

# Community and Oral Health

Brighton Wellness Hub

Metro North Health

## Brighton Wellness Hub Bulletin – October 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:

#### Only at the Hub

Just a reminder that supplies found at and provided by the Hub are only to be used while on premises and for the activity that is running.

Biscuits, tea, coffee, sugars etc are to be consumed by the activity participant, during the Hub activity and not to be taken away. This is considered theft and will lead to these privileges being removed as it is not viable for the Hub to cover these costs.

If you are struggling with access to food, please reach out to one of the many services found in this hardship manual (food from page 24). Or speak to one of our team to get help finding a service.

[Hardship Manual here >>](#)

### We need your help

Community and Oral Health are trying to improve the way we deliver information to our clients, patients and carers. We would like to know how you prefer to receive health information, and the survey will give us that

information.

Please fill out the survey for your chance to help us do better.



<https://forms.office.com/r/yYxRhkKcxT>



[Survey here >>](#)

## Important date reminders for October:

- 02/10/25 - Card making with Anne
- 03/10/25 - **No choir practice at the Hub (school holidays)**
- 06/10/25 - King's Birthday public holiday - **HUB CLOSED**
- 10/10/25 - Choir practice returns for term 4
- 27/10/25 - Birthday celebration for October birthdays. Come share some cake
- 27/10/25 - Rainbow Room LGBTIQ+ monthly social catch up
- 30/10/25 - Yarning Circle (no Community Catch Up or Lawn bowls)

## Mental Health Month

Each month we will put the spotlight on a health awareness. October is Mental Health Month and there are a number of special days and weeks all in the pursuit of better mental health.

World Mental Health Day is 10/10/25 and this year, Mental Health Australia's theme for World Mental Health Day is Connect with your community.

Connecting with our communities – the people and places where we feel safe, seen and heard – can help us feel cared for and supported, which is good for our mental health.

As a part of your community, the Brighton Wellness Hub invites everyone to have conversations about mental health, reduce stigma, reach out for support – and connect with your community.



## 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 October, please feel free to join us on Monday the 27th October 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.



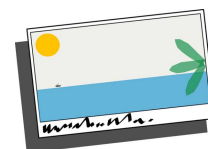
Other times you shoot for the moon and with time and effort we do our best to make it happen for you.

You said;  
I need a decaf or herbal drink option.

We did;  
Decaf coffee and green tea added to beverage options.  
Cold filtered water is also available on tap.



## Monthly Memories



### Memory Lane Cafe

The Bright 'N' Sparks Dementia Choir performed this month, this time for the Dementia Australia - Memory Lane Cafe.

They had everyone singing and grooving along, even those people living with progressed dementia.

It was perfect practice ahead of their annual concert which you are all invited to!



[Register for the concert >>](#)

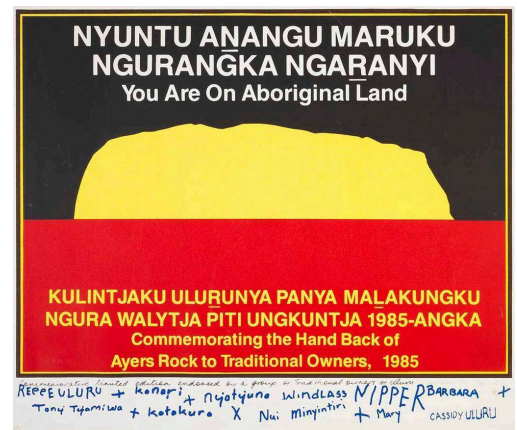
## Community and Oral Health Aboriginal and Torres Strait Islander Health Team

### October 26: Anniversary of the Uluru Handback

Uluru is sacred to Anangu people. It is central to their Dreaming stories and Law (Tjukurpa). Anangu people lobbied for the return of their ancestral lands for decades.

The Uluru handback took place at the base of Uluru on 26 October 1985. Hundreds of First Nations and non-Indigenous people looked on as the Governor-General passed over the title deeds for Uluru—Kata Tjuta to Anangu people.

The Uluru climb was closed permanently on 26 October 2019, on the 34th anniversary of the handback.



[Learn 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](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 illness/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](mailto:coh-a_tsi_hlthteam@health.qld.gov.au)

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## A word from the Rainbow Room:

### International Pronouns Day October 15

Referring to people by their preferred pronouns is respectful and provides dignity. Just like a name, or nickname, your pronouns are individual and to be respected.

This day aims to bring people together to transform the way we use personal pronouns, as a way of affirming someone's identity and is a fundamental step in being an ally.

It is difficult sometimes to understand other people's identity but it is our responsibility to be considerate and respectful to those who know themselves.



[What is a pronoun? >>](#)



Peer support  
for our  
LGBTIQA+  
Community

# RAINBOW ROOM

Supporting  
our diverse  
community

## LGBTIQA+ Monthly Meet Up

Hot cuppa  
+Biscuits  
+Peers



Pronoun Day 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 27<sup>th</sup> October 2025

**Time:** 2.00 pm – 4.00 pm

**Where:** Brighton Wellness Hub

(Crn 19<sup>th</sup> Ave, Hornibrook Highway, Brighton  
4017)



To see what activities are on offer,  
and to RSVP – [Register here](#)  
or 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.  
**3 spots left!**

Please call Rebecka 3631 7568.

**Next class: Thursday 2nd October 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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## Bright 'N' Sparks Dementia Choir 2025 Concert

### Its time again for the annual choir concert!

Join in song the Bright 'N' Sparks Dementia Choir for their annual concert.

2024 had a fabulous turnout of 110 attendees, all raving about the amazing songs and atmosphere. The choir has some new faces and has grown in 2025, this will be their 5th performance of 2025 and they cannot wait to sing for their friends, families and supporters.

Tickets are free but will book up so please register for your seat today.

\*Choir please register as a performer

\*Audience please register for general admission

\*Donations optional but will go towards covering the concert morning tea, and the ongoing costs of the choir (accompanist and conductor).

More info and register here >>



**BRIGHTON WELLNESS HUB**

**Bright 'N' Sparks Choir**  
Brisbane North Dementia Choir  
**CONCERT 2025**

Come and be inspired—our choir's concert promises a morning of beautiful music, heartfelt performances, and community spirit.  
Morning tea and refreshments included

When: **Saturday 15<sup>th</sup> November 2025**  
Time: **9:30am – 12noon**  
Where: **Brighton Health Campus Auditorium**  
(449 Hornibrook Highway, Brighton, 4017)

Register: **Register for a free ticket,**  
click here > [Eventbrite Concert link](#)  
or call Rebecka 3631 7568



All welcome to attend!

Metro North Health | Queensland Government

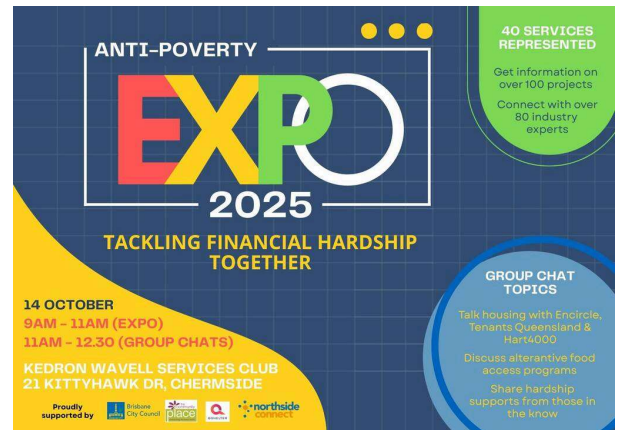
## External expo

The Anti Poverty Expo is running at Kedron-Wavell on Tuesday 14 October.



Workers and Volunteers in the community sector are the focus, but everyone is welcome.

Learn about hardship services and how to tackle poverty.



## 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



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](mailto:COH-Engagement@health.qld.gov.au)  
Web: [Brighton Wellness Hub - Community and Oral Health](#)