

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin 13.04.2023

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,

Please note, Claire will be on leave for the next 2 weeks. We hope Claire Enjoys the well-earned break.

Armchair Yoga Tuesday and Thursday is cancelled this week.

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:

- 23.06.2023
- 18.08.2023
- 27.10.2023
- 22.12.2023

## Brighton Wellness Hub - Walking Football:



# Walking Football

Social Group

- Come along to the hub and have some fun while playing walking football.
- Our Friendly Volunteers will share with you their passion and knowledge.

**When:** Every Wednesday commencing 19<sup>th</sup> April

**Time:** 3.30pm – 5.30pm

**Where:** Brighton Wellness Hub

(Cnr Nineteenth Ave and Hornibrook Highway,  
Brighton, 4017)

**Please call Katie  
if you have any questions 3631 7568**

**All welcome to attend!**

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# 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 1<sup>st</sup> and 3<sup>rd</sup> 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](http://www.qld.gov.au/jps) site and the hours of operation.



## Needle and Hooks Knitting and Crochet Group

This week we received a thank you from one of our Services; here is what they had to say to the Needle and Hooks Knitting and Crochet Group:

*" On behalf of myself and our patients I would like to say a massive thank you to the lovely group of ladies who kindly made and donated the blankets.*

*Over the past few weeks, I have run colouring competition sessions. During these sessions I have never known the patients be so quiet!!!!*

*I put up all the pictures in the corridor - everyone has loved seeing the colourful pictures.*

*I have attached a photo of lady who won the colouring competition and her winning picture. The patient started off colouring with her left hand as her right hand was in a cast (she is right-handed). She has now progressed to using her right hand with a splint. She was really thrilled to win the competition and she really appreciated the gift.*

*The second blanket was won by another lady, I did a bed draw for all the patients with us and her room number was pulled out. She was really pleased with her kind gift."*



## Your Guide to Metro North Oral Health Services



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## Metro North Oral Health Services

### 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 >>](#)

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](#)