

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - 20 December 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.

## Hub Christmas Closure

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.

## Activity Feedback request:

As we are at the end of the year and all the activities are now finished, we are hoping that you might provide us with some feedback regarding the one that you attend. If you are able to do so, please click on

the following link: [Feedback - Brighton Wellness Hub](#)



## Some tips from Metro North Communications to help you avoid scams this Christmas!

1. Only shop using known retailers or secure websites
2. Beware of fake parcel delivery texts and emails
3. Check that emails are legitimate and from a known entity
4. Never click links in messages or emails from unknown entities
5. Be wary of deals that seem too good to be true
6. Ignore unknown requests on social media
7. Beware of answering calls or texts from unknown numbers
8. Avoid using public Wi-Fi for shopping or to access banking information
9. Enable two-factor authentication on your accounts
10. Use strong passwords or passphrases
11. Never give out personal information online or over the phone
12. Contact entities via known and independently sourced details to confirm requests

### Metro North Virtual Emergency Department:

If you need a visit to an Emergency Department (ED), try the Metro North Virtual ED first.

#### They are open:

Monday - Friday: 8am - 10pm

Saturday and Sunday 8am - 10pm



#### You can use this service if you:

- Live, are visiting or receive your treatment in Queensland.
- Have a device that can enable a telehealth consultation (video, audio, internet)
- Can't make an urgent appointment with a General Practitioner.



# Merry Christmas

## Brighton Wellness Hub Christmas party 2023

Here at the Brighton Wellness Hub on Monday 11 December we held our end of year Christmas party.

We are sorry to those who were unwell and not able to attend. We missed you and hope that you feel better soon.

It was so nice to spend some time with everyone and enjoy good company and lovely food.

How good was it that Santa came for a surprise visit?!

I am putting together a little photo book for 2023. Don't forget to take a look when we return to the hub in 2024. We had some wonderful moments together.

A special thank you to our members who performed for us! it was a great treat.



## 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](#)