

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – January 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 information sessions, 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](#)

See you there!

Important information:

Walking Football - 2025 annual registration to Football Queensland is needed to play.

\$25 annual registration fee covers your registration to Football Queensland and their insurances.

If you would like to get a head start on the registration process please follow this

link <https://forms.office.com/r/nRCip2SsQF>

Or a member of Football Queensland will be at the Hub on 15th and 22nd January to collect payments and assist with registrations.

For further enquires, contact Sam at same@footballqueensland.com.au or 3208 2677

Bright 'N' Sparks Dementia Choir - To keep the choir running for 2025, a fee of \$10 per session, per participant will be required. Carers are not obligated to pay, but they are welcome to contribute if they wish to help cover costs.

If you'd prefer to prepay for a term or the entire year, the cost will be \$100 for the term or \$400 for the year.

An EFTPOS machine will be available for payments; unfortunately, we are unable to accept cash at this time.

Gateball - Potential new activity, register interest now.

Moreton Bay Gateball Club Inc has shown interest in partnering with the Hub to hold a weekly Gateball session at the Hub.

See below for more information.

Important date reminders for January:

- 13/01/25 - Hub reopened for activities
- 13/01/25 - Practice line dancing for free with Norma (Janine returns 03/02/25)
- 15/01/25 - Fitter for Life **NOT RUNNING**
- 18/01/25 - Saturday Breathwork class with Ewa
- 20/01/25 - Practice line dancing for free with Norma (Janine returns 03/02/25)
- 20/01/25 - Birthday celebration for December and January birthdays. Come share some cake
- 22/01/25 - Fitter for Life returns
- 27/01/25 - Australia Day Public Holiday - **Hub closed**
- 31/01/25 - Bright 'N' Sparks Dementia Choir returns



Brighton Wellness Hub - Monthly Birthday Celebrations:

Hey there, party people! 🎉 Guess what?

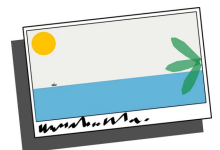
On the last Monday of every month, it's time to break out the cake and confetti because we're celebrating birthdays at Brighton Wellness Hub! 🎂 🎈

We will celebrate December and January birthdays this month.

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

If you celebrate your birthday in December or January, Please feel free to join us on Monday the 20th January at 10.00am.

Monthly Memories



Residents Rugged

Blankets and socks knitted by our Needles and Hooks ladies were donated to residents across Gannet House and Brighton Brain Injury Unit (Ebbtide) and Cooida House.

The residents are always thankful of the handmade items, especially in time for Christmas.



Day of Disability Delivers

Thanks to the All Abilities Group, to celebrate the International Day of People with Disabilities, the Hub has secured a new adaptive net and badminton set.

The new net can be used at varying heights to adjust sports and games for all abilities.

If you are interested in playing badminton or volleyball on the lawn, please approach staff for assistance setting up.



Farewell 2024

A big thank you from Katie, Rebecka and Claire to all the volunteers and community participants who help keep the Hub alive.

We will be sending a survey out shortly to hear from you about your Hub experience in 2024. We have big plans for 2025 and, as always, are hoping you can direct us to provide the best experience.



Welcome to 2025!

The Rainbow Room has many plans in place for the next 12 months.

In addition to our monthly meetups/sausage sizzles, we continue to provide peer support for community members, education sessions and support for Metro North staff and so much more.

With new volunteers joining us (we always welcome new volunteers so don't be shy!) we are excited to be launching forward into a fresh new year with many events and opportunities ahead.

We look forward to seeing you all.



Gateball

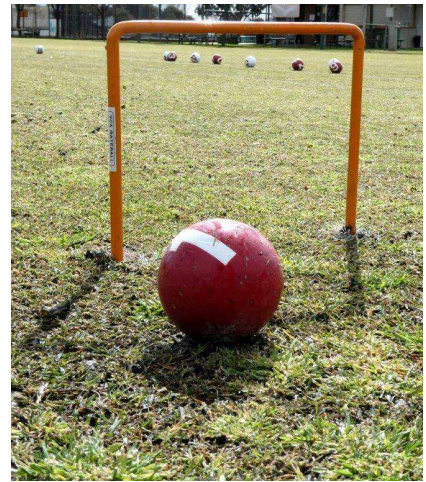
Gateball is a mallet sport similar to croquet, like a cross between croquet and snooker.

Gateball is a fast-paced, non-contact, highly-strategic team game, which can be played by anyone regardless of age or gender. Players range from 8-100.

Gateball is played on a rectangular court 20 metres long and 15 metres wide. Courts are generally grass, but can also be clay, gravel or concrete. Each court has three gates and a goal pole.

The game is played by two teams (red and white) of five players. Each player has a numbered ball corresponding to their playing order. The odd-numbered balls are red and the even-numbered balls are white. Teams score one point for each ball hit through a gate and two points for hitting the goal pole.

A game of Gateball lasts for 30 minutes. The winner is the team that has the most points at the end of the game



[Register interest here >>](#)

Breathwork with Ewa

A breath of fresh air for 2025 Breathwork classes with Ewa

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

Every Tuesday 6:00pm - 7:00pm - \$5pp

Plus
Saturday 18th January 8:15am - 9:15am - \$10pp



Breathwork

for healthy body and mind

Everybody is welcome.
Bookings not required.
Simply drop in for an hour of conscious breathing.
Learn new techniques to master your own breath.

When: Every Tuesday
Time: 6:00pm – 7:00pm
Cost: \$5 per person

Where: Brighton Wellness Hub
(Crn Nineteenth Ave, Brighton 4017)



All welcome to attend

Please call Ewa if you have any questions 0424 293 393

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.



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](#)