

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - 1 November 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.

Important date reminders for November

November is a busy month please see important updates below:

- Card Making Class with Anne, 23rd November 9.30 am - 11.30 am
- Family and Domestic Violence Awareness Expo 29th November 2023 10.00 am - 12.00 pm
- **Cancelled** - 30th November Community catch up and lawn bowls
- **Cancelled** - 28 November - 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

Hub Christmas Closure:

Please note, the hub will be closing the 11th of December 2023 and reopening the 29th of January 2023.

Our Brighton Wellness Hub Christmas Party will be the 11 December 2023. Please collect your Invitation from the front desk.

Advanced Care Planning

On the 11th October we held out Advanced Care planning FREE Community Health Session.

We would like to take this opportunity to thank Jamuna for her time in providing us all with some very important information around Advanced Care Planning.



We had 15 people attend in total and everyone provided some really positive feedback about this session. Thank you all for your time.



A word from the Rainbow Room:

Gender Pronouns

First, let's start off with the most frequently asked questions about Personal Gender Pronouns (PGPs).

What is a pronoun?

A pronoun is a word that refers to either the people talking ("I" or "you") or someone or something that is being talked about (like "she", "it", "them", and "this").

Gender pronouns (he/she/they) specifically refer to the person you are referring to.



What if I make a mistake?

It's okay! Everyone slips up from time to time. The best thing to do if you use the wrong pronoun for someone is to say something right away, like "Sorry, I meant (insert pronoun)".

If you realize your mistake after the fact, apologize in private and move on.

How do I ask someone what pronouns they use?

Try asking: "What pronouns do you use?" or "Can you remind me what pronouns you use?" It can feel awkward at first, but it is not half as awkward as making a hurtful assumption

Why is it important to respect people's pronouns?

You can't always know what someone's pronouns are by looking at them. Asking and correctly using someone's pronouns is one of the most basic ways to show your respect for their gender identity.

When someone is referred to with the wrong pronoun, it can make them feel disrespected, invalidated, dismissed, alienated, or dysphoric.

What are some commonly used pronouns?

She/her and he/him are a few commonly used pronouns.

There are also lots of other pronouns in use, some of them more gender neutral. Eg. They/them.

Purposefully misgendering (using the wrong pronouns, ignoring someone's pronouns in use, or using incorrect gendered language for someone) is offensive and disrespectful to anyone, but especially to trans and gender non-confirming individuals.

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.

November Event Alerts

Card Making Class with Anne

When: 23rd November 2023

Time: 9.30 am - 11.30 am

Where: Brighton Wellness Hub

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

Booking are essential as spots are limited. Please call Kate 3631 7568.



Family & Domestic Violence Awareness Expo

Community and oral health invites you to attend our Family and Domestic Violence Awareness Expo.

When: 29th November 2023

Time: 10.00am - 12.00 (lunch 12.30pm)



Location: Brighton Wellness Hub

Come along and hear from visiting services:

- Police Services
- Services Australia
- Caxton Legal
- Uniting Care Service

Please feel free to come along and join the Heart Foundation Brighton Walkers from 9.00 am for a 30 - 45-minute stroll along the waterfront to show your support to those who are or have been affected by Family and Domestic Violence.

[Get your tickets here >>](#)

Are you interested in becoming a Volunteer for Community and Oral Health?



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.

[Find out more >>](#)

Would you like to partner with us?

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.

[Find out more >>](#)



Your Guide to Metro North Oral Health Services



Metro North Health



Queensland Government

Metro North Oral Health Services



COME JOIN US
Brighton Wellness Hub



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](#)