

Closing the Gap in Cherbourg

There was excellent support for Cherbourg Closing the Gap on Friday 18 March 2016.

Oxfam Close the Gap aims to bring people together, to share information — and most importantly — to take meaningful action in support of achieving Indigenous health equality by 2030. Equal access to healthcare is a basic human right but in reality, Aboriginal and Torres Strait Islander People can expect to live up to 10–17 years less than non-Indigenous Australians. Working in partnership with Aboriginal and Torres Strait Islander people is one of the critical success factors. With continued support from the public, Oxfam can ensure the Australian Government continues to work with Indigenous communities, recommit additional funding and invest in real partnerships.

This year's Close the Gap event was held on the Cherbourg Hospital Campus and a wide range of service providers came together with Graham House Community Centre and Cherbourg Health Service to make the event happen. The event welcomed everyone, Indigenous, non-Indigenous, young and old. There was a sausage sizzle, fruit and water for everyone to share and, best of all, it was free!

Thanks must go to the organisations who provided catering along with Graham House, and they were Qld Health, CRAICCHS, IWC and Department of Human Services. Thanks also to the organisations and businesses who donated their staff time providing information and activities for the community, these were CTC, TAFE, Lives Lived Well, Karla's Carnival and Job Match. Thanks again to everyone who supported the event and made the day a real success!



Support Domestic & Family Violence Prevention Month in May Wear a white shirt on the 18th of May

Graham House, together with local community organisations, will be organising a number of events across the region to raise community awareness about domestic and family violence. Keep an eye on our Facebook Page over the next month as the event details are finalised and find out how you can get involved.

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

March 2016

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

After a busy 2015 Graham House Community Centre opened its doors on Monday 4 January after the Christmas break. 2016 is building to be another busy year and, as always, we will endeavour to support and empower the South Burnett community through a wide variety of high quality services and programs such as Parenting Programs, Men's Support Program, Family Support Services, Community Kitchen and Emergency Relief just to name a few.

Graham House can now provide emergency relief and support to community members experiencing drought-related financial hardship. Families and individuals in need can apply for one-off assistance to pay for everyday expenses and necessities such as bills, food, school items and or rent. This project has been made possible by funding through the Queensland Government Department of Communities, Child Safety and Disability Services and will be available for community members within the Murgon catchment area. If you, or someone you know, needs help please don't hesitate to call myself or Sharon Dowden on 4169 8400. We can meet and discuss support options with you at our Community Centre or even at your home or a venue of your choice.

Lastly, did you know that you can now make secure online donations to Graham House Community Centre through Give Now. Help us to build and strengthen the South Burnett community, the website below will link you directly to the secure site:

<https://www.givenow.com.au/grahamhousecomcentre>

Linda O'Hare, Manager

We're on Facebook!

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

www.facebook.com/grahamhousecommunitycentre

Department of Human Services (Centrelink) Update	Circle of Security Kingaroy
<p>It's time to make the move to myGov! From early 2016, myGov will be the only way you can access your Centrelink online account.</p> <p>myGov allows users to access government services online, all in one place. Services available include:</p> <ul style="list-style-type: none"> ⇒ Medicare ⇒ Australian Taxation Office ⇒ Manage ABN Connections ⇒ Centrelink ⇒ Australian JobSearch ⇒ My Health Record ⇒ My Aged Care ⇒ Nanny Pilot Programme ⇒ Child Support ⇒ Department of Veterans' Affairs ⇒ National Disability Insurance Scheme 	<p>Circle of Security Parenting Program shows you how important it is to:</p> <ul style="list-style-type: none"> ⇒ <i>Understand your child's emotional world and needs</i> ⇒ <i>Help your child to deal effectively with their emotions with your support</i> ⇒ <i>Instill your child with confidence and self esteem</i> ⇒ <i>Strengthen skills in observing and connecting with your child</i> <p>This program will be held on Thursdays from 26th of May - 23rd of June from 9.30-11.30am. Venue - 1913 Building behind the Kingaroy Visitors Info Centre on Edward St.</p> <p><i>It is essential to register before the program starts, contact Dot or Jen on 4169 8400</i></p>

Falls Prevention Program Starting in May - Don't miss out! Register your interest!

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.

There are 2 parts to this program, Part 1 and 2, participants will need to attend both parts. The dates are:

Part 1 - Tuesday 3rd & Thursday 5th of May

Part 2 - Tuesday 17th & Thursday 19th of May

Times on each day will be 8.30am-2.00pm and the sessions will be held at Wondai's old squash courts (Edwards St). Free transport is available through Graham House Transport Service. Register your interest and we will send you an information pack with all the program details and requirements.

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

Services and Programs Updates	What's Coming Up
<p><i>Family to Family</i></p> <p>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.</p> <p><i>Donations can be dropped off at Graham House on Taylor St East</i></p>	<p>4 Apr Broadband for Seniors 5 Apr Broadband for Seniors, Men's Support Group 7 Apr Spinners & Weavers 11 Apr Broadband for Seniors, Community Kitchen 12 Apr Men's Support Group 14 Apr Positive Discipline in Everyday Parenting Nanango 18 Apr Broadband for Seniors, Community Kitchen 19 Apr Broadband for Seniors, Men's Support Group 21 Apr Spinners & Weavers, Positive Discipline in Everyday Parenting Nanango 25 Apr Centre closed for ANZAC Day 26 Apr Men's Support Group 28 Apr Positive Discipline in Everyday Parenting Nanango 2 May Centre closed for Labour Day 3 May Broadband for Seniors, Men's Support Group 5 May Spinners & Weavers, Positive Discipline in Everyday Parenting Nanango 9 May Broadband for Seniors, Community Kitchen 10 May Men's Support Group 12 May Positive Discipline in Everyday Parenting Nanango 16 May Broadband for Seniors, Community Kitchen 17 May Broadband for Seniors, Men's Support Group 18 May DV Prevention Month - Wear a white shirt to show your support 19 May Spinners & Weavers, Positive Discipline in Everyday Parenting Nanango 23 May Broadband for Seniors, Community Kitchen</p>
<p><i>Graham House Community Kitchen</i></p> <p>A Community Kitchen is a group of like-minded individuals who come together on a regular basis to socialise and cook affordable and nutritious meals.</p> <p>When: Mondays, during school terms, 10 a m - 12 p m Where: Graham House Community Centre, 21 Taylor St East, Murgon.</p> <p><i>For more info contact Kerry on 4169 8400</i></p>	
<p><i>No Interest Loans Scheme (NILS)</i></p> <p>NILS provides individuals and families on low incomes with access to safe, fair and affordable credit to purchase essential household items. NILS operate from small amounts of available funds and rely on the repayment of loans to continue to be of service to other members of the local community. A reminder to existing and new clients, it is essential for you to continue to make loans repayments so others within the community are not disadvantaged.</p>	<p><i>For more information visit grahamhouse.org.au/events or contact us on 4169 8400</i></p>