

MT GRAVATT COMMUNITY CENTRE

NEWSLETTER OCTOBER - DECEMBER 2022



Mt Gravatt
COMMUNITY CENTRE INC
Supporting the Community Since 1990



QUEENSLAND AGEING
AND DISABILITY SERVICES

Opening hours are between 9.00am – 1.00pm, Monday to Friday

1693 Logan Road, Upper Mt Gravatt

Mt Gravatt Community Centre, PO Box 806, Upper Mt Gravatt, 4122

3343 9833

intake@mgcci.org.au

CEO Corner
Ways To Wellness
QAADS
In-Home Maintenance Team
SQW
Neighbourhood Centre

INSIDE

CEO CORNER

We have now reached the end of 2023 and we are all into the Christmas celebrations. To finish the year, I would like to highlight our achievements as a community organisation.

1. Extensively involved in the Queensland Government Enquiry into Social Isolation
2. Government / Ministerial attendance at the Community Centre
3. Ways to Wellness – 3-year funding \$150k per annum
4. \$100k increase for Neighbourhood centre funding per annum
5. New Street Sign at Mt Gravatt and Coorparoo Office
6. ABC Landline Story and other ABC media coverage
7. Commenced aligning business with Aged Care Reforms
8. Undertaking all Aged Care Commission required training
9. Strong board relationships and reporting
10. Alayacare Implementation our new client management system
11. Branding of our resources such as website, flyers and brochures
12. Staff increases, improved staff retention and staff promotions
13. Strong financial management leading to a profit in 2022

In 2023 we will not be slowing down, we have plans to grow our Aged Care Home Care Package Client base, purchase a new van for the maintenance team, continue to develop our new lawn mowing business and provide meals including take away from Bernie’s place. I would like to thank the amazing Board, staff and volunteers who work tirelessly to help us deliver quality services to you all in the community and wish you and your families a safe and happy Christmas and New Year.

Deb Crompton

WAYS TO WELLNESS

AND LONELINESS IN THE MT GRAVATT AREA AND SURROUNDS.

What is Ways to Wellness?

Ways to Wellness, also known as “social prescribing,” is a program which links people who are experiencing social isolation and/or loneliness, using supported connection, to groups and activities within the community. You may be referred by your health professional, another community organisation or you can self-refer. Once your referral is received, your friendly and supportive link worker will make contact and arrange a convenient time for you to come into the centre to have a chat about what matters to you and how you want to achieve your health and wellbeing goals.

Our aim is to support you to find meaningful 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 large database of local social groups, activities, organisations 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 wellbeing goals.

If you or someone you know is experiencing loneliness or social isolation, making an appointment with our Link Worker, Loretta, can help. Our Link Worker will work with you to identify and join meaningful groups and activities in the local community to help you overcome feelings of loneliness and build stronger community connections.

linkworker@mgcci.org.au or 0491 625 869.

What’s been happening lately in Ways to Wellness?

The last few months have been very busy! We have had an increase in the number of people seeking support to overcome social isolation and loneliness. Our link worker has also been very busy networking with other agencies, finding new groups and activities and attending events. One notable event was the recent Mental Health Expo held on Friday 14th October. The event was held at The Powerhouse Plaza in New Farm. There were many other local organisations in attendance with stalls and information available to support many aspects of our mental health and wellbeing. It was a great event and the MGCCI stall had a steady flow of people seeking information for most of the day. We also delivered a second Community Education and Information session whereby we aimed to educate the community on the topic of Social Prescribing and how it can help you achieve better health outcomes.

How do I get involved?

It’s easy!! 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 or alternatively call the Mt Gravatt Community Centre on 33439833. You can also visit our website at <http://waystowellness.org.au/> or our Ways to Wellness Facebook page <https://www.facebook.com/WaystoWellnessMtGravatt>

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.

We are here to help!!



QAADS

CHRISTMAS SEASON IS HERE!



Do you need assistance with your Christmas shopping?

QAADS Support Workers would love to help you to find the perfect gift for your loved ones! Talk to our friendly Case Managers today to organise this service through your Home Care Package.

If you have a CHSP Social Support service with QAADS, our Support Workers can also assist with this during your regular service.

It is also time to think of your services during the Christmas / New Year period. QAADS can provide services to Home Care Package clients during public holidays. Commonwealth Home Support Program clients will be offered rescheduling options for services landing on Public Holidays.

If you would like to reschedule your usual services during this period, please contact your Case Manager as soon as possible.

Going away for the festive season?

Make sure to advise QAADS office team to ensure the relevant service is cancelled.

Have you recently been assigned a Home Care Package?

Look no further, QAADS is still here to help! Call us on 1300 072 237 or 3343 9833 and make an appointment for our friendly Case Managers to visit you to discuss the amazing services QAADS can offer.

Please note that MGCCI/QAADS office will be closed from midday Friday 23rd December 2022 and will reopen on Tuesday 3rd January 2023.

A team member will be able to assist on
28th December 2022
29th December 2022
30th December 2022
from 09:00 am to 02:00 pm for cancellation of services only.

If you need to cancel your In-Home service during this period, please call 0444 505 746. The team will unfortunately be unable to assist with regular scheduling during the cancellation period.

QAADS In-Home team wishes all our wonderful clients a Merry Christmas and a Happy New Year.

Queensland Ageing and Disability Services.
Your Care, Your Way.



IN-HOME MAINTENANCE TEAM

The team have designed and installed an amazing ramp for a very deserving client of ours. She was finding it very challenging to leave her home due to the stairs she needed to navigate. Living alone can be difficult when you become unsteady on your feet. Wheelie walkers help to alleviate some of the fear of falling over but they only work on a flat level. Having the ramp at the side of the house has allowed her to use the walker to come and go with ease.

I think the beautiful smile on her face says it all!



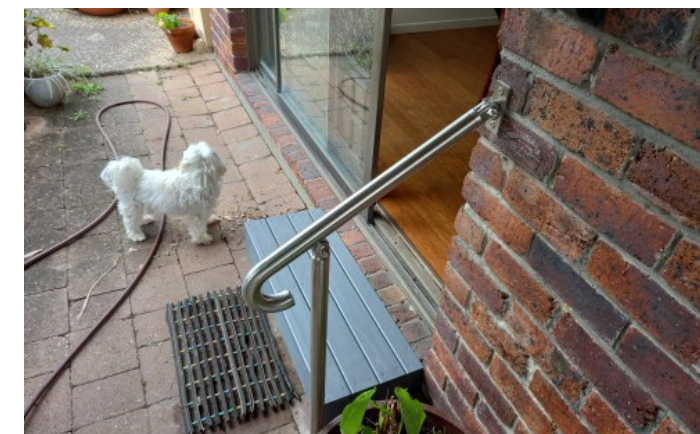
Accessing Services Through My Aged Care

If you feel you or a loved one need some help at home this can be done through contacting My Aged Care. This is the starting point to access Australian Government Aged Care Services. Services available to support you to remain living at home can start with.

Four steps to access services

1. Call My Aged Care 1800 200 422 or apply online at myagedcare.gov.au. You will need your Medicare card.
2. Have an Assessment – My Aged Care will arrange for an assessor to conduct an assessment to confirm your eligibility and create a support plan. They will work with you to address your needs and goals.
3. Find out about the costs – Information will be provided to you about how much you might have to pay.
4. Find a Provider – My Aged Care can help you find a local provider that meets your needs.

CLIENT FEEDBACK



Mrs Kingham from Runcorn –

"Hi Everyone at the Mount Gravatt Community Centre. Thank you all so much for installing the step and rail at my back door. I had no idea how much safer it would be! I want to particularly thank Tom who made and installed the step and rail. Regards."

SQW -

SKILLING QUEENSLANDERS FOR WORK

Cert III Education Support

Our participants from Education Support completed classroom training in early November, and now they are doing placement at different local schools. Some work with children at primary schools, and some are working with teenagers at high school.

We work with the RTO to connect participants with the schools they want to complete placement at; most are able to get their first or second choice of placement locations.

We are delighted that the feedback we're receiving about placement is positive. Our students are enjoying working as teacher aides and report that it's a really good learning experience for them.

To date, five participants have gained employment outcomes, working as casual teacher aides at their placement school.

We expect to see all students complete their placement requirements in December.

MGCCI will host a graduation party in December to celebrate the achievements of all our Education Support participants!



Cert II Kitchen Operations

Our hospitality students are, as always, having great fun in class. Each week their trainer introduces a new dish to make and try and students love having the opportunity to learn something new.

The baristas are also in training. They get plenty of practice at MGCCI as the students make fresh coffee for staff each morning. Students get valuable regular practice and staff are very appreciative of the café quality coffee that is provided.

Once training is completed, we place students at different workplaces to undertake more practical experience. Where possible we select placement based on students' preferences; so they can go to a specialty coffee shop to learn more about coffee or go to a commercial kitchen to refine their cooking skills.

We recently organised a site visit to Sunnybank Sports Club in November, where students got to see first-hand how a local business runs. This is a valuable experience for students as it demonstrates how a hospitality business is run and provides students with a better understanding of the hospitality industry.

Students will be certified shortly, and with the Christmas rush upon us, we expect they shouldn't have any problems picking up work over the summer period.

There will also be a graduation ceremony for this cohort in December!!

If you are interested in enrolling in our SQW courses next year, please contact us to go onto the waiting list. You can contact the SQW team at 0490 679 706 or on sqw@mgcci.org.au

NEIGHBOURHOOD CENTRE

As we race towards the end of the year, we'd like to say thank you to everyone who has come along to the centre this year. We really value having community members attend the centre for groups and activities, volunteering their time and receiving assistance as required.

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 ways 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, or whatever you can think of that might make someone's Christmas that little bit easier! We are accepting donations up till the 16th December.

From us to you we wish you a Merry Christmas and we will see you in the New Year.



We recently hosted a great event for Queensland Seniors Month our Seniors Wellbeing and Connections Expo at Coorparoo School of Arts Hall. We had a great turn out of people to visit the stalls and learn more about what's on offer for seniors wellbeing and connections. A big thank you to all the stall holders and to Margaret Coates who ran a session that engaged everyone and got them up and moving!

"The great thing about getting older is that you get a chance to tell the people in your life who matter what they mean to you."

Mike Love.



A Breast Cancer Morning Tea was hosted at the centre to raise awareness of and fundraising for Breast Cancer Network Australia. We were delighted to raise over \$800, with the help of a caring and supportive community who donated prizes for raffles and bought plates of food to share. We were delighted to have a guest speaker from Dragons Abreast come and share about the organisation. This beautiful hamper was donated by Corinne Macmillan and won by a local community member, Mary Rodgers.

Recently we again teamed up with Nest – an OzHarvest initiative and delivered the NEST program to students from Queensland Pathways State College. The students had a great time learning new life cooking skills and we can confirm that the food coming from the kitchen was of top-notch quality! Congratulations to all the students who completed Nest.

Coming up/Can you help?

January will be here very shortly, and we will be urgently seeking back to school items. We collect these to help local families with back-to-school materials. If you are able to help, we would dearly appreciate your donations to the centre. We are open from 3rd January, weekdays 9am-3pm.

Our groups are all having their end of year celebrations shortly as groups end for the year. The hot ticket was the Client's Christmas Lunch! These tickets were a hot commodity! We look forward to seeing those of you who secured a ticket there

As mentioned, groups will be finishing up throughout December and will recommence in February – Keep an eye on our social media and website for an updated "What's On".

Computer Lessons

- Do you need help with accessing online services?
- Do you need help filling in a form?
- Are you being asked to upload a form online and need some help to do so?
- Device lending program available from the Community Centre for eligible participants.

Our Be-Connected volunteer mentors are here to help with these problems.

Session times are 10.00 am to 12.00 pm
Thursdays and Fridays.

Please note that we are closed from midday December 23rd, and we reopen 9am on January 3rd, 2023.

We know that the Christmas period can be a tough time of year for some people.

If you need assistance during this time these organisations may be able to help.



Basic Computer Lessons

FREE TECHNOLOGY AND SUPPORT SESSIONS

Helping you understand & build your confidence and ability with technology.
Learn how to; Email, search the web, myGov, save and send photos, stay safe online, connect with family and friends via Zoom and Skype.

RSVP for Thursday or Friday sessions 10.00 am to 12.00 pm
Phone 3343 9833 or 1300 001 383
BYO device welcome or learn on ours.



EMERGENCY CONTACTS

Police, Fire, Ambulance: Emergency – 000

Lifeline – 13 11 14

DV Connect Womens – 1800 811 811

Kids Helpline – 1800 551 800

DV Connect Mens – 1800 600 636

Mensline – 1300 789 978

13Health – 13 43 25 84

Salvos Emergency Relief – 1300 371 288

St Vincent de Paul QLD – 1800 846 643

THANK YOU

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 all so valued.