

# MARCH

2020



# Mt Gravatt

## COMMUNITY CENTRE INC

Supporting the Community Since 1990



## THIS ISSUE

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## A PLACE & SPACE FOR EVERYONE

Now that we are back from the Christmas break, all of our social groups and activities are back in full swing. If you haven't explored one of our social groups yet, we would love to welcome you here at the Centre and help you find a group or activity that suits you. It might be an art or craft group or maybe you would like to try your hand at playing the Ukulele or joining our women's social group. See our What's On brochure for more information or call us to speak to one of our helpful staff.

## COVID-19

Keep up to date with the latest information about Coronavirus COVID-19 at the following organisation's websites:

[World Health Organisation](#)  
[Department of Health](#)  
[Queensland Health](#)

Or phone 1800 020 080

## FROM THE CEO

I am excited to see what 2020 holds for Mount Gravatt Community Centre. We have certainly hit the ground running, with approval from the Department of Health for us to commence delivering Home Care Packages. Home Care Packages is the next step after the Commonwealth Home Support Program (CHSP) that provides more intensive interventions when a client's care needs have progressed. If you are an existing CHSP client, you will receive information in the coming weeks from us on how to register for Home Care Packages or how to change providers if you are already approved and would like us to support you. Our new service will be called Queensland Ageing and Disability Services (QAADS) – you'll see new signage on our building and cars in the coming weeks.

If you've driven past or called in recently, you will have seen the great work happening at Bernie's Place. The building has been raised, all the stumps have been replaced and the ground floor foundation has been laid. It won't be long before our existing programs can continue and new exciting ventures can commence. We are incredibly grateful for the support of Ross Vasta and the Federal Government to make this dream a reality for the Mount Gravatt Community.

We were overwhelmed with the generosity of local business and organisations over the Christmas period. We received donations from Mount Gravatt Lions Club, Mount Gravatt Mazda, Life Church Salisbury and Citipointe Church that partnered with us to provide over 80 families with hampers this Christmas. Thank you for helping us provide a little relief to those in need over the holiday season.

Lastly, the Australian Government Aged Care Quality and Safety Commission completed an audit of our service in December 2019. I am pleased to report our compliance across all 8 Standards and there are no specific areas in which improvements must be made. This is an outstanding result for our service and I applaud all the staff involved in ensuring we maintain such a high level of consumer focussed care.

# WHAT'S ON 2020

Do you have a device such as a smart phone, tablet, laptop or a desk top computer that you would like to know how to use? Maybe you are wanting to know how to email or use Facebook to keep in contact with family or just how to turn it on! Geoff one of our wonderful volunteers is here to help! On Monday and Tuesdays mornings Geoff holds computer lessons (by appointment only) and can help you solve the mysteries of your devices! If you can't make it on these days, Geoff now has a computer club which runs on Saturdays from 10am to 3pm, here at the Mt Gravatt Community Centre. For all bookings, please contact us on 3343 9833.

As per previous years, this year we will be holding numerous community events including events for Harmony Day, a community Iftaar, an art exhibition and a health and wellbeing fete. Watch this space for details of these events as they come up during the year. We hope to see you there!

## THE DREADED FLU

The flu is a highly contagious viral infection that can cause severe illness and life-threatening complications, including pneumonia. The flu is spread by contact with fluids from coughs and sneezes. There are three simple steps to stop the spread of flu.



### 1. Cough or sneeze into your elbow or a tissue

If you feel a sneeze or cough coming on, cough or sneeze into your elbow. It's a part of your body less likely to touch other surfaces. If you do use a tissue, make sure you dispose of it into a bin nearby.



### 2. Wash your hands regularly

Flu germs are almost invisible little droplets from saliva, sneezes, coughs and runny nose and can live on surfaces for hours. Washing your hands thoroughly with soap and water at regular intervals throughout the day is a quick and easy way to help stop the spread of these germs.



### 3. If you're sick, stay home

Avoid going to work or school or visiting busy public places and vulnerable people, such as the elderly. Avoid contact with others as much as possible while the infection is contagious. For adults this is usually around 3-5 days from when the first symptoms appear, and up to 7 days in younger children.

## ADDRESSING SOCIAL ISOLATION

Our Link Worker Elise Marr has connected and introduced over 120 program participants to all sorts of wonderful community groups, clubs and activities. Elise is always out and about exploring exciting opportunities for our Ways to Wellness participants to engage in, like Walking Netball Qld, Sunnybank Theatre Group, the Sam Riley Swim Centre, ARMIA House and other various special interest groups and volunteer opportunities. And we haven't even scratched the surface! If you, or someone you know feels you may benefit from the Ways to Wellness Program, please contact Elise Marr on 0491 625 869 for more information on how you can participate.

The Qld Community Alliance is currently petitioning the Minister for Communities, Coralee O'Rourke to continue funding this wonderful program. If you would like to support Ways to Wellness, please follow this link to sign the petition:

[qldcommunityalliance.org/keep\\_funding\\_our\\_ways\\_to\\_wellness\\_social\\_isolation\\_project](http://qldcommunityalliance.org/keep_funding_our_ways_to_wellness_social_isolation_project)

## LAWNMOWING

The focus of our garden maintenance services is to improve safety, accessibility and independence within the home, by minimising environmental health and safety hazards. This service is provided once per month per household.

## PROGRAM ELIGIBILITY

Commonwealth Home Support Program (CHSP)

- aged 65 or over (or 50 & over for Aboriginal and Torres Strait Islander People)
- has difficulty performing activities of daily living without help due to functional limitations (including cognitive), for example communication, social interaction, mobility or self-care), and
- lives in the community Home Assist Secure (HAS)
- aged 60 or over; or
- of any age with a disability
- holds a current Pension Concession Card

## CALL CENTRE UPDATE

We have expanded our call centre and reviewed our procedures to ensure we are meeting the demand on our services. You will hear some new voices on the phone that are here to help you. We operate as follows:

Monday to Thursday 9am to 4pm  
Friday 9am to 3pm



## TRAINING FOR QUEENSLANDERS

We are offering a Certificate III in Individual Support, funded by the Palaszczuk Government's Skilling Queenslanders for Work initiative. If you are interested, you are welcome to attend our next Information Session at 10am on 29th April 2020 at the Community Centre.