

MT GRAVATT COMMUNITY CENTRE NEWSLETTER - SPRING 2023



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
ACCA
SQW
Ways to Wellness
Neighbourhood Centre

INSIDE

CEO CORNER

DEB CROMPTON

We Want to Hear from You!

We're always looking for ways to improve our services, and your feedback is essential to that process. We want to hear from you about what you think of our products and services, and how we can make them even better.

Here are a few ways you can share your feedback with us:

- Give us a call or send us an email on 33439833 / intake@mgcci.org.au
- Leave a comment on our social media pages.

We're grateful for your feedback, both positive and negative. It helps us to be the best company we can be. We'll take your feedback seriously and use it to make changes that matter to you.

We know that things don't always go perfectly, and we're always sorry when something goes wrong. That's why we want to hear from you if you have any problems or concerns.

Phone System

We recently had a phone and internet service outage on Monday, August 21st. We apologize for any inconvenience this may have caused. Unfortunately, as our phone system is internet based, when the internet goes down, so does our phone system.

Our team will always post on our Facebook page and our internet site, when we are having issues with our system, so please check these if you are not able to reach us.

We appreciate those clients who left a message on our system for our team to call back on the following day. Thank you for your continued support. We are committed to providing you with the best possible service.

Deb Crompton

ACCA -

AGED CARE COMMISSION AUDIT

I am delighted to announce that Mt Gravatt Community Centre (MGCCI) has successfully undergone an Aged Care Commission audit against 7 Standards over a 2.5-day period. This is a testament to the leadership and dedication of our CEO, Deb Crompton, and her team.

Deb has been with MGCCI for over 5 years and has a wealth of experience in the aged care sector. She is passionate about providing high-quality care to our in-home

clients and has worked tirelessly to ensure that we meet the highest standards.

I also would like to thank the rest of the MGCCI team for their hard work and dedication. They are all committed to providing the best possible care to our clients and I am proud to work with them.

This successful audit is a major milestone for MGCCI and I am confident that we will continue to provide high-quality care to our residents in the years to come.



Consumer Advisory Committee Members Needed

As part of our commitment to continuous improvement, we are setting up a Consumer Advisory Committee (CAC) to provide feedback on our services. The CAC will be made up of clients who receive services under the Home Care Package and the Commonwealth Home Support Program (CHSP).

We are inviting clients who are interested in joining the CAC to apply by emailing the CEO at ceo@mgcci.org.au or by calling the office and asking to speak to Deb Crompton on 3343 9833.

The CAC will meet twice a year and will have a variety of responsibilities, including:

- Providing feedback on the quality of services
- Making recommendations for improvement
- Raising concerns about the quality of care
- Advocating for the rights of clients

We believe that the CAC will be an important way to ensure that we are meeting the needs of our clients. Your voice is important to us,

and we encourage you to apply if you are interested in being a part of this important work.

By participating in the CAC, you will have the opportunity to:

- Have a say in how our services are delivered
- Help us to improve the quality of care

2023 Annual General Meeting

Please also add in your diaries our AGM being held at Bernie's Place 1697 Logan Road Mt Gravatt at 4:00 pm on the 22nd of November.

Patricia (Pat) Shine

President

Mt Gravatt Community Centre Management Committee

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

Your opinion matters to us. All MGCCI/ QAADS client and their representatives may offer compliments, raise concerns, or make a complaint without any recrimination. We take all feedback seriously and want to understand how we can best deliver services to you. You are welcome to speak to our staff if you have any issues you wish to raise. We welcome feedback via email, telephone, in writing or in person.

SQW

SKILLING QUEENSLANDERS FOR WORK:



Unlocking Opportunities through Learning

The Skilling Queenslanders for Work program (SQW) is about connecting people with opportunities by giving them skills and knowledge and supporting them to find employment.

SIT20421: Cert II in Kitchen Operations

Calling all culinary enthusiasts and aspiring cooks! We have the Certificate II in Kitchen Operations set to commence shortly (September), and we can't wait to have you on board. Whether you're a seasoned home cook or a novice with a burning desire to learn, this program promises to provide you with the foundation to pursue your dreams in the culinary arts.

Express Your Interest Today

If the sizzle of a hot pan and the aroma of a perfectly seasoned dish are your idea of a dream come true, now is the time to seize the opportunity. Expressions of interest are currently being accepted for the upcoming Cert II in Kitchen Operations course. To embark on this exciting culinary journey, simply get in touch with Ben, our SQW

SIT204216

Certificate II in Kitchen Operations

LOOKING FOR WORK IN HOSPITALITY?

Develop New Skills in 12 Weeks

- Basic food safety, food preparation, cookery skills and more
- Two days a week
- STARTING SEPTEMBER

Plus

- Food and emergency relief
- English conversation workshop
- Computer class
- Job readiness training
- Employment support
- No cost to eligible participants

APPLY NOW

Call/Txt 0490 679 706

or

Email sqw@mgcci.org.au

www.mgcci.org.au/services/training



coordinator. Ben can be reached via email at sqw@mgcci.org.au or give us a call at 0490 679 706.

For more information about the program, visit our website at www.mgcci.org.au/services/training.

Ready for Work Program: Equipping You for Success

The Ready for Work program is a program that empowers job seekers to transition into the workforce by equipping them with the practical skills necessary to confidently secure employment opportunities.

If you're a job seeker facing challenges or barriers in finding employment, the Ready

for Work program is tailored to meet your needs. With six comprehensive modules, we'll cover essential skills such as resume writing, job searching techniques, interview skills and general job readiness for the workforce.

Recent participants were asked if they felt their knowledge and skills had improved by taking this course and 100% felt they had learnt valuable information that would assist them in securing employment in the future.

To find out more about the Ready for Work program or to apply, please contact Jane at training@mgcci.org.au or call/txt 0493683744. www.mgcci.org.au/services/training

Ready for Work Program

- Resumes
- Cover Letters
- Interview Skills
- Job Searching and more...



Ready for Work program:
Supportive skills training for job seekers.
Learn employability skills that are practical and relevant.

A light lunch will be provided.
Cost of program is FREE*

Contact the Training and Employment Coordinator for all the details, to see if you're eligible or to learn more about the program.

training@mgcci.org.au | 0493 683 744
www.mgcci.org.au/services/training

*eligibility criteria applies

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



WAYS TO WELLNESS

Social prescribing is a way of linking patients or community members in primary health care or community with sources of group activity or other support within the community, all via a Link Worker.

Our Ways to Wellness Link Worker will work with a client to assist them in identifying activities they might be interested in, and together, connect them with local classes, social groups and clubs within the community. The purpose being to build social connections, overcome social isolation and relieve loneliness and mitigate poor health outcomes. How do I get involved? It's easy! To refer someone or for more information about the Ways to Wellness program please contact the

Link Worker 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.

NEIGHBOURHOOD CENTRE

Recent months have been very busy and very rewarding.

We celebrated Christmas in July and we have been hard at work organizing a new Mosaic Workshop which will be offered at the Community Centre in September. Plans for the Seniors Month event are also well under way!

Embrace the joy of friendly competition and make new friends in a warm and welcoming atmosphere. It costs just \$2, to join in the fun. For more information, please contact us at 1300 001 383.

No appointment is necessary you can just come and join in the fun.

When: Every second Monday from September 4th. Time: 9:00 am- 12pm



The graphic features a pink background with various game-related icons: a stack of colorful puzzle pieces, a hand holding a King of Spades and an Ace of Spades, a Jenga tower, a Go board, and several chess pawns. The text reads: **Games Group**, **Fortnightly on Mondays**, **In Sept it's on the 4th and 18th**, **9am - 12pm**, and **\$2 incl morning tea**. The Mt Gravatt Community Centre logo is also present.

Calling All Game Enthusiasts: Join Our Monday Games Group for a Fun-Filled Morning!

We invite you to join our Games Group for a morning of delightful old school games – complete with a cup of tea and some new friends. At our Games Group, you'll have the opportunity to enjoy a variety of games. Whether you're a fan of classic board games, cards, chess, or other enjoyable pastimes, there's something for everyone. Our friendly volunteers will make you a cuppa and help find the games you may want to play. Feel free to bring a friend and play at our place.



Upcoming Occasions

Other Upcoming Occasions Keep your eye on our social media updates for the upcoming exhibition of works created by the Mt Gravatt Community Centre 'Paint Pals' group. They've been working hard on their pieces and we look forward to recognizing their talent at this community event. Date to be confirmed. Also, don't forget about our monthly information sessions and seniors outings as well as the opportunity to book in for Centrelink and Financial Information. As always if you have any questions don't hesitate to contact us.

3343 9833 or 1300 001 383
reception@mgcci.org.au
www.mgcci.org.au

Seniors Month

Now in its 63rd year Queensland Seniors Month, 1-31 October, provides opportunities for people across all generations to connect and challenge our own stereotypical views of ageing and the aged. It also provides opportunities for people to discover local programs, services and volunteering opportunities, which may assist in reducing social isolation.

What is the theme? This year celebrates with the theme of *Social Connections*.

There is no denying the importance of feeling socially connected and to do this we need caring supportive communities that foster and support social connections through spaces, places, and activities.

We are ready to celebrate our most esteemed community members.

Our seniors are often the life blood of Mt Gravatt Community Centre and we would not be able to carry out all the work we do without many of their efforts. As such, we are excited to treat them all to a day of laughter and fun at our dedicated 'Move and Groove' event.

Move and Groove will take place on the 10th of October at St Bartholomew's Anglican Church Hall. In the official line up is Laughter Yoga, Tai Chair, Trivia, Prizes and of course some delicious food.

We can't wait to see you there!

JOIN US :
LEARN TO SPEAK ENGLISH
Take your english to next level.

English Conversation Classes
On every Tuesday 9:30am - 11am
excluding the first Tuesday of the month

If you have any questions contact us:
3343 9833 | reception@mgcci.org.au

Mt Gravatt
COMMUNITY CENTRE INC
Supporting the Community Since 1990

On every Tuesday (except the first Tuesday of the month) is the always popular English Conversation Class. No appointment is necessary and all are welcome.

Join us from 9:30am-11am on Tuesdays.

Emergency Contacts

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

QAADS

HOME ASSIST SECURE

At QAADS, we know that each client is unique and has different needs. This is why our Care Managers work with you and your family members to create a Care Plan tailored to your needs, no matter if you are receiving services under the Commonwealth Home Support Program or a Home Care Package.

At QAADS, we work with you, so you feel supported and valued, and your family too! If you would like to know more about our In-Home services and our Home Care Packages Services, call us on 1300 072 237 or 3343 9833.

What is Home Assist Secure?

The Queensland Government introduced this service in 1993 to improve the quality of life of older people and those with a disability.

- Make more informed decisions about maintenance and repairs in your home
- Access to trusted workers for minor handyman work
- Feel safer living at home
- Assist with easier access to and within your home
- Access to known and trusted tradespeople

It's sometimes the small maintenance issues in a home that become the hard ones as you age. The simple act of changing a light bulb becomes a daunting task. Our team of handymen can come out to your home at no cost to you, just cover the cost of any materials used.

No job is too small, and we are happy to assist wherever possible. Feel free to call us at the centre with any questions you may have. We can organise qualified tradespersons to quote and assist with the cost once assessed.

Smoke Alarms

When did you last have your Smoke Alarms batteries replaced, or your smoke alarms upgraded?

If you are a Home Assist client or a CHSP Maintenance client, please give us a call today and we can organise a worker to come out. They can replace the batteries, make sure they are working and check the expiry date.

New legislation is coming which can be very confusing. We are happy to explain how they will affect you and if required arrange for a qualified electrician to quote.

If you would like information on any of our services, please call the centre on 3343 9833

Key safes

A secure way to store keys that eliminates the need to leave keys under doormats or to issue multiple sets of keys to family/ neighbours. **Key safe codes can be registered with emergency services so they can quickly gain access without damaging your property.** Easy to use combination lock.

Call us today to enquire on 3343 9833

