

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Bright 'N' Sparks Dementia Choir – PHN Aged Care Forum Performance Reminder

Special message for the Bright 'N' Sparks Dementia Choir.

What an amazing accomplishment the choir had last week, performing at the Woody Point Memorial Service! You must all be so proud for the part you have played in remembering those who have served to protect our country.

Please send any photos you took through to COH-Engagement@health.qld.gov.au
Please select full quality if your device asks. This will help keep the photos as clear as possible.

There is one more performance we hope you can attend before **term 2 starts back this Friday 2nd May.**

Also don't forget that even when 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!

Aged Care Forum

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
Upstairs or elevator to level 1
Meet in the break room beside main forum room (Blue Pacific 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 this week:

- 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**

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



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](#)