

GHCC celebrates with a NEW LOOK

Graham House extends an invitation to the members of our community to celebrate with us!

WHAT ARE WE CELEBRATING?

The unveiling of the NEW LOOK for Graham House

Community Centres Month

National Volunteer Week

Domestic and Family Violence Prevention Month (DFVP)



WHEN: 1st June, 2014

WHERE: Graham House Hall, Pearen Street
Murgon (at the rear of Graham House)

TIME: 10.00am—2.00pm



WHAT'S HAPPENING



KIDS ACTIVITIES
Face painting
Jumping Castle
Games

*Launch of new website,
logo, uniforms!

* Graham House
Groups on show!

*Acknowledgement of
Volunteer contribution
by Australian Women's
Cricketer Holly Ferling

*Presentation by Domestic
Violence Ambassador
Steve Renouf

*Staff available
with information
on all services

National Volunteers Week 12—18 May

The theme of National Volunteers Week 2014 is '**Celebrate the Power of Volunteering**'.

Graham House could not deliver the range of services provided to the community without the generosity and skill of our 65 volunteers. A prime example of this commitment is the story of one of our volunteer drivers for the Community Transport Services who in one year travelled 39,500 kms!

Graham House and our clients extend our sincere thanks and appreciation to all our awesome volunteers!

Emergency Contacts

Lifeline—Counselling	131 114
Mensline	1300 789 978
Kids Helpline	1800 551 800
dvconnect Mensline	1800 600 636
dvconnect Womensline	1800 811 811

Graham House is funded by:

Department of Social Services
Department of Human Services



Australian Government
Department of Health and Ageing



Graham House
Community Centre



Community Newsletter

December 2013

Graham House Community Centre:

21 Taylor St East, Murgon 4605

Ph: 4169 8400 Fax: 4168 3491

Community Transport Services:

66 Macalister St, Murgon 4605

Ph: 4169 5040 Fax: 4168 2444

Graham House News

Hello to everyone

Thank you for the warm welcome I have received from both within Graham House and from within the community.

My first three months have been extremely busy but it is exciting to work for an organization such as Graham House, which has a team of dedicated, and committed staff members and volunteers, and a proactive management committee, all working hard to provide holistic support to the community.

2014 is shaping up to be a very busy and challenging year for us all as many families in our community are still struggling to keep a roof over their heads and food on the table as a result of the floods, drought and the increase in the cost of living generally.

I look forward to working with the Graham House team and the community in meeting the challenges necessary to respond to these issues and to working towards strengthening and growing the Graham House Community Centre into the future.

Warm regards,
Linda O'Hare
Manager

Changes to the Home Energy Saver Scheme (HESS)

The Australian Government funded HESS program will cease on 30th June 2014. HESS subsidies were designed to help low income earners purchase energy efficient household appliances to reduce ongoing energy costs. GHCC has already assisted many residents with accessing this scheme. Don't miss out on this great opportunity and saving!

- Refrigerators & Freezers
- Dishwashers
- Washing machine and Clothes Dryers
- Solar & Instantaneous Gas Hot Water systems
- Installed Heaters/Air Conditioners (Split System Units)
- Gas ducted Central Heating

The HESS Subsidy is available to eligible NILS Loans applicants.

Graham House Acknowledges Closing the Gap

The clear message delivered at the Graham House Closing the Gap Event was that Education is the Key in enabling people to live longer, healthier and happier lives.

30 Service Providers attended the day which was held to raise awareness of the gap that exists between indigenous and non-indigenous Australians across a range of areas targeted by the Australian Government including life expectancy, child mortality, access to early childhood education, educational achievement and employment outcomes.

Guest speakers were local people who live and work in the community. Speakers were able to provide attendees with then and now scenarios, highlight areas where improvements have been made and how this has been achieved, address areas where improvement has been slow or not at all and touch on the range of services and programs that have been implemented to meet the challenges of Closing the Gap.

Refreshments generously sponsored by the SBRC Healthy Communities



Clowry Kennell reinforces the key message!

Circle of Security Training

Would you like to strengthen your relationship with your child and have a better understanding of your child's needs and behaviours?

Let Family Support Workers Dot and Lynne show you how this can be achieved with the Circle of Security Parenting Workshops.

Two 4 week workshops will be offered in May and June details as follows:-

- Thursday 24th April to the 15th May and
- Thursday 29th May to the 19th June

Workshops will be held at the Taylor Street office starting at 10.00am.

If you would like more information please contact Dot on Ph: 4169 8400

Jamie's Ministry of Food Mobile Kitchen

Members of Graham House Community Kitchen experienced the wonders of the JMOF Mobile Kitchen when it visited Wondai in March. Our CK members attended the five week cooking course which was full of hints, tips and shortcuts. Classes were very hands on with participants getting to see, smell, feel and taste everything cooked. The course also covered meal planning, budgeting and shopping tips as well as key nutritional information, however our CK members thought the best thing was being able to take the prepared meal home. The roast chicken was by far the most popular dish andohhhh...the gravy!



Update of Services and Programs at the Centre

NILS

(No Interest Loans Scheme)

This scheme continues to enable low income earners the opportunity to purchase essential household items by obtaining an interest free loan.

Loan recipients are able to re-apply when initial loan is paid in full.

Ph: 4169 8400 for an appointment

Emergency Relief

Food Hampers are our main source of Emergency Relief and are available on Mondays for those people experiencing difficulties.

These hampers can also be purchased by community members for \$35 - Great Value for Money! Orders and payment required by the Thursday prior.

Broadband for Seniors

BFS now has a new Windows 8 Touchscreen computer courtesy of a grant from the Department of Social Services.

Tutors are also available help with iPads or tablets.

Contact Rosemary on Ph 4169 8400 for more information.

Lily Ponds Bookclub

GH Lily Ponds Book Club has a vacancy!

If you are interested in joining please contact Rosemary on Ph 4169 8400.

Meetings are held every 2nd Tuesday of the month at 5.00pm at the Taylor St Office.

Next meeting 13th May
Author: Anna Jacobs



Community Kitchen

The GH Community Kitchen has been in recess whilst our members participated in Jamie's Ministry of Food, however the GH Community Kitchen will start again on **Monday 28th April** at Taylor St at 10.00am. Phone 4169 8400 for more details

Spinners & Weavers

This group gathers at the Graham House Hall every 1st and 3rd Tuesday of the month from 9.00am—2.00pm where they undertake a wide range of craft activities such as spinning, weaving, knitting, crocheting, felting and dyeing.

Call in and have a chat!

Family to Family

F2F can provide pre-loved adult and children's clothing, limited furniture, white goods, blankets, linen etc for people who are experiencing genuine need.

F2F operates Mon 10am—12midday, Tues & Wed 9.30am—12.00 midday

Community Garden

GH has a small garden where we grow vegetables in season and a variety of herbs. We would like to involve more community members in the day to day care of the garden.

If you would like to share your skills or learn more about growing fresh produce please contact Dot on Ph 4169 8400