

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 02.06.2023

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.

We would like to also take this opportunity to thank Brian from our Walking football group who has kindly taken it upon himself to revamp our Flagged post for the green area. Your kindness is much appreciated by everyone here at the hub Brian.



## 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](#)

Please remember to check the weekly schedules on the webpage as they have the full details of what's on @ the Brighton Wellness Hub.

We would also like to remind everyone who visits the hub that whilst we are able to provide biscuits, tea, coffee and occasionally some other items, it is very important to see a staff member before you take any items off site.

This week we had an incident at the hub where there were some items taken, which were not intended to be taken home by community members.

If you are unsure in any way, please come and speak to one of our friendly staff here at the hub.

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





## Event Alert

### Brisbane City Council – GOLD Program

#### Wednesday 7<sup>th</sup> 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

Fully booked - you can still add your name to the waitlist if you like.

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.napnutrition.org/courses/egld/>

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

Find out more >>

# Event Alert

## Free Choir Performance - come and sing along

U3A Pine Rivers – Sophisticated Folk

- When: 15.06.2023
- Where: Brighton Wellness Hub
- Time: 10.00am

To book your spot please call Katie 3631 7568



# Event Alert

## Free Community Information Session

Come along to the Brighton Wellness Hub and hear from Sergeant Kerry McKay about:

- Scams, preying on older persons – latest scams and what to do if you find yourself a victim of this
- What is Domestic & Family Violence and how does effect vulnerable and older people
- What is elder abuse and who is committing this – family
- Finding yourself or a friend in an unsafe situation, who can help
- Enduring power of attorney – ensuring the person you nominate does not take advantage of your wishes.

- When: 21.06.2023
- Where: Brighton Wellness Hub
- Time: 10.00am – 11.30am

To book your spot please click here: <https://www.eventbrite.com.au/e/domestic-and-family-violence-elder-abuse-tickets-641037379057>





# 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 here 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](#)