

Community and Oral Health

Brighton Wellness Hub

Metro North Health

Brighton Wellness Hub Bulletin – August 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 - AUGUST

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

Important information:

Parking update Friday 31st July

The 19th Avenue carpark will be closed this Friday July 31st.

Choir participants, please follow signage or directions from workmen around the worksite and use the street parking.



Brighton Walkers - free training

The Heart Foundation's Brighton Walkers, that some of you belong to, are invited to a free CPR and AED awareness session.

Training is online on Tuesday 18th August from 1-2:30pm.

Please check your Heart Foundation Walking newsletter, or contact Rebecka or Nerida for how to register.

New Carers Support Group

Starting 17th August 2026, the Hub is hosting monthly carer support groups on the 3rd Monday of each month. See below for details.

No Zumba Ekka week

Oksana will be away during Ekka week so please note there won't be Golden Zumba on Tuesday 11th August, or Chair Zumba on 14th August. Sessions will resume as usual the following week.

Narcotics Anonymous - cancelled

The women's Narcotics Anonymous group that was due to move into the Hub has now cancelled their booking and are staying at their existing venue.

You can find online or local NA groups [here](#).

Or if you need help getting clean you can talk to ADIS 24/7 Alcohol and Drug Support on 1800 177 833 or learn more here: [Adis QLD Homepage](#) | [Adis](#).

Important date reminders for August:

- 05/08/26 - Death Cafe
- 06/08/26 - Card making with Anne
- 11/08/26 - Golden Zumba **NOT RUNNING**
- 12/08/26 - Ekka public holiday **HUB CLOSED**
- 14/08/26 - Chair Zumba **NOT RUNNING**
- 17/08/26 - Carer support group
- 19/08/26 - NDIS Education with Carers QLD
- 27/08/26 - **No Community Catch Up or Lawn Bowls** (Yarning Circle)
- 31/08/26 - Birthday celebration for August birthdays
- 31/08/26 - Rainbow Room monthly meet up - with free sausage sizzle
- 02/09/26 - How to support someone who is grieving workshop

AUGUST

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12 EIDKA Show Day	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

August is spinal muscular atrophy awareness month.

+ Multicultural QLD month

Religious/cultural

1 - Lammass *Christian*
 1 - Lughnasadh *Wicca and Pagan*
 1 - Fast in honour of the holy mother of the lord Jesus begins *Orthodox Christian*
 4 - Arba'een * *Islam*
 6 - Feast of transfiguration *Catholic Christian*
 6 - Transfiguration of the lord *Orthodox Christian*
 7 - Guru Har Krishan jayanti *Sikh*
 8 - Rohini vrat *Jain*
 8-17 - Muktd (Fravardeghan days) *Zoroastrian*
 10 - Feast of saint Lawrence *Christian*
 13-15 - Obon ** *Buddhist and Shinto*
 15 - Assumption of Mary *Catholic Christian*
 15 - Dormition of the Theotokos *Orthodox Christian*
 16 - Onam begins *Hindu*
 22 - Feast of the queenship of Mary *Catholic Christian*
 24 - Feast of saint Bartholomew the apostle *Christian*
 26 - Mawlid al-Nabi * *Islam*
 27 - Ullambana (hungry ghost festival) *Buddhist*
 28 - Raksha bandhan *Hindu*
 28 - Dormition of the mother of God *Orthodox Christian*
 29 - Beheading of saint John the baptist *Christian*

Awareness and events

9 - International day of the world's Indigenous people
 19 - World humanitarian day
 22 - International day commemorating the victims of acts of violence based on religion or belief
 23 - International day for the remembrance of the slave trade and its abolition
 3 - 9 National Dental Health Week
 3 - 9 National Stroke Week
 4 - National Aboriginal and Torres Strait Islander Children's Day
 6 - Jeans for Genes Day (children's genetics)
 7 - Aged Care Employee Day
 14 - Yirrkala Bark Petitions
 ? 17 - 23 Brain Injury Awareness Week
 18 - Coniston Massacre
 22 - Daffodil Day (cancer)
 23 - 29 Speech Pathology Week
 28 - Wear it Purple Day

August is Multicultural Queensland Month

Each month we will put the spotlight on a health awareness. August is Multicultural Queensland Month, a time to celebrate *bringing people together*. It focuses on the great things we share as Queenslanders—our values, our way of life, our cultural traditions, and our unique life experiences.

This year's celebration is about bringing people together through food, music, art, sport and community events.

Click the button below for some North Brisbane based events - or if you'd like to venture further out there are many fabulous events across Queensland that can be found [here](#).

North Brisbane events here

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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 31st August 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:

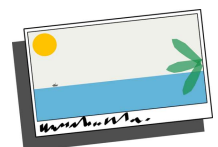
Noise is disrupting the Chair Yoga class. I'm unable to relax.

We did:

No longer opening the Lawn Bowling equipment before 9am. Thank you to the lawn bowlers who have accepted the 9am start time and are keeping noise while waiting to a minimum.



Monthly Memories



Yoga Nidra Nourish

As previously mentioned, the participation fees collected from Yoga Nidra are donated to local homeless charity, Nourish Street. So far Suellen has proudly donated \$560!

If you would like to support Nourish Street while also finding a moment of relaxation and peace through Yoga Nidra - please join in on Thursdays 4:45-5:45pm

PLUS for the month of August you can try for half-price - only \$5.



LiveUp Loved!

A big thank you to Jenny from LiveUp for presenting in July on the LiveUp Healthy Ageing Program.

Attendees discussed what health ageing means to them and then all the ways LiveUp can support this goal. From recipes and assistive aids to fitness and social programs, there is so much out there.

For those that missed it - website can be found [here](#).



Fabulous new flag

The Brighton Walkers were granted a flag by the Heart Foundation. See here some of the enthusiastic walkers braving the cool weather today, next to their new flag.

If you want to join the Heart Foundation walking group, simply turn up on Wednesday at the Brighton Health Campus cafe - look for the flag! Walk leader Nerida will greet you and get the paperwork done to get you all set up.

Walks currently start at 8am but move to 7:30am from September to try to beat the heat.



Peer support
for our
LGBTIQA+
Community

RAINBOW
ROOM

Supporting
our diverse
community

A word from the Rainbow Room Peer Volunteers:

August features key LGBTQ+ days focused on youth support and awareness, most notably Wear It Purple Day (held the last Friday in August). This year's Wear It Purple Day theme is Colours of Courage.

"Courage is not just expressed in big moments, but in everyday choices to live proudly and invite others into understanding, acceptance and celebration."

Colours of Courage celebrates the many different forms of courage shown by LGBTQIA+ young people, allies and communities every day. See below short video of parent's sharing how they support their LGBTQIA+ children.



Peer support
for our
LGBTIQA+
Community

RAINBOW ROOM

Supporting
our diverse
community

LGBTIQA+ August Monthly Meet Up



Wear it Purple edition of the Rainbow Room
monthly social meet up.

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

When: Monday 31st August 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

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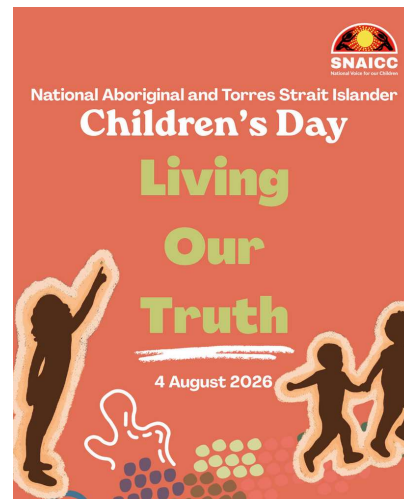
Community and Oral Health Aboriginal and Torres Strait Islander Health Team

National Aboriginal and Torres Strait Islander Children's Day Tuesday 4 August 2026

National Aboriginal and Torres Strait Islander Children's Day is held every year on August 4th. It's an opportunity for the whole community to celebrate our children and each year, mob from all over the country host and attend events focused on kids, culture, family and community.

Children's Day was first held in 1988. Part of the reason it was started was because there were many of our children in orphanages and institutions who did not know their birthday, so Children's Day was set aside each year to celebrate the birthday of these children.

The 2026 theme, *Living Our Truth*, celebrates the voices, stories and knowledge of Aboriginal and Torres Strait Islander children, families and communities. It recognises the importance of truth-telling as a foundation for identity, belonging and cultural strength, and honours the role of Elders and community in passing knowledge to the next generation. This year, we celebrate children as the next generation of leaders; confident, proud and ready to carry forward the strong voices, stories and knowledge of Aboriginal and Torres Strait Islander families and communities.



[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 6th August 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

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Connect with other carers

Come connect with other carers

Do you find yourself caring for a friend or loved one and wish you could talk with others who have a shared experience?
Becoming overwhelmed or reaching burnout and not sure where to go for help?

Drop in to the Hub's new Carers Support Group between 1-3pm on the third Monday of each month.

**Next session Monday 17th August 2026
1-3pm**

No need to register, simply drop in.



BRIGHTON WELLNESS HUB

CARER SUPPORT GROUP

FREE

Come and join our friendly group for conversation and a cuppa.
(Occasionally guest speakers present)

Time: **Drop in between 1pm – 3pm**
When: **3rd Monday each month**

17 th August	19 th October
21 st September	16 th November

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



For more information, please call 3631 7568

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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 Wednesday 19th August 2026
Am I eligible and how do I apply?
9am - 10:30am

Call Rebecka to register your place - 3631 7568



CarersQLD



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 19th 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.

Next session 9th September 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: 2nd 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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External event

Women's Wellness Workshop
Connecting to Thrive

This is a workshop to focus on women's health and wellness with a showcase of local service providers and businesses who celebrate women.

\$25 entry with morning tea by Friendly Grocer Redcliffe. All proceeds collected will be donated to the Forgotten Women, a charity supporting women over the age of 55 years at risk of homelessness.

Date: Saturday 15th August 2026

Time: 8am - 1pm

Where: Hercules Road State School Hall

Cost: \$25



[Buy tickets here >>](#)

Know someone grieving?

Free workshop to learn new skills

Kylie, who runs the Death Café, invites community members to a free workshop on supporting people who are grieving.

If you've ever found yourself wondering what to say or how to help someone after a loss, you're not alone. This practical and compassionate workshop will explore ways to support people through grief, build confidence in having difficult conversations, and help you be there for others when it matters most.

Date: Wednesday 2nd September 2026

Time: 9am - 12noon

*Please note this is not aimed at staff members for professional development. Staff are still welcome to attend in a personal capacity.

[Free registration here >>](#)

A poster for a free workshop by Metro North Health. It features a photo of hands holding a red heart. The text includes the service name, workshop title, date (2/9/2026), time (0900-1200), and location (Brighton Wellness Hub). It also includes a QR code and contact information.

Metro North Health
Palliative Care Grief and Bereavement Service

Supporting others in their grief

FREE WORKSHOP

Are you supporting someone who is grieving the death of someone important to them?

Not sure how you can help them?

Looking for tips on what to say and what to do?

If you answered yes, this workshop is for you. We will answer these questions and more.

When: 2/9/2026
Time: 0900-1200
Where: Brighton Wellness Hub (Cnr Nineteenth Ave, Brighton 4017)

Scan QR code to register or click [here](#)

Places are limited to 32 people so get in quick!

The workshop will be facilitated by Kylie Whyte, Grief and Bereavement Co-Ordinator. We will also be joined by someone who is grieving. They will share what support has helped them.

For more information call 3049 5733.

Metro North Health | Queensland Government

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



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Metro North Oral Health Services



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](#)