

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – December 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!

- 03/12/2024 - Carers QLD, Local Area Coordinator NDIS Support - call 3215 9600 too book your spot
- **05/12/2024 - Volunteers Event**
- 05/12/2024 - Chair Yoga **Not running**
- 05/12/2024 - Learn to play bowls and Community Catch Up **Not running**
- 05/12/2024 - Card Making with Anne **Not running**
- **12/12/2024 - Brighton Wellness Hub Christmas Celebration**
- 14/12/2024 - Saturday Breathwork class with Ewa
- **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

HAPPY BIRTHDAY

Brighton Wellness Hub - Monthly Birthday Celebrations:

Hey there, party people! 🎉 Guess what?

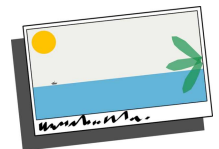
On the last Monday of every month, it's time to break out the cake and confetti because we're celebrating birthdays at Brighton Wellness Hub! 🎂🎈
We will celebrate December birthdays end of January.

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 December or January,
Please feel free to join us on Monday the 27th January at 10.00am.



Monthly Memories





Bright 'N' Sparks a Concerted Success

We are thrilled to share the success of the Bright 'N' Sparks Dementia Choir's inaugural concert, held 2nd November 2024! The event brought together approximately 90 audience members, including friends, family, community members, and the residents of Brighton Health Campus, all eager to support our talented choir.

The atmosphere was filled with joy and camaraderie as the choir performed a heartfelt selection of songs with plenty of audience participation. The morning was not just about the music; it was a celebration of community spirit and the power of connection through song.

In recognition of their dedication, awards were presented to both the choir and our invaluable volunteers, acknowledging their hard work and commitment to making the choir a success.

Thank you to everyone who attended, supported and donated to this wonderful initiative. We look forward to many more performances and continued growth for the Bright 'N' Sparks Dementia Choir!

If you are interested in joining the choir or making a donation to the choir, please contact Rebecka on 3631 7568.

Final Flourishes for Card Making

This month Anne returned for the final card making class of 2024.

This class runs on the first Thursday of each month and bookings are essential as there are limited spots available.





Christmas greetings from the Rainbow Room!

2024 has been a busy and successful year for the Rainbow Room. We the team would love to thank all the staff, the volunteers, the community and friends who have interacted with us in one way or another, over the past 12 months.

It's heartwarming to see the difference we can make in each other's lives when we come together. As volunteers our main objective is to help the community and it is so rewarding to see the results.

We would like to wish everyone from the community and beyond a safe and happy end of year. For some of us Christmas can be difficult, and we would like to encourage those of you who are alone to reach out to others and likewise in return if others could try to be more inclusive remembering that Christmas is about giving.

We look forward to seeing you all in the New Year

~Merry Christmas from the Rainbow Room!~



Day of Disability

To celebrate the International Day of People with Disability, please join the Hub and the Brighton Rehab team in a morning of learning and activities.

When: Wednesday 4th December 2024

Where: Start at Brighton Dolphin House, walk to Brighton Wellness Hub (see map)

Time: 8:30am – 11:30am

Register: for a free ticket call Rebecka 3631 7568 or

[Register here >>](#)

International Day of People with Disability

BRIGHTON WELLNESS HUB & REHAB!

Come and celebrate the strengths, abilities, and resilience of people with disabilities in our community!

This free event is designed to raise awareness, promote inclusion, and showcase the valuable services offered by the Brighton Rehabilitation Team and the Brighton Wellness Hub.

What to expect:

- Behind the Scenes Tour of the Brighton Rehabilitation unit
- Guest speakers
- Walk along the Brighton waterfront between the Rehab gym and the Hub
- Activities, food and drink at the Hub

When: Wednesday 4th December 2024
Where: Start at Brighton Dolphin House, walk to Brighton Wellness Hub (see map)
Time: 8:30am – 11:30am
Register: for a free ticket, click here > [Eventbrite link to register](#) or call Rebecka 3631 7568

Learn how the Brighton Rehab team and the Brighton Wellness Hub can support your wellness goals!



Breathwork with Ewa

**Need to catch your breath in the busy season?
Breathwork with Ewa!
Running Saturday 14th December,**

Everybody is welcome. Bookings not required.

Join Ewa for an hour of guided breathwork.

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
(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



SANDBAG'S
CHRISTMAS SHOUT OUT!
PLEASE DONATE

- School Back Packs
- Lunch boxes
- Drink bottles
- Snack packs
- 5 Subject Note Books
- Note pads & Exercise books
- Pencil Cases
- Pens, Rubbers, Rulers
- Glue sticks, Sharpeners
- Whiteboard Markers
- Pencils - Colour & Lead
- Calculators

DROP OFF AT SANDBAG 153 RAINBOW ST SANDGATE

BY
13 DEC

FRIDAY 9AM-3PM

THANK YOU
FOR MORE INFORMATION PLEASE CALL SANDBAG 3869 3244

SANDBAG'S 4017
COMMUNITY
CHRISTMAS
Gathering

18 DEC
WEDNESDAY 11AM-3PM

EINBUNPIN LAGOON PARK
122 Brighton Road Sandgate 4017

FREE EVENT
FESTIVE FOOD, FUN, GAMES,
LIVE CHRISTMAS CAROLS,
SNOWCONES, ACTIVITIES,
PRIZES & A SURPRISE GUEST!

FOR MORE INFORMATION OR TO REGISTER PLEASE CALL
SANDBAG 3869 3244

St Johns Transport and Community Services

Did you know St Johns does more than first aid?

St John Ambulance Australia 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.



Carers QLD Local Area Coordinator Program

Are you an NDIS Participant?

Come to the Brighton Wellness Hub and speak with you Local Area Coordinator (LAC) from Carers QLD.

First Tuesday of each month - 10.00am to 12noon

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.



LAC in Community
Brighton Wellness Hub



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.
Stay up to date and like us on Facebook at facebook.com/CarersQueenslandQld.

Date	Time	Where
Tuesday 03 September 2024	10.00am -	Brighton Wellness Hub, Corner Nineteenth
Tuesday 01 October 2024	12.00midday	Ave & Homelook Hwy BRISBANE QLD
Tuesday 05 November 2024		4017
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

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](#)