

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 22.09.2022

The Brighton Wellness Hub Provides a space for our community to access services, activities and information that support healthy living.

We provide a range of activities and services - most free, some with a small fee.

Our activities change regularly however information on how to achieve a healthy life is available daily.

The hub is open 8.30am - 4.00pm.

Welcome to this weeks update!

Please see the updated weekly schedules here:

[Brighton Wellness Hub - Community and Oral Health](#)

A friendly reminder there is no Social Group/Bowls this Thursday due to a private booking at the hub.

We have a public holiday coming up in October - the hub will be closed | 03.10.2022

## World Heart Day - 29.09.2022

Cardiovascular Disease (CVD) is accountable for nearly half of all Non-communicable disease deaths making In the world's number one killer.

World Hear Day is an opportunity for everyone to stop and consider how to best use their heart for humanity, for nature and for you.

This year the campaign is asking use to **USE HEART FOR EVERY HEART!**

The heart is the only organ you can hear and feel. It is the first and last sign of life. USE HEART, is asking us to think differently!

- To make the right decisions.
- To act with courage.
  - To help others.

Click below to find out more:

[Find out more >>](#)



**2X**  
**INCREASED RISK OF  
HEART ATTACK RESULTING  
FROM HIGH LEVELS OF  
PSYCHOLOGICAL STRESS**

USE ♥ FOR YOU



**WORLD  
HEART  
DAY**  
29 SEP

USE ♥ FOR EVERY ♥

#UseHeart | #WorldHeartDay  
WORLDHEARTDAY.ORG

IN PARTNERSHIP WITH



**Ryan's Rule** - have you been concerned that your or your loved one's health condition is getting worse and you feel you are not being heard?

Ryan Rule has been developed to support patients of any age, their families and carers to raise concerns if a patient's health condition is getting worse or not improving as well as expected whilst they are in hospital.

See below flyer for more information.

# Ryan's Rule

**for all patients, families and carers**

Use Ryan's Rule to get help when you are concerned about a patient in hospital who is getting worse, not doing as well as expected, or not improving.

**Who can call:** patients, families or carers.



Follow these steps to raise your concerns.

**Step 1**

Talk to a nurse or doctor about your concerns.

If you are not satisfied with the response.

**Step 2**

Talk to the nurse in charge of the shift.

If you are not satisfied with the response.

**Step 3**

Phone 13 Health (13 43 25 84) or ask a nurse and they will call on your behalf.

Request a Ryan's Rule Clinical Review and provide the following information:

- hospital name
- patient's name
- ward, bed number (if known)
- your contact number.

A Ryan's Rule nurse or doctor will review the patient and assist.

**If you have feedback or a complaint, please speak with the nurse in charge or ask for a feedback form.**

**For more information, speak with your nurse.**

v1.03 - 09/2021. We acknowledge ACT Government Health CARE resources. Photograph source: iStockphoto.



**Weekly Quiz:**

**9 Letter Word Game**

W	D	R
R	N	O
A	V	E

If you would like more information about the Brighton Wellness Hub

Please Contact our team:

Brighton Wellness Hub  
crn 19th Avenue and Hornibrook Highway, Brighton

Phone: 3631 7568