

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – May 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:

#### **Tuesday classes with Ewa have changed**

Reminder that Ewa has relocated and will no longer run classes on Tuesday.

Please now find Meditation with Verna on Tuesday mornings 8-9am.

Claire is taking the 4:30-5:30pm yoga class for some gentle flow yoga (BYO floor mat).

No Breathwork class will be held, we suggest instead you try Meditation Monday nights or Tuesday mornings - or Thursday morning Chair Yoga.

### Important date reminders for May:

- 01/05/25 - Card Making with Anne
- 01/05/25 - Death Cafe at the Hub
- 02/05/25 - Women's Health Expo at the Brighton Auditorium
- 02/05/25 - Bright 'N' Sparks Dementia Choir - **Term 2 starts**
- 05/05/25 - Labour Day - **HUB CLOSED**
- 06/05/25 - Meditation Morning starts (no Chair Yoga)
- 06/05/25 - Evening Yoga with Claire (no Breathwork class to follow)
- 26/05/25 - Birthday celebration for May birthdays. Come share some cake

- 26/05/25 - Rainbow Room LGBTIQA+ monthly social catch up
- 28/05/25 - Death Cafe at the Hub

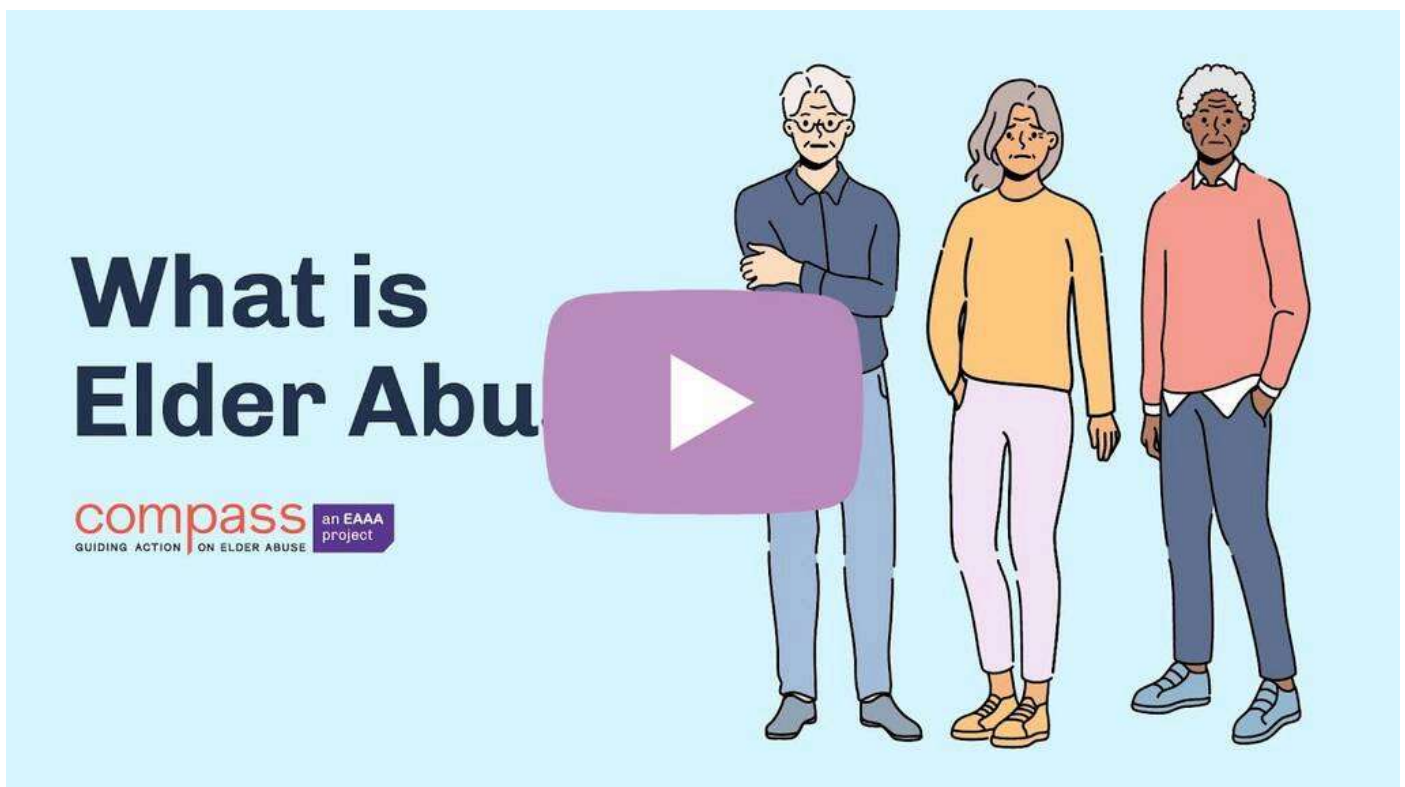
## Domestic and Family Violence Prevention Month

Each month we will put the spotlight on a health awareness.  
May marks Domestic and Family Violence (DFV) Prevention Month.

Domestic violence is a public health issue that has been stealing the freedom and lives of too many people, for far too long. This initiative, held annually, aims to raise awareness about DFV, coercive control, and the support services available for victims, while also sending a clear message that violence will not be tolerated. It's a month-long community effort to encourage action against domestic and family violence.

For more information, including what to do if you or someone you know is experiencing domestic or family violence or abuse, please register by clicking on the button below or call DV Connect on 1800 811 811

**More info >>**



## Brighton Wellness Hub - Monthly Birthday Celebrations:

Hey there, party people! 🎉 Guess what?

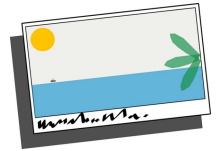
On the last Monday of every month, it's time to break out the cake and confetti because we're celebrating birthdays at Brighton Wellness Hub! 🎂🎈  
See photo of our April birthday celebrators.

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 May,  
please feel free to join us on Monday the 26th May at 10.00am.



## Monthly Memories



### Rain, Rain, Go Away

Please remember that the lawn bowls lawn cannot be used during wet weather.

Wet conditions can damage the lawn, making it unsafe and uneven for play. It also increases the risk of slipping and injury. Let's ensure the lawn remains in good condition and safe for everyone, by not using the lawn when wet.

If you are not sure if the lawn will be dry for your planned activity, please call ahead.

Thank you for your understanding and cooperation in keeping our lawn in top shape!



### Lest We Forget

The Bright 'N' Sparks Dementia Choir was honoured to be chosen to sing at the Woody Point Memorial Service on Anzac Day.

Dementia choirs and Anzac Day memorials both share themes of remembrance, resilience, and community. They remind us of the importance of supporting one another and cherishing shared experiences.



## 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;

We are wanting more information about falls prevention and what to do after a fall.

We did;

Enlisted the help of the Queensland Ambulance Service's Co-Falls Response Team to hold an information session about falls prevention.

The highlight was watching the Raizer II in action (pictured). A very handy tool that can sit a person up without any personal exertion required.



## A word from the Rainbow Room:

### LGBTIQA+ Domestic Violence Awareness Day

May 28 is LGBTQ Domestic Violence Awareness Day.

Domestic and family violence impacts people of all ages, cultural backgrounds, sexual orientations and genders.

The right to live a life free from violence and abuse is a person's most basic human right, but for many LGBTIQA+ people, this is not a reality. Over 60% of LGBTQ+ people will experience domestic, family and intimate partner violence and abuse (DV) in their lifetime, yet victims remain largely invisible with incredibly low levels of reporting.

Let us all help our LGBTIQA+ community to be #SeenandBelieved



[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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# 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.



## 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**



Card Making Class with Anne



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



## 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
- 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 >>





## 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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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](#)