would like to extend a heartfelt request to our community members to help their community in their own special way, wherever and whenever they can. If you are having trouble thinking of ways of how you could help, the community centre is open to donations of fruit-mince pies, cakes, vouchers, non-perishables, school supplies or whatever you can think of that might make someone's Christmas that little bit easier!

Keziah Coelho



LUMINOUS

With COVID-19 restrictions easing, we have been able to host events again and kicked it off with a massive celebration for our communities belonging to migrant, refugee and diverse backgrounds. This event was called Luminous in the Neighbourhood and there was food, drinks, kids' activities, tea, coffee, cakes, lolly bags, a jazz band and a visit from the famous Giant Kookaburra and Koala!

We also held lantern-making workshops for our community to hand-make their own lanterns to light up on the night... Dare I say? It was lit!

We would once again like to thank all our staff, volunteers and community members for contributing to all that the community centre is today.

*You are so valued
We love you!*

SUPPORT SERVICES AT HOME



Do you need extra support at home?

MGCCI delivers essential support services through eligible funded Government Programs such as Home Assist Secure, Commonwealth Home Support Program & Home Care Packages. We have a team of skilled workers who can support you through services such as Minor Home Maintenance, Home Modifications and individually tailored support from Domestic Assistance, Social Support, Flexible Respite and Personal Care.

Call us today to access these services....

WELCOME ON BOARD OUR NEW SUBCONTRACTORS

We would like to welcome onboard our new subcontractors to our Mount Gravatt Community Centre Team.

Snappy Plumbing is a locally owned plumbing business which specialises in plumbing, gas fitting and roofing, Stewart Bell the owner of Snappy Plumbing is passionate about his trade and offers quality workmanship.

Getelec is also a locally owned business. Sean Hobby established this business in 2013, his business provides high quality electrical repairs and installation services in homes.

John the founder of Jkaz Electrical is an experienced and professional local electrical business which provides high quality workmanship and competitive pricing.

As registered contractors of Mount Gravatt Community Centre you can be assured that the friendly faces who provide services to you in and around your home have a high level of skills, qualifications and trades that give you peace of mind.

Our team are ready to discuss eligible subsidised services with any of our qualified and experienced contractors.

PREPARE FOR SUMMER WITH OUR HOME MAINTENANCE TEAM



QUEENSLAND AGEING
AND DISABILITY SERVICES

CALL US TODAY ON
07 3343 9833

- **Smoke alarm** battery check – Install deaf smoke alarms
- Replace **fly screen mesh** on windows & doors
- Clean *fan blades* and *air con filters*
- **Install** handheld *shower* hose on a **rail**
- Replace rollers on **sliding doors**
- Install **key safes**
- **Mattress flip**
- Tap washers
- **Toilet seat** repairs
- Window and door **lock repairs** or replacement
- Light bulb changes
- **Clothesline rewiring**
- **Doorbells** repaired or installed

As Summer provides new challenges to stay safe and cool in the home, the fans and air cons gather dust, the bugs find their way through the smallest holes in the fly screens and smoke alarms can sometimes malfunction when they are full of dust and summer heat. We can help. Our maintenance team can clean those fans and air cons, replace the fly screens and assess your smoke alarms.

A home will always require maintenance and as I am sure you are aware as the years pass by some of these small but significant jobs around the home become increasingly difficult to complete. These government and state programs are to make sure you have access to a maintenance team and trades people that will give you the peace of mind that your home is still your castle. The jobs can be as small as changing a light bulb, but we can also assist with getting qualified trade quotes. Our contractors are fully screened before being able to join our centre.

Above is a list of jobs that we can assist with, but if you are unsure if we can help its always worth giving us a call and having a chat with our friendly team, to see if we can help.... we often can!

Sarah Finlay



WAYS TO WELLNESS

Merry Christmas from the Ways to Wellness Team !

As we begin to emerge from a year of disruptions, we are starting to see community groups and activities meeting face-to-face once again. This is fantastic news for our Ways to Wellness Project and a great opportunity to reconnect to your community through participation. Our Ways to Wellness Link Workers can support you to do just that.

Did you know that every cow has a best friend that they spend time with every day, and separation can impact on their physical health? Even other species can benefit from social connection! Connecting socially can improve your quality of life and may help you live longer. The Ways to Wellness Project can support you to find meaningful social groups, clubs and organisations of interest to you. Our Link Workers have a huge network of diverse groups and activities in the Mt Gravatt and surrounding areas that they can introduce you to. The Link Worker can support you to overcome barriers to accessing and participating in your community, whilst providing encouragement to reach your wellbeing goals.

We understand that Christmas can be a lonely time for some of us. If you think this program can assist you to improve your health, wellbeing and independence through social connection, please contact Elise Marr on 0491 625 869 or email linkworker@mgcci.org.au to arrange an appointment.

From the Ways to Wellness Team, we wish you a happy and safe Christmas.



PROGRAMS

HOPE PROJECT

The Hope Project (Housing Options Practical Employment) is a 12 month project, generously funded by the Brisbane City Council. It has now been running for around five months, operating out of Bernie's place next door to the Community Centre. With the help of some fantastic volunteers, we are providing assistance to members of the community who are experiencing issues in regards to their housing, employment and with computer skills.

Starting in the middle of 2020 has posed some challenges due to the community centre being limited in the services that were being provided, along with the restrictions in place due to COVID-19. However, at the same time it has been a very busy start, with employment and housing being two issues that, unfortunately for many, have been impacted by this year's events - so it has been great that MGCCI has been able to offer some assistance around these essential issues.

The type of support that is available through the Hope Project includes:

Housing support – assistance to link in with housing providers, advocate to landlords and to provide information around renting rights and responsibilities.

Employment support – practical support to put together a CV, cover letter, job searches, applications and exploring options for study.

Digital Literacy – personalised help with using computers, to help you in your search for work or for study. Set up a seek profile, get an email address or refine your skills in internet research.

In addition, the space at Bernie's has laundry and shower facilities and a commercial kitchen. This will be put to use through a regular community meal, providing the opportunity for people to get involved, learn some basic cooking skills and enjoy a delicious meal together. We are also looking forward to the addition of a Certificate III in Food Production, which MGCCI will be offering next year. This will give participants the chance to further their skills in hospitality, food processing and production – all of which are areas with good job prospects. Anyone interested in getting involved or after some assistance, please contact Nigel on nigel@mgcci.org.au or call /text 0491 174 795.

COMPLETE A CERT III in
INDIVIDUAL SUPPORT! HERE'S
WHAT YOU NEED TO BE
ELIGIBLE...

1. Qld Resident 18 and over
2. Meet Australian residency requirements
3. Correct visa eligibility criteria
4. Ineligible for Australian Government employment services or assistance
5. Remain unemployed for more than 6 months
6. Successful completion of National Police Check

For more information
call us today!

07 3343 9833

DO U NEED ASSISTANCE
WITH INSTALLATION OF
GRAB RAILS, RAMPS,
BED AND CHAIR RAISERS
AND MORE? PLEASE
CONTACT MY AGED CARE
FOR ASSESSMENT ON
1800 200 422 SO WE
CAN HELP YOU WITH
THIS ASAP!



SKILLING QUEENSLANDERS FOR WORK

2021 Applications are Open

Are you passionate about care and looking for work? You may be wanting to return to the workforce or needing to reskill and looking for a vocational qualification that can give you the opportunity you've been hoping for. Well this could be it!

Just check the eligibility criteria in the left panel and if this sounds like you and you are ready to commit to a new chapter then get in contact with us ASAP whilst we still have places available for the first half of 2021. Spaces are filling fast so don't delay.

This program is proudly funded by the Queensland Government through the skilling Queenslanders for Work initiative.

Congratulations to all of our 2020 Graduates

YOU ARE AMAZING!!!

NEW FACES



MICHEL'-LE'

Hello Mount Gravatt community!

My name is Michel'-le', I know, how on earth do you pronounce that is probably what you are all thinking. It is with great difficulty, especially when I was at the age of four but practise makes perfect as my mother encouraged me!

A little bit more about me is that I have now taken on the new role and adventure of clinical nurse and support services, as part of Queensland Ageing and Disability services here at the Mount Gravatt Community Centre. I have worked in nursing for a number of years and I have enjoyed every aspect of this diverse and challenging career. From aged care, general medical wards, orthopaedics, day surgeries, paediatrics and many more. Safe to say it's been nothing short of an incredible ride so here's to the next challenge, adventure and making a difference within the community.



BEC

Howdy Folks!

My name is Bec Easton and I am enjoying the team and clients down at MGCCI as the new HR & Operations Manager.

My background is varied, with 7 years in legal, and about the same again in design and construction. It was here that I completed an MBA in Entrepreneurship whilst working in Management and Operations. I am passionate about amazing workplaces and the fantastic people that give their services each and everyday, so I went on and became a licensed HR Coach. More recently, I have worked with Affordable Housing, Aged Care & Community Services on North Stradbroke Island with the gorgeous Quandamooka Mob and have now settled in here to help out MGCCI wherever I can. Thanks so very much for having me.

HOW TO CONTACT US

Walk in service

9am to 1pm
Monday to Friday

Talk to us

9am to 2pm
Monday to Friday

General Enquiries

(07) 3343 9833

Emergency & Food Relief

(07) 3557 2150

Email

intake@mgcci.org.au

Christmas Star Mini Truffles



Image credit <https://www.taste.com.au/recipes/christmas-star-mini-truffles>

INGREDIENTS

85g packet Aeroplane Jelly Strawberry
85g packet Aeroplane Jelly Lime
2 large Granny Smith apples, peeled
100g white chocolate, chopped
2 cups thickened cream
250g mascarpone
200g packet ginger kisses
1/2 cup apple juice
250g strawberries, finely diced
White chocolate stars, to serve
Mini silver cachous, to serve
Gold edible glitter, to serve

PREP: 5.20

COOK: 0.5

MAKES: 8

METHOD

Step 1 Make strawberry and lime jelly separately following packet directions. Refrigerate for 1 hour or until just beginning to set (mixture should be a custard-like consistency).

Step 2 Cut apple lengthways into 5mm-thick slices on either side of core. Using a 3cm star-shaped cutter, cut stars from apple. Add to each jelly. Stir to combine. Divide jelly among 8 x 340ml-capacity wine glasses (about 1/2 cup into each glass). Refrigerate for 4 hours or until set.

Step 3 Place chocolate and 1/2 cup cream in a microwave-safe bowl. Microwave on HIGH (100%), stirring halfway through, for 1 minute or until melted and smooth. Set aside for 20 minutes to cool.

Step 4 Place chocolate mixture, mascarpone and 1/2 cup remaining cream in a bowl. Using a whisk, whisk until soft peaks form (don't over-whisk). Spoon a little white chocolate cream over jelly in each glass. Top each with 1 ginger kiss and a drizzle of apple juice. Dollop each with remaining white chocolate cream. Refrigerate overnight or until white chocolate cream has set.

Step 5 Using an electric mixer, beat remaining cream until just-rm peaks form. Dollop each trifle with whipped cream and sprinkle with strawberry. Press 1 chocolate star into the top of each trifle and sprinkle with cachous and glitter. Serve.

CHRISTMAS CLOSURE

FROM ALL THE TEAM AT MT GRAVATT COMMUNITY CENTRE INC. WE WISH YOU & YOUR LOVED ONES A SAFE AND MERRY FESTIVE SEASON!!

Our Centre will be closed from

Thursday 24th December 2020 to Monday 4th January 2021.



CHRISTMAS TRADITIONS AROUND THE WORLD

It is a merry time of year, and for many festivities are loud and proud in a variety of wonderful and different ways...all equally a cause for celebration.

Here are just a few interesting and wonderful traditions from around the globe.



Giant Lantern Festival - Philippines
(Ligligan Parul Sampernandu)



Icelandic Yule Lads - mischievous troll
like characters.



Rollerskating to Church in Venezuela



Jewish holiday of Hanukkah - lighting of
the Menorah - Washing D.C. Memorial



The burning down of the Gävle Goat,
Sweden (Yule Tide Goat)



The Legend of La Befana - Italy. Gives
presents to good children and coal to
those who have been naughty.



**Whatever and however you celebrate this time of year,
may your hearts be filled with joy and may you have a
safe and prosperous new year.**

From all of the team at
Mount Gravatt Community Centre Inc

OUTREACH SERVICES OVER CHRISTMAS & NEW YEAR 2020

If you or a loved one need further assistance during the festive season here are a list of organisations that may be able to help you. Please remember if you are in a state of emergency please contact

000



13 11 14

24/7 Crisis Support



1300 762 515

Directory for access to food & Kitchens



13 72 58

Service Support for people in need



1300 22 4636

Support Advice & Action Hotline



1800 954 122

8-4pm Mon-Fri
Christmas Appeal



Download the Seniors Guide to QLD Help from your app store today!

- Find information, help and support for specific life issues (eg: aged care, elder abuse, family and finance troubles, grandparent relations, transport and more)
- access information on rights
- understand how to lodge complaints and seek resolutions to concerns with the right agencies

