

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – February 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:

#### Fitter for Life - Not returning

Melissa has shared that she will not be returning to the Hub for Fitter for Life classes.

Please do not attend the Hub tomorrow 29/01/25 for class.

She is continuing to run classes at Dayboro and Strathpine if you would like to attend classes there.

Please call 0407 030 457 for more details.

#### Walking Football - Play dates

Due to the hot weather, Walking Football will return 5th March and run until September.

While you wait, please register with Football Queensland so you are ready to play come March.

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

For further enquires, contact Sam at [same@footballqueensland.com.au](mailto:same@footballqueensland.com.au) or 3208 2677

#### Bright 'N' Sparks Dementia Choir - Returns this Friday!

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.

### Hub Evaluation Survey - we need your voice

The Hub is being evaluated and we need your feedback.

If you would like to participate in a survey to support us do things better, please join us.

Click on the poster to complete online >>

Or fill in a paper copy available at reception @ the Hub.

+ Every entry has the chance to win a \$50 voucher

(Note: survey responses are anonymous. The gift card draw is optional and separate from survey.)

### Tell us what you think!

The Hub is being evaluated and we need your feedback. If you would like to participate in a survey to support us do things better, please join us.

Every entry has the chance to win a \$50 voucher

(Note: all surveys are anonymous. It is your choice to enter the draw separately)

To complete the survey please use either of the following:

QR code



Or

Complete a paper copy available at the reception desk, in the Hub



## Important date reminders for February:

- 18/02/25 - New Parents Group starts
- 22/02/25 - Vegetarian Cooking Workshop
- 27/02/25 - Yarning Circle @ the Hub - no Community Catch Up or Lawn Bowls
- 24/02/25 - Birthday celebration for February birthdays. Come share some cake

## REDFEB



Each month we will put the spotlight on a health awareness.

February is REDFEB - a month for heart health awareness.

And what a great excuse to remind you all about the Brighton Walkers.

Getting out and walking is a fantastic way to boost not only your physical health but also your mental and emotional wellbeing. Regular physical activity such as walking, can also reduce your risk of heart disease by 35%.



There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.

**Join your local walking group at the date and time below:**

Group: Brighton Walkers

When: Wednesday Morning (7.30am Oct - Feb) (8.00am Mar - Sep)

Where: Meeting at the Brighton Health Campus Cafe'

Come join us for our walk and a coffee afterwards.

Organiser: Katie & Nerida 3631 7568

Visit [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au) to register or for more information

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Australian Government

# 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! 🍰 🎈

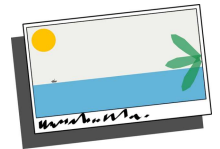
See photo of our December and January birthday celebrators.

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 February, please feel free to join us on Monday the 24th February at 10.00am.



## Monthly Memories



### Return of the Bird

Some of you may remember the Hub's unofficial mess-making mascot. The curlew has been seen this month, seemingly returned from whatever place it migrated to.

Please do not approach or feed the wildlife. If you notice there is mess, particularly around the outside table or paths, please alert staff so cleaning can be requested from the facility management.



### Telehelp is on the way

I'm sure you've all noticed the latest device in the Hub. Some guesses of what it is;

- TARDIS
- Sauna
- Escape pod

It is actually a Telehealth Pod and we are very proud and excited to have this as a part of our repertoire available to help the community. Coming soon - for Metro North Health patients that are offered Telehealth appointments by their doctors (eg. specialist outpatient reviews), there will be an option to book the Telehealth Pod. It has a camera, speakers, screen, all in a sound-proof environment to allow for confidential information sharing. We understand not everyone has a smart device or internet capability to support their telehealth appointments, so we hope this will help those community members.

Stay tuned for more updates as we work to get it online.





Peer support  
for our  
LGBTIQA+  
Community

# RAINBOW ROOM

Supporting  
our diverse  
community

## 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: Monday 24<sup>th</sup> February 2025**

**Time: 2.00 pm – 4.00 pm**

**Where: Brighton Wellness Hub**  
(Crn 19<sup>th</sup> Ave, Hornibrook Highway, Brighton  
4017)



Tickets



For more information call:  
Katie 3631 7568

Metro North  
Health



Queensland  
Government

## Vegetarian Cooking Class

### Vegetarian Cooking Made Easy

Brisbane City Council Active & Healthy Program

As one of the [Brisbane City Council's Active & Healthy](#)

[Program](#) professionals, I'm teaming up with the BCC Active & Healthy team for this fun and educational session – Vegetarian Cooking Made Easy!



If meat doesn't agree with you and you need to ditch it from your diet, or maybe you just want to reduce the amount you consume to see what effect it has, then this is the workshop for you!

Join Nutritionist Penny Benjamin as she shows you how easy and delicious it is to eat a plant-based diet while ensuring you meet all your nutritional intake needs.

Saturday 22nd February 2025, 10am-12pm

\$6 pp

Bookings essential. Book your spot NOW

[more information 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.

Now every Tuesday 6:00pm - 7:00pm - \$5pp



### **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

## Free Digital Literacy Classes

### Click and Connect

Band of Brothers is a Redcliffe based charity supporting the community.

They are offering free Friday weekly digital skills training for all levels of ability.

All will be explained at their sign up session on Wednesday 5th February. There you will be introduced to the program, register and enjoy free refreshments.

Bookings are essential as there are limited places and for catering purposes.

What: Sign Up Session  
When: Wednesday 5th February  
Time: 10:30am - 12noon  
Where: Redcliffe Library

2  
What: Digital Skills Classes  
When: Fridays starting 7th February  
Time: 9am - 12noon  
Where: Redcliffe Library

**Call 07 2105 5959 to book your spot**

More information about Band of Brothers can be found here: [Home - Band of Brothers](#)

## St Johns Transport and Community Services

### Did you know St Johns does more than first

St John Ambulance Australia offers community transport to appointments, going shopping and also social trips to the Hub!

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

If you are in the My Aged Care program, Commonwealth 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 will 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.org.au](mailto:enquiries@stjohnqld.org.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](mailto:COH-Engagement@health.qld.gov.au)

Web: [Brighton Wellness Hub - Community and Oral Health](#)