

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Bright 'N' Sparks Dementia Choir – Anzac Day Performance Reminder

Special message for the Bright 'N' Sparks Dementia Choir regarding upcoming performances.

There are two performances we hope you can attend before term 2 starts back Friday 2nd May.

Also don't forget that although the choir is on break, the Brighton Wellness Hub is still open for activities and health navigation support. Please feel free to call, email or visit the Hub between 9am - 4pm weekdays (public holidays excluded).

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!

April performances:



The Bright 'N' Sparks Dementia Choir has been chosen to sing at the Woody Point Anzac Day Memorial Service. PLUS they have kindly donated \$1,000 to the choir!

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

Date: Friday 25th April

Time:

- **Choir arrive 7:30-8:00am**
- **Refreshments from 8:00am** (tea, coffee, cakes, sandwiches and Anzac biscuits)
- **Service begins 8:30am**
- Welcome by MC
- Prayer and blessing from chaplain
- *Choir sings Amazing Grace*
- Address by RSL President
- Placing of the wreaths
- RSL President recites 'The Ode' (stand if able to)
- "Last Post"

- One minute silence
- "Rouse"
- *Choir sings God Defend New Zealand*
- *Choir sings Advance Australia Fair*
- Closing remarks from MC

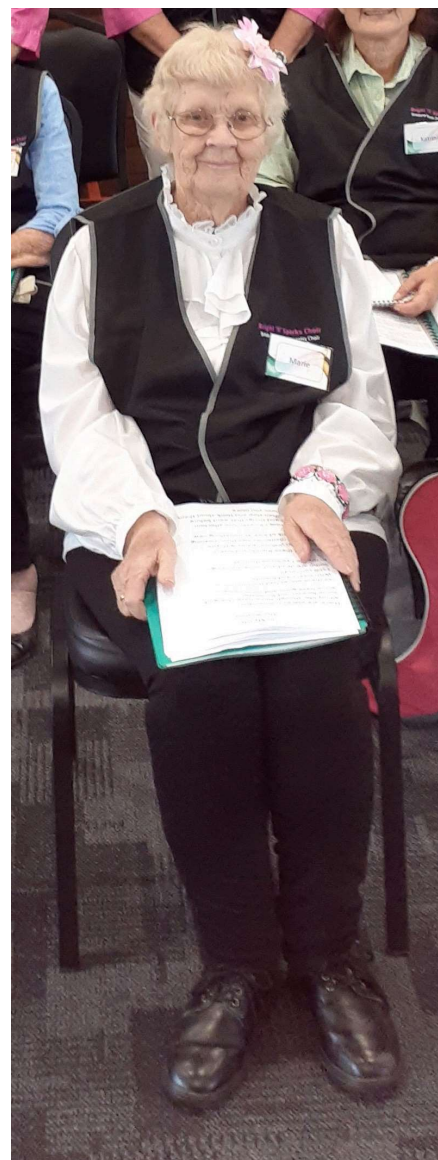
Place: Woody Point Memorial Hall
Hornibrook Esplanade, Woody Point (next door to croquet club)

What to wear: Like the lovely Marie pictured - Please wear black shoes, black bottoms (skirt and stockings or full length pants) and white shirt. Uniform vests will be provided on the day. Name badges are optional and may give away your identity to event attendees - please do not feel compelled to wear them.

What to bring: Please bring your Anzac Day lyrics and name badge (if you took home). Also consider bringing a water bottle and any medications you may need between 7:30am - 9:30am

Parking: We suggest car-pooling if possible as parking onsite is limited. There is a door to the hall on Hornibrook Esplanade and on Oxley Avenue, but Hornibrook Esp side is also the entrance to the car park. If you wish to drop off at the entrance and then find a park, carers please consider if this is safe knowing they are under your care, and it is an expectation that you will return to their side as soon as possible for the entire event.

To note: Audience seating may be limited and prioritised for those who have difficulty standing. The choir will have allocated seating. The hall is not a Queensland Health facility, and attendance at the venue is at your own risk. Carers are responsible for those in their care.



Aged Care Forum

phn
BRISBANE NORTH
An Australian Government Initiative

The Bright 'N' Sparks Dementia Choir has been asked to sing at the April PHN Aged Care Forum.

Brisbane North PHN (Primary Health Network) and the healthy@home consortium organise quarterly aged care forums for healthcare professionals working in community care, residential care and acute care. These forums provide up-to-date sector information, professional development and networking opportunities.

For the choir, PHN has offered to pay for the performance, which will help cover the costs of running the choir (eg. conductor and accompanist fees). It is also an excellent opportunity to grow the choir by sharing the choir with health professionals who may refer new people.

Members of the public are not invited to this private event

Date: Wednesday 30th April

Time: 9:45am - 10am
(choir singers to arrive before 9:30am at latest)

Agenda:

- Arrive by 9:30am to break room beside forum room
- 9:45am Rebecka will give short presentation
- 9:50/9:55am Choir performs
 - Quick warm up with the choir and forum attendees
 - Choir sings Wild Mountain Thyme
- 10:00am Morning tea provided
- 10:30am Morning tea ends and forum continues

Refreshments: Morning tea will be provided following the performance

Place: Kedron-Wavell. 21 Kittyhawk Drive, Chermside
Meet in the break room beside main forum room.

What to wear: Like the lovely Kay and Marg pictured - Please wear black shoes, black bottoms (skirt and stockings or full length pants) and block bright colour shirt. Uniform vests will be provided on the day. Name badges are optional and may give away your identity to event attendees - please do not feel compelled to wear them.

What to bring: Song books (or just Wild Mountain Thyme lyrics) and name badges (if you took home). Also consider taking a water bottle and medications.

Parking: Free off-street parking available.

To note: The Kedron-Wavell Club is not a Queensland Health facility, and attendance at the venue is at your own risk. The venue includes gaming and alcohol service areas that are not affiliated with Queensland Health or the PHN Aged Care Forum. Carers are responsible for those in their care.



Important date reminders for April:

- 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
- 30/04/25 - **Choir performing at PHN Aged Care Forum**
- 01/05/25 - Card Making with Anne
- 01/05/25 - Death Cafe
- 02/05/25 - **Choir returns to normal practice**



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.



Death Cafe

Let's get comfortable talking about death

At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death.

The objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*.

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Bookings are required as spots are limited. Click the flyer to be taken to the booking page.

Next cafe: Thursday 1st May 2025

What is a Death Cafe >>



Come join us at the **Brighton Wellness Hub** for a Death Cafe where we will drink tea, eat cake, and discuss death. Over coffee and cake, we hope to increase awareness of death and to help people make the most of their (finite) lives.



Register for one of the dates below:

1st May 2025
1.00-3.00pm

28th May 2025
9.30-11.30am

12th June 2025
1.00-3.00pm

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

Register through Eventbrite for a free ticket using the QR Code

Numbers are limited to 20 participants per event



The Death Cafes will be hosted by the Brighton Wellness Hub and facilitated by Dr John Rosenberg, Senior Lecturer at the University of Sunshine Coast and Kylie Whyte, Grief & Bereavement Co-ordinator, Metro North Palliative Care.



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.



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



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](#)