# 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 <u>first Friday</u> of the month. The first one will be this <u>Friday with Rachel May 5th 2023 - 4.00pm - 4.45pm</u> 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

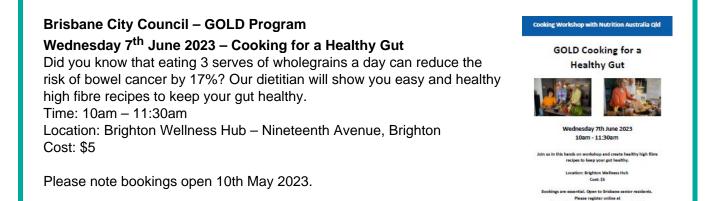
Bookings required \$10pp call Rachel 0415 820 150 or book online<u>https://livingmindfully.au/classes</u>

Held on the First Friday 4.00pm - 4.45pm

May 5<sup>th</sup>

- June 2<sup>nd</sup>
- July 7th
- August 4<sup>th</sup>
- September 1st
- October 6<sup>th</sup>
- November 3<sup>rd</sup>
- December 1st

# **Event Alert**



### **Seniors Financial Rights - Free Community Information session**

Find out more >>

#### 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: <u>https://www.eventbrite.com.au/e/senior-financial-rights-free-health-information-session-tickets-595425442527</u> or call Katie 3631 7568



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 AprilTime:3.30pm – 5.30pmWhere: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!

Metro North Health **Queensland** Government



# 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 site and the hours of operation.





# Your Guide to Metro North Oral Health Services



Metro North Health



# **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.

#### <u>Volunteer with us:</u>

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.

#### Potentital invovlment opportunties:

- 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.



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: <u>Brighton Wellness Hub - Community and Oral Health</u>