

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – September 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 Rebecka 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:**

Card Making **CANCELLED Thursday 05/09/24**

R U OK? Day drawing class Thursday 12/09/2024

Meditation starting Monday 16/09/2024

Fit for Life **CANCELLED 25/09/2024**

Advanced Care Planning session Friday 27/09/2024

Walking Football due to start back October - Express your interest today

## Important date reminders for September:

- Mosaic is **on hold** whilst Helena is on Leave. Returning later in the year.
- 03/09/2024 - Carers QLD, Local Area Coordinator NDIS Support - call 3215 9600 too book your spot
- 05/09/2024 - Card Making with Anne **Cancelled**
- 12/09/2024 - R U OK? Day Drawing Class with Rebecka
- 20/09/2024 - Bright 'n' Sparks Dementia Choir **Not running**
- 25/09/2024 - Fit for Life **Cancelled**
- 26/09/2024 - Learn to play bowls and Community Catch Up **Cancelled**
- 27/09/2024 - Bright 'n' Sparks Dementia Choir **Not running**
- 27/09/2024 - Advanced Care Planning session - call 3631 7568 to book your spot
- 30/09/2024 - Brighton Wellness Hub Monthly Birthday Celebrations
- 30/09/2024 - Rainbow Room LGBTQIA+ – Monthly Social Meet up

**HAPPY BIRTHDAY**



## 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 September,  
Please feel free to join us on Monday the 30 September at 10.00am.



## 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.



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

[Bisexual Visibility Day further  
info >](#)

## Drawing class for R U OK? Day

### Drawing class with Rebecka for R U OK? Day

Come along to the hub and have some fun learning some drawing techniques. All skill levels welcome.

R U OK? Day - what brings you comfort?

**When:** Thursday 12th September 2024

**Where:** Brighton Wellness Hub

**Time:** 11:30am - 12:30 pm

**Cost:** FREE

Please call Rebecka 3631 7568 to secure your place



### Drawing class for R U OK? Day

- Come along to the hub and have some fun
- Learning some drawing techniques – all skill levels welcome
- R U OK? Day – what brings you comfort?

**When:** Thursday 12<sup>th</sup> September 2024

**Time:** 11:30am – 12:30pm

**Where:** Brighton Wellness Hub

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

**Register:** Call Rebecka to secure your place

Please call Rebecka Willson  
if you have any questions 3631 7568

All welcome to attend!



## Advanced Care Planning session

### Advanced Care Planning

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

**When:** Friday 27<sup>th</sup> 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:



### 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

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

Tickets:



[Advanced Care Planning Tickets](#)



Please call Rebecka if you have any questions 3631 7568

All welcome to attend!



[Click here to book >>](#)

## 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

BRAHMA KUMARIS AUSTRALIA  
**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

## 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 >>](#)

## 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 and 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 Coordinator 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](mailto:CQ.Enquiries@ndis.gov.au).  
Stay up to date and like us on Facebook at [facebook.com/CarersQueenslandInQld](https://www.facebook.com/CarersQueenslandInQld).

Date	Time	Where
Tuesday 03 September 2024	11:00am -	Brighton Wellness Hub Corner Nineteenth
Tuesday 01 October 2024	12:00midday	Ave & Hornbrook Hwy BRIGHTON QLD 4017
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](mailto: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](mailto:COH-Engagement@health.qld.gov.au)  
Web: [Brighton Wellness Hub - Community and Oral Health](#)