

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – July 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 chair 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;

Friday 27th June - 11am to 12noon

Thursday 10th July - 9am to 10am

Monday 21st July - 10am - 11am

For personalised care, please consult your GP.

Yoga participants alert - Claire away

Claire is having some much deserved time off these school holidays.

There will be no Gentle Flow Yoga on Tuesdays 1st and 8th July.
Chair Yoga will run to schedule but be a prerecorded session by Claire. No charge for these lessons.

Badminton play during Community Catch Ups

Shashi is now volunteering on Mondays and Thursdays and is keen to get on the green for some badminton!
While the weather is cool and dry, its perfect time for a game.

If you are interested in playing, come along to Community Catch Ups, Mondays and Thursdays 10am - 12noon
(except the last Thursday of the month)

*Please bring your hat

*No play when wet



Important date reminders for July:

- 26/06/25 - Yarning Circle (no Community Catch Up)
- 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 LGBTIQA+ monthly social catch up - Lawn bowls edition!
- 01/07/25 - **No Gentle Flow Yoga** (Claire away)
- 03/07/25 - Pre-recorded chair yoga - no cost (Claire away)
- 03/07/25 - Card making with Anne
- 04/07/25 - **No choir** during school holidays
- 08/07/25 - **No Gentle Flow Yoga** (Claire away)
- 10/07/25 - Pre-recorded chair yoga - no cost (Claire away)
- 10/07/25 - Pharmacist onsite - free flu shots
- 11/07/25 - **No choir** during school holidays
- 15/07/25 - Gentle Flow Yoga resumes as normal (\$10pp)
- 17/07/25 - Gentle Flow Yoga resumes as normal (\$5pp)
- 18/07/25 - Bright 'N' Sparks Choir resumes for term 3 (\$10pp eftpos only)
- 21/07/25 - Pharmacist onsite - free flu shots
- 30/07/25 - Connect with Health forum
- 31/07/25 - Yarning Circle (no Community Catch Up)

Self-care Awareness Month

Each month we will put the spotlight on a health awareness. July is Self-care Awareness Month: a month devoted to looking after yourself.

24 June marks the start of Self-Care Month, which ends with Self-Care Day on 24 July. This symbolic day was chosen because self-care can be practiced "24 hours a day/7 days a week".

Self-Care Month is an opportunity to:

- raise additional awareness about self-care and self-care interventions
- celebrate the benefits that they bring to people's lives and what's been achieved so far
- call for renewed commitments and action to expand health systems to include self-care interventions



During the month, people around the world will be celebrating self-care practices and interventions and the difference they can make to everyone's lives.

What is self-care? >>



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 and then July,
please feel free to join us on Monday the 30th June and then 28th July at 10.00am.

You said, We did

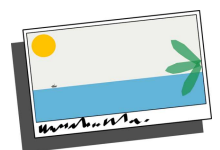
Each month I will highlight some of the things that have been brought about because of your feedback. Sometimes the best feedback is about the little things we can quickly make improvements from. Other times you shoot for the moon and with time and effort we do our best to make it happen for you.

You said;
I'm learning how to play Mah-jong and have low vision.
The Mah-jong player's book that is sold at bookstores isn't big enough to see.

We did;
We have made an A3 copy available to borrow while playing at the Hub.



Monthly Memories



Vale Joan

It is with a heavy heart that I share the passing of Joan Chadwick.

Joan has been a dedicated participant of the Needles and Hooks knitting and crochet group. She has knitted and donated many blankets to COH's residents and patients and was very involved in her crafting communities.

The Needles and Hooks group celebrated her memory with a morning tea.



June Card Making

Fresh and returning faces came together for a morning of craft at this month's card making class with Anne.

Next class is Thursday 3rd July 2025.
If you'd like to join in, please call 3631 7568 to register.



Dementia expo entertainment

The Bright 'N' Sparks Dementia Choir is at it again!

This time performing at the Kedron-Wavell Mini Dementia Expo. The choir sang three songs; High Hopes, Lilli Marlene and Wild Mountain Thyme.

It was a special way to promote the choir to attendees also living with or supporting someone living with dementia.



Community and Oral Health Aboriginal and Torres Strait Islander Health Team

NAIDOC Week - 6 to 13 July

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.



THE NEXT GENERATION: STRENGTH, VISION & LEGACY

6-13 JULY 2025

[Find out more >>](#)

Next Yarning Circle; Thursday 31st July 2025

As the longest established and sustained Yarning Circle within Metro North, we provide a culturally safe forum for our respected local Elders to yarn, listen and learn.

It is driven by our respected Elders and the Community and Oral Health Aboriginal and Torres Strait Islander Health Team, to identify and address gaps, develop recommendations, and influence health priorities, policy, and practices in Community and Oral Health.

If you would like to attend COH's Yarning Circle, you must email
COH-A_TSI-HLTHTeam@health.qld.gov.au
for more information, as this is a controlled and safe forum.

We appreciate you respecting our wishes and are very keen to hear from you soon!



Yarning Circle



Background

Driven by respected local Elders and the Community and Oral Health Aboriginal and Torres Strait Islander Health Team, the Yarning Circle was established to bring together local Elders and community to help identify and address gaps, develop recommendations and influence health priorities, policy and practice in Community and Oral Health Services as well as sharing thoughts, ideas and personal experiences of health care.

As the longest established and sustained Yarning Circle within Metro North, it provides a culturally safe forum for truth telling allowing members to discuss and reflect on services received, experiences, sharing cultural information and receive information on a range of various health topics and services and for other Metro North services and non-Metro North services to connect, engage and share information.

Purpose

- Establish a safe place for Aboriginal and Torres Strait Islander Elders and community to meet, be heard influence health services and reciprocally, learn about what health services are available throughout Community and Oral Health, Metro North and other non-Metro North services as appropriate.
- Disseminate information regarding health services to the wider Aboriginal and Torres Strait Islander Community and provide a culturally respectful and safe place to learn more about various health topics, chronic illnesses/diseases.
- Develop recommendations and influence health priorities, policy and practice in Community and Oral Health and other services as appropriate.

Time and Location

Held on the last Thursday of every month at the Brighton Wellness Hub, 1965 Ave Brighton.

Contact

Phone: (07) 3631 7407 or (07) 3631 7378. Email: coh-a_tsi_hlthteam@health.qld.gov.au

Peer support
for our
LGBTIQA+
Community

RAINBOW
ROOM

Supporting
our diverse
community

A word from the Rainbow Room:

International Non-binary Peoples Day 14 July

This July, Non-binary Peoples Day celebrates people who identify as non-binary across the globe his struggle with discrimination and inequality as there is still no legal recognition for non-binary people.

Because of this it's important to stop and acknowledge these struggles and consider ways you can show support and how to become an ally.



[Find out more >>](#)

Peer support
for our
LGBTIQA+
Community

RAINBOW ROOM

Supporting
our diverse
community

LGBTIQA+ Monthly Meet Up (Bowls)

Hot cuppa
+Biscuits
+Sunlight
+Balls



Winter edition of the Rainbow Room Monthly Meet Up.
Come play lawn bowls! (if raining we will just chat inside)
Bring a friend (or 3) and have some friendly competition.
No experience required and wheelchair accessible. BYO hat

When: Monday 30th June 2025

Time: 2.00 pm – 4.00 pm

Where: Brighton Wellness Hub

(Crn 19th Ave, Hornibrook Highway, Brighton
4017)



[Register
here](#)



For more information call:
Rebecka 3631 7568

**Metro North
Health**



**Queensland
Government**

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 3rd July 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

Metro North
Health



Don't Get Mad, Get Wise!

Anger control through meditation workshop

Anger is often regarded as necessary or inevitable, but the damage it causes can run deep. Learn how to replace anger with a greater power, to heal even long-term wounds, and to remain unaffected by the anger of others.

A workshop based on the book by Mike George.

Come along to this informative talk on the benefits of MEDITATION and spirituality in daily life, with an accompanying meditation session and convivial cuppa/refreshments.

Saturday 28th June 2025
10am - 12noon

Bookings required, for more details and to book, call Verna 0433 891 612

DON'T GET MAD GET WISE

Why no one ever makes you angry... ever!

Saturday 28 June 10.00am-12.00noon

FREE EVENT



A workshop with Peter Clark, based on the book by Mike George.

Anger is often regarded as necessary or inevitable, but the damage it causes can run deep. Learn how to replace anger with a greater power, to heal even long-term wounds, and to remain unaffected by other's anger.

Peter is a daily meditator. He believes in mind over matter and the power of acceptance. He has taught meditation and self development with The Brahma Kumaris for over 40 years and is their Queensland Coordinator.

BRIGHTON WELLNESS HUB
Cnr Nineteenth Ave
Brighton QLD

10:00am MEDITATION
10:30am PRESENTATION
11:30am LIGHT REFRESHMENTS

Bookings: 0433 891 612 / vernachampion@hotmail.com

ALL WELCOME
Wheelchair friendly venue
(carers welcome)

All courses and
classes are
free of charge


THE BRAHMA KUMARIS

Connect with Health

Have trouble understanding health services?
Want to know how to access care without going to hospital ED?
Need access to "My Aged Care" but don't know where to start?
What is Telehealth and Virtual health care and how to access it?

Come along and find out more about:

- Rapid Access to Community Care
- PHN Team Care Coordination
- Nurse Led Clinics
- My Aged Care
- Virtual Health Care and Videocall (telehealth)

When: Wednesday 30th July 2025
Time: 9.30am – 12.30pm
Cost: Free – register here >

[Register here >>](#)

BRIGHTON WELLNESS HUB

“Connect with Health” forum **FREE**

Have trouble understanding health services?
Want to know how to access care without going to hospital ED?
Need access to “My Aged Care” but don't know where to start?
What is Telehealth and Virtual health care and how to access it?

Come along and find out more about:
Rapid Access to Community Care
PHN Team Care Coordination
Nurse Led Clinics
My Aged Care
Virtual Health Care and Videocall (telehealth)

When: Wednesday 30th July 2025
Time: 9.30am – 12.30pm
Cost: Free – [register here >](#)

Where: Brighton Wellness Hub
(Cnr Nineteenth Ave and Hornibrook Highway, Brighton, 4017)

Please call Claire if you have any questions 3631 7568

Light refreshments provided

Metro North Health | Queensland Government

Attention aspiring performers

Lord Mayor's Seniors Cabaret Program

External program

The Lord Mayor's Seniors Cabaret is a free development program that provides Brisbane seniors the opportunity to learn from the best in the biz and develop their creative and artistic talents in a non-competitive and supportive environment.

It doesn't matter if you're an experienced performer or you've never performed on the stage before, it's your time to shine!

The program is free for all participants. No auditions are required.

Registrations are now open and close at 5pm on Tuesday 22 July 2025.

[Register for the program](#)

[More info >>](#)

Lord Mayor's Seniors Cabaret 2025
A Music Journey Through the Decades

Brisbane City
Dedicated to a better Brisbane

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.
- Financial 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](#)