



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

### FREE NDIS INFORMATION SESSION

**20 JUNE: 10AM-12.30PM**

**MT GRAVATT COMMUNITY CENTRE**

"The National Disability Insurance Scheme (also called the NDIS) is the new way of providing disability support. The NDIS will provide all Australians under the age of 65 who have a permanent and significant disability with the reasonable and necessary supports they need to enjoy an ordinary life.

The NDIS will help people with disability achieve their goals. This may include greater independence, community involvement, employment and improved wellbeing. As an insurance scheme, the NDIS takes a lifetime approach, investing in people with disability early to improve their outcomes later in life. The NDIS also provides people with disability, their family and carers with information and referrals to existing support services in the community. By 2019, the NDIS will support about 460,000 Australians with disability." (Source: [www.NDIS.gov.au](http://www.NDIS.gov.au))

**Are you caring for someone with a disability?**

**Want to know more about the NDIS?**

**Why not come along to our FREE NDIS workshop?**

#### Join our session to learn more about:

- **Your future with the NDIS**
- **The NDIS pathway**
- **Caring beyond the now**

Hosted by Carers QLD in partnership with the Mt Gravatt Community Centre.



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## NEIGHBOURHOOD CENTRE NEWS

Well it's been a busy few months in the Community Centre. I'm Denise Foley and I am the Community Engagement Coordinator.

A huge thank you to all of our generous donors! We have recently had a blanket and warm jacket drive, and we have been overwhelmed by the support. Your generosity is really appreciated.

Pictured right: Janene, one of our First Contact Officers with the blanket donations



## NEW ACTIVITIES

We are happy to welcome some new groups that have started at the centre.

**InStitches**, our new Sewing Group that meets twice a month on the **1<sup>st</sup> Tuesday** and the **3<sup>rd</sup> Saturday** from **9am-2pm**.

You can access sewing machines and assistance to work on your own project or learn from members of the group how to tackle specific tasks such as inserting zippers or sewing buttonholes, or you can help the group make clothes for children in foster care. Everyone is welcome!



Many of you know our great bus driver Errol, who comes in twice a week and drives to Foodbank to keep our pantry stocked. Did you know he is also a very talented musician? Thanks for the Cancer Afternoon Tea entertainment Errol!

Errol has started the **Ukulele Group** on the **2<sup>nd</sup> and 4<sup>th</sup> Tuesday** of the month from **11.30am—12.30pm**. Bring along your ukulele if you have one, or you can use one of ours. All playing abilities are welcome!

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

## COMING UP AT THE CENTRE

### WELLBEING EXPO ON YOUR DOORSTEP

**14 JUNE: 10AM-2PM**

This event is a new initiative between Mount Gravatt Community Centre and Brook Red Centre. This is a day of seeing what's on offer in the centre and in the neighbourhood close by. You can talk to the group facilitators, see what activities they provide as well as join us for a sausage sizzle lunch, and hear some of the "Voices for Change" speakers talk about their journey with mental health recovery. Thanks to Brisbane City Council for supporting this initiative.

### PAINT PALS INAUGURAL EXHIBITION

**14–16 JULY**

This exhibition is in memory of Harry Millner.

Our weekly art group Paint Pal's is hosting their first art exhibition here at the Community Centre. Opening night is Friday 14<sup>th</sup> July and the centre will be open on the Saturday and Sunday for you to come along, see some of the great artwork and even purchase one.

### SENIORS WEEK

**25 AUGUST**

Mt Gravatt is hosting a Seniors Week event on the 25<sup>th</sup> August – "Safe and Sound". Come and join us for some conversations and presentations regarding safety; Safety for you in your home, Storm Safe – assisting you to get ready for the storm season, and Cyber Safety – what to look out for in those email and phone scams doing the rounds. Lunch will be provided along with some entertainment.



Pictured: our guests for the recent Afternoon Tea raising funds for Cancer Research



## PARKING UPDATE



In our most recent community centre feedback survey, many of you raised concern over the lack of parking available when visiting the centre or Bernie's Place. We recognise this has been an ongoing issue for quite some time and have made some changes that we hope will improve accessibility for everyone.

All staff and volunteers have been asked to park further away from the centre, freeing up car spaces along Logan Road.

Clients of the centre are able to park in the front car park if there is space available. There are also additional parking spaces available at the back of the community centre. Please note, parking at the back of the centre is reverse parking only. For visitors accessing Bernie's Place, there is parking available at the back of the building.

Whilst we try to accommodate as many people as possible, parking spaces are limited and available on a first come, first served basis. If you have any questions regarding parking, please don't hesitate to contact us on 3343 9833.

## CLIENT INVOICING

We appreciate that for some of our clients, it is often difficult to get to the bank to pay invoices. We also understand not everyone has access to internet banking. As part of continuous improvement of our services, we have been investigating various "point of sale" systems to make payment of services easier for you. We are happy to announce that in the near future you will be able to make electronic payments at the end of each service, i.e. on the day the service is provided by our staff. We will keep you updated and provide you with further information soon!

Until the new system is in place, you can pay your account by:

- Cheque - cheques must be made out to Mt Gravatt Community Centre Inc.
- On-line internet transfer
- Visiting your own bank and initiating a bank transfer
- Visiting a BOQ branch to deposit directly into our account

Current banking details:

<b>Bank:</b>	Bank of Queensland
<b>BSB:</b>	124-060
<b>Account No:</b>	22408414
<b>Account Name:</b>	Mt Gravatt Community Centre Inc.

## YOUR VIEW, OUR DIRECTION

Mount Gravatt Community Centre Inc. is developing a new Strategic Plan to determine the organisations direction for the next 3 years.

Over the past two months I have been engaging with a wide variety of stakeholders to hear their ideas and view. This has included conversations with community members, service users, group participants, contractors, local politicians, medical centres, schools, libraries, businesses, service providers and government stakeholders.

The main questions have been around how Mount Gravatt Community Centre can:

- Improve individual and family wellbeing;
- Respond to emerging and community issues;
- Develop collaborative partnerships.

A wide range of themes have emerged with some common hopes for the future. I'm looking forward to presenting these to the Board in early July and sharing this information more broadly with the community.

If you would like to know more information please contact Sandiellen Black by email [communityengage@mgcci.org.au](mailto:communityengage@mgcci.org.au)) or phone: 07 3343 9833.



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

## BRISBANE CITY COUNCIL LIBRARIES

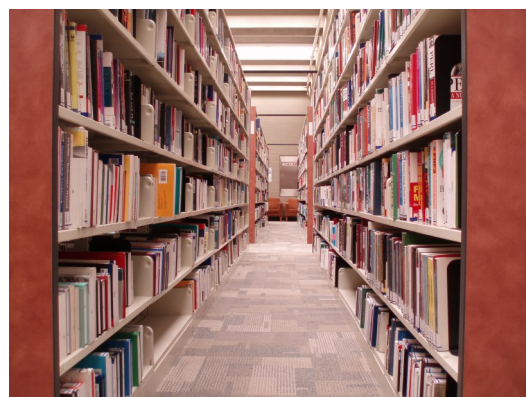
Did you know that the Brisbane City Council Libraries offer a broad range of activities for everyone?

You can call Brisbane City Council on (07) 3403 8888, drop into your local library for a 'What's on' booklet or visit the Brisbane City Council website:

<https://www.brisbane.qld.gov.au/facilities-recreation/libraries/whats-library>

Activities include: Free school holiday activities like using a computer, joining a book club, story time for babies and young children. There are also classes and workshops for adults, and special events. The Gold Star and Little Stars Reading Clubs are happening until 31 July 2017. Prizes, certificates and support to find books you enjoy are all part of the program for children.

Libraries are a great community resource for everyone – why not drop by!



# ADVOCACY

People accessing services and support at Mount Gravatt Community Centre have the right to seek advocacy support if and when they require it.

'When might I need an advocate'? or 'What is advocacy support'? you may ask.

Advocacy support can be formal or informal and may be required for various reasons.

Some examples of when you might need an advocate:

- When you are feeling pressured to make a choice about your care;
- Not satisfied with the care you are receiving;
- Not happy about decisions made about you regarding your service;
- Wanting information about accessing services or additional support.

Many clients may utilise the support of friends, family members or carers when accessing services. Some of our clients ask this person to attend meetings with them, ask questions about service provision on their behalf or just support them to make informed decisions. Having a trusted family member, carer or friend to talk to about decisions regarding your care can be helpful. This type of support is informal advocacy.

Formal Advocacy can occur when you seek support from an organisation or service specialising in advocacy. These services are confidential, usually free and can support people by:



- Acting or writing on a person's behalf;
- Encouraging their clients to take action themselves;
- Linking clients to the broader service network;
- Informing clients about their rights and responsibilities.

## ADVOCACY SERVICES CONTACT INFORMATION

Queensland Aged & Disability Advocacy Inc. (QADA)  
PH: 1800 818 338

Queensland Advocacy Inc. (QAI)  
PH: 1300 130 582

Brisbane Domestic Violence Service  
PH: 3217 2544

Youth Advocacy Centre Inc.  
PH: 3356 1002

AMPARO Advocacy Inc.  
(People from Culturally and Linguistically Diverse Backgrounds)  
PH: 3354 4900

# COMMUNITY INFORMATION SESSIONS AND WORKSHOPS

## Community Resource Unit Inc. (CRU) information sessions and workshops

For more information call CRU on 3844 2211 or email: [cru@cru.org.au](mailto:cru@cru.org.au)

Evening Crucial Conversation: Inclusive Education—Everybody's business	12 June
Self-direction for Bigger and Better Lives	15 June
NDIS information session	17 June
What you Needed to Know about Intellectual Impairment but were Mostly Never Told	18 June
2017 Family Leadership Weekend	28-30 July
Making the Most of Change: Understanding & Managing Your Supports	26 July
Employment for ALL: Getting and keeping jobs for people with disability	15 August
An evening conversation for Brothers and Sisters	30 August

## Kyabra information sessions and workshops

RSVP to Kyabra on 3373 9499

NDIS Information sessions	15 June
All sessions are 10.00am—12.00pm	17 June
	20 July
	22 July
	24 August
	26 August

## USEFUL APPS

### ICE (In Case of Emergency)

ICE allows you to put your emergency information as a wallpaper on the lock screen of your phone. ICE also allows you to:

- print your emergency information for storage
- record vital information such as blood type, medical conditions, allergies etc.,
- add multiple emergency contacts, and keep images of things like your insurance card, prescription card and driver's licence.
- to download, enter the following URL into your browser:

**For Apple devices:** <https://itunes.apple.com/au/app/ice-in-case-of-emergency/id380234187?mt=8>

**For Android devices:**

<https://play.google.com/store/apps/details?id=app.medicalid.free&hl=en>



## YOUR FEEDBACK IS IMPORTANT TO US

We want to continuously improve the way we provide services to our community. Some of the ways you can provide feedback to us:

- ♦ Talking to us at the front desk or calling us and sharing your experiences whether positive or negative.
- ♦ Talking to your Support Worker.
- ♦ Filling in a suggestion form and putting it in the suggestion box at front reception.
- ♦ Submitting feedback via our website or Facebook page.
- ♦ Requesting a Complaint Form and emailing or posting it to us.
- ♦ Completing surveys and participating in internal & external audits.

**If you wish to find out more, please call us on 07 3343 9833 and ask to speak to the Quality Officer, Caroline Rolender.**

**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>**



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**@Mt Gravatt CommunityCentre**



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