

# Community and Oral Health

Brighton Wellness Hub

Metro North Health

## Brighton Wellness Hub Bulletin – February 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. 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.

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

### **New Year - New Intake Forms:**

Thank you to everyone who has already filled out the 2026 intake form!

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 February:**

- 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
- 
- 29/01/26 - JP Service resumes
  - 30/01/26 - Bright 'N' Sparks Dementia Choir resumes
  - 05/02/26 - Card Making with Anne - limited spaces, please book
  - 05/02/26 - Death Cafe - limited spaces, please book
  - 11/02/26 - Scam Awareness information session
  - 17/02/26 - Free Hearing Tests by Hearing Australia
  - 26/02/26 - Yarning Circle - no Community Catch Up or Lawn Bowls
  - 04/03/26 - Walking Football returns - must register before starting play
  - 07/03/26 - Cooking for one (or two) cooking demonstration with Penny

# FEBRUARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 ■ ■
2 ■	3 ■	4 ■	5 ■	6 ■	7	8 ■
9 ■	10 ■	11 ■	12 ■	13	14 ■	15 ■ ■
16 ■	17 ■ ■	18 ■	19	20 ■	21 ■ ■	22 ■
23 ■	24	25 ■	26	27	28 ■	

**Key**

\* Holy day that usually begins in the evening or at sunset of the previous day

\*\* Date may vary to this because of religious customs

■ Religious/cultural ■ Awareness and events

**February is Australia – REDFEB (Heart health month)  
 & Ovarian Cancer Awareness Month**

**■ Religious/cultural**

- 1 – Triodion begins *Orthodox Christian*
- 1 – Thaipusam \*\* *Hindu*
- 2 – Tu B'Shvat \* *Judaism*
- 2 – Imbolc\*/Candlemas *Wicca and Pagan*
- 3 – Lailat al Bara'ah \* *Islam*
- 3 – Setsubun-sai *Shinto*
- 8 – Sunday of the prodigal son *Orthodox Christian*
- 14 – Saint Valentine's day *Christian*
- 14 – Saturday of souls *Orthodox Christian*
- 15 – Meatfare Sunday *Orthodox Christian*
- 15 – Nirvana day *Buddhist*
- 15-16 – Maha Shivratri \*\* *Hindu*
- 16 – Shrove Monday *Christian*
- 17 – Shrove Tuesday *Christian*
- 17 – Lunar new year *Confucian, Daoist and Buddhist*
- 18 – Ash Wednesday *Christian*
- 18 – Losar begins *Buddhist*
- 18 – Ramadan \* begins *Islam*
- 21 – Saturday of souls *Orthodox Christian*
- 22 – Feast of the chair of saint Peter *Catholic Christian*
- 22 – Cheesefare Sunday *Orthodox Christian*
- 23 – Great Lent begins *Orthodox Christian*
- 23 – Phalguna ashtahnika begins *Jain*

- 25 – Rohini vrat *Jain*
- 25 Feb-1 March – Intercalary days \* *Baha'i*
- 28 – Saturday of souls *Orthodox Christian*

**■ Awareness and events**

- 1 – World hijab day
- 1-7 – World interfaith harmony week
- 4 – World cancer day
- 6 – Time to talk day
- 6 – International day of zero tolerance to female genital mutilation
- 9-15 – Children's mental health week
- 10 – Safer internet day
- 11 – International day of women and girls in science
- 12 – Red hand day for child soldiers
- 15 – International childhood cancer day
- 17 – World human spirit day
- 20 – World day of social justice
- 21 – International mother language day
- 17 – Random Acts of Kindness Day
- 26 – Write a Letter to an Elder Day

**REDFEB**

REDFEB for Heart Health



Each month we will put the spotlight on a health awareness. February is REDFEB - a month for heart health awareness. And what a great excuse to remind you all about the Brighton Walkers.

Getting out and walking is a fantastic way to boost not only your physical health but also your mental and emotional wellbeing. Regular physical activity such as walking, can also reduce your risk of heart disease by 35%.



There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.

**Join your local walking group at the date and time below:**

Group: Brighton Walkers

When: Wednesday mornings (7:30am Oct - Feb)(8:00am Mar - Sep)

Where: Meet at the Brighton Health Campus Cafe (449 Hornibrook Hwy)

Come join us for a walk and a coffee afterwards

Organiser: Nerida and Rebecka 3631 7568

## Avoid Scams this Safer Internet Day

Visit [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au) to register or for more information

Proudly Supported By



To celebrate Safer Internet Day 2026, we have invited Bob Walker from the Office of Fair Trading to share his knowledge on how to identify and avoid scams - and what to do if you think you're being scammed.

Bob has worked in various roles within the Office of Fair Trading since 2001 and in his current role since 2010.

Bob's current role has enabled him to travel extensively throughout Queensland delivering consumer presentations to community groups and clubs, school students and welfare organisations, and visiting businesses providing education about Australian Consumer Law.

You won't want to miss this!

Book now with the link or call Rebecka on 3631 7568 to get help registering.

Register FREE here >>



**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 11<sup>th</sup> February  
Time: 10.00 – 11.00am

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



For more information, please call 3631 7568



Queensland Government

Department of Justice  
Office of Fair Trading



**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 February, please feel free to join us on Monday the 23rd February 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 want to play Pickleball at the Hub.

We did;  
Consulted with Pickleball Australia who have advised the Hub's lawn is not a suitable surface for play. Local pickleball sessions have been found as alternative for keen players.  
\*Note Pickleball Australia are planning to expand play throughout PCYCs so Sandgate or Redcliffe PCYC could be pickleball venues by the end of the year.

**South Pine**  
Indoor  
Sports Centre

South Pine Indoor Sports Centre  
620 South Pine Road,  
Brendale  
0458 964 328

\$5 per person  
BYO equipment or \$5 paddle hire  
Days/times per schedule online

[Find out more >>](#)

**FOCUS**  
TENNIS ACADEMY

Focus Tennis Academy  
461 Oxley Ave, Redcliffe  
0466 986 255

1hr court hire from \$10\*  
+\$5 for additional hour  
Includes paddle and balls  
\*Member pricing

[Find out more >>](#)



PCYC Deception Bay  
100 Maine Terrace  
3293 0166

\$10 per person  
Tues/Wed/Thurs/Sat 9-11am

[Find out more >>](#)

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 would like the Hub to hold Balance classes (thank you for the suggestions in the Intake Form!)

We did;  
Local physiotherapist, Marianna, from Primebody Physiotherapy has expressed an interest in running a Balance Class at the Hub.

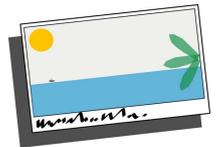
We'd like to gauge interest from you on whether you would attend, and then for those that are keen - what physical needs would Marianna need to support. Please complete this survey.



**PRIMEBODY**  
PHYSIOTHERAPY

[Survey here >>](#)

## Monthly Memories



### Air Frying Made Easy

On Friday the 23rd we had a sold-out session for Penny Benjamin's first cooking demonstration - Air Fryers Made Easy. Participants learnt how to make Coconut Chicken Nuggets, Tofu and Roast Vege Salad, Pear and Raspberry Crumble and Chocolate Chip Cookies!

We even received this fabulous feedback:

*Loved the set-up, easy to see the instructor, she spoke well and encouraged interaction and questions.*

*Thank Penny and let her know that I went online when I arrived home and found an air fryer with a see through basket on special at Costco. Once I read the excellent reviews and saw that it had also been used as a dehydrator (very low temp for a long time) there was no question and it is on its way here.*



If you attended and haven't left feedback yet - please follow the link below. We love the positive feedback, but if you have a complaint or suggestion we'd like to hear it so we can make next sessions even better.

[Leave feedback here >>](#)

Peer support  
for our  
LGBTIQA+  
Community

RAINBOW  
ROOM

Supporting  
our diverse  
community

## A word from the Rainbow Room Peer Volunteers:

February is Mardi Gras time! It is one of the most colourful and inclusive celebrations we have and it's all about love, diversity and community.

### What is Mardi Gras all about?

Sydney Mardi Gras started back in **1978** as a protest for LGBTIQA+ rights. A group of brave people marched down Oxford Street to demand equality and visibility. It wasn't easy – the first march was met with resistance – but it sparked a movement that changed history.

Today, Mardi Gras is a joyful celebration of pride and progress, reminding us how far we've come and why inclusion still matters.



[Learn more here >>](#)

Peer support  
for our  
LGBTIQA+  
Community

# RAINBOW ROOM

Supporting  
our diverse  
community

## LGBTIQA+ Monthly Meet Up



Don't miss out on this fantastic opportunity to connect with your LGBTIQA+ Community! Join us on the last Monday of each month to build meaningful connections and meet our Volunteer Peer Supporters.

**When:** Last Monday of each month

**Time:** 2.00 pm – 4.00 pm

**Where:** Brighton Wellness Hub  
(Crn 19<sup>th</sup> Ave & Hornibrook Highway, Brighton 4017)



Google Maps



[Register here](#)



For more information call:  
Rebecka 3631 7568

Metro North  
Health



Queensland  
Government

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

## 13 Feb: National Apology (2008)

In 2008 then Prime Minister Kevin Rudd made a formal apology to Aboriginal and Torres Strait Islander peoples, particularly to the Stolen Generations who, along with their families, had suffered under past government policies of forced child removal and assimilation. A journey that began with the Bringing Them Home Report in 1995.

“Through one direct act, the parliament has acknowledged the existence and the impacts of past policies and practices of forcibly removing Indigenous children from their families, and by doing so has paid respect to the Stolen Generations for their suffering and their loss, and for their resilience, and ultimately, for their dignity.”  
– Dr Tom Calma, former Aboriginal and Torres Strait Islander Social Justice Commissioner’s response to the Apology.



Learn more >>

## Next Yarning Circle; Thursday 26th February 2026

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, 19th Ave Brighton.

## Contact

Phone: (07) 3631 7607 or (07) 3631 7378. Email: coh-a\_tsi\_hhtteam@health.qld.gov.au



## 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 5th February 2026**

**Only 3 spots left!**



## 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 Welcomed. Bookings and class limits apply



## Are you comfortable talking about death?

## Death Cafe returns to the Hub

This is a free guided conversation group, that will be led by Grief and Bereavement worker, Kylie Whyte.

This is not a grief or bereavement counselling session - it is a safe space to talk about perhaps the most taboo subject of death - with cuppa and cake.

Bookings are required as spots are limited to keep the discussion sensitive and allow everyone space to participate.

Please call Rebecka 3631 7568 for help registering or follow the below link.

**Next session Thursday 5th February 2026**

[What is a Death Cafe?](#)

[Book here >>](#)



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:

5 <sup>th</sup> February 1.00-3.00pm	7 <sup>th</sup> May 1.00-3.00pm	5 <sup>th</sup> August 9.30-11.30am	4 <sup>th</sup> November 9.30-11.30am
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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.



## Free Hearing Checks

### Hearing Australia is visiting!

Join Bree from Hearing Australia for a free hearing check.

Services available on the day include:

- ✓ FREE hearing screenings
- ✓ General hearing aid advice
- ✓ Cleaning of current hearing aids
- ✓ Ear checks for wax and supply of hearing aid batteries

Even if you have a current provider or already use hearing aids, you are still welcome to attend. No appointment is necessary, but bookings will be given priority.

Plus, everyone who attends will go into the draw to win a lucky door prize, which will be drawn at the end of the day!

**When: Tuesday 17th February 2026**

**Book now - call Rebecka 3631 7568 to make your booking. Or visit the check-in desk for sign up sheet.**



Rediscover the sounds you love

Book a free 15-minute hearing check and take the first step today

Hearing checks available here on:  
FREE! Tuesday 17th February - 9:30am - book your spot today!

\*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

134 432 [hearing.com.au](http://hearing.com.au)

HAB04 10023

## Walking Football back soon

## Like soccer, but no running!

Walking Football is returning soon — starting March 4th.

We already have a welcoming group of players, with ages ranging from their 40s through to their 80s, and both men and women taking part. The sessions are social, non-competitive, and perfect for beginners—so feel free to come along and give it a try.

Before joining in, you'll need to complete the Football Queensland player registration form. You can access it via the link below, or speak with Rebecka if you'd like help completing it.

If you have any questions, please contact Robert from Football Queensland on 0422 344 253.

[Register here >>](#)



**BRIGHTON WELLNESS HUB**

## Walking Football

FREE

Come along to the Hub and have some fun on the lawn.  
Coordinated by Football Queensland

Don't forget your hat and water bottle!

**When: Wednesdays 3pm – 5pm**  
**4 March – 25 November**

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



 [Register now](#) – all participants must register before starting play

**All welcome to attend!**



**WALKING FOOTBALL**

Please call Robert Quigley if you have any questions 0422 344 253

## Cooking for one or two?

### Cooking demonstrations with Penny Benjamin!

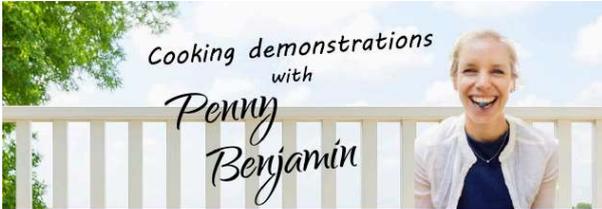
This is a free class, that will be led by nutritionist Penny Benjamin.

Bookings are required as spots are limited and booking fast.

Please call Rebecka 3631 7568 for help registering, or follow the below link.

**Next class 7th March 2026**

[more info and book here >>](#)



Cooking demonstrations with Penny Benjamin

**BRIGHTON WELLNESS HUB**

Limited spots available – [register now](#)

FREE



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**

## Have an Acquired Brain Injury?

## New workshops with Emma

In 2021, Emma had an acquired brain injury (ABI). Since then, she has learnt a lot about living after a brain injury and now directs The Brain Injury Group (BIG) aiming to build a place with rehabilitation, community support and social connection for people with ABI. She is holding two workshops in February and invites anyone with ABI and their carer/family.

**Physical and Mental Fitness Workshop | WED 4 Feb | 9-11am**

**Simulated Work Environments and Task Practice Workshop | WED 25 Feb | 9-11am**

Cost: \$37 per workshop

Location: Brighton Wellness Hub

For enquiries or to RSVP:

Emma Beer

Ph: 0479 124 938

or email [emma.thebrainhub@gmail.com](mailto:emma.thebrainhub@gmail.com)

[more information here >>](#)



## STEPS program at Chermside

### Skills To Enable People & communities

A FREE Program for adults aged 18-65 years with:

- Acquired Brain Injury
- Stroke
- Traumatic Brain Injury
- ... and families and carers.

**Next 6 week program starts 26th February 2026**  
**Bookings required**

For enquiries or to RSVP by Thursday 19th February:

Sue Wright

Ph: 3176 9506 or 1300 727 403

or email [steps@health.qld.gov.au](mailto:steps@health.qld.gov.au)

[more information here >>](#)



## 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  
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](#)