



GRAHAM HOUSE
COMMUNITY CENTRE
Supporting our community

Community Newsletter

January 2019

**Graham House
Community Centre:
Community Transport Services:**

*Court House, 48 Stephens St West, Murgon
Ph: 4169 8400 Fax: 4168 3491
66 Macalister St, Murgon 4605
Ph: 4169 5040 Fax: 4168 2444*

Graham House Community Centre New Building Progress



We're on Facebook!

Get all the latest Graham House news on our Facebook Page!
www.facebook.com/grahamhousecommunitycentre

Graham House Community Events

Golf

**Graham House CC
Fun Golf Day**

**Non Golfers
Welcome**

**3 Person Ambrose
9 holes**

Murgon Golf Club

**Drive for Show
One Hole One Club
Betting Green**

\$20.00 per player

*Proceeds will go to support
the struggling Farmers in
the South Burnett*

*It's cool
to play
golf*

Lunch included

**Drinks
Cart**

Prizes

Raffles

Save the Date!

Saturday 13th April, 2019

Shot gun start at 1.00pm

**To nominate team ring Iris on 0447683492
or Leanne on 0407659010**

Nomination sheet also available at Golf Club



Graham House Services

Be Connected for Seniors

Be Connected has a number of dedicated students who with the assistance of our tutors are mastering the challenges of technology. Sessions are every Monday 12pm-3pm and Tuesday 9am-12pm. Contact our office for more details. Classes are being held at Graham House Transport Centre in Macalister Street whilst the new building in Taylor Street is being completed.

Graham House Community Kitchen

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. Postponed until new building is complete. Phone Iris for Enquiries

Circle of Security Parenting Program

At times all parents feel lost or without a clue about what our children might need from us.

Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting Program is based on decades of research about how secure parent child relationships can be supported and strengthened.

Friendly, casual and informative program

Closed sessions. Essential to register before commencement of program.

Phone Dot: 0417 040 323 or Email: dot.sempf@grahamhouse.org.au

Older, Wiser, Stronger

This program offers a 13 week men's behaviour change program, for men who wish to change their violent behaviour.

Family Support

This is a family support program aimed at supporting families in developing skills and abilities to care safely for and develop positive relationships with their children.

WALK AND TALK



Being active is the secret to staying healthy, and walking is one of the easiest and least expensive ways to get moving. Walking has physical benefits as well as an opportunity for social contact and support. All it takes is 30 minutes a day a few times a week. It's fun and has realistic goals. We walk Monday afternoon at 5pm Tuesday and Wednesday morning 7am. To join ring Iris at Graham House on 41698400 or 0447683492

Department of Human Services

⇒ MyGov is the only way you can access your Centrelink online account. Assistance is available at the Graham House Community Centre Centrelink Agency. MyGov allows users to access government services online, all in one place. Services available include:

- ⇒ Medicare
- ⇒ Australian Taxation Office
- ⇒ Manage ABN Connections
- ⇒ Centrelink
- ⇒ Australian JobSearch
- ⇒ My Health Record
- ⇒ My Aged Care
- ⇒ Child Support
- ⇒ Department of Veterans' Affairs
- ⇒ National Disability Insurance Scheme



Australian Government



Graham Hours Opening Hours

Monday	9am - 4pm
Tuesday	9am - 4pm
Wednesday	9am - 4pm
Thursday	9am - 4pm
Friday	9am - 4pm

Emergency Relief

During business hours

Family Support Services

Monday to Thursday

Community Transport Services

Mon – Thurs 9.00am - 3.00pm

Be Connected for Seniors

At Transport Office until further notice

Community Kitchen

Closed while new building is being constructed

Lilyponds Bookclub

2nd Tuesday each month at 5pm

All enquiries phone 41698400

Volunteers Needed



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:



Australian Government
Department of Health



Queensland Government