

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - 20th October 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.

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.

We would like to take this opportunity to introduce our newest Volunteer here at the Hub, Shashi.

Welcome Shashi!

Shashi joined our Brighton Wellness Hub Volunteer Program on the 9th October, 2023.

I am sure everyone who has met Shashi can see what a great addition he is to the hub already. Thankyou Shashi for joining our team.



Important date reminders for October

- **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

- November 3rd
- December 1st

Dementia Australia - Carer Wellness Program

Dementia Australia is delivering the following free public education programs in the Sandgate area in October:

Carer Wellness Program –
When: Tuesday, 24 October 2023
Where: Sandgate Town Hall.
Time: 9.30 am - 3.00 pm

Bookings are required please call
1800 588 699

This group session is designed to support positive health and wellbeing outcomes for a carer, family or friend of a person living with dementia.



Supported by:



Carer Wellness Program
Tuesday 24 October 2023

This one day group session is designed to inform strategies to support positive health and wellbeing outcomes for a carer, family or friend of a person living with dementia.

Participants will be empowered to build self-care skills which improve quality of life in a caring role. An individual follow up session will be offered to review progress in achieving your goals.

You will gain knowledge in:

- dementia and its impact on your wellbeing
- strategies to improve and maintain your health and wellbeing
- how to access appropriate services and support.

Suitable for:

- Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.

When: Tuesday 24 October 23
9:30 - 3:00pm (5.5 hours)

Where: Sandgate

Cost: Free

Additional information:
Bookings are essential. Register via Eventbrite URL below or contact us:
Phone: 1800 588 699
https://CWP_SG_OCT.eventbrite.com.au

This program is funded by the Carer Gateway

Find out more >>

Dementia Australia - Upcoming Community Programs.

Dementia Australia is delivering the following free public education programs in the Sandgate area in October:

EDIE for Family Carers –

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EDIE for Family Carers Sandgate

Wednesday 25 October 23

This session enhances knowledge of dementia through virtual reality technology that allows participants to see the world through the eyes of a person living with dementia.

You will gain knowledge in:

- the perspective and needs of a person living with dementia
- effective communication
- environmental changes to support a person to live well with dementia

Suitable for: Family carers and family members of people living with dementia. This session is not suitable for professionals employed in the health or aged care sectors.



When: Wednesday 25 October 23
9:30am-1:30pm, 4hours

Where: Sandgate

Cost: Free

Additional information:
Bookings are essential

Find out more

Please contact National Dementia Program Team on 1800 588 699 or email qld.booking@dementia.org.au
Book on: https://EDIE_SG_OCTeventbrite.com.au

This program is funded by the Carer Gateway

When: Wednesday, 25 October 2023
Where: Brighton Wellness Hub
Time: 9.30 am - 1.30 pm
bookings are required please call
1800 588 699

This session enhances knowledge of dementia through virtual reality technology that allows participants to see the world through the eyes of a person living with dementia.

Find out more >>



Your Guide to Metro North Oral Health Services



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](#)