

Community and Oral Health

Brighton Wellness Hub

Metro North Health

Brighton Wellness Hub Bulletin – March 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 found a new line dancing instructor!

Fellow dancer, now trying her hand at instructing, Denise is excited to take on the Hub's line dancing class. She brings with her years of dancing experience.

We hope you make her feel very welcome - we are surely very grateful we can continue to run the class at the same time for you all.

Thank you to Norma who has been playing the existing repertoire while we searched for a new instructor.

Starting Monday March 16th

\$10 per person, per session - paid to Denise

Claire away - changes for Tuesday yoga and Thursday chair yoga

Claire is having some well-deserved time off in March so there will be a few changes to her usual classes - but all sessions will continue to run at regular days and times.

Tuesday yoga will be instructed by Michelle on 10th and 17th March. \$10 per person/session as usual.

Thursday chair yoga will have no instructor but Claire's prerecorded class will be shown on the big screen on 12th and 19th March. No cost for these classes - FREE

Yoga Nidra returns this March

Last year Suellen ran a couple of Yoga Nidra sessions and she has decided to bring it back this March. Bring along your favourite props and a mat as you find a new level of relaxation as she guides you through this form of yoga.

Thursdays in March (5th, 12th, 19th and 26th March)

4:45pm - 5:45pm

\$10pp per session

Walking Football returns from March

If you like kicking a ball and teamwork, come try Walking Football.

Like soccer but with no running, this activity is ideal for seniors who are mobile but not able to sprint a football field. No experience needed, but registration to Football Queensland required prior to play.

Runs Wednesdays from 4th March to 25 November

3pm - 5pm

[Register here](#)

Important date reminders for March:

- Every Wednesday - rain or shine - Heart Foundation Walking Group walks
 - Meet at Brighton Health Campus Cafe (not the Hub) **8:00am from March**

- 26/02/26 - Yarning Circle - no Community Catch Up or Lawn Bowls
- 04/03/26 - Walking Football returns - *must register before starting play
- 05/03/26 - Yoga Nidra starts *only running Thursdays in March 2026
- 07/03/26 - Cooking for one (or two) cooking demonstration with Penny **SOLD OUT**
- 10/03/26 - Michelle covering Gentle Flow Yoga
- 12/03/26 - Prerecorded chair yoga on the big screen - no cost to join in
- 16/03/26 - Line Dancing with Denise starts - \$10pp ongoing
- 17/03/26 - Michelle covering Gentle Flow Yoga
- 19/03/26 - Prerecorded chair yoga on the big screen - no cost to join in
- 26/03/26 - Yarning Circle - no Community Catch Up or Lawn Bowls
- 26/03/26 - Last Yoga Nidra session
- 01/04/26 - April No Falls information session

MARCH

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	29 ■
30 ■	31 ■ ■					

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

March is Women's History Month and Sleep Awareness Month

■ Religious/cultural

- 1 - St David's day *Christian*
- 1 - Feast of Orthodox *Orthodox Christian*
- 2 - Nineteen-day fast begins *Bahá'í*
- 2 - Holika dahan *Hindu*
- 2 - Phalguna chaumasi chaudas *Jain*
- 3 - Chötrul düchen *Buddhist*
- 3 - Hina matsuri *Shinto*
- 3 - Magha puja ** *Buddhist*
- 3 - Purim * *Judaism*
- 3 - Holi *Hindu*
- 4-6 - Hola mohalla *Sikh*
- 11 - Varshitapa arambha *Jain*
- 14 - Nanakshahi (new year) *Sikh*
- 16 - Laylat al-Qadr * *Islam*
- 16-20 - Hamaopathmaidem gahambar *Zoroastrian*
- 17 - St Patrick's day *Christian*
- 19 - Feast of saint Joseph *Christian*
- 19 - Chaitra navratni begins *Hindu*
- 19 - Ugadi (new year) *Hindu*
- 20 - Eid al-Fitr * *Islam*
- 20 - Shunbun no Hi *Shinto*
- 20 - Ostara *Wicca and Pagan*
- 20 - Nowruz (new year) *Persian and Zoroastrian*
- 21 - Naw-Rúz * *Bahá'í*
- 24 - Rohini vrat *Jain*
- 25 - Chaitra navapada oli begins *Jain*
- 25 - Annunciation of the lord *Catholic Christian*
- 25 - Chaitra navapada oli begins *Jain*

- 25 - Annunciation to the Theotokos *Orthodox Christian*
- 25 - Annunciation of the virgin Mary *Christian*
- 26 - Khordad sal *Zoroastrian*
- 26 - Rama navami *Hindu*
- 29 - Palm Sunday *Catholic Christian*
- 31 - Mahavir Swami jayanti *Jain*

■ Awareness and events

- 1 - Zero discrimination day
- 1 - International wheelchair day
- 3 - World hearing day
- 8 - International women's day
- 2 - 9 QLD Womens Week
- 16-22 - Neurodiversity celebration week
- 18 - Global recycling day
- 21 - International day for the elimination of racial discrimination
- 21 - World down syndrome day
- 24 - World tuberculosis (TB) day
- 25 - International day of remembrance of the victims of slavery and the transatlantic slave trade
- 30 - World bipolar day
- 31 - International trans day of visibility
- 6 - Denim Day for Dementia
- 13 - The Yirrkala Bark Petitions
- 14 - World Sleep Day
- 15 - 21 Aromantic Awareness Week
- 15 - 21 National Poisons Prevention Week
- 16 - 22 Harmony Week
- 18 - Eric Deeral's Maiden Speech
- 19 - National Close the Gap Day
- 20 - International Day of Happiness
- 21 - Harmony Day
- 21 - World Poetry Day

REDFEB

March is Sleep Awareness Month

Each month we will put the spotlight on a health awareness.

March is Sleep Awareness Month.

Ageing has a significant impact on sleep patterns and quality, and it's common for sleep to change as you get older.

Poor sleep may not simply be related to getting older. Stress, [depression](#), [anxiety](#), medications, pain and many other factors may all contribute. Remember that good sleep is vital for good health, and any concerns you have are best raised with your doctor.



[Learn more here >>](#)



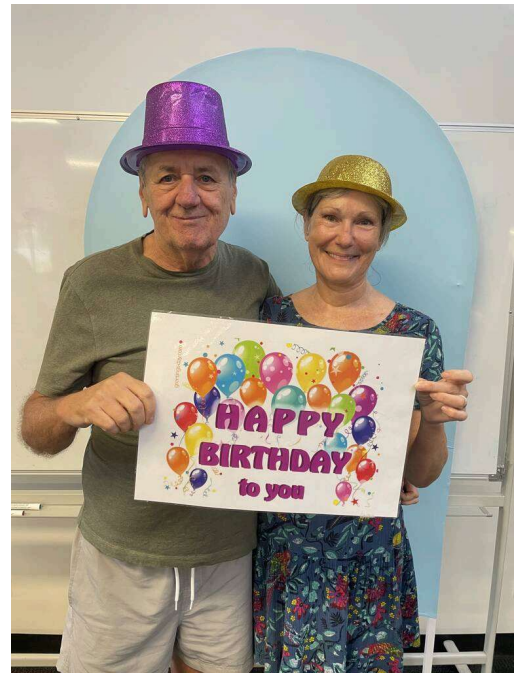
Brighton Wellness Hub - Monthly Birthday Celebrations:

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 March, please feel free to join us on Monday the 30th March 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 find the Death Cafe flyer quite confronting and it doesn't explain what the session is about.

We did;
Feedback passed back to organiser Kylie who has kindly added a description to the back of the flyer.



What is a Death Café?

At a **Death Café** people, often strangers, gather to eat food, drink tea and discuss death. Why would we do that, I hear you ask?

We plan for everything in our lives. We often plan weeks ahead for our birthdays, months ahead for our holidays, a year ahead for a wedding and decades for our retirement. However, death, which some could argue is the biggest trip of our life, usually catches us by surprise. It's often not something we have planned for, yet it is going to happen to us all.

A **Death Café** is a group directed discussion of death, with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. It's an opportunity to get more comfortable with the reality that we will all die, and an opportunity to help make the most of our (finite) lives.

If you are curious about death; if you want to talk about your questions, your fears, your plans; if you want to meet and connect with others, come along to one of our upcoming cafes.

Talking about death won't kill you!



Metro North Health

Queensland Government

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;



PRIMEBODY
PHYSIOTHERAPY

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

Expression of interest survey sent to gauge whether you would attend, and then for those that are keen - what physical needs would Marianna need to support.

Results:

Three people expressed an interest in the class, and most found the cost too much for ongoing affordability. At this time, it is not viable to hold this Balance Class at the Hub.

See below some local alternatives you can look into for your balance fitness needs. Or if you have a preferred physiotherapist, simply ask what they can do to support your health needs.



119 Brighton Road,
Sandgate QLD 4017
3869 1099

45minute classes of max. 5 people
Tues/Thurs/Fri

[Sandgate Physio >>](#)



18 Webb St,
Margate Queensland 4019
0414 217 265 - SMS only

Discounted Seniors program or retiree memberships available

[Vibe Wellness >>](#)



Many locations but closest is:
Sandgate Town Hall
Corner - Cliff and Seymour St. Sandgate
0408 740 543

Wednesdays - 10am - 11am
\$10 per class

[Heart Fit >>](#)

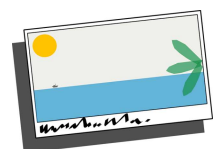


1/335 Oxley Avenue
Margate QLD 4019
0494 345 976

Onero program
45 minute classes of max. 6 people
Weekdays, times vary

[Ability in Movement >>](#)

Monthly Memories



Laughing in the face of death... with a cuppa

On Thursday 5th February the first Death Cafe of the year was run. Around the table sat eight people, some initially guarded, some openly curious and all there to bravely

talk about death. There were yummy nibbles and hot drinks to hold as everyone chatted. More laughter than tears made the session enjoyable and lightened what can sometimes be a heavy subject.

Facilitator Kylie even received this fabulous feedback:

'The Death Café yesterday was really good, I cannot believe I'm saying this, but I really enjoyed it! 😊 It was insightful, light-hearted, and felt safe.'

I hope you consider attending the next Death Cafe, you just might enjoy yourself!

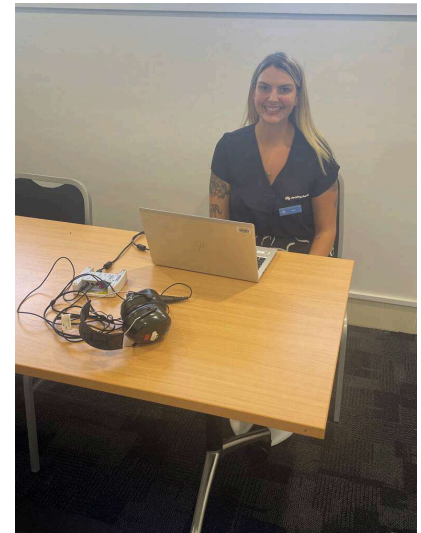
We hear you loud and clear

On Tuesday 17th February, Hearing Australia visited the Hub to run free hearing checks.

Eighteen people came to use the service!

The lucky door prize winner received an electronic gift voucher from Hearing Australia.

Bree (pictured with her hearing test equipment) will be returning Tuesday 28th April if you missed out and would like to have your hearing checked.



Scam Aware

It was Safer Internet Day this month and on Wednesday 11th February we welcomed Bob Walker from the Department of Justice's Office of Fair Trading.

Everyone who attended agreed he is an engaging speaker and his presentation was very informative. One of the favourite parts of the session was learning how to tell what website a link takes you to - to know if a link is safe to click on.



Rainbow Room Returns - Mardi Gras edition

Welcome back to the Rainbow Room for 2026.

This month we celebrated Mardi Gras, danced and sang along to some feel-good hits, and ate sausages and cake.

Was lovely to welcome back the Peer Volunteers, returning participants and even a new friendly face.

We hope to see everyone return (and maybe bring a friend) to the March edition of the Rainbow Room Monthly Meet Up - Monday 30th March 2-4pm.



A word from the Rainbow Room Peer Volunteers:

Have you ever met a trans person? Most have not - let's change that!

31st March - International Trans Day of Visibility is an annual day dedicated to celebrating transgender people, raising awareness of discrimination faced by transgender people and acknowledging their contributions to society. On this day people can learn and understand more about our lived experiences from meeting and hearing stories from transgender persons.

At each Rainbow Room monthly meetup, you'll have the opportunity to meet and learn from a trans peer volunteer. We'll also provide information on services and resources that may be helpful for trans people. All members of the LGBTIQA+ community and allies and advocates are welcome to attend.



[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



Google Maps

Where: Brighton Wellness Hub
(Crn 19th Ave & Hornibrook Highway, Brighton 4017)



[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

19 March 2026: National Close the Gap Day

Every year, on the third Thursday in March, the National Close the Gap Day marks the origin of the National Agreement on Closing the Gap and addressing the structural barriers and inequities that impact Aboriginal and Torres Strait Islander people.

Close the Gap Day is an invitation for all Australians to work together to dismantle systemic barriers and to stand in solidarity with Aboriginal and Torres Strait Islander communities who continue to seek the means to close the gaps, improve outcomes, and – together with their children – build the future that they deserve.

"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.



Next Yarning Circle; Thursday 26th March 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 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!



Community and Oral Health

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 7407 or (07) 3631 7379. Email: coh-a_tsi_hlthteam@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 March 2026

Limited places left - book now to avoid disappointment



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



Yoga Nidra

Deep relaxation yoga with ancient origins

Wear comfortable clothing and bring your water bottle. Please bring a mat and towel/blanket/pillow for positioning.

When: Thursdays in March 2026 (5+12+19+26)

Time: 4.45pm – 5.45pm

Cost: \$10.00 pp



BRIGHTON WELLNESS HUB

Yoga Nidra

Deep relaxation yoga with ancient origins.

Wear comfortable clothing and bring your water bottle. Please bring a mat and towel/blanket/pillow for positioning.

When: Thursdays in March 2026 (5+12+19+26)

Time: 4.45pm – 5.45pm

Cost: \$10.00 pp

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



All welcome to attend

For enquiries, SMS Suellen 0439 381 492

Walking Football is back

Like soccer, but no running!

Walking Football is returning 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



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
(Cnr Nineteenth Ave, Brighton 4017)



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

All welcome to attend!



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 - SOLD OUT

Spaces available for April and May classes but booking out fast

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



Limited spots available – [register now](#)

DATE	TIME	CLASS
FRIDAY 23 JANUARY	10-11AM	Air Fryers Made Easy SOLD OUT
SATURDAY 7 MARCH	10-11AM	Cooking for one (or two) SOLD OUT
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

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.

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

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