

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - 28.03.2024

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 April:

- Carers QLD visiting fortnightly starting Tuesday - this is a drop-in service.
- Mosaic – cancelled **08.04.2024**.
- Tia Chi is taking a break! Jan will be away, Friday 29.03.2024 – 12.04.2024 returning 19.04.2024.
- Dementia Choir – Social catchup for school holidays Friday 10.30 am – 11.30 am
- **Hub Closed** Thursday 25th April – Anzac Day

Chanel 9 - Bright "N" Sparks - North Brisbane Dementia Choir [FRIDAY 29.03.2024](#)

This Friday night, switch over to Channel 9 for something truly special. They're featuring our own Bright "N" Sparks - Brisbane North Dementia Choir, and you won't want to miss it! These amazing folks are showing us the power of music and community in the face of memory loss. It's a story that'll warm your heart and remind you of the strength we all have inside.

Get ready for our next Bright "N" Sparks - Brisbane North Dementia Choir Program starting April 19th!

It's a 10-week program happening every Friday from 9:30 am to 12:00 pm.

Join us for just \$10 per person per week, and we'll even treat you to morning tea.

Secure your spot by calling Katie today. Come sing, laugh, and make memories with us!

New:

Hoppy Easter!

Enjoy the egg-celent festivities with your loved ones.

Just a quick note, I'll be away for a week, but Claire, Leanne, and our fantastic team of Volunteers will be here to help with anything you need.

Stay egg-cited, and I'll catch you all on April 8th!



Harmony Day!

On the 21st of March, the Brighton Wellness hub hosted our Community Catch Up Harmony Day, embracing the theme of "everyone belongs."

It was great to witness such a strong turnout that truly embodied the spirit of inclusivity.

We were privileged to have Uncle George as our guest, who generously shared his storytelling with the community. A big thank you to Uncle George for enriching our gathering with your narrative; it was truly appreciated by all.

In addition to Uncle George's story, it was lovely to witness everyone unite in conversation, games, and the sharing of food.

Special recognition goes to our exceptional volunteers whose efforts made the event a success; we are immensely grateful for their time and dedication.

Thank you to everyone who came along and helped us celebrate harmony day.



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!

If you are celebrating your birthday in April,

Please feel free to join us on Monday the 29th April, 10.00am.



A word from the Rainbow Room:

Trans Day of Visibility - March 31st

Trans day of visibility is a celebration of trans pride, awareness and acceptance.

Trans Day of Visibility is right around the corner, and we're thrilled to invite you to join us in making a difference.



Here are some exciting ways you can get involved:

- Share and Listen to Stories: Take the opportunity to hear diverse perspectives and share your own experiences.
- Start Conversations: Spark meaningful discussions about trans rights and inclusivity with friends, family, and colleagues.
- Attend Events: Check out local events or virtual gatherings happening in your area to show your support.
- Wear Pins: Flaunt some stylish pins to show solidarity with the trans community wherever you go.
- Attend Training Sessions: Educate yourself on trans issues and learn how to be a supportive ally by attending informative sessions.

- Ask Questions: Don't hesitate to ask questions and expand your understanding of the trans experience.

[Find out more >>](#)

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



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

- Understand the planning process.

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

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: Friday mornings 19.04.2024
 (10-week program)

Where: Brighton Wellness Hub

Time: 9.30am - 12.00 pm

Cost: \$10 per person, per week.

Bookings are required, please call Katie 3631 7568.

New Class Starting 11 March

Mosaic art:

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

Please bring along a towel.

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.



Card Making Class with Anne

Get creative with us at the Brighton Wellness Hub!

Join us for a fantastic Card Making Class with Anne on the 4th April, 2024.

Time: 9:45 am - 11:30 am

Where: Brighton Wellness Hub

Anne has put together an incredible card making kit for all attendees, and the best part?

This class is absolutely FREE!

Spots are limited, so be sure to secure your spot by booking in advance. Contact Kate at 3631 7568 to reserve your spot today!

Don't miss out on this exciting opportunity to unleash your creativity!



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: 4th April 2024
Time: 9.45am – 11.30am
Where: Brighton Wellness Hub
(Cnr Nineteenth Ave and Hornibrook Highway,
Brighton, 4017)

All Welcomed.



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



@ the Brighton Wellness Hub

First Friday of the Month

mindful meditation

Join our growing community of meditators for a relaxing guided meditation in stillness, followed by some gentle mindful movement.

Matts, cushions, blankets, eye pillows & chairs are provided but please bring your own if you prefer.

just \$10

all welcome

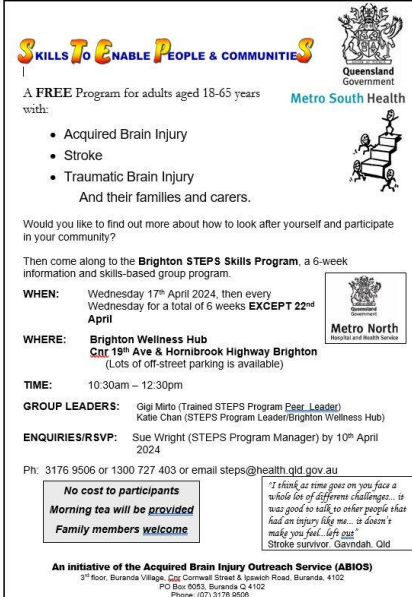
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LIVINGMINDFULLY.AU

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 Mirto (Trained STEPS Program Peer Leader)
Katie Chan (STEPS Program Leader/Brighton Wellness Hub)

ENQUIRIES/RSVP: 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... to discuss & make you feel... left out"
Stroke survivor, Gavnadah, Qld

An initiative of the Acquired Brain Injury Outreach Service (ABIOS)
3rd floor, Buranda Village, Cnr Cornwall Street & Ipswich Road, Buranda, 4152
PO Box 5053, Buranda, Q 4152
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!"





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](#)