

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 06.04.2023

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!

Meditation

Bookings required \$10pp call Rachel 0415 820 150

Tuesday 5.30pm - 6.30pm dates:

- 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

Brighton Wellness Hub - Walking Football:

Look what got set up today!!!!



Whilst we are not quite ready yet, we are working on it.

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.



Needle and Hooks Knitting and Crochet Group

Did you know that the Needle and Hooks, knitting and crochet group donate blankets to our clients, residents and patients.

This group of ladies and some of their family and friends, spend hours and hours of their time creating beautiful blankets to gift to people in need.

Here is some feedback we received from a staff member who gave one of the lovely handmade blankets to a 99-year-old client of our service.

The Client was thrilled and said - " they're an inspiration, - there are a lot of good people in this world".

This picture below, is one of our services receiving a handmade blanket to gift someone for Easter!



We would like to take this opportunity to thank the ladies of the Needle and Hooks, knitting and crochet group for all of their hard work.

We, the staff and clients/ residents/ patients of our services really appreciate all of your hard work.



Stakeholder Engagement

This week we held a Stakeholder Forum here at the Brighton Wellness Hub, with local organisations to see how we can work together to better support our community.



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 >>](#)

Happy Easter from the Hub!

We hope you all have a safe and wonderful easter with your family and friends.

A friendly reminder that we are closed 07.04.2023 and 10.04.2023.

**Some of our members decided to have an Easter parade.
Take a look at their Easter Bonnet's!**



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](#)