

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin – August 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:

### 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 August:

- 07/08/25 - Card making with Anne
- 07/08/25 - Death Cafe
- 13/08/25 - Exhibition Public Holiday (no Walking Football)
- 25/08/25 - Birthday celebration for August birthdays. Come share some cake
- 25/08/25 - Rainbow Room LGBTIQ+ monthly social catch up - Lawn bowls edition!
- 28/08/25 - Yarning Circle (no Community Catch Up)
- 29/08/25 - Wear it **Purple** Day

## Wellness Month

Each month we will put the spotlight on a health awareness. August is Wellness Month.

In 1948 the World Health Organization (WHO) defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." This set the stage for the broader understanding of wellness.

At the Brighton Wellness Hub, we aim to partner with you in your wellness journey. Reach out if you need help navigating your path.



**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 August,  
please feel free to join us on Monday the 25th August 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;  
There's nowhere to hang my bag when using the toilet.

We did;  
Hooks added to all toilet doors.



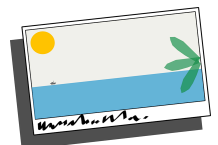
You said;  
I need large print lyrics, but now all the songs don't fit in the folder.

We did;  
Purchased folders that hold twice as many pages so all large print lyrics will fit.

Bonus - bright bold colours to match the choir's colour scheme!



## Monthly Memories





## Winter Walkers

The Brighton Walkers never stop their weekly walks, even in the cold weather.

Lovely photo of some of the walkers taking a break on a recent walk along the waterfront.

No matter your fitness level, you're welcome to join the walkers each Wednesday morning.

8am during March to September

7:30am during October to February

Walk starts and ends at the Brighton Health Campus Cafe.



## Feeling prepared for better health

Last week Claire hosted the Connect with Health Forum.

The forum was brought about from feedback from the Community Connectors (leaders and well-connected people in the community). Topics were discussed based on what the community was looking for - how to access care in the community to avoid hospital and emergency department visits.

We hope everyone learnt a lot, if you missed it about want to know more, please reach out.



## Productive Pod

Today the Hub's Videocall (Telehealth) Pod had its first consumer use!

Marni is no stranger to telehealth appointments with her health providers, but she says the Pod made it even better than normal telehealth.

She loved that she could see her clinician during her consultation, and that there were no distractions like she might have at home.

If you or someone you know has Queensland Health appointments and would rather not have to attend face-to-face - ask your clinic to book your next appointment as a telehealth appointment at the Brighton Wellness Hub.



## Community and Oral Health Aboriginal and Torres Strait Islander Health Team

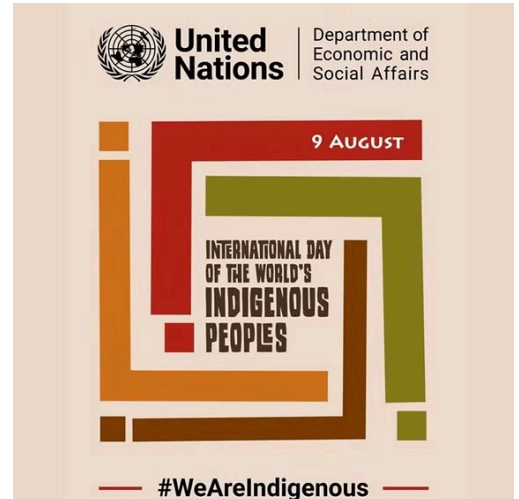
- **Monday 4<sup>th</sup> August 2025: National Aboriginal and Torres Strait Islander Children's Day**
  - National Aboriginal and Torres Strait Islander Children's Day is an opportunity for all Australians to learn about the crucial impact that community, culture and family play in the life of every Aboriginal and Torres Strait Islander child.



[Find out more >>](#)

## Saturday 9<sup>th</sup> August 2025: International Day of the World's Indigenous Peoples

- On this day, people from around the world are encouraged to spread the United Nation's message on the protection and promotion of the rights of Indigenous Peoples.



[Find out more >>](#)

## Next Yarning Circle; Thursday 28th August 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](mailto: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, 18th Ave Brighton.

## Contact

Phone: (07) 3631 7407 or (07) 3631 7379. Email: coha\_tsi\_hhteam@health.qld.gov.au

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## A word from the Rainbow Room:

**Wear it Purple Day August 25**

The goal of Wear It Purple is to encourage a culture of acceptance and tolerance, while enhancing

awareness of issues relevant to the LGBTQIA+ community.

As an ally it is important to do your own research to learn the histories, learn what has been done before, what has worked and what still needs to change.

Once you have listened and learned, speak up in your own social circles. Notice that as humans we are averse to change, but it is the change of our current systems and structures that will support many minority communities towards equitable equality - be a part of that change through courageous conversations with your network and learning how to move and support change.

[Find out more >>](#)



Peer support  
for our  
LGBTIQA+  
Community

# RAINBOW ROOM

Supporting  
our diverse  
community

## LGBTIQA+ Monthly Meet Up Bowls + Wear it Purple

Hot cuppa  
+Biscuits  
+Sunlight  
+Balls



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

BYO hat

+Wear purple for Wear it Purple Day!

**When:** Monday 25<sup>th</sup> August 2025

**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: Rebecka 3631 7568



Register  
here



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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 7th August 2025**



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

In Dying to Know Week, come join us at the Brighton Wellness Hub for a Death Café 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.

**When: Thursday 7th August 2025**

**Time: 1:30pm - 3:30pm**

**Cost: Free – limited places so registration is a must!**

[Register here >>](#)



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When: **7th August 2025 | 1.30-3.30**

Where: **Brighton Wellness Hub**  
(Cnr Nineteenth Ave, Brighton 4017)

Register through Eventbrite for a free ticket by [clicking here](#) or using the QR Code.



*Numbers are limited to 20 people*

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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## Brain Injury Group

*External workshops*

## **The BIG (Brain Injury Group) newsletter attached**

Click the button to see the BIG Newsletter.

Included are stories of those affected by acquired brain injuries and details for events like the Flourish & Thrive Brain Injury Awareness Expo, Brain Injury Walking Group, and Skill-Building Workshops.

[Download Newsletter HERE](#)



Let us know you're coming -  
scan this QR code to book your spot  
See you at the Expo!!



## **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
- Yarn/wool - for the crochet and knitting group
- New small gifts - for bingo prizes



## **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](#)