

Brighton Wellness Hub

Brighton Wellness Hub (Corner Nineteenth Avenue, Brighton)

Supporting our community to age in health and wellness

What's on at the Hub? Week Beginning 14 September 2026



Day	Time	In the Hub
Monday 14	8.45am – 9.45am 10.00am – 12.00pm	Line Dancin' Denise – Beginner and senior friendly line dancing - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE
Tuesday 15	8.00am – 9.00am 9.15am – 11.30pm 1.00pm – 3.00pm 4.30pm – 5.30pm	Golden Zumba – Beginner friendly rhythmic workout – \$10pp Needle and Hooks – Knitting and Crochet group – FREE Mah-Jong – Come along to this beginner's class – FREE Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 16	8.00am (30 – 45 min) 9.00am – 10.30am 3:00pm – 5.00pm 6:00pm – 7:00pm	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE NDIS education with Carers QLD: Using an NDIS plan for improved quality of life. All welcome. RSVP or just turn up – FREE Walking Football - suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE
Thursday 17	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am 4.45pm – 5.45pm 7.00pm – 8.30pm	Chair Yoga – all welcome. Prerecorded session as Claire away – FREE Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn – FREE Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE Justice of the Peace Service – drop-in service – FREE Yoga Nidra – Relaxation yoga with ancient origins. Suitable for all. BYO mat and cushion - \$10pp Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 18	NOT RUNNING	Bright 'N' Sparks Dementia Choir
Saturday 19	5.00pm – 6.30pm	Alcoholics Anonymous – Open to anyone with a desire to stop drinking – FREE



Please contact us to book your place for activities: Phone: (07) 3631 7568 Email: COH-Engagement@health.qld.gov.au

Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>

Delivering the NDIS in your community

BRIGHTON WELLNESS HUB

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

Call Rebecka on 3631 7568 to find out more.

FREE

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
(Crn Nineteenth Ave, Brighton 4017)



Please turn page over >

LAC in Community

Brisbane North/Brighton



Connect with us!

Meet our dedicated local area coordinators (LACs) and learn about options available to support your National Disability Insurance Scheme (NDIS) journey, connect with your community, and find other supports that are available.

These quick, one-to-one conversations can get you started or guide you in the right direction.

As a NDIS participant, you can ask us anything about your funding, getting the most out of your plan, finding and working with service providers, and utilising the myplace online portal.

If you're not on the Scheme but would like to be linked to services, supports and activities within your community, we can assist you.

Register now

Bookings are required. Scan the QR code to book an appointment time. If you require longer than 45 minutes, please contact us.

Sessions are run regularly. The full calendar of events is available online.

 carersqld.com.au/LAC-in-Community

 1300 999 636

 cq.customerservice@ndis.gov.au

Event details

Date: Friday, 3 July 2026
Wednesday, 19 August 2026
Wednesday, 16 September 2026
Friday, 2 October 2026
Wednesday, 25 November 2026

When: 9.00 am – 10.30 am

Where: Brighton Wellness Hub, Brighton QLD

