



Keeping you Connected to the Mount Gravatt Community Centre and your Neighbourhood

INTRODUCING OUR NEW GENERAL MANAGER

Hello community members – I was recently appointed the General Manager of MGCCI. I am excited to work with the board, staff, volunteers and community members over the coming years. We are servicing the diverse needs of our community through programs and services which are delivered by very committed and well-trained staff.

What I have noticed in my first few weeks, is how vibrant and energised the Neighbourhood Centre and Bernie’s Place is. I intend to meet each and every group that utilises our services and to catch up with key stakeholders in the community in the coming weeks.

A little about my previous work history, I have held senior management roles within not-for-profit, government and private organisations for over 25 years. My most recent role was CEO and Company Secretary with QLD Peak Body – QLD Fitness, Sport and Recreation Industry Skills Alliance, I was with the organisation for 7 years.

During my career, I have been exposed to all operational and strategic aspects of community organisations. This includes sourcing funding, interpreting service agreements and reporting requirements. I consider networking and forming strategic partnerships to benefit our organisation as key strengths. I am well-placed to understand community diversity and the difficulties in meeting local demands that are placed on neighbourhood centres.

I am looking forward to utilising my experience to build on the outstanding work of MGCCI and our excellent reputation as a leading service provider in the region.

Thank you to the Board, staff and community for welcoming me into the Centre.

Deb Crompton



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MGCCI FREE HOME & STORM SAFE WORKSHOPS



Is your home safe and secure? Are you prepared for storm season?

Come to a workshop at **Mount Gravatt Community Centre** to find out how to keep your home properly secured, and to identify home maintenance and modifications that will keep you safe. You will receive a free emergency kit and planning workbook to get you prepared and stay safe!

To attend you must:

- ◆ Be either over 60 years old and hold a Commonwealth Pension
- ◆ Or be any age with a disability
- ◆ Or be a carer/parent/guardian of a person with a disability

Further subsidised home maintenance, repairs, security work and home modification services available to eligible clients* through the **Home Assist Secure program** after an in-home first interview has been completed with our friendly staff!

***"I loved the kit! I feel prepared and confident in my own home."* Anne, Wishart**

Go to Eventbrite <https://mgcci.eventbrite.com.au> to RSVP your free place at workshops on Wednesday 28th March at 9.30am or Saturday 19th May 2018 at 1.30pm. **For more information contact Brooke Nguyen on 0412 579 563 or 3343 9833 (ext 109) or brooke@mgcci.org.au**

*Must meet above eligibility criteria and live in; Buranda, Macgregor, Robertson, Sunnybank, Sunnybank Hills, Nathan, Kuraby, Eight Mile Plains, Runcorn, Stretton, Berrinba, Karawatha, Stones Corner, Greenslopes, Holland Park/West, Mansfield, Mount Gravatt/East, Upper Mount Gravatt, Wishart, Rochedale or Carindale.

Worker Profile

Name: Caroline Rolender

Role: Quality & HR Coordinator

How Long have you been employed at MGCCI? Two years

What's your favourite food: Greek food of course!

Your favourite hobby: I have an interest in Herpetology. I love snakes!

Do you have a pet? Yes, I have a Woma python, a Blonde Spotted python, and two very mischievous cats.

What do you like most about working at MGCCI? The diversity of the community that engages with the Centre. I also really like the people I work with.



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FREE SHINGLES VACCINE FOR PEOPLE 70-79 YEARS

Vaccinations don't stop at childhood.

Protect yourself
against **Shingles**



Shingles is a painful blistering rash caused by the same virus that causes chickenpox. One in three people will develop shingles in their lifetime. As a person gets older, the risk of getting shingles increases.

Shingles can be very painful and lead to serious, long-term complications, in particular for older people.

A free shingles vaccine program is available under the Australian Government's National Immunisation Program for 70 year olds, with a time-limited catch-up program for people 71 to 79 years old until October 2021.

The vaccine is available from your general practitioner or vaccination provider. Ask your general practitioner or vaccination provider about other free vaccines you may be eligible for.

For more information regarding immunisation, visit immunise.health.gov.au or call the Immunise Australia Information Line 1800 671 811



Australian Government
Department of Health

FREE NDIS COMMUNITY & PROVIDER INFORMATION SESSIONS



To support the roll out of the NDIS in this area, free information sessions are being held for families, carers and people with a disability within the community. Free sessions at the libraries listed below also include information for service providers as well.

The sessions will provide general information about NDIS and how it can be accessed.

Mt Gravatt Community Centre

1693 Logan Road, Upper Mt Gravatt QLD 4122

Wednesday 21st March, 11th April and 18th April 2018

Registration: Contact Denise at the Mt Gravatt Community Centre on (07) 333439833 or Email community@mgcci.org.au

Garden City Library

Garden City Library (Garden City Shopping Centre), Corner Logan and Kessels Road, Upper Mt Gravatt QLD 4122.

Thursday 29th March 9.30am –12.30pm

Registration: Click this [link](#) or visit the Queensland [Events page](#) to register.

Alternatively, email engagement.qldcentral@ndis.gov.au noting numbers of attendance and any accessibility requirements. Children under adult supervision are welcome.

Sunnybank Hall

Sunnybank Hall, Cnr Lister and Gager Streets, Sunnybank Qld 4109.

Thursday 29th March 9.30am –12.30pm

Registration: Click this [link](#) or visit the Queensland [Events page](#) to register .

Alternatively, email engagement.qldcentral@ndis.gov.au noting numbers of attendance and any accessibility requirements. Children under adult supervision are welcome.

If you do not have access to the Internet and wish to register, please contact Sandiellen Black at Mt Gravatt Community Centre on 3343 9833 for assistance.

Our mission is to deliver high quality services that are "flexible, accessible and responsive to changing community needs".

CENTRE NEWS

Sunny pictured right. Sunny came to us as a Social Work student last year as part of his Masters degree and stayed on to help us out with organisational administration support. He has now returned to his studies but lucky for us, we may see him from time to time helping out with Home Assist Secure. Thank you Sunny for all your help and support and we wish you well in your studies.



Left are Deb and Denise with our wonderful Seniors Group donating a GPS to the Community Centre for use on our Seniors bus outings

Look after your Feet this Summer



Podiatry News from Flexi Care...

The festive season has truly come and gone with family catch-ups and hectic shopping expeditions. With all these activities and exposure to the heat, our feet often take a beating. Come and see us at Flexi Care Podiatry and we can get your feet summer-ready. We have 10 clinics and offer home visits to those eligible. We provide a low cost, high quality treatment and also offer **free Podiatry consultations** until the 1st July 2018 for Commonwealth Home Support Program eligible clients which includes frail older people over age 65 and 50 years and over for Aboriginal and Torres Strait Islander people that need assistance with daily living to maintain independence at home and in the community.

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FULLY SUBSIDISED MINOR HOME MODIFICATIONS

(LIMITED TIME ONLY)

Do you or someone in your household have a disability or mobility condition and need to change something around the home to make things easier to use, access or get around? Are you a carer or care giver who needs minor modifications made to your home to make it safer and easier for you to care for a person with a disability or mobility condition?

For a limited time only, MGCCI has funding available to undertake minor home modifications for eligible people living in the program areas below, between 1st February and the 30th of June 2018.

Eligibility

- ✓ People under 65yrs or Aboriginal & Torres Strait Islander People under 50yrs
- ✓ People at risk of losing their independence
- ✓ People with a disability or medical condition that affects their ability to carry out daily activities
- ✓ Live in any of the catchment areas*

If you are eligible, we are standing by to discuss and determine with you your home modification needs, and to mobilise our team of access workers and qualified trade contractors to get the job done. If required we can also make a direct referral to a team of local and trusted Occupational Therapists ready to undertake and fast-track subsidised assessments for eligible people where required.

Minor Modifications

- Structural home changes to increase and maintain a person's functional independence to live capably & safely in their own home eg: installing hand & shower rails, hand-held-shower hose, building ramps, installing easy turn taps and accessible light switches and installing keysafes.

| *Suburbs serviced | | | | |
|--|---|---|--|--|
| Acacia Ridge Algerter Annerley Calamvale Carindale Coopers Plains | Drewvale Eight Mile Plains Fairfield Fruitgrove Holland Park Holland Park West | Kuraby Nathan Macgregor Mansfield Moorooka Mount Gravatt | Mount Gravatt East Parkinson Robertson Runcorn Salisbury Stretton | Sunnybank Sunnybank Hills Tarragindi Upper Mount Gravatt Wellers Hill Wishart |

For more information or to discuss you minor modification needs, please contact Mount Gravatt Community Centre on –

Tel: 07 3343 9833

Text or SMS: 0412 579 563

Email: serviceintake@mgcci.org.au

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MT GRAVATT COMMUNITY CENTRE

MEET OUR CONTRACTOR: FIXIT PETE



This month, we meet Pete Watson from FIXIT Pete who shares with us his 10 year association with the Mount Gravatt Community Centre and the surrounding suburbs.

How long have you been in business?

Pete: Over 25 years experience in construction

The type of work you carry out:

Pete: Carpentry, home maintenance, repairs (including termite repairs) and handyman work; small and large jobs... please see my website for more details (www.fixitpete.com.au)

How many staff do you employ?

Pete: 0 (Sole business operator)

How long have you been associated with MGCCI?

Pete: I've been a preferred contractor for over 10 years

What was your first job?

Pete: After I completed my four-year apprenticeship in house construction in Brisbane, I worked in a variety of carpentry positions including house construction, high-rise construction and civil construction (bridge-building). I then started my own carpentry/handyman business servicing the southside of Brisbane.

What was your first connection with the suburb?

Pete: I grew up in Brisbane, always loved the southside, and moved to the Mount Gravatt area to raise a family over 16 years ago.

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

Pete: I enjoy spending time at Mount Gravatt lookout where I also hike the local bush tracks.

We have a place and space for everyone at the Mount Gravatt Community Centre.

DATE CLAIMERS

March 2018

Macgregor Lions Health & Wellbeing Expo for seniors at Hillsong Auditorium, 16 Rover Street, Mt Gravatt, Wednesday 14th March 2018, 8.30-3.30pm

April 2018

Bricks4Kidz are holding vacation care programs on the 3rd, 4th & 5th April 2018 contact hwang@bricks4kidz.com

July 2018

Paint Pals Art Show here at the Community Centre on 13th, 14th & 15th July 2018.

August 2018

Seniors Week – Wednesday 22nd August 2018 – Keep an eye out for further information.

For Carers

Co-designing Care

Are you caring for an older person?

QUT and The Ageing Revolution are working together to design better experiences for carers and the people they care for. We're looking for people to participate in an interactive workshop. If you're interested in taking part, email us: on info@theageingrevolution.com or call 0420 739 699

Tuesday 20 March 2018 10am-2pm QUT Gardens Point Refreshments provided Remuneration provided (\$25/hr)



Our vision is to "provide, without discrimination, service to our community".