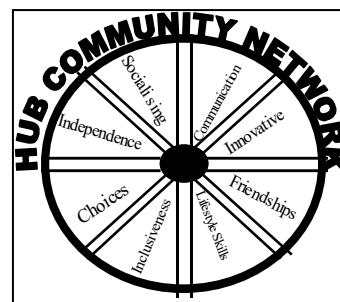
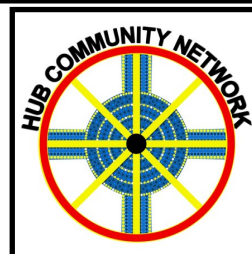


HUB BULLETIN



OCTOBER-DECEMBER 2022 ISSUE no. 63

Managers Report



Welcome to the 63rd Edition of the Hub Bulletin:

This is our final edition of the Bulletin for the year of 2022. I would like to take this opportunity to thank our Participants and their families for their significant efforts throughout the year. You have worked along with our Support Workers and have achieved many significant goals. I would also like to thank our Management Committee members as well as all members of our community, whether it be our colleagues in the Allied Health and medical sectors, other community organisations, local businesses and the community in general.

- Hub had our Mid Term Assessment Audit on the **3rd and 4th of November** which was conducted by HDAA. I am pleased to report that we were only advised of one minor non conformity. A special thank you to the Participants and Staff who were directly involved in the process. Other observations from the Auditor are being considered also.
- **Hub Is looking forward to commemorating the life of a remarkable local living legend in Nan Eva Collins from Cherbourg. Nan Eva is thought to be the oldest living person in Cherbourg presently. Born in 1922 in Charleville, Nan Eva was born into the Gungarri Tribe. Nan Eva was brought to Cherbourg aged nine in around 1931 where she lived in the girls dormitory for periods of time. On Thursday the 22nd of December celebrations were held at Ny Ku Byun for Nan Eva to celebrate her 100th birthday. We wish her all the best, and are proud to know such a special person.**

I hope you will enjoy this Editions reading.....Until Next time

, *Regards, Robyn.*

FUN FACTS:

Your fingernails grow faster when you are cold.

A typical cough is 60 km/h while a sneeze is often faster than 160 km/h.

Your feet typically produce 600ml of sweat every single day.

20% of all the oxygen you breathe is used by your brain.

MEALS ON WHEELS BREAK UP LUNCH



Pictured are **Anthony** and **Peter** at the Murgon Meals on Wheels Breakup/Xmas lunch which was held at the Royal Hotel in Murgon

on Monday the 14th Of November. Hub is pleased to support this valued volunteer organisation and the Elders of the community with this important service.

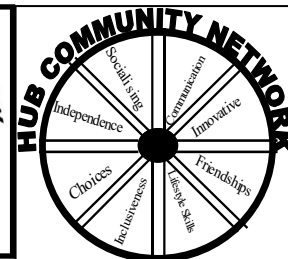
NY KU BYUN NEWS



The team at **Ny Ku Byun** have a wonderful initiative planned to purchase an aquarium for the facility.

This will have many benefits for the Residents and Staff. Pictured is **Scott** from Hub presenting a donation to Activities Officer **Kelly Hillier** towards this goal.

HUB NEWS PAGE



HOLIDAY TO MOLOOLABAH



From the 24th to the 28th of October **Aunty Dora** and **Ronald** (Pictured) were assisted on a holiday to Moloolabah for 5 days.

This coincided with a beautiful warm sunny week which was perfect for walks along the esplanade, sightseeing, dining out and drives.

The travelers also enjoyed going to the movies, a BBQ and more.

Hub holiday programs have continued for 21 years. These have included trips overseas to New Zealand, Pacific Island Cruise and The Cook Islands.

Interstate destinations have been: Melbourne, Sydney, Tasmania, Western Australia, Alice Springs and the Red Centre.

Qld locations have been popular.

GYM PROGRAM



Pictured is **Uncle Neil** who regularly spends time in the gym working on his strength, mobility and fitness. As well as the bench press, Uncle Neil enjoys leg

extensions, leg raises, shoulder press, stretching, exercise bike, mobility exercises and more.

SNAKE ALERT



We are now well into snake season and there have been many snakes seen on the move. The wetter weather has contributed to seemingly greater numbers this year. **Pictured** here is an Eastern Brown snake that decided to pay a visit to a Participants home. This was the second snake seen in this area in a matter of weeks. Of reasonable size, this one was at least 4 feet long.

Tips to minimize encounters: 1. Keep yards tidy, free from rubbish and regularly mown. 2. Keep screen doors closed. 3. Birds and mice and their feed attracts snakes. 4. When walking in bushy areas wear shoes & long pants.

SOCIAL OUTINGS CALENDAR

Social & community participation is an important part of life for all people. If you would like to attend any of the following outings please let the Hub office know:

Sat 21st Jan - Cinemas & lunch in Kingaroy—\$50

Sat 11th Feb -Swimming at Nanango & lunch out—\$40

Sat 25th Feb - Lunch at Dusty Hill—\$40

Sat 11th Mar - BBQ lunch at BP Dam—\$20

Sat 25th Mar - Wine & Food in the Park, Kingaroy—\$50

Participants are reminded to remember good hygiene. Masks are acceptable. If you are showing any signs of being unwell please do not request to attend the outing.

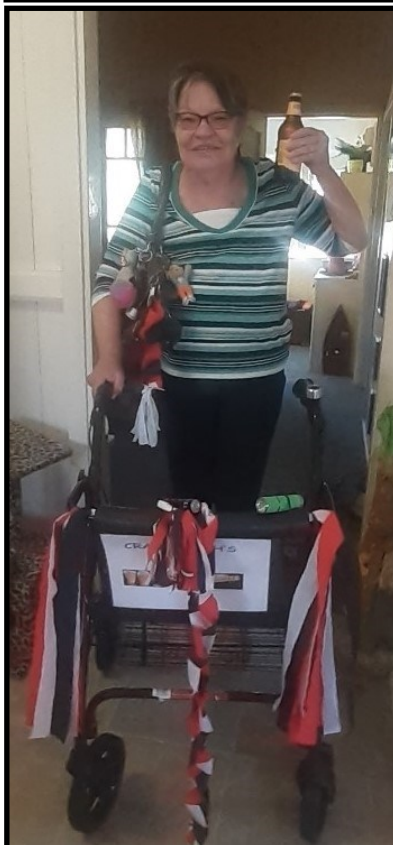
The outings are also subject to postponement or cancellation due to any changing circumstances.

Transport costs will be claimed through NDIS Plans or individually.



RECENT HUB ACTIVITIES

GRAND FINAL FEVER!



How did your footy team fare at the end of the season? Maybe you were one of the lucky ones who had a win in the Grand Final whether it be the NRL or the AFL.

If your team didn't make it, who did you get behind? Panthers or Eels in NRL, or Cats or Swans in the AFL?

Karen loves her footy and got in to the spirit on Grand Final day supporting the Penrith Panthers who came out on top in the end.

We can only hope the Broncos can do better one day.....maybe.

RATION SHED POTTERY



Lexie enjoys the opportunity to engage with her community and learn and develop new skills.

Visiting the Ration Shed regularly gives her the opportunity to join in with the pottery group and put her hands to some new and exciting creations.

Cherbourg pottery has always been very well regarded and now Lexie has been able to continue with this well known vocation.



HUB AGM HIGHLIGHTS

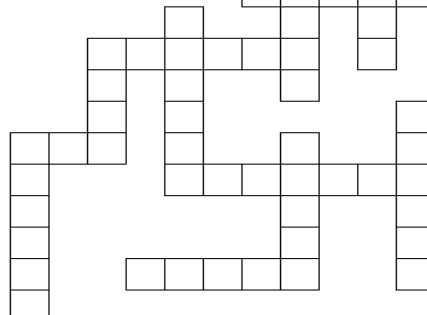
On the **27th of September** Hub's Service Manager and the Management Committee met for Hub's Annual General Meeting. Please note some of the main highlights presented:

Committee Members Elected: **Chairperson/President—Elaine Thompson; Vice President—Judy Bryant; Treasurer—Cecily Saunders; Secretary—Lorraine Goodchild.**

- **Strategic Plan 2022 to 2024 Reviewed and adopted.**
- **Risk Management Plan reviewed and adopted.**
- **Treasurers Report 1st July 2022 to 31st August 2022 presented and adopted.**
- **Service Managers report presented and adopted.**

Christmas Crossword

Make all the words fit into this crossword.
Each word is only used once.



JOY
LORD
MARY
JESUS
KINGS
GLORY
PEACE
JOSEPH
ANGELS
CHRIST
MANGER
SAVIOUR
SHEPHERDS
BETHLEHEM

Hub Community Network Inc. Service Manager: Robyn Graham

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FIND US ON FACEBOOK





HUB COMMUNITY NETWORK INC.

RECENT ACTIVITIES

From the **14th to the 23rd of October**, Hub Participants were assisted on an Annual Holiday to Bargara for a much needed break. Pictured are **Andrew, Sally and Tom** who enjoyed the time away from their usual routines to refresh and explore this part of the world. The Participants visited the Bert Hinkler Air Museum, walks along the beach and Marina, as well as shopping and dining out opportunities.

Owing to the good weather, food & company, the attendees came back happy



Mitchell lent a hand to the Wondai Wolves Cricket Club recently when he volunteered to assist with the some groundskeeping work which included mowing and whipper snipping. Mitchell's next goal might be to pull on the cricket whites to help out.



.Local music group *Rockin Our Abilities* held it's bi-annual concert on Thursday the 15th of December.

The skills of the group participants were showcased not only during the concert, but throughout the term. Well done to Sonia, Peter and all of the participants and volunteers!

Need to talk with someone?:

Lifeline: 131 114

Beyond Blue: 1300 224 636

Hub would like pay respects to first nations people past, present and future on this land we live and share as one.