

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – Last week of activities 2024

****Season's Greetings from the Brighton Wellness Hub!****

There's one week left for activities @ the Hub in 2024.

Please see below last-minute reminders for this final week.

Remember you are all invited to the Christmas Party on Thursday 12th December (invite below).

As we take a brief pause over the holidays, we want to thank you for being part of our vibrant community in 2024.

Wishing you peace, joy, and wellness in the holiday season and beyond.

From Claire, Katie and Rebecka @
The 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!

Parking update:

Please note there will be painting tradesmen using the dedicated Brighton Wellness Hub parking until 12th December.

On street parking is available as usual.

Line Dancing:

Monday 9th December is your final class.

Returning 13th January*.

*Norma will take the class for practice runs until Janene returns 6th February 2025.

Community Catch Up:

Monday 9th and Thursday 12th December are your final dates.

Returning Monday 13th January.

Brahma Kumaris Meditation:

Monday 9th December is your final session.
Returning Monday 13th January.

Chair Yoga:

Tuesday 10th and Thursday 12th December are your final dates.
Returning 14th January.

There is possibility for Tuesday class to be moved to Friday instead. Please provide feedback on this to either Claire or Rebecka.

Needles and Hooks:

Tuesday 10th December is your final session.
Returning 14th January.

Mah-Jong:

Tuesday 10th December is your final session.
Please bring a plate to share for afternoon tea.
Returning 14th January.

Yoga with Ewa:

Tuesday 10th December is your final class.
Return date yet to be confirmed. Please keep an eye on future emails.

Fitter for Life:

Classes have finished for the year and return 22nd January.

Walking Football:

Wednesday 11th December is your final session.
Returning Wednesday 15th January.
Updates regarding registration to come, please keep an eye on future emails.

Tai Chi:

Friday 13th is your final class for 2024 and potentially for the foreseeable future.
I am working on sourcing a replacement teacher, please keep an eye on future emails.

Bright 'N' Sparks Dementia Choir:

Friday 13th December is your final session.
Returning 31 January 2025.

*For those interested in attending the St Peter the Fisherman's Anglica Church Nativity service on Sunday 15th December, please contact Belinda on 3865 6115 or belindabegley@hotmail.com

Important date reminders for December:

- **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



Community Christmas Party!



Thursday 12th December
9am - 12noon



Bring a plate to share.
Like Community Catch Up,
but with more food and festivities!



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!~

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

Metro North
Health

Queensland
Government

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

WEDNESDAY **18**
DEC 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 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.
Stay up to date and like us on Facebook at [facebook.com/CarersQueenslandNDIS](https://www.facebook.com/CarersQueenslandNDIS).

Date	Time	Where
Tuesday 03 September 2024	10:00am - 12:00midday	Brighton Wellness Hub, Corner Nineteenth Ave & Hornbrook Hwy BRIGHTON QLD 4017
Tuesday 01 October 2024		
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

JPs in the Community



Are you in need of document certification?

JP service at the Hub unavailable between 20 December - to 15 January.

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



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](https://www.health.qld.gov.au/communities/brighton-wellness-hub)