

**“The Graham House Car” by Lyn Koy**  
**Dedicated to Graham House Community Transport**

*We don't go to the City much anymore  
 I can't remember the last time or even the one before  
 When we felt confident enough to hop in our car  
 We drove ourselves to the city as it wasn't far*

*When we were younger and newly wed  
 Out of bed we would get and take the car from the shed  
 We couldn't see into the future which was just as well  
 So we couldn't even worry about it or even dwell*

*As time went on and the older we were  
 There were health issues which seemed to occur  
 We were told that some things could be fixed up here  
 Or we would have to try to get ourselves to the city, it was made clear*

*We were so worried just how could we get there  
 But I guess we could always pay a taxi fare  
 Once there was a bus you could get from here  
 That travelled to the city but now it's too dear*

*I came across a notice which was on the board  
 It was telling you about the Graham House award  
 They had started up a new way for people to go forth  
 It was referred to as C.T.S for short*

*We quickly got the mobile out and rang their phone  
 To ask if we could get a ride with them from our home  
 We had read that the driver will take you to the place  
 Where you had to be and always with a happy face*

*We are very grateful that we have the drivers  
 Who willingly give their own time, they are real survivors  
 I am fairly certain that there are many people like us  
 Who can't drive themselves to the city without too much fuss*

*A big thank you to those who organise all the cars  
 They make sure they are ready to go and they do go far  
 It has been a real godsend to Darryl and I  
 It sure is easier than if we had to fly*

**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**

**September 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**

Queensland Child Protection Week took place from 6th – 12th September this year, this event aims to promote the value of children and to bring light to a very important message – child protection is everyone’s business. The South Burnett Child Protection Week Dinner was held at Cassis at Boobie on Wednesday 9 September to acknowledge those in our community who work in this field. Madeline Scheele, one of our Intensive Family Support Workers, was presented with a Recognition Award for her work in the Building Futures Together Program at Graham House. The Recognition Award is presented to workers who go above and beyond to achieve the best outcomes for children, families and young people in our community. Congratulations to Madeline and all the award recipients on the night!



Lastly we are gearing up for the 2015 Graham House Christmas Tree Appeal! Gifts contributed to the Appeal will again benefit children of families under the banners of Graham House’s Family Support Service, Building Futures Together and Older Wiser Stronger. If you would like to support this worthwhile event and make Christmas brighter for disadvantaged families and children, contributions can be dropped off at Graham House and the following host organisations and businesses from early November to mid December: Wondai Regional Art Gallery, House Table Home Wondai, Visual Image Wondai, St Joseph’s Church Murgon and Raj’s Cafe & Curry Takeaway Murgon. The staff and supporters of Graham House and our host organisations and businesses appreciate your continued support and generosity. *Linda O’Hare, Manager*

**We’re on Facebook!**

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

[www.facebook.com/grahamhousecommunitycentre](http://www.facebook.com/grahamhousecommunitycentre)

## Graham House Seniors Expo Draws a Crowd

Graham House held a Seniors Expo on Monday 17 August in recognition of Queensland Seniors Week 2015. It was a great day with a wide range of guest speakers and information stalls. The audience learnt about topics such as My Aged Care, fitness for seniors, men's health, home care packages, diabetes, The Public Trustee and palliative care.



There was also an opportunity get free health checks with Community Health and try out simple and fun chair exercises with Prue Collard from South Burnett PCYC.



Thank you to the service providers and community members who supported the Seniors Expo and helped make it a real success!

## 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](mailto:cts@grahamhouse.org.au)**

## Tax Help available until 31 October

Get free help with your tax return from a Tax Help Volunteer.

- Do you earn around \$50,000 or less?
- Are your tax affairs simple?

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



## Services and Programs Updates

### Circle of Security Program for Parents

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 commencing in Murgon on Thursday 15 October 2015 (9.30am-10.30am). The program runs for 4 weeks with 1 session/week.

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

### 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 13th of October, the book to be discussed is "The Chimney Sweeper's Boy" by Barbara Vine.

**If you are interested in joining please contact Kerry on 4169 8400**

### 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.

**Call 4169 8400 for an appointment**

## What's Coming Up

**28 Sep** Broadband for Seniors  
**29 Sep** Broadband for Seniors & Men's Support Group

**1 Oct** Spinners & Weavers

**5 Oct** Graham House closed for public holiday

**6 Oct** Broadband for Seniors & Men's Support Group

**7 Oct** Community Garden

**12 Oct** Broadband for Seniors & Community Kitchen

**13 Oct** Broadband for Seniors, Men's Support Group & Lilyponds Book Club

**15 Oct** Circle of Security Parenting Program Murgon & Spinners & Weavers

**19 Oct** Broadband for Seniors & Community Kitchen

**20 Oct** Broadband for Seniors & Men's Support Group

**21 Oct** Community Garden

**22 Oct** Circle of Security Parenting Program Murgon

**26 Oct** Broadband for Seniors & Community Kitchen

**27 Oct** Broadband for Seniors & Men's Support Group

**29 Oct** Circle of Security Parenting Program Murgon

**2 Nov** Broadband for Seniors & Community Kitchen

**3 Nov** Broadband for Seniors & Men's Support Group

**4 Nov** Community Garden

**5 Nov** Spinners & Weavers

**9 Nov** Broadband for Seniors & Community Kitchen

**10 Nov** Broadband for Seniors, Men's Support Group & Lilyponds Book Club

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