

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – March 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** - Starting play for 2025!

Due to the hot weather, Walking Football was delayed until 5th March.

It will run from 5th March until September.

While you wait, please register with Football Queensland so you are ready to play next week.

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

## Hub Evaluation Survey - LAST CHANCE

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



### Bright 'N' Sparks Dementia Choir - Playlist online

Conductor Katie would like to share with you all the playlist of songs the choir is learning this term.

If you are in the choir, we hope this allows you to practice at home.

If you are not in the choir, still have a listen and if you'd like to sing along, the choir is happy to take new members.

More details about the choir can be found on the Hub website, or call Rebecka on 3631 7568.

[Youtube playlist here >>](#)

### Important date reminders for March:

- 05/03/25 - Walking Football returns for play
- 07/03/25 - Denim Day for Dementia - wear denim for choir practice!
- 27/03/25 - Yarning Circle @ the Hub - no Community Catch Up or Lawn Bowls
- 31/03/25 - Birthday celebration for March birthdays. Come share some cake
- 31/03/25 - Rainbow Room LGBTIQ+ monthly social catch up

## Sleep Awareness Month



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

March is Sleep Awareness Month.

Come see our table with sleep tips and information about seeking help with the Queensland Health Sleep Disorders Program.

[Find out more >>](#)

# 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! 🍰🎈

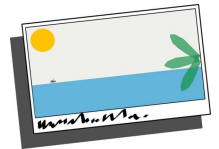
See photo of our February birthday celebrator, volunteer Dawn.

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

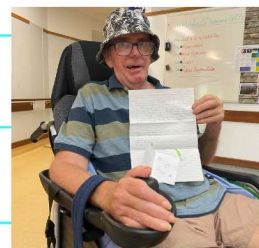
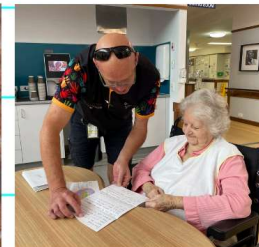
If you celebrate your birthday in March, please feel free to join us on Monday the 31st March at 10.00am.



## Monthly Memories



NATIONAL  
WRITE A  
LETTER TO  
AN ELDER  
DAY 2025



Community and Oral Health &  
Nashville State School collaboration



Yesterday was National Write a Letter to an Elder Day.

The day serves to remind us all that loved ones enjoy hearing from us and that a simple letter brightens their day.

Thank you to the Grade 5 class at the Nashville State School who took some time to do some fabulous drawings and write 39 letters in total.

The letters detailed topics they're learning at school and the children's pets and their hobbies.

Twelve letters were received by patients at Interim Care, seven at Ebbtide and 20 at Gannet.

In the coming days, the recreation officers will help residents and patients write responses.

## You said, We did

Each month I will highlight some of the things that have been brought about because of your feedback.

Sometimes the best feedback is about the little things we can quickly make improvements from.

Other times you shoot for the moon and with time and effort we do our best to make it happen for you.



You said;

Signage is not clear from reception which way to the activities.

We did;

Hang a sign on room divider with direction arrows.

You said;

It can be hard to hear the choir conductor at the back of the room.

We did;

Make the conductor aware. She is now trialling using a microphone and projecting her voice further.

You said;

We want Gateball

We did;

*\*Work in Progress\**

Meet with local Gateball club. Player insurance is a roadblock, so we are liaising with our legal team to investigate options as we must consider player safety.



### A word from the Rainbow Room:

#### Trans Day of Visibility

Trans Day of Visibility is an annual international celebration of trans pride and awareness, recognising transgender, gender diverse and non-binary experiences, and achievements.

When is Trans Day of Visibility?  
March 31, 2025.

Did you know that most people say they have never met a  
transperson – let change that!



[Find out more >>](#)

Peer support  
for our  
LGBTIQA+  
Community

RAINBOW  
ROOM

Supporting  
our diverse  
community

# LGBTIQA+ Monthly Meet Up

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.

**When:** Last Monday of each month

**Time:** 2.00 pm – 4.00 pm

**Where:** Brighton Wellness Hub  
(Crn 19<sup>th</sup> 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 supplies 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
- New large gifts/hampers - for dementia choir fundraising.
- Donations can be made to the choir to help cover their costs (eg. conductor and accompanist). Please reach out to staff for donation process.



## Card Making with Anne

### Card Making Class with Anne @ the Hub!

This is a free class, that will be led by Anne who has kindly made a card making kit for attendees.

Bookings are required as spots are limited.

Please call Rebecka 3631 7568.



**BRIGHTON WELLNESS HUB**

*Card Making Class with Anne* **FREE**

This is a free class led by Anne who has kindly made a card making kit for attendees.

Bookings are required as spots are limited.  
Please call Rebecka 3631 7568.

When: **First Thursday of each month**  
Time: **9.45am – 11.30am**

Where: **Brighton Wellness Hub**  
(Cnr Nineteenth Ave, Brighton 4017)

**All Welcomed. Bookings and class limits apply**

Metro North Health | Queensland Government

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