

Brighton Wellness Hub Bulletin - Yoga Nidra 22/10/26

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

Week 1	Week 2	Week 3	Week 4

See you there!

Important information:

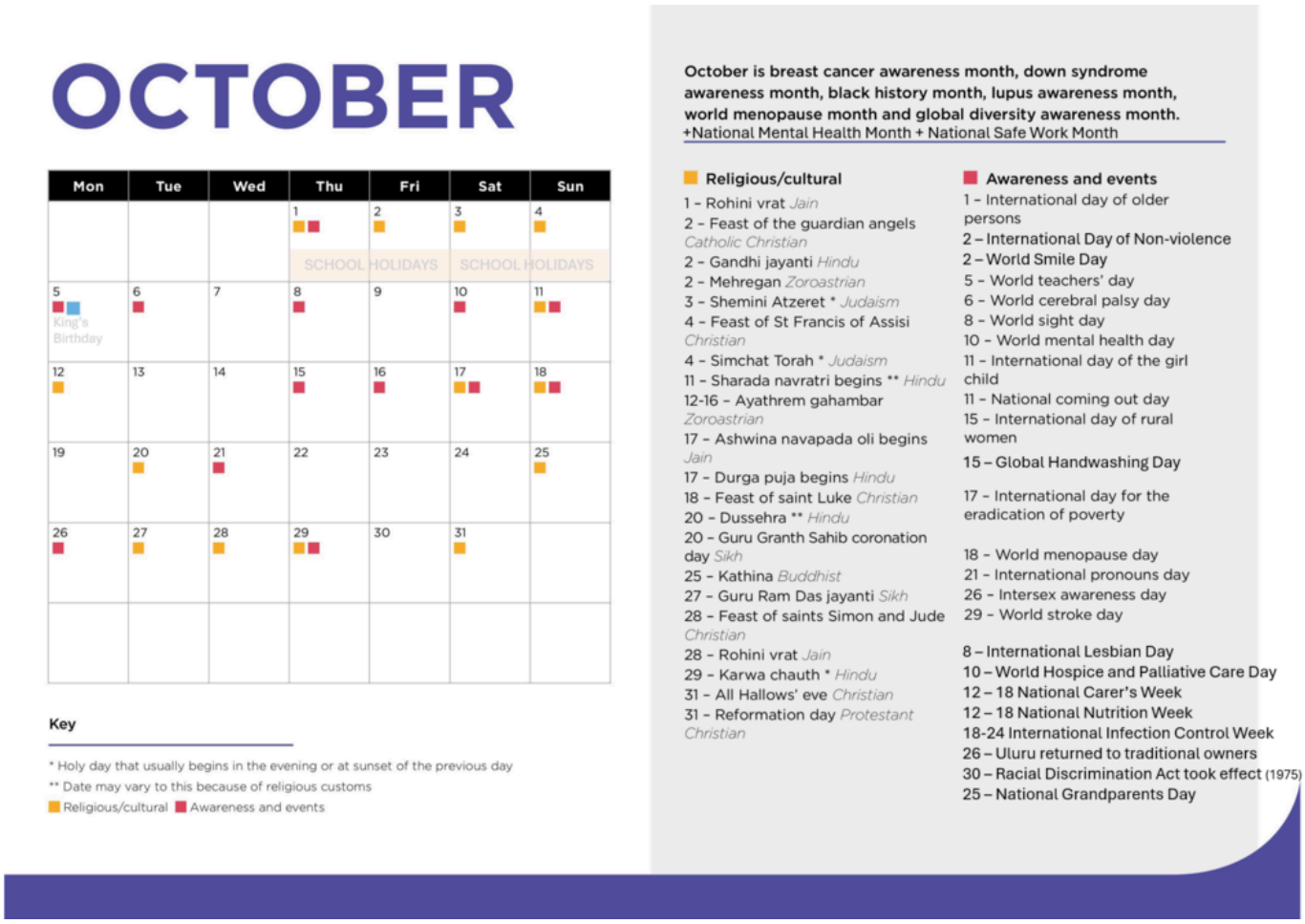
Yoga Nidra not running this week - 22/10/2026

Please note this week's Yoga Nidra is not running. The class will return next week for its final session of 2026.

Important date reminders for end of 2026:

- 22/10/26 - Yoga Nidra NOT RUNNING
- 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)
- 04/11/26 - Final Death Cafe for 2026

- 05/11/26 - Card making with Anne
- 11/11/26 - Community Cultural Yarns
- 14/11/26 - Bright 'N' Sparks Dementia Choir concert
- 16/11/26 - Carer support group
- 18/11/26 - My Health 4 Life info session
- 25/11/26 - Final NDIS Education with Carers QLD for 2026
- 26/11/26 - No Community Catch Up or Lawn Bowls (Yarning Circle)
- 30/11/26 - Birthday celebration for November birthdays
- 30/11/26 - Final Rainbow Room monthly meet up - Diverse Voices visiting
- 04/12/26 - Dementia choir NOT RUNNING
- 04/12/26 - Volunteers Christmas party (volunteers only)
- 10/12/26 - Community Christmas Party - EVERYONE INVITED
- 11/12/26 - Final dementia choir - break up party
- NO HUB ACTIVITIES 14/12/26 - 8/01/27
- Some Hub activities resume from 11/01/27



OCTOBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
			SCHOOL HOLIDAYS	SCHOOL HOLIDAYS		
5 King's Birthday	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	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

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





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 October,
please feel free to join us on Monday the 26th October at 10.00am.



Community & Oral Health

Peer support for our LGBTIQA+ Community

RAINBOW ROOM

Supporting our diverse community

LGBTIQA+ October Monthly Meet Up



Hot cuppa
+Biscuits
+Peers
+ sausage sizzle!

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 26th October 2026
Time: 2.00 pm – 4.00 pm
Where: Brighton Wellness Hub
(Crn 19th 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.

More info here >>

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

Free registration here >>



Tackling taboo

Final 2026 Death Cafe

There are still some spaces available for the last Death Cafe of 2026.
Come to talk about death and dying over cake and a cuppa.

**This is not a grief or bereavement service.*

Day: Wednesday 4th November, 2026
Time: 9:30am - 11:30am
Free registration - click the button below.

If you want to learn more - call 3049 5733 or email mn-pallcare-griefbereavement@health.qld.gov.au

Free registration here >>



NDIS Education with Carers Queensland

Learn about the NDIS with Carers QLD

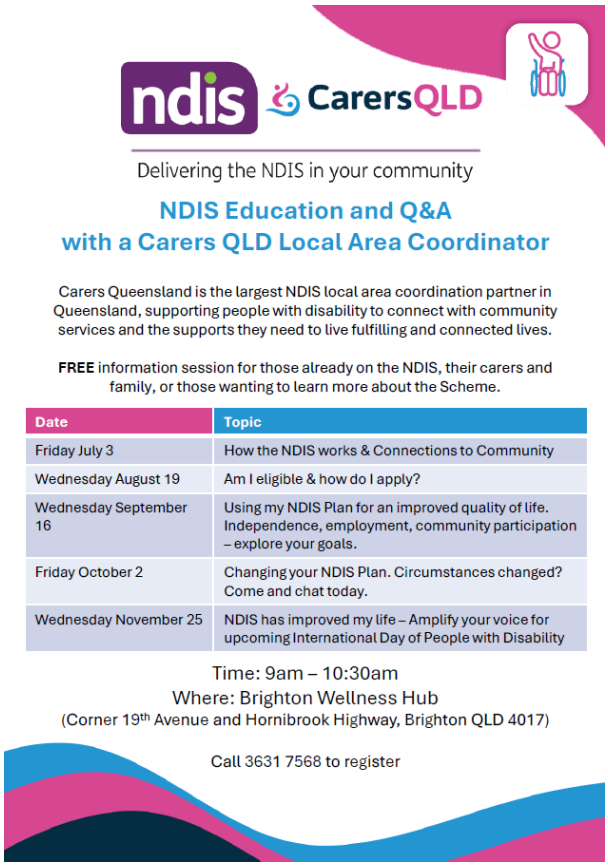
This is a free information session presented by Carers

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 25th November 2026
NDIS has improved my life – Amplify your voice for upcoming International Day of People with Disability
9am - 10:30am

Call Rebecka to register your place - 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 <u>are required</u> as spots are limited.

Please call Rebecka 3631 7568.

<u>Next class Thursday 5th November 2026</u>



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 11th November 2026 at 9:30am.

Free registration here >>



Choral concert - you're invited!

Annual Bright 'N' Sparks Dementia Choir Concert is back for 2026!

Everyone is invited to join the friends, family and supporters of the Bright 'N' Sparks Brisbane North Dementia Choir in their annual concert.
Share in their hard work, recalling timeless classics that are sure to have you singing, dancing or crying along.

Day: Saturday 14th November, 2026
Time: Doors open 9:30am
Concert from 10am - 11am
Includes morning tea 11am - 12noon

Free registration - click the button below.

Free registration here >>



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 16th November 2026
1-3pm

No need to register, simply drop in.



Health coaching for a better you

Free information session by My Health 4 Life

Come learn about this free initiative helping people understand their health better to protect against chronic conditions.
Whatever your health goal is - maybe you want to lose weight, eat healthier, get stronger - or some other health goal - this program can help guide you.
Program includes 6 free, personalised health coaching sessions to reach your health goals.
Turn healthier choices into habits that last with qualified health professionals

Day: Wednesday 18th November, 2026
Time: 9:30am - 11:00am
Free registration

Register free here >>



Everyone is invited!

2026 Community Christmas Party

Whether you normally attend on a Thursday, or not, we

welcome you to join us for the Hub's Community Christmas Party.

Starts as soon as Chair Yoga finishes (please don't come in before 9am when they finish their class).
Please bring a plate to share, and your festive spirit.

Day: Thursday 10th December 2026
Time: 9am - 12noon
Free



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.

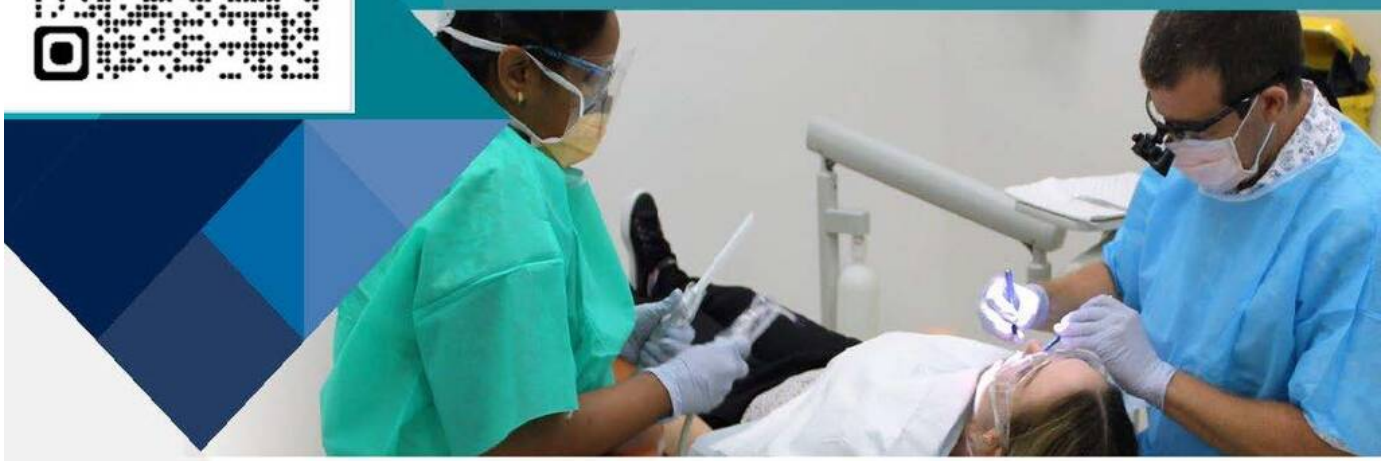
Click This link: Partner with us - Consumer Expression of Interest Form - Community and Oral Health

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
Web: Brighton Wellness Hub - Community and Oral Health