

Community and Oral Health

Brighton Wellness Hub

Metro North Health



Brighton Wellness Hub Bulletin – Last week 2025 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:

COMMUNITY *Christmas* PARTY

Thursday 11th December 2025
9am - 12noon

Bring a plate to share.

Like Community Catch Up,
but with more food and festivities!



Important date reminders for the rest of the year:

- 9/12/25 - Last Meditation
- 9/12/25 - Last Needles and Hooks - bring a plate to share
- 9/12/25 - Last Mah-Jong - bring a plate to share
- 9/12/25 - Last Gentle Flow Yoga
- 11/12/25 - Last Chair Yoga
- 11/12/25 - Community Christmas party - ALL WELCOME! - bring a plate to share - Santa is coming!
- 11/12/25 - No JP service
- 12/12/25 - Last choir rehearsal - bring a plate to share
- 13/12/25 to 11/01/26 - NO* HUB ACTIVITIES
 - *Alcoholics Anonymous will continue running each Thursday and Saturday
- 22/12/25 to 04/01/26 - HUB FULLY CLOSED (No staff onsite)
- 12/01/26 - Activities resume!

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Volunteer Party
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 and Saturday 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 and Saturday night through closures		

Look after yourself over the break

I've had some fabulous feedback around the information table I display each month - so glad I could help you navigate your health and wellness journeys this way!

Christmas and New Years can be an exciting, lovely time but it can also be a really tough time. I encourage everyone, be kind to yourself, and reach out if you need help finding supports.



The table this week has a collection of services that might help make the holiday season a bit easier. See here the big hardship manual on finding help in Brisbane North and a link to our navigation portal where you can find a range of supports.

Resource Manual

FOR THOSE EXPERIENCING FINANCIAL
HARDSHIP IN BRISBANE NORTH



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 December or January, please feel free to join us on Monday the 19th January at 10.00am.



You said, We did

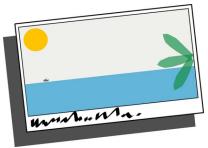
Each month I will highlight some of the things that have been brought about because of your feedback. Sometimes the best feedback is about the little things we can quickly make improvements from. Other times you shoot for the moon and with time and effort we do our best to make it happen for you.

You said;
I'd like to learn to cook or learn more recipes.

We did;
Four cooking demonstrations have been booked for the first half of 2026 with nutritionist Penny Benjamin. You may remember Penny from her cooking demonstrations run by Brisbane City Council's Gold Program. Dates and times and how to book will be released soon.



Monthly Memories



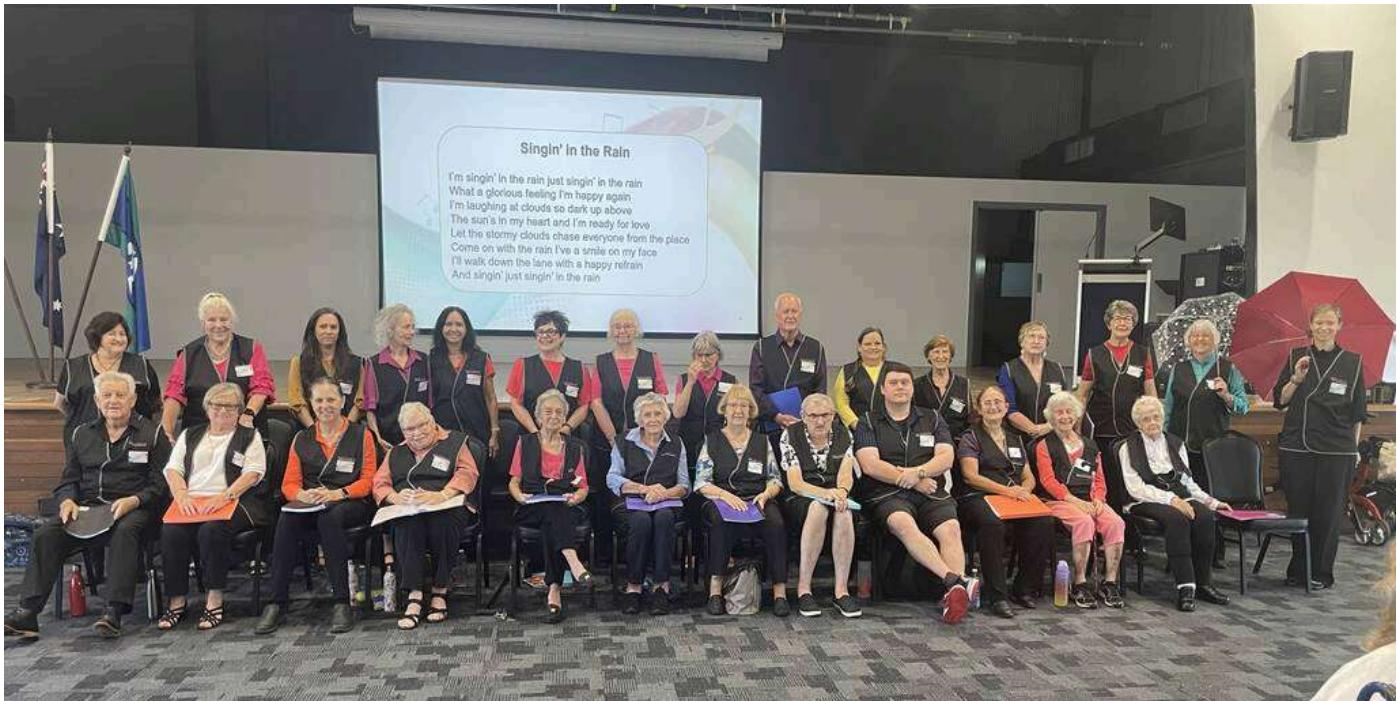
Bright and Sparky! Choir concert a success

The annual Bright 'N' Sparks Brisbane North Dementia Choir concert was a success November 15.

There were over 130 in the room between the choir, Brighton residents, friends, family, supporters and the amazing volunteers help run the event.

The choir has one last rehearsal for the year this Friday and then will return for term 1 on Friday 30th January 2026.





Kindy Kids visit

In other choir news, the choir was visited by two classes of kindergarten children from Mueller College Early Learning Centre.

A valuable intergenerational morning of singing, dancing and swapping crafts.



Final Rainbow Room 2025

On Monday 24th November we held the last Rainbow Room social for the year.

We were joined by new faces like Wayne pictured, who is keen to connect with his community and took away a lot of information and suggestions for how to do so (other than coming to the next Rainbow Room social).

We're looking forward to bringing more connection opportunities and tailored guidance for finding LGBTIQA+ friendly supports and services in 2026.



Peer support
for our
LGBTIQA+
Community



A word from the Rainbow Room Peer Volunteers:

Thank you to all for your support throughout the year.
May you have a safe and well-deserved break.
Merry Christmas and may we see you all back and well in 2026.



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 5th February 2026



BRIGHTON WELLNESS HUB

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 Welcome. Bookings and class limits apply



External social and skills program

While the Hub is closed, you may find yourself struggling to stay connected, entertained and exercised.

One option is to join up to Inclusee.

Inclusee Ltd is a not-for-profit charity offering a vibrant online community for older Australians to meet friends, share stories, learn digital skills, and explore new interests. They provide a diverse range of specialised programs and activities that cater to the unique needs and interests of their participants.

If you are a part of the Commonwealth Home Support Program, you may be eligible to use this service with no co-contribution fees. Or full private payment price is currently \$25 per month direct debit.

Contact them on 1800 287 687 to check eligibility and learn more about their service.



See flyer here >>

REDUCED TIMETABLE: DEC 22ND - JAN 9TH (QLD TIME)

MON	Morning Meditation 9:00 AM	Musical Bingo 10:00 AM	Lunch & Laugh 12:00 PM	Virtual Field Trip 3:00 PM	Happy Hour 4:00 PM
TUES	Morning Meditation 9:00 AM	Travel Club 9:30 AM	Laughter Yoga 12:00 PM	Moving Club 1:00 PM	Travel Club 3:00 PM
WED	Morning Meditation 9:00 AM	Travel Club 11:00 AM	Lunch & Laugh 12:00 PM	Games Club 3:00 PM	Happy Hour 4:00 PM
THURS	Morning Meditation 9:00 AM	Musical Bingo 10:00 AM	Laughter Yoga 12:00 PM	Trivia Club 1:00 PM	Travel Club 2:00 PM
FRI	Morning Meditation 9:00 AM	Coffee Catchup 9:30 AM	Lunch & Laugh 12:00 PM	Brain Teasers 1:00 PM	Happy Hour 3:00 PM

Includee Closure Dates: Block 4

Please take note of the following closure dates and mark them in your calendar.

- Monday 6th October - King's Birthday Public Holiday (QLD)
- Friday 28th November - Includee EOY Function
- Thursday 25th December - Christmas Day Public Holiday
- Friday 26th December - Boxing Day Public Holiday

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.
****NO JP SERVICE UNTIL NEW YEAR****

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