

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 24.03.2023

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](#)

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**

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

Brighton Wellness Hub - "Walking Football" Coming Soon!

Our Lovely volunteers, will share their passion for walking football with you.
Come along and join in the fun of a Friendly game.
More details to come - Stay tuned!!!!



Need a JP?

A new JPs in the Community signing site is opening at the Brighton Wellness Hub!!!!

When: Commencing on Monday, 20 March 2023

(fortnightly 1st and 3rd Monday of each month).

Times: 10.30 am – 11.30 am

Where: Brighton Wellness Hub, Brighton

No appointment is necessary.

This is a walk-in service.

While you wait to be seen by our friendly JP volunteer, please enjoy a complimentary tea and coffee at the Hub!!

If this JPs in the Community signing site is closed, please

scan the QR code or visit: www.qld.gov.au/jps site and the hours of operation.



We need your feedback!

Every year we undertake a survey with our members that helps us evaluate how our Hub benefits (or not) the people who use our services.

It is that time of year again!
We truly value your input and hope you will complete the survey.

Please click on the link [Hub-Evaluation-2023 Survey](#) or the QR code and complete the survey online. If you have done this evaluation survey with us before, you will have a unique code that includes the last 3 letters of your surname and the day and month of your birthday. Please use that code again when completing the survey. If you are new to the survey, then you will be asked to create a unique code. This code is a way for us to compare data from previous years without identifying you in any way.

As a thank you, we have Seniors GO Cards with \$10 credit pre-loaded, for 40 completed surveys. Once you have completed and submitted your survey, come into the Hub to collect your Go Card. You will be asked a question that has the answer at the end of the survey, in exchange for the card.

Advanced Care Planning

Today we held our Advance Care Planning session at the Brighton Wellness Hub.

We would like to take this opportunity to thank you for coming along and also thank the lovely Jamuna (Community and Oral Health - Senior Social Worker) for coming along and sharing with us, all her extensive knowledge of Advanced Care Planning.



Advanced care planning is the process of thinking about and communicating your preferences for future health care. Advanced care plans are used in situations where you are unable to speak for

yourself.

We have set up a table in the hub, with some resources that were discussed in today's session. Please feel free to take next time you are in at the hub.

If you missed this session but would like us to hold another one here at the hub, please come see us in the office and let us know.

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 here to fill in your details >>](#)

9 Letter word Game!

Can you guess this weeks 9 letter word?

M	N	G
A	I	P
N	E	L



Lost property

We have had some items left behind at the Hub. If they belong to you, could you please see a staff

member to collect?

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

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