

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin - 7 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 - Amended Information**

November is a busy month please see important updates below:

- Card Making Class with Anne, 23rd November 9.30 am - 11.30 am - Fully booked
- 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** - 14th November - Chair Yoga
- **Cancelled** - 28th November - Chair Yoga
- **Cancelled** - 29th November - Walking Football

### **Coming up!**

#### **Meditation - Amended Information**

Please note Meditation with Rachel is finished for 2023 - Stay tuned for 2024 dates!

#### **Hub Christmas Closure -Amended Information:**

The Hub will be closed from the 11th of December through to the 29th of January 2024. During this time, we have decided to open up the hub 10.00 am - 12.00 pm so that people can come down and catch up on

a Monday Morning, the following dates:

- 08.01.2024
- 15.01.2024
- 22.01.2024

We will have tables and chairs set up and will open up the Green so that you can continue your activities. staff numbers will be limited, and there will be no Volunteers during this time.

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

### **New: Sign In process**

We would like to thank everyone for their efforts with regards to the new sign on process.

We value the feedback we have received and would like to advise that we have made a slight change.

If you are signing in for the first time you will be required to enter your phone number. After the initial sign on you can simply leave it blank.

It is important to note due to this change we will no longer be using telephone as a form of communication, in the first instance. We will only provide update via, our Brighton Wellness Hub Newsletter (this one) or our web page.

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### **New A word From Claire Harrison - Manager Consumer and Community Partnerships For our Volunteers and Peer supporters:**

Dear all,

Last week we had accreditation across Community and Oral Health. Many of you were very involved in discussions with accreditors or were working when they were present and observing.

Firstly, **Thank You** so very much from all of us, for the role you play everyday in supporting our clients, patients, families, community and staff to experience a better health journey. It is crucial and incredibly appreciated.

Secondly, on Friday we were provided with a summation and overview of the accreditors findings. Clearly it was a summary of every service across COH but two areas were highlighted for presentation and one was the work occurring across the volunteer/consumer services, the Brighton Wellness Hub, the Peer Supporters and the JP service.

The assessors commented on the incredible role you, as volunteers and consumers, play, in supporting our patients and staff and they observed all the activities at the Hub, a patient being taken along the foreshore in a wheelchair and the activity of volunteers on the floor. They said it was so obvious how people responded to your care and guidance and were impressed. They enjoyed their conversations with you and made note of how the volunteers talked about their work and what impact they felt it had for others. They thoroughly enjoyed their conversation with our consumers and finding out more about the role you play in supporting committees, working groups, and staff generally, in designing strategy and planning for our patients and services.

They made note of the Rainbow Room and it's consumer led focus; they were impressed to see a JP service available for our facilities; and they noted the vibrancy and welcoming environment of the Hub.

“The vibe at the Hub is one of ‘you are welcome’. It’s a place you feel *everyone* is welcome to join in.”

Again, sincere thanks and well done to everyone,

Cheers,

Claire  
**Claire Harrison**  
**Manager Consumer and Community Partnerships**  
**Community and Oral Health**  
Nineteenth Ave  
Brighton Wellness Hub



### **A word from the Rainbow Room:**

Trans Day of Remembrance (TDOR) is an annual observance on November 20 that honours the memory of the trans lives lost to acts of transphobia and discrimination.

On November 20, the transgender community hold a day of gathering, togetherness, and community solidarity. We remember those we've lost, celebrate our strength in the face of adversity, and commit to fighting transphobia to create a better, safer, and more inclusive world for everyone.



For more information please visit [www.tdor.org.au](http://www.tdor.org.au)

## **November Event Alert**

### **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](mailto:COH-Engagement@health.qld.gov.au)

Web: [Brighton Wellness Hub - Community and Oral Health](#)