COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - Tai Chi Cancelled 16.06.2023

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.

Important notice - Tai Chi is cancelled tomorrow 16.06.2023 as the instructor is unwell.

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.

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

- July 7th
- August 4th
- September 1st

- October 6th
- November 3rd
- December 1st

Event Alert

Free Community Information Session

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

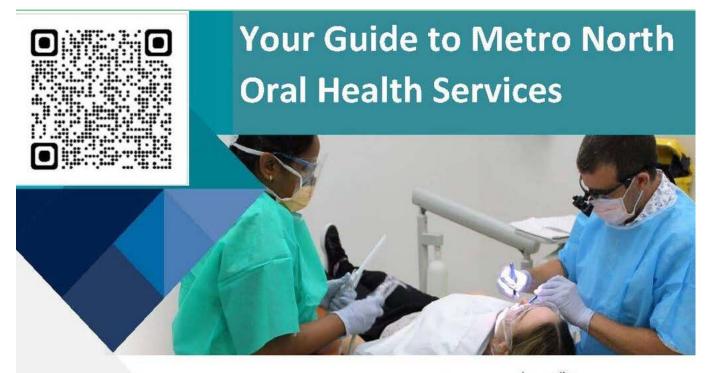
- Scams, preying on older persons latest scams and what to do if you find yourself a victim of this
- What is Domestic & Family Violence and how does effect vulnerable and older people
- What is elder abuse and who is committing this family
- Finding yourself or a friend in an unsafe situation, who can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



• When: 21.06.2023

Where: Brighton Wellness HubTime: 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







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.

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.

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