

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – Walking Football 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 weekdays, 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 updates:

Walking football is back @ the Hub!

Starting this Wednesday 23/10/2024 at 3-5pm - we hope to see you there.

Gather My Crew app information session coming up on Wednesday 20/11/2024.

Important date reminders for October:

- 19/10/2024 - Saturday Breathwork class with Ewa
- 23/10/2024 - Fitter for Life **Not running**
- 23/10/2024 - Walking Football starts
- 24/10/2024 - JP service **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**
- + 02/11/2024 - Bright 'N' Sparks Choir debut concert!

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 an hour of conscious breathing.
Learn new techniques and master your own breath.

When: 3rd Saturday of each month
Where: Brighton Wellness Hub
(Crn 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



Walking Football Wednesday

Starting Wednesday 23/10/24 Walking Football is back!

Come along to the hub and have some fun while playing walking football.

Now coordinated by Football Queensland.

See you on the lawn!



Walking Football

Come along to the hub and have some fun while playing walking football.
Now coordinated by Football Queensland

When: Wednesdays
Starting 23/10/2024
Time: 3.00pm – 5.00pm
Where: Brighton Wellness Hub
(Crn Nineteenth Ave and Hornibrook Highway,
Brighton, 4017)

Please call Sam Escobar
if you have any questions 3208 2677

All welcome to attend!



Gather My Crew app - FREE information session

Free information session

Learn how the Gather My Crew app connects people with their community, making it easy to coordinate support during times of need. Whether you're lending a hand or need some help yourself, help simplify the process so you can focus on what matters most.

Please register for a free ticket.

Please call Rebecka 3631 7568.

Register for free ticket here >>



Free information session

Learn how to create a support network and ask for help using this free app.

Learn how the Gather My Crew app connects people with their community, making it easy to coordinate support during times of need. Whether you're lending a hand or need some help yourself, help simplify the process so you can focus on what matters most.

When: Wednesday 20th November 2024
Where: Brighton Wellness Hub
(Crn Nineteenth Ave, Brighton 4017)

Time: 10:30am – 11:30am

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



If you can, please bring your smart device

All welcome to attend



Metro North Health

Queensland Government



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 October,
Please feel free to join us on Monday the 28th October at 10.00am.

Bright "N" Sparks Choir



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

When: **Saturday 2nd 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



Bright 'N' Sparks

"Brisbane North Dementia Choir"

2 weeks to go until the concert!

When: Saturday 2nd November 2024

Where: Brighton Health Campus Auditorium

Time: 9.30am - 12.00 pm

Cost: FREE

Bookings are required, please call Rebecka 3631 7568 or

Get your tickets here >>

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* (**not 24/10/24**) 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



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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

Web: [Brighton Wellness Hub - Community and Oral Health](http://BrightonWellnessHub-CommunityandOralHealth)