

Community and Oral Health

Brighton Wellness Hub

Metro North Health

Brighton Wellness Hub Bulletin – January 2026

Welcome back 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. Thanks to your feedback, we have new classes and activities coming, like cooking demonstrations, regular Death Cafes plus more! 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:

We need a new line dancing instructor!

The amazing Janene has opted to not return as instructor in 2026 while she focusses on her health.

But we have a very keen group of dancers, and we know how much this class means to you, so please share the attached Expression of Interest with any line dancing instructors you might know.

Line dancing will continue for now with Norma playing the music.

Practice returns 19th January

Are you our next line dancing instructor? See more here >>

New Year - New Intake Forms:

Its everyone's favourite time of year where I ask nicely for all Hub participants to fill in an intake form. It shouldn't take more than 10minutes to complete, I really appreciate your time in completing.

Having this information is so important for reporting on how the Hub is doing, ensuring you are contactable in the case of last minute or emergency scenarios, as well as recording your consent decision for photos or

videos you might be a part of.

Paper copies will be available at reception if you prefer to complete a hardcopy, otherwise follow the link below to complete now.

2026 Hub Participant Intake
Form >>

**Important date reminders for January:
(or just see next week's schedule below as this is a lot!)**

- Every Wednesday - rain or shine - Heart Foundation Walking Group walks
 - Meet at Brighton Health Campus Cafe (not the Hub) 7:30am
- Every Thursday evening - Alcoholics Anonymous meets
- Every Saturday afternoon - Alcoholics Anonymous meets

- 12/01/26 - Activities* resume! (activities above never stopped)
 - Monday Community Catch Up resumes
 - Monday Meditation resumes
- 13/01/26
 - Tuesday Meditation resumes
 - Needles and Hooks resumes
 - Mah-Jong resumes
 - Gentle Flow Yoga resumes
- 15/01/26
 - Chair Yoga resumes
 - Thursday Community Catch Up resumes
 - Lawn Bowls resumes
 - NO JP SERVICE
- 19/01/26 - Line Dancing practice returns with Norma (FREE)
- 19/01/26 - Birthday celebrations for December and January birthdays
- 20/01/26 - NO NEW PARENTS GROUP
- 22/01/26 - NO JP SERVICE
- 23/01/26 - Cooking demonstration - Air Fryers Made Easy (limited spaces, must book)
- 26/01/26 - Australia Day public holiday HUB CLOSED
- 27/01/26 - New Parents Class resumes
- 29/01/26 - JP Service resumes
- 30/01/26 - Bright 'N' Sparks Dementia Choir resumes
- 05/02/26 - Death Cafe

Brighton Wellness Hub

Brighton Wellness Hub (Corner Nineteenth Avenue, Brighton)
Supporting our community to age in health and wellness
What's on at the Hub? Week Beginning 12 January 2025



Day	Time	In the Hub
Monday 12	NOT RUNNING 10.00am – 12.00pm 5.30pm – 6.30pm	Line Dancing' fun Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE. Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 13	8.00am – 9.00am 9.15am – 10.30pm 1.00pm – 3.00pm 4.30pm – 5.30pm	Morning Meditation – all welcome – FREE Needle and Hooks – Knitting and Crochet group - FREE Mah-Jong – Come along to this beginner's class. Bring a plate for race day afternoon tea – FREE Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 14	7.30am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE.
Thursday 15	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am NOT RUNNING 7.00pm – 8.30pm	Chair Yoga – all welcome \$5pp Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn - FREE Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE. Justice of the Peace Service Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 16	Nil	Nil
Saturday 17	5.00pm – 6.30pm	Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE

Please contact us to book your place for activities:

Phone: (07) 3631 7568 Email: COH-Engagement@health.qld.gov.au

Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>



What are your New Year's Resolutions and how can we help?

In the spirit of the New Year, I want to know what your goals and dreams are for 2026!

Maybe you want to something more, maybe you want to do something less - I bet you're not alone!

We have a navigation service just waiting to help you find supports, and a range of activities every week in the pursuit of your health and wellbeing.



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 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 below - limited numbers so booking is a must!

Cooking demonstrations
with

Penny
Benjamin



BRIGHTON WELLNESS HUB

Limited spots available – [register now](#)



DATE	TIME	CLASS
FRIDAY 23 JANUARY	10-11AM	Air Fryers Made Easy
SATURDAY 7 MARCH	10-11AM	Cooking for one (or two)
FRIDAY 17 APRIL	10-11AM	Healthy Snacks that Taste Like Treats
SATURDAY 30 MAY	10-11AM	Winter Warmers

Where: Brighton Wellness Hub
(Crn Nineteenth Ave, Brighton 4017)



For more information, please call 3631 7568

I want to attend another Death Cafe, I found it so interesting and want to refer a friend.
You also said;
I missed the last Death Cafes, will there be another?

We did;
The Metro North Grief and Bereavement Service have scheduled in multiple dates for Death Cafes in 2026.
Dates and times and how to book below - limited numbers so booking is a must!

Death Cafe

Let's get comfortable talking about death

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.



Register for one of the 2026 dates below:

5th February
1.00-3.00pm

7th May
1.00-3.00pm

5th August
9.30-11.30am

4th November
9.30-11.30am

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
per event*



The Death Cafes will be hosted by the Brighton Wellness Hub and facilitated by Kylie Whyte, Grief & Bereavement Co-Ordinator, Metro North Palliative Care.

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I would like more information on how to protect myself from scams.

We did;

Guest speaker, Bob Walker, from the Office of Fair Trading has been invited to speak in an upcoming Scam Awareness Information Session.

Dates and times and how to book below

HOW TO SPOT AND AVOID SCAMS.



with guest speaker Bob Walker

BRIGHTON WELLNESS HUB

Scam Awareness Information Session



Join Bob Walker from the Office of Fair Trading for an information session about how to identify, avoid and get help with scams.

[Register now](#) for your free ticket



When: Wednesday 11th February

Time: 10.00 – 11.00am

Where: Brighton Wellness Hub
(Crn Nineteenth Ave, Brighton 4017)



For more information, please call 3631 7568

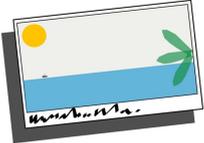
**Metro North
Health**



**Queensland
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**Department of Justice
Office of Fair Trading**

Monthly Memories





Peer support
for our
LGBTIQA+
Community

**RAINBOW
ROOM**

Supporting
our diverse
community

A word from the Rainbow Room Peer Volunteers:

Welcome back from the holiday season. We are looking forward to many opportunities to increase our awareness. Our monthly meetings will continue from February and are held on the last Monday of the month.

It's a space to meet others in the LGBTIQA+ community, play games, puzzles, have fun. We have guest speakers from other LGBTIQA+ organisations telling us what services they can offer. So come along, we would love to see you here!

Did you know?

Following a voluntary postal vote with 61.6% of Australian voters in favour, on December 9th 2017 an amendment was made to Section 5 of the Marriage Act to define marriage in Australia as the union of "2 people".

The standard waiting period for a marriage license is one month so as of January 9th 2018, all couples regardless of gender and sexuality have been able to marry in Australia.

Happy 8 year anniversary to marriage equality!

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

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.

- 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 29/01/26****

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 healthcare 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
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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](http://BrightonWellnessHub-CommunityandOralHealth)