

Community and Oral Health

Brighton Wellness Hub

Metro North Health

Brighton Wellness Hub Bulletin – June 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 - JUNE

Week 1	Week 2	Week 3	Week 4	Week 5
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See you there!

Important information:

Campus car park partly closed

The southern gravel carpark of the Brighton Health Campus will be closed for maintenance Monday 1/06/26 until 6pm. If campus staff choose to park in 19th Avenue street parking, it may be trickier to find a car park than usual.

Art Course

The art workshops have been cancelled due to low booking numbers. If you are interested in Helen's art or future workshops, see her website [here](#).

New Activity - Community Cultural Yarns

Want to learn more about Aboriginal & Torres Strait Islander culture?
Or maybe you want to understand what Country is, and why being welcomed to it is important?
Don't know who to ask, or afraid you might say things the wrong way?

If you come with curiosity and kindness, Community & Oral Health's Aboriginal & Torres Strait Islander Health Team would love to answer your questions and share their knowledge and stories with you.

Sessions start July 8th. Register for free [here](#).

2026 Hub Evaluation

We want to know if the Brighton Wellness Hub is meeting its goals!

The Hub aims to provide information for healthy ageing and a space for social connection. The University of the Sunshine Coast is conducting an evaluation about this.

Participation is voluntary but much appreciated. Complete the survey for a chance to win a \$50 gift voucher.

Follow the button for more information and to complete online, or see paper copies at reception.

[Survey here >>](#)



Memory Walk or Jog is back

Dementia Australia's Memory Walk or Jog is back on at Redcliffe on June 6th.

Rebecka will be completing the 2.5km walk and invites you to join her in support of the [Bright 'N' Sparks Dementia Choir](#).

Money raised goes to Dementia Australia and the programs they run to support those living with dementia and their carers.

[Join the team here >>](#)



Laptop Donation Location

The Hub has been chosen to be a laptop donation location for the Computers 4 Learning charity.

The Men's Shed is kindly building the donation station which will be housed in the Hub ready for donations of preloved laptops.

These laptops get wiped, fixed up and rehomed. Donating helps low-income families, students, and job seekers get affordable devices bridging the digital divide. Plus the recycling reduces e-waste and pollution, extending the lifespan of electronics and minimizing landfill waste.

[Learn more here >>](#)



Important date reminders for June:

- 30/05/26 - Cooking demonstration, Winter Warmers
- 04/06/26 - Card Making with Anne
- 25/06/26 - Yarning Circle - no Community Catch Up or Lawn Bowls
- 27/06/26 - School holidays start
- 29/06/26 - Birthday celebration for May birthdays. Come share some cake
- 29/06/26 - Rainbow Room LGBTIQ+ monthly social catch up
- 08/07/26 - Community Cultural Yarns - NAIDOC Week edition

JUNE

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					

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

June is motor neurone disease awareness month, stillbirth and neonatal death awareness month, Scleroderma awareness month, LGBTQ+ pride month, and Bowel Cancer Awareness Month

■ Religious/cultural

- 4 - Eid al-Ghadir * *Islam*
- 4 - The feast of Corpus Christi *Catholic Christian*
- 8 - The apostles' fast begins *Orthodox Christian*
- 12 - Feast of the sacred heart of Jesus *Catholic Christian*
- 14 - Rohini vrat *Jain*
- 14 - Rice planting festival (Otaue matsuri) *Shinto*
- 16 - Islamic new year * *Islam*
- 16 - Martyrdom of Guru Arjan Dev *Sikh*
- 21 - Litha *Wicca and Pagan*
- 24 - Nativity of saint John the baptist *Christian*
- 25 - Day of Ashura * *Islam*
- 29 - Feast of saints Peter and Paul *Christian*
- 29 Jun-3 Jul - Maidyoshahem gahambar *Zoroastrian*
- 30 - Guru Hargobind jayanti *Sikh*

■ Awareness and events

- 4 - International day of innocent children victims of aggression
- 12 - World day against child labour
- 14 - World Blood Donor Day
- 15 - World elder abuse awareness day
- 15 - 21 Loneliness Awareness Week
- 21 - International Day of Yoga
- 18 - Autistic pride day
- 20 - World refugee day
- 21 - Summer solstice
- May 27 - June 3 Reconciliation Week
- 3 - Mabo Day
- 5 - World Environment Day
- 7 - World Food Safety Day
- 8 - 14 Men's Health Week
- 16 - 22 World Continence Week
- 20 - Barunga Statement Presentation
- 24 - 30 World Wellbeing Week
- 24/6 - 24/7 Self-Care Awareness Month
- 27 - International Sunglasses Day

June is Bowel Cancer Awareness Month

Each month we will put the spotlight on a health awareness. June is Bowel Cancer Awareness Month: a month devoted to raising awareness of Australia's second deadliest cancer.

Each week, around 300 people are diagnosed with the disease and 100 will lose their lives. Around [one in 13 Australians will develop bowel cancer in their lifetime](#), and the disease often starts without any symptoms.

The good news is that over 90% of bowel cancers can be successfully treated when detected early. Regular screening and early detection will help to reduce deaths. If current participation in the bowel screening program increases from 40% to 60%, research shows that [over 84,000 deaths could be prevented by 2040](#).

The month marks an opportunity to promote greater awareness of bowel cancer and regular screening across the community through events and campaigns to inform Australians about the signs and symptoms of bowel cancer, and the importance of screening for early detection and prevention.



Learn more here >>

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 June, please feel free to join us on Monday the 29th June 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:

Some of the conversation starter cards from the Rainbow Room are triggering.

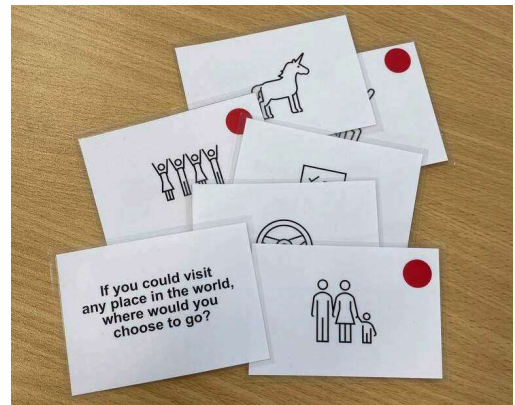
Context:

A deck of conversation starter cards was created to help the group get to know each other and keep conversations flowing. Some questions are light and fun, others invite deeper reflection, and some specifically explore LGBTQIA+ experiences.

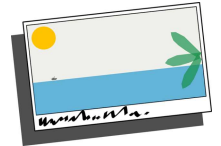
We recognise that people come to the Rainbow Room with very different lived experiences. For those who have not experienced marginalisation or significant adversity, many of the questions may feel straightforward or neutral. However, for others—particularly those from diverse or underrepresented communities—these topics can carry more personal or complex meaning and may bring up uncomfortable feelings. The Hub is committed to creating a space that feels safe and respectful for all members of the community.

We did:

All cards used as conversation starters in the Rainbow Room monthly catch-ups have been reviewed for potential triggers or sensitive topics. These are identified by a red dot sticker on the picture side. Attendees can choose to prepare themselves before turning over these cards or opt out of these questions at any time.



Monthly Memories



Creative Cards

We had a fully booked session of card making in May. It was a fabulous pot-luck of creativity as everyone could make whatever design they wanted, rather than the usual set design prepared by Anne.

June's session will be back to the regular format of preprepared designs. Limited places still available - call Rebecka quick to avoid missing out. 3631 7568



Kindness in the Cool Down

As the weather has cooled down, blankets and beanies have been shared to the residents and patients of Community and Oral Health.

The Needles and Hooks knitting and crochet group meet every Tuesday morning. Most of the ladies choose to create and donate treasures like those pictured here. These lap blankets are carefully designed to warm legs without getting caught in wheelchairs.

One lovely message from Coinda House, an aged care facility at Kippa-Ring, said one blanket was given as a prize to a resident in a Mother's Day activity. These blankets are treasured.

Always welcoming to new participants, you don't have to have experience, or donate your finished items - though they are much appreciated.

Come join on Tuesdays 9:15am to 11:30am



Thank you Volunteers!

Did you know we have 14 volunteers that support the Brighton Wellness Hub?

We celebrated all the fabulous volunteers for National Volunteers Week. The volunteers keep activities running at the Hub, generously donating their time and energy to building friendships - we are so so lucky to have each and every one of them!

If you have thought about giving back through volunteer work, we have many roles and places you can volunteer, not just the Hub, depending on your interests and skills. Reach out to Katie or see the Expression of Interest form [here](#).



Relationships Australia visit

The Rainbow Room had a special visit from Relationships Australia this month. They shared some of the amazing work they are doing to support the community.

Whether you identify as LGBTQIA+ or not, [Relationships Australia](#) have support options available to help you achieve positive and respectful relationships.



Community & Oral Health

Peer support
for our
LGBTQIA+
Community

**RAINBOW
ROOM**

Supporting
our diverse
community

A word from the Rainbow Room Peer Volunteers:

June is designated as LGBTQIA+ Pride Month to honour the 1969 Stonewall riots in New York City, a pivotal turning point in the fight for queer liberation.

It is a global celebration of LGBTQIA+ culture diversity, and resilience, featuring parades and activism to promote equality, often highlighted by the rainbow flag.

The first versions of the rainbow flag were flown on June 25, 1978, for the San Francisco Gay Freedom Day parade. Learn more about the history of the rainbow flag with this short video.



Peer support
for our
LGBTIQA+
Community

RAINBOW ROOM

Supporting
our diverse
community

LGBTIQA+ June Monthly Meet Up



Pride Month edition of the Rainbow Room
monthly social meet up.

All LGBTIQA+ people and allies welcome.
BYO friend or come make new ones!

When: Monday 29th June 2026

Time: 2.00 pm – 4.00 pm

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



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 to June 3 Reconciliation Week

Reconciliation week is *about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Aboriginal and Torres Strait Islander peoples*. Reconciliation Australia's vision for reconciliation is based on and measured against five dimensions: race relations, equality and equity, historical acceptance, institutional integrity, and unity.



The theme for National Reconciliation Week 2026 is All In, a call for all Australians to commit wholeheartedly to reconciliation every single day. All In makes clear that reconciliation is not a spectator sport and that all of us must step away from the sidelines and take action to make change.

Read more >>

Next Yarning Circle - 25th June 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!



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: coh_a_tsi_hlthteam@health.qld.gov.au

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 4th June 2026



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

Culturally curious?

Community Cultural Yarns

Everyone is welcome at this cultural learning session. If you've been wanting to learn more about the Aboriginal and Torres Strait Islander culture but haven't known where to go, who to ask, or been worried about finding the right words, this is your chance. Simply bring your curiosity, open mind and kindness.

First session 8th July 2026 at 9:30am.

[Free registration here >>](#)



Community Cultural Yarns

BRIGHTON WELLNESS HUB

FREE

Come along for a yarn with the
Aboriginal & Torres Strait Islander Health Team.
ALL WELCOME

Connect – Share – Learn

When: **2nd Wednesday of the month**
Time: **9:30am – 11.30am**

[Register here:](#)



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



For more information or to book, please call 3631 7568



Metro North Health

Queensland Government

Upside of Ageing

Healthy Ageing Information Session with LiveUp

LiveUp is an online initiative designed to make healthy ageing information free and accessible for all. Working with leading healthy ageing experts, they help older people take charge of their ageing journey. [Here is their website.](#)

LiveUp are visiting the Brighton Wellness Hub to share their program and give information on how to stay healthy and independent as you age.

Date: Wednesday 22nd July 2026
Time: 10-11am

[Free registration here >>](#)



LiveUp is a free, government funded digital initiative that helps older Australians stay independent at home by providing healthy ageing resources.

Learn more about their:

- Evidence-based library of healthy ageing information
- Guidance on low-cost assistive products
- LiveUp Navigators who provide phone support 1800 951 971 and more!

[Register here:](#)



When:

Wednesday 22nd July
10:00 am - 11:00 am + questions

Where:

Brighton Wellness Hub
(Crn Nineteenth Ave, Brighton 4017)



For more information or to book, 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
- Large-print books for book trolley



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](#)