

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – October 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!

In the spirit of International Pronoun Day - which falls on 16th October 2024 - you will notice on the registration form we ask for your pronouns. These are typically he/him or she/her but some people prefer they/them, no pronoun or another option. It can be helpful to introduce yourself using your pronouns and if unsure of someone's pronouns, you can always ask.

We hope to make respecting, sharing, and educating about personal pronouns commonplace. If you would like to learn more please follow this link or ask Rebecka.

Learn more about pronouns  
here >>

## Important date reminders for October:

- 01/10/2024 - Carers QLD, Local Area Coordinator NDIS Support - call 3215 9600 too book your spot
- 03/10/2024 - Card Making with Anne - bookings essential, call 3631 7568
- 07/10/2024 - King's Birthday **Hub Closed**
- 14/10/2024 - Sophisticated Folk Choir performance instead of Community Catch Up
- 16/10/2024 - Fitter for Life **Not running**
- 19/10/2024 - Saturday Breathwork class with Ewa
- 23/10/2024 - Fitter for Life **Not running**
- 28/10/2024 - Brighton Wellness Hub Monthly Birthday Celebrations
- 28/10/2024 - Rainbow Room LGBTQIA+ – Monthly Social Meet up
- 31/10/2024 - Learn to play bowls and Community Catch Up **Not running**



## 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! 🍰🎈

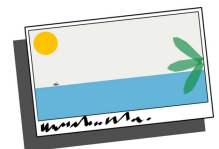
Calling all community members, clients and volunteers,  
come join the fun and let's make your special day extra memorable!

If you are celebrating your birthday in September,  
Please feel free to join us this Monday the 30th September at 10.00am.

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If you are celebrating your birthday in October,  
Please feel free to join us on Monday the 28th October at 10.00am.

## Monthly Memories



## Know when to hold 'em thanks to Linda

A big thank you to Hub participant Linda, and support dog Dolly, for donating four handmade card holders. These holders make card games more accessible for our participants who may struggle to hold their cards.



## Choir term 3 wrapped up

As the Bright 'N' Sparks Dementia Choir wraps up their 3rd term for 2024 they say thank you to the generous donation of the RFI Champions.

Term 4 starts back October 4th and welcomes any singers who are living with dementia and their carers. If you feel you might benefit from the program, for example you have an acquired brain injury, please contact the organisers to discuss this further.



Term 4 will also be practice for the upcoming concert!  
For more details on the concert, see below in our event promotion.

## Care planned in advance

Thank you to the social workers Anne and Jinho for sharing information and answering questions regarding Advance Care Planning.

It is important to communicate your wishes now, for the future.

Anne and participant Peter pictured.





## A word from the Rainbow Room:

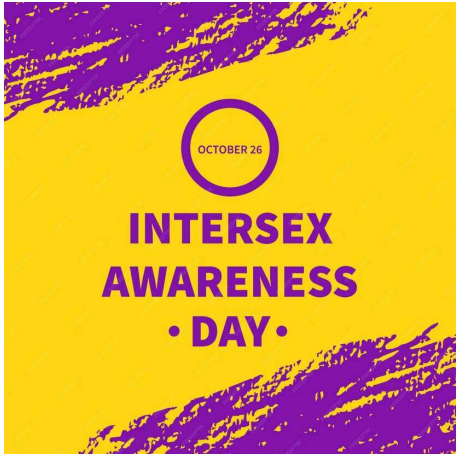
### Intersex Awareness Day

Intersex Awareness Day is held on 26 October to highlight human rights issues faced by intersex people who are born with physical or biological sex characteristics that are more diverse than the standard definitions for male or female bodies.

People born with intersex variations risk stigmatisation, violence and coercive medical interventions designed to make their bodies more typically female or male.

Intersex Awareness Day focusses on advocacy for individual rights to body integrity, physical autonomy and self-determination across the globe.

[Learn more about Intersex Awareness Day >](#)



## Card Making with Anne

### Card Making Class with Anne @ the Hub!

This is a free class, that will be led by Anne who has kindly made a card making kit for attendees.

Bookings are required as spots are limited.

Please call Rebecka 3631 7568.



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This is a free class, that will be led by Anne who has kindly made a card making kit for attendees.

Bookings are required as spots are limited. Please call Rebecka 3631 7568.

When: **Held on the first Thursday of each month.**  
Time: **9.45am – 11.30am**  
Where: **Brighton Wellness Hub**  
(Cnr Nineteenth Ave and Hornibrook Highway, Brighton, 4017)

# Sophisticated Folk

## U3A Pine Rivers presents; "Sophisticated Folk" choir performance

Come sing along and share some morning tea!

*Please note this will run during the usual Community Catch Up timeslot.*

**When:** Monday 14th October 2024

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

**Where:** Brighton Wellness Hub

**Cost:** FREE



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"Sophisticated Folk" choir performance

*Come sing along and share some morning tea*

**When:** Monday 14th October 2024

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

**Where:** Brighton Wellness Hub

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

**Cost:** FREE

Please call Rebecka  
if you have any questions 3631 7568

All welcome to attend!



# Breathwork with Ewa

## Starting Saturday 19th October! Breathwork and meditation with Ewa!

Everybody is welcome. Bookings not required.

Join Ewa for 45min of conscious breathing followed by 15 min meditation.

Learn new techniques and master your own breath.



**Breathwork**

*for healthy body and mind*

Everybody is welcome. Bookings not required.

Join Ewa for 45min of conscious breathing  
followed by 15 min meditation.

Learn new techniques and master your own breath.

**When:** 3<sup>rd</sup> Saturday of each month

**Where:** Brighton Wellness Hub

(Cnr Nineteenth Ave, Brighton 4017)

**Time:** 8.15am - 9.15am

**Cost:** \$10.00 pp

Please call Rebecka Willson  
if you have any questions 3631 7568

All welcome to attend



# Bright "N" Sparks Choir



Come celebrate the choir's progress at their debut concert!  
Morning tea and refreshments included

**When:** Saturday 2<sup>nd</sup> November 2024  
**Time:** 9:30am – 12noon  
**Where:** Brighton Health Campus Auditorium  
(449 Hornibrook Highway, Brighton, 4017)

**Register:** for a free ticket, click here >  
[Eventbrite Concert link](#)  
or call Rebecka 3631 7568



**All welcome to attend!**

Metro North  
Health



Queensland  
Government

## 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.

# Carers QLD Local Area Coordinator Program

## Are you and NDIS Participant?

Come to the Brighton Wellness Hub and speak with your 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](mailto:CQ.Enquiries@ndis.gov.au).  
Stay up to date and like us on Facebook at [facebook.com/CarersQueenslandQLD](https://www.facebook.com/CarersQueenslandQLD).

Date	Time	Where
Tuesday 03 September 2024	10:00am –	Brighton Wellness Hub Carer 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)

## 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

## "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



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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](#)