

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin - Event Reminders

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!

Event Reminders:

Please see below details of upcoming events this month.

For the app info session and the Rainbow Room social - it is preferred that you register for a free ticket. Please follow the link or call now to avoid disappointment.

Important date reminders for November:

- 16/11/2024 - Saturday Breathwork class with Ewa
- 20/11/2024 - Gather My Crew app information session
- 25/11/2024 - Brighton Wellness Hub Monthly Birthday Celebrations
- 25/11/2024 - Rainbow Room LGBTQIA+ – Monthly Social Meet up - BBQ edition!
- 26/11/2024 - Chair Yoga **Not running**
- 26/11/2024 - Needles and Hooks **Not running**
- 26/11/2024 - Mah-Jong **Not running**
- 28/11/2024 - Learn to play bowls and Community Catch Up **Not running**

Upcoming holiday closure:

16/12/2024 to 12/01/2025 - Hub closed for activities

21/12/2024 to 05/01/2025 - Hub closed and unstaffed

13/01/2025 - Hub reopened for regular activities



A word from the Rainbow Room:

Transgender Awareness Week

Transgender Awareness Week runs from 13-19 November, ending with Trans Day of Remembrance on 20th November.

Trans Awareness Week aims to raise awareness of trans and gender diverse people, the issues faced by the community and how allies can support.

Trans Day of Remembrance honours the memory of trans lives that have been lost to acts of transphobia and discrimination. It is a day of community solidarity and togetherness. As a community we remember people we have lost, celebrate the strength of our community in the face of adversity, and actively commit to fighting transphobia, creating a better, safer, and more inclusive world.



Learn more about Trans Awareness Week >

Breathwork with Ewa

Running again Saturday 16th November, Breathwork with Ewa!

Everybody is welcome. Bookings not required.
Join Ewa for an hour of guided breathwork.
Learn new techniques and master your own breath.

When: 3rd Saturday of each month

Where: Brighton Wellness Hub

Time: 8.15am – 9.15am

Cost: \$10.00 pp



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

Gather My Crew app info 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.

When: Wednesday 20th November 2024

Where: Brighton Wellness Hub

Time: 10:30am – 11:30am

If you can, please bring your smart device

Please register for a free ticket online or call Rebecka 3631 7568.



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

[Register here >>](#)

Rainbow Room Social

LGBTIQA+ BBQ social!

Every month the Rainbow Room hosts a social meet up for the LGBTIQA+ community. This event is a safe space for everyone to come together, make new friends, and share experiences. Whether you identify as LGBTIQA+ or are an ally, all are welcome to join us for an afternoon of connection and support. Come as you are and let's celebrate diversity and acceptance together!

This November, join in a special BBQ edition of the social meet up.

When: Monday 25th November

Where: Brighton Wellness Hub

Time: 2.00pm - 4.00pm

Cost: FREE

Please register for your free ticket here,
or call Katie on 3631 7450

*If you have dietary requirements, please call Katie



LGBTIQA+ Monthly Meet Up (BBQ)

Don't miss out on this fantastic opportunity to connect with your LGBTIQA+ Community! Join us on the last Monday of each month to build meaningful connections and meet our Volunteer Peer Supporters. All Welcome.

When: 25th November 2024
Where: Brighton Wellness Hub
 (Cnr 19th Ave, Hornibrook Highway, Brighton 4017)
Time: 2.00 pm – 4.00 pm



[Tickets](#) 

For more information call:
Katie 3631 7568

Metro North Health | Queensland Government

[Register here >>](#)



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 November,
Please feel free to join us on Monday the 25th November at 10.00am.

St Johns Transport and Community Services

Did you know St John's does more than first aid?

St John's offers community transport for getting to appointments, going shopping and also social trips - like visiting the Hub!

Drivers are trained in first aid and have defibrillator machines in each vehicle, so you know you're safe.

If you are in the My Aged Care program, Commonwealth Home Support Programme or the Queensland

Government Community Transport Program you may be eligible for an assortment of discounted services. If you are not eligible for discounts, you may still be surprised at how affordable their offer is compared to other transport options.

Why not find out what you're eligible for today?
Simply call 1300 785 646 or email enquiries@stjohnqld.com.au



Transport Services

We're here to make transport easy for you, no matter your circumstance.



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



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](#)