

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - 7 March 2024

Discover Wellness at Brighton Wellness Hub!

Welcome to the Brighton Wellness Hub, your haven for cultivating a healthy lifestyle within our community.

Join us to access a diverse array of services, activities, and valuable information designed to support your journey towards wellness. From rejuvenating yoga classes to insightful nutrition workshops, we offer a range of activities to suit your interests and preferences. Most of our offerings are complimentary, while some come with a nominal fee to ensure accessibility for all.

At Brighton Wellness Hub, we're committed to providing you with the tools and resources needed to achieve a healthy life. Even if our activities change regularly, rest assured that information on maintaining wellness is available daily.

We invite you to visit the hub, open from 8:30 AM to 4:00 PM, and embark on a path to holistic well-being with us.

See you soon at Brighton Wellness Hub!

Stay Updated at Brighton Wellness Hub!

[What's on @ the Brighton Wellness Hub - Click here](#)

Check our webpage for weekly schedules and details. Questions? Call Katie: 3631 7568.

See you there!

New participation form for Brighton Wellness Hub Community members:

Have you filled out the participation form for the Brighton Wellness Hub yet? If not, don't miss out! Our team members are here to help you stay connected and get the most out of your hub experience. Reach out to them today!

Members Sign on:

Don't forget to tap into the electronic sign-in system every time you visit us here at the hub! Let's make

checking in as easy as pressing a button! See you on the digital flip side!

Important date reminders for March:

- Thursday 7 March - Card Making Class with Anne - please call Katie to book in 3631 7568.
- Thursday 21st March - Harmony Day Community Catch up - Story Telling with Uncle George
- Carers QLD visiting fortnightly starting Tuesday - this is a drop-in service.
- **Tuesday 19th March - Yoga Cancelled**
- **Tuesday 19th March - Needle and Hooks Cancelled**
- **Thursday 28th March - Lawn bowls and Community catch up - Cancelled**
- Friday 5 April - Mindfulness Meditation
- Tai Chi has had a time change 8.15 am - 9.15 am Friday morning

Easter Closures:

- **Friday 29th March - Hub Closed - Public Holiday**
- **Monday 1st April - Hub Closed - Public Holiday**



Brighton Wellness Hub - Monthly Birthday Celebrations:

Hey there, party people! Guess what?

On the last Monday of every month, it's time to break out the cake and confetti because we're celebrating birthdays at Brighton Wellness Hub!

Calling all community members, clients and volunteers,

come join the fun and let's make your special day extra memorable!

This month we celebrated:



Dawn and Theresa!

If you are celebrating your birthday in March, ,

Please feel free to join us on Monday the 25 March, 10.00am.



A word from the Rainbow Room:

What does LGBTIQA+ mean?

Lets dive into the colorful world of sexual orientations, gender identities, and expressions with the inclusive acronym 'LGBTIQA+'!

This expanded version of the familiar 'LGBT' acronym incorporates a diverse spectrum of identities and orientations. Let's break it down:

- LGBT: Lesbian, Gay, Bisexual, Transgender
- I: Intersex
- Q: Queer (or Questioning)
- A: Asexual (or Ally)

But wait, there's more! The '+' at the end invites everyone to the table, celebrating identities and orientations that may not fit neatly into the acronym.

Join us in embracing diversity, inclusivity, and the richness of human experience.

JPs in the Community

Drop in Service @ the Hub!



Are you in need of document certification?

Our Justice of the Peace (JP) drop-in service at the Brighton Wellness Hub is here to assist you!

Join us every Thursday from 10:00 am to 11:00 am for on-the-spot certification of your important documents.

Whether it's affidavits, statutory declarations, or other legal documents, our Justice of the Peace (JP) will be available to help.

No appointment necessary – just drop by during the designated hours and our friendly team will be happy to assist you

[more information here >>](#)

Carers QLD Local Area Coordinator (LAC)

Are you and NDIS Participant?

Come to the Brighton Wellness Hub and speak with you Local Area Coordinator (LAC) from Carers QLD.

These individual sessions are open to individuals interested in accessing the NDIS, as well as current participants, their families/carers, and nominees.

During these sessions, you will:

- Gain a deeper understanding of the NDIS
- Learn the process of accessing the Scheme
- Understand the planning process.

If you are an NDIS participant, you can also ask questions about



We are here to support you on your NDIS journey
 Carers Queensland is working with the National Disability Insurance Scheme (NDIS) to deliver the Local Area Coordination Partner in the Community Program, supporting Australians with disability to live fulfilling and connected lives.

- We help you:
- find out about the NDIS
 - apply for the NDIS
 - understand your NDIS plan and how to use it
 - review your plan as your life changes
 - find other support if you can't use the NDIS, or don't want to.

We support people with disability to connect to services, supports and activities in the community if they are not eligible for the NDIS.

Date	Time	Where
Tuesday – 13 th February		
Tuesday – 27 th February		
Tuesday – 12 th March	10:00AM – 12:00PM	Brighton Wellness Hub Cir Nineteenth Ave and Hornbrook Hwy Brighton Qld 4017
Tuesday – 26 th March		
Tuesday – 9 th April		
Tuesday – 23 rd April		

Let's keep everyone safe!
 • Follow current Queensland Health Public health and social measures - coronavirus (COVID-19).
 Contact Carers Qld on (07) 32159600 or email brisbanenorthlac@ndis.gov.au to book.

To start your NDIS journey, connect with us today. **1300 999 636**
cq.enquiries@ndis.gov.au

utilizing your funding, locating and engaging with service providers, and navigating the myplace portal.

Furthermore, if you are ineligible for the Scheme, we can assist in connecting you with community services, supports, and activities.

[more information here >>](#)

Bright "N" Sparks Choir

Exciting News: Introducing Our New Choir Name!

Bright "N" Sparks "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"

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.

New Class Starting 11 March

Mosaic art:

"Where broken pieces come together to create something beautiful".

Join Helena, our enthusiastic Volunteer, as she shares her passion of Mosaic.

When: Monday (weekly)

Time: 1.00pm - 3.00pm

Call Katie for more information 3631 7568



Join us for a fun and inspiring mosaic class where you'll learn to create your own beautiful artwork!

- What to Expect:
- Learn Mosaic techniques from our lovely Volunteer Helena.
 - Create your own unique mosaic masterpiece
 - Meet new friends who share your passion for creativity
 - Material provided to help you get started.

When: Monday's
Time: 1.00pm – 3.00pm
Where: Brighton Wellness Hub

FREE- All welcome to attend.



March Event Alerts

Join us at the Brighton Wellness Hub for our Harmony Day Community Catch Up!

Harmony Week celebrates our diversity and brings Australians together from all backgrounds.

It's about inclusiveness, respect, and belonging for everyone.

Feel Free to wear orange to show your support!

"We're excited to announce that Elder Uncle George will be sharing his storytelling."

Please bring along a plate to share, with your community members.



Come join us at the Brighton Wellness Hub for our Harmony Day, Community Catch up.

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds.

It's about inclusiveness, respect and a sense of belonging for everyone.

You can wear orange to show your support.

We are pleased to announce that Elder Uncle George will be sharing his story telling.

Please feel free to bring along a plate to share with your community members.

When: 21 March 2024
Time: 10.00am – 112.00pm
Where: Brighton Wellness Hub
(Cnr Nineteenth Ave and Hornibrook Highway, Brighton, 4017)

Tickets: [Harmony Day - Community Catch up](#)



[Get your tickets here >>](#)

Monthly Mindfulness Meditation

Join us for Monthly Mindfulness Meditation at the Brighton Wellness Hub!

Come together in our friendly community class to practice mindfulness and relaxation techniques.

First Friday of the Month | 4:00pm - 4:45pm | \$10.00

Dates:

April 5th

May 3rd

June 7th

July 5th

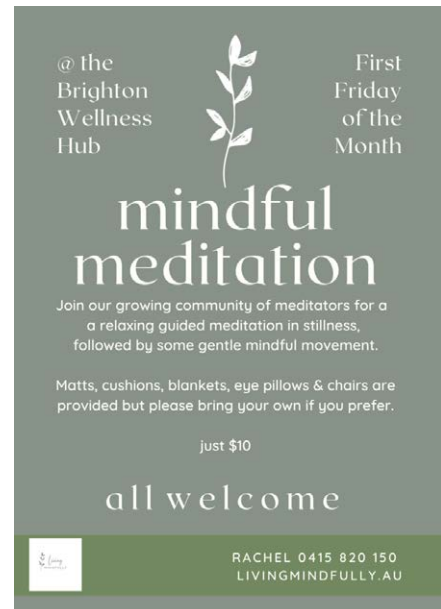
August 2nd

September 6th

October 4th

November 1st

We look forward to seeing you there



Workshops @ the Hub.

An Easter Brunch to Impress Your Friends!

Brisbane City Council Active & Healthy Program:

Come join Penny Benjamin!

2 workshop available | Saturday 23rd March 2024

[9:30am Workshop](#)

[12noon Workshop](#)

\$6.00 pp



[Get your tickets here >>](#)

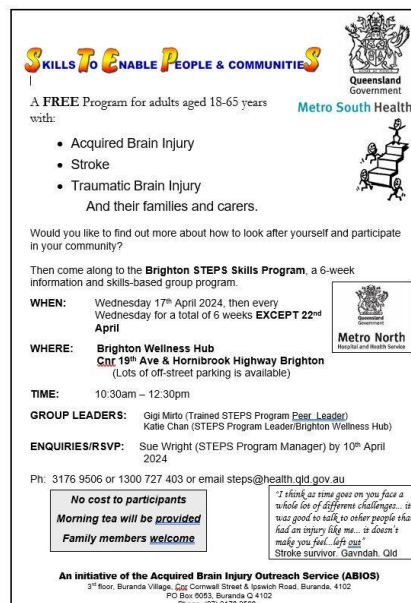
Coming Soon!

We are delighted to share that the Skills To Enable People and Communities (STEPS) Program will soon be

available at the Brighton Wellness Hub.

The Skills To Enable People and Communities (STEPS) Program is a Queensland-wide information and skills program for adults aged 18-65 years with Acquired Brain Injury (ABI), including stroke, and their families and friends.

The STEPS Program aims to improve community life for people with ABI and their families, by connecting people together and fostering a sense of strength and ability.



SKILLS TO ENABLE PEOPLE & COMMUNITIES

A FREE Program for adults aged 18-65 years with:

- Acquired Brain Injury
- Stroke
- Traumatic Brain Injury

And their families and carers.

Would you like to find out more about how to look after yourself and participate in your community?

Then come along to the **Brighton STEPS Skills Program**, a 6-week information and skills-based group program.

WHEN: Wednesday 17th April 2024, then every Wednesday for a total of 6 weeks **EXCEPT 22nd April**

WHERE: Brighton Wellness Hub
Cnr 19th Ave & Hornibrook Highway Brighton
(Lots of off-street parking is available)

TIME: 10:30am – 12:30pm

GROUP LEADERS: Gigi Mito (Trained STEPS Program Peer Leader)
Katie Chan (STEPS Program Leader/Brighton Wellness Hub)

ENQUIRIES/RSPV: Sue Wright (STEPS Program Manager) by 10th April 2024

Ph: 3176 9506 or 1300 727 403 or email steps@health.qld.gov.au

No cost to participants
Morning tea will be provided
Family members welcome

"I think as time goes on you face a whole lot of different challenges... it was good to talk to other people that had an injury like me... it doesn't make you feel... left out"
Stroke survivor, Gavindah, Qld

An initiative of the Acquired Brain Injury Outreach Service (ABIOS)
3rd floor, Buranda Village, Cnr Cornwall Street & Ipswich Road, Buranda, 4102
PO Box 6063, Buranda, QLD 4102
Phone: (07) 3176 9506

Spark Change: Volunteer with Community and Oral Health Today!"

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 >>](#)

Join Us in Transforming Healthcare:

Your Experience Can Make a Difference!

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](#)

"Exciting Involvement Opportunities Await You:

- Review and Provide Feedback on Draft Brochures/Flyers
- Attend Exclusive Community Events
- Participate in Engaging Workshops/Focus Groups
- And Many More Ways to Get Involved in Various Engagement Activities!"

[Find out more >>](#)



Your Guide to Metro North Oral Health Services



Metro North
Health



Queensland
Government

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](#)