

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - 29 January, 2024

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.

## Welcome back!

We hope everyone had a great break with their family and friends.

This week we are back to **full activities**.

### **New participation form for Brighton Wellness Hub Community members:**

As some of you may know each year, we start fresh here at the hub.

This is a time that we like to get everyone signed on as new participants to the hub.

We have created a new form that every community member will need to complete.

It is called the Brighton Wellness Hub Participants form.

Please make sure you collect one when you first visit the hub. There are copies available on the front desk.

Once you have filled it out, please hand it back to a Volunteer or staff member, so that it can be added to

our database.

### Members Sign on:

It is important that you still sign on for each activity you attend. Please use the iPad on the front counter.

If you have any issues, please come see a Volunteer or Staff member. We are always happy to help.

### Important date reminders for February

- Thursday 1st February - Card Making Class with Anne - please call Katie to book in 3631 7568.
- Friday 2nd February - Dementia Choir - Come Try day - please call Katie to book in 3631 7568.
- Friday 2nd February - Mindfulness Meditation **Cancelled**
- Carers QLD visiting fortnightly starting Tuesday 13th February - this is a drop-in service.
- Tai Chi has had a time change 8.15 am - 9.15 am Friday mornings.
- Tuesday 27th February - Chair Yoga - **Cancelled**

Thursday 29th February - Lawn bowls / Community catch up - **cancelled**.



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## Brighton Wellness Hub - Monthly Birthday Celebrations:

On the last Monday of each month, our Brighton Wellness Hub clients and Volunteers are invited to come along to the hub and celebrate their birthdays.

### This month we celebrated:



**Mick, Gwen and Des.**

**Happy Belated Birthday to you all.**

**We hope you all enjoyed your special day.**

If you are celebrating your birthday in February,

Please feel free to join us on Monday the 26th of February 10.00am.



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

### **How to be an ally.**

Always try to be respectful. Be open minded and trust in people's experiences when they are sharing about their lives. Be willing to learn from them and think about how you might be able to take actions, big or small, to adjust your own behaviours and help create a more inclusive and affirming environment.



- establish friendships with people who belong to groups that are not usually in the centre of

mainstream culture.

- Learn about each other's cultures and histories.
- Examine your own prejudice or biases
- take a stand when groups are targeted with unjust treatment.

For more info... visit the rainbow room. :)

## February Event Alerts

### Card Making Class with Anne

When: 1st February 2024  
Time: 9.45 am - 11.30 am  
Where: Brighton Wellness Hub

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

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



**BRIGHTON WELLNESS HUB**

*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: **1<sup>st</sup> February, 2024**  
Time: **9.45am – 11.30am**  
Where: **Brighton Wellness Hub**  
(Cnr Nineteenth Ave and Hornibrook Highway, Brighton, 4017)

**All Welcomed.**

Metro North Health | Queensland Government

## Brisbane North Dementia Choir

Brighton Wellness Hub's new singing program, "Brisbane North Dementia Choir" is a group specifically designed to support people with dementia and their carers to live well with dementia.

The goal of our choir is to have fun singing and moving together and then to enjoy a well-earned morning tea. Singing in a choir has been proven to improve quality of life, social connectedness and vocal strength so there will be other benefits as well!

Our main focus is supporting people living with dementia and their carers but if you feel you might benefit from our program, for example you have an acquired brain injury, please contact the organisers to discuss this further.

**When:** Open day Friday 2nd February - "Come and Try"



### Brisbane North Dementia Choir

#### Living well with Dementia

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Our main focus is supporting people living with dementia and their carers but if you feel you might benefit from our program, for example you have an acquired brain injury, please contact the organisers to discuss this further.

When: Open Day – Friday, 2<sup>nd</sup> February 2024 – 'come and try'

Trial Choir commencing – Friday 9<sup>th</sup> February 2024 (7 weeks)

Where: Brighton Wellness Hub (cnr 19<sup>th</sup> Ave, Brighton 4017)

Time: 9.30 am – 12.00 pm

Cost: This first program is a trial therefore it is free.

Future cost and fees will be discussed by week 7 with participants.

Morning Tea provided – Please call Katie to book 36317568



Trial Choir commencing Friday 9th February (7-week program)

**Where:** Brighton Wellness Hub

**Time:** 9.30am - 12.00 pm

Bookings are required, please call Katie 3631 7568.

## Dementia Australia

Dementia Australia are the national peak body for people impacted by dementia in Australia. We work with the community to raise awareness, change perceptions, and challenge stigma and support people impacted by dementia, to enable them to live as well as possible.

We want to inspire a shift in the conversation about dementia and support people, local communities, and organisations by equipping them with the tools and knowledge needed to make our society more dementia friendly.

Families, carers, and friends play a crucial supporting role in the care of someone living with dementia. That's why we provide practical and emotional assistance to families, carers, and friends at every stage, from pre-diagnosis onwards.

Come and speak to Lisa and find out how they can support you or your loved one.

**When:** Open day Friday 2nd February - drop in service

**Where:** Brighton Wellness Hub



### BRIGHTON WELLNESS HUB

FREE

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Where: Brighton Wellness Hub  
(cnr Nineteenth Ave, Brighton 4017)

Time: 9.30 am – 11.00 am - Drop in Service



## MEAL PREP LIKE A PRO

### workshop

Brisbane City Council Active & Healthy Program!!!

Heading back to school and work means getting back into the habit of food and meal prep on the weekends.

Learn how to meal prep like a pro from Nutritionist Penny Benjamin as she shares some easy nutrition hacks and great staple recipes to have on hand for your weekly prep.

At this workshop you'll get hands-on in small groups and take-home key nutrition teachings.



There are TWO (2) workshops available this Saturday 3rd February.

To book the 9.30 workshop [click here](#)

To book the 12noon workshop [click here](#)

If you have any questions, please call Penny 0401 638 667

[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](#)