

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 28.08.2023

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:

Good afternoon,

We hope you have all had a wonderful weekend.

Thank you for being part of the Brighton Wellness Hub and helping us create a community space that is valued by many. We ask that when using the hub, that you please be respectful of others and use polite language.

Thank you for helping create a community space that is safe and welcoming for everyone.

We would like to also take this opportunity to say a big **THANK YOU** to Rachel.

As some of you may know, Rachel has been our manager whilst Claire has been on leave.

Rachel was a wonderful addition to our team, and I am sure Leanne will agree with me, it has been fantastic getting to work with Rachel.

Thank you, Rachel, for all of your help over these last few weeks.

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.

Quick reminder:

- Cancelled 29.08.2023 - chair yoga and Flow class yoga.
- Cancelled 29.08.2023 - Lawn bowls and Community catch up.

Important date reminders for September:

- Chair Yoga - **Cancelled 26.09.2023.**
- Lawn Bowls/Community Catch up - Cancelled **28.09.2023.**

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

Brain Injuries - How can local NDIS partner in the community provide support?



Last week on Friday 25 August we had Carers QLD come to the hub and present to our community.

It was great to see so many new faces.

Overall, the feedback received from attendees, was positive with one person stating:

" The session was very informative and will help lots of participants with their brain injury."

Thank you to Patrice and to everyone who came along to the hub for this session.

Card Making Class with Anne:



The Card Making Class with Anne was a real hit!

On Thursday 24th August we had Anne attend the Brighton Wellness Hub to share her love of card making with our members. Safe to say everyone really enjoyed themselves as they have asked for more classes to be held.

Thank you to Anne and everyone who came along to this Class.

Stay tuned for our next class date!



BRIGHTON WELLNESS HUB

Food for Thought; The Mediterranean Diet.

As part of Dementia Action week we would like to invite you to come along to the Brighton Wellness Hub and hear from one of Community and Oral Health Dietitians. Lisa will be providing some education along with a FREE cooking demonstration.

When: **22nd September 2023**
Time: **10am – 11.30am**
Where: **Brighton Wellness Hub**
(Cnr Nineteenth Ave and Hornibrook Highway,
Brighton, 4017)
Tickets: [Free Community Health Information Session/Workshop tickets](#)

OR CLICK HERE



FREE

All welcome to attend. Please call Katie 3631 7568 if you need assistance to book in.

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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
(Woolerath Ave, Brighton 4017)
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://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>

All welcome to attend.



Community & Oral Health

Peer support for our **LGBTIQA+ Community**

RAINBOW ROOM

Supporting our diverse community



Have you seen the Rainbow Room at the Brighton Wellness Hub?

The Rainbow Room provides access to Peers with Lived Experience from the LGBTIQA+ community, to support staff and consumers with education, resources, and navigation to relevant services for social and emotional care.

The service provides consumers with the opportunity to speak with a peer on issues that will assist them to have an improved health journey in Community and Oral Health

It also provides an opportunity for staff to speak to a person from our LGBTIQA+ community, with lived experience of our health service, to seek advice, guidance and recommendations for navigation to other services that will support our consumers.

The Rainbow Room is open Monday 2.00pm - 4.00pm feel free to drop in, Call 3631 7447 or use the QR Code to submit your referral.

Community & Oral Health Services
- Rainbow Room





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](#)