

## Helping hands needed at our Community Garden!

The Graham House Community Garden meets on the 1st and 3rd Wednesday of the month from 10.00am to 12.00pm during school terms. There are lots of different ways you can contribute to our community garden.



**To find out more call Kerry or Dot on 4169 8400**

## Coming Soon - Laughter Yoga and Amanda Gore Resource Library

"Laughter Yoga – The Heart of Healing" and "Amanda Gore Revisited" are two new projects soon to commence at Graham House. Through these projects, Laughter Yoga and Amanda Gore resources will be available for local community groups and organisations to borrow from Graham House. Graham House staff members will also be trained to facilitate local Laughter Yoga sessions with Graham House clients and the wider community. This opportunity has come about thanks to funding from South Burnett Regional Council's Mayor's Community Benefit Fund.

**If you would like more information about the projects please contact Kerry on 4169 8400**

### Information Sessions at Graham House

Graham House is seeking suggestions from the community for Information Session topics.



If you have a topic you would like to learn more about, and feel it would be of benefit to the community, we will endeavour to arrange an Information Session for the community.

**To make a suggestion contact Kerry on 4169 8400 or [cadw@grahamhouse.org.au](mailto:cadw@grahamhouse.org.au)**

### Emergency Contacts

Lifeline - Counselling	13 11 14
Mensline	1300 789 978
Kids Helpline	1800 551 800
DVConnect Mensline	1800 600 636
DVConnect Womensline	1800 811 811

### Centrelink Update: myGov

Customers who currently use Centrelink online will soon need to register with **myGov** in order to report online or obtain income statements.

A **myGov** account allows users to access all departmental online accounts and other government online services.

Centrelink computers are available at Graham House to assist those needing to register with **myGov** and Centrelink agency staff are available to assist where possible.

Graham House is funded by:

Department of Social Services  
Department of Human Services



Queensland Government



# Graham House Community Centre Community Newsletter

April 2015

**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

I would like to say thank you to Gloria Jean's Coffee Kingaroy, South Burnett Regional Council, Wondai Regional Art Gallery, St Joseph's Church Murgon and to everyone who donated food items, children's gifts and vouchers for the Graham House Christmas Appeal. I would also like to thank Akwa Worx Pty Ltd from Caboolture for their generous donation. These donations enabled us to provide Christmas food hampers for 45 families and gifts for 63 children so they could celebrate Christmas.

I would also like to take this opportunity to ask again for help from the community for Willow Williams and her family. To those of you who have already donated to our Williams Family Appeal thank you so much. The donations we have received so far have been used to pay for two tyres on the car so it is safe to drive back and forth to Brisbane, one month's pharmacy account for Willow's medication and one week's rent. Read more about the Williams Family Appeal in the following pages of our newsletter and find out how you can donate today. *Linda O'Hare, Manager*

## Sign up as a Graham House Volunteer!

Volunteering is a great way to get involved in your community and meet new people. Graham House could not provide the varied range of services we offer to the community without the generous support of our volunteers. Our volunteers are the heart of our organisation!



We are looking for volunteers to assist Graham House in the following areas: Drivers for Community Transport Services, Social Support and Broadband for Seniors Tutors.

**If you would like to be a part of the Graham House team please call Kerry on 4169 8400**

## Update: Williams Family Appeal

It has been a difficult start to the year for the Williams family with Tyanah and Willow at the hospital in Brisbane and Tim at home with Kirra and Indie. Tim is trying to keep things as normal as possible for his older girls whilst waiting for news on his baby. Tyanah is trying to cope alone at the hospital in Brisbane and is missing her family. The emotional strain this family is experiencing whilst waiting to find out if their baby is going to be okay after each procedure or operation is intense.



The Murgon Lions have purchased and donated a special car seat for Willow so she can be transported safely without straps rubbing on her stomach peg which is used to feed her and the Murgon RSL Sub-Branch have generously donated \$1,500 to the appeal fund towards outgoing expenses, travel and living costs for the Williams family.

The expenses keep building with the family trying to live between Brisbane and Murgon so the older children have a stable home routine and Kirra can attend school. This young family is undergoing huge financial difficulties and this is going to continue for some time as Willow is about to undergo another surgery to have a Ileostomy bag fitted in late March-early April which is a major operation for a little one year old with more operations to follow.

**Donations** can be made via our website [grahamhouse.org.au](http://grahamhouse.org.au) or by depositing directly into our account:

**Commonwealth Bank**  
BSB 064-423  
Account Number 10011854

Alternatively, you can donate in person at Graham House Community Centre. A Tax Deductible Receipt will be issued for donations over \$2.00.

*Please note: Cheques need to be made out to "Graham House Community Centre". Please attach a note to specify that the cheque is for the "Williams Family Appeal".*

## Services and Programs Updates

### Emergency Relief

Graham House Emergency Relief Service are collecting **new disposable nappies** that will be distributed to families experiencing hardship and financial difficulties.

**Can you help by donating nappies?**

*Donations can be dropped off at Graham House on Taylor St East*

### Family to Family

Graham House provides pre-loved clothing and household items to those in need. These items are generously donated by community members.

Continued donations are greatly needed as we are extremely low in furniture, kitchen items and children's clothes and shoes.

*Donations can be dropped off at Graham House on Taylor St East*

### Circle of Security Parenting Program

Circle of Security gives parents tips and strategies to build stronger bonds with their children.

We are currently seeking expressions of interest from parents for a program to be run in Kingaroy from Thursday 30 April 2015 (9.30am-11.30am). The program runs for 4 weeks with 1 session/week.

*To express your interest and for more information please call Dot on 4169 8400*

## What's Coming Up

**16 Apr** Broadband for Seniors & Spinners & Weavers

**20 Apr** Community Kitchen & Broadband for Seniors

**21 Apr** Men's Support Group & Cherbourg Playgroup

**23 Apr** Broadband for Seniors

**27 Apr** Community Kitchen & Broadband for Seniors

**28 Apr** Men's Support Group & Cherbourg Playgroup

**30 Apr** Broadband for Seniors

**1 May** Domestic and Family Violence Prevention Month & Community Centres Month

**4 May** Community Kitchen & Broadband for Seniors

**5 May** Men's Support Group, Cherbourg Playgroup

**6 May** Community Garden

**7 May** Broadband for Seniors & Spinners & Weavers

**11 May** Community Kitchen & Broadband for Seniors

**12 May** Men's Support Group, Cherbourg Playgroup & Lilyponds Book Club

**14 May** Broadband for Seniors

**18 May** Community Kitchen & Broadband for Seniors

**19 May** Men's Support Group & Cherbourg Playgroup

**20 May** Community Garden

**21 May** Broadband for Seniors & Spinners & Weavers

**25 May** Community Kitchen & Broadband for Seniors

**26 May** Men's Support Group & Cherbourg Playgroup

**28 May** Broadband for Seniors

*For more information visit [grahamhouse.org.au/events](http://grahamhouse.org.au/events) or call us on 4169 8400*