

# MT GRAVATT COMMUNITY CENTRE NEWSLETTER - WINTER 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  
Ways to Wellness  
SQW  
QAADS  
Neighbourhood Centre

**INSIDE**



## CEO CORNER

DEB CROMPTON

I would like to start by thanking all our staff and volunteers who have worked so hard this first half of the year. I am delighted to report that we have held amazing events in the first 6 months such as Harmony Week and Neighbour Day, celebrating Volunteer Week and so much more.

Our team of staff is now 40, and our volunteer numbers are at 36. We have a very strong commitment to our community and to always provide the best possible services. To build our capacity and skills staff at MGCCI/QAADS attend training, conferences, and professional development throughout the year. This helps the team to be up to date with the latest government policies and legislation and service delivery.

Exciting news is that MGCCI was successful in obtaining funding from the Department of Environment and Science to increase our

capacity with our Food Rescue program. This funding will enable the Centre to provide more food relief to more people and support the environment by having less food waste. We will be purchasing a refrigerated vehicle to help with the transportation of food and to ensure it stays fresh as well as employing two part-time staff to help implement the program and build our networks for the food rescue program.

Our Aged Care Services are growing at a rapid pace under the Queensland Ageing and Disability Services. Our Home Care Package and Commonwealth Home Support Program clients are supported by a dedicated team of Care Managers and Care Support Staff. We offer self-managed and fully managed packages to our clients, do what they want, when they want it. We have a great partnership with our clients and thank them for allowing us to provide services on a daily basis.

## SQW - SKILLING QUEENSLANDERS FOR WORK

Under the Skilling Queenslanders for Work Program, MGCCI has been dedicated to providing high-quality training to people in our local community. We're committed to supporting job seekers and community members in acquiring new skills and qualifications that lead to employment and career opportunities. Our SQW team works with our experienced instructors to create engaging and enjoyable training courses.

Starting in June we have the new Certificate II in Cookery, and we are running the Cert III in School-Based Education Support again starting in July.

Our popular Ready for Work program will be starting a new round on July 12th.

We'd like to introduce you to Ben – our new SQW Project Coordinator. Many of you may know Ben from reception at the Neighbourhood Centre or the QAADS call centre and they're our new SQW Coordinator. Ben holds degrees in social work and psychology and will be an excellent addition to SQW.



### CHC30221 Cert III in School-Based Education Support:

#### Shape Young Minds (Starts July)

If you've ever dreamed of making a difference in the lives of young people, our Cert III in School-Based Education Support is the perfect stepping stone towards a rewarding career as a teacher aide.

With our Cert III in School-Based Education Support, you'll gain the skills and knowledge needed to become an invaluable asset in the classroom. Last year alone, over 20 passionate individuals completed this course and transitioned into fulfilling roles, providing support to teachers and helping students thrive. Are you ready to embark on this path? Visit our website at [www.mgcci.org.au/services/training](http://www.mgcci.org.au/services/training) to learn more about the Cert III in School-Based Education Support and start your application today.

If you have any questions or need guidance along the way, our dedicated team is here to provide support. Reach out to Ben at [sqw@mgcci.org.au](mailto:sqw@mgcci.org.au) or give us a call at 0490 679 706.

<https://www.mgcci.org.au/services/training>

### Ready for Work Program: Equipping You for Success

The Ready for Work program is a six-week 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.

This supportive program begins with a new round on July 12th at 9:30am.

To find out more about the Ready for Work program or to apply, please contact Jane at [training@mgcci.org.au](mailto:training@mgcci.org.au) or call/txt 0493 683 744.

<https://www.mgcci.org.au/services/training>



# QAADS

## QUEENSLAND AGEING AND DISABILITY SERVICES

At Queensland Ageing and Disability Services, we are always looking for ways to improve our practice and service delivery.

In March 2023, a couple of our Care Managers, along with several Support Workers, participated in a Dementia Australia training program.

This initiative aims to improve the support we provide to individuals experiencing cognitive decline and their families. It is the second time that QAADS has sent team members to this training. Additionally, other workers are currently enrolled in online sessions or will be enrolled in upcoming sessions offered in our region.

The ongoing training endeavours undertaken by QAADS Care Managers and Support Workers are instrumental in ensuring that we consistently deliver high-quality care to all our consumers. Our dedicated Care Managers go above and beyond to ensure that our clients have access to excellent care options. They maintain regular communication with third-party providers and arrange meetings whenever possible.

As a testament to this commitment recently our Care Managers and the In-Home Coordinator held a meeting with Caring Cuisine, a new meal provider catering to Home Care Packages clients in our area. The team was given the opportunity of sampling the meals provided by Caring Cuisine.

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.

Our dedicated maintenance team frequently assists clients by conducting safety checks in their homes, identifying areas for improvement, and recommending security products that can be installed to deter potential criminals.

Most home break-ins are opportunistic in nature. By implementing effective deterrents and making it difficult for perpetrators to gain entry, we can significantly reduce the likelihood of it being your home.

The maintenance team's expertise and guidance can provide invaluable insights into enhancing home security.



Our managers recognise the importance of personally trying the meals and gathering feedback to ensure the highest quality service for our clients, so it was tried in-house. As the team gathered in the kitchen, the feedback gathered was nothing short of positive. "As good as homemade," exclaimed Rob, our Maintenance and Modifications Officer, which summed up the consensus.

*Left to right: Michelle Hawthorne, Community Nurse Care Manager. Davinia Abbott, Care Manager. Ellyse Wiltshire, Care Manager.*

### Winter Home Maintenance Tips.

#### Gutter Cleaning

Gutters manage the flow of rainwater and if they are blocked your home can become susceptible to water damage.

#### Test Smoke Alarms

We tend to spend more time at home when the weather is cooler and the use of heaters, dryers, electric blankets etc can all pose a fire hazard. Be sure to check you have adequate smoke alarms installed and that they are all working properly.

#### Slippery Surfaces

Paths and driveways can become slippery with moss and mildew. Make sure garden debris is cleaned away and have the areas pressure cleaned to remove any risk of slipping over.

Areas that are really slippery can have an Anti-Slip treatment applied which is a quick and cost effective way to reduce the risk of falls.

Remember working at heights is a high-risk activity and should be undertaken by a professional company or service provider.

Under the Home Assist Secure Program and the Commonwealth Home Support Program eligible clients can access assistance with Minor home maintenance, Garden services and issues relating to your safety and security.

If you have any questions about these programs and how to access them, please call us on **3343 9833**.



In early March 2023, our Home Care Package client, Anne, celebrated her 75th birthday. Anne's wish was to celebrate it at a café, for brunch, with QAADS Care Managers and her Support Worker. Our Team happily responded to the invitation, to ensure Anne's birthday was extra special this year. Happy birthday Anne!

### 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.



# NEIGHBOURHOOD CENTRE

We have welcomed many new faces to our programs and activities over the past couple of months. Welcome to all the new social group participants, volunteers, students, and the many other community members who have visited the centre.

## 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. Lola 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. 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 (12th and 26th of June and every fortnight onwards). Time: 9:00 am- 12pm

## National Volunteers Week: 15th to 21st May. Celebrating our incredible volunteers.

Last week we celebrated Volunteers Week, a special time dedicated to recognising and expressing our deep appreciation for these wonderful individuals who selflessly give their time and talents to support our programs and activities here at the Community Centre.

The theme for this year's National Volunteers Week was THE CHANGE MAKERS

and what a change they make to the lives of so many of us. You may have noticed that the community centre is looking a little brighter out the front in recent weeks, some of the volunteers thought that Yarn Bombing would cheer us all up. We love it! Look at those wonderful penguins! We also have gardens started in some of the small spaces around the centre and there are tomatoes, sweet potatoes, and herbs growing under the care of a very dedicated volunteer with a very green thumb. These vegetables and herbs will be used in our cooking programs and food pantry.

The Volunteers Week lunch was a small token of our gratitude, to mark Volunteers Week. We gathered to share a lovely lunch, exchange stories, and express our appreciation for the contributions our volunteers make each day. Their kindness, compassion, and selflessness remind us of the true power of community. It is through the efforts of our incredible volunteers that we can provide vital services, support, and a nurturing environment to those in need.

We extend our deepest thanks to each and every one of our volunteers for their remarkable contributions.



You too could be one of our Change Makers, we do have a few volunteer positions available at the centre. If you are Covid Vaccinated and are Blue Card-eligible and have the desire to join our team of dedicated volunteers or would like to learn more about how you can get involved, please contact us at [ncc@mgcci.org.au](mailto:ncc@mgcci.org.au).

## Join us for our winter monthly Informative Sessions:

June, July, and August

Mark your calendars for these upcoming sessions: 9:45 for a 10am start. A light morning tea will be provided.

June 28th: Exploring Funeral Services with Toni Boyden of George Hartnett Metropolitan Funerals

Join us on 28th of June as we partner with George Hartnett Metropolitan Funerals to delve into the important topic of funeral services. Gain a deeper understanding of funeral planning, memorial services, and the various options available to honour and celebrate the lives of loved ones. This session will provide valuable insights and answer any questions you may have about funeral arrangements. Don't miss this opportunity to learn and be better prepared for the future.

JULY 26th: Aged and Disability Advocacy

ADA assists people who have issues with accessing services or are experiencing service provision and care-related problems with many Aged Care and Disability services.

The August Information Session is still in the planning process.

If you would like to nominate topics for upcoming information sessions, please let us know. At MGCCI we endeavour to facilitate interesting and informative presentations that will benefit our community. Don't miss out on these sessions. Keep an eye on our website, social media, and future newsletters for updates and further details.

Should you have any questions or need more information about these sessions, please don't hesitate to contact us at 3343 9833.

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## Keeping Well during Flu Season

With the cooler weather we are now seeing a lot more colds, coughs, and sniffles. As we all know the flu can be a very serious virus and is highly contagious. If you are feeling unwell for any reason, please stay home. The flu season typically runs from May – September. Don't forget to make your appointments with your health provider for your annual influenza vaccination. I have included in this newsletter an information sheet on influenza sourced from the Qld Health Website.



# WAYS TO WELLNESS

## Do you ever feel lonely? Or are you alone?

According to Australian research, more than one half of Australians surveyed feel lonely on one or more days during a typical week. There is a difference between social isolation and loneliness. Social isolation is being alone, and loneliness is a subjective feeling – it is a sign that you are not satisfied with your existing relationships. What each person needs to feel connected can be very different from what someone else may need to feel the same way.

Here is a brief story from someone experiencing social isolation and loneliness.

**“I am a 41-year-old female. When I lost my job a few years ago due to health issues, all the people in my life slowly dropped off. The friends thought I had were not there when things got tough. Here I am, 3 years later and I realize I am extremely socially isolated and lonely as well. I have forgotten how to meet and connect with others. I have a lot of social anxiety nowadays. But I love people and used to be very social when I was working, I really enjoyed my job. I wonder what is wrong with me that I find it so hard to get out and meet people. I don't really know what is available and where to start. I'm looking for something that could help me find a group and make real connections.”**

## Ways to Wellness can help!!

Did You know.... That since 1st June 2021, Ways to Wellness has supported over 169 local community members to overcome loneliness and social isolation through a process called Social Prescribing? We have connected people to over 640 different groups, activities, and other social supports and over 70% of clients who find connection through Ways to Wellness report an improvement in their feelings of social connectivity and belonging.

We do this by helping you identify options and link into fun social groups or meaningful activities so you can build your networks and resources and make new friends. We help you do this at your own pace. Choosing something like a free community activity that you can interact with as much or as little as you like can be a gentle way to ease into new group activities. Your link worker can support you in this.

We will also 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.

## How do I get involved?

It's easy!! To refer someone or for more information about the Ways to Wellness program please contact Loretta on 0491 625 869 or email [linkworker@mgcci.org.au](mailto: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.

### 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