



Mt Gravatt
COMMUNITY CENTRE INC

Supporting the Community Since 1990

YOUR NEWS

Issue 12, December 2019

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

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

From Deb's Desk

Life is astir down at Mount Gravatt Community Centre, as ground was as finally broken on the renovation of Bernie's Place. You may not know, but Bernie's Place was named after Bernadette (Bernie) Dawson who was the driving force behind the then Mount Gravatt Neighbourhood Centre. More information about Bernie's Place is available on our website mgcci.org.au. The tremendous work that started many years ago continues today as more and more demand is placed on the services we provide. We are grateful to Ross Vasta and the Federal Government for generously supporting our mission to continue to grow the programs we provide to Mount Gravatt and the surrounding community.

This quarter we have been successful in gaining a variety of grants. The Australian Neighbourhood Houses and Centres Association have supported the establishment of our mini farm project – a sustainability program aimed at providing access to quality and nutritious food for those suffering in our community through the utilisation of urban spaces. As the project progresses, we will have updates for you and opportunities to become involved as food security becomes a greater concern in our culture.

Active Neighbourhoods for Older Australians has provided funding to initiate gentle exercise and pottery classes, commencing in February 2020. The Department of Local Government, Racing and Multicultural Affairs have supported our application for another Community Iftar celebration in May 2020. It is a meal shared by the community to break the daily fast as part of the Islamic tradition of Ramadan, providing an opportunity to celebrate diversity and build community cultural capital.

There is also great excitement over the success of our Home Care Package application with the Department of Health. This is great news for our centre but more so for our clients who may have reached a point of needing increased support and assistance that we were previously unable to provide. This new funding allows us to provide continuity of care to our existing clients and increase our service delivery.

If you receive services under our Commonwealth Home Support Program, you will have received a letter recently advising of our audit by the federal government that will occur on the 3rd of December 2019. These audits happen periodically to ensure that the services we provide to you as a consumer meet the Aged Care Quality Standards. We will provide feedback to you after our audit is complete.

Our next Skilling Queenslanders for Work commences in February 2020 and recruitment is underway. We are offering a fully funded Certificate III in Individual Support with an option for students to complete both the disability and aged care specialty. This will increase employment opportunities across both sectors. An information session will be held on the 10th of December 2019, but if you or someone you know is interested in training in a supported environment, please contact the centre for more information.

We recently completed the installation of a cold and freezer room for our food pantry program with much valued support from Apps Elec and Stowe Australia who generously provided electrical work and parts to ensure the rooms were up and running. The CFMEU coordinated the work and contractors, also completing stairs and additional shelving in our dry food pantry. Having additional cold storage will allow us to provide more nutritious ingredients and meals in our food relief program.



We have recently farewelled Kate Magill, who has been working as our Maintenance and Modifications Coordinator this year. Kate will have visited some of you to complete in home assessments. We wish Kate well as she returns to Bendigo. We have greatly valued her input and skill – she will be missed.



The festive season is well and truly upon us and I would like to take the opportunity to thank you for your ongoing support and interest in the work being achieved by Mount Gravatt Community Centre. We have a great community around us, dedicated staff, diligent volunteers and a highly skilled board of management that keep MGCCI relevant, operational and successful. From our family to yours, we wish you all the best for the Christmas period and we look forward to sharing an exciting 2020 with you.

Deb Crompton
Chief Executive Officer
Mt Gravatt Community Centre



Ways to Wellness Project Connecting you to your community in Mt Gravatt and surrounds

Our Ways to Wellness Project, funded by State and Federal Governments, helps people to connect with their local community, by supporting them to join a group, club, activity or even an exercise class. Our Ways to Wellness Link Workers, Wendy Blackmon and Elise Marr, have been extremely busy connecting and introducing over 80 participants to groups and activities such as craft and painting groups, music and singing groups, the Mt Gravatt Men's Shed, senior citizen's clubs, volunteering opportunities, support groups, board games and card clubs, social groups and sporting activities, just to name a few!

Elise and Wendy are always out in the community at events and presenting to various organisations to spread the word about Ways to Wellness and bringing onboard new community partners. We now have over 100 local organisations and groups, including four general practices, involved and they are helping us to identify new participant referrals or to welcome our participants into their groups.

On the 27th of November we celebrated Social Inclusion Week with our Ways to Wellness participants with a morning tea to thank everyone for their participation and their contribution in helping us create a more connected and socially inclusive community. Many of our local groups will be joining us to tell us more about all the wonderful groups and activities available in our community.

We are also excited to announce that the University of Queensland has recently been awarded an Australian Research Council linkage grant in partnership with Mount Gravatt Community Centre Inc and the Mount Gravatt Men's Shed to research the impact and outcomes of the Ways to Wellness project until September 2022.

The Ways to Wellness website is live and we have recently added a "Groups" page where you can view all of our local community groups and activities. We have also added an "Events" page and here you can find all of the up and coming events happening around the community. You can find the website at www.waystowellness.org.au.

If you feel yourself or someone you know could benefit from connecting into social groups and activities, we would love to hear from you. For a confidential discussion, please contact Wendy on 0412 679 833 or Elise on 0491 625 869 or email us at linkworker@mgcci.org.au

This is a *free* service offered to our local community and is for anyone aged 16 years and above.

Mental Health Week

On Friday 11th October, we celebrated Mental Health Week 2019 at an event held in collaboration with Brook RED. This event provided an awesome opportunity to come together with all members of the community including those with lived experiences of mental illness to connect, share experiences, break down stigma through spreading awareness and practice wellbeing.



We also experienced an invaluable opportunity to build a stronger and more collaborative relationship with another local community organisation and their members.



Queensland
Mental Health
Commission





Start your day with some gentle movement and time for yourself. Suitable for absolute beginners, the class uses simple movements everyone can try. Give yourself an opportunity to explore your awareness of body, breath and mind in a supportive, friendly group.

Some mats are available but feel free to bring your own.

Hope to see you there!

Kate's Corner

Dear MGCCI clients, members, volunteers and supporters,

I am sad to announce due to unforeseen family circumstances, that this will be my last report for the MGCCI newsletter, as I am leaving the organisation at the end of November, 2019. It has been a pleasure to work for the organisation and have gained great knowledge and skills which will assist me in my future employment. Have thoroughly enjoyed working with all the staff members of MGCCI with a special mention to my Call Operators, Jennifer and Anna who do such a wonderful job answering the phones and assisting the local community with all their enquiries.

It has continued to be busy over the last couple of months at the Mount Gravatt Community Centre with many phone enquiries wanting assistance with Home Modifications and Maintenance within their home.

Now that the warmer weather has returned the demand for lawn mowing is in high demand.

The Home Modification/ Maintenance team and I have been very busy with client intakes and implementing Home Modification/Maintenance client needs.

I have also been kept busy with multiple reporting requests from both the state and federal government so that they can identify the Home Maintenance and Modification needs of the elderly and disability sector within our Community.

Hopefully this results in both government bodies identifying client demand so they can provide further funding to allow us to implement those services in a timely and efficient manner. Our goal as a Community Centre is to assist our elderly and disabled population in remaining safe and secure in their own home.

Matt and I attended a Buried in Treasure Workshop on Monday the 28th of October, 2019 which focused on Hoarding and Squalor concerns within our Community.

I have attached a worksheet that may assist people who have hoarding issues with tools on how to approach this concern.

I wish everyone a very Merry Christmas and hope the New Year is kind to all.

Regards,
Kate Magill,
MGCCI Maintenance & Modification Coordinator

Narrative Appraisal	
If you are needing to reduce the size of your collections because you've run out of space, perhaps you will use this form to assist in determining which items are the most important to you. For example, once you fill the space you reserved for books, will you keep the next book you find and replace one on the shelf, or let go of the one that you're holding? It depends, which would you rather keep? We'll focus our attention on "keeping the best" rather than just "getting rid of the rest."	
Step 1:	
Please begin by making a list of categories of items that you own. (For example: art supplies, magazines, tools, hats, electronics, vintage toys, books.)	
<div></div> <div></div> <div></div>	
Step 2:	
Choose an item that you own, this is the item that you'll describe: <div></div>	
Step 3:	
Which category does it belong to? <div></div>	
How and when did you get it? <div></div>	
What makes it special to you? What gives it value? <div></div>	
If it's a part of a collection, will the collection still have value to you without it? <div></div>	
How does it make you feel to own it? <div></div>	
What does this item say about you? <div></div>	
Does it represent the person you want to be today? <div></div>	
If you let this item go, how do you think you'll feel? <div></div>	
Compared to other items in this category/collection, how does it rate in value to you? Choose one of the following answers:	
It's the best! <div></div> It's not that special <div></div> It's not that valuable/useful compared to the others. <div></div>	
If you had to, would you be able to let this item go? Choose one of the following answers:	
Yes I could let it go if I had to. <div></div> I'm not sure. <div></div> No thanks, I'd rather keep it. <div></div>	
Step 4:	
Is there another item from this collection/category to consider next? What is it? <div></div>	
Back to Step 1: Now you will repeat this exercise with other items from the same category. The more items in a collection/category that you appraise, the more effective and efficient your value system will become.	
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MGCCI Staff Theme Days

On the 26th September the staff at MGCCI had some fun with an Odd Sock Day. The money which is raised will go towards the Qld & NSW Bushfire Victims and Wildlife.



For the Month of October the Staff Themed day just so happened to land on the 31st October, and the Staff at MGCCI had a spooky day dressing up for Halloween.



Drinking Enough H₂O?

Dehydration occurs when more **water** and fluids leave the body than enter it. Even low levels of **dehydration** can cause headaches, lethargy, and constipation. ... Although **water** is constantly lost throughout the day as we breathe, sweat, urinate, and defecate, we can replenish the **water** in our body by **drinking** fluids.



MGCCI Employee Spotlight



Name: Nikki Butler

How long have you been employed at MGCCI? A newbie at only 4 weeks

What's your favourite food? Curry

Your favourite hobby? Eating cheese and drinking wine and gardening

Do you have any pets? I have 1 dog, 2 cats, 4 chickens and some goldfish

What do you like most about working at MGCCI? Love working here for the free peanut butter

Rocking Horse Raffle



Last Chance to buy Tickets!!

The Mt Gravatt Community Centre is selling raffle tickets for this timeless rocking horse, which has been kindly donated to us by the Mt Gravatt Men's Shed. The men at the Shed have spent a lot of time beautifully restoring the horse to its former glory and it is now ready for a new home.

Raffle tickets are \$2.00 each or 3 tickets for \$5.00 and tickets can be purchased at the Mt Gravatt Community Centre.

If you would like to view the horse in person, you are welcome to come into the community centre for a viewing. The prize draw will be held in December with all proceeds going to a local homelessness initiative.

Matt's Chat

Coming into the warmer months, remember our maintenance team can clean your ceiling fans and your air conditioner filters to kick off a clean, cool start to summer.



<https://www.hunker.com/13420637/how-to-keep-your-ceiling-fans-dust-free>



<https://www.plumheatcool.com.au/how-to-clean-air-conditioner-filter>



ONE FAMILY DREAMING



WOMEN'S BUSINESS GATHERING

A group for women of all cultures to connect, unite and learn about local cultural diversity in a warm environment on the land of Jagera and Turrbal peoples.

**COMMENCING 13TH NOVEMBER 2019 AND CONTINUING
ON THE LAST WEDNESDAY OF EACH MONTH**

RSVP TO COMMUNITY@MGCCI.ORG.AU OR 0424128096

**MEET AT MOUNT GRAVATT COMMUNITY CENTRE
1693 LOGAN ROAD, UPPER MOUNT GRAVATT**

PROUDLY SUPPORTED BY:



Mt Gravatt
COMMUNITY CENTRE INC
Supporting the Community Since 1990



Dedicated to a better Brisbane

PROGRAM OF WORKSHOPS

Join with us each month to participate in facilitated activities, go on excursions to places of cultural significance, share stories and connect with other women.

13TH NOV - 10AM TO 12PM

Food, music and connection:

Meet at Mount Gravatt Community Centre to meet and connect with other women over food and music. Learn about the aims of the group, upcoming workshops and register to attend future workshops and excursions.

27TH NOV - 10AM TO 12.30PM

Traditional Gathering Circles:

Meet at Mount Gravatt Community Centre and travel with the group to Kyabra to learn about and participate in a traditional First Nations gathering circle.

29TH JAN - 10AM TO 12PM

Dance: Meet at Mount Gravatt Community Centre and enjoy a facilitated Indigenous dance workshop. Children and young people are welcome to participate. Lunch provided.

26TH FEB - 10AM TO 1PM

Language: Travel with the group to Yugembeh Discovery Centre to join in learning about Indigenous languages followed by a group lunch.

25TH MAR - 10AM TO 12PM

Art: Meet at Mount Gravatt Community Centre and join in a facilitated art workshop with Andrea Fisher. Lunch to follow workshop.

29TH APR - 10AM TO 1PM

Flora and Fauna: Meet at Mount Gravatt Community Centre and travel with the group to Karawatha Discovery Centre for a guided tour based on flora and fauna.

27TH MAY - 10AM TO 12PM

Post Colonial History: Meet at Mount Gravatt Community Centre for a facilitated discussion about post-colonial history in Australia followed by lunch.

24TH JUNE - 10AM TO 12PM

Celebration, reflection and what's ahead: Join in a celebration and reflection on the achievements of the group and discuss what the future holds.

*All sessions commence at Mount Gravatt Community Centre.
Where travel is required, van transport will be provided.*

Are you looking for work?



ATTEND AN INFORMATION SESSION TO FIND OUT MORE:

- Complete a Certificate III in Individual Support
- 120 hours of vocational placement
- Life skills training including workplace communication, teamwork and job search training
- Family members are welcome to attend
- All details will be explained on the day

ENCOURAGED TO APPLY:

- Aboriginal and Torres Strait Islander people
- Mature age jobseekers (45+ years)
- People from culturally and linguistically diverse backgrounds
- Women re-entering the workforce
- People committed to participate and complete all training and vocational placements
- Willing to complete a national police check
- Other eligibility conditions apply

10 DECEMBER 2019 | 10 AM- 11 AM
MT GRAVATT COMMUNITY CENTRE



Mt Gravatt
COMMUNITY CENTRE INC
Supporting the Community Since 1990

1693 Logan Rd, Upper Mt Gravatt 4122
3343 9833

This program is proudly funded by the Queensland Government Through the Skilling
Queenslanders for Work initiative

Please don't worry if you miss out on the Information night, as the course does not commence until 12th February 2020. If you are interested in this course please call the centre on 3343 9833 for more information.

Feedback

Wow. I have been involved in Emergency food, storage, handling and packaging, administration, staff and client interactions.

I was involved with Seniors week morning tea event at the Centre, helping to set up, making platters and being involved. I even joined in with their Laughing Yoga session, hahaha. I've been having a great time, meeting lots of staff and volunteers. They are an amazing collective of warm, positive, caring, focused, intelligent people with a single direction of assistance expansion and progress to bring the community together.

I have had the most wonderful time this week, and would like to thank you most sincerely for directing me to them.

Thank you very much.

Have a great day my friend

Kind regards

Mt Gravatt Community Centre Volunteer



FREE MEDITATION CLASS

*3RD SUNDAY OF EVERY
MONTH FROM 4-6*
@MT GRAVATT COMMUNITY
CENTER

email
mtgravattmed@gmail.com
for more info

Brisbane City Council Lord Mayor Christmas Grant Presentation

We are happy to announce that the Mount Gravatt Community Center were successful in gaining a Lord Mayor's Charitable Trust Christmas Grant. On the 27th November the Lord Mayor, Adrian Schrinner, proudly presented MGCCI the Christmas Grant at the Foodbank Queensland Warehouse. The grant will go towards the client Christmas party and Christmas toys.



Photo from Left: Scott Collins, Nina Schrinner, Janene Strooband, Malcolm Kane, Lord Mayor Adrian Schrinner

Computer Club

Due to the level of interest in the MGCC computer lessons, the Community Centre has decided to organise a weekly meeting for all those people who may have an old unused PC, laptop, tablet or phone at home that they want to fire up and use to explore the wonderful world of cyberspace.

Anticipated topics of interest that we could explore might include :

- How to setup your email accounts on your phone/PC.
- How to safely browse the internet with ad blocking and without ad tracking.
- How to work with photos, for example:
 - transfer photos from your phone to your PC
 - reduce photos in size without loss of quality to send in emails
 - apply special effects such as red-eye reduction etc
- How to connect your PC to the NBN.
- How to set up a home network (wired/wifi).
- How to record your old LPs, tapes or singles from yesteryear, and put them on a media server in your home or use for phone ringtones.
- How to install and use a free Windows-compatible (open source) office suite with word processing, spreadsheet, database and graphics capabilities.
- How to upgrade your old Windows XP PC/laptop to use a free operating system such as Linux, OpenBSD etc.
- How to repair computer hardware issues.

and many other possible things which might take your fancy...

So if you think this may interest you and you have some spare time (probably will be a few hours on a Saturday morning), just let us know. We will be announcing scheduled meeting times in the next few weeks.

*The current MGCC computer tutor, Jeff Manson, will be in charge of the group, so we hope to **see you there!***

Name: _____

Phone No: _____

Topics of interests: _____



Christmas Closure Dates


Mount Gravatt Community Centre Call Centre
Closed from 4pm Tuesday 24th December 2019
Reopen at 9am Monday 6th January 2020

Social Groups

Paint Pals - Last day 29.11.2019 - Start back 17.01.2020
Crochet - Last day 19.12.2019 - Start back 09.01.2020
Afternoon Friends - Last day 19.11.2019 - Start back 04.02.2020
Card Making - Last day 09.12.2019 - Start back 20.01.2020
English Conversation - Last day 17.12.2019 - Start back 07.01.2020
Computers - Last day 17.12.2019 - Start back 13.01.2020
Computer Club - Last day 14.12.2019 - Start back 20.01.2020
Yoga - Last day 18.12.2019 - Start back TBC
Ukulele - Last day 10.12.2019 - Start back 14.01.2020
Homework club - Last day 05.12.2019 - Start back 02.2020
Seniors Social Group - Last trip 04.12.2019 - Start back 05.02.2020

MOUNT GRAVATT COMMUNITY CENTRE 2019 WEEKLY PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARD MAKING When: 10:00am - 12:00pm fortnightly Contact: Lorraine - 0418 188 710 A fun and friendly card making group open for everyone to come and enjoy. Cost: \$7.50	AFTERNOON FRIENDS When: 1:00pm - 2:30pm Contact: Lorna - (07) 3219 5504 A welcoming and fun women's only group. Activities include games, movies, art, outings and more. Cost: \$2.00	GENTLE YOGA When: 7:30am to 8:30am Give yourself an opportunity to explore your awareness of body, breath and mind in a supportive, friendly group. Suitable for absolute beginners. Some mats are available but feel free to bring your own.	MINDFULNESS GROUP When: 10am to 11:30am Contact: MGCCI (07) 3343 9833 A supportive group to learn about Mindfulness-based Compassionate Living to manage depression and anxiety. Recommencing 2020.	PAINT PALS SOCIAL ART GROUP When: 9:30am - 1:00pm Contact: Nancy - 0422 289 575 (no Oils) A fun and friendly group for those interested in painting. There is no need to bring anything along at first. Come and try. Cost: \$5.00	IN STITCHES SEWING GROUP When: 9:00am - 2:00pm Third Saturday of the month Contact: Chris - 0407 141 998 A sewing group for beginners, those looking for company or people who want to sew for a good cause. 3rd Saturday of every month. (Temporarily off site)	MEDITATION When: 4pm to 6pm Contact: alexccoutner@live.com to attend or call 040 191 6649 Third Sunday of the month. Free meditation classes. Class includes meditation instruction, Q and A, Talks on non dual philosophy and group meditation. Suits everybody from beginners to long term adepts.
ENGLISH CONVERSATION When: 9:30am to 11:30am (intermediate) 12pm to 1pm (Beginner level) Contact: MGCCI - (07) 3343 9833 A space to meet new people and practice your English language skills.	MUSICALLY SPEAKING When: 7:00pm - 9:00pm fortnightly Contact: Peter - 0408 756 763 Discover new music and share the music you love.	ONE FAMILY DREAMING GROUP When: 10am to 12pm Contact: (07) 3343 9833 Last Wednesday of the month. A women's group for sharing and learning about culture through food, arts nature and conversation. All women welcome.	CROCHET AND KNITTING GROUP When: 10:00am - 12:00pm Contact: MGCCI - (07) 3343 9833 A friendly group where you can have a chat and a cuppa and make beautiful art. Beginners & experienced crocheters welcome. Cost: \$2.00			
		SENIORS SOCIAL GROUP When: 10:00am - 12:00pm Contact: MGCCI (07) 3343 9833 Meetings 1st Wednesday of every month. Come along to find out about and sign up for seniors outings. Costs for outings.	MUSICALLY SPEAKING When: 7:00pm - 9:00pm fortnightly Contact: Peter - 0408 756 763 Musically Speaking allows people to discover new music as well as share the music they love.			
			HOMEWORK CLUB When: 3:30pm - 4:30pm during school term. Where: Holland Park Library, Seville Rd Contact: MGCCI - (07) 3343 9833 Get assistance from volunteers to complete your homework. Primary school and high school aged children and young people and parents are welcome to attend.			



FOOD PANTRY CHRISTMAS CLOSURES

**Please note that our food
pantry will be closed from
the 20th of December to the
14th January (inclusive of
these dates).**

**For enquiries contact
(07) 3343 9833 or
intake@mgcci.org.au**

Mount Gravatt Community Centre staff would like to wish you all a very Merry Christmas and a prosperous start to the New Year for 2020

Remember to be kind to one another, take care, be safe and enjoy the festive season.

We look forward to seeing you all in 2020!



Picture: https://www.123rf.com/photo_130364940_stock-vector-merry-christmas-and-happy-new-year-2020-lettering-template-greeting-card-or-invitation-winter-holiday.html

Mt Gravatt Community Centre
1693 Logan Road
Mt Gravatt Qld 4122
Ph 3343 9833



