

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - 31.05.2024

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!

NEW Cancelled: due to unforeseen circumstance card making with Anna has been cancelled for the 06.06.2024. We apologies for any inconvenience this may cause.

NEW CLASS: We have a new exercise class here at the hub. Melissa from Fitter for Life is running this program Wednesday morning 8.00am - 9.00am \$10PP.

Important date reminders for June

UPDATED Thursday 6 June, Please note, Chair Yoga will still be held on Thursday the 6th of June. **The hub will be closed from 9.00am. There will be no Lawn Bowls, no community catch up, no card making and no JP service.** we do apologies for any inconvenience this may cause.

UPDATED Friday 7 June Free Come Try Tai Chi class 8.15am -9.15am

- **Wednesday 12 June**, Event Alert | World Elder Abuse Day | Caxton Legal presenting
- **Monday 24 June**, LGBTIQA+ Monthly Meet up
- **Thursday 27 June** Lawn bowls and community catch up cancelled.
- **Friday 28 June** Dementia Choir Cancelled



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 June,

Please feel free to join us on Monday the 24 June, 10.00am.



A word from the Rainbow Room:

Pride Month

The entire month is dedicated to celebration and commemoration of lesbian, gay, bisexual, and transgender (LGBT) pride.



Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969. (Please do read about this)

Pride month is filled with Colourful uplifting parades with floats and celebrities, festivals, workshops, picnics, and parties, are among the many events which are celebrated in June around the world.

Pride Month commemorates years of struggle for civil rights and the ongoing pursuit of equal justice under the law as well as highlighting some of the accomplishments of LGBTQ individuals in our community.

[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 >>](#)

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 participant, per week. carers are FREE.

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.



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:

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

Event Alert

World Elder Abuse Week

Free Community Event

Come along to the hub and join in the fun with Caxton Legal.

When: Wednesday 12 Jun

Time: 9.00 am - 12.00 pm

Where: Brighton Wellness Hub

FREE BBQ for those who attends.



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

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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](#)