

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – Last Week of 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:

#### **No Lawn Bowls or Community Catch Up Thursday 24th April.**

Yarning Circle has confirmed their booking at the Hub and so regular activities are cancelled for tomorrow. Activities will resume to normal schedule from next week.

#### **Tuesdays with Ewa - Not continuing after April**

Ewa has relocated and is unfortunately not able to continue teaching at the Hub.

Final classes with Ewa will be Tuesday 29th April.

Chair Yoga will then only be held on Thursdays. Meditation will replace Tuesday Chair Yoga.

Floor yoga will be run by Claire to normal schedule.

Breathwork classes are fully cancelled after April 29.

Moving forward, from 6th May onwards, the Tuesday schedule will be;

8:00 - 9:00am - Meditation with Verna

9:30 - 11:30am - Needles and Hooks (Knitting and Crochet)

10:30am - 12noon - New Parents Group by Children's Health Qld

1:00 - 3:00pm - Mah-jong  
4:30 - 5:30pm - Yoga with Claire

Ewa has been teaching at the Hub since 2023. We are sad to see her go but wish her the best of luck on her adventures.

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

(Choir please refer to the email alert sent last week for full details on upcoming 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

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

**Place:** Woody Point Memorial Hall

Hornibrook Esplanade, Woody Point (next door to croquet 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 the next week:

- 24/04/25 - Yarning Circle - **No Lawn Bowls or Community Catch Up**
- 25/04/25 - Anzac Day - **HUB CLOSED (Choir performing at Woody Point Memorial Service)**
- 28/04/25 - Birthday celebration for April birthdays. Come share some cake
- 28/04/25 - Rainbow Room LGBTIQ+ monthly social catch up
- 01/05/25 - Card Making with Anne
- 01/05/25 - Death Cafe
- 02/05/25 - Women's Health Expo at the Brighton Auditorium



## 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.



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## 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 >>](#)



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# 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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## 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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## 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.

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## Metro North Community and Oral Health Services

invite our women and their  
families to a health expo to  
support our women with  
their health journey

**Date:** Friday 2<sup>nd</sup> May 2025

**Venue:** Brighton Auditorium

**449 Hornibrook Highway, Brighton**

**Time:** 10am – 2pm

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: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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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.



## 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.



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

[Book 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](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](#)