

# Community and Oral Health

Brighton Wellness Hub

Metro North Health

## Bright 'N' Sparks Dementia Choir – ANZAC Day

Special message for the Bright 'N' Sparks Dementia Choir.

As we come to the last rehearsal for Term 1, I want to let you all know how fabulous you all sound! Welcome to all the new faces, we're so glad to have you join us.

I have some details for the ANZAC Day performance to share (see below).

Performing is entirely optional, but I would encourage you to try if you haven't performed with the choir before. Ask your fellow singers and you'll find that those who have performed found it a bit scary at first but it was a rewarding experience. Some have used our public performances as a way to connect with friends and family, we love extra audience members to cheer us on.

See below the details you'll need - we will get numbers of interested singers on Friday (if you're not here on Friday can you please call or email me so we can get an idea of expected performer headcount).

As mentioned at the beginning of the year - conductor Katie has kindly put together a bit of a practice list on Youtube for you to familiarise yourself with some of this year's songs. [Link here](#).

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 date reminders for the choir: (Please see regular newsletter for other Hub dates)

- 27/03/2026 - Last rehearsal for term 1
- 3/04/26 - NO REHEARSAL (Good Friday)
- 10/04/26 - NO REHEARSAL (school holidays)
- 17/04/26 - NO REHEARSAL (school holidays)
- 24/04/26 - Term 2 begins!
- 25/04/26 - ANZAC Day Woody Point memorial service performance



The Bright 'N' Sparks Dementia Choir has been asked by Redcliffe RSL to sing at the Woody Point memorial service for ANZAC Day.

Dementia choirs and ANZAC Day memorials both share themes of remembrance, resilience, and community. They remind us of the importance of supporting one another and cherishing shared experiences.

Members of the public are invited - feel free to invite friends and family to attend.

**Date:** Saturday 25th April

**Time:**

- **Choir arrive 7:30-8:00am**
- **Refreshments from 8:00am** (tea, coffee, cakes, sandwiches and Anzac biscuits)
- **Service begins 8:30am**
- Welcome by MC
- Prayer and blessing from chaplain
- *Choir sings Abide With Me (first three verses)*
- Address by RSL President
- Placing of the wreaths
- RSL President recites 'The Ode' (stand if able to)
- "Last Post"
- One minute silence
- "Rouse"
- *Choir sings God Defend New Zealand (including Māori)*
- *Choir sings Advance Australia Fair*
- Closing remarks from MC

**Place:** Woody Point Memorial Hall  
Hornibrook Esplanade, Woody Point (next door to croquet club)



**What to wear:** See those pictured from last year - Please wear black shoes, black bottoms (skirt and stockings or full length pants) and white shirt. Uniform vests will be provided on the day. Red poppies or small accessories are optional.  
Name badges won't be worn.

**What to bring:** Please bring your lyrics (if you took home). Also consider bringing a water bottle and any medications you may need between 7:30am - 9:30am

**Parking:** We suggest car-pooling if possible as parking onsite is limited. There is a door to the hall on Hornibrook Esplanade and on Oxley Avenue, but Hornibrook Esp side is also the entrance to the car park. If you wish to drop off at the entrance and then find a park, carers please consider if this is safe knowing they are under your care, and it is an expectation that you will return to their side as soon as possible for the entire event.

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

The hall is not a Queensland Health facility, and attendance at the venue is at your own risk. Carers are responsible for those in their care.



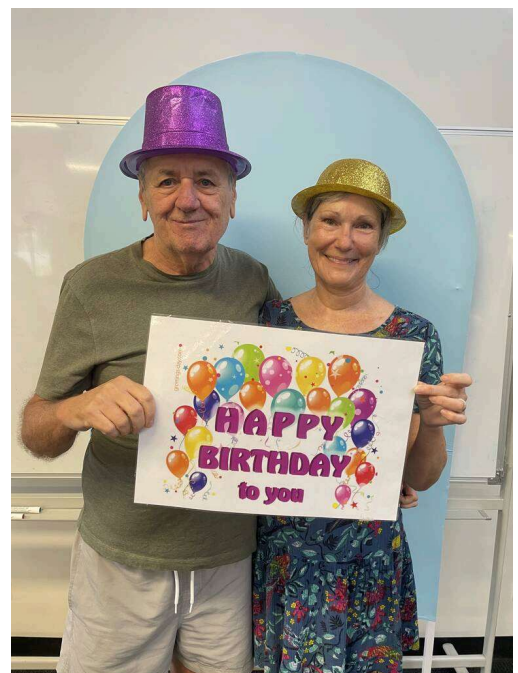
## Brighton Wellness Hub - Monthly Birthday Celebrations:

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.



## 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

[Register here >>](#)



## 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 1<sup>st</sup> 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



## 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 - 11 places left!**

**Spaces also available for May class**

[Register here >>](#)



Limited spots available – [register now](#)



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

Where: Brighton Wellness Hub  
(Cnr 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)



**When sound fades, what follows?**

Hearing loss is linked to a **32%** higher risk of developing dementia.<sup>1</sup>

We're coming,  
**Brighton Wellness Hub**

Talk to our hearing experts and get a **FREE 15-minute adult hearing check** at:  
Book with reception staff or call 07 3631 7568  
Tuesday 28th April from 9:30am onwards

 **Hearing Australia**

<sup>1</sup> Readman, M. R. et al. (2025) 'Hearing loss as a risk factor for dementia: a systematic review and meta-analysis from a global perspective', *Aging & Mental Health*, 29(3), pp. 1831-1844. doi.org/10.1080/13607813.2025.2519190 | accessed on 21/10/25

## 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 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](mailto:COH-Engagement@health.qld.gov.au)

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