

Community and Oral Health

Brighton Wellness Hub

Metro North Health

Brighton Wellness Hub Bulletin – April 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](#) (website)

What's on - weekly schedules - APRIL

Week 1	Week 2	Week 3	Week 4
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See you there!

Important information:

Yoga Nidra ongoing

Suellen has decided to continue the Yoga Nidra classes on Thursday afternoons. Plus she is donating profits to Nourish Street. Nourish Street Inc. is a family-driven volunteer initiative supporting individuals sleeping rough in Brisbane with meals, essential supplies, and compassionate care.

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 (some mats and props available to borrow).

Thursdays March to November 2026 (except May 28th)
4:45pm - 5:45pm
\$10pp per session

Bright 'N' Sparks Dementia Choir performing

The Bright 'N' Sparks Dementia Choir has been chosen to sing at the Woody Point Anzac Day Memorial Service.

Please come watch if you would like to support the choir and commemorate the service and sacrifice of those who have served in the Australian Defence Force. Friends and family of the choir, and all community members are very welcome.

Date: Friday 25th April

Time: Refreshments from 8am, service begins 8:30am
(choir try to arrive 7:30am - 8am)

Refreshments include tea, coffee, cakes, sandwiches and Anzac biscuits

Place: Woody Point Memorial Hall

Hornibrook Esplanade, Woody Point (next door to croquet club)

To note: Audience seating may be limited and prioritised for those who have difficulty standing. The choir will have allocated seating.



Free flu (and COVID on request) vaccinations

As the weather cools down, it is time once again for the annual flu vaccination drive. In 2025 Queensland recorded nearly 10,000 flu-related hospitalisations, 73% of which were unvaccinated individuals. This flu season protect yourself, your loved ones, and the wider community by getting vaccinated.

The Queensland Government is again offering free flu vaccination to all Queenslanders aged 6 months and over, expanded to include a new nasal spray flu vaccine for children aged 2-5 (inclusive).

👉 Check out [Flu Facts Queensland](#) for more information.

To support the community in receiving their flu vaccinations, the Brighton Discount Drug Store is visiting the Hub in April to administer flu and COVID vaccinations. There are many chemists and GP clinics that offer the service otherwise.

Monday 20th April: 10am - 12noon

Thursday 23rd April: 9am - 11am

Bookings suggested but not required. Follow [this link](#) to book ahead.

2026 Voice of Queenslanders with Disability Survey is open

The only statewide survey capturing the voices of people with disability every year for all of Queensland.

Closes Friday 17 April 2026 at 5pm.

This survey is for:

- people with disability
- carers
- family members
- people who support someone with disability, and
- disability sector workers.

If you are part of the disability community in Queensland, your voice matters.

A banner for the Voice of Queenslanders with Disability Survey 2026. It features a dark blue background with three colored circles (orange, green, pink) on the right. The text reads 'Voice of Queenslanders with Disability Survey 2026'. Below this, it says 'OPEN NOW' and 'Closes 5pm Friday 17 April 2026'. There is a list of who the survey is for: 'people with disability', 'family members, carers and supporters', and 'people who work in the disability sector.' Below that, it says 'Why this survey matters' and 'As Queensland develops and looks toward the next decade and the Brisbane 2032 Olympic and Paralympic Games, it is important that the experiences of people with disability help shape future planning, accessibility and inclusion.' At the bottom, it says 'How to take part' and 'REGISTER'.

Survey and more info here >>

Important date reminders for April:

- 30/03/26 - Birthday celebration for March birthdays. Come share some cake
- 30/03/26 - Rainbow Room LGBTIQ+ monthly social catch up
- 01/04/26 - April No Falls information session
- 02/04/26 - Card making with Anne
- 03/04/26 - HUB CLOSED (Good Friday)
- 06/04/26 - HUB CLOSED (Easter Monday)
- 10/04/26 - No choir rehearsal
- 17/04/26 - No choir rehearsal
- 17/04/26 - Cooking demonstration, Healthy snacks that taste like treats
- 20/04/26 - Free flu (and COVID) vaccinations
- 23/04/26 - Community catch up being joined by IUIH respite group
- 23/04/26 - Free flu (and COVID) vaccinations
- 24/04/26 - Choir term 2 begins
- 25/04/26 - ANZAC Day (Alcoholics Anonymous runs as normal)
- 27/04/26 - Birthday celebration for April birthdays. Come share some cake
- 27/04/26 - Rainbow Room LGBTIQ+ monthly social catch up - Free sausage sizzle
- 28/04/26 - Hearing Australia, free hearing checks
- 30/04/26 - Yarning Circle - no Community Catch Up or Lawn Bowls

ADDU

April is autism acceptance month, stress awareness month, bowel

REDFEB

April is No Falls Month

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

April is [Falls Awareness Month](#).

Every day, 133 older Queenslanders have a fall requiring medical attention, even though falls are mostly preventable. Falls have a big impact on mobility and independence, but there are steps that can be taken to reduce the risk.

All of us want to stay active and independent and live in our own home for as long as possible. Falls do not have to be an inevitable part of growing older – you can take action to stay on your feet.

Attend our free information session or come see our table with tips and information about reducing the risk of a slip, trip or fall and the harm caused by these injuries as you get older.

For the free information session, please register by clicking on the button below or call Rebecka on 3631 7568.

[Register here >>](#)



April No Falls info session

BRIGHTON WELLNESS HUB

Free information session

Learn how to identify falls risks, prevent falls and stay on your feet.

Brought to you by the QAS Falls Co-Response Team

When: Wednesday 1st April 2026
Time: 10:00am – 11:00am
Register : [for a free ticket, click here >](#)
[Eventbrite link to register](#)
or call Rebecka 3631 7568



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



All welcome to attend



Queensland Ambulance Service



Metro North Health



Queensland Government



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!

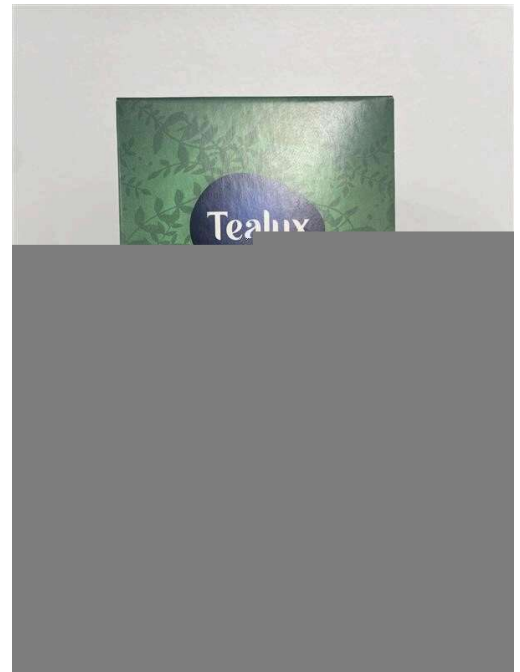
If you celebrate your birthday in April, please feel free to join us on Monday the 27th March at 10.00am.

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 need caffeine free drinks and would prefer tea to coffee.

We did;
We are limited to our approved suppliers' options and budgets but luckily the food suppliers have started to stock Peppermint tea. Alternatively, cold filtered water is available.



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;
The website doesn't always have the latest weekly schedules.

We did;
We rely on another team to update the website so the timing for updates don't always coincide with the newsletter release. See at the top of this newsletter a way to see the month's weekly schedules without going to the website. There are also the printed schedules at the Hub for you. Let me know if this works better for you!

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 more table tennis play.

We did;
Trialed adding second table tennis table to existing session.

Results:
Some feedback received says the time spent not playing is great for catching up. Other feedback says the table tennis activity increases noise levels in the room, detracting from the social conversations. As social conversation and connections are the focus of the session, we are not looking to increase table tennis during Community Catch up.

Options will be considered for alternative times/days to hold just table tennis. However, this is not currently available.

Please see below option for those that wish to focus on the game. Additionally: some parks with table tennis tables can be found by searching Google Maps for 'table tennis'.

Brisbane Table Tennis Club

Open 7 days a week for social play and casual table hire.
Weekly competition schedule suitable for all skill levels.

Brisbane Table Tennis is located in Windsor (4030), less than 10 minutes from the Brisbane CBD.
Dedicated carpark under the facility exclusively for players and families.

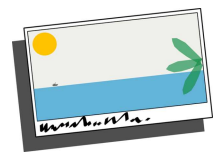
They are located on a bus & train line, the nearest train station a short walk away, and a bus stop right outside.

Fully accessible with a wheelchair friendly lift straight onto the playing courts.

86 Green Terrace
Windsor 4030
3869 1099

[Website here >>](#)

Monthly Memories



Chair Yoga pre-recorded

Claire has now returned from her holiday but we were so glad to continue to support chair yoga with her pre-recorded classes while she was away.

Congratulations to those that kept up with their fitness routine during these different weeks.

"Long-term consistency trumps short-term intensity." — Bruce Lee

Peer support
for our
LGBTIQA+
Community

**RAINBOW
ROOM**

Supporting
our diverse
community

A word from the Rainbow Room Peer Volunteers:

Lesbian Visibility Day, held annually on April 26, celebrates lesbian voices and experiences while shining a light on the unique challenges lesbians face within the LGBTIQ+ community and wider society.

In the interest of visibility, not just to be 'seen' but also understood, see below video from ABC show *OK Boomer*, *OK Zoomer*. A 70 year old, and a 27 year old share their experiences of their lesbian experiences, exploring both generational differences and enduring similarities

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

5 April 2026: Bringing Them Home report

In Australia, between 1910 and the 1970s*, governments, churches and welfare bodies forcibly removed many Aboriginal and Torres Strait Islander children from their families. These children became known as the Stolen Generations. Their removal was sanctioned by various government policies (AIATSIS 2022a), which have left a legacy of trauma and loss that continues to affect First Nations communities, families and individuals today.

In April 1997, the Commission handed down the Bringing them Home: Report of the National Inquiry into the Separation of Aboriginal and Torres Strait Islander Children from Their Families.

The truth is that the past is very much with us today, in the continuing devastation of the lives of Indigenous Australians. That devastation cannot be addressed unless the whole community listens with an open heart and mind to the stories of what has happened in the past and, having listened and understood, commits itself to reconciliation – Bringing them Home Report

*Families have been separated before and after this period

[Learn more >>](#)


Next Yarning Circle; Thursday 30th April 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, 18th Ave Brighton.

Contact
Phone: (07) 3631 7407 or (07) 3631 7379. Email: cahra_tsi_hh@health.qld.gov.au



April No Falls

This Autumn.. No Falls

After running this session in 2025 with such great feedback, we jumped on the offer to hold another. If you missed last year, or if you want to refresh or update the lessons learnt last year - come along.

Learn how to identify falls risks, prevent falls and stay on your feet.

Brought to you by the Queensland Ambulance Service's Falls Co-Response Team.

When: Wednesday 1st April 2026

Time: 10:00am – 11:00am

[more information here >>](#)



April No Falls info session

BRIGHTON WELLNESS HUB

Free information session

Learn how to identify falls risks, prevent falls and stay on your feet.
Brought to you by the QAS Falls Co-Response Team

When: Wednesday 1st April 2026
Time: 10:00am – 11:00am
Register: [for a free ticket, click here >](#)
[Eventbrite link to register](#)
or call Rebecka 3631 7568



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



All welcome to attend



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 2nd April 2026



BRIGHTON WELLNESS HUB

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

Metro North
Health



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

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

Healthy Snacks that Taste Like Treats

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 17th April 2026

Spaces also available May classes - book early to avoid missing out

more info and book here >>



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 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

Can you hear me?

Hearing Australia returns for more hearing checks

Back by popular demand - Bree from Hearing Australia is returning.

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.

Walk-ins available but priority will be given to bookings, please call or talk to Rebecka 3631 7568 to book your place.

Tuesday 28th April
9:30am - 2:30pm (15 minute booking)

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.

- 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](#)