

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – April 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:

### Bright 'N' Sparks Dementia Choir - April performances

The Bright 'N' Sparks Dementia Choir has been chosen to sing at the Woody Point Anzac Day Memorial Service.

Please come watch if you would like to support the choir and commemorate the service and sacrifice of those who have served in the Australian Defence Force. Friends and family of the choir, and all community members are very welcome.

**Date:** Friday 25th April

**Time:** Refreshments from 8am, service begins 8:30am  
(choir try to arrive 7:30am - 8am)

**Refreshments** include tea, coffee, cakes, sandwiches and Anzac biscuits

**Place:** Woody Point Memorial Hall



Hornibrook Esplanade, Woody Point (next door to crochet club)

**To note:** Audience seating may be limited and prioritised for those who have difficulty standing. The choir will have allocated seating.

## Important date reminders for April:

*5/04/25 - 21/04/25 - School holidays. Bring your grandchild along to Community Catch Up, Needles and Hooks, and Mah-Jong*

- 03/04/25 - Card Making with Anne - **NOT RUNNING**
- 11/04/25 - Bright 'N' Sparks Dementia Choir - **NOT RUNNING**
- 18/04/25 - Easter Friday - **HUB CLOSED**
- 18/04/25 - Bright 'N' Sparks Dementia Choir - **NOT RUNNING**
- 21/04/25 - Easter Monday - **HUB CLOSED**
- 23/04/25 - No Falls FREE information session
- 25/04/25 - Anzac Day - **HUB CLOSED (Choir performing at Woody Point Memorial Service)**
- 28/04/25 - Birthday celebration for March birthdays. Come share some cake
- 28/04/25 - Rainbow Room LGBTIQA+ monthly social catch up

## April is No Falls Month

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

April is No Falls Month.

Every day, 133 older Queenslanders have a fall requiring medical attention, even though falls are mostly preventable. Falls have a big impact on mobility and independence, but there are steps that can be taken to reduce the risk.

All of us want to stay active and independent and live in our own home for as long as possible.

Falls do not have to be an inevitable part of growing older – you can take action to stay on your feet.

Attend our free information session or come see our table with tips and information about reducing the risk of a slip, trip or fall and the harm caused by these injuries as you get older.

For the free information session, please register by clicking on the button below or call Rebecka on 3631 7568.

**Register now >>**



### Free information session

Learn how to identify falls risks, prevent falls and stay on your feet.

Brought to you by the QAS Falls Co-Response Team

When: Wednesday 23<sup>rd</sup> April 2025

Time: 10:00am – 11:00am

Register: for a free ticket, click here >  
[Eventbrite link to register](#)  
or call Rebecka 3631 7568



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



All welcome to attend



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## 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

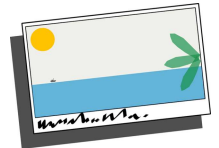
birthdays at Brighton Wellness Hub! 🎂🎈  
See photo of our March birthday celebrators.

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 April,  
please feel free to join us on Monday the 28th April at 10.00am.



## Monthly Memories



### **Don't Trash It, Recycle It!** **Battery Bucket Now @ the Hub!**

We're excited to announce a new way to make a difference.

The Hub now has a Battery Recycling Bucket where you can drop off your used batteries for proper disposal and recycling.

It's an easy and eco-friendly way to help reduce waste and protect the environment.

Stop by, drop off your old batteries, and do your part for a greener future!



## 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;  
There's just so many Mah-Jong players!  
Can we have name badges?



We did;  
Name badges created. Please keep badges at the Hub to avoid them going missing.  
Also let Rebecka or Des know if your name has been missed so it can be added in the next print run.



## A word from the Rainbow Room:

### Lesbian Visibility Day

26th April we celebrate Lesbian Visibility Day.

Affirmative visibility is crucial to the health and wellbeing of all lesbian-identified people. Visibility is more than just media representation. It includes feeling seen in health and community services, at work, at school, and all other areas of our lives. Visibility brings recognition, safety, and a sense of belonging. We use today to recognise the many contributions from lesbian communities in LGBTIQA+ history and celebrate all lesbians!

Lesbian visibility is crucial to health and wellbeing. Lesbians can identify many different ways, they can be cisgender women, trans women, non-binary, gender non-conforming, intersex and many more.



[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

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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.

**Next class: Thursday 1st May 2025**



**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

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## Local Flu Shots

Brighton Discount Drug Stores are offering flu vaccinations administered by one of their pharmacists or a visiting nurse practitioner.

In Australia, it is recommended that any person 6 months of age and older get a flu vaccination to reduce the likelihood of becoming ill with influenza. The flu vaccination is a safe and effective way to protect you and others from serious disease caused by influenza.

Always remember, as well as vaccination, it is important to continue practicing good hand hygiene, covering your nose and mouth when coughing or sneezing, and staying home when you are unwell to minimise the spread of the flu.

Click on the flyer photo to book or visit in store to discuss.



**Fight the flu,  
get vaccinated with us**

Skip the wait - book your FREE\* flu shot with us today!  
<https://www.medadvisor.com/Network/BrightonDiscountDrugStore>

Discount Drug Stores

Brighton Discount Drug Stores  
Located in: Brighton Shopping Village  
Address: 353 Beaconsfield Tce, Brighton QLD 4017  
Phone: (07) 3269 2570





## **Metro North Community and Oral Health Services** invite our women and their families to a health expo to support our women on their health journey

**Date:** Friday 2 May 2025

**Venue:** Brighton Auditorium

\*Subject to change  
depending on numbers

**Time:** 10am – 3pm

Bring your family along for a fun day with us!  
Free activities include: health screening for women, women's health information, BBQ lunch, face painting & cultural activities.

**For more information please contact**  
phone: 3631 7379 or email:  
[COH-A\\_TSI\\_HLTHTeam@health.qld.gov.au](mailto:COH-A_TSI_HLTHTeam@health.qld.gov.au)

This initiative is coordinated by the Community and Oral Health Aboriginal and Torres Strait Islander Health team and Metro North Health Women's Business Shared Pathways

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# 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



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## 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](#)