# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Update for Bright 'N' Sparks Dementia Choir - Term 2

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

Welcome back to term 2 of choir rehearsals. We are so excited to help you reach your health and social goals through the power of music!

The choir did fabulously at the recent performances.

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.

\*Before taking any photo, always check you have consent from the person being captured. Rebecka needs written photo consent, so please make sure you have completed her form or ask if you're not sure.

Also don't forget that even though the choir runs Friday mornings, the Brighton Wellness Hub is open Monday to Friday 9am - 4pm, for activities and health navigation support. Please feel free to call, email or visit the Hub during these hours.

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 date reminders this term:

- 24/05/25 Memory Walk/Jog
- 29/05/25 Choir photo op for donation acceptance
- 10/06/25 Choir performing at Mini Dementia Expo

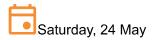
# Jog your Memory this May

### **Dementia Australia's Memory Walk & Jog**

On Saturday, 24 May, Rebecka will be walking 2.5km in the Redcliffe Memory Walk & Jog.

Those wanting to represent the choir can borrow a uniform vest. Hopefully this will be another fabulous opportunity to network and find new choir members or supporters.

For those interested in joining her walking team, or donating to Dementia Australia, click the flyer photo.







More information >>



Bright 'N' Sparks Dementia Choir

Support us today by visiting:

Memory Walk - Bright 'N' Sparks Choir



## **Donation cheque from Northside Bingo**

# Northside Bingo has chosen our choir for a \$1000 donation!

Northside Bingo is proud to sponsor local charities with their community initiative program.

Bingo patrons are encouraged to place a token into one of the charity barrels, the charity with the highest number of tokens is the recipient of a monthly donation... and for January the Bright 'N' Sparks Dementia Choir was chosen!

There is a photo opportunity to receive a cheque. Please do not feel pressured to attend as Rebecka is happy to do so on her own. But if you would like to come along, you of course are invited.

**Event Name:** Northside Bingo Winner Presentation

**Date:** Thursday 29th May **Time:** 10:00 - 10:30am **Location:** Kedron-Wavell

**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. Carers are responsible for those in their care.





The Bright 'N' Sparks Dementia Choir has been asked to sing at the Kedron-Wavell Mini Dementia Expo.

This will be a great opportunity to share the choir with people living with or supporting those living with dementia.

Members of the public are invited to this event, so feel free to invite friends and family. Free tickets can be registered here > <a href="IWannaTicket">IWannaTicket</a> :: KWed Mini Dementia Expo

Date: Tuesday 10th June

Time: Expo runs 10am - 1pm

Choir singing at 10am

**Place:** Kedron-Wavell. 21 Kittyhawk Drive, Chermside Upstairs or elevator to level 1 Blue Pacific room.

**What to wear:** Like the last Kedron-Wavell performance - 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 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. Carers are responsible for those in their care.

"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!

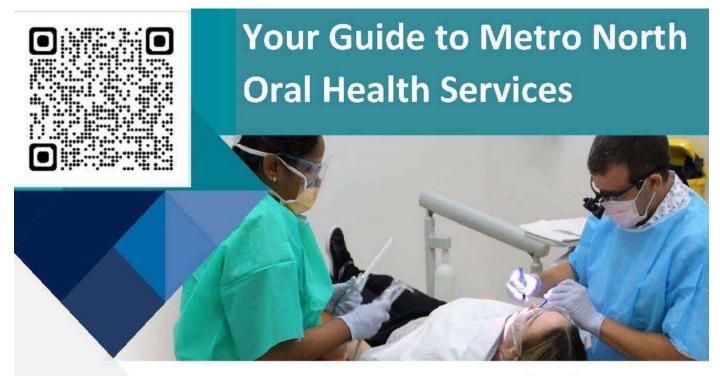
Become a Consumer Representative today and share your voice and help us improve current and future service development.

Click This link: <u>Partner with us - Consumer Expression of Interest Form - Community</u> 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 >>







# **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: <u>Brighton Wellness Hub - Community and Oral Health</u>