



21 Taylor Street EAST
MURGON QLD 4605

GRAHAM HOUSE NEWS

CENTRE HOURS

MONDAY - THURSDAY

9am - 4pm

FRIDAY

9am - 1pm

Graham House Community Centre has had a very busy couple months with us celebrating Neighbourhood Centres Week and Volunteers Week in May.

Our Centre also hosted our first Seniors Monthly Morning Tea which will be held on the last Tuesday of each Month from 10am.

As usual we have lots happening throughout the centre over the coming months.

If you would like to stay up to date about what's happening in our centre, **LIKE** our socials or email: cadw@grahamhouse.org.au to be put on our mailing list.

CENTRELINK HOURS

CHERBOURG:

Monday - Friday

9am - 12pm

1pm - 4pm

MURGON:

Monday - Friday

9am - 12.00pm



Follow us on
Facebook + Instagram to be kept
up to date with what is
happening in the centre

Welcome to the Team

In April we welcomed Simon to our Community Transport Team as our Fleet Manager.



Aliesha commenced with Graham House as our Promotions Officer at the end of February.



Containers for Change

CONTAINERS FOR CHANGE NUMBER:

C10003741

Do you recycle your cans?
Wanting to donate them to a Community Organisation?
Drop them into Graham House
or take them straight to a depot + quote our Container
for Change Number.



Do you have feedback for
our Centre?



Scan the QR + it will take
you directly to our
website

WHAT'S BEEN HAPPENING IN OUR CENTRE

Biggest Morning Tea



In May, Graham House Community Centre collaborated with Murgon Hospital Auxiliary to host a fundraiser for Biggest Morning Tea. We thank everyone that supported the day! We were honoured to donate \$672 to Murgon Hospital Auxiliary.



Pre Loved Clothing Market

In March we hosted a Pre Loved Clothing Market. We had a lovely morning with the Murgon Mens Shed selling sausages on bread, there were market stalls and even an ice cream van.

People in the community had the opportunity to take home bags of clothes for free.



Murgon Show Fashion Parade



GH Clothing Co hosted a Fashion Parade at the Murgon Show. Staff from Graham House, Volunteers and members of the community showcased clothes from GH Clothing Co. Special thanks to Murgon Show Society for allowing us to be a part of the 2023 Show.

Denim Day

In April, staff at Graham House wore Denim in support of Denim Day.

Denim Day is a day to raise awareness and protest against sexual violence and victim blaming.

For more information you can visit the website:

<https://denimday.org>



Domestic and Family Violence Awareness Month

May was Domestic and Family and Violence Awareness Month. Graham House Community Centre was actively involved in a number of events throughout the region to raise awareness around Domestic and Family Violence.



Seniors Monthly Morning Tea

In May we hosted our first Seniors Monthly Morning Tea.



Autumn Social Trips

In Autumn our Community Transport has had a great attendance for our Monthly Social Trips.

March's social trip was to Childers, in April Oakey Army Flying Museum and in May a group attended Boondooma Homestead.



Tips to beat the Winter Blues



Brighten your Home

Vitamin D from natural light can help improve your mood. Make it a daily routine to open your curtains and blinds

Eat a Balanced Diet

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.

Stay Active

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting weights are few ideas to get you started.

Accomplish a Goal

Motivate yourself by adding a goal to your to do list, big or small and once its finished, cross it off.

Socialise with Others

Lift your spirits and shift your perspective by being around others. Attend an event or volunteer in your community

Winter

WHAT'S HAPPENING

Q JUNE



10th June:

GH Clothing Co Store Sale

15 June:

Noosa River Social Trip

27th June:

Seniors Monthly Morning Tea

29th June:

Noosa River Social Trip

Q JULY



4th July:

NAIDOC DAY - Cherbourg

13th July:

Mystery Tour - Social Trip

25th July:

Seniors Monthly Morning Tea

27th July:

Mystery Tour - Social Trip

Q AUGUST



10th August:

Pips 'N' Cherries - Social Trip

25th August:

Pips 'N' Cherries - Social Trip

29th August:

Seniors Monthly Morning Tea



Family 2 Family

Our preloved clothing store is located on
Pearen Street (Behind Graham House)

We accept donations of Preloved
Clothing and Manchester

Buy a Bag for \$2
Fill it for Free

(Excludes Manchester +
Individually priced
items)



OPEN:

Monday | Tuesday | Wednesday | Friday

9am - 12pm

(Except Public Holidays)



Family 2 Family Thrift Shop



Family 2 Family
Pre-Loved Opportunity Store

Do you know we offer NO INTEREST LOANS?

What is NILS?

No Interest Loans (NILS) provide individuals and families on low incomes with access to safe, fair, affordable credit with no fees and charges applied.

NO FEES
NO INTEREST

Am I eligible?

- *I hold a Health Care Card / Pension Card or earn less than \$57000 a year or couple / client with dependants \$75000
- *I have lived at my current or previous address for at least 3 months
- *I can show that I can afford to repay the loan

What can I use NILS for?

NILS Loans are available up to \$2000 essential goods and services including:



HOUSEHOLD
ITEMS



CAR REPAIRS &
REGISTRATION



MEDICAL &
DENTAL



TECHNOLOGY



FURNITURE



EDUCATION

Loans up to \$3000 available for:

- *Rates *Bond Loans / Rent
- *Conditions Apply



Good Shepherd
No Interest Loans

EMERGENCY CONTACTS

Lifeline - Counselling
Mensline - 1300 789 978
Kids Helpline - 1800 551 800
DV Connect Mens - 1800 600 636
DV Connect Womens - 1800 811 811

ROOM HIRE

Available for Room Hire
Meeting Rooms
+ Activity Room
Contact us for Pricing
on: 07 4169 8400

Graham House is funded by:



Good Shepherd
No Interest Loans



PO Box 136
MURGON QLD 4600
(07) 4169 8400
admin@grahamhouse.org.au
www.grahamhouse.org.au

SENIORS MONTHLY Morning Tea



WHEN: Last Tuesday of Month

TIME: From 10am

WHERE: Graham House Community Centre

The last Tuesday of the month we are
hosting an informal morning tea.

Learn, Laugh, Share +
Meet New Friends

Need Transport?

Ring us: 4169 8400 to book



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