

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - 19.06.2023

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 - **A friendly reminder that Armchair yoga is cancelled 20.06.2023**

## 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>

- o September 1<sup>st</sup>
- o October 6<sup>th</sup>
- o November 3<sup>rd</sup>
- o December 1<sup>st</sup>
- o

**Don't forget that Hearing Australia  
are visiting the hub every Thursday in June  
Feel free to pop in and have your hearing checked.  
9.00am - 12.00pm.**

## Event Alert - Reminder This Wednesday

### 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>

Or call Katie 3631 7568



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When: 21.06.2023  
Time: 10.00am – 11.30am  
Where: Brighton Wellness Hub  
(21 Minsterbush Ave, Brighton-4017)

Call Katie for more information, to book your spot use the QR Code




## Sophisticated Folk - Choir performance @ the Hub

Thank you to everyone who came along to the Brighton Wellness Hub last Friday to see the return of U3A Pine Rivers "Sophisticated Folk".

I think you all would agree that they were fantastic, even our neighbours across the road thought they sounded amazing!



Thank you to all the performers for volunteering their time to share their voices with us all.

I would also like to thank our other facilities Gannet House and Zillmere for being able to get some of the Clients, Residents of our services to the show, it was great to see them all enjoying it whether it be here at the Hub or online.



## 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](#)