

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 12.05.2023

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.

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

National Volunteer Week (NVW) is Australia's largest annual celebration of volunteering and will be held on 15 – 21 May 2023.

2023 theme for National Volunteer Week is The Change Makers.

The Brighton Wellness Hub, we would like to take this opportunity to thank our wonderful group of Volunteers.

We have set up a little area of appreciation, that will be in the hub 15.05.2023 - 21.05.2023.

Please take the time to have a look at some of the special moments here at the hub and if you can please write a little thank you to them.

Feel free to write whatever you may like, I have no doubt they will appreciate it!

Thank you to our Volunteering team at the Brighton Wellness Hub.



NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

From all of us @ the Brighton Wellness Hub

We would like to thank all of our
wonderful Volunteers.

Without all of you,
the hub would not be what it is.

We are forever grateful for
everything you do.

volunteeringaustralia.org

National Volunteer Week 2023 Sponsors

AON



Supported by the Australian Government Department of Social Services

What's New:

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

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

Booking now open!

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://training.naonutrition.org/courses/gold/>

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

Find out more >>

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!

Metro North
Health



Queensland
Government



Need a JP?

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

Every Monday

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



Queensland
Government

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](#)