

# Community and Oral Health

Brighton Wellness Hub

Metro North Health

## Brighton Wellness Hub Bulletin – October 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 - OCTOBER

| <a href="#">Week 1</a> | <a href="#">Week 2</a> | <a href="#">Week 3</a> | <a href="#">Week 4</a> |
|------------------------|------------------------|------------------------|------------------------|
|------------------------|------------------------|------------------------|------------------------|

See you there!

## Important information:

### **Meditation cancelled immediately**

Verna has decided to cancel the regular meditation classes held here at the Hub. At this time there are no replacements, please do not come to the Hub on a Wednesday evening. Keep an eye out for one-off meditation workshops that may be booked in the future.

### **End of Rainbow Room socials**

The monthly social Rainbow Rooms meet ups will be ending at the end of our 2026 schedule. We are hoping to focus the Rainbow Room's efforts in 2027 on building peer support in the volunteer space, rather than as an activity in the schedule. October and November's session will proceed as planned. We encourage our LGBTIQ+ community to join in the Community Catch Up sessions, or one of the many other activities on offer at the Hub.

Alternatively, there are regular LGBTIQ+ social events at Brisbane's QC, Headspace (under 25's), or by the Facebook group Moreton Bay LGBT+ Community page.

## Important date reminders for October:

- 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**
- 05/10/26 - King's Birthday public holiday - **HUB CLOSED**
- 07/10/26 - Heart Foundation Walking Group moves to 7:30am starts
- 07/10/26 - EmergencyRedi workshop
- 08/10/26 - Choir Term 4 starts
- 14/10/26 - Community Cultural Yarns
- 15/10/26 - IUIH respite visit during Community Catch Up - the more the merrier!
- 19/10/26 - Carer Support Group
- 26/10/26 - Birthday celebration for October birthdays
- 26/10/26 - Rainbow Room monthly meet up - with free sausage sizzle
- 28/10/26 - Home Access info session
- 29/10/26 - **No Community Catch Up or Lawn Bowls** (Yarning Circle)

# OCTOBER

| Mon                                          | Tue                        | Wed                        | Thu                        | Fri                        | Sat                        | Sun                        |
|----------------------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
|                                              |                            |                            | 1<br>[Religious/cultural]  | 2<br>[Religious/cultural]  | 3<br>[Religious/cultural]  | 4<br>[Religious/cultural]  |
|                                              |                            |                            | SCHOOL HOLIDAYS            |                            | SCHOOL HOLIDAYS            |                            |
| 5<br>[Religious/cultural]<br>King's Birthday | 6<br>[Religious/cultural]  | 7                          | 8<br>[Religious/cultural]  | 9                          | 10<br>[Religious/cultural] | 11<br>[Religious/cultural] |
| 12<br>[Religious/cultural]                   | 13                         | 14                         | 15<br>[Religious/cultural] | 16<br>[Religious/cultural] | 17<br>[Religious/cultural] | 18<br>[Religious/cultural] |
| 19                                           | 20<br>[Religious/cultural] | 21<br>[Religious/cultural] | 22                         | 23                         | 24                         | 25<br>[Religious/cultural] |
| 26<br>[Religious/cultural]                   | 27<br>[Religious/cultural] | 28<br>[Religious/cultural] | 29<br>[Religious/cultural] | 30                         | 31<br>[Religious/cultural] |                            |

### 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]

October is breast cancer awareness month, down syndrome awareness month, black history month, lupus awareness month, world menopause month and global diversity awareness month.  
+ National Mental Health Month + National Safe Work Month

### Religious/cultural

- 1 - Rohini vrat *Jain*
- 2 - Feast of the guardian angels *Catholic Christian*
- 2 - Gandhi jayanti *Hindu*
- 2 - Mehregan *Zoroastrian*
- 3 - Shemini Atzeret \* *Judaism*
- 4 - Feast of St Francis of Assisi *Christian*
- 4 - Simchat Torah \* *Judaism*
- 11 - Sharada navratri begins \*\* *Hindu*
- 12-16 - Ayathrem gahambar *Zoroastrian*
- 17 - Ashwina navapada oli begins *Jain*
- 17 - Durga puja begins *Hindu*
- 18 - Feast of saint Luke *Christian*
- 20 - Dussehra \*\* *Hindu*
- 20 - Guru Granth Sahib coronation day *Sikh*
- 25 - Kathina *Buddhist*
- 27 - Guru Ram Das jayanti *Sikh*
- 28 - Feast of saints Simon and Jude *Christian*
- 28 - Rohini vrat *Jain*
- 29 - Karwa chauth \* *Hindu*
- 31 - All Hallows' eve *Christian*
- 31 - Reformation day *Protestant Christian*

### Awareness and events

- 1 - International day of older persons
- 2 - International Day of Non-violence
- 2 - World Smile Day
- 5 - World teachers' day
- 6 - World cerebral palsy day
- 8 - World sight day
- 10 - World mental health day
- 11 - International day of the girl child
- 11 - National coming out day
- 15 - International day of rural women
- 15 - Global Handwashing Day
- 17 - International day for the eradication of poverty
- 18 - World menopause day
- 21 - International pronouns day
- 26 - Intersex awareness day
- 29 - World stroke day
- 8 - International Lesbian Day
- 10 - World Hospice and Palliative Care Day
- 12 - 18 National Carer's Week
- 12 - 18 National Nutrition Week
- 18-24 International Infection Control Week
- 26 - Uluru returned to traditional owners
- 30 - Racial Discrimination Act took effect (1975)
- 25 - National Grandparents Day

## October is Mental Health Month

October is Mental Health Month, and this year's theme is *Together We Thrive*.

Through everyday acts of care, kindness and connection, we can create communities where people feel supported, valued and understood.

This month, let's take the opportunity to check in with

ourselves, reach out to others and start conversations that matter.

Learn more, get involved and download resources from Mental Health Australia here:  
[www.worldmentalhealthday.com.au](http://www.worldmentalhealthday.com.au)



## Brighton Wellness Hub - Monthly Birthday Celebrations:

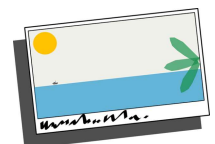
Hey there, party people! 🎉 Guess what?

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.

## Monthly Memories



### Crafty card makers

The card making class is always so popular and we are so lucky to have Anne donating her time and resources.

With only the November session left for this year, bookings are filling fast. Call or speak to Rebecka now to secure your place - 3631 7568



### Happy Father's Day!

A big thank you to Dave, Norma and Lis for making the choir's morning tea extra special with a Father's Day display and kindly donated goodies for the gents.

All fathers - you are appreciated and we hope you were spoilt.



### Lee leaves - thank you for conducting

While our usual choir conductor, Katie, was performing at the Edinburgh Military Tattoo, Lee stood in for 6 weeks.

Big shoes to fill, Lee did a fabulous job. Thank you for stepping up so the choir sessions could continue.

### Dutch poffertjes anyone?

During a Thursday Community Catch Up, Lis and Norma kindly demonstrated how to make Dutch Poffertjes.

Like mini pancakes, served with icing sugar and butter (or honey or berry syrup) - the resounding feedback was YUM.

Recipe here if you'd like to try at home.

## Lis' Dutch Poffertjes Recipe

### Hub Evaluation Results

On the last day of September was the Hub Evaluation presentation.

IT was fabulous to hear from manager, Claire Harrison, and researcher, Dr John Rosenberg, about where the Hub has been, what it is doing well, and a vision for the future.

Thank you to those who attended, and also those that completed the evaluation surveys over the past two years.

The winners of the surveys were drawn and have been contacted via email.

See below the two-page summary of the evaluation results.

Peer support  
for our  
LGBTIQA+  
Community

RAINBOW  
ROOM

Supporting  
our diverse  
community

## A word from the Rainbow Room Peer Volunteers:

### National Coming Out Day October 11

'Coming out' or 'coming out of the closet' refers to the revealing of one's sexual or gender orientation contrary to the heterosexual binary of man or woman.

Not everyone is safe or comfortable to express their identity - risking discrimination or physical harm. And just as some people are more or less open about their personal lives- some choose to adjust their openness to the situation (eg. out with friends but not at work).

So we take this time to celebrate coming out because it takes bravery to express ourselves authentically in a world that doesn't automatically accept everyone.

**HAPPY  
NATIONAL  
COMING  
OUT DAY!**



[Learn more here >>](#)

Peer support  
for our  
LGBTIQA+  
Community

# RAINBOW ROOM

Supporting  
our diverse  
community

## LGBTIQA+ October Monthly Meet Up



You're invited to the Rainbow Room  
monthly social meet up.  
All LGBTIQA+ people and allies welcome.  
BYO friend or come make new ones!

**When:** Monday 26<sup>th</sup> October 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

Metro North  
Health



Queensland  
Government

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



## Indigenous Business Month 1st to 31st October

Long before Australia understood the language of commerce, Across this continent, Aboriginal and Torres Strait Islander peoples traded goods, shared knowledge, built relationships and strengthened Nations through connection. Those trade routes were never just about resources. They were about responsibility to one another, caring for Country and ensuring communities thrived together.

That same spirit sits at the heart of Indigenous Business Month.

Celebrating its twelfth year in 2026, Indigenous Business Month has become a national movement recognising the extraordinary contribution Aboriginal and Torres Strait Islander businesses make to our communities and the Australian economy. This year's theme, Local & Connected, reminds us that the strongest businesses are those grounded in community, built on relationships and committed to creating opportunities that flow back to our people.

[Register 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 Friday 2nd October 2026

*Circumstances changed? Changing your NDIS Plan.*

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

Call 3631 7568 to register

## 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 >>](#)



**Brighton, it's time to  
prepare for extreme weather.**



## 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 14th October 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**



Metro North  
Health



## 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 19th October 2026**  
**1-3pm**

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



### CARER SUPPORT GROUP

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

**Time: Drop in between 1pm – 3pm**  
**When: 3<sup>rd</sup> Monday each month**

|                            |                           |
|----------------------------|---------------------------|
| 17 <sup>th</sup> August    | 19 <sup>th</sup> October  |
| 21 <sup>st</sup> September | 16 <sup>th</sup> November |

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



**For more information, please call 3631 7568**

Metro North  
Health



## Disabled and struggling to find housing?

### Home Access information session

A part of Uniting Care's suite of services is the Home Access program. This service helps people who identify as

having a disability find suitable housing (proof of disability not required).

Come learn about the service and how it can help you or someone you know find a safe and sustainable home.

**Day: Wednesday 28th October, 2026**

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

**Free registration - click the button below.**

**If you can't attend but want to learn more - call 3253 4943 or email [Home.Access@uccommunity.org.au](mailto:Home.Access@uccommunity.org.au)**

**Free registration here >>**



Come learn about Uniting Care's Home Access, a free service that connects people with disability and their support network with clear, reliable information and practical guidance in finding a suitable home.

**When: Wednesday 28<sup>th</sup> October 2026**

**Time: 9:30am – 10.30am info session**



[< Register here](#)

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



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



## 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 5th November 2026**



*Card Making Class with Anne*

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**



## 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](mailto:COH-Engagement@health.qld.gov.au)

Web: [Brighton Wellness Hub - Community and Oral Health](#)