



Mt Gravatt

COMMUNITY CENTRE INC

YOUR NEWS

Issue 10, June 2019

Keeping you connected to Mount Gravatt Community Centre and your Neighbourhood

Development * Dignity * Potential * Partnership * Community * Belonging

From Deb's Desk

Dear MGCCI clients, members, volunteers and supporters

The past few months have been busy at the Community Centre with many community events, gatherings and outings with our seniors' group. A key activity of course is to identify community needs and try to source funding or partnerships to development programs and strategies.

I am very pleased to announce with the help and support of our Member of Mansfield Ms Corrine McMillan we have received \$100,000 from the Queensland Government for the Ways to Wellness Social Isolation project. The Ways to Wellness Social Isolation project connects socially isolated members of the community, through our Link Worker, to meaningful group programs and activities and is a first of its kind in Australia. Our project partners are the University of Queensland and Queensland Community Alliance. The project has now commenced, our worker Wendy Blackmon has been very busy meeting community groups and individuals, providing information, advice and support. We have designed a logo for the project and currently the website is under-development. If you know someone who is lonely, isolated or needs to connect with activities and groups, please call Wendy and she will come and visit.

Ross Vasta and I have been working on gaining funding from the Australian Government to raise *Bernie's Place* and build in underneath so we can provide more meeting spaces for the community. The design will also include a kitchen/café, office space and shower/toilet facilities for those in the community who need these facilities. The Australian Government is also very excited about our Ways to Wellness project and would like to contribute to this project. We are currently in negotiation with the relevant department, so please keep an eye out for our next announcement on Facebook and in our next newsletter.

Congratulations to Ross Vasta and his team on his election win, he certainly worked extremely hard during the campaign. More importantly he has been working hard in our community for many years and continues to support the work we all do in the community.

Somali Women's Association of Queensland Relaunch Showcase of culture and celebration of achievements

Over the past few months, Mount Gravatt Community Centre has supported members of the Somali Women's Association of Queensland in partnership with Brisbane City Council and Multicultural Development Queensland to prepare for the relaunch of the Somali Women's Association of Queensland and set the scene for future projects to be delivered by the group.

On Friday 26th of April the group held an initial relaunch event in Acacia Ridge, showcasing Somali cultural, celebrating past achievements of the group and connecting with members of the local community.

Health and Wellbeing Expo

Kate represented MGCCI at the Seniors Health and Wellbeing Expo which was on the Wednesday 15th of May. This was a great event to promote MGCCI Maintenance and Modification Services to our community, and to provide information on how to navigate the My Aged Care and Home Assist Secure Services.

Deb Crompton
Chief Executive Officer
Mt Gravatt Community Centre

MOUNT GRAVATT COMMUNITY CENTRE UPCOMING EVENTS JUNE TO AUGUST



JUNE

2nd June | 11am to 1pm
MOUNT GRAVATT RECONCILIATION FESTIVAL
National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Come and celebrate National Reconciliation Week with the local community at C.B. Maitt Park.

16th to 22nd June
REFUGEE WEEK AUSTRALIA
Refugee Week is an incredible opportunity for the Australian community to help celebrate the contributions refugees make to our society and dispel common misconceptions about their journey. It's also an opportunity to challenge, re-examine and negative stereotypes about refugees.

22nd and 29th June | 11.30am to 5.30pm
CONVERSATIONS WITH PURPOSE - YOUTH AND CRIME
A monthly multicultural women's group to who meet to discuss shared community challenges and solutions. Bookings are essential. Light lunch provided.

28th June
SKILLING QUEENSLANDERS FOR WORK GRADUATION CEREMONY
Celebrating the achievements of our Certificate III in Individual Support students.

JULY

7th to 14th July
NAIDOC WEEK
Celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

31st July | 10am to 1pm
CONVERSATIONS WITH PURPOSE CELEBRATION
A celebration event to wrap up Conversations With Purpose workshops delivered over the last 8 months.

AUGUST

17th to 25th August
QUEENSLAND SENIORS WEEK
Join in on an activity in the community to celebrate and connect with senior community members.

LATER IN THE YEAR

20th to 22nd September
PAINT PALS ANNUAL ART EXHIBITION
Everyone is welcome to come along on the opening night of the art exhibition to view artwork by the Paint Pals Social Art Group, watch the judging and enjoy light refreshments.

November
MOUNT GRAVATT COMMUNITY CENTRE ANNUAL GENERAL MEETING

December
MOUNT GRAVATT COMMUNITY CENTRE END OF YEAR CELEBRATION

FOR MORE INFORMATION ON ALL EVENTS VISIT OUR FACEBOOK PAGE, DROP IN OR CONTACT US ON (07) 3343 9839



/MOUNTGRAVATTCOMMUNITYCENTRE



1699 LODAN ROAD, UPPER MOUNT GRAVATT QLD 4122

NATIONAL VOLUNTEERS WEEK

On Wednesday 22nd of May during National Volunteers Week, we celebrated the contributions of our wonderful centre volunteers with a lunch enjoyed by many of our volunteers and staff. Many thanks to all of our volunteers for their commitment to supporting MGCCI's operations and valuable input they provide on a daily basis.



FOOD PANTRY DONATIONS

We would like to thank all of those in the community and also the individual community members who continue to provide much needed support for our food relief program.

Thank you to the Mount Gravatt-Mansfield Lions Club who provide food supplies including non-perishable foods on a monthly basis.

Thanks also go to Cereal For Coffee, Grove Juice, Inner Wheel and other very generous members of the community who continue to kindly donate items.

These contributions enable us to better assist those in the community who are experiencing hardship.

ONE FAMILY DREAMING HARMONY DAY

On the 21st of March, the One Family Dreaming Indigenous women's group who meet at MGCCI on a monthly basis held a Harmony Day celebration event with the aim of celebrating diversity in our community, welcoming newly arrived community members and sharing Indigenous cultures with the wider community through food, art and yarnning.

Many enjoyed traditional Indigenous foods such as damper and kangaroo, participated in painting a boomerang and had a yarn with a fellow community member.

Thank you to the One Family Dreaming group for sharing culture through this event, and staff, volunteers and Ace Certificate III students who helped with setting and packing up the event.



To find out more about the One Family Dreaming group.

Contact: Ellen at community@mgcci.org.au or drop in and see us.



Dedicated to a better Brisbane

This project was proudly funded by a Community
Development and Capacity Building grant from Brisbane City Council

ADVANCED CARE PLANNING



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

What: Advanced 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 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. Advanced Care Planning is essential for your future care.

For more information you can contact the Office of Advance Care Planning or go to www.mycaremychoices.com.au

The Office of Advance Care Planning is a free service provided by Queensland Health.

Office of Advance Care Planning
PO Box 2274, Runcorn Qld 4113
Phone: 1300 007 227
Fax: 1300 008 227
Email: acp@health.qld.gov.au

If you would like to talk to someone at MGCCI about how to get further advice and information please call the centre and ask to speak to Sarah Finlay (In-Home Coordinator) or Kate Magill (Maintenance & Modifications Coordinator).

ANTIBIOTIC RESISTANCE HEALTH ALERT

Antibiotics are medicines used to treat a wide variety of infections or diseases caused by bacteria, such as respiratory tract infections (e.g. pneumonia and whooping cough), urinary tract infections, skin infections and infected wounds. Antibiotics have saved millions of lives since they were first introduced in the 1940s and 1950s.

What is Antibiotic Resistance?

Antibiotic resistance happens when bacteria change to prevent themselves from an antibiotic. These changes allow the bacteria to survive or resist the antibiotic, so that the antibiotic no longer works to kill the bacteria or stop them from multiplying. Unfortunately, bacteria can also develop antibiotic resistance through contact with other bacteria. Resistant bacteria can pass their genes on other bacteria, forming a new antibiotic resistant strain of bacteria.

As more antibiotics stop working against bacterial infections, doctors will have fewer antibiotics to use. Many common infections may eventually become untreatable with common medications.

The World Health Organisation (WHO) has warned that antibiotic resistance is one of the greatest threats to global public health today. Australia has one of the highest rates of antibiotic consumption in the developed world.

What does this mean for you?

Using antibiotics when you don't need them may mean they won't work for you when you do need them in the future. If you have an antibiotic resistant bacteria infection:

- You will have the infection for longer
- You may be more likely to have complications of the infection
- You could remain infectious for longer and pass your infection to other people which increases the problem.

What can you do to prevent antibiotic resistance?

- Tell your doctor you only want antibiotics if it is **really necessary**
- Take the right dose of your antibiotic at the right time as prescribed
- Take your antibiotic for as long as your doctor tells you
- Understand that colds and flu are caused by viruses and antibiotic treat bacterial infections not viruses
- Being aware that by misusing or overusing antibiotics, you can pass on antibiotic resistant bacteria to other people
- Always practice good hygiene to minimize the spread of germs and bacteria

Reference: <https://www.nps.org.au/consumers/antibiotics-explained?c=what-is-antibiotic-resistance-383ab578#can-i-help-prevent-antibiotic-resistance?>

KATE'S CORNER

We have had a very busy few months. As usual we have had a lot of mowing service demands.

Our Home Modification team are working very hard to keep up with the demand as we have recently had a large influx of home modification requests. Funding for both Home Assist Secure (HAS) and Commonwealth Home Support Program (CHSP) is going well and within budget. Our My Aged Care Portal (MAC) for home maintenance opens and closes depending on demand. We continue our great rapport with the Occupational Therapist in our region which assists in our team to complete the required home modifications.

Mount Gravatt Community Centre take on new clients on a daily basis which requires a phone intake to determine eligibility followed by a Home Safety Assessment. Our call operators have been working extremely hard to keep up with the high call demand for home modification and maintenance client needs. If this demand continues to rise then the need for another call operator will be required so that we can continue to service our clients in a timely manner.

We finish up with the Queensland Community Care Service (QCCS) funding at the end of June so any current QCC clients will either transition over to the NDIS or access QCCS funding from another service provider within the region.

Kate Magill

MGCCI Home Maintenance and Modification Coordinator

MGCCI'S NEWEST EMPLOYEE



Name: Bumbles

Role at MGCCI: To meet and greet everyone at the Centre and to get lots of attention

How long have you been employed at MGCCI? Just over 1 month

What's your favourite food? Any treats from your plate or those special ones from the shops "milky puppy treats".

What's your favourite hobby? Chasing the ball or shaking my soft toys

What do you like most about working at MGCCI? I love the drive into work with the boss and then Ellen and Janene giving me my treats and playing with everyone when they come into the centre. Most of all bossing Phoebe around when she visits. (Nancy's little dog)

MATT'S CHAT

Did you know...?

It is a legal requirement to have smoke alarms installed in your home that are less than 10 years old. Batteries should also be replaced every 12 months! Call us to get your alarms up to date and keep your home fire safe.

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

- Smoke Alarms checks and replacements
- Smoke Alarms for those who are hearing impaired
- Keysafe - A Keysafe is a secure box you can have installed on your house to keep a set of keys in for Emergencies or Visitors.
- Replacing Flyscreens on Windows and Doors
- Leaking taps and showers
- Light bulb replacements
- Repair gate and minor fence repairs
- Clothesline rewire
- Grab Rails and Ramps

- Personal Safety Alarms

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

MGCCI Maintenance and Modifications Team



From Left: Matt Campbell, Tom Wilkinson, Kent Walker, Tracey Edwards

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

2019 MOUNT GRAVATT COMMUNITY IFTAR

Iftar is the meal shared after sunset to break the fast during the month of Ramadan. All over the world, Muslims come together to share the evening meal with their family, friends and community.

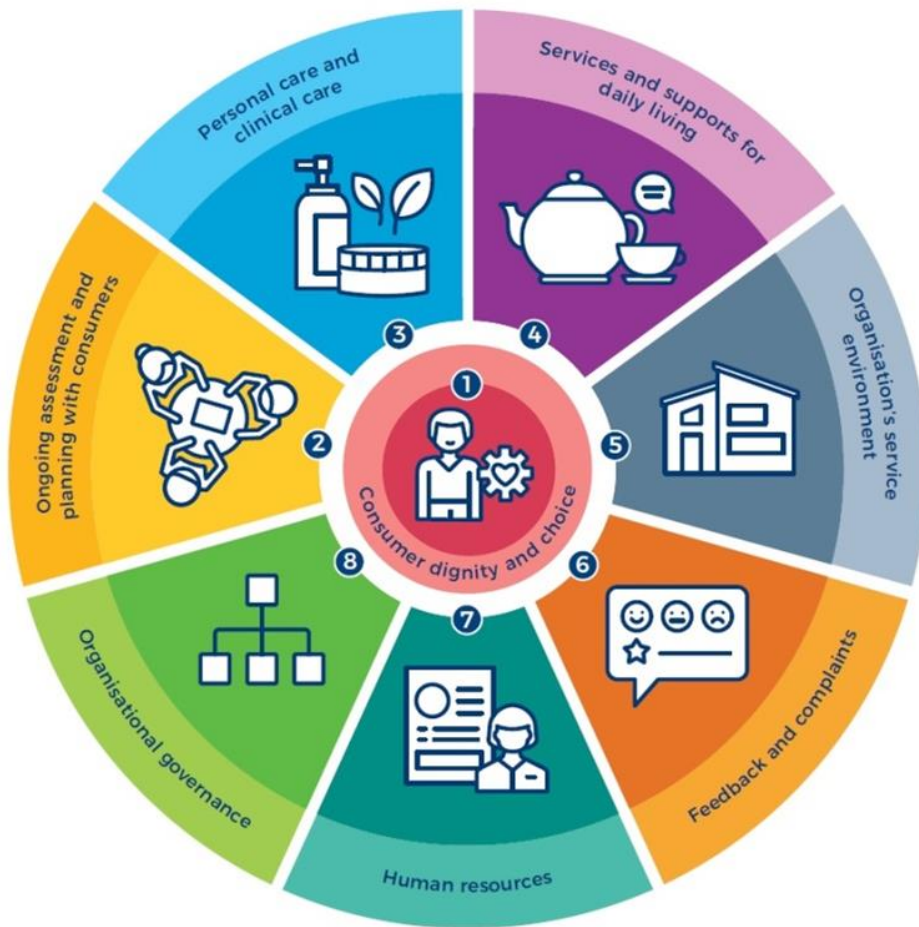
On Saturday 11th March we held our annual Mount Gravatt Community Iftar to join the Muslim community in celebrating Iftar. Funding for the event was provided by the Queensland Government, Brisbane City Council and George Hartnett Metropolitan Funerals kindly donated beautiful flower arrangements for the tables.

About 120 people from all nationalities were in attendance and heard from Muslim leaders who spoke about Islam and Ramadan and joined in the community meal.

Thank you to the staff, volunteers and community members who contributed and made the event possible.



NEW AGED CARE QUALITY STANDARDS FOR COMMONWEALTH HOME SUPPORT PROGRAM RECIPIENTS



The Australian Government has set some new standards that clearly define what good care should look like. These new standards have been published, and MGCCI will have to use them from 1 July 2019.

The new standards make it easier to check that people receive good care. Good care is not about us 'ticking boxes'. It's about how we care for you and your individual needs. Each standard says what you, the consumer, can expect. MGCCI has to demonstrate how we are meeting these outcomes for you.

There are eight standards, and each one is about an aspect of care that contributes to your safety, health and well being. The list below shows you which part of your care these standards relate to:

1. Consumer dignity and choice
2. Ongoing assessment and planning with consumers
3. Personal care and clinical care
4. Services and supports for daily living
5. Organisation's service environment
6. Feedback and complaints
7. Human resources
8. Organisational governance

If you have any questions about the new standards and how they relate to your service provision, please don't hesitate to contact our Quality & Compliance Coordinator, Caroline Rolender on 3343 9833 or caroliner@mgcci.org.au

WELLNESS AND REABLEMENT

Many of you access in home support or maintenance and modifications services through MGCCI. These services are provided under the Commonwealth Home Support Program (CHSP) for people over the age of 65.

CHSP has undergone many changes over the years but more recently has changed the approach in how we provide services to you. Wellness and reablement approaches are about working with you to identify your abilities and potential and find out what you can continue to do with the right support or service. Our services are designed to give you opportunities to identify your own goals that will support you to:

- Maintain your health and well being
- Maintain and maximise your independence and social connections
- Reduce any identified risks to living safely at home

Your health and wellbeing goals will be identified in consultation with you and documented on your support plan. Our aim is to work with you to achieve your goals whether it is assisting you keep your home clean and tidy, cook healthy meals, pay your bills, get your shopping or support you to attend medical appointments and/or social activities. Our In home services workers are there to provide support that fosters a 'doing with' approach rather than 'doing for'. Your service needs to be flexible to your changing needs therefore it is important to us that you are able to let us know what you need assistance with on a continual basis. The wellness approach focuses on identifying ways in which we can support you to keep doing the things you want to do rather than coming into your home and doing everything for you or taking over.

A reablement approach is also about setting goals that assist you to maintain your health and well-being, maximise independence and reduce risks that may impact on your safety. However, it is more about providing short term or one off instances of services that help you to achieve these goals. This type of service may include maintenance to your home or yard to ensure it continues to be a safe and secure environment. Changing a light bulb, testing or replacing a smoke alarms, attending to electrical, plumbing maintenance may also be something we can do. This type of service may also include minor modifications to your home like installing ramps or grab rails that ensure you have access in and out of your home and can move around safely. Our maintenance team are here to assist you and we also have a team of trade qualified contractors that also provide subsidised assistance.

We also have many activities and support services that we deliver from our community centre including counselling, social outings/activities, computer lessons, emergency relief and information and referral to many other supports and services in our local community. Please call or email us at any time if you want to have a chat about the different support and services we provide.

Caroline Rolender
Quality Coordinator



STAFF APPRECIATION

Staff members held a surprise morning tea for our CEO, Deb Crompton to show our appreciation for all the hard work she has done since her commencement at MGCCI in February 2018.

The focus for the morning tea was to celebrate her achievement of obtaining funding from the Federal Government, State Government and other community grants to improve and increase services to the community we service.

Deb has always focused on the development of our organisation and grow our capacity to initiate new services for those in need in the community.



CONTRACTOR SPOTLIGHT

IAN WATERMAN

- I have been in the Building Industry business for around 40 years starting an Apprenticeship in Painting & Decorating with my father Bill Waterman in 1979 and going on to complete an apprenticeship in Carpentry & Joinery.
- I still carry out and enjoy building works, from extensions/ renovations to all types of building related maintenance works.
- I have been a contractor with MGCCI for around ten years.

- My first job with MGCCI was the repair of old style timber stairs.
- My first building related connection within the Mt Gravatt precinct was the building of a large deck at Mansfield.
- I enjoy working in and around the Mt Gravatt MGCCI surrounding suburbs, as I find the people who live in the area have a lot of interesting stories and history.
- I quite often venture up to Mt Gravatt lookout, which I always find to be a really enjoyable and relaxing experience.



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THANK YOU FOR YOUR SUPPORT!

TASSCA

Deb Crompton

07 3343 9833

ceo@mgcci.org.au



myGov SUPPORT WORKSHOPS for job seekers

Join MatchWorks for a **FREE** workshop to help you set up and access a myGov account.

When: First Thursday of every month starting 2 May 2019

Where: MOUNT GRAVATT COMMUNITY CENTRE INC.
1693 Logan Road, Mount Gravatt QLD 4122

Time: 1pm - 2.30pm

This workshop will provide you with the knowledge to manage your Centrelink account online and with ease.

Bring your mobile phone, photo ID and your CRN number and we will help you with the set-up of your account and run through the features myGov has to offer.

Call 0472 860 605 to register or email:
christine.stevenson@matchworks.com.au

