

## Keeping you connected to the Mount Gravatt Community Centre and your neighbourhood

### MERRY CHRISTMAS TO ALL!

As we near the end of another year, we would like to thank the community for all of your continued dedication and support to Mount Gravatt Community Centre. We wish you and your loved ones a safe and relaxing Christmas and New Year and look forward to an exciting year in 2018! We look forward to seeing you at our end of year Celebration!

#### MGCCI 2017 Christmas Closure Dates:

Closed from 3.00pm — 22nd Friday December 2017

Re-open from 9.00am — 2nd Tuesday January 2018



**End of Year CELEBRATION**

20th December 2017 11.00am-2.00pm  
Mt Gravatt Community Centre  
1693 Logan Rd, Mt Gravatt 4122

Mt Gravatt Community centre management & staff invite you to join us to share a meal to celebrate 2017!  
We invite all our supporters, service users, group members & volunteers!

RSVP 15th Dec 2017  
(07) 3343 9833 [community@mgcci.org.au](mailto:community@mgcci.org.au)  
please advise of dietary requirements

### FOOD ASSISTANCE

The community centre will stop providing food assistance from the 15th of December. We will re-commence on the 8th of January, 2018. From all the staff and volunteers downstairs, we thank you for all of your support.

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# QUEENSLAND'S STORM SEASON

1 NOVEMBER 2017—30 APRIL 2018

## GET STORM READY!

We are in storm season again and it is time to prepare!

Severe storms can strike at any time. They are often unpredictable and can cause major damage to property, as well as serious injury and even loss of life. Here are some simple and effective tips that you can follow to ensure you stay safe during Queensland storm season.



### STEP 1 - Create your Home Emergency Kit

What you need:

- Light - buy a wind up torch or battery operated (spare batteries as well)
- Water - storage containers that will store the appropriate amount of water for your household
- Food - stock up on non-perishable food items (buy ring pull cans or make sure you have a non-electric can opener)
- Portable radio - wind up battery operated (spare batteries as well)
- Fill up your BBQ gas bottle and have a spare
- Keep a list of emergency numbers and establish your household evacuation point
- Buy a first aid kit
- Make sure you have essential and adequate medication
- Make sure you have a mobile phone, spare battery and charger
- Place important documents, valuables and cash in waterproof bags
- Keep a pair of sturdy gloves handy
- Keep spare food and litter stored for family pets

### STEP 2 - Prepare your Home

- Check your roof regularly to make sure it's in good condition
- Keep gutters, downpipes and drains clear
- Remove tree branches that are close to your house
- Secure loose items around your property
- Ensure your home, contents and car insurance is adequate and current
- Identify the safest room in which to shelter during a storm
- Store poisons and garden chemicals well above ground level
- Fit shutters or metal screens to your windows for added protection

We provide services to improve safety, accessibility, independence and wellbeing. If you need any information or assistance to ensure your home is safe, give us a call.

Further information can be found at - <https://www.stormwise.com.au>.

For emergency help in storms or floods, call the SES on 132 500 or 000.

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

# HEAT STRESS

Extreme heat can affect anybody. Heat kills more Australians than any natural disaster. Those most at risk are older people, young children and people with a medical condition.

Heat stress occurs when our body is unable to cool itself enough to maintain a healthy temperature. Normally, the body cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising.

Heat stress can cause serious illness – listen to your body and protect yourself when the temperature rises.

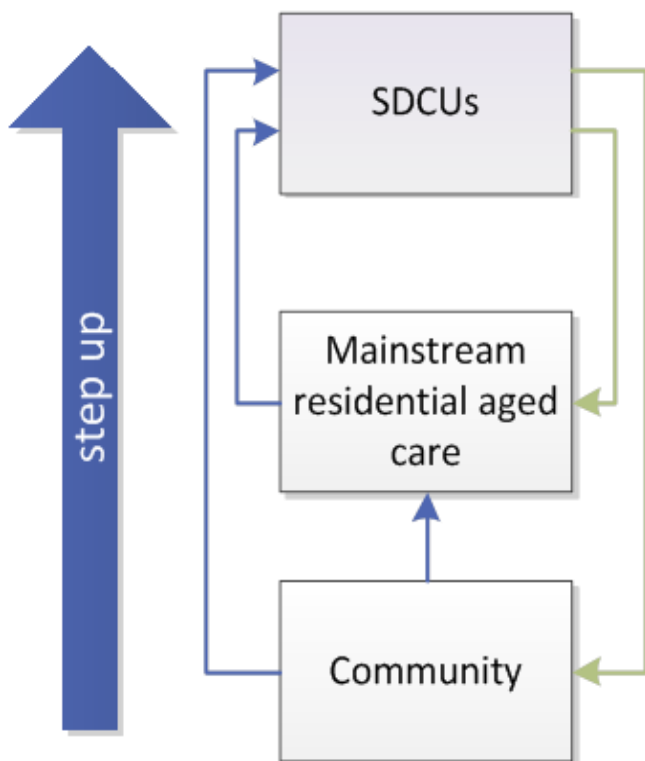
Some tips to help you reduce the chance of heat stress this summer are:

- Stay in the shade where possible
- Wear sunscreen, a hat and sunglasses
- Cover up with long sleeves and long pants
- Drink plenty of water to stay hydrated
- Don't leave kids, older people or pets in cars
- Keep up your energy levels; eat cold meals such as salad and fruit

Summer Safety:



## SPECIAL DEMENTIA CARE UNITS



In 2016, the Australian Government announced it would establish Specialist Dementia Care Units (SDCUs) to support people who experience very severe behavioural and psychological symptoms of dementia (BPSD). The Government committed to establish at least one SDCU in each of the 31 Primary Health Network regions.

A detailed consultation paper has been prepared to seek stakeholder views on the policy design and implementation of SDCUs. Consultation is available until 21st January 2018.

For more information or to make a submission please email [dementia@health.gov.au](mailto:dementia@health.gov.au) or visit <https://consultations.health.gov.au/ageing-and-aged-care/specialist-dementia-care-units/>

# STAKEHOLDER ENGAGEMENT PROJECT

I would like to begin by thanking the clients, community members and other stakeholders, including service providers, local businesses and government staff for their contribution towards "Your View, Our Direction", The Stakeholder Engagement Project. It has been a wonderful opportunity for Mount Gravatt Community Centre to hear the hopes and aspirations of such a broad range of community members. The level of engagement was highly significant as seen below, with over 1125 flyers distributed and 435 participants.

The findings of the final Report were shared with members at the recent AGM, and the Board will draw on these findings to inform the development of our 2018-2020 Strategic Plan, which we look forward to sharing with you in our next newsletter.



## PRIVACY & CONFIDENTIALITY

At Mount Gravatt Community Centre, we are committed to ensuring that all of our workers, board members and volunteers maintain confidentiality in all aspects of their work as a fundamental component of the services we provide to you, our community. This includes how we collect, store, use and disclose personal information, and how we provide direct support. For you, this means:

- We will not share any personal, written or spoken information you have shared with us, without your consent, unless authorised by law.
- We will only collect personal information that we legally and operationally require to be able to provide a service to you.
- We may contact you from time to time to ensure that the personal information you have provided to us is accurate and up to date
- We will provide you with access to any personal information we record about you.
- We will ensure that any personal information about you is securely stored in a way that protects it from misuse, loss, unauthorised access, modification and/or disclosure.
- We may use your personal information for statistical analyses and reporting on funding outcomes providing you are unable to be personally identified.



For more information on our approach to Privacy and Confidentiality, check out our Privacy & Confidentiality Procedure at [www.mgcci.org.au](http://www.mgcci.org.au), or contact us to request a copy to be emailed or posted out to you.

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



## NEIGHBOURHOOD EVENTS

### JAMIE'S MINISTRY OF FOOD AUSTRALIA

Want to learn Jamie Oliver's hints, tips and shortcuts to cooking delicious, nutritious and affordable meals from scratch? Jamie's Ministry of Food Australia is a grassroots response to the lack of basic food skills among adults. By teaching people to cook for themselves and equipping them with some simple skills and food knowledge, communities are empowered to live healthier, happier lives!

BOOK NOW! Visit [www.jamiesministryoffood.com.au](http://www.jamiesministryoffood.com.au) - 1644 Logan Rd, Mount Gravatt

### HARMONY DAY FESTIVAL 2018

Connecting multicultural and main stream communities and organisations, to enhance intercultural understanding and solidarity, in order to build a harmonic society. Details: Saturday 24th March 2018. 3.00pm - 8.00 pm. Robelle Domain Parkland, Education City Drive, Springfield Central. Free event. [worldharmonysociety@gmail.com](mailto:worldharmonysociety@gmail.com)

### ROMA STREET PARKLANDS

Celebrate Christmas in 2017 by packing a picnic and heading to the Parklands for a free heart-warming Christmas film. And as the evening settles in, the Enchanted Garden springs to life! The garden will be filled with twinkling lights, beguiling decorations and mellow music. Visit [www.visitbrisbane.com.au](http://www.visitbrisbane.com.au) for more information

### BANDS IN PARKS

The Brisbane Excelsior band and Queensland youth band join with musicians from the local Tongan community to perform a free Christmas concert. Plenty of other activities and food available at this dog friendly event. For more information visit: [www.brisbane.qld.gov.au/what's on](http://www.brisbane.qld.gov.au/what's-on)

## COMMUNITY SERVICES

### **Kyabra Community Association - Parent Trail One**

A free 9 week creative group for parents living with mental illness. This is a collaborative group co-facilitated by Kyabra Community Association Inc. and Metro South Addiction and Mental Health. Weekly course starts Tuesday 30th January 2017. 10.00am—12.30pm. 3373 9499

### **Queensland Government - Electricity Rebate**

Good news! You now have more time to apply for the backdated \$330 electricity rebate. Queenslanders with a Commonwealth Health Care Card and asylum seekers now have an extra six months to apply for the rebate. Further information and assistance is available via 13 74 68 or visit [www.qld.gov.au/community/cost-of-living-support/concessions](http://www.qld.gov.au/community/cost-of-living-support/concessions)

### **Stepping Stones—Family Drug Support**

Is someone in your family taking drugs and/or alcohol? Are you looking for practical down to earth information and support? Family Drug Support presents a series providing clear and practical information sessions and a safe place to share and to feel supported.

Bookings are essential - please call Krystal on 0484 002 178 - 20 New Lindum Rd, Wynnum.

*Free service & QLD wide*

*Feel supported*

*Make new friends*

*Connect with others*

*Match with your language*



**I SPEAK YOUR LANGUAGE**

**- JOIN THE PROGRAM -**

Friendly volunteers will call you at an agreed time, generally once a week for an open friendly ended chat in your language.

Languages depending on volunteers availability.  
Please call for more information

**Contact MCCGC:**

**TroyN@mccgc.com.au or call 07 5527 8011**

I Speak Your Language is a volunteer based cultural support program delivering a free social support phone call to isolated Culturally and Linguistically Diverse (CALD) participants throughout Queensland. The project will increase migrant and refugee volunteer participation and build a sense of belonging while supporting primarily vulnerable isolated non English speakers.

**IN PARTNERSHIP WITH  
RED CROSS AUSTRALIA**







# Youth Legal Advice Hotline

1800 LAQ LAQ  
(1800 527 527)

***Call 1800 527 527 to talk to a lawyer***

Free and confidential legal advice about bail, diversionary options,  
being charged with a crime, talking to police and youth justice issues

**Monday — Friday 8am to 9pm**  
**Saturday 7am to 12 midday**

*Closed public holidays*

1300 65 11 88 [www.legalaid.qld.gov.au](http://www.legalaid.qld.gov.au)



@LegalAidQld



facebook.com/LegalAidQld



LegalAidQueensland



# Do you have endometriosis?



**We want to hear about your experiences of living with endometriosis in Australia.**

If you are a woman aged 18 and over, diagnosed with endometriosis, who lives in Australia, we would like to invite you to do our survey for the *endometriosis management in Australia* study.

The survey is for research being conducted by:  
Prof. Jane Fisher, Dr. Heather Rowe, A/Prof. Louise Roufeil and Beck O'Hara  
at the Jean Hailes Research Unit, School of Public Health and Preventive Medicine,  
**Monash University.**

**FOR MORE INFORMATION OR TO VOLUNTEER GO TO:**

[https://monash.azure.qualtrics.com/jfe/form/SV\\_0IDmwPqxaerAtOR](https://monash.azure.qualtrics.com/jfe/form/SV_0IDmwPqxaerAtOR)

Scan to access survey:



Interested but don't have access to the internet?

Contact Beck O'Hara  
(03) 9903 0788



# MOUNT GRAVATT COMMUNITY CENTRE

## CONTRACTOR SPOTLIGHT:

### ALGESTER PLUMBING & DRAINAGE PTY LTD.



Pictured: Annie Teo with her team, Adam & Jordan.

This month, we meet Annie Teo from Algester Plumbing & Drainage who shares with us her 6 year association with the Mt Gravatt Community Centre, and the surrounding suburbs.

**How long have you been in business:**

**Annie:** Algester Plumbing has been in business for over ten year now!

**Please tell us the type of work you carry out:**

**Annie:** We predominately carry out maintenance plumbing, unblocking of toilets and sewers, and we are specialists in drain repairs.

**How many staff do you currently employ:**

**Annie:** We currently have two staff employed by Algester Plumbing & Drainage.

**How long you've been associated with MGCC:**

**Annie:** We have been associated with MGCC for over 6 years now!

**What was your first job:**

**Annie:** My very first job was working in Rest Home, now known as an aged care facility.

**What was your first connection with the area:**

**Annie:** My first connection with the area was through my church over 6 years ago which I am still apart of to this current day.

## EVENTS IN THE NEIGHBOURHOOD

### Events at Mt Gravatt Showgrounds—1644 Logan Rd, Mt Gravatt

#### Mt Gravatt Christmas & Fashion Market

17 December, 7 & 21 January - 8.00am-12.00pm  
Great fashion, gifts and coffee. Open at the same time as the Farmer's Markets! Free entry.  
[www.herwardrobe.com](http://www.herwardrobe.com)

#### Brick Resales

December – Free event.  
If you are a an adult fan of Lego, this event is for you!  
1000's of mini figures for sale. Ph: 0407 176 612  
(Judy)



### Events at Holland Park Library—81 Seville Rd, Holland Park [Bookings essential— Ph: 3403 755]

#### Android Skills 1 & 2

7 & 21 December 2017 - 1.30pm-3.00pm. Free event.  
Learn more about your tablet! Explore apps, connect to Wi-Fi and search on the internet. Customise your tablet by adjusting basic settings. Discover how to download useful apps

#### Flavours of Summer with Alison Alexander

16 December 2017 - 10.00am-12.00pm. Free event.  
ABC radio presenter Alison Alexander will demonstrate ideas and recipes, including those that can be made ahead of time and delicious food that will make beautiful gifts.  
Bookings essential - Ph: 3403 7755

#### Holland Park Community Gardeners

13 January 2018 - 8.30am—9.00am. Free event.  
Visit the Holland Park Library deck to discuss the community citrus grove and herb garden

**MOUNT GRAVATT COMMUNITY CENTRE**  
1693 & 1697 Logan Road, Mt Gravatt QLD, 4122  
PO BOX 806, Mt Gravatt QLD, 4122  
Phone: 3343 9833|Fax: 3849 8638  
Website: <http://www.mgcci.org.au>



Like us on Facebook  
@Mt Gravatt CommunityCentre



**MGCCI's Individual Services Programs and Community Neighbourhood centre are proudly funded and supported by the Queensland Government and Federal Government.**