

**OCTOBER**  
2021



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



## THIS ISSUE

From The CEO  
Ways To Wellness  
Neighbourhood Centre  
SQW Program  
QAADS  
Matt's Corner

## OUR VALUES

### 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.

## FROM THE CEO

### COVID-19 UPDATE

I am excited to announce our COVID vaccination rate at MGCCI is 83% of our workforce, and we are aiming for a 90+ percent fully vaccinated by early December 2021. Our staff value the importance of protecting themselves, our clients, family, and friends against severe illness and preventing complications such as "long COVID". We also believe strongly about protecting people who can't be vaccinated due to medical conditions.

### QLD GOVERNMENT INQUIRY

Mt Gravatt Community Centre was a lead agency along with Queensland Community Alliance to advocate to the Queensland Government for an inquiry into Social Isolation and Loneliness. By way of background information, the Queensland Community Alliance (QCA) membership comprises 35 diverse organisations, associations and groups who represent 1.7 million Queenslanders. As part of the advocacy work 196 written submissions were presented, together with the 10 public hearings conducted within the community, across Queensland. One of those hearings was held at our Centre on 28th of September with our local Member of Parliament, Ms Corrine McMillian chairing the meeting. I am pleased to say the hearing was well supported by our community members with 40 in attendance.

### STAFF TRAINING AND DEVELOPMENT

As a member organisation of Meaningful Ageing Australia (MAA) provides us with the tools and resources to enable our In-Home Services, to support older people to be their best selves. MAA have a wide range of practical resources we have utilised to develop and support our staff's capability in emotional support for our clients. The training staff have undertaken includes learning how to build empathy, show kindness, compassion, and respect to our clients. All of these are fundamental to contemporary emotional support and spiritual care, that we value in our In-Home Services at Queensland Ageing and Disability Services.



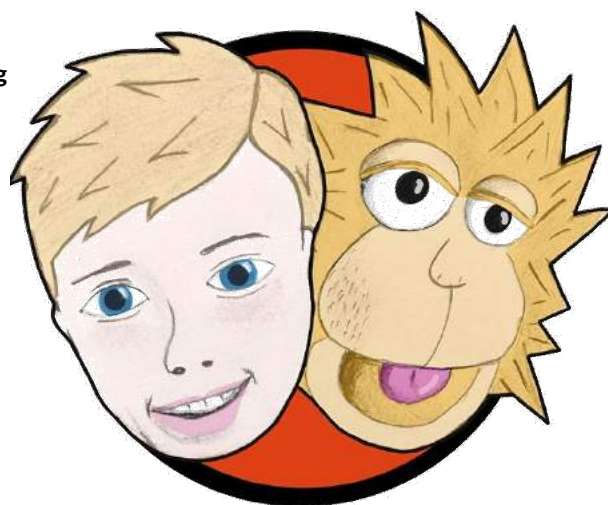
## CONFERENCE 2021

I am excited that we held our 2021 Staff Conference. Our 2020 conference did not go ahead due to "COVID-19" so we have missed one year. In the past we have held our conferences during office hours; but this no longer works with our large In-Home team and for our clients, therefore the event was held on Saturday 16th October 2021. Troy Morgan Consulting was our facilitator for the day – Happy Body Happy Mind, an interactive wellbeing workshop. The workshop was designed to support and guide us to become aware and make choices towards your own successful existence. The workshop was evidence based, interactive, fun, and addressed the importance of wellbeing in this time of change. The Conference was well attended by staff and Board Members and was an amazingly successful day.



## THE ELIJAH AND CRUMPET STORY

At MGCCI we are supporting the Elijah and Crumpet story – Motivate Man by purchasing several of his books for distribution and sale. Funded by a successful Kickstarter campaign to promote inclusion and awareness, 'Motivate Man' is one of the few children's books containing a character with Down syndrome. It's more a personal development book with Elijah featured in the highly valued role of Superhero and teacher.



By having the link to a real-life person living with Down syndrome, Elijah and his dad Rob allow parents and children the opportunity to get to know Elijah and break down misconceptions about his disability. If you are interested in meeting Elijah and Crumpet, they will be our guests at our Twilight Event on the 6th November 2021, where you can purchase a copy of his book, or contact us at MGCCI for your copy.





## DID YOU KNOW ?

That..... Feeling lonely can affect your health?

That..... One in Four Australian adults report feeling lonely?

That.....Lonely Australians are more likely to be depressed and anxious about interacting socially than adults who are not lonely?

That..... Social isolation is associated with a 30% increase in risk of coronary heart disease?

It can also affect your memory and ability to make decisions. It is as damaging to your physical health as smoking.

# THE WAYS TO WELLNESS PROGRAM

The Ways to Wellness program “Proudly funded by the Queensland Government” is an innovative social prescribing program which links people experiencing social isolation and loneliness to groups and activities within the community.

The only eligibility criteria is that you are over 16 years of age, live in Mt Gravatt or the surrounding suburbs, and consent to being contacted by our Link Worker.

You can self-refer via our website, or another service may make the referral on your behalf, with your consent.

Once referred, our link workers will make contact and arrange a suitable time for you to come into the Mt Gravatt Community Centre to have a chat. Our aim is to support you to find groups and activities that you would enjoy and to help you maintain your connection with the groups once you have joined. We have access to a huge database of local social groups, activities, organization, and clubs that we can introduce you to.

We will support you to overcome any barriers to participating in your community and help you to improve your sense of belonging, your social connectedness and most importantly, we will help you to feel “a part of” your community, all while providing you with information and encouragement to reach your health and wellbeing goals.



## PROGRAM UPDATES

Since May 2021, we have supported over 40 new participants to become more socially connected and embedded into the local community. Some of the groups and organizations we have linked our clients with include:

- Paint Pals Social and Art Group at MGCCI
- Afternoon friends at MGCCI
- Community Crafternoons at MGCCI
- Women's Health Queensland
- Knitting and Crochet groups
- Heart Foundation Walking group
- Yoga and Meditation groups
- Oz Harvest NEST cooking group
- Musically Speaking
- Becoming a volunteer
- English conversation classes



In early August 2021, we welcomed **Loretta**, our new Wellbeing Project Coordinator and Link Worker for the Ways to Wellness program here at the Mt Gravatt Community Centre.

Loretta brings with her a background in community and family support services, AOD treatment services, public health and health promotion.

## CONTACT US

To refer someone or for more information about the Ways to Wellness Social Isolation program please contact Loretta on **0491 625 869** or email [linkworker@mgcci.org.au](mailto:linkworker@mgcci.org.au)

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

Or our Ways to Wellness Facebook page <http://www.facebook.com/WaystoWellnessMtGravatt>



*Thelma during one of our Crafternoon*

If you would like to become part of a group or activity but don't quite know where to start, consider joining the Ways to Wellness program.

In June 2021, we were fortunate enough to receive renewed funding from the Queensland Department of Communities, Housing and Digital Economy to deliver the Ways to Wellness Program for the next three years. This is an exciting time as we look ahead to expand and further embed the program, so as to reach as many people as possible who are experiencing social isolation and/or loneliness.

### UQ RESEARCH


We have partnered with the University of Queensland, with their team of researchers providing the evaluation of the Ways to Wellness program. If you are a previous or current Ways to Wellness participant and would like to take part in their research by sharing your experience of the program and receiving a \$20 voucher for your time, please get in touch with Loretta at [linkworker@mgcci.org.au](mailto:linkworker@mgcci.org.au) or email Leah Sharman on [socialprescribing@uq.edu.lau](mailto:socialprescribing@uq.edu.lau) or phone **0405 535 324**.

### UPCOMING EVENTS

On 24th November, from 9:30am to 12:30pm, we will be celebrating Social Inclusion Week! Meet your fellow community members, share a meal with your friends, and learn about social prescribing and be a part of the UQ research! For more information, refer to the flyer on the next page or contact Loretta on **0491 625 869** or email [linkworker@mgcci.org.au](mailto:linkworker@mgcci.org.au) You can also participate in our video initiative highlighting the importance of community & inclusion. For more details, please refer to the next page.



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



# **SOCIAL INCLUSION week**

Connect, collaborate and  
celebrate with the Mt  
Gravatt Community Centre!

**AUSTRALIA**

**24 November 2021 | 9:30AM to 12PM**  
**Mt Gravatt Community Centre**

*Meet your  
fellow  
community  
members*

*Enjoy a free  
meal on us  
and our  
partners  
from UQ*

*Learn about  
social  
prescribing  
and be part of  
our research*

Take part in our video initiative highlighting the importance of community & inclusion and share your experience of Ways to Wellness by completing a survey

For more information or to RSVP, please  
contact Loretta on **0491 625 869** or email  
**[linkworker@mgcci.org.au](mailto:linkworker@mgcci.org.au)**







## **SOCIAL INCLUSION WEEK Video Showcase Initiative**

Make a one-minute video or submission on any of the following topics and send it in to [linkworker@mgcci.org.au](mailto:linkworker@mgcci.org.au) or you can text a photo or any art work you make as your submission to 0491 625 869 by Wed 17<sup>th</sup> November and all videos and submissions will be showcased at the Ways to Wellness morning tea event for Social Inclusion Week and uploaded to the MGCCI and W2W Facebook pages.

*“What does Social Inclusion mean to you?”*

*“How does the Mt Gravatt Community Centre help you to feel included?”*

*“What does a connected community look like to you?”*

*“What things do you do to help others feel connected to the community?”*

Examples of submissions could include:

- A one-minute video explaining your responses
- A one-minute video sharing your story
- A one-minute video of someone reading a poem or story you have written
- A picture of photo of a piece of artwork you have created on the theme Social Inclusion week
- Any other creative idea you have to show what Social Inclusion means to you that you can photograph or video.

# VOLUNTEERS NEEDED



Volunteers are always appreciated at our centre:

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

We would not be able to continue operating without volunteers, 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**

# NEIGHBOURHOOD CENTRE



Over the past few months, we have seen many new faces attending social groups and activities at the centre. **Afternoon Friends** (Ladies social group) have celebrated their **10th anniversary** and enjoyed lunch at Southern Cross Sports Club. Our **Crochet and Knitting** group members kindly donated many Beanies and Scarves to our **Winter Blanket Drive**, and several beautiful crochet edged hand and tea towels to the centre for use in our kitchens. How lucky are we to have so many generous community members who choose to be a part of our centre.

**Paint Pals** our social painting and drawing group are diversifying and becoming more experimental in their media. For example, they have dabbled in some hand-built clay work which they had fired and glazed with the generous cooperation of staff at Sunnybank High School. Also, they are planning to explore some printmaking in the form of lino block printing and silk screen printing in the new year.

Anyone can be creative and would be welcome to join this eclectic group of learners and experienced artists coached and encouraged by ex-high school art teacher Bernadette King. This group also enjoy the occasional excursion to other artistic displays, most recently they attended the European Masterpieces Exhibition at GOMA.



Our **Seniors Social Group** has continued to meet monthly, despite having to cancel one of their outings and postpone their August meeting for a week due to covid restrictions.

They have recently enjoyed day trips to Mary Cairncross Park in Maleny, Caboolture Historical Village, Roma Street Parklands and the Bribie Butterfly House and Seaside Museum.



The group are now holding their monthly meetings at Club Southside on Mount Gravatt Capalaba Rd, with many of the members staying after the meeting and enjoying a social lunch together. This has eliminated the need to hold two meeting session times due to restrictions on space, here at the centre. Most of our seniors are happy with the new meeting arrangements as they can catch up and socialise as a single group.

If you would like to join any of these groups or our other groups just contact the centre and we will be able to provide you with more information.



# FOOD PARCELS & EMERGENCY RELIEF



Did you know that the Community Centre can assist singles and families who may be finding finances a little tight, with food hampers?

Financial assistance is also available, by appointment only.

Eligibility criteria apply.

Please phone on **3343 9833** or email **ncc@mgcci.org.au** to book an appointment.

Emergency Relief program is "Proudly funded by the Australia Government"

## EVENTS

Our **Luminous** in the Neighbourhood event and Lantern making workshops were a great success. On the night many local community members came together and celebrated the multicultural diversity of our community. The evening began with a visit by the giant kookaburra, Carina men's shed band, The Corrugated Sheddars entertained us with a variety of "Aussie" themed songs, We Are One a song that celebrates and acknowledges Australia's diversity was a wonderful choice by the band to signal the beginning of the Lantern Parade at Sunset. We all held illuminated lanterns aloft and chaperoned the children for a short walk along the footpath near the Community centre.



**Xmas in July** : On the 28th July was a fun and interactive day of Xmas Trivia and games with a Christmas style feast of baked chicken, baked ham and roast vegies followed by fruit and meringue.



**NEST** : We have very been fortunate to host OzHarvest's NEST 6-week Nutrition Educational Skills Training program. This course provided community members with skills and strategies to make healthier choices when buying groceries and preparing low-cost meals. The participants would prepare and cook a meal to be enjoyed together at the end of each session. At the end of the program, all participants received certificates of completion and educational handouts including a cookbook from the course.





# UPCOMING EVENTS - SAVE THE DATE

- # **Twilight Arts and Craft Market** – 6th November 2021 starting 3pm to 7:30pm



- # **Christmas** is just around the corner and we are sure to have an event with a Christmas theme. We will have more information available in November, so please contact us

- # **Computer Classes for seniors** – We were recently approved for a grant to support older Australians to develop their digital literacy skills using the Be Connected resource, provided by the Australian Government. Be Connected provides courses to help older Australians thrive in a digital world. Courses such as “Getting to know your device”, “Safety Online”, “All about Apps”, “Internet Banking” and “Introduction to myGov” are just some of the options available. We will be running face-to-face training sessions delivering these topics to support individuals in developing their online skills and confidence.

Registrations for this opportunity will open in November 2021. Keep an eye on our Facebook page for more information or feel free to email us at [reception@mgcci.org.au](mailto:reception@mgcci.org.au) or phone **3343 9833**.

## ARE YOU ON SOCIAL MEDIA?

You can keep up to date with us over there and see what we're doing and what events are coming up in the future.

Follow along at



<https://www.facebook.com/MtGravattCommunityCentre>



[www.instagram.com/mgcci](https://www.instagram.com/mgcci)  
OR  
[www.instagram.com/qaads\\_1](https://www.instagram.com/qaads_1)



[www.linkedin.com/company/mtgravattcommunitycentre](https://www.linkedin.com/company/mtgravattcommunitycentre)



JOIN OUR NEW SOCIAL GROUP!

# BOARD GAMES AND TRIVIA

Alternating  
**Wednesdays** starting  
**13th October** from  
**9am-12noon**

For more information, or to register  
your interest in our new social  
group, please phone **3343 9833** or  
email **ncc@mgcci.org.au**





# TIPS AND TRICKS TO PROTECT YOURSELF FROM SCAMS

By Seniors Enquiry Line

As anyone can be targeted or caught by a scam, it's important to do what we can to ensure that our information is protected as best we can. Here are a few hints and tips:

- Choose your passwords carefully, ensure that they are not easy to guess. Update them regularly and do not share them with anyone.
- Do not open any suspicious text messages, pop-up windows or click on hyperlinks (example of a hyperlink is: [www.seniorsenquiryline.com.au](http://www.seniorsenquiryline.com.au)) or attachments in emails
- If a Caller states they are from a specific business (such as Commonwealth Bank or Telstra) – hang up, Google the number of the business and call them directly. If your bank was attempting to contact you, they should have notes on file as to the purpose of the call
- Set your social media accounts (Facebook etc) to private and ensure that only your friends can see your posts
- Do not respond to any requests asking for remote access to your computer
- Do not share your bank or card details with anyone
- Keep yourself informed of current known scams through Scamwatch
- Talk to your friends and family. Tell them about what you are experiencing, they may notice red flags that you missed or you might help prevent them from being scammed



Think you have been scammed? Report it to Scamwatch at [scamwatch.gov.au](http://scamwatch.gov.au)

Seniors Enquiry Line

Phone: **1300 135 500**

Email: [sel@uccommunity.org.au](mailto:sel@uccommunity.org.au)

Website: [www.seniorsenquiryline.com.au](http://www.seniorsenquiryline.com.au)

The Seniors Enquiry Line is a free, statewide helpline that provides information and referral support to Seniors. You can contact the Seniors Enquiry Line on 1300 135 500 between 9 am-5 pm Monday to Friday.

## DID YOU KNOW ?

In this app you can do a quick check in?



When you open the app, go to the top right hand corner and click on the circle



There you'll see a list of your frequently visited places. You can then simply click on the required place and check-in. No standing around to scan the QR code required. So quick and easy!

# GREETINGS FROM THE SKILLING QUEENSLANDERS FOR WORK (SQW) PROGRAM!

Skilling Queenslanders for Work “Proudly funded by the Queensland Government” is a fantastic State Government initiative aimed at providing targeted skills and training to Queenslanders who are unemployed or underemployed. There is focus on supporting:

- Young people
- Aboriginal and Torres Strait Islander people
- People with disability
- Mature age jobseekers
- Women re-entering the workforce
- People from culturally and linguistically diverse backgrounds

At the Mt Gravatt Community Centre, under the Skilling Queenslanders for Work Program, we had the opportunity to offer two certificate programs (Certificate III – Individual Support & Certificate II – Food Processing) to our community members. We offer accredited training combined with life skills training to ensure participants are supported and prepared to re-enter the workforce.

## Certificate II Food Processing:

The food processing program is a practical course, and this qualification enables participants to work as a kitchen hand, barista, waiter/waitress, catering assistant, etc. The participants enrolled in this program are actively involved in its delivery, including picking which recipes to recreate. The course is well designed to be 50% in class accredited training and 50% practical work, and is focused on kitchen operation, food preparation, food handling, barista training, responsible service of alcohol (RSA), and customer service and hospitality skills.

To give back to the wider community, the meals prepared during the training were distributed to our vulnerable community members through the centre's food relief program. The participants cooked for a series of community meals and other events that we hosted, including National Volunteer Week and Xmas in July. The participants also shared that it was a great experience cooking large portions of meals that cater to different dietary requirements.

We had two intakes for this certificate course. Our participants in the first intake have already completed the course, and their certificates have been issued. Meanwhile, our participants in the second group have completed their accredited training and currently doing work experience placement. There have been great employment outcomes from all of our enrolled participants.







One of our participants, Julie Midson, in her placement organisation



Manual handling training at Strategix in Coopers Plains



Jo Shambler providing resume writing and job interview skills to our participants

### Certificate III in Individual Support:

In the last quarter, 4 of our Individual Support participants have completed their accredited training and vocational placements and are now fully qualified aged care support workers. The work that our participants have put in their placements were well-received, with one of them being offered shifts of up to 35 hours a week. As we had a rolling intake for this certificate course, some of our participants are still doing their accredited training and finishing up with their placement.



*Our participants doing accredited training at the Mt Gravatt Community Centre*

The Covid19 lockdowns prevented some of our participants from completing their placements early, but we are positive that everyone enrolled will finish, and we will have great outcomes for the project.



*Wheelchair training at Strategix in Coopers Plains*

We continue to provide all our participants with additional support in finding employment, including resume writing and job interview skills, English classes for our participants from CALD backgrounds, and obtaining certificates in First Aid and CPR.

We are no longer accepting new participants for both certificate courses, but if you would like to know more about the work that we do and the other services and programs we offer at the Mt Gravatt Community Centre, please do not hesitate to contact **Andrew** on **0490 679 706**.

# QUEENSLAND AGEING & DISABILITY SERVICES

If you have called us recently on 3343 9833 you may have noticed that we now answer the phone as Mt Gravatt Community Centre & Queensland Ageing and Disability Services. Whilst there is no change to the services being provided, it is a shift to further clearly articulate the services that are offered from us here at Mt Gravatt Community Centre Inc (MGCCI).

Queensland Ageing and Disability Services (QAADS) are a government approved provider of Home Care Packages (HCP), Commonwealth Home Support Program (CHSP) and Home Assist Secure (HAS) services. All these services from MGCCI are provided to you under our division of Queensland Ageing and Disability Services (QAADS). We are focused on assisting you to live independently by providing you with your care, your way, utilising the various Home Care Services of HCP/CHSP/HAS. We can assist you with any of your age or disability related support needs.

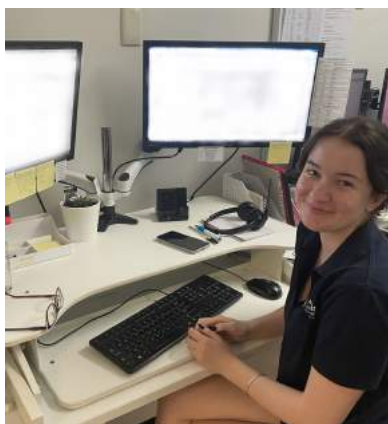
## MEET OUR WONDERFUL TEAM

You may have noticed our staff looking very professional in our new uniforms. Our staff wear a breathable polo shirt with our MGCCI logo on the front. The new polo shirts are in different colours and will help keep our staff cool in the warmer months. Our team have already received some wonderful feedback from our clients on how great we look.



Aby, Shakti & Manon

Here are some the friendly faces who assist you when you call.



Kathryn Hewitt  
Call Centre Operator



Oceane Clement  
Admin Assistant/Scheduler



Alex Humphries  
Call Centre Operator

## ANNE'S JOURNEY



*(Anne visiting the centre during her social support service)*

Anne has received services for many years and is very happy, she says that all her support workers over the years have been patient, understanding and always "on the ball". Anne is very satisfied with her communication with the office especially with Oceane and Sarah. Anne would like to note that she is very thankful to have a service and support worker who can take her to church each Sunday as it is extremely important to her spirituality and wellbeing. Anne very much enjoys the yearly Christmas parties run by Mount Gravatt Community Centre and she is looking forward to this year's party. Anne says without the organisations support she fears that she would now be in a nursing home and she very much loves her home and independence with additional support.





Team Training- Meaningful Ageing

Big smiles from our team at our monthly team training event, our staff are provided education and resources which enable them to respond to the emotional and spiritual needs of those we are supporting as well as their significant others.

Our team strives to ensure we are keeping up to date with changes occurring in our industry and undertake annual mandatory training such as First Aid and CPR, Manual handling and infection control.



Jennifer, Anthony and Shakti at Manual Handling training



Staff Conference 2021

## QUEENSLAND AGEING & DISABILITY SERVICES

Already receiving care? Switching to QAADS is easy. At QAADS we strongly believe in dignity of choice, and that is your choice to stay home independently for as long as you comfortably can. We offer a full range of services from basic support to keep you healthy, independent and safe at home. Our team at QAADS understands that your circumstances can change, our team are ready to ensure our services adapt with you.

With QAADS:

- We make your budget stretch as far as it can
- We take the time to match you with the right carer
- We understand life changes and are flexible around our services
- We provide support for you so that you can choose to stay living at home in a safe and comfortable way.
- We are confident that you will be happy you made the move to QAADS

If you have any questions regarding the services we offer or how we can help you, please contact us on **1300 072 237** or **3343 9833**.



## 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 THE TEAM ARE KEEPING YOU COVID SAFE

Since the Covid pandemic began our organisation has put in place a number of measures to ensure our clients and community are safe. As an aged care provider our organisation is committed to comply with all formal public health orders and directives to ensure safety of those within our care. Our service ensures continuity of care standards as a priority and have implemented strategies to minimize the risk of Covid -19 infection. To protect our clients and our workers our team undergoes mandatory infection control and Covid-19 training and are supplied personal protective equipment. All our support staff understand that they have an important role in supporting our clients and our community and are 83% vaccinated.

## THE SERVICES WE PROVIDE

**Home Assist Secure (HAS)** "Proudly funded by the Queensland Government" is a service which can aid eligible people for home maintenance, repairs, and minor modifications – such as smoke alarms, handrails, tap washers, ramps, and lightbulbs. HAS performs maintenance and modifications related to your health and ability to remain at home.

**Commonwealth Home Support Program (CHSP)** "Proudly funded by the Australia Government" assists senior Australian's access to entry-level support services to aid in living independently and safely at home. Services such as personal care, meal prep, respite care, domestic assistance, and home modifications are among the services provided. Eligibility for CHSP is based on your age and support needs and this is done through a Regional Assessment Service (RAS) which performs entry-level assessment for CHSP eligibility. Applying for an assessment is done through My Aged Care on 1800 200 422. If you are eligible for CHSP services you can then select a provider.

**Home Care Packages (HCP)** are designed for older Australians who have more complex needs, but that are still able to stay living safely and independently at home with the support of these services. There are four levels of HCP with a range of different services provided under the categories of services to keep you well and independent, services to keep you safe in your home and services to keep you connected to your community. Eligibility for HCP is based on your age and care needs, and this is determined through a face-to-face assessment from the Aged Care Assessment Team (ACAT). Applying for an assessment is done through My Aged Care on 1800 200 422.

It is important to note that CHSP and HCP are two separate services, and you will use either one or the other. The exception to this is if you have been approved for an HCP with a long waiting period then you may be able to use CHSP to receive some care while you wait. If this is, you please contact us to discuss further.



### We've been vaccinated.



COVID-19 vaccines are free for everyone in Australia.  
You don't need a Medicare card if you visit a  
Commonwealth vaccination clinic, state or territory clinic.

Visit [health.gov.au/covid19-vaccines-languages](https://health.gov.au/covid19-vaccines-languages) or call 1800 020 080.  
For translating and interpreting services call 131 450.



# MEET OUR CONTRACTOR : STEWART FROM SNAPPY PLUMBING



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

I started my business Snappy Plumbing & Gas Fitting 18 months ago after many years in the industry. I am pleased with the progress and returning clientele.

**How many staff do you employ?**

At this stage, I am a sole trader so it's just me, myself and I :)

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

I have been doing plumbing work for MGCCI for about 15 months or so.

**What was your first job?**

My first job through MGCCI was for a lovely lady called Eve, replacing her gas supply pipework.

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

I grew up in Brisbane in the Coorparoo / Camp Hill and my earliest memory of Mt Gravatt is riding the bus to Garden City with my Grandma. My Mum used to take me to the markets at Mt Gravatt Showgrounds as a child also.

**Your favourite place ?**

I enjoy taking my kids to Mt Gravatt lookout with some Red Rooster for a weekend treat. There's not many days where you won't find me at the local Bunno's either :)

*I have been very impressed with Snappy Plumbing. He is a very pleasant fellow. He is quick, efficient, polite and I would definitely recommend him. I am very happy with the services of the Centre and their contractors.*

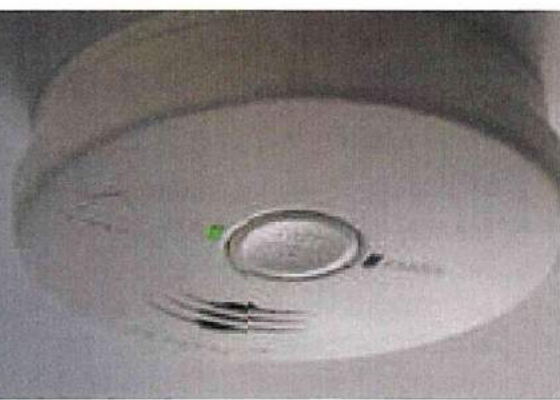
John Morley, MGCCI client

**WE HAVE A  
DEDICATED  
EMERGENCY  
RELIEF DIRECT  
LINE**

**1300 001 383**

**If you need  
information  
about or  
requests  
regarding food  
parcels or  
financial  
assistance,  
please contact  
us on **1300 001  
383** to speak  
directly to us  
about  
emergency  
relief  
assistance.**

# SMOKE ALARM LEGISLATION



## EXISTING DWELLINGS FOR OWNERS / OCCUPIERS

### From 1 January 2017

When replacing smoke alarms, they must be of a *photoelectric* type which complies with Australian Standard (AS) 3786-2014.

Existing smoke alarms manufactured more than ten years ago must be replaced. (Note: Smoke alarms should have the date of manufacture stamped on them.)

Smoke alarms that do not operate when tested must be replaced immediately.

Existing *hardwired* smoke alarms that need replacement must be replaced with a *hardwired* smoke alarm.

### From 1 January 2027

Smoke alarms in all *dwellings* must:

- i) be photoelectric (AS 3786-2014); and
- ii) not also contain an ionisation sensor; and
- iii) be less than 10 years old; and
- iv) operate when tested; and
- v) be interconnected with every other smoke alarm in the dwelling so all activate together.

Smoke alarms must be installed on each *storey*:

- i) in each bedroom; and
- ii) in hallways which connect bedrooms and the rest of the *dwelling*; or
- iii) if there is no hallway, between the bedrooms and other parts of the *storey*; and
- iv) if there are no bedrooms on a *storey* at least one smoke alarm must be installed in the most likely path of travel to exit the *dwelling*.

Smoke alarms must be either hardwired or powered by a non-removable 10 year battery, or a combination of both may be allowed.

## DWELLINGS BEING SOLD, LEASED OR AN EXISTING LEASE IS RENEWED

### From 1 January 2017

Requirements as for existing *dwellings*.

Existing landlord's and tenant's obligations regarding the installation and testing of smoke alarms continue.

Property sellers must continue to lodge a Form 24 with the Queensland Land Registry Office stating the requirements of the smoke alarm legislation have been met.

### From 1 January 2022

Smoke alarms in the *dwelling* must:

- i) be *photoelectric* (AS 3786-2014); and
- ii) not also contain an ionisation sensor; and
- iii) be less than 10 years old; and
- iv) operate when tested; and
- v) be *interconnected* with every other smoke alarm in the *dwelling* so all activate together.

Smoke alarms must be installed on each *storey*:

- i) in each bedroom; and
- ii) in hallways which connect bedrooms and the rest of the *dwelling*; or
- iii) if there is no hallway, between the bedrooms and other parts of the *storey*; and
- iv) if there are no bedrooms on a *storey* at least one smoke alarm must be installed in the most likely path of travel to exit the *dwelling*.

Smoke alarms must be *hardwired* or powered by a non-removable 10-year battery, or a combination of both may be allowed.



## NEW DWELLINGS AND DWELLINGS BEING SUBSTANTIALLY RENOVATED

From 1 January 2017

The development approval process for new *dwellings* and *substantial* renovations will ensure that building approvals received on or after this date will bring *dwellings* into compliance with the new laws.

Smoke alarms in the *dwelling* must:

- i) be *photoelectric* (AS 3786-2014); and
- ii) not also contain an ionisation sensor; and
- iii) be *hardwired* to the mains power supply with a secondary power source (i.e. battery); and
- iv) be *interconnected* with every other smoke alarm in the *dwelling* so all activate together.

Smoke alarms must be installed on each *storey*:

- i) in each bedroom; and
- ii) in hallways which connect bedrooms and the rest of the *dwelling*; or
- iii) if there is no hallway, between the bedrooms and other parts of the *storey*; and
- iv) if there are no bedrooms on a *storey* at least one smoke alarm must be installed in the most likely path of travel to exit the *dwelling*.

## PRESCRIBED LOCATIONS FOR INSTALLING SMOKE ALARMS

Where practicable smoke alarms must be placed on the ceiling. Smoke alarms must not be placed:

- i) within 300mm of a corner of a ceiling and a wall;
- ii) within 300mm of a light fitting;
- iii) within 400mm of an air-conditioning vent;
- iv) within 400mm of the blades of a ceiling fan.

There are special requirements for stairways, sloping ceilings, and ceilings with exposed beams. These requirements are explained in the *Building Fire Safety Regulation 2008*. Penalties may be imposed for non compliance with the law.

## GLOSSARY OF TERMS\*

**Dwellings** - houses, townhouses (Class 1A) and units (Class 2).

**Photoelectric** - the method the device uses to detect smoke.

**Hardwired** - connected to the domestic dwelling's electricity supply.

**Interconnected** - if one smoke alarm sounds all the other smoke alarms will also sound. Interconnection can be wired or wireless.

**Storey** - a space within a building which is situated between one floor level and the floor level or roof above.

\*Refer to specific legislation for full definitions.

## Source documents

- » *Fire and Emergency Services Act 1990*
- » *Building Fire Safety Regulation 2008*
- » *Building Regulation 2006*
- » Australian Standard (AS) 3786-2014
- » *Land Title Act 1994*

For more information visit  
[www.qfes.qld.gov.au/smokealarms](http://www.qfes.qld.gov.au/smokealarms) or  
email [SmokeAlarms@qfes.qld.gov.au](mailto:SmokeAlarms@qfes.qld.gov.au).

# MATT'S CORNER

It's that time of year again, the birds are chirping, the heaters are being put away, the mosquitoes are getting hungry and the storm clouds are brewing. See on the right corner some tips to get through this Spring safely and comfortably. Please note, we may only be able to assist you with some of these jobs but just ask our friendly team to find out.



## Storm safety tips:

- Have a storm safe prepared in container ready to grab when needed.
- Have a working torch with batteries on the ready. Wind up torches are great and headlights are a great idea to keep your hands free.
- Have candles on the ready in case of a power outage. LED candles are highly recommended as they are much safer than lighting a flame.
- A radio to keep up to date with emergency broadcasts.
- Emergency thermal blankets. In the event of a flood it may be the only way to keep yourself warm.
- Make sure you have a portable radio, wind up battery operated (spare batteries as well)
- Water - Storage containers that will store the appropriate amount of water for your household
- Food – Stock up on non-perishable food items (buy ring pull cans or make sure you have a non-electric can opener) a portable cooker is also recommended, and they are remarkably cheap these days.
- Fill up your BBQ gas bottle and have a spare
- Keep a list of emergency numbers and establish your household evacuation point
- Buy a first aid kit
- Make sure you have essential and adequate medication
- Make sure you have a mobile phone, spare battery and charger
- Put important documents, valuables and cash in waterproof bags
- Keep a pair of sturdy gloves handy
- Keep spare food and litter stored for family pets
- For emergency help in storms or floods, call the SES on 132 500.
- For life-threatening emergencies, call 000 immediately.



## SPRING TIPS

- Check your gutters and down pipes are not filled with debris so they can drain properly.
- If there are areas in the yard prone to flooding, fill with compacted soil so they do not fill with water and breed insects.
- Check all doors and windows open and close correctly and the trim around them has no large gaps. Keep the cool air in and save money on electricity.
- Check fly screen mesh for holes, our friendly maintenance team can replace these.
- Clear the dust from your fan blades and/or air con before their first use.
- Get your aircon professionally serviced.
- Trim all overhanging tree branches.
- Prevent mosquitos by regularly cleaning bird baths, and repairing any leaky outdoor taps
- Clear the dust behind the refrigerator, the fridge will soon be working harder to cope with the warmer weather and making sure it has adequate ventilation with keep the coils from getting too hot and prolong the life of your fridge.
- As always, ensure your smoke alarms are up to date. The batteries need to be changed every twelve months and the alarm itself every ten years.



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