

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 16.08.2023

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.

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. Or please call Katie 3631 7568 if you have any questions.

Just a reminder to everyone walking football is cancelled today.

Important date reminders for August:

As some of you may know Claire will be on leave in August. We have a lovely lady by the name of Rachel joining our team. Rachel will be with us 18.08.2023 - 01.09.2023.

- **Cancelled 22.08.2023 & 29.08.2023** - Armchair yoga
- **Cancelled 29.08.2023** - Lawn Bowls and Community catch up

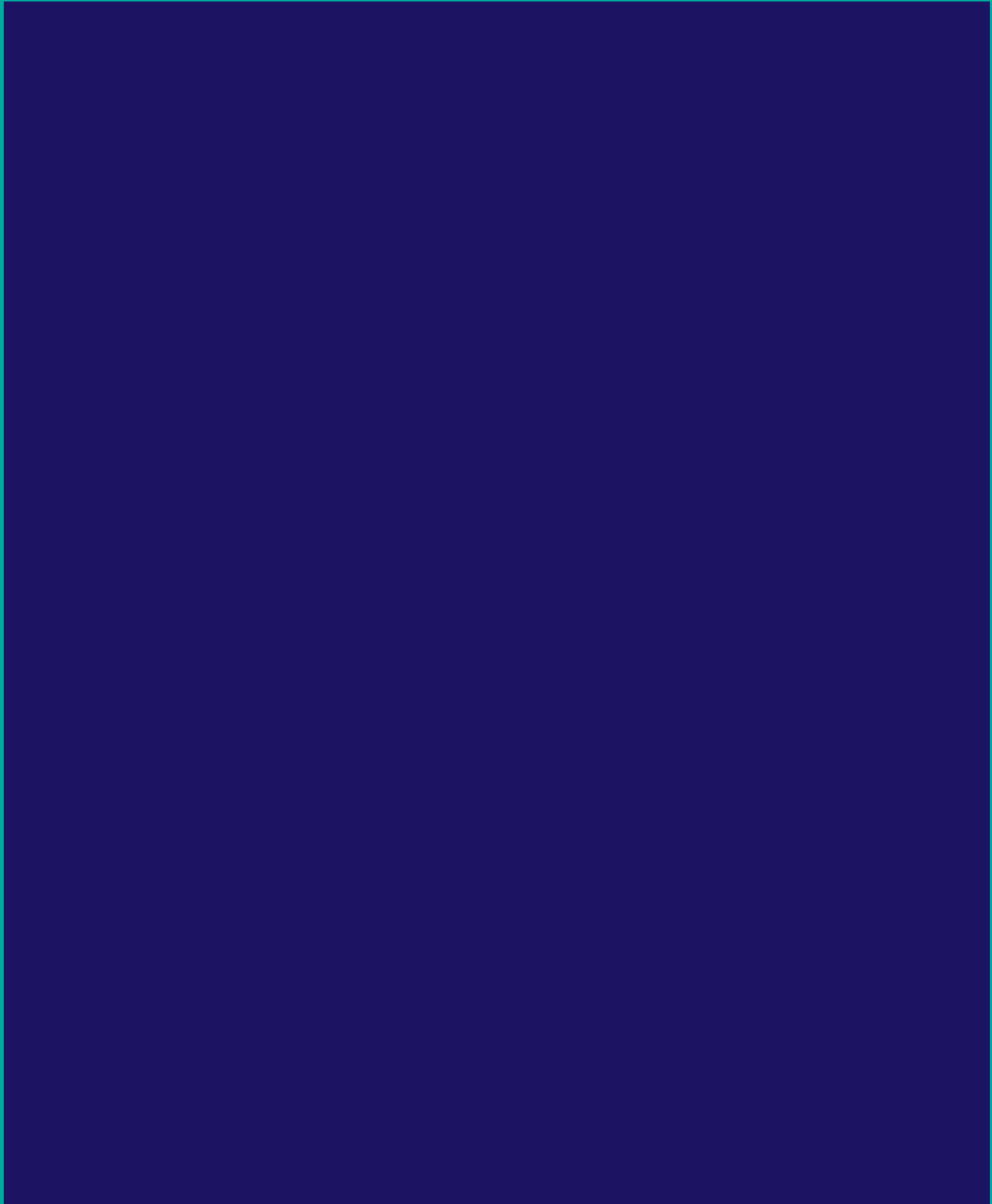
Coming up!

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

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





BRIGHTON WELLNESS HUB

Free Community Health Information Session

Brain Injuries -

How can your local NDIS Partner in the Community provide support?

When: Friday 25 August, 2023

Time: 10am – 11.30am

Where: Brighton Wellness Hub

(Cnr Nineteenth Ave and Hornibrook Highway,
Brighton, 4017)

Tickets: [Tickets : Eventbrite Carers QLD Brain Injuries | Brighton Wellness Hub](#)

OR HERE



Please call Katie if you have any questions 3631 7568

All welcome to attend.



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Delivering the NDIS in your community



BRIGHTON WELLNESS HUB

Card Making Class with Anne@the hub!

This is a free class, that will be led by Anne who has kindly made a card making kit for attendees.

Bookings **are required** as spots are limited.
Please call Katie 3631 7568

When: **24th August, 2023**

Time: **9am – 11.00am**

Where: **Brighton Wellness Hub**

(Cnr Nineteenth Ave and Hornibrook Highway,
Brighton, 4017)

All Welcomed.

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Line Dancing

Come join in the Line Dancing Fun with Janene!

When: Monday
Time: 8.45am - 9.45am
Cost: \$10pp



Armchair Yoga

Did you know that we have Armchair Yoga @ the Brighton Wellness Hub?

When: Tuesday and Thursday Morning
Time 8.00am - 9.00am
Cost \$5pp



Feel free to come and try it out!

Walking Football

Come join in the fun!!!

When: Wednesday
Time 3.00pm - 5.30pm
Cost - FREE



Feel free to come and try it out!

Tai Chi

Tai Chi with Jan!

When: Friday
Time: 8.30am - 9.30am
Cost: \$10pp


Regular practice can increase flexibility and strength and improve cardiovascular fitness.

The emphasis on correct posture means that tai chi can instil a greater awareness of the body and ow it moves through space. Tai Chi is also a

form of meditation.

BRIGHTON WELLNESS HUB

Tai Chi Qigong
– for the mind & body




When: Friday mornings (commencing 28 January)
Time: 8.30am – 9.30am
Where: Brighton Wellness Hub
(Westleigh Ave, Brighton 4012)
Cost: \$10 per person

There are no special clothing or footwear requirements other than comfortable ones for gentle standing exercise.

For more information please call Katie 3631 7568 or visit <https://metro.north.health.qld.gov.au/community/locations/brighton-wellness-hub>

All welcome to attend.



Your Guide to Metro North Oral Health Services



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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.

Click This link: [Partner with us - Consumer Expression of Interest Form - Community and Oral Health](#)

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](#)