

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin -Event Alert Reminder

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!

NEW:

Please be advised due to unforeseen circumstances, Dementia Australia have had to **cancel** there visit that was due to be held tomorrow Friday 24 May 2024.

We do apologies for any inconvenience this may caused.

Have a fantastic weekend!

Kind regards,

Kate

Dementia Australia @ The Hub - May

FREE drop-in service!

Cancelled 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.



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Dementia Australia @ the Hub

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When: Friday 24th May 2024
Where: Brighton Wellness Hub
(c/n Nineteenth Ave, Brighton 4017)
Time: 9.30 am – 11.00 am - Drop In Service

Together we can reshape the impact of dementia | Metro North Health | Queensland Government

ADA Australia - Free Health Information Session - May

Free Health Information Session @ The Hub!

Learn How to advocate for yourself or loved ones in the aged care systems at our event - Make sure your voice is heard.

At this information session, the independent expert will answer some key questions, about aged care such as:

1. I don't want to go into a nursing home, what are my options?
2. How much does it cost, and can I afford it?
3. When should I look at getting aged care supports?
4. I feel like people are making aged care decisions for me, shouldn't I be able to have a say?

When: Wednesday 29th May 2024

Time: 10.00 am - 11.30 am

Where: The Brighton Wellness Hub

Booking are required.



BRIGHTON WELLNESS HUB

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Time: 10.00 am – 11.30 am

Tickets here: [ADA Australia ticket Brighton Wellness Hub](#)



ADA Australia | Metro North Health | Queensland Government

[Get your tickets here >>](#)

World Elder Abuse Day event - June

NEW:

Free Health Community Event @ the Hub!

Come along to the Brighton Wellness Hub and join in the fun with Caxton Legal.

please see flyer for full program details:

When: Wednesday 12th June, 2024

Time: 9.00am - 12.30 pm

Where: The Brighton Wellness Hub

Booking are required.



World Elder Abuse Day!

Free Community Event

Come along to the Brighton Wellness Hub and join in the fun with Caxton Legal!

Program schedule:

- 9.00 am – 9.30 am Chair Yoga
- 10.00 am – 11.00 am Caxton Legal Presentation
- 11.15 am – 12.00 pm Fun Bingo Activity

12.00 pm Free BBQ for those who attends.

When: 12 June, 2024

Time: 9.00 am – 12.30 pm

Where: Brighton Wellness Hub

(Cnr Nineteenth Ave & Hornibrook Highway,
Brighton, 4017)

Tickets: [World Elder Abuse Day Tickets](#)



All welcome to attend. Booking are essential! Call Katie 3631 7568

caxton
legal centre inc

Metro North
Health

Queensland
Government

[Get your tickets here >>](#)

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](#)