

# 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 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

### 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>



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When: 21.06.2023  
Time: 10.00am – 11.30am  
Where: Brighton Wellness Hub  
(Cnr Hinemerech Ave, Brighton 4017)  
Call Katie for more information, to book your seat use the QR Code →





# 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](#)