

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – September 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:

No play when lawns are wet

Just a reminder that lawn activities like Walking Football, Lawn Bowls and Badminton will not run when the lawn is wet. This is for your safety and to keep the lawn undamaged.

For Lawn Bowls and Badminton, please consider joining in on Community Catch Up inside the Hub.

For Walking Football, no alternative activity is available.

New Parents Group on a break

While Child Health Nurse Michelle is away on a fabulous Europe trip, there will be no New Parents Group running.

Sessions return 30th September - bookings essential.

If you know a parent with a baby that would like to meet mothers with babies of a similar age and learn parenting tips, reach out to Children's Health Queensland on 1300 366 039.

Important date reminders for September:

- 03/09/25 - PalliLEARN sessions

- 04/09/25 - Card making with Anne
- 10/09/25 - Choir performing offsite
- 12/09/25 - **No choir practice at the Hub**
- 18/09/25 - PalliLEARN sessions
- 25/09/25 - Yarning Circle (no Community Catch Up or Lawn bowls)
- 29/09/25 - Birthday celebration for August birthdays. Come share some cake
- 29/09/25 - Rainbow Room LGBTIQ+ monthly social catch up

Alzheimer's and Dementia Awareness Month

Each month we will put the spotlight on a health awareness. September is World Alzheimer's Month and in Australia National Dementia Week falls September 15-21 2025.

Dementia is a condition that affects a person's thinking, behaviour and ability to perform everyday tasks. It comes in many forms, greatly impacting individuals and their loved ones.

The 2025 theme for [World Alzheimer's Month](#) is "Ask about Dementia" and "Ask about Alzheimer's", encouraging public dialogue, education, and timely diagnosis to reduce stigma surrounding dementia. In Australia, the national Dementia Action Week takes place from September 15-21, 2025, with the theme "Nobody can do it alone", emphasizing community support for individuals and families affected by dementia.



WORLD ALZHEIMER'S MONTH
www.worldalzmonth.org

#AskAboutDementia
#AskAboutAlzheimers
#WorldAlzMonth
@AlzDisInt | Instagram Facebook LinkedIn TikTok

Ask about dementia

Ask about Alzheimer's

By 2050, an estimated 139 million people will be living with dementia.

Ask today and start conversations. Learning more about dementia, from doctors, family members, carers, and individuals living with the condition, can make a real difference.

Scan the QR code to learn more

HAPPY BIRTHDAY



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 September, please feel free to join us on Monday the 29th September at 10.00am.

You said, We did

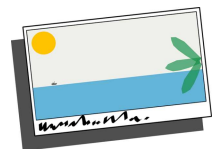
Each month I will highlight some of the things that have been brought about because of your feedback. Sometimes the best feedback is about the little things we can quickly make improvements from. Other times you shoot for the moon and with time and effort we do our best to make it happen for you.

You said;
I attended a Scam Awareness information session and thought it was so helpful, can the Hub hold a session?

We did;
Scam Awareness information session tentatively booked for February 2026. More details to come later.



Monthly Memories



Pumpkin Soup by Dave

During Community Catch Up our amazing volunteer, Dave, showed us how to make pumpkin soup.

The results were delicious!

Click the photo to find the recipe.



Fun on the dance floor

Every Monday morning our line dancing group practice their boot scooting moves.

A fabulous way to stay fit and stay coordinated!



Wear it Purple Day with the Rainbow Room

On Monday the Rainbow Room celebrated Wear it Purple Day at the monthly social catch up.

Fun conversations were had, while colouring in the official colouring template for this year's theme - Bold Voices, Bright Futures.

The monthly social is open to anyone who identifies as LGBTIQA+ or an ally. If that sounds like you, or maybe you'd like to be an ally but aren't quite sure what each letter means and are willing to learn, come along to the September catch up and start a conversation.



Community and Oral Health Aboriginal and Torres Strait Islander Health Team

Wednesday 3rd September 2025: Indigenous Literacy Day

Indigenous Literacy Day is a national celebration of culture, stories, language and literacy. This day raises awareness of the disadvantages experienced in remote communities and advocates for more access to literacy resources.

The Indigenous Literacy Foundation proudly present

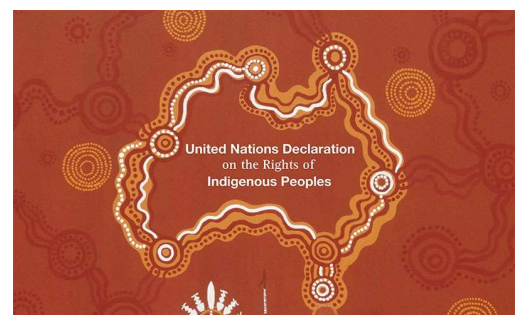


[Find out more >>](#)

Saturday 13th September 2025: Anniversary of the UN Declaration on the Rights of Indigenous People

The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) was adopted by the General Assembly on Thursday, 13th September 2007.

The UNDRIP is an important step forward for the recognition, promotion and protection of the rights and freedoms of indigenous peoples. It recognises and reaffirms indigenous peoples' right to self-determination, and by virtue of that right, to freely determine their political status and freely pursue their economic, social and cultural development.



[Find out more >>](#)

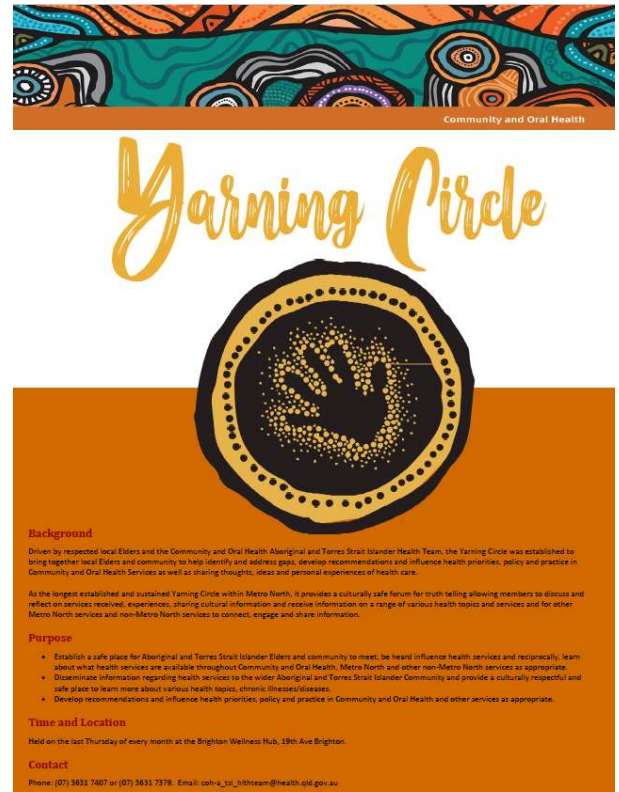
Next Yarning Circle; Thursday 25th September 2025

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, 13th Ave Brighton.

Contact

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

Metro North Health | Queensland Government



A word from the Rainbow Room:

Bisexual awareness week September 16 to the 23rd

Bisexual awareness week is celebrated annually to recognise bisexual community to promote visibility and acceptance.

Why should we celebrate bisexuality?

Bi-erasure is the tendency to ignore or acknowledge the existence of bisexuality in culture. Bisexual people can feel neglected by both the straight and gay communities and deserve to feel seen and respected.

Remember - you cannot assume someone's sexuality based on their partner. Bisexual people are always bisexual, regardless of the gender of their partner.



[Find out more >>](#)

Peer support
for our
LGBTIQA+
Community

RAINBOW ROOM

Supporting
our diverse
community

LGBTIQA+ Monthly Meet Up

Hot cuppa
+Biscuits
+Peers



Bisexual Visibility Week edition of the Rainbow Room Monthly Meet Up.
We offer a safe place to socially connect with peers where the only
substances consumed are tea, coffee and cake.

Music as loud or quiet as you like.

Keep your hands busy with one of our many activities.

All LGBTIQA+ people and allies welcome.

BYO friend or come make new ones!

When: Monday 29th September 2025

Time: 2.00 pm – 4.00 pm

Where: Brighton Wellness Hub

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



To see what activities are on offer,
and to RSVP – [Register here](#)
or call Rebecka 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 4th September 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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PalliLEARN

The **PalliLEARN Lunchtime Series** is a free educational initiative designed to enhance community awareness and understanding of palliative care. These sessions aim to equip individuals with the knowledge and confidence to navigate difficult conversations around end-of-life care, while also focusing on self-care during challenging times.

Who can attend?

These courses are **free** for anyone living or working in the **North Brisbane and Moreton Bay regions**. No prior training or experience in health or palliative care is required.

Why attend?

The way we care for our dying reflects the values of our society. By building resilience, understanding, and capacity within our community, we can better support our loved ones, families, and friends during life's most difficult moments.

When: WED 3 September and THUR 18 September

Time: Multiple sessions - see flyer

Cost: Free!

PalliLEARN
Community Information Session

FREE

BRIGHTON WELLNESS HUB

The **PalliLEARN Lunchtime Series** is a free virtual educational initiative designed to enhance community awareness and understanding of palliative care.

On the big screen at the Brighton Wellness Hub, join Palliative Care Queensland for this free session.

No prior experience in health or palliative care is required.

| Course topic | When |
|---|------------------------------------|
| How to have conversations about grief and dying | WED 3 September 12pm – 1pm |
| Palliative Caring: Planning in 5 steps | WED 3 September 1.30pm – 2.30pm |
| Self-Care | THURS 18 September 12pm – 1pm |
| How to have conversations about grief and dying | THURS 18 September 1.30pm – 2.30pm |



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

Please call Rebecka if you have any questions 3631 7568



Palliative Care Queensland
Matters of life and death

Metro North
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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
- Crochet hooks
- 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
Web: [Brighton Wellness Hub - Community and Oral Health](#)