

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – Activity Cancellation Alert v3

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:

ALL HUB ACTIVITIES WED + THURS + FRI CANCELLED

Due to cyclonic weather and predicted flooding, all scheduled activities for Wednesday 5th, Thursday 6th and Friday 7th March are cancelled.


Your safety is very important to us, please prepare an emergency kit and stay safe in the following days.

+ALL HUB ACTIVITIES MON + TUE CANCELLED

As Tropical Cyclone Alfred is now expected to make landfall early Saturday morning, we are cancelling all Hub activities for Monday 10th and Tuesday 11th.

Fingers crossed the Hub is unscathed by the extreme weather and roads are open for staff to attend.

We will keep you updated next week on the plan for resuming activities, depending on clean-up and recovery requirements.

	Fri. 7 Mar	Sat. 8 Mar	Sun. 9 Mar	Mon. 10 Mar	Tue. 11 Mar	Wed. 12 Mar	Thu. 13 Mar
	 Cyclone expected.	 Cyclone expected.	 Rain. Possible heavy falls.	 Showers.	 Showers.	 Shower or two.	 Shower or two.
Max. Temperature	25 °C	26 °C	28 °C	28 °C	28 °C	27 °C	28 °C
Min. Temperature		22 °C	23 °C	23 °C	23 °C	22 °C	21 °C

Important date reminders for March:

- 07/03/25 - Bright 'N' Sparks Dementia Choir - **NOT RUNNING**
- 10/03/25 - Line Dancing - **NOT RUNNING**
- 10/03/25 - Community catch up - **NOT RUNNING**
- 10/03/25 - Meditation - **NOT RUNNING**
- 10/03/25 - Chair Yoga - **NOT RUNNING**
- 10/03/25 - Needles and Hooks - **NOT RUNNING**
- 10/03/25 - Mah-jong - **NOT RUNNING**
- 10/03/25 - Yoga with Ewa - **NOT RUNNING**
- 10/03/25 - Breathwork - **NOT RUNNING**
- 12/03/25 - Other activities resume (to be confirmed)
- 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

Non-Life-Threatening Emergency Care

**ALWAYS CALL 000 FOR LIFE
THREATENING CONCERNS**

If you are not able to present to an emergency department, but have an urgent medical condition, consider accessing **Virtual ED**.

**For general nursing advice call 13
HEALTH (13 43 25 84)**

[more information here >>](#)

Queensland Virtual Hospital
Virtual Emergency Care Service

Queensland Health

Virtual Emergency Care Service

Help for non-life-threatening conditions

The Virtual Emergency Care Service can help you with conditions that need immediate specialist Emergency Doctor attention but aren't life-threatening.

This includes but is not limited to:

- acute respiratory illnesses
- allergic reactions
- rashes and bites
- pain
- infections
- burns
- children with fevers
- gastroenteritis
- vertigo
- and many more.

Scan the QR code to access the service.




In an emergency, always call **Triple Zero (000)**



Queensland
Government

Card Making with Anne

Card Making Class with Anne @ the Hub!

CANCELLED 6th March

Anne unable to hold an April class, so next class will be held 1st May.

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

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](#)