

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – Special edition: Brain Injury Awareness Week

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 Rebecka 3631 7568.

See you there!

New:

Brain Injury Awareness Week

What's your *connection?*



SYNAPSE
AUSTRALIA'S BRAIN INJURY ORGANISATION

#WhatsYourConnection

1800 673 074 | synapse.org.au

August 19 - 25th is Brain Injury Awareness Week (BIAW)

This is a time to reflect on how each of us can support and advocate for people living with a brain injury and continue to grow awareness and understanding throughout Australia.

Come in to the Brighton Wellness Hub this week to see our showcase provided by STEPS. The showcase includes some of the many stories of those affected by brain injury.

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.

If you would like more information about the STEPS program, feel free to reach out with the contacts below.

Phone: (07) 3176 9506

Outside Brisbane: 1300 727 403 (local call cost only)

Email: STEPS@health.qld.gov.au



SKILLS **T**O **E**NABLE **P**EOPLE & COMMUNITIE**S**



Important date reminders for August:

- Mosaic is **on hold** whilst Helena is on Leave. Returning later in the year.
- 06/08/2024 Carers QLD, Local Area Coordinator Program - NDIS Support call 3215 96 00 too book your spot
- 08/08/2024 – Chair Yoga **Cancelled**
- 14/08/2024 **Hub Closed - Ekka Holiday**
- 26/08/2024 Brighton Wellness Hub Monthly Birthday Celebrations 10.00am, come along for some Cake if you are celebrating your birthday in August.
- 26/08/2024 Rainbow Room LGBTQIA+ – Monthly Meet up – come along to the hub and join your peers for some games and conversations.
- 29/08/2024 – Lawn Bowls and Community Catch Up **Cancelled.**

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

Where: Brighton Wellness Hub

Time: 9.30am - 12.00 pm

Cost: FREE

Bookings are required, please call Rebecka 3631 7568.

Check out our choir play list on spotify: <https://open.spotify.com/playlist/3DhJRLSdoI9VGXIBL5C3Gy?si=26a0f8d2ccb040c9>

Carers QLD Local Area Coordinator Program

Are you an 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 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.



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.

We can help you understand the NDIS, how to access the Scheme and guide you through the planning process. If you are a NDIS participant, you can ask questions about using your funding, finding and working with service providers, and using the online portal. We can also help you find support available in your local community if you're not eligible for the Scheme.

How to book an appointment

Register [online](#), call us on 1300 999 636 or email CQ.Enquiries@ndis.gov.au.

Stay up to date and like us on Facebook at [facebook.com/CarersQueenslandNDIS](https://www.facebook.com/CarersQueenslandNDIS).

Date	Time	Where
Tuesday 03 September 2024	10.00am – 12.00pm	Brighton Wellness Hub-Corner Nineteenth Ave & Hombrook Hwy BRIGHTON QLD 4017
Tuesday 01 October 2024	12.00midday	
Tuesday 05 November 2024		
Tuesday 03 December 2024		

Let's keep everyone safe!

- Follow current Queensland Health Public health and social measures - coronavirus (COVID-19).
- Stay at home if you are unwell or have a cough, fever, sore throat, fatigue or shortness of breath.

To start your NDIS journey,
connect with us today.

1300 999 636

cq.enquiries@ndis.gov.au

"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](#)