

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - July update

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: please be advised that Mindfulness Meditation has been cancelled due to low numbers. Rachel will not be holding her monthly class here at the hub.

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 July

- **Wednesday 10 July** - Free Community Mini Expo. Pride Disability 10.00am - 1.00pm
- **Friday 12 July** - Dementia Choir starts back 9.30am - 12.00pm - FREE
- **Thursday 25 July**, Lawn bowls and Community catch up **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 July,

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

Peer support
for our
LGBTIQA+
Community

**RAINBOW
ROOM**

Supporting
our diverse
community

A word from the Rainbow Room:

International Non-Binary People Day

International non-binary peoples day is observed each year on the 14th July to raise awareness of the issues faced by non-binary people.

In really simple terms non-binary person is someone who does not identify as exclusively a man or a woman. Someone who is non-binary might feel like a mix of genders or like they have no gender at all.

Using pronouns is important. Many non-binary people prefer the pronouns they/them/their.

[Find out more >>](#)

**INTERNATIONAL
NON BINARY
PEOPLE'S DAY**

14 JULY

CELEBRATING PEOPLE OF DIVERSE GENDERS.

TODAY WE RAISE VISIBILITY AND ADDRESS
THE STIGMA AND INEQUITY THAT GENDER NON
CONFORMING PEOPLE FACE.

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 12/07/2024

Where: Brighton Wellness Hub

Time: 9.30am - 12.00 pm

Cost: FREE

Bookings are required, please call Katie 3631 7568.

Mosaic with Helena

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



BRIGHTON WELLNESS HUB

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.



Disability Pride Expo

Come along and join in!

When: Wednesday 10th July, 2024

Stalls 10.00am - 1.00pm

Guest Speaker Anton Cavalli 10.30 - 11.30

Visiting services:

- * Open Minds * Carers QLD * Queensland Council * Headspace
- * Rainbow Room - Peer Support Program

Call Katie for more information 3631 7568



BRIGHTON WELLNESS HUB

Disability Pride Month

Mini Expo - Free

Join us at the Brighton Wellness Hub to hear from guest speaker Anton Cavalli, sharing his inspiring journey through gender transition, living with disability, surviving cancer and embracing life.

Be inspired to embrace your own journey of self-discovery and acceptance.

Visiting Services:

*Open Minds * Carers QLD * Queensland Council * Headspace
*Rainbow Room - Peer Support Program

When: 10 July 2024

Where: Brighton Wellness Hub
(on 19th Ave, Hambrook Highway Brighton 4017)

Open: Stalls 10.00 am - 1.00 pm
Guest Speaker 10.30 am - 11.30 am



Tickets: [Disability Pride Mini Expo](#)

Light refreshments provide. All Welcome. Call Katie 3631 7568



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



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](#)