

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – June 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:

##### **New Pharmacist service @ the Hub**

Over the next few months the Hub has partnered with the Discount Drug Stores to provide free flu vaccinations and general pharmacist advice service.

Days and times will vary in order for the visiting pharmacist to have a chance to meet you all.

If you are looking to get your flu vaccination, or have general questions, please see the pharmacist in the small meeting room (near the ladies toilets). **Please bring your Medicare card and ID.**

##### **Next pharmacist visits;**

Thursday 12th June - 11am to 12noon

Friday 27th June - 11am to 12noon

For personalised care, please consult your GP.

#### Important date reminders for June:

- 05/06/25 - Card Making with Anne
- 10/06/25 - Bright 'N' Sparks Dementia Choir performing at Kedron-Wavell Dementia Expo

- 12/06/25 - Pharmacist onsite - free flu shots
- 12/06/25 - Death Cafe at the Hub
- 13/06/25 - **No practice** for Bright 'N' Sparks Dementia Choir (in lieu of expo performance)
- 27/06/25 - Pharmacist onsite - free flu shots
- 28/06/25 - Don't Get Mad, Get Wise workshop
- 30/06/25 - Birthday celebration for June birthdays. Come share some cake
- 30/06/25 - Rainbow Room LGBTIQ+ monthly social catch up

## Bower Cancer Awareness Month



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

June is Bowel Cancer Awareness Month: a month devoted to raising awareness of Australia's second deadliest cancer.

Each week, around 300 people are diagnosed with the disease and 100 will lose their lives. Around [one in 13 Australians will develop bowel cancer in their lifetime](#), and the disease often starts without any symptoms.

The good news is that over 90% of bowel cancers can be successfully treated when detected early. Regular screening and early detection will help to reduce deaths. If current participation in the bowel screening program increases from 40% to 60%, research shows that [over 84,000 deaths could be](#)

[prevented by 2040.](#)

The month marks an opportunity to promote greater awareness of bowel cancer and regular screening across the community through events and campaigns to inform Australians about the signs and symptoms of bowel cancer, and the importance of screening for early detection and prevention.

[More info >>](#)



## Brighton Wellness Hub - Monthly Birthday Celebrations:

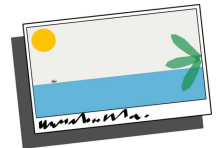
Hey there, party people! 🎉 Guess what?

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! 🍰 🎈

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 June,  
please feel free to join us on Monday the 30th June at 10.00am.

## Monthly Memories



### Choir brings tears to health forum

The Bright 'N' Sparks Dementia Choir performed at the PHN Aged Care Forum in front of approximately 170 people!

Brisbane North PHN (Primary Health Network) 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.

The choir sung Wild Mountain Thyme for the crowd who loved it. Many said they were brought to tears or could have listened to them sing all morning.



### Card Making back on the cards

After a couple of months break, Anne returned to the Hub for another Card Making class.

There are still spots left for this week's class, Thursday 5th June.  
Please call now to secure your place - 3631 7568





## Memorable Mother's Day

Volunteers Norma and Lis put together a fabulous high tea for the choir to celebrate Mother's Day.

Each week, the choir finishes their sessions with a much less decorated morning tea. This promotes bonding and communication between the singers, which is particularly important for those living with dementia and the carers that support them.



## 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;  
I've lost something... is it at the Hub?

We did;  
When we find something left behind, we will move it to Des' desk where you check in. If it is not collected within a day or two we will place in the Lost Property box. Lost Property box can be found on the bench between the kitchen and the Videocall (Telehealth) pod.

If you find something in the Hub that has been left behind, please hand in to staff or a volunteer. Feel free to call or ask the staff or volunteers if you believe you've left something behind and we'll do our best to reunite lost items with their owners.



Peer support  
for our  
LGBTQIA+  
Community

RAINBOW  
ROOM

Supporting  
our diverse  
community

## A word from the Rainbow Room:

### June is Pride Month

This June we commemorate the birth of the global liberation movement for LGBTQIA+ equality and the pride marches that sprung up in the wake of the 1969 Stonewall riots.

It's a time to raise awareness about LGBTQIA+ issues, celebrate achievements, and foster a sense of community and belonging.

So, whether you're a member of the LGBTQIA+ community yourself or simply an ally looking to show your support, we hope you'll join us in celebrating Pride Month this year. With events, activities, and educational opportunities taking place across the country, there's never been a better time to get involved and show your support for diversity, inclusivity, and the power of community.



[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 5th June 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 12th June 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	28th May 2025	12th June 2025
1.00-3.00pm	9.30-11.30am	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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## Reddy Set Go

### Walk or run to support the Redcliffe Hospital Auxiliary

The Redcliffe Hospital Auxiliary Inc. is a non-government, registered charity located within Redcliffe Hospital. Since forming in 1971, the dedicated

## 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 >>](#)

## 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](#)