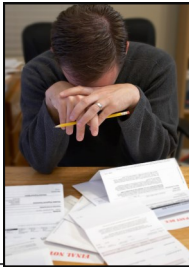


## Tax Help Program

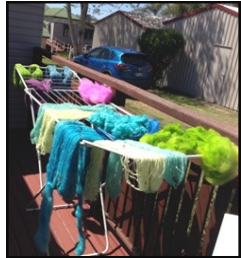
If you need assistance filling out your tax return and you are on a low income, our trained and accredited Tax Help worker may be able to help you.

Tax Help is suitable for people with simple tax affairs who earn around \$50,000 a year or less. This service is free, confidential and fully supported by the Australian Tax Office (ATO).

If you would like assistance please contact our administration staff on Ph 4169 8400 to make an appointment.



## Spinner and Weavers have a 'Dyeing Day'



The Spinners and Weavers Group held a 'Safe Dyeing Day' recently where they utilised products such as brown onion skins, food colouring, finger powder paints and crepe paper to dye natural fibres using white vinegar as a fixative! Other products that can be used are cool aid and jelly crystals.

Spinners & Weavers meet every 1st & 3rd Tuesday of the month at the Graham House Hall, Pearen St from 10.00am—2.00pm. Newcomers welcome!

## How to be 'powersavvy'

Statistics show that the Graham House Emergency Relief Program is experiencing an increased demand from clients requesting assistance with excessive electricity bills.

Powersavvy an initiative of Ergon Energy, have provided Graham House staff with training to guide customers on how to use less power and lower their electricity bills.

If you are experiencing problems with paying your electricity account on time or wish to discuss ways of reducing your power bill, contact our office for further information.

### Some Tips!

#### *Be Smart about using hot water*

*In the bathroom* – have shorter showers to save water & energy; install a low-flow shower head; fix leaking taps

*In the laundry* – use cold water; always have a full load before you wash or adjust the water level to match the load; use free energy from the sun

## 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



# Graham House Community Centre Community Newsletter

August 2014

**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 from the Manager

The last few months have been extremely busy with the design and launch of our new branding for the Centre. The Centre has a new logo, business vehicle signage and new staff and volunteer uniforms. I would encourage you to look at our newly designed website [www.grahamhouse.org.au](http://www.grahamhouse.org.au) which provides information about Centre activities and programs aimed at supporting our community.

*Linda O'Hare, Manager*

## Graham House Community Centre—Murgon Men's Shed

It was the realization of a dream for Paul Pfeffer and his band of men when the Honourable Jeff Seeney handed over the keys to the Murgon Men's Shed located in a former railway building in Macalister Street, Murgon. The Murgon Men's Shed was developed in response to a clearly identified need, the result of a consultation process with a broad sector of the community. The Shed is a registered member of the Australian Men's Shed Association (AMSA) ([www.mensshed.org](http://www.mensshed.org)) and currently has a membership of 25 men. Men's Sheds today are an updated version of the shed in the backyard that has long been a part of Australian culture. The Murgon Men's Shed provides a safe and busy environment where men can socialise, meet new friends, give back to the community, share knowledge and expertise, learn new skills and feel good about themselves, all factors that play an important role in good health and general wellbeing. Drop in to the Murgon Men's Shed and you will see men working on restoration projects, doing repairs, working on building projects, chatting and socialising together. The Murgon Men's Shed has a number of projects planned, one being the restoration of an old German Tractor for the Queensland Dairy and Heritage Museum, Murgon.

The Murgon Men's Shed operates every Wednesday and Saturday, is non denominational, and is open to men of all ages from all walks of life. If you would like more information about the Murgon Men's Shed contact the President Paul on Mob: 0428 635 636 or Dave on Ph: 4168 5912.

Graham House Community Centre is proud to auspice the Murgon Men's Shed and will support this great community asset with administration assistance.

## Discover Your Inner Greenie with the Graham House Community Garden

How good would it be to serve fresh nutritious vegetables to your family knowing that they are free of pesticides, are the result of your input and have been grown as part of a community project!

If you find that appealing then come along and be part of the Graham House Community Garden. Community Gardens are springing up everywhere as people realise the benefits of growing their own produce. Apart from the cost savings, community gardens gift you with a new set of skills, increase your physical fitness and recreational opportunities and you are helping to green the urban environment as well!

Graham House invites interested people to come along to the Community Garden held every second Wednesday from 10.00am to 12.00 midday at 21 Taylor Street, Murgon (next get together 10/09/14). BYO hat, water bottle, gardening gloves and please wear closed-in shoes! If you have spare plant cuttings you are welcome to bring them along as well! Contact Dot on 4169 8400 for more information.



## Nissan & Felicity's Wish Support Community Transport Services

Nissan Northern Dealerships have joined forces with the Felicity's Wish Foundation, an organisation that supports local charities particularly in the area of breast cancer support within local communities.

MJ Huston & Sons, Nissan Dealers for the South Burnett region and a member of Nissan Northern, nominated Graham House Community Transport Services as beneficiaries of funds raised as part of this joint venture.

This donation has enabled Community Transport Services (CTS) to purchase three ultra light wheel chairs for our CTS vehicles. The ultra light wheel chairs will benefit the 35% of CTS clients who utilise mobility aids by providing easier access to doctors, hospital rooms and other activities. Volunteer drivers and social support workers will also benefit through the elimination of heavy lifting associated with general wheel chairs.

Graham House would like to thank Mark and Margaret Huston for their generous support of our Transport Services. Our thanks also go to Ken Goodhew, Business Manager and his enthusiastic and friendly team.



*Pictured receiving a cheque for \$2400 for the purchase of ultra light wheel chairs are Graham House staff members Rosemary Braithwaite, Maree Anderson and Linda O'Hare with Huston Motors Business Manager Ken Goodhew and Dealer Principals Margaret and Mark Huston.*

*Felicity Purcell's life ended on the 5th August 2008 at the young age of just 33 after enduring a year long battle with breast cancer. Felicity's Wish is a foundation established in October 2008 by her friends and family as a memorial to ensure her life long goals are perpetuated.*

## 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 the initial loan is paid in full.

Ph: 4169 8400 for an appointment

### Emergency Relief

Emergency Relief is available daily but is limited depending on individual circumstances. Our main source of Emergency Relief is Food Hampers and can be provided for those experiencing difficulties. These hampers can also be purchased by community members for \$35. Orders and payment required by Wednesday prior.

### Broadband for Seniors

Our dedicated tutors Ilja and Gene are skilled in providing tutoring for seniors wishing to come on board the BFS program. Gene can also assist with iPads, tablets and even mobile phones!

Limited capacity available. 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 14th Oct  
Book: The Faraday Girls



### Playgroup

Cherbourg Community Health and Graham House Playgroup meet at the Guide Hut, Cherbourg School every Tuesday during school term from 10am—12midday.

A big thank you to our sponsor the Murgon Fruit Mart who provide the healthy morning tea

### Circle of Security

This early intervention training provides parents with skills to strengthen relationships with their children. Next sessions (4 weeks duration) commence Kingaroy and Murgon on Thursday 16th October.

For details of times & venues please contact Dot on Ph 4169 8400

### Family to Family

#### PLEASE HELP!!!

F2F is in desperate need of donations of cutlery, crockery, saucepans and general kitchen items. Please contact GHCC if you are able to help

Ph: 4169 8400

Open: Mon 10-12  
Tues, Wed 9.30-12.00

### Graham House AGM

The AGM of Graham House Community Centre will take place at the Graham House Hall, 24 Pearen Street, Murgon on Wednesday 17th September commencing at 6.00pm with refreshments. Meeting will commence at 7.00pm.

RSVP: 10/09/14