

**MAY**  
2021



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

## THIS ISSUE

From The CEO  
Ways to Wellness  
Community meals  
Neighbourhood Centre  
Home Care Team  
Matt's corner



## FROM THE CEO

I must say how wonderful it is to have our groups back at the Centre and seeing everyone again, we have missed you as much as you have missed coming to the Centre.

*Welcome everyone and thank you for coming back, including you Phoebe!*



*«It has been an amazingly busy start to 2021.*

*The staff and volunteers are an incredible asset to our community centre and help us to continue to provide vital services to people in our community. »*

Some key areas of focus for us in 2021 are:

1. Marketing and branding our name and services is the focus for 2021 with a view of consistency across our marketing material such as brochures, websites, facebook and flyers.
2. We are commencing our 3 Year Stakeholder Engagement Strategy as good planning creates great spaces and programs for people to grow, learn and engage.

We want to hear your views about what local issues are of most importance to you, how are those needs being addressed, are there gaps and what can the Centre do to support the local community?

Your feedback will help us to identify key issues and needs, hopes and aspirations and help us to shape the future directions of the Centre which will be documented in our 2021-2024 Strategic Plan.

There will be several ways for you to have your input, such as an on-line ([Click here](#)) or paper-based survey, attending a workshop at the Centre, one-one meeting/or phone call with the Consultant engaged to undertake this piece of work for us.

# ABOUT MOUNT GRAVATT COMMUNITY

## Our Vision.....

To strengthen our communities' capacity in an inclusive way that enhances quality of life.

## Our Mission.....

To be welcoming and accessible to our communities, through flexible and responsive approaches, that provides a place and space for everyone.

## Who we are.....

MGCCI is a not-for-profit, registered charitable organisation located on Logan Road, Upper Mount Gravatt.

3. We now offer weekly free morning tea and lunches for those who want to connect with others. If you are interested, please contact the Centre to find out more.

Our "Queensland Ageing and Disability Services" Home Care Package (HCP) business is growing rapidly, and we are so excited clients from our CHSP program have successfully received HCP and have stayed with us to continue their services.

Welcome to all our HCP new clients our staff are enjoying providing quality services to you all. Our services cover from the South of Brisbane as far as the Gold Coast and out to the Redlands.

All our other programs are still operating and available to you all and remember to keep an eye out for the events we are holding this year, we would love for you and your family to join us.



At the end of April, we became a member of **Meaningful Ageing Australia**.

They are leaders in education and resourcing of evidence based spiritual care for the ageing population in the context of health, aged care and community services. As members we have access to their high-quality resources that helps bring person-centered care to fruition.

Shortly we will audit where we stand in relation to the **National Guidelines for Spiritual Care in Aged Care**, in order to create an action plan for the organisation.

The results of which will determine where we focus our efforts in the coming months.





Danne Bathán, Link Worker

**The Ways to Wellness Program** is open to anyone aged 16 years old and above and live in Mt Gravatt and its surrounding suburbs. Our link workers have a huge database of local social groups, activities, organisations, and clubs that they can introduce you to. Our link workers will support you to overcome barriers to participating in your community, all while providing you information and the encouragement to reach your health and wellbeing goals.



If you are a previous or current Ways to Wellness participant and would like to join in their research, please email Leah Sharman on [socialprescribing@uq.edu.au](mailto:socialprescribing@uq.edu.au) or phone 0405 535 324.

# WAYS TO WELLNESS

Earlier this year we welcomed Danne Bathán, our new link worker for the Ways to Wellness Program here at the Mount Gravatt Community Centre. She continues to work with Elise Marr, who has supported and introduced over a hundred program participants to different groups and activities in our local community.

For those of you who are new to our organisation, what is Ways to Wellness?



Ways to Wellness is a **FREE** service that links people experiencing social isolation and loneliness with meaningful groups and activities in the area that support their health and wellbeing.

The program is based on a model of “social prescribing” and is the first of its kind here in Australia.

We have partnered with The University of Queensland and their team of academics are providing the research and evaluation component of this pilot program.



Our program accepts self and community referrals, as well as referrals from primary health care providers and occupational therapists.

Some of the groups and organisations we have linked our clients with:

- Walking Netball QLD
- The Australian Pain Management Association
- SOLACE Australia
- Self Help QLD
- Mt Gravatt Men's Shed
- Upbeat Arts
- Rackley Swimming Runcorn
- Inside Outside Dance Ensemble
- St David's Neighbourhood Centre
- Paint Pals Social & Art Group at the Mt Gravatt Community Centre
- Afternoon Friends at the Mt Gravatt Community Centre







Elise Marr, Link Worker

## CONTACT US

To refer someone, or for more information about the Ways to Wellness Program, please call

Elise Marr on 0491 625 869  
or email  
[linkworker@mgcci.org.au](mailto:linkworker@mgcci.org.au)

You can also visit our website  
<http://waystowellness.org.au/>

or our Facebook page  
<http://www.facebook.com/WaystoWellnessMtGravatt>



Last month, we also held a Ways to Wellness morning tea for our program participants and partner organisations.

It was a highly successful event, with participants meeting and engaging with one other, and hearing about the different groups and organisations in the area.



## COMMUNITY MEALS

As part of the training in **Certificate II Food Processing course (SQW)** students are learning cooking and kitchen operation.

To give back to the community they are cooking and serving community meals **twice a week from 24th May till the 30th June.**

The community meals will be on **Mondays (morning tea)** and **Wednesdays (lunch).**

It will be a great opportunity for the people in the community to connect over a meal.





**Mt Gravatt**  
COMMUNITY CENTRE INC

Supporting the Community Since 1990

# FREE Community Meals

## MORNING TEA MONDAYS

24th May 2021

31st May 2021

7th June 2021

14th June 2021

21st June 2021

28th June 2021

## LUNCH WEDNESDAYS

26th May 2021

2nd June 2021

9th June 2021

16th June 2021

23rd June 2021

30th June 2021

## TIME:

### Morning Tea

10:30AM -

11:30AM

### Lunch

11:30AM -

12:30PM

'Bernie's Place' - Mt Gravatt Community Centre

**1697 Logan Rd, Mt Gravatt - 4122**

**(Numbers Limited)**

## CONTACT US

[sqwsupport@mgcci.org.au](mailto:sqwsupport@mgcci.org.au)

3343 9833 ext 123





# Looking for work in the food industry?

## CERTIFICATE II IN FOOD PROCESSING

(FBP20117)



Gain a qualification, hands on experience and a **pathway to work** in **restaurants, hotels, catering operations, factory / processing work, breweries, cafes & pubs.**

Includes **barista training**, responsible service of alcohol (**RSA**) and access to additional support to find a job through MGCCI

**Give back to the community** - meals prepared will be distributed to those in need through the community centre's food relief program

**Course duration:** 16 weeks - includes practical work placement.

3 days per week - 9:00am to 2:30pm

**Specialisations:** Kitchen operations, food prep & handling, cooking, barista, RSA & customer service & hospitality skills

**Location:** 1693 Logan Rd, Mt Gravatt

**Cost:** NO COST to eligible participants

**ELIGIBILITY:** 18 years and over, meeting residency and visa eligibility requirements, NZ citizens, ineligible for Australian Govt. employment assistance, unemployed after accessing Centrelink payments for more than six months

**ENCOURAGED TO APPLY:** Disadvantaged jobseekers, Aboriginal or Torres Strait Islanders, culturally or linguistically diverse, people with disability, mature-age jobseekers, people at risk of homelessness

**For more info or to apply, contact our team:**

**Mobile:** 0490 679 706 **OR ph:** 3343 9833/ ext 123 or 127  
**email:** [sqwsupport@mgcci.org.au](mailto:sqwsupport@mgcci.org.au)



# Looking for work in Aged care?

## **CERTIFICATE III INDIVIDUAL SUPPORT** (CHC33015)



Gain the skills and practical experience you need to get work in the **rapidly growing aged care sectors**.

Combining both theory and practical training, this qualification will enable you to **work in multiple roles**, such as:

- personal care worker - respite worker - assistant in nursing - community care worker - support worker - in home worker

Includes **practical work placement** and access to additional help to find a job through services available at MGCCI

**Course duration:** 15 weeks In Class Training (3 days per week)  
4 Weeks FULL TIME Practical Placement

**Specialisation:** Aged Care

**Location:** 1693 Logan Rd, Mt Gravatt

**Cost:** NO COST to eligible participants

**ELIGIBILITY:** 18 years and over, meeting residency and visa eligibility requirements, NZ citizens, ineligible for Australian Govt. employment assistance, unemployed after accessing Centrelink payments for more than six months

**ENCOURAGED TO APPLY:** Disadvantaged jobseekers, Aboriginal or Torres Strait Islanders, culturally or linguistically diverse, people with disability, mature-age jobseekers, people at risk of homelessness

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# NEIGHBOURHOOD CENTRE



The Community Centre is once again a hive of activity following the relaxation of the Covid-19 restrictions of the past year.

If you have been to the centre you may have noticed that the internal walls have had a new coat of paint and Christmas period and with the generosity of local community members, organisations and local government grants we were able to assist over 150 families with Christmas Hampers and gifts for children.

A huge thank you to Lord Mayors Charitable Trust, St. John's Uniting Church, Greater Mount Gravatt Mansfield Lions Club, The Red Hat Ladies, Bayside ladies walking group and many more than I have the space to mention in this brief newsletter.



*Eric, bus driver, Rose Smith, Lisa Miller, Sonia Palomba, Barbara Savage, Rose Lucas, Carol Wolff, Susan Ware, Bernie King, Margaret Hill, Lyn Edwards.*

January saw the return of social groups once again meeting at the centre in keeping with the Covid-19 space restrictions, however this does mean that the larger groups such as the Seniors' Social Group and Paint Pals are now meeting over two split sessions.

Paint Pals, Card Making, Crochet and Knitting, Computer Lessons, English Conversation, Ukulele Group and Afternoon Friends (ladies' group) have all welcomed new members this year. And they have room for new or returning members!

"Bernie", one of our wonderful volunteers, has taken over the reins of Paint Pals and Seniors Social group and this week completed her First Aid and CPR training.

Bus trips are on the agenda again and our Seniors' Social Group have been out and about with visits to the Redlands Museum followed by lunch at the Redlands Sporting Club and a sneaky visit to local thrift shops on the way home, where I believe quite a few small treasures were found. Last week they explored Queen's Park at Ipswich and then dined at the Queen's Park Café.

If you would like to join any of these groups just contact the centre at **07 33 43 9883** and we will be able to provide you with more information.

## TAX HELP

A volunteer provided by the ATO will be at the centre from August to assist with simple tax returns for eligible participants.

## FOOD PARCELS AND EMERGENCY RELIEF

The Community Centre can assist singles and families who may be finding finances a little tight, with food hampers or further assistance by appointment only with bill assistance. Please phone or email to book an appointment.



# DONATIONS

## BLANKET DRIVE

The year is flying by and our lovely Autumn weather is quickly leading into the chill of Winter. At this time of year, we hold our Annual Blanket Drive. Through the Drive, we provide some welcome warmth to community members who are in need of a little extra assistance. So, when you are digging out your warm blankets and find that you may have one you can spare that is in good condition, please consider donating to our Blanket Drive.



## COLLECTING BOOKS, DVDs, MAGAZINES & PUZZLES

For those who may be self-isolated, alone or who would normally rely on public libraries for their reading material.

*If you would like to donate, please contact **Elise Marr** - Health Care Link Worker on **0491 625 869** and we can arrange drop off or pick-up of donations.*

*A huge thank you to those who have already donated. Your donations are hugely appreciated!*

There are more trips planned and we will have guest speakers providing valuable information attending the monthly meetings. Last month Aged and Disability Advocacy (ADA) attended.

March 28th was Neighbour Day. The theme this year was 'Every day is Neighbour Day', so we celebrated this day on Friday the 26th by holding a community morning tea in the new community space at Bernie's Place.

Our wonderful volunteers prepared delicious ribbon sandwiches, fresh fruit platters and freshly made coffee and tea.

Did you know we now have a fantastic commercial quality coffee machine? Flat whites were in high demand. The cake was ceremoniously cut by "neighbours" of the centre.



## UPCOMING EVENTS / SAVE THE DATE

Luminous in the Neighbourhood

Saturday 5th June 2021

> 3pm to 8pm

@ Bernie's Place

1697 Logan Road, Mount Gravatt



Come celebrate with us and welcome community members from migrant, refugee and diverse backgrounds.

The giant famous Giant Kookaburra will be visiting here at Mount Gravatt again this year. There will be a sausage sizzle, music, children's entertainment and more.

In preparation for this event we will be holding lantern making workshops on **Tuesday the 18th** and **Tuesday the 25th of May** from **3pm to 5pm**.

Register your interest now, by phoning **07 3343 9833** or emailing the centre.

## VOLUNTEERS WANTED

Volunteers are always needed in the centre:

- Bus driver especially for senior's bus trips.
- Gardening
- Food pantry helpers
- Special projects and events
- Forms assist – helping clients to fill in simple forms or with Resume's

We would not be able to continue operating without volunteer, they play a vital role in assisting us to keep the centre running smoothly. If you think you would like to volunteer and have the capacity to give a few hours each week, please contact Janene on: **3343 9833 ext 102** or email [ncc@mgcci.org.au](mailto:ncc@mgcci.org.au)

## HOME CARE TEAM

### Queensland Ageing & Disability Services

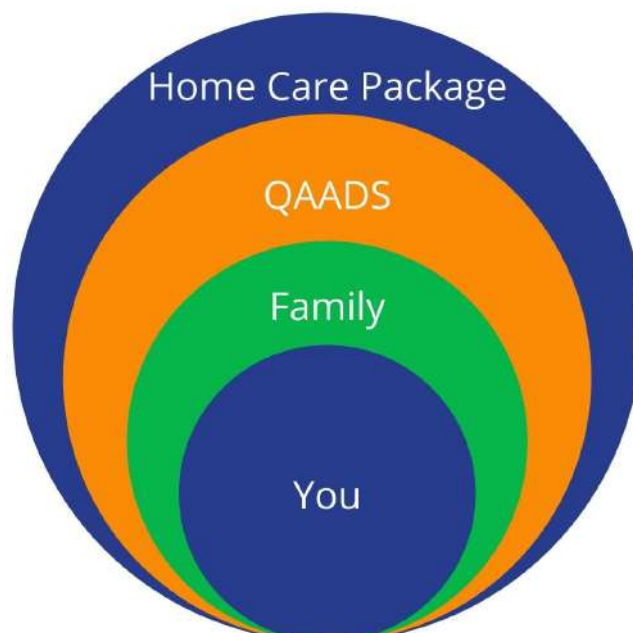
Do you need help at home?

Perhaps in the past you have accessed services with us through MGCCI using the Commonwealth Home Support Programme (CHSP) or Home Assist Secure (HAS). These entry level support programmes provide a helping hand to enable you to live freely at home and in your community.

However, the time may come where you need a little more assistance and receiving care in the comfort of your own home is your preferable solution. This is precisely what QAADS offers.

We work with you, your family, your carer or advocate, to select the right care and support services, that best suits your needs and care goals as outlined in your care plan.

**We are dedicated to helping you to live independently in your home for as long as it is safe to do so.**



Sarah Finlay, Home Care Coordinator

If you would like an informal chat about services in South East Queensland please contact us on **1300 072 237** or email [sarah@mgcci.org.au](mailto:sarah@mgcci.org.au)





## WHAT AGED CARE SERVICES ARE OFFERED?

Whether it's a little help around the home or an in home nurse you require, QAADS is able to provide support occasionally, or as often as you would like.

We have caring, professional staff that can assist with housework, gardening, shopping, cooking, personal care such as bathing and toileting, support to participate in your favourite activities, assistance to access allied health professionals and nursing services in your home.

Our aim is to help you stay independently in your own home for as long as possible, providing the services and equipment to ensure you can.



Based in Mount Gravatt, we are a not-for-profit charity, and our range of services is expressly aimed at assisting senior people, people with a disability, or carers and families living in South East Queensland.

**Living and feeling safe and secure in your home is a priority for all, and at QAADS we strongly believe in the dignity of choice, and that it is your choice to stay home independently for as long as you comfortably can.**

Thinking about your care requirements now and implementing some advanced care planning can ensure that you get the assistance you require.

The Australian Government Home Care Packages (HCP) might be beneficial for you. Home Care is simply receiving regular assistance and/or care in your own home.

Funding is allocated to you by the government to support you with in home assistance or care and there are four levels of package depending on your needs.



Applying for HCP is through [www.myagedcare.gov.au](http://www.myagedcare.gov.au) website.

We recommend that you check there for the full and current comprehensive information about the process, or contact us to discuss your needs further with one of our friendly team members.



# Applying For a Home Care Package



QUEENSLAND AGEING  
AND DISABILITY SERVICES

1

## Decide On Care Type

Help at Home.  
Short-term Care. Transition Care.  
Respite Care



2

## Get Assessed

Check eligibility.  
Face to face Assessment.  
Assessment Outcome.



## Select Your Provider

3

Once approved you will receive your approval codes.  
Meet with QAADS to discuss your care support plan and how we deliver our excellent service that ensures you are always treated with dignity, kindness and understanding.



4

## Manage Services

Any changes in your needs or services can be discussed with QAADS and where appropriate we will assist you in reapplying for additional services. See your My Aged Care Account for your unique account information.



For more information see our website [www.qaads.org.au](http://www.qaads.org.au)  
NB: Applying for HCP is done through the [www.myagedcare.gov.au](http://www.myagedcare.gov.au) website.



# Commonwealth Home Support Program services for older people, people with disabilities and their family and carers.

Our aim is to enhance the well-being & quality of life of older people, people with disabilities, their carers and family by providing assistance with daily living so they can remain independently at home and in the community.

## Individual Services & Supports Provided

### - Home & Garden Maintenance

Repairs and maintenance of home and garden to improve safety, accessibility, independence & wellbeing eg: lawn mowing, clearing pathways, safety around flooring, carpentry, plumbing, lightbulbs, home safety inspections.

### - Minor Modifications

Structural home changes to increase and maintain a person's functional independence to live capably & safely in their home, eg: hand shower rails, smoke alarms, ramps, mobility access.

### - Flexible respite, Social Support, Domestic & Personal Care

Services include community access & in home support eg: assistance with washing, cooking, shopping, visiting services, bathing, eating and dressing.

## Eligibility

- People aged 65 years and over or Aboriginal & Torres Strait Islander People 50 years and over

- People with a disability or medical condition which affects their ability to carry out daily activities

- Carers and family of people with a disability or medical condition that affects their ability to carry out activities

## Meet the friendly faces of our Home Care Team

Meet our wonderful support workers who aim to provide a combination of quality support services to help meet your needs at home. To find out more about Help at Home please call us on **3343 9833**.



# HOME MAINTENANCE



## Does your smoke alarms need testing?

Mount Gravatt Community Centre is here to support you to remain safe and secure in your home.

Your smoke alarms should have its batteries changed once a year, if the smoke alarms are older than 10-years or if they fail to operate when tested they must be replaced. If you are unsure if your smoke alarms are still in date or if you need the batteries replaced give our team a call to book it in or to discuss other options available.

## Security Hints

You can live more confidently in your home by being aware of possible security problems and knowing what to do about them. With this information and advice, you will be better able to decide the important changes needed for your particular home and your particular needs. For more information please go to <https://www.police.qld.gov.au/safety-and-preventing-crime/personal-safety/older-wiser-safer/resources-for-seniors> or call our friendly team on **3343 9833**.



## Home Assist Secure (HAS)

is a service which can provide assistance to eligible people for home maintenance, repairs, minor modifications, such as; hand and shower rails, smoke alarms, ramps, lightbulbs and tap washers. We also have reputable registered contractors who are able to undertake such repairs or modifications. The aim of the service is to perform maintenance or modifications which relate to your health and your ability to remain in your home.

### Mt Gravatt Community Centre - Meet our contractor:

Meet Lee from L & GM Electrical who shares with us 10 years association with Mount Gravatt Community Centre.



**How long have you been in business?**

**14 years.**

**How many staff do you employ?**

**It is just myself.**

**How long have you been associated with MGCCI?**

**About 10 years.**

**What was your first job?**

**Probably installing a power point or repairing a line.**

**What was your first connection to the suburb?**

**A friend just recommended me to go to Garden City.**

**Your favourite place (associated with Mt Gravatt or surrounding suburbs?)**

**Garden city, for its activities and nice restaurants.**

## COVID OLDER PERSONS SUPPORT

Older Persons COVID-19 Support Line 1800 171 866 8:30am to 6pm Monday to Friday

*Some older people are vulnerable to COVID-19 but less connected to the internet and in need of ways to access information for their circumstances. The Older Persons COVID-19 Support Line provides information and support.*

Older Australians, their families, friends and carers can call 1800 171 866 (FREE CALL) if they :

- Would like to talk with someone about the COVID-19 restrictions and its impact on them.
- Are feeling lonely or are worried about a loved one.
- Are caring for someone & need some information or a listening ear.
- Need help or advice about changing the aged care services they are receiving.
- Need help to access new care services or essential supplies such as shopping.
- Are living with dementia or are concerned about a friend or family member living with dementia.
- Would like to arrange a one-off or regular wellbeing check.



## We have a new contractor onboard :

### Ground Property Services

It is a family business where David, the owner, works with his son Noah. They are Brisbane based property maintenance business & provide professional lawn care service. Welcome to them !



To learn more about eligibility on subsidised service programs please contact our friendly staff on **3343 9833**.

## MATT'S CORNER

Winter is fast approaching and the cool weather has begun to set in. Here are some tips to stay safe when getting warm this winter:

- When placing portable heaters around the house, make sure they are not near loose flammable items such as curtains, bedding or clothing. These can catch alight and cause a fire.
- Ensure your smoke alarms are up to date and working. Winter creates more risks of fires with the increased use of heaters and dryers. Our maintenance team can keep your smoke alarms legally compliant and in safe working order.
- If using a dryer this winter, be sure to always remove excess lint before each cycle and try not to leave the house with the dryer going.
- Close the doors on unused rooms to trap in the heat, especially while heaters are in use.
- DO NOT sleep with electric blankets switched on, use them to warm the bed prior to climbing in.
- Check your hot water bottles, they deteriorate with age and can cause serious harm if they break while in use. Be sure to wrap a bottle before use and fill with hot, not boiling water.
- If wearing socks to walk around house when it's cool, be mindful of the more slippery areas in the home such as tiled floors. If you feel grab rails should be installed to aid you around the house, call here at the centre and we can advise on how to begin that process.

## COVID -19 VACCINES

Mount Gravatt Community Centre aims on providing important information to the community, below is important information regarding the covid-19 vaccination in Queensland.

### About the COVID-19 vaccine Key points

- The COVID-19 vaccine is safe and effective and will protect you from COVID-19.
- All vaccines given in Australia have passed tests to prove they are safe and work well.
- The COVID-19 vaccine is free and you can choose to have the vaccine or not.
- You need two doses of the COVID-19 vaccine.

### Queensland has two COVID-19 vaccines available:

- the Pfizer vaccine (also known as Comirnaty)
- the AstraZeneca vaccine. Both vaccines have been provisionally approved by the Therapeutic Goods Administration (TGA)



As always, our friendly Maintenance team is here to help in a number of other ways as well. We provide subsidised assistance to keep you safe in the home including replacing light bulbs, fly screens, repairing doors and door locks, tap washers, clothesline re-wiring and much, much more. Call us **07 3343 9833** to see if we can help.

**Matt Campbell**



## HOW TO CONTACT US

### Walk in service

9am to 1pm  
Monday to Friday

### Talk to us

9am to 4pm  
Monday to Friday

General Enquiries  
(07) 3343 9833

Emergency & Food Relief  
1300 001 383

### Email

[intake@mgcci.org.au](mailto:intake@mgcci.org.au)

## How is the COVID-19 vaccine given?

The vaccine is given via an injection into your upper arm by a health professional who has been trained in giving the COVID-19 vaccine.

To get the full benefit of the vaccine you will need 2 injections:

- 2 doses of the Pfizer vaccine, at least 21 days apart.
  - 2 doses of the AstraZeneca vaccine, at least 28 days apart, but most likely 12 weeks apart.
- While one dose may give some protection, it may only last for the short-term. It will take some time for your body to build an immune response, you may not be protected against COVID-19 until after your second dose.

We will continue to learn over time about how long the protection will last.

## Who can get the COVID-19 vaccine?

COVID-19 vaccinations will be given in a planned, staged approach. Those who are at higher risk of getting COVID-19 or of severe illness if they get COVID-19 will receive the COVID-19 vaccine first. Read more about Queensland's vaccine rollout by going to [www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid19](http://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid19)

## Older Persons COVID-19 Support Line

The Older Persons COVID-19 Support Line provides information and support to senior Australians, their families and carers. Call Monday to Friday, except public holidays, from 8.30am to 6pm.



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Proudly supported and funded by:



*Dedicated to a better Brisbane*



Queensland  
Government



Australian Government