

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – Hub Security 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:

The Hub has a new security camera

Please note a new camera has been installed at the front entrance of the Hub, covering the inside entrance, the reception desk and the telehealth pod.

In an emergency situation, please call 000 first, then contact campus security on 3631 7457.

For non-emergency security concerns, please speak to staff first, or if none are available, call security on 3631 7457.

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!

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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 to register or for more information

Proudly Supported By



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 24th February 2025

Time: 2.00 pm – 4.00 pm

Where: Brighton Wellness Hub
(Crn 19th Ave, Hornibrook Highway, Brighton
4017)



For more information call:
Katie 3631 7568

Metro North
Health



Queensland
Government

Call Out for Donations

Do you have some spare, or know someone who does?

We are on the lookout for some donations to help support activities at the Hub.

- Large print books - for the book library/swap at reception
- Card making supplies (eg. scissors, double sided craft tape and foam, blank cardstock) - for the card making class
- Yarn/wool - for the crochet and knitting group
- New small gifts - for bingo prizes



The Bright 'N' Sparks Dementia Choir is also looking for;

- New large gifts/hampers - for fundraising. Collection point is at the Hub during business hours
- Donations of money can be made to the choir via bank transfer. Please reach out to staff for the donation process.

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, Penny is 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 >>](#)



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 4017

Phone: 3631 7568
Email: COH-Engagement@health.qld.gov.au
Web: [Brighton Wellness Hub - Community and Oral Health](#)