

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

We hope everyone enjoyed Seniors Week from the 19th to 26th August. Here at the centre we held an information session followed by a celebratory morning tea. A big thank you to Corinne McMillan, member for Mansfield, for the very kind donation of \$250; to Narelle Wyvill -Anstey from the Macgregor Lions Club for being a wonderful MC; and to Auntie Cynthia and Auntie Norma for the Welcome to Country. Thank you also to our guest speaker from the police force, Sherry Ho, and to our staff member, Lisa Stanhope, for providing valuable information about safety and looking after ourselves both in the home and community. Finally, thank you to our multi-talented volunteer, Malcolm, for entertaining us all with a ukulele sing along. The cutting of the cake finished off a great morning. It was a wonderful way to acknowledge and thank the valued seniors within our community.



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ANNUAL GENERAL MEETING

This is the time of the year when Mt Gravatt Community Centre is gearing up for our Annual General Meeting (AGM) on 15th November. We are preparing our Annual Report and our 2018 financial records have been audited in preparation. MGCCI members are eligible to nominate for a position on the board including President, Vice President, Secretary, Treasurer, and Board Member. If you are interested, please contact the office and we will send you a nomination form. Please note this needs to be returned and received by us at least 14 days prior to the AGM. MGCCI would like to encourage our members to attend the AGM; it is a great time to meet other members and staff.

DATE: THURSDAY 15TH NOVEMBER

TIME: 4:00PM FOR 4:30PM START

RSVP BY: 8TH NOVEMBER **PH:** 3343 9833

EMAIL: OPERATIONS@MCGGI.ORG.AU

BERNIE'S PLACE

1697 LOGAN RD, MT GRAVATT

LIGHT REFRESHMENTS PROVIDED

ACCOUNTABILITY ASSEMBLY MEETING

Mt Gravatt Community Centre is a member of the Queensland Community Alliance (QCA). The QCA are a community organising alliance working together in southeast Queensland to forge a better community.

Launched on August 30 at City Hall in front of over 1,400 people and the State Premier, QCA is an alliance of the biggest faith groups uniting with charities, unions, community organisations and ethnic associations collectively working together for the common good.

Over the past seven months, Mt Gravatt Community Centre have been identifying strategies to address the issue of social isolation in Mt Gravatt and surrounding areas. A working group was formed made up of key members in our community; Corrine McMillan, Member for Mansfield; Joe Kelly, Member for Greenslopes; Councillor Krista Adams, Wishart; Councillor Steven Huang, MacGregor; and Dr. Genevieve Dingle, UQ.

The working group is supportive of UQ seeking funding to undertake a social prescription research project. The project will align with a strategy to employ 'link workers', who will work directly with individuals, groups, and medical centres to support individuals in connecting with their community.

Join 700 other leaders at Greek Orthodox Church in Mt Gravatt to build relationships and act for the common good!

WHEN:

November 07, 2018 at 6:30pm - 8:30pm

WHERE:

Greek Orthodox Church of the Dormition of the Theotokos
269 Creek Rd
Mt Gravatt East, Qld 4122

CHRISTMAS CLOSURE

Mt Gravatt Community Centre will be **CLOSED** during the Christmas period from **21st December 2018 until 7th January 2019**. Please note the **FOOD PANTRY will be CLOSED from 21st December until 14th January 2019**. We apologise for any inconvenience.



WORKER PROFILE

Name: Sarah Finlay

Role: In Home Coordinator

How long have you been employed at MGCCI?

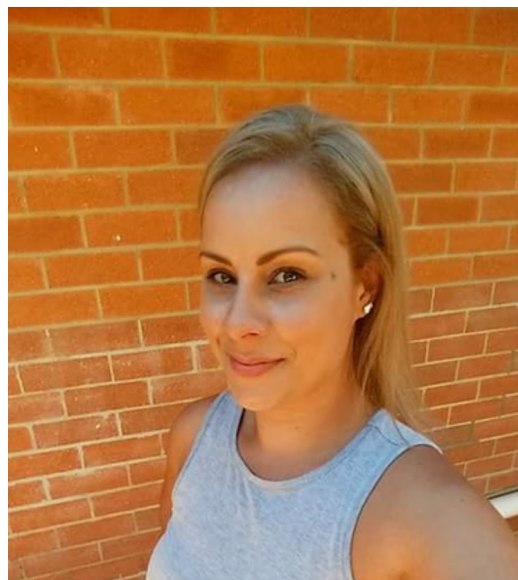
Approximately one year

What's your favourite food: Seafood

Your favourite hobby: I love playing netball

Do you have a pet? No

What do you like most about working at MGCCI? Being able to assist our clients and community. The outcomes are very rewarding.



IN-HOME SUPPORT SERVICES

If you would like to receive regular support through our 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); please call our office on (07) 3343 9833 or email inhomeservices@mgcci.org.au to discuss your eligibility.

Thank you!

PROTECTING YOURSELF AGAINST SCAMS



IMG REF: <https://www.scamwatch.gov.au/>

Everyone can fall vulnerable to scams at some stage in their lives. Scammers are getting smarter and moving with the times to take advantage of new technology, products or services to convince people to part with their hard-earned cash or personal information. We all need to know what to look out for to avoid becoming a scammer's next victim.

Some examples of types of scams

Door to door scams - usually involve the scammer promoting goods or services that are not delivered or are of a very poor quality. You may even get billed for work that you did not want or agree to. A common door-to-door scam is carried out by dodgy traders who move from place to place and do shoddy home repairs or just take your money and run.

Email and social media - a favoured scam delivery method. Phishing emails that 'fish' for your personal information are the most common email scam type. Your information is valuable to scammers to commit fraudulent activities like making unauthorised purchases on your credit card or carrying out illegal business under your name.

Money scammers - will tell you out of the blue you are entitled to money but you need to make upfront payments to claim it. Nigerian scams may have originated in West Africa but can come from anywhere in the world. They involve scammers asking for your help to secure a large fortune which they are trying to transfer out of their country. If you agree, they say they will give you a large share when it is safe to do so. They will ask you to pay taxes, bank charges or fees for anti-terrorism before they can send the money.

Charity scams - involve scammers collecting money by pretending to work for a legitimate cause or charity, or a fictitious one they have created. Often scammers will exploit a recent natural disaster or crisis that has been in the news.

Threat and penalty scams – use threats designed to frighten you into payment. Scammers can pretend to be trusted companies such as your bank, gas, electricity or phone provider. They will threaten to cancel your service or charge you excessive penalty fees.

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

PROTECTING YOURSELF AGAINST SCAMS

Some tips

- Don't agree to offers or deals straight away. Do your research about the company first!
- Avoid arrangements that ask for up-front payment via money order, wire or international transfer.
- Never provide your financial, tax or personal identification information to someone you don't know or don't trust.
- Check the Australian Charities and Not for Profits Commission website (<https://www.acnc.gov.au>) to rule out charity scams before donating any money.
- Update your security software, change passwords and back up your data regularly.
- Do not open up attachments or click on links you've received from strangers. Press delete.
- Stop and think before filling in online surveys and entering competitions
- Remember: you cannot win money in a lottery or competition you didn't enter.
- Remember: there are no get rich quick schemes. If it sounds too good to be true it probably is!
- Government departments, banks or utilities never contact you asking you

to pay money upfront in order to claim a fee or rebate.

- Don't be pressured by a threatening caller. Stop, think and check whether their story is true.

Useful websites and contacts:

- Sign up to Scamwatch: www.scamwatch.gov.au
- If you have provided personal identification information to scammers contact IDCARE on 1300 432 273.
- Cybercrime: www.acorn.gov.au
- Australian Securities and Investments Commission (ASIC) www.moneysmart.gov.au or call 1300 300 630
- Fraud and theft (Police): 13 1444
- Spam emails and SMS: Australian Communications and Media Authority (ACMA) visit www.acma.gov.au or call 1300 050 115
- Tax related scams: Call 1800 008 540
- Counselling and support: Lifeline – 133 1114, Beyondblue – 1300 224 636, Financial Counselling Australia – 1800 007 007

SECURITY

Mt Gravatt Community Centre Inc. unfortunately experienced a number of break-ins during July, August and September. Some food and equipment was stolen and our front, back and internal doors were damaged. We have repaired the doors and installed security cameras.

Development * Dignity * Potential * Partnership * Community * Belonging

PROFESSIONAL DEVELOPMENT DAY



Pictured Left:

The team from Mount Gravatt Community Centre Inc.

A professional development day with all staff was held on the 8th of August at Redlands Indigiscape Environment Centre. The day was facilitated by RealOptions Consultancy Services, Ms Sharyn Casey.

This was a brilliant opportunity for the Mt Gravatt Community Centre team to learn more about each other and the organisation. The day was interactive and fun, giving everyone the chance to share stories, information and knowledge. Staff were able to learn more in-depth information about the centre and get to know each other outside of the office environment. The day concluded with a fabulous native berry tasting experience and a guided tour through bushlands and gardens. It was a very positive experience, and feedback from the staff was they found it extremely valuable on both a personal and professional level.

'YOUR VIEW, OUR DIRECTION'

Thank you to everyone in the community who contributed to the 2017 Stakeholder Engagement Process. A total of 435 community members participated through surveys, face to face meetings, and group workshops. The Purpose of 'Your View, Our Direction' was to hear from a diverse range of community stakeholders about their views, hopes and aspirations for the future directions of Mount Gravatt Community Centre. This included enhancing community partnerships, developing a stronger profile and better understanding the assets and needs of the MGCCI community. We promised to keep you all informed of the findings and how we are going to support the community through valuable and measurable outcomes.

The findings enabled MGCCI to identify our most vulnerable cohorts, individual and family wellbeing priorities, emerging trends, and the need to increase our profile in the community and develop strong collaborative partnerships to support increasing support and services to Mt Gravatt and surrounding suburbs.

Valuable and Measurable Outcomes - the staff and Board have developed a three year Strategic Plan which will drive our commitments and help MGCCI achieve community expectations. In collaboration with the Board, our General Manager, Deb Crompton, will take the lead in developing strategies to increase the programs and projects MGCCI deliver in the community as identified in Stakeholder Engagement feedback. Please continue to read our newsletter as we update you on the progress, programs and the services available to the community.

Feedback is a very valuable tool for our centre and we appreciate hearing your ideas, thoughts and community issues. You are welcome to share your feedback via email, phone or by visiting the centre. Feedback can be emailed to operations@mgcci.org.au or phone 07 3343 9833.

INTRODUCING OUR IN HOME WORKERS

An acknowledgement to our wonderful workers:

I would like to introduce our In Home Support workers, Marion, Halimah and Enid.

Marion, Halimah and Enid provide a valued service to our clients in the areas of domestic assistance, social support, personal care and respite care.

They all have developed wonderful relationships with our clients and their families and are a valued part of our community. Our workers do an outstanding job in providing services and go above and beyond for our clients.

Thank you ladies, great work!



Enid



Halimah



Marion

Please be aware that we will have several new workers starting very soon to ensure we can continue to provide quality services that are flexible for our community.

DID YOU KNOW?

Here are just SOME of the services we offer here at MGCCI as part of our Home Assist Secure Program!

- Smoke alarm checks and re-placements

- Replacing fly screens, repairing locks and

- Leaking taps and showers

- Keysafes

- Installing hand-held showers

- Light bulb replacements

- Grab rails and ramps

- Chair and bed raisers

- Lock shields

- Smoke alarms for those who are hearing impaired

- Safety and security audits

- Repair gates and minor fence repairs

- Door chimes

- Personal Safety Alarms

- Clothesline rewiring



For more information on eligibility, contact us on (07) 3343 9833.

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

MAKE YOUR OWN BATHROOM MOULD CLEANER

Mould is the unwelcome house guest that just loves your bathroom. The unsightly growth thrives in the humid conditions hot, steamy showers create. If you've ever fought the mould monster in your bathroom, you'll know how quickly it can build up and how hard it is to get rid of.

Unfortunately, mould can cause all kinds of health problems including itchy eyes, runny nose, respiratory issues and overall general fatigue. Sharing the shower with mould and mildew exposes you to a variety of potential toxins, which may also cause allergic reactions.

The good news? You can make your own simple solution at home with just a few ingredients to target active mould and mildew.

The first thing to know is that despite what others may have told you, **bleach is not the answer to treating mould**. The bleach will take the colour out of the mould but it won't actually treat the living organism.

FOLLOW THESE EASY STEPS:

1. Damp mould is much easier to wipe off so run hot water over the surface. Use a soft brush to wipe but remember not to scrub too hard.
2. Fill a spray bottle $\frac{3}{4}$ of the way with white vinegar and top with warm water. You'll need to add about 30 drops of tea tree oil for a 500ml spray bottle (15 per 250ml).
3. Shake well and spray onto the problem areas.

Leave for 20 minutes before rinsing.

Note— Feel free to substitute other essential oils if you wish. Most have the anti-microbial properties needed for the job.

MAKE YOUR OWN CARPET CLEANING SOLUTION

Time is definitely of the essence when it comes to carpet spills. You need to act fast to avoid permanent staining.

Step 1. If the spill is fresh, remember to blot first using paper towel or a white clean cloth. This helps to soak up excess moisture from liquid spills but remember not to scrub too hard. Gentle downward pressure should do the trick.

Step 2. In a spray bottle, combine 1 cup of white vinegar and 2 cups water, followed by 2 teaspoons salt and 15 drops of lavender essential oil. Shake well.

Step 3. Spray on carpet generously across the area of the stain, brushing the fibres in one direction, then re-spray and brush back in the other direction, shaking the bottle between sprays.

Step 4. Once carpet is dry, vacuum the treated areas.

- Electrodry highly recommend spraying the solution directly onto the stain if it's being stubborn. Wait for it to dry before vacuuming and repeat if necessary.

Articles from Electrodry Carpet Dry Cleaning—www.electrodry.com.au/news-blog/

* You can use other essential oils if you prefer. Remember that some oils do have a colour tint so be sure to avoid those so the colour doesn't transfer to your carpet.

MT GRAVATT COMMUNITY CENTRE

MEET OUR CONTRACTOR: MORAN, SMITH & ASSOCIATES



This month the spotlight shines on our roofing contractor Moran, Smith & Associates, who have been working with MGCCI for three decades.

How long have you been in business?

Mark: 31 years.

The type of work you carry out:

Mark: Roofing, guttering, downpipes and insulation.

How many staff do you employ?

Mark: Three.

How long have you been associated with MGCCI?

Mark: 30 years.

What was your first job?

Mark: I was a bank clerk.

What was your first connection with the suburb?

Mark: I lived in Mt Gravatt when I was first married 30 years ago.

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

Mark: The Chinese Garden restaurant on Logan Road in Upper Mt Gravatt.

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

COMMUNITY EVENTS

Paint Pals Annual Art Exhibition 24th to 25th of November

Opening night 6pm — 23rd of November



Mt Gravatt Community Centre
1693 Logan Rd, Mt Gravatt
Ph: 3343 9833



MOUNT GRAVATT COMMUNITY CENTRE

Wellbeing Fete Mt Gravatt CC

MUSIC, YOGA, KNITTING, CRAFTING, ART, MEDITATION, CROCHET, MEN'S GROUP, SEWING, PAINTING, SENIORS SOCIAL GROUP, ANXIETY AND DEPRESSION SUPPORT, TENANCY ADVICE, ENGLISH CONVERSATION GROUP, FACE PAINTING, COUNSELLING, TRAINING OPPORTUNITIES, INSPIRATIONAL SPEAKERS, FREE BBQ.

EVER WANTED TO JOIN A GROUP IN YOUR LOCAL AREA BUT NOT REALLY KNOWN WHAT IS OUT THERE? EVER WANTED TO MEET NEW PEOPLE AND IMPROVE YOUR WELLBEING BUT NOT SURE HOW? THERE JUST MIGHT BE SOME THINGS ON YOUR DOORSTEP.

COME ALONG TO OUR WELLBEING FETE. YOU WILL BE ABLE TO SEE LOCAL GROUP DEMONSTRATIONS, TAKE PART IN ACTIVITIES, HAVE A CUPPA, LISTEN TO OUR WELLBEING SPEAKERS, ENJOY OUR FREE BBQ AND GET A FEEL FOR IF ANY OF THE GROUPS ARE RIGHT FOR YOU.

SATURDAY 17 NOVEMBER
12.00-4.00 PM

17TH OCTOBER 2018

10AM TO 11.30AM

Budgeting & Saving Session

A session to help you prioritize wants vs needs, learn different strategies for saving, identify spending 'leaks' and discover where to get help.

MAKING THE MOST OF YOUR MONEY

- An interactive budgeting workshop by The Smith Family
- Morning Tea
- Resource and information packs available



MOUNT GRAVATT COMMUNITY CENTRE
1693 LOGAN ROAD, MOUNT GRAVATT QLD 4122
RSVP TO JANENE (07) 3343 9833

[HTTP://WWW.MGCCCI.ORG.AU/](http://www.mgccci.org.au/)

[f HTTPS://WWW.FACEBOOK.COM/MTGRAVATTCOMMUNITYCENTRE/](https://www.facebook.com/mtgravattcommunitycentre/)



Grandparents Day is on Sunday 28th October. Grandparents Day is a chance for grandchildren, children and the community to thank grandparents for their love and support.

If you are raising your grandchildren, there are groups, programs and concessions available to support you. Phone the **Grandparents Information Line** on **1300 135 500** (Monday to Friday, 9am-5pm) for more information.

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COMMUNITY SERVICES

NATIONAL CARERS WEEK 2018 14-20 OCTOBER

Free dental care is currently available to adults who are Queensland residents and hold one of the following cards:

- Pensioner Concession Card issued by the Department of Veterans' Affairs
- Pension Concession Card issued by Centrelink
- Health Care Card
- Commonwealth Seniors Health Card
- Queensland Seniors Card

For more information on eligibility, visit:

<https://www.qld.gov.au/health/services/oral-eye-ear/dental-services>

National Carers Week runs from the 14th-20th October. Australia has 2.7 million Carers who make outstanding contributions to our communities. This week is about recognising their efforts and celebrating the positive impact they make in so many lives.

THANK YOU TO OUR SUPPORTERS

We are incredibly grateful to Tarsh Mumby from Belle Property, Carindale, for organising a Mother's Day sausage sizzle and donating the proceeds to Mt Gravatt Community Centre. Her generous donation of \$300 will be used to help refurbish our cold rooms. This will allow MGCCI to purchase more food, supporting our food relief program for the most vulnerable members of our community. Tarsh's fundraiser included sourcing donated food for the event, therefore we also would like to acknowledge Lorentii's Fresh Food Market and Three Fat Butchers and a Farmer. Thank you, Tarsh, and all who were involved in the success of this fundraiser.



A big thank you to Grove Juice for their continued support and donations to our Food Pantry.

Pictured:

Our wonderful volunteers Malcolm (left) and Mick (right).

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