

# Community and Oral Health

Brighton Wellness Hub

Metro North Health

## Brighton Wellness Hub Bulletin – July 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 - JULY

<a href="#">Week 1</a>	<a href="#">Week 2</a>	<a href="#">Week 3</a>	<a href="#">Week 4</a>	<a href="#">Week 5</a>
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See you there!

### Important information:

#### New activity - Women's Narcotics Anonymous Meetings

The existing North Brisbane Women's Tuesday Night Narcotics Anonymous group are moving to the Hub from July 7th. This group is open to all women whether addicts or not. Children are welcome under parent or carer supervision. The group hopes to provide a safe space for connection as women go through the 12 Step program.

Sessions run Tuesdays 6:30pm - 7:30pm starting July 7.

#### New Activity - Golden Zumba and Chair Zumba!

Please give a warm welcome to new instructor, Oksana, who will be running two new classes for the Hub!

Tuesday mornings, 8-9am, will be Golden Zumba for \$10pp. This class is perfect for improving balance, range of motion and coordination. If you've tried Zumba before and found it hard to keep up, don't worry! This class is modified to be a lower intensity, so it is beginner and senior friendly.

Friday mornings, 8-8:30am, will be Chair Zumba for \$5pp. This class is perfect for those with balance issues or limited mobility, but still wanting to have fun, workout and dance along to the music.



Zumba moves modified to a lower intensity. This rhythmic workout is perfect for improving balance, range of motion and coordination. Beginner friendly. Wear comfortable clothing and bring your water bottle.

When: **Tuesdays**  
Time: **8:00am – 9:00am**  
Cost: **\$10 per person, per session**

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



**All welcome to attend!**

For enquiries, call Oksana on 0434 705 578

Low-impact rhythmic workout perfect for those with balance concerns or limited mobility. Wear comfortable clothing and bring your water bottle.

When: **Fridays**  
Time: **8:00am – 8:30am**  
Cost: **\$5 per person, per session**

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



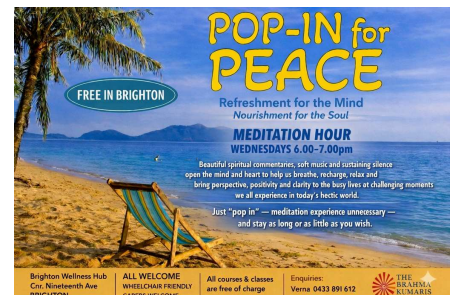
**All welcome to attend!**

For enquiries, call Oksana on 0434 705 578

### Update - Meditation

Please note that both Monday and Tuesday meditation classes are no longer running and a new session Wednesday evening is starting.

**Now only Wednesdays 6-7pm.**



### 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 >>](#)



### Important date reminders for July:

- 02/07/26 - No Justice of the Peace today
- 02/07/26 - Card making with Anne - limited spaces left
- 03/07/26 - Chair Zumba class starts!
- 03/07/26 - NDIS Education with Carers QLD
- 06/07/26 - Meditation no longer running on Mondays
- 07/07/26 - Meditation no longer running on Tuesdays
- 07/07/26 - Golden Zumba class starts!
- 07/07/26 - Women's Narcotics Anonymous meetings start!
- 08/07/26 - Community Cultural Yarns - NAIDOC Week edition
- 08/07/26 - Meditation on Wednesday evenings start!
- 22/07/26 - Upside of Ageing with LiveUp info session
- 27/07/26 - Birthday celebration for July birthdays
- 27/07/26 - Rainbow Room monthly meet up - with visit from QC
- 30/07/26 - No Community Catch Up or Lawn Bowls (Yarning Circle)

# JULY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		
6	7	8	9	10	11	12
SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		SCHOOL HOLIDAYS		
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

July is UV safety awareness month, international women with alopecia month, group b strep awareness month, disability pride month and the start of South Asian heritage month.

+Plastic Free July, Dry July

### ■ Religious/cultural

3 - Feast of the saint Thomas the apostle *Christian*  
 10 - Martyrdom of the Báb *Baha'i*  
 11 - Rohini vrat *Jain*  
 15 - Saint Vladimir the great day *Orthodox Christian*  
 20 - Ashadha ashtahnika begins *Jain*  
 22 - Feast of saint Mary Magdalene *Christian*  
 23 - Tish'a B'av \* *Judaism*  
 23 - Birthday of emperor Haile Selassie *Rastafan*  
 24 - Pioneer day *Mormon Christian*  
 25 - Saint James the great's day *Christian*  
 28 - Ashadha chaumasi chaudas *Jain*  
 29 - Asalha puja (Dharma day) *Buddhist*  
 29 - The 15th of Av \* *Judaism*  
 29 - Guru purnima *Hindu, Buddhist and Jain*

### ■ Awareness and events

14 - International non-binary people's day  
 18 - Nelson Mandela international day  
 18 Jul-17 Aug - South Asian heritage month  
 28 - World hepatitis day  
 1 Coming of the Light  
 5 - 12 NAIDOC Week  
 24/6 - 24/7 Self-Care Awareness Month  
 12 - Aboriginal Flag first flown 1971  
 13 - 19 National Diabetes Week  
 26 - Einbunpin Festival  
 27 - 31 National Pain Week  
 30 - International Day of Friendship

## July is Disability Pride Month

Each month we will put the spotlight on a health awareness. July is Disability Pride Month, a time to recognise the strength, identity and achievements of people with disability

The month was established to commemorate the passing of the Americans with Disabilities Act in July 1990 in the USA, which made discrimination against people with disabilities illegal. It's now become a time to celebrate individual disability identities and take pride in them across the world.

Disability Pride Month has its own flag, with distinct meanings behind its colours:

- Green: Invisible and undiagnosed disabilities
- Blue: Psychosocial disabilities
- White: Sensory disabilities
- Yellow: Neurodiversity and developmental disabilities
- Red: Physical disabilities
- Charcoal background: Symbolises the anger and mourning for victims of violence and abuse

[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 July, please feel free to join us on Monday the 27th July 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.

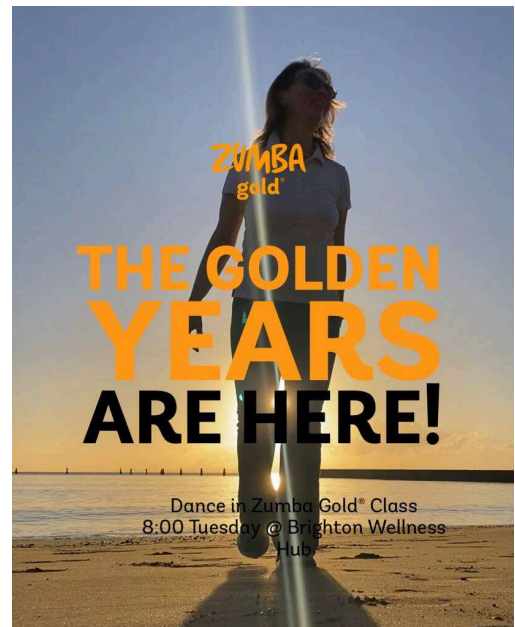
### You said:

I want a balance class.

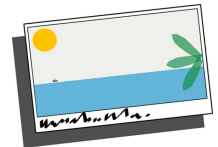
### We did:

Found a new Golden Zumba instructor for ongoing classes. Not just for balance, Zumba is also known for

improving coordination and range of motion. Zumba Gold is the modified version, designed for older adults (or uncoordinated adults like me) to workout rhythmically without the intensity of traditional Zumba.



## Monthly Memories



### Memory Walk & Jog

Rebecka donned the Bright 'N' Sparks Dementia Choir's uniform for the Redcliffe Memory Walk & Jog. Raising \$130 for Dementia Australia which could help fund vital counselling sessions and Living with Dementia programs.



### Donation Station is here

The Computers 4 Learning donation station can now be found in the corner of the main room (projector end). If you have any computers or laptops to donate, bring along it (and the power cable if you have it) and follow the steps on the lid.



### Peter, Paul and a Politician for Pride!

June's Rainbow Room welcomed Member for Sandgate, Bisma Asif, joining in alongside some new faces and those returning like Peter and Paul (pictured).

The group shared in a free sausage sizzle and cake while getting to know each other.

July's session will have a special visit by QC (Queensland Council for LGBTIQ+ Health).



Community & Oral Health

Peer support  
for our  
LGBTIQ+  
Community

**RAINBOW  
ROOM**

Supporting  
our diverse  
community

### A word from the Rainbow Room Peer Volunteers:

July features significant LGBTQ+ awareness days, primarily focused on non-binary visibility and drag artistry.

July 14 is Non-Binary Visibility Day celebrating people whose gender identity falls outside of the binary male or female. July 14th was chosen as it is the midpoint between International Women's Day and International

Men's Day.

Additionally, International Drag Day is celebrated on July 16, recognising drag artists globally. See video outlining a brief history of drag.



Peer support  
for our  
LGBTIQA+  
Community

# RAINBOW ROOM

Supporting  
our diverse  
community

## LGBTIQA+ July Monthly Meet Up

Hot cuppa  
+Biscuits  
+Peers



FREE

+ Special visit by



Welcome to the Rainbow Room monthly social meet up.  
All LGBTIQA+ people and allies welcome.  
BYO friend or come make new ones!  
Learn about supports by QC (Queensland Council for  
LGBTIQA+ Health).

**When:** Monday 27<sup>th</sup> July 2026

**Time:** 2.00 pm – 4.00 pm

**Where:** Brighton Wellness Hub  
(Crn 19<sup>th</sup> Ave, Hornibrook Highway)



Google Maps



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



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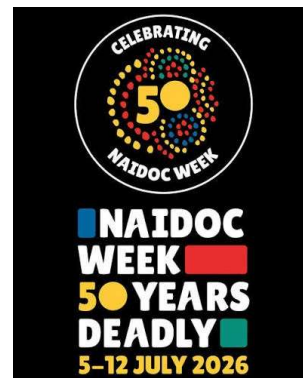
# Community and Oral Health Aboriginal and Torres Strait Islander Health Team

## NAIDOC Week - 6 to 13 July

National NAIDOC Week celebrations are held across Australia in the first week of July each year, to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through our upcoming Community Cultural Yarns sessions!



[Read more >>](#)

## 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 July 2026**  
**ALMOST FULLY BOOKED**



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

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## NDIS Education with Carers Queensland

## Learn about the NDIS with Carers QLD

This is a free information session presented by Carers Queensland. Whether you are already an NDIS participant or not, this session is for anyone curious about the National Disability Insurance Scheme.

Each month the Local Area Coordinator will cover a new topic, as well as be available for general questions.

**Next session Friday 3rd July 2026**  
**How the NDIS works & Connections to Community**  
**9am - 10:30am**

**Call Rebecka to register your place - 3631 7568**



Delivering the NDIS in your community

### NDIS Education and Q&A with a Carers QLD Local Area Coordinator

Carers Queensland is the largest NDIS local area coordination partner in Queensland, supporting people with disability to connect with community services and the supports they need to live fulfilling and connected lives.

**FREE** information session for those already on the NDIS, their carers and family, or those wanting to learn more about the Scheme.

Date	Topic
Friday July 3	How the NDIS works & Connections to Community
Wednesday August 19	Am I eligible & how do I apply?
Wednesday September 16	Using my NDIS Plan for an improved quality of life. Independence, employment, community participation – explore your goals.
Friday October 2	Changing your NDIS Plan. Circumstances changed? Come and chat today.
Wednesday November 25	NDIS has improved my life – Amplify your voice for upcoming International Day of People with Disability

Time: 9am – 10:30am

Where: Brighton Wellness Hub

(Corner 19<sup>th</sup> Avenue and Hornibrook Highway, Brighton QLD 4017)

Call 3631 7568 to register

## 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 >>](#)



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

**Connect – Share – Learn**

**When: 2<sup>nd</sup> Wednesday of the month**

**Time: 9:30am – 11.30am**

[Register here:](#)



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



**For more information or to book, please call 3631 7568**



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## 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



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## 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](#)