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Hub Happenings

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 22 Qualtrough Street Woolloongabba, 4102
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Serving the community for 60 years

**A little message from your
 Transport and Activities
 Officers**



Hi Everyone,

Over the last few weeks there have been a few times when transport arrangements have become confused. We'd just like to remind everyone of our booking system and encourage all to please follow.

For those who attend every week, on the same day for the same activity, you need to call the office if you wish to cancel your pick-up so that it can be recorded in the diary. Please do not tell Kym or Peter if you will not be attending as they do not have access to the diary on the bus. They will not be taking any verbal messages so *please do not be offended if asked or reminded to call the office with your changes.*

If you have been away for any length of time, we will not assume you to be returning on a regular basis until you have contacted the office and advised us of your permanent return.

All other casual bookings and cancellations must be done through the office. Please do not call the bus mobile with your changes as this phone is only turned on when we are on the bus. Your message may be missed.

So in summary, all bookings and changes to bookings must be made through the office on 3391 8122. There is an answering machine should you call when no one is available or if you call outside of working hours.

Thank you so much for your co-operation,

Informed Consent - What does it mean in the healthcare setting?

It means that the health professional i.e., GP, Nurse, Physiotherapist, Podiatrist; has obtained your consent to undertake a procedure / treatment and you have been informed; clearly and in easy-to-understand language, of what is happening so that you can make the right decision. Choosing Wisely Australia suggests five questions to ask your Health Professional before giving consent.

Do I really need this test, treatment or procedure?

Tests may help you and your doctor or other health care provider determine the problem. Treatments, such as medicines, and procedures may help to treat it.

What are the risks?

Will there be side effects to the test or treatment? What are the chances of getting results that aren't accurate? Could that lead to more testing, additional treatments or another procedure?

Are there simpler, safer options?

Are there alternative options to treatment that could work. Lifestyle changes, such as eating healthier foods or exercising more, can be safe and effective options.

What happens if I don't do anything?

Ask if your condition might get worse — or better — if you don't have the test, treatment or procedure right away.

What are the costs?

Costs can be financial, emotional or a cost of your time. Where there is a cost to the community, is the cost reasonable or is there a cheaper alternative?

Adapted from material developed by Consumer Reports. Under license from the ABIM Foundation.

If you have any further questions, please make contact with me either 07 33918122 or coordinator@metrocommunityhub.org.au

Regards Lynelle

Reminder that if you are interested in attending any of our activities, we have vacancies. We also welcome new ideas /thoughts or discussion on what you would like to happen at the Hub. I am looking for people interested in exercise classes, either as a participant or as the trainer.



Booking policy: *bookings are essential.* All bookings and changes to go to the Office on 3391 8122.

Overview

Many changes have occurred in Australia since the establishment of the Australian Institute of Family Studies in 1980. This snapshot outlines some of the changes over the last four decades in when, how and where we work.



Key trends

For women, labour force participation rates have increased, with fewer women leaving the labour force, or taking time out of the labour force, when they have children.



Family employment patterns have shifted over recent decades away from that of a breadwinning father and stay-at-home mother.

More young people are pursuing further education, and many are juggling work and study.



It is still more common for mothers, than for fathers, to use flexible work arrangements to balance work and family responsibilities.



The COVID-19 pandemic has changed many aspects of work in 2020, with a sudden increase in unemployment and underemployment rates, and home-based work for all who were able to do their job from home. The full impact of COVID-19 on how we work is yet to be seen.

I am sure you can note the changes further back than 1980, so many questions to ask?
How old were you when you left school?
How old were you when you got your first job?
How much were you paid?
If you are a woman, did you have to give up your job when and if you got married?
Did you attend university?
What age did you work till?
The trends continue to change, some for the better and some not so. The biggest difference for me personally is how good we have all become at multi-tasking.... as life is so busy. Years ago, the only job I had to do on a Sunday was mow the lawn, now I have to have a coffee, go to the markets, prepare my food for the week, keep up to date with social media, delete my emails, take the dogs to the dog park, drive the car to the car wash and then relax. 😊

Birthday Wishes to you

Margaret D, Andrew D, Beryl E, Ester E, Marina F, Margaret K, Mollie Jean H, Ellen R, Ann T, Phillipa W, Raey W

July Birthstone – Ruby



July
LARKSPUR
Positivity
Charm
Potential
Good Intentions
Vivacity

Word Search 18

EIGHT-LETTER WORDS

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| <input type="checkbox"/> AARDVARK | <input type="checkbox"/> JUVENILE | <input type="checkbox"/> SHREWISH |
| <input type="checkbox"/> AUDITORY | <input type="checkbox"/> MANAGING | <input type="checkbox"/> SLEEPILY |
| <input type="checkbox"/> CHURLISH | <input type="checkbox"/> OSCULATE | <input type="checkbox"/> SPLOTCHY |
| <input type="checkbox"/> DISSOLVE | <input type="checkbox"/> PACIFISM | <input type="checkbox"/> THRILLER |
| <input type="checkbox"/> ENDORSED | <input type="checkbox"/> PERTNESS | <input type="checkbox"/> UPSTREAM |
| <input type="checkbox"/> FLAGRANT | <input type="checkbox"/> SCALDING | <input type="checkbox"/> ZEPPELIN |
| <input type="checkbox"/> HACIENDA | <input type="checkbox"/> SEVERITY | |

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D E S R O D N E Y P R B S V R
S K T V S C A L D I N G P E M
S H M S I F I C A P M X L H K
E C R D B P E M G A U L O F J
N X U E E V S V E N I B T S Z
T I S E W B A R L R S E C Y P
R O L G H I T K H O F A H R A
E S W E J S S T R J S Z Y O G
P C L V P E G H U A P S H T N
Y U I U F P M V Q W V R I I I
B L H A C I E N D A L D K D G
D A X U S N K Z B H K T R U A
U T W R I H S I L R U H C A N
H E F L A G R A N T F S M G A
S P E N O P S E V E R I T Y M

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