



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

Celebrating Volunteers Week at the Centre on 24th May, with lunch in the main room and a delicious cake baked by Deb, our General Manager. Thank you to all of our amazing volunteers for the hard work you do. We appreciate your efforts.



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FEE CHANGES

To all our valued clients:

We wish to advise you that from **July 1st 2018**, MGCCI will be increasing the Client Contribution Fee from \$8.25 to \$10.00 per hour (including GST). Our fee has remained the same for a number of years. Unfortunately, due to our rising operational costs we have had to increase our fees to ensure our centre can continue to provide a viable, long-term service to our community. If you have any queries please contact us on (07) 3343 9833.

Deb Crompton, General Manager

Important Centre Updates

The MGCCI centre will be **CLOSED** on **Wednesday August 8th** as we are having a staff professional development day to determine new ways of making our centre the best it can be. We apologise for any inconvenience.

In-Home Support Services

If you receive regular support through the In-Home Support Service with domestic assistance (house cleaning), social activities (shopping or transport to appointments), personal care (showering) or respite (having a break from the caring role):

You can now contact us in the following ways -

Mobile - 0412 679 833

Office - 3343 9833

Email - inhomeservices@mgcci.org.au

Please contact us if you wish to make a change to your scheduled time for support or to cancel your shift. We understand that sometimes unexpected things crop up and short notice is the only option; however, where possible, we ask you to please give us 48 hours notice.

Thank you!

Worker Profile

Name: Janene Strooband

Role: First Contact Officer

How Long have you been employed at MGCCI? Since late January 2016

What's your favourite food: Thai, but that may change!

Your favourite hobby: I am a gym member and enjoy group exercise classes, fun runs and other organised events. We participated in the Spartan Sprint in April and the Chicks in Pink, which is a fun run raising money for breast cancer. I also love bargain hunting in second-hand stores for books. Otherwise I am kept busy in my spare time running around after the kids!

Do you have a pet? Yes, I have one American bull dog and one cattle dog.

What do you like most about working at MGCCI? I look forward to coming and working with amazing caring people each day. I really enjoy being able to try and help people in our community, whether it be on the phone or in person at the centre.



*Development * Dignity * Potential * Partnership * Community * Belonging*

ADVANCE CARE PLANNING



Image credit: <https://metrosouth.health.qld.gov.au/acp>

Do you have an Advanced Care Plan? Do your family/friends and health professionals know about your wishes?

What : Advance Care Planning encourages individuals to reflect on their values and wishes and how they want to be cared for in the future if they reach a point where they cannot communicate decisions about medical care themselves.

Why: There is often a gap between people's healthcare preferences and the care they actually receive at the end of life. Discussion and documentation of your values and wishes will mean that if you lose decision-making capacity, the decisions being made by your substitute decision maker/s (family and/or friends) and health professionals will be what you would have chosen for yourself.

When: Even if you are healthy, it is never too early to talk and plan ahead. Advance Care Planning is essential for your future care. For more information go to: www.mycaremychoices.com.au

CENTRE NEWS

Denise pictured right. Our amazing Community Engagement Coordinator, Denise, will sadly be leaving us for new adventures. We really appreciate the dedication and all the hard work Denise has put in to making the centre a great place to visit!

Thank you Denise for all your help and support. We wish you well in the future.

From all the staff and volunteers at MGCCI.



Left is our volunteer bus driver Richard with Mary, facilitator of the Seniors Group, before everyone headed out on a day trip to King's Beach, Caloundra.

We attended and held a stall at the recent **Serving Humanity Expo** on 27th May 2018.

Below left is our fearless leader, Deb, manning our stall. Congratulations to Fleur Garbellotto, pictured below right, the lucky winner of our jellybean-guessing competition at the expo. Fleur won the jellybeans and a prize of \$50 kindly donated by Bendigo Bank. Well done, Fleur, enjoy your jellybeans and thank you for visiting our stall.



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CENTRE NEWS

Matt Campbell, our Maintenance and Modifications Team Supervisor, recently completed a work of art in our upstairs office. Below, Matt tells us a little bit about his heritage and the meaning behind this lovely painting.

My name is Matt Campbell, I'm a Gamilaraay (or Kamilaroi) man from St. George, Queensland.

This is a painting of my totem the sand goanna, or 'thulii' in our language. There are two symbols, the top right meaning four or more people sitting together, and the bottom left meaning just two people sitting together. I included these to represent the various groups and sessions that we hold here at the centre.

I've also added blue dots amongst the traditional colours, as blue is a colour that is so lovingly associated with the centre.



Neighbourhood Centre Feedback Survey 2018

We want to hear from YOU!

We would love to hear from you about your experience here, as well as ideas and suggestions for our Neighbourhood Centre! Your feedback also helps us plan for future activities and events and improve our services. All Neighbourhood Centre participants, including those who access the group activities and outings, can take part in the feedback survey by:

- Filling in a survey form next time you come into the centre, or
- Requesting us to email or post you a out a survey form to return to us.

You can remain anonymous if you prefer. All information received will be treated as confidential.

If you would like further information, please contact Caroline Rolender on 3343 9833 or email caroliner@mgcci.org.au.

The survey will close on the 31st July so be sure to get your feedback to us by then. Thanks.

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

COMMUNITY IFTAAR JUNE 2018

Thank you to everybody who came to our Community Iftaar here at the centre on the 2nd of June 2018. What a wonderful celebration of our diverse community.



Incontinence: What it is and how to cure it

While very common, incontinence is often left untreated; but there are options to stop the leaks!

It's estimated that up to 37% of women experience bladder accidents at least occasionally. Thirteen percent of men are also affected, with prostate problems a key risk factor. Incontinence can also be associated with constipation, obesity, reduced mobility and dementia, and is more common the older you get.

But incontinence is not normal or even inevitable, and it can be helped and in many cases cured. The Continence Foundation works against the stigma of incontinence, encouraging people to seek treatment. "There is always something you can do to make it better," says National Continence Helpline Manager Sue Blinman.

It's important to seek an individual assessment and treatment. Improvements often involve simple changes such as:

- Eating a healthy diet with lots of fibre and plenty of fluids and good lifestyle habits
- Maintaining a healthy weight
- Exercising regularly
- Visiting a physiotherapist to learn the correct way to train your pelvic floor muscles.

It's important to do something about it sooner rather than later. It can adversely impact on a person's quality of life. Older people with severe incontinence are at risk of losing their independence. After dementia and reduced mobility, incontinence is a major factor for getting moved from living on your own to a nursing home.

If you suffer from incontinence, seek help. Speak to a continence nurse by calling the free National Continence Helpline on 1800 33 00 66, visit www.continence.org.au, or talk to your doctor.

The Continence Foundation of Australia is a not-for-profit health organisation and the national peak body for incontinence awareness, management, education and advocacy. The Foundation is funded by the Australian Government under the National Continence Program and operates the free National Continence Helpline 1800 33 00 66.

MT GRAVATT COMMUNITY CENTRE

MEET OUR CONTRACTOR: BRUNO'S HOME HANDYMAN SERVICE



This month we meet our new contractor Bruno D'Onofrio from Bruno's Home Handyman Service, who shares with us his 40-year love of handyman work.

How long have you been in business?

Bruno: Three years full time, but I've been doing home handyman work for over 40 years. I built my own home 30 years ago.

The type of work you carry out:

Bruno: I'm a small job specialist. I repair or replace steps, doors, windows, fences, gates, plaster walls and ceilings, leaking taps, curtain tracks, kitchen and basin tap mixers, and tiling. I also hang pictures, do small painting jobs, pressure-clean driveways and paths, assemble flat-pack furniture, and re-silicone around kitchen and bathroom bench tops.

How many staff do you employ?

Bruno: None, I work on my own.

How long have you been associated with MGCCI?

Bruno: One month.

What was your first job?

Bruno: Accounts Clerk for Queensland Railways.

What was your first connection with the suburb?

Bruno: I've lived in the Runcorn area for 35 years, and on the south-side of Brisbane all my life.

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

Bruno: Sin's Asian restaurant and Factory 51 Italian restaurant at Coorparoo; 8 Street at Garden City. My favourite place would have to be Bunnings (I seem to live there!). I also enjoy spending time at the Sunnybank Men's Shed helping out with community projects.

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

COMMUNITY SERVICES

Brook RED is a peer-operated community providing support for any individual who has a lived experience of mental illness.

To find out more about the Brook RED program, come and meet a Brook RED Peer Support Worker at MGCCI. If you would like to chat with someone from Brook Red call us to make an appointment.



recovery
empowerment
development
PEER SUPPORT

NDIS Pre-Planning Support



Kyabra Community Association Inc. are offering free 30-minute NDIS Pre-Planning telephone sessions to talk through your specific NDIS questions. Call Kyabra on 07 3373 9499 to book your telephone appointment today.

Kyabra can also provide a 1.5 hour face-to-face pre-planning meeting at a cost of \$90 per session.

Thank you Lions Club!



A big thank you to Ron Ould and the Lions Club of Brisbane Macgregor for their very kind donation of chocolate Easter bunnies.

Ron is shown in the centre of the photo, with our lovely volunteers Ikonja (left) and Katrina (right).

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