

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin 02.03.2023

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.

### What's New:

Good afternoon to you all,

For What's on @ the Brighton Wellness Hub head to our Web page:

[What's on @ the Brighton Wellness Hub - Click here](#)

**Please note that Friday's Short Course - You + Yoga has been cancelled until further notice. Should you have any question please call Claire 0403 316 187.**

## Coming up!

### Chair Yoga:

Tuesday and Thursday morning 8.00am - 9.00am \$5pp

### You + Yoga

Yoga @ the Hub - Absolute Beginner Class Tuesday 5.30pm – 6.30pm  
(8 week course) Starts **21.02.2023 - 11.04.2023**  
Cost \$10pp. Book in 3631 7869

Yoga @ the Hub - Flow Class (beginners/ intermediates)  
Tuesday 4.00pm – 5.00pm, **Starts 7.02.2023**  
Cost \$10pp. Book in 3631 7869

## Mandala Meditation

Bookings required \$10pp call Rachael 0415 820 150

Tuesday 5.30pm - 6.30pm dates:

- 11.04.2023
- 15.08.2023
- 24.10.2023
- 19.12.2023

Friday 4.00pm - 5.00pm dates:

- 14.04.2023
- 23.06.2023
- 18.08.2023
- 27.10.2023
- 22.12.2023

## Event Alert

World Hearing Day

@ the Brighton Wellness Hub

03.03.2023 | 10am - 2.00pm

Come along and see Hearing Australia for your annual hearing check.

Bookings are required, please ring the office to book you spot 3631 7568!

## Event Alert

### Advanced Care Planning Free Community Information Sessions

24th March, 2023

10.00am - 11.30am

@ the Brighton Wellness Hub



Come along and listen to our Community and Oral Health Services Social Work Team share their knowledge. Have all your questions answered.

[To get your ticket click here>](#)

## 2023 Hub Membership

As you all know each year we have you all resign to become a member here at the hub. Please click on the following link to submit your form.

If you need any help with this please come see one of us at the hub and we can assist.

please note: There is no cost to becoming a member of the hub. This information just helps us to keep you informed.

[Click her to fill in your details >>](#)

### Are you interested in becoming a Volunteer?

Community & Oral Health (COH) offers a broad range of quality community-based health-care and support services to help people improve and maintain their well-being and independence.

COH operates community health facilities across the Brisbane North region, from inner-city Red Hill to bayside Brighton.

The volunteer program manages Volunteers across the service.

Our Volunteers work alongside health-care staff to provide support, companionship and care for our clients, patients and residents and their loved ones.



### Volunteer with us:

Volunteers play an important role in helping us care for our patients and residents.

[Click here to complete a Expression of Interest >>](#)

## Your voice matters in health!

We are seeking current or past patients of Queensland Health who are interested in helping design and deliver better community services. You may also be a family or a carer of a patient/client who has or is using health services.

Become a Consumer Representative today and share your voice and help us improve current and future service development.

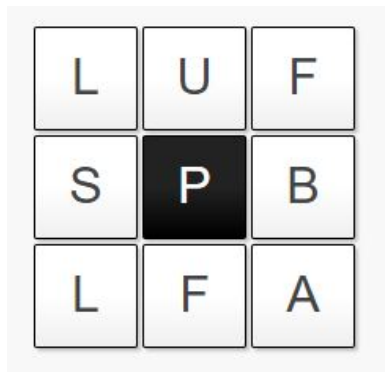
### Potential involvement opportunities:

- reviewing and providing feedback on draft brochures/flyers;
- being invited to community events;
- participating in workshops/focus groups; and
- many more opportunities to be involved in different engagement activities.

[Click her to fill in your details >>](#)

## 9 Letter word Game!

Can you guess this weeks 9 letter word?



**World Hearing Day - Friday March 3, 2023**

# A STEPWISE APPROACH TO CHECK EARS AND HEARING

**WHO SHOULD BE CHECKED:** Babies | Children | Adults | Older Adults



1

**STEP 1: ASK**  
Ask for ear pain, ear discharge, ringing in the ears and document it



2


**STEP 2: EXAMINE**  
Examine the ears\*

Normal ears	Wax in ear canal	Discharge (pus or fluid) in ear canal	Abnormal ear drum	Any other
	Remove* and re-examine or Refer		Treat or Refer	
Move to step 3				



3

**STEP 3: CHECK**  
Check hearing\*

< 6 months old	6 months - 3 years old	3 - 7 years old	7 - 18 years old	All adults (>18 years old)
Observe response to sounds	Do a Distraction test of hearing*	Do a Voice test*	Do a Whispered voice test*	 Check with hearWHOpro app*
Response ++: check again during next visit Response -: counsel and refer			<ul style="list-style-type: none"> <li>Score &gt; or equal to 3/6: check again next year</li> <li>Score &lt; 3/6: counsel and refer</li> </ul>	<ul style="list-style-type: none"> <li>Score &lt; 50: Counsel and refer</li> <li>Score &gt; 50: Check again in one year</li> </ul>

\* Refer WHO Primary ear and hearing care training manual for details

## REMEMBER!

Over 60% of ear and hearing problems can be addressed at the primary level



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  
Email: [COH-Engagement@health.qld.gov.au](mailto:COH-Engagement@health.qld.gov.au)  
Web: [Brighton Wellness Hub - Community and Oral Health](#)