

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 28.09.2023

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 great week so far.

Firstly I would like to take the opportunity to *Welcome* our new Brighton Wellness Hub Volunteer Amanda!

Amanda will be Volunteering at the Brighton Wellness Hub Monday's and Thursday's.

Amanda had her first day here at the Hub with us on Monday 25th September and did amazingly well.

Thank you for joining the Brighton Wellness Hub team
Amanda, I am sure you will love the Hub and our members.



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.

Important date reminders for October

- Monday 2nd October is a Public Holiday the hub will be **closed**.
- **Cancelled** Wednesday 18th October Walking Football.
- **cancelled** Thursday 26th October Lawn Bowls and Community Catch.
- **cancelled** Tuesday 24th October Chair Yoga.

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

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

Advanced Care Planning:

Free community Information session - 11th October, 10.00am - 11.30am

Card Making Class with Anne:

Free card making class with Anne - 19th October 9.30am - 11.30am

A word From the Rainbow Room:

LGBTIQ+ Peer Supporter Program

Have you heard of the Genderbread person?

The Genderbread person was created to help people understand the complexity of gender.

It talks about:

- Gender Identity
- Gender Expression
- Biological Sex
- Sexually/Romantically Attractions.

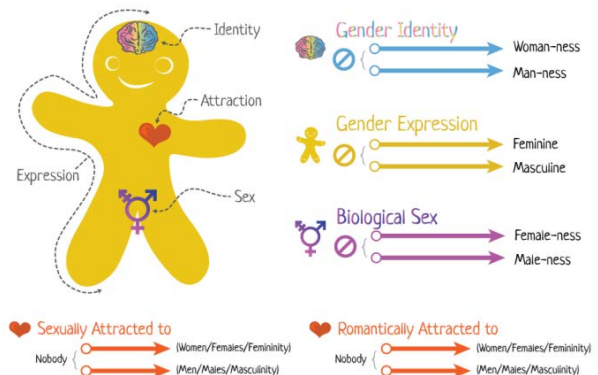
Our Peer Support Eli would like to share his personal experience as a Genderbread person:

I was born a female which means my body showed female anatomy. From the age of 2 years old my identity told me that I was a boy.

My attraction was heterosexual (sexually or romantically attracted to people of the opposite sex).

Later in life I began to understand that I was transgender as my identity always remained as a male.

This is when I began my journey to transgender to a male from Female; taking male hormones, having



chest re-construction surgery.

I now realise that my sexuality is; Asexual. I personally need quality in a relationship before the sexually intimacy become important.

I would like to take this opportunity to thank Eli for sharing your personal experience with us all.

If any one has any questions they would like to ask our LGBTIQ+ Peer Supporters please feel free to call or drop into the Rainbow Room Monday between 2.00pm - 4.00pm Ph: 3631 7577

Line Dancing

Come join in the Line Dancing Fun with Janene!

Janene is taking a break over the school holidays but our practice group will still run.

When: Monday

Time: 8.45am - 9.45am

Cost: N/A (practice group)



Armchair Yoga

Did you know that we have chair 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!

Please note Tai Chi is taking a break for the school holidays. Jan will be back 06.10.2023.

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
(Ninesmith 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://metro.north.health.qld.gov.au/community/locations/brighton-wellness-hub>

All welcome to attend.

Metro North Health Queensland Government

Event Alert October:



BRIGHTON WELLNESS HUB

Advanced Care Planning

Free Community Information Sessions

Community & Oral Health, Social Work Team will be presenting
Advanced Care Planning – Everything you need to know

When: **11 October 2023**

Time: **10am – 11.30am**

Where: **Brighton Wellness Hub**

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

Tickets: **Advanced Care Planning
Community Information Session**

Eventbrite

OR CLICK HERE 



Please call Katie if you have any questions 3631 7568

All welcome to attend!

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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: **19th October 2023**
Time: **9.45am – 11.30am**
Where: **Brighton Wellness Hub**
(Cnr Nineteenth Ave and Hornibrook Highway,
Brighton, 4017)

All Welcomed.

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Photo's @ the Brighton Wellness Hub

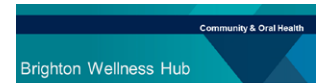
As you all know we love a good photo opportunity here at the hub. It helps us to showcase all the great activities we have here at the hub for our community.

This is just a friendly reminder that should you see a great photo opportunity or like a photo taken, please come see Claire, Leanne or myself. We can then take the photo and ensure that a photo consent form has been completed.

You will also see that I have put up some new signage this week at the hub.

This is so that everyone is aware and knows that they are not to take photos or films at the Brighton Wellness Hub without ensuring they have had consent.

If you have any question please come and see me and we can discuss further.



No Filming or Photography



Filming or photographing other patients/clients or hospital staff without permission is prohibited by law.



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.

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](#)