

Community and Oral Health

Brighton Wellness Hub

Metro North Health

Brighton Wellness Hub Bulletin – May 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 - MAY

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

Important information:

No parking on yellow line

Just a reminder that there is no parking on yellow lines.

We have received feedback about people stopping on the yellow lines on 19th Avenue.

Stopping on a yellow line in Brisbane is illegal and carries a fine of 2 penalty units (\$333.80 as of 2026).

New 8-week Art Course

Learn to unlock the righthand side of your brain through this 8-week art course.

No art experience or talent required.

See details below.

New Meditation Workshop

Learn how to stay cool, calm and collected through this creative meditation workshop.

No meditation experience required.

See details below.

Coming soon - Hub Evaluation

You may remember last year a questionnaire was sent out to evaluate the Brighton Wellness Hub. Well soon we will be evaluated again and your input is requested. Watch this space.

Have you or someone you know used the Medicare Mental Health Centre at Chermside?

Brisbane North PHN is seeking people with a lived/living experience of moderate, severe and/or complex mental health needs who have used mental health services in Chermside and surrounds, for a one-off consultation session.

Expressions of interest close: Monday 11 May 2026



[More info here >>](#)

Better Hearing Research opportunities

Now that you've all had a chance to have your hearing tested. Better Hearing Australia (BHA) has Brisbane based research opportunities you might want to be a part of.

In 2022 BHA Brisbane was selected by the State Government as the Disability Peak and Representative Body for Queenslanders who are hard of hearing.



[More info here >>](#)

Important date reminders for May:

- 30/04/26 - Yarning Circle - no Community Catch Up or Lawn Bowls
- 04/05/26 - HUB CLOSED (Labour Day)
- 07/05/26 - Card making with Anne
- 07/05/26 - Death Cafe
- 08/05/26 - Week 1 of 8 week art workshop
- 15/05/26 - Week 2 of 8 week art workshop
- 22/05/26 - Week 3 of 8 week art workshop
- 23/05/26 - Meditation workshop
- 25/05/26 - Birthday celebration for May birthdays. Come share some cake
- 25/05/26 - Rainbow Room LGBTIQ+ monthly social catch up
- 28/05/26 - Yarning Circle - no Community Catch Up or Lawn Bowls
- 29/05/26 - Week 4 of 8 week art workshop
- 30/05/26 - Cooking demonstration, Winter Warmers

MAY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4 Labour Day	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 ■ Public holiday

May is stroke awareness month, Coeliac awareness month and UK national walking month.
+Domestic and Family Violence (DFV) Prevention Month

■ Religious/cultural

- 1 - Beltane * *Wicca and Pagan*
- 2 - Twelfth day of Ridvan * *Baha'i*
- 3 - Feast of saints Philip and James *Catholic Christian*
- 5 - Lag BaOmer * *Judaism*
- 6 - Midfeast *Orthodox Christian*
- 14 - Ascension of the lord *Catholic Christian*
- 14 - Feast of saint Matthias *Catholic Christian*
- 18 - Rohini vrat *Jain*
- 21 - Feast of the ascension *Orthodox Christian*
- 22-23 - Shavuot * *Judaism*
- 24 - Declaration of the Báb * *Baha'i*
- 24 - Pentecost *Catholic Christian*
- 25 - Hajj begins * *Islam*
- 26 - Day of Arafah * *Islam*
- 27 - Eid al-Adha begins * *Islam*
- 29 - Ascension of Baha'u'llah * *Baha'i*
- 30 - Saturday of souls *Orthodox Christian*
- 31 - Vesak *Buddhist*
- 31 - Pentecost *Catholic Christian*
- 31 - Trinity Sunday *Catholic Christian*
- 31 - Visitation of the blessed virgin Mary *Catholic Christian*
- 31 - Saga dawa düchen *Buddhist*

■ Awareness and events

- 3 - International family equality day
- 4 - 10 Heart Week + Road Safety Week
- 8 - World Red Cross and Red Crescent day
- 10 - Mother's Day
- 12 - International Nurses Day
- 15 - International day of families
- 17 - International day against homophobia, transphobia and biphobia
- 21 - Global accessibility awareness day
- 21 - World day for cultural diversity for dialogue and development
- 22 - International day for biological diversity
- 24 - Pansexual visibility day
- 4 - Labour Day
- 5 - World Asthma Day
- 5 - World Hand Hygiene Day
- 10 - Mother's Day
- 18 - 24 National Volunteer Week
- 21 - International Tea Day
- 26 - National Sorry Day
- May 27 - June 3 Reconciliation Week
- 28 - LGBTQIA+ DFV Awareness Day
- 30 - MS World Awareness Day

May is Domestic and Family Violence Month

Each month we will put the spotlight on a health awareness.
May is [Domestic and Family Violence \(DFV\) Prevention Month](#).

Each May, Queensland marks Domestic and Family Violence (DFV) Prevention Month. This annual initiative aims to raise awareness of domestic and family violence and coercive control, highlight the support services available, and send a clear message that violence in our communities will not be tolerated.

Research shows nearly one in six Australian seniors are mistreated, and elder abuse is still vastly underreported in Queensland.

More older Queenslanders are seeking support for elder abuse as community awareness grows about a state-funded helpline. The confidential Queensland Elder Abuse Helpline (1300 651 192) is a contact point for anyone who experiences, witnesses or suspects that an older person is being abused by someone they know and trust.

Preventing domestic, family and sexual violence (DFSV) in our communities is possible, and there are lots of ways we can stop this form of violence from happening in the first place. By consistently taking small, positive actions, we can change the conditions that allow and drive violence. We can challenge the behaviours and norms that excuse, justify or promote harmful actions.

What is Elder Abuse

compass an EAAA project
GUIDING ACTION ON ELDER ABUSE



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 May, please feel free to join us on Monday the 25th May 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;
It is too hot.
It is too cold.
It is too breezy.

It is too stuffy.

We did;

Please note that the air conditioning in the Hub cannot be customised to individual preferences. To help everyone stay comfortable, we recommend bringing a cardigan or light jumper if you tend to feel cold, and avoiding seats directly in front of air-conditioning vents. If you tend to feel warm, you may find it more comfortable to sit closer to an air-conditioning vent.

FOR MAH-JONG

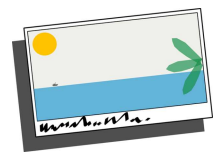
We will trial having air-conditioning on at the kitchen end of the room, and no air-conditioning on at the projector end of the room. Please sit in an area that suits your comfort, but also bring a cardigan.

Thank you for your understanding and for working together to make the shared space pleasant for everyone.

Bring a cardigan



Monthly Memories



Choir sings for ANZAC Memorial

For the second year in a row, the Bright 'N' Sparks Brisbane North Dementia Choir was invited to sing at the Woody Point Memorial Service, run by Redcliffe RSL.

Singing Abide With Me, Advance Australia Fair and God Defend New Zealand, the choir helped commemorate the efforts and sacrifices of our ANZACs and Defence Force.



Walking group growing

The Brighton Walking Group is growing! Every Wednesday morning, rain or shine, the walkers walk, stroll or roll along the beautiful Brighton waterfront. Having a chat along the way, or after at the Brighton Health Campus cafe, it's no wonder its almost too popular!

The Walker Leader, Nerida, is always busy behind the scenes getting walkers registered, logging attendance and otherwise being a fabulous role model for the group. With a fancy/clunky new website by the Walking Foundation, Nerida has gone above and beyond to learn the new system that supports the running of the group.

Thank you Nerida.



Peer support
for our
LGBTIQA+
Community

**RAINBOW
ROOM**

Supporting
our diverse
community

A word from the Rainbow Room Peer Volunteers:

May features key LGBTIQA+ days of significance focused on awareness, visibility, and safety, notably IDAHOBIT May 17 and LGBTQ Domestic Violence Awareness Day May 28.

Other dates this month include International Agender Day - May 18, and Pansexual/Panromantic Visibility Day - May 24th.

Now is a great time to step up as an ally!

Allies are people who support, advocate for, and celebrate others or communities, such as the LGBTIQA+ community. Often, allies hold privilege through their own identity and consciously choose to use that privilege to help create a fairer, more inclusive world for those who are marginalised. Being an ally can take courage—especially when it means calling out harmful behaviour—but those actions can make a real difference.

Watch the video below to hear Geoff share how and why he chooses to be an ally.



Peer support
for our
LGBTIQA+
Community

RAINBOW ROOM

Supporting
our diverse
community

LGBTIQA+ May Monthly Meet Up

Hot cuppa
+Biscuits
+Peers



FREE

+ Special visit by

Relationships
AUSTRALIA

IDAHOBIT edition of the Rainbow Room
monthly social meet up.

All LGBTIQA+ people and allies welcome.

BYO friend or come make new ones!

Learn about relationship supports by Relationships Australia
(not just for romantic relationships).

When: Monday 25th May 2026

Time: 2.00 pm – 4.00 pm

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



Google Maps



To see the full 2026 schedule on offer,
and to RSVP – [Register here](#)
or call Rebecka 3631 7568

Community and Oral Health Aboriginal and Torres Strait Islander Health Team

May 27th - the 1967 Referendum

On 27 May 1967, Australians voted to change the Constitution so that like all other Australians, Aboriginal and Torres Strait Islander peoples would be counted as part of the population. A resounding 90.77 per cent said 'Yes' and every single state had a majority result for the 'Yes' vote. It was one of the most successful national campaigns in Australia's history.

[Read more >>](#)



Yarning Circle

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) 3831 7407 or (07) 3831 7379. Email: cahra_tsi_hh@team@health.qld.gov.au



8-week art course starting soon!

Become a right-brain genius with Helen

Learn to draw, quiet your mind and rediscover your creativity.

Many people are predominantly left-brain focused. The left side of the brain is analytical, logical and verbal. It is often also where stress is held.

The right side of the brain however, is creative, intuitive and visual. It is the quiet, more peaceful side of our thinking.

By learning how to use the right brain in balance with the left, through learning how to draw, you gain a practical tool to help calm the nervous system, reduce stress, improve sleep and build confidence.

No art experience or talent required.

When: Fridays 8th May to 26th June 2026

Time: 6pm – 8pm


Cost: \$320 for entire 8 week course

Contact Helen with questions - 0493 110 220

[Book here >>](#)


Learn to Draw

Quiet Your Mind
Rediscover Your Creativity



8-Week Course
Starts Friday 8th May
6-8pm
Brighton Wellness Centre

Book online:
www.rightbraingenius.com/workshops
or call Helen Joy on 0493 110 220



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 7th May 2026 - FULLY BOOKED



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

Queensland
Government

Yoga Nidra

Deep relaxation yoga with ancient origins

Yoga Nidra is a guided relaxation that allows the body to fully rest. While practising Yoga Nidra the senses become temporarily inactive, the day-to-day stresses are set aside, enabling relaxation.

When we achieve deep relaxation in the breath and the physical body a natural flow on of relaxation in the mind and emotions occurs. This promotes a deeply felt experience of peace.

Practice involves lying on the floor (or sitting in a chair if needed) and following the spoken instructions. Bring a yoga mat and a light blanket.

The teacher - Suellen

“After a recent personal and upsetting experience concerning a woman without a home, I searched for something I could do rather than dwell in powerlessness. I feel good offering the service of Yoga Nidra, people attending the class reap the benefits of the practice whilst contributing to the needs of others and the charity supporting the people living on the streets benefit financially. EVERYBODY WINS!!! ”

Suellen Howarth has been practising Yoga for over 40 years and has qualified formally in the instructing of Yoga Nidra.

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

All proceeds from the class go to Nourish Street, a charity organisation caring for those people living on the street.

Cool, Calm and Collected

A creative meditation workshop with Verna

World events and daily life can affect our happiness.

Chill out and creatively calm the mind in this fun, spiritually engaging, peaceful morning to empower and bring a cool, fresh perspective to life and living!

All welcome - no meditation experience necessary.

When: Saturday 23rd May

Time: 9:30am - 12noon

Cost: FREE

[Book here >>](#)

THE BRAHMA KUMARIS AUSTRALIA

SOLD OUT
COOL, CALM, COLLECTED
CREATIVE MEDITATION WORKSHOP

SAT 23rd MAY, 9.30am-12.00noon
(to include refreshments)

FREE IN BRIGHTON

World events and daily life can affect our happiness
Chill out and CREATIVELY calm the mind in this fun, spiritually engaging, peaceful morning, to empower and bring a cool, fresh perspective to life and living!

ALL WELCOME
Meditation experience unnecessary
Wheelchair Access

SCAN ME
Join waitlist here

Brighton Wellness Hub | Bookings recommended
Nineteenth Avenue, 4017 | Text/Phone 0433 891 612 (Verna)

Winter Warmers

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 Saturday 30th May 2026

Book early to avoid missing out

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

Cooking demonstrations with Penny Benjamin

BRIGHTON WELLNESS HUB

Limited spots available - [register now](#) **FREE**

Join the waitlist >

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 SOLD OUT
SATURDAY 30 MAY	10-11AM	Winter Warmers SOLD OUT

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

Google Maps

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.

- 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](#)