

# Community and Oral Health

Brighton Wellness Hub

Metro North Health

## Brighton Wellness Hub Bulletin – November 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:

#### Alcoholics Anonymous started

The Sandgate Thursday Night Steps and Traditions Alcoholics Anonymous group has started at the Hub.

We are very excited to be hosting this group that have been running for 31 years as of 2025!

If you or someone you know has the desire to stop drinking, please join in.

**When:** Thursdays starting 23/10/25 (including Christmas and New Years Day)

**Time:** 7:00pm - 8:30pm

**Where:** The Brighton Wellness Hub

Please contact 0410 619 674 or 0424 605 447 with questions.

A co-Member of Alcoholics Anonymous with the same purpose and the same goal (sobriety).

# Alcoholics Anonymous®

TWELVE STEPS AND TWELVE TRADITIONS

**BRIGHTON WELLNESS HUB**

## (Sandgate) Thursday Night Steps and Traditions




Open to anyone with a desire to stop drinking.  
Discover a way to live a life that is happy, joyous, and free.

When: **Every Thursday**  
(inc. Christmas & New Years Day)

Time: **7:00pm – 8:30pm**

Cost: **FREE**

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

**All welcome to attend!**

Please call 0410 619 674 or 0424 605 447 if you have any questions

### 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 >>](#)

### Important date reminders for the rest of the year:

- 04/11/25 - Melbourne Cup - wear a fancy hat and frock
- 04/11/25 - Mah-jong race day afternoon tea (bring a plate)
- 06/11/25 - Card making with Anne (**last one for year**)
- 15/11/25 - Choir concert at the Brighton Health Campus Auditorium
- 24/11/25 - Birthday celebration for November birthdays. Come share some cake (**last one for year**)
- 24/11/25 - Rainbow Room LGBTIQA+ monthly social catch up (**last one for year**)
- 27/11/25 - Yarning Circle (no Community Catch Up or Lawn bowls)
- 05/12/25 - Choir performing at Redcliffe RSL (no practice at the Hub)
- 11/12/25 - Community Christmas party
- 12/12/25 - Choir break up party and last rehearsal
- 13/12/25 to 11/01/26 - NO\* HUB ACTIVITIES
  - \*Alcoholics Anonymous will continue running each Thursday
- 22/12/25 to 04/01/26 - HUB FULLY CLOSED (No staff onsite)

# DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 Volunteer Party	6
7	8	9	10	11 Community Party	12 Choir last rehearsal	13
14	15	16	17	18	19	20
Staff onsite but no activities running						
21	22	23	24	25	26	27
HUB CLOSED						
28	29	30	31			
HUB CLOSED						
						Note: AA will continue each Thursday night through closures

# JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				HUB CLOSED		
4	5	6	7	8	9	10
Staff onsite but no activities running						
11	12	13	14	15	16	17
ACTIVITIES RESUME - PLEASE CHECK SCHEDULE FOR SPECIFICS						
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						Note: AA will continue each Thursday night through closures

## Cancer Awareness Month

Each month we will put the spotlight on a health awareness. November is Cancer Awareness Month.

Cancer affects many Australians and has a major impact on individuals, families and the community.

Cancer is a disease of the cells, which are the body's basic building blocks. Cancer occurs when abnormal cells grow in an uncontrolled way. These abnormal cells can damage or invade the surrounding tissues, or spread to other parts of the body, causing further damage.

Prevention is an effective long-term strategy for reducing the burden of cancer and screening programs can then help reduce the incidence of late stage cancers.

Learn more about cancer here >



# HAPPY BIRTHDAY

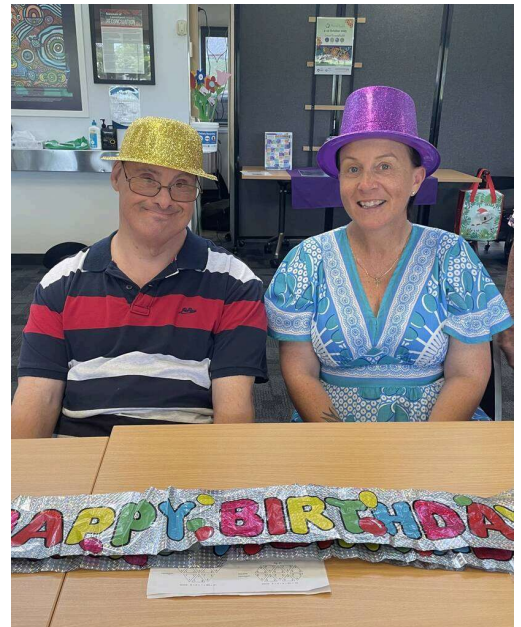
## Brighton Wellness Hub - Monthly Birthday Celebrations:

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 November, please feel free to join us on Monday the 24th November 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;  
It's too hot

You also said;  
It's too cold

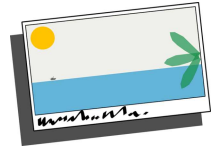
We did;

In the interest of consistency and ensuring most people are at a safe and comfortable temperature, air conditioner controls are to only be used by staff; there is a sign next to controls saying this. As it is easier to warm up than cool down, air conditioners are to be on throughout the day. Fan speed is at lowest speed, and airflow now directed closest to the kitchen side of the room as possible.

If you are prone to feeling the cold, we suggest you sit away from the kitchen side of the room (closer to the green), don't sit in direct line of the airflow or bring a cardigan. Doors can be opened or closed and fans can be turned on or off as needed - or see staff if these options are not helping.



# Monthly Memories



## Puzzle done!

The second puzzle for the year has been completed by Jackie and Nancy from our Needles and Hooks group.

We have a range of puzzles to share if you would like to borrow, or join in on the one in progress at the Hub's puzzle table.



## New artwork

The Hub has been gifted a lovely original piece of art called *Kintsugi Heart* by Cherie Durant, now hanging in the reception area where volunteer Des sits.

The piece shows a heart shaped stone that has been broken and put back together again with gold - in a traditional Japanese technique called Kintsugi.

The description with the piece says "*A broken heart can be mended, becoming more beautiful and stronger than before*".

The Japanese art of repairing pottery with gold is called Kintsugi (or Kintsukuroi), which translates to "golden joinery" or "golden repair". This practice treats breakage and repair as part of an object's history, making the piece unique by mending the cracks with a lacquer mixed with powdered gold, silver, or platinum. Rather than hiding the damage, Kintsugi highlights it, embodying a philosophy that embraces imperfection and sees beauty in the repaired object.



We thought this message perfect for the Hub as we help people navigate through their journeys and welcome everyone as they are.

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



# Next Yarning Circle; Thursday 30th October 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, 1361 Ave Brighton.

### Contact

Phone: (07) 3831 7407 or (07) 3831 7378. Email: [coh-a\\_tsi\\_hlthteam@health.qld.gov.au](mailto:coh-a_tsi_hlthteam@health.qld.gov.au)



## A word from the Rainbow Room Peer Volunteers:

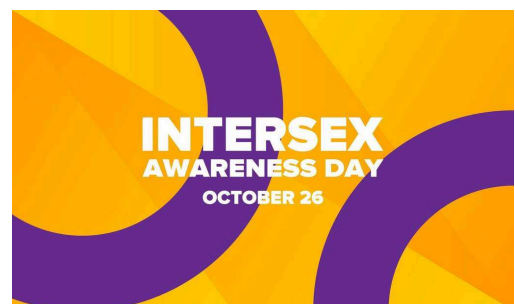
### Intersex Solidarity Day November 8

This day is to raise awareness about issues faced by intersex people and to advocate for their rights. It is also a day to remember many advocates and activist who have fought hard to improve conditions and reduce stigma for intersex individuals.

It's important to fight for respect for all people toward their bodily autonomy and the right to self-determination.

In the past, babies born with indiscriminate bodily aspects had surgery performed on them as advised by physicians at birth. They did not always align to who they knew themselves to be.

The UN has recently reported on the treatment of intersex people. The report is available in full in 6 languages, or Easy English for a simpler summary of the important parts.



UN's report >>



## LGBTIQ+ Monthly Meet Up

Hot cuppa  
+Biscuits  
+Peers



Intersex Day edition of the Rainbow Room  
monthly social meet up.

All LGBTIQ+ people and allies welcome.  
BYO friend or come make new ones!

**Date:** Monday 24<sup>th</sup> November 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



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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.

**Last 2025 class: Thursday 6th November 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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**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!**

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**2 weeks to go!**

## 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.

Morning tea included - for dietary requirements or any questions, call Rebecka on 3631 7568.

Tickets are free and are already half sold 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 >>

## External call out

The Caboolture Community Action group support those doing it tough.

Their latest drive is looking for men's clothing (they have already received plenty of women's clothing). Men's clothing is needed to support those sleeping rough, experiencing homelessness and struggling to find or keep employment.

You can make donations and visit the centre at [23 Hayes Street, Caboolture](#)

If you are able to donate but not able to get to the Caboolture drop off site, please contact Hayley on 0401 344 373

See flyer here >>



## External cooking classes

Sandgate Uniting Church are getting ready for their Christmas markets and want your help to make confectionery!

Go along and learn how to make confectionery favourites like coconut ice.

Classes run Wednesdays and Saturdays, 9am-12 noon all November.

No need to register but if you have questions, you can reach Graham on 0458 635 779



## 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
- 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](mailto:COH-Engagement@health.qld.gov.au)

Web: [Brighton Wellness Hub - Community and Oral Health](#)