

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 04.05.2023

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 morning to you all,

I hope you have all had a good week.

Just a slight amendment to the Meditation classes the message should have said **first Friday** of the month. The first one will be this [Friday with Rachel May 5th 2023 - 4.00pm - 4.45pm](#) please call Rachel to book your spot!

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 or book online <https://livingmindfully.au/classes>

Held on the First Friday 4.00pm - 4.45pm

- - May 5th

- o June 2nd
- o July 7th
- o August 4th
- o September 1st
- o October 6th
- o November 3rd
- o December 1st

Event Alert

Brisbane City Council – GOLD Program

Wednesday 7th June 2023 – Cooking for a Healthy Gut

Did you know that eating 3 serves of wholegrains a day can reduce the risk of bowel cancer by 17%? Our dietitian will show you easy and healthy high fibre recipes to keep your gut healthy.

Time: 10am – 11:30am

Location: Brighton Wellness Hub – Nineteenth Avenue, Brighton

Cost: \$5

Please note bookings open 10th May 2023.

Cooking Workshop with Nutrition Australia Qld

GOLD Cooking for a Healthy Gut



Wednesday 7th June 2023
10am - 11:30am

Join us in this hands on workshop and create healthy high fibre recipes to keep your gut healthy.

Location: Brighton Wellness Hub
Cost: \$5

Bookings are essential. Open to Brisbane senior residents.
Please register online at
<https://trialtriv.napnutrition.org/programs/gold/>

This cooking workshop is proudly supported by Brisbane City Council's Active and Healthy team.

Find out more >>

Seniors Financial Rights - Free Community Information session

TOMORROW!!

It is not too late to book - please call the office 3631 7568.

Presented by Caxton Legal Centre INC, come along to the Brighton Wellness Hub and learn about your rights!

When: **5th May 2023**

Where: Brighton Wellness Hub

Time: 10.00am – 11.30am

To book your spot please click here: <https://www.eventbrite.com.au/e/senior-financial-rights-free-health-information-session-tickets-595425442527> or call Katie 3631 7568



BRIGHTON WELLNESS HUB

Seniors Financial Rights

Free Community Information Sessions

- Wills * Enduring Power of Attorney
- * Advance Health Directive * Loaning money

When: **Friday 5 May**

Time: **10am – 11.30am**

Where: **Brighton Wellness Hub**

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

Tickets: [Senior Financial Right - Caxton Legal Centre - Tickets here](#)

OR CLICK HERE 



Please call Katie if you have any questions 3631 7568

All welcome to attend!

caxton
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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 19th 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 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.



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

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