

# Community and Oral Health

Brighton Wellness Hub

Metro North Health

## Brighton Wellness Hub Bulletin – September 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 - SEPTEMBER

| <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> |
|------------------------|------------------------|------------------------|------------------------|------------------------|
|------------------------|------------------------|------------------------|------------------------|------------------------|

See you there!

### Important information:

#### Patio chairs

When using the seating area outside, can you please ensure the chairs are stored away from the fire hose reel.

#### Chair Zumba not running

It is fabulous that the Golden Zumba on Tuesday is becoming more and more popular but Chair Zumba on Fridays is not having the same success. The decision has been made to stop the Friday Chair Zumba classes effective immediately. Golden Zumba on Tuesdays is continuing as normal.

### Important date reminders for September:

- 02/09/26 - How to support someone who is grieving workshop
- 03/09/26 - Card making with Anne

- 16/09/26 - NDIS Education with Carers QLD
- 17/09/26 - Chair yoga free prerecorded session
- 18/09/26 - Choir **NOT RUNNING**
- 21/09/26 - Carer support group
- 23/09/26 - Advance Care Planning info session
- 24/09/26 - **No Community Catch Up or Lawn Bowls** (Yarning Circle)
- 25/09/26 - Breast Cancer info session
- 25/09/26 - Choir **NOT RUNNING**
- 28/09/26 - Birthday celebration for September birthdays
- 28/09/26 - Rainbow Room monthly meet up - with visit from Alcohol & Drug support service
- 30/09/26 - Hub Evaluation seminar
- 01/10/26 - Card making with Anne
- 01/10/26 - \*Choir performing (private event)
- 02/10/26 - NDIS Education with Carers QLD
- 02/10/26 - Choir **NOT RUNNING**

# SEPTEMBER

| 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

September is East and South East Asian heritage month, sickle cell awareness month, childhood cancer awareness month, blood cancer awareness month, world Alzheimer's month and urology awareness month.

## Religious/cultural

1 - Ecclesiastical year begins *Orthodox Christian*  
 1 - First installation of the Guru Granth Sahib *Sikh*  
 4 - Krishna janmashtami \*\* *Hindu*  
 4 - Rohini vrat *Jain*  
 8 - Feast of the birth of the virgin Mary *Christian*  
 8 - Nativity of the Theotokos *Orthodox Christian*  
 8 - Paryushana parvarambha *Jain*  
 12 - Guru Grinthe Sahib jayanti *Sikh*  
 12-13 - Rosh Hashanah \* *Judaism*  
 12-16 - Paitishahem gahambar *Zoroastrian*  
 14 - Feast of the cross *Christian*  
 14 - Ganesh chaturthi *Hindu*  
 15 - Samvatsari parva *Jain*  
 21 - Feast of saint Matthew *Christian*  
 21 - Yom Kippur \* *Judaism*  
 23 - Mabon *Wicca and Pagan*  
 23 - Autumnal equinox day (Shūbun no Hi) *Shinto*  
 24 - Pavarana *Buddhist*  
 25 - Anant chaturdashi \*\* *Hindu*  
 26 - Pitri paksha begins *Hindu*  
 26 Sept-2 Oct - Sukkot \* *Judaism*  
 27 - Meskel *Ethiopian Orthodox Christian*  
 29 - Feast of saint Michael and all angels *Christian*

## Awareness and events

10 - World suicide prevention day  
 15 - World afro day's 'big hair assembly'  
 18 - International equal pay day  
 21 - World Alzheimer's day  
 23 - Autumn equinox  
 23 - Bi visibility day  
 23 - International day of sign languages  
 7 - 11 - Women's Health Week  
 1 - Sea of Hands  
 2 - Indigenous Literacy Day  
 6 - Father's Day  
 8 - International Literacy Day  
 10 - R U OK? Day  
 13 - World Sepsis Day  
 13 - World First Aid Day  
 13 - Declaration of Rights for Indigenous Peoples  
 15-18 - Winds of Zenadh Cultural Festival  
 21 > 27 - Dementia Action Week  
 17 - World Patient Safety Day  
 22 > 28 National Week of Deaf People  
 28 SEP > 4 OCT - Wound Awareness Week  
 29 - World Heart Day

## September is Alzheimer's and Dementia Month

Each month we will put the spotlight on a health awareness. September is World Alzheimer's Month and in Australia National Dementia Week falls September 21-27 2026.

Each year, Alzheimer and dementia associations, alongside all those involved in the treatment, care and support of people living with dementia, from around the world unite.

In 2026 the theme is: **The Earlier You Know, The More You Can Do: A Dementia Diagnosis Matters.** Shining a spotlight on the timely and important issue of early

diagnosis.

Evidence suggests that when people with dementia and their families are well prepared and supported, feelings of shock, anger and grief are balanced by a sense of reassurance and empowerment.

[Click here for Dementia Australia's webpage >>](#)

WORLD

#DementiaDiagnosisMatters  
#AlzheimerDiagnosisMatters



## 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 September, please feel free to join us on Monday the 28th September 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:**

The 'Wind' combination cards with each mahjong set are falling apart.

**We did:**

Made new combo cards. These have replaced all the old, tattered ones that have been well loved over the years.

And for all the players who have asked where they can buy their own sets to take home, see here the digital version you can print at home.

**Wind card template - [click here](#)**



## A word from the Rainbow Room Peer Volunteers:

September is an important month for bisexual visibility, including Bisexuality Day (also known as Bi Visibility Day) on 23 September. The day celebrates bisexual people and helps raise awareness, understanding and acceptance.

Here are some ways you can show your allyship to the bi+ community.

**Believe** - Believe that sexuality is a spectrum. Just as a monosexual (gay or straight) person can fall for people of differing hair or eye colours or personalities, a bi+ person has the potential to fall for people of many different genders.

**Respect** - Respect a bisexual person's relationships or expression as you would anyone's.

**Accept** - Accept that the bisexual person knows where their attractions lie and who they are.

**Speak out** - Recognise and speak out against bi+ antagonism and bi+ erasure.

**Celebrate!**



Bi Visibility Day is an opportunity to celebrate diversity, increase understanding and help create a more inclusive community for everyone.

[Learn more here >>](#)



## **Indigenous Literacy Day Wednesday 2 September 2026**

Indigenous Literacy Day is proudly produced and presented by the Indigenous Literacy Foundation. It's an annual celebration of First Nations peoples' stories, cultures and languages celebrating this year's theme, *Country Is Our Teacher*.

This Indigenous Literacy Day you can watch a film following Niningka and Chris – 2 children living in Mparntwe (Alice Springs) and Nyirripi, NT. You can learn about life on Warlpiri Country in Nyirripi and Mparntwe (Alice Springs) and learn words in Warlpiri and Arrrente language, followed by a live stream from the Sydney Opera House. Celebrate remote Community authors from Warakurna, Western Australia on the launch of their book, *My Walk Through the Seasons on Ngaanyatjarra Country*.

Register for the reading and live stream for free by clicking the [Register here](#) button.

[Register here >>](#)

## **Do you know what to say or do?**

### **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 >>](#)

## 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 3rd September 2026**

## 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 >>](#)

## External Event

### Brisbane Care Expo

Whether you're looking for support for yourself, a family member, or a loved one, Care Expo Brisbane brings together providers, advice, and the latest products and services in aged care, in home care, disability support, healthcare services, mental health, wellness, and independent living solutions.

Over two days, you'll have the opportunity to connect directly with industry professionals, explore new support options, discover innovative products, and gain valuable insights from our engaging speakers program. Learn about the services available in your community, ask questions, compare solutions, and leave feeling informed, empowered, and confident about the future.

**Day:** Friday 11th and Saturday 12th September 2026

**Time:** 9am - 4pm

**Location:** Brisbane Convention & Exhibition Centre, Hall 1. South Bank QLD 4101

**Cost:** Free ticket entry

[More info and tickets here >>](#)

## 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 16th September 2026**  
***Using my NDIS Plan for an improved quality of life.***  
***Independence, employment, community participation***  
***– explore your goals.***  
**9am - 10:30am**

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

## 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 21st September 2026**  
**1-3pm**

**No need to register, simply drop in.**

## Be prepared

**Communicate your views and wishes for the future - Now**

If you cannot communicate your preferences for care, who would speak for you?  
What would you want them to say?  
Advance care planning helps make sure your loved ones and your doctors know what your health and personal preferences are. Advance care planning can give everyone some peace of mind.

Join the Community and Oral Health Social Work team to learn how to communicate these important views and wishes.

**Day: Wednesday 23rd September 2026**

**Time: 10am - 11:30am**

**Free registration, or just turn up**

[Register here >>](#)

## Breast cancer info session

### **How is the Comprehensive Breast Cancer Institute helping people with breast cancer?**

Free information session all about breast cancer and how the Comprehensive Breast Cancer Institute is helping improve services and outcomes.

Come learn about the Comprehensive Breast Cancer Institute (CBCI) including;

- What CBCI do with the community – our events, our advocacy etc.
- CBCI research for breast cancer
- The CBCI clinic – the first of its kind in Qld for symptomatic women
- Breast cancer assistance we can offer
- BreastScreen Qld information
- +Plus time for your questions

**Day: Friday 25th September 2026**

**Time: 9:30am - 10:30am**

**Free registration, or just turn up**

[Register here >>](#)

## Are you Emergency Ready?

## **Do you have an emergency plan? FREE EmergencyRedi™ Workshop**

Extreme weather affects all of Australia. In this workshop you'll learn about your local risks and how to better prepare for emergencies.

As the world continues to warm, the weather in Australia is getting more extreme. At this FREE EmergencyRedi™ workshop, you'll learn about preparedness and begin your own emergency RediPlan®. You'll learn about your local risks and the practical, psychological, and social steps you can take to prepare for emergencies and minimise the impact of disasters on yourself and your loved ones.

**Day: Wednesday 7th October, 2026**

**Time: 9:00am - 10:30am**

**Free registration. For questions or help registering email [QLDEmergencyRedi@redcross.org.au](mailto:QLDEmergencyRedi@redcross.org.au)**

[Register here >>](#)

## **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 >>](#)



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](#)