

Don't forget this Christmas

This Christmas will be the first time that many Australians realise their ageing parents may be experiencing the early stages of dementia. When families gather at Christmas, it can often be the time that sons and daughters and other relatives notice changes in their mother or father. This can be the start of a long and very challenging road if dementia is diagnosed.

Without a medical breakthrough, the number of people with dementia is expected to be almost 900,000 by 2050. Each week, there are more than 1,800 new cases of dementia in Australia, that's the same as approximately one person every 6 minutes. This is expected to grow to 7,400 new cases each week by 2050 which will have a huge impact on our communities and our health and aged care systems.

Families who are worried about a relative or a friend can contact the National Dementia Helpline on 1800 100 500. For tips for families, friends and carers visit the Alzheimer's Australia website fightdementia.org.au

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU



SB Says No to DV & Depressed Cake Shop

Thank you to the community members and service providers who attended and supported our recent events, the Murgon Rally Against Domestic Violence and the Depressed Cake Shop, both



held in October at Coronation Park in Murgon. These events were held to raise awareness about Domestic Violence and Qld Mental Health Week.

Graham House AGM 21 October 2015

Graham House Community Centre AGM was held on Wednesday 21 October 2015. The Management Committee for 2015-2016 are:
President - Kathy Baker
Vice President - Col Sippel
Secretary - Dellese Heit
Treasurer - Enid Barford
Committee Members - Curtis Mickan and Christelle Withers Mayne



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 |

Graham House is funded by:

Department of Social Services

Department of Human Services

Department of Communities



Graham House Community Centre Community Newsletter

December 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 a very special thank you to Wondai Regional Art Gallery, Visual Image Hairdressing Salon Wondai, House Table Home Wondai, St Joseph's Church Murgon and Raj's Cafe & Curry Takeaway Murgon for agreeing to collect Christmas gift donations for our 2015 Christmas Tree Appeal and a huge thank you to those in the community who donated these gifts to help us make Christmas brighter for disadvantaged families in the South Burnett region.



Seasons Greetings from the Management Committee & Staff at Graham House

Graham House Community Centre would like to extend Seasons Greetings to the community. We wish you all a very happy and safe Christmas and New year. We would also like to thank the many business houses, community organisations, service providers and individuals who have supported us throughout 2015. We look forward to working with you again in 2016.

Christmas Closure

Graham House Community Centre and Transport Services will be closed for the Christmas period from Thursday 24 December 2015 and will re-open on Monday 4 January 2016 at 10.00am. Final transport services for 2015 will be on Monday 21 December 2015 and will resume on Monday 11 January 2016.
Linda O'Hare, Manager

We're on Facebook!

Get all the latest Graham House news on our Facebook page!

www.facebook.com/grahamhousecommunitycentre

HESTA Unsung Hero Award - Community Sector Awards

The HESTA Unsung Hero Award recognises an individual working within the community sector who has made an exceptional contribution to social justice in Australia, by enhancing the wellbeing of individuals or communities experiencing disadvantage.

Vice President of Graham House Community Centre, Col Sippel, was nominated for this award earlier in 2015 and was presented with his Certificate of Recognition at Graham House's Annual General Meeting on Wednesday 21 October 2015.



From L-R: Dellese Heit, Linda O'Hare, Col Sippel, Enid Barford and Kathy Baker

Falls Prevention Program Coming Soon: Register Your Interest Today!



Graham House is proud to be delivering the South Burnett Falls Prevention Program with local physiotherapist, Fran Hutton. This opportunity has come about thanks to funding through the Mayor's Community Benefit Fund.

This program will help you explore and discuss personal limitations, fears, strengths and weaknesses and how your daily environment and personal wellbeing can impact on the risk of falling.

Dates and venue are to be advised at this stage however it is possible to register your interest and we will notify you of the program details when they are confirmed.

To register your interest please contact our Transport Team on 4169 5040 or cts@grahamhouse.org.au

Services and Programs Updates

Family to Family

Graham House provides pre-loved clothing and household items to locals in need. These items are generously donated by our community. Continued donations are greatly needed as we are extremely low in children's and men's clothing and shoes.

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

Graham House Community Kitchen

A Community Kitchen (CK) is a group of like-minded individuals who come together on a regular basis to socialise and cook affordable and nutritious meals.

Graham House CK can help you: make new friends, develop teamwork and leadership skills, learn how to budget, learn new cooking techniques and recipes and save money on food costs.

When: Mondays, during school terms, 10am-12pm
Where: Graham House Community Centre, 21 Taylor St East, Murgon.

For more info contact Kerry on 4169 8400



Lily Ponds Book Club

Graham House Lily Ponds Book Club currently has 2 vacancies! Meetings are held on the 2nd Tuesday of the month at 5.00pm at the Taylor St Office. The next meeting is on 9th of February 2016.

For more info contact Kerry on 4169 8400

What's Coming Up

- 14 Dec** Broadband for Seniors
- 15 Dec** Star Weaving, Broadband for Seniors & Men's Support Group
- 17 Dec** Spinners & Weavers
- 21 Dec** Broadband for Seniors
- 22 Dec** Star Weaving, Broadband for Seniors & Men's Support Group
- 24 Dec** Graham House Xmas closure from 3pm
- 4 Jan** Graham House re-opens from 10am & Broadband for Seniors
- 5 Jan** Star Weaving, Broadband for Seniors & Men's Support Group
- 7 Jan** Spinners & Weavers
- 11 Jan** Broadband for Seniors
- 12 Jan** Star Weaving, Broadband for Seniors & Men's Support Group
- 18 Jan** Broadband for Seniors
- 19 Jan** Star Weaving, Broadband for Seniors & Men's Support Group
- 21 Jan** Spinners & Weavers
- 25 Jan** Broadband for Seniors
- 26 Jan** Australia Day Public Holiday - Graham House closed
- 1 Feb** Broadband for Seniors & Community Kitchen
- 2 Feb** Star Weaving, Broadband for Seniors & Men's Support Group
- 3 Feb** Community Garden
- 4 Feb** Spinners & Weavers
- 8 Feb** Broadband for Seniors & Community Kitchen
- 9 Feb** Star Weaving, Broadband for Seniors & Men's Support Group
- 11 Feb** Murgon Circle of Security Parenting Program

For more information visit grahamhouse.org.au/events or contact us on 4169 8400