

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – School Holiday Alert

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 participation form for Brighton Wellness Hub Community members:**

Have you filled out the participation form for the Brighton Wellness Hub yet? Know a Hub participant who isn't getting the newsletters? No need to 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!

### **School Holiday Alert:**

School Holidays are back!

16th September to 27th September

Please see below important dates as there are changes to the normal scheduled activities.

### **Important date reminders for School Holidays:**

- 16/09/2024 ONLY - Practice line dancing with Norma (Janene away)
- 16/09/2024 and Mondays ongoing - Meditation hour starting
- 17/09/2024 ONLY - Paul away for chair yoga - Eva will run the class
- 20/09/2024 ONLY - Tai Chi **Not running**
- 20/09/2024 ONLY - Bright 'n' Sparks Dementia Choir **Not running\***
  - **\*Special morning tea and bowls running for choir social catch up**
- 25/09/2024 ONLY - Fitter for Life **Not running**
- 26/09/2024 ONLY - Learn to play bowls and Community Catch Up **Not running**
- 27/09/2024 ONLY - Tai Chi **Not running**
- 27/09/2024 ONLY - Bright 'n' Sparks Dementia Choir **Not running**

- 27/09/2024 - Advanced Care Planning session - call 3631 7568 to book your spot

## Line Dancing

Hi Students,

Class will be closed for the *first week* of the school holidays the **16th of September** and class resumes on the **23rd of September**, the *second week* of the school holidays.

Norma as usual will be on board for a 'practice session' of line dancing.

Have fun and see you on all on Monday the 23rd of September.

With warm regards,  
Janene - Bossy Boots Dancin' Fun  
Mob: 0430 547 752

## Chair Yoga

Paul is away Tuesday **17th September**.

Class will be held, same day and time, by Eva who also runs our regular Tuesday evening yoga class.

## Tai Chi

Jan is taking a break these school holidays and there will be no class on Friday **20th and 27th September**. She looks forward to seeing you all back on Friday **4th October**!

## Bright 'N' Sparks Dementia Choir

As usual, there will be no choir practice over the school holidays.

However please feel free to join in a social catch up on Friday **20th September** at 9:30 - 11:30am.

There will be lawn bowls and morning tea.

Please wear flat shoes (no heels) and bring a water bottle and sun protection, should you partake in the lawn bowls.

Choir practice will resume Friday **4th October**.

## Fitter for Life

Melissa is away on the second week of holidays, so no class on Wednesday **25th September**.

She will be back, and class resumed on **2nd October**.

## Community Catch Up & Lawn Bowls

As usual on the last Thursday of the month (**26th September**) there is no lawn bowls or community catch up.

# Brahma Kumaris Meditation Hour

## "Pop-in for Peace"

*Stay for as little or as long as you like.  
Free weekly meditation hour, no experience required*

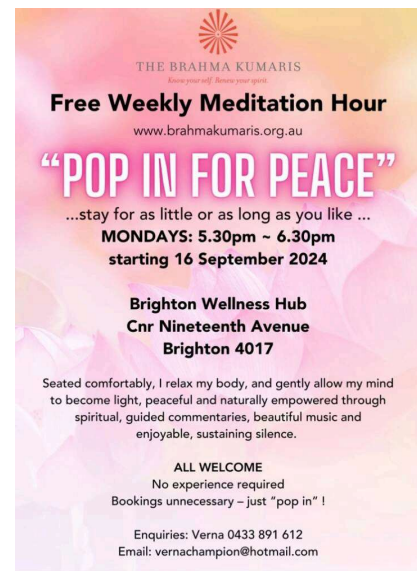
**When:** Mondays starting 16/09/2024

**Where:** Brighton Wellness Hub

**Time:** 5:30pm - 6:30pm

**Cost:** FREE

No booking required.  
Please direct enquiries to Verna  
0433 891 612 or vernachampion@hotmail.com



THE BRAHMA KUMARIS  
*Love your self. Love your quest.*  
**Free Weekly Meditation Hour**  
www.brahmakumaris.org.au  
**“POP IN FOR PEACE”**  
...stay for as little or as long as you like ...  
**MONDAYS: 5.30pm ~ 6.30pm**  
**starting 16 September 2024**  
**Brighton Wellness Hub**  
**Cnr Nineteenth Avenue**  
**Brighton 4017**  
Seated comfortably, I relax my body, and gently allow my mind to become light, peaceful and naturally empowered through spiritual, guided commentaries, beautiful music and enjoyable, sustaining silence.  
**ALL WELCOME**  
No experience required  
Bookings unnecessary – just “pop in” !  
Enquiries: Verna 0433 891 612  
Email: vernachampion@hotmail.com

## FYI - Dementia & Related Disorders Conference 2024

### Dementia & Related Disorders Conference 2024

*By Sunshine Coast Dementia Network*

**When:** Thursday 19th September

**Where:** Mooloolaba TAFE  
34 Lady Musgrave Drive, Mountain Creek

**Time:** 10:00am - 3:00pm

**Cost:** FREE

Registration required.  
Call Lorrae for more information 0418 298 183



**Dementia & Related Disorders Conference 2024**  
*Dementia: Changes, Care and Connections*  
**FREE** ✓  
For all who are interested (including seniors planning ahead)  
**Thursday, 19<sup>th</sup> September, 2024**  
10 am – 3 pm. Registrations and view trade displays from 9 am  
(you do not need to attend all day)  
At Mooloolaba TAFE, 34 Lady Musgrave Drive Mountain Creek  
**SPEAKERS; WORKSHOPS;  
PRIVATE Q&A BOOTHS;  
DISPLAYS & INFORMATION**  
*See the flipside for details*  
**MUST REGISTER:**  
Morning tea & light lunch provided  
**Trybooking**  
<https://www.trybooking.com/CURHZ>  
**THANK YOU FOR YOUR SUPPORT:**  
Sage care advice  
Your aged care specialists  
Lorrae:  
[carersoutlook@gmail.com](mailto:carersoutlook@gmail.com)  
0418 298 183

## Advanced Care Planning session

### Advanced Care Planning

*The Importance of Communicating Your Views and Wishes for the Future, Now*

**When:** Friday 27th September 2024

**Where:** Brighton Wellness Hub

**Time:** 10:00am - 11:30 am

**Cost:** FREE

Bookings are required, please call Rebecka 3631 7568 or follow this link:



**BRIGHTON WELLNESS HUB**

**Advanced Care Planning**  
Free Community Information Sessions

Community & Oral Health, Social Work Team will be presenting  
*Advanced Care Planning – The Importance of Communicating Your Views and Wishes for the Future, Now*

When: 27 September 2024  
Time: 10am – 11.30am  
Where: Brighton Wellness Hub  
(Off Nineteenth Ave and Hornbrook Highway, Brighton, 4017)

Tickets: [OR CLICK HERE → Advanced Care Planning Tickets](#)



Please call Rebecka if you have any questions 3631 7568

**All welcome to attend!**



[Click here to book >>](#)



Community & Oral Health

Peer support for our **LGBTIQA+ Community**

**RAINBOW ROOM**

Supporting our diverse community

## A word from the Rainbow Room:

### Pride Month & Bisexual Awareness Day

Brisbane Pride is holds the Pride March and Fair day on September 21, plus there are events being held all month!

Bisexual Visibility Day is also observed in September. The Bisexual Visibility Day is held September 23 to recognise the resiliency of people attracted to more than one gender and make visible this often-misunderstood sexuality. This day is held to help bisexual people come out to their community and share their personal experiences and overcome feeling isolated and invisible.



**BISEXUAL  
VISIBILITY  
DAY**

**MINUS18**

[Brisbane Pride March & Fair further info >](#)

[Bisexual Visibility Day further info >](#)

# JPs in the Community



## 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 >>](#)

## "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](mailto:COH-Engagement@health.qld.gov.au)

Web: [Brighton Wellness Hub - Community and Oral Health](https://www.health.qld.gov.au/brighton-wellness-hub)