

March 2026

Burnie Brae Newsletter



“It looked *exactly* like a message from my bank”

Margaret almost clicked the link. The logo looked right. The wording sounded urgent. Fortunately, she paused.

That small pause is often the difference between staying safe and becoming another scam statistic. And it all comes down to knowing what to look for.

At our free cyber safety sessions, we focus on the practical skills that truly protect you online. It starts with recognising scams and phishing attempts - spotting unusual email addresses, urgent language, unexpected links and requests for personal details. Once you know the red flags, those “official” messages don’t seem quite so convincing.

We also talk about creating strong, unique passwords. Using the same simple password across multiple accounts makes life easy - but unfortunately, it also makes life easy for scammers. A few small changes can dramatically improve your security.

Another powerful tool is setting up multi-factor authentication. That extra code sent to your phone or email might seem like a hassle, but it adds a vital second layer of protection if someone tries to access your account.

Keeping safe isn’t just about passwords, either. Regularly updating devices and software ensures you have the latest security protections installed - many updates fix vulnerabilities that scammers actively exploit.

And at the heart of it all is protecting your personal and financial information - knowing when not to share details, how to verify who you’re speaking to and why it’s okay to hang up or ignore a message if something doesn’t feel right.

Cyber safety doesn’t have to feel overwhelming. With the right knowledge and a little support, staying connected online can feel confident and secure - not stressful.

Our **FREE** cyber security information sessions focus on practical steps that make a real difference, with simple, easy-to-follow guidance designed specifically for seniors.

Dates: Wednesday 11 March, 10 June, 9 September and 18 November

Note: these sessions cover the same content, so you only need to attend one.

Time: 9:30am - 10:30am
(please arrive 15min early)

Location: Burnie Brae Hall,
60 Kuran St, Chermside

Cost: FREE for Burnie Brae Members

Book your spot via our website, call 3624 2121 or visit Reception.

We also offer a free follow-up session with our digital mentors, plus the option for ongoing technology assistance and one-on-one support - so you can apply what you’ve learned on your own device, at your own pace, with confidence.

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Cheers to 20 Years

Meet Melissa - celebrating two decades of dedication, growth and unforgettable moments shaping life at Burnie Brae!

What first brought you to Burnie Brae?

At 19, I joined through a traineeship in office administration with no prior experience - it felt like the perfect opportunity to learn and get my foot in the door. What's kept me here is the chance to grow, take on new responsibilities, and work alongside some truly amazing people who make the work meaningful.

What might surprise people about your role?

How varied it is. I move between accounts payable and receivable, end-of-month reporting, BAS lodgement, and Support at Home claims. There's a lot of behind-the-scenes juggling to keep everything running smoothly.

What's changed the most in 20 years?

The growth! When I started in 2006, Burnie Brae was much smaller - no Healthy Connections, Café, HR or Home Care. I even helped at reception and worked closely with members. Over time, systems became more automated and my role grew with the organisation.

Any memorable moments?

I used to bring baby possums into the office! I was a wildlife carer and had to feed them every three hours - members and staff loved it.

What are you most proud of?

My growth and confidence. I've progressed from junior admin to Finance Officer and recently completed my Certificate IV in Accounting and Bookkeeping.

What's next?

Continuing to learn, grow, and be part of Burnie Brae's next chapter - it's been incredible to see how far we've come.



Leadership Team Updates

Aynsley, our Head of Strategy, Growth & Engagement, shared her insights in Third Sector News on building a future-ready social sector - without losing its heart! She also highlighted Burnie Brae's focus on care grounded in dignity and connection. Read the full story at thirdsector.com.au.

Burnie Brae CEO Andrew Watson virtually joined the Senate Committee hearing on the future of the Commonwealth Home Support Programme (CHSP) and community transport, invited by Murray Coates and the Australian Community Transport Association (ACTA). As aged care reforms move toward Support at Home, protecting flexibility, timely access and sustainable funding is vital.

Join our team

Grow your career, work with a supportive team and make a difference in our community!

Explore our job and volunteer opportunities at burniebrae.org.au/workwithus



International Women's Day

8th March 2026

This year's International theme *Inspire Inclusion* - a powerful call to honour women from every walk of life and lift each other up.

We're inviting everyone to wear purple, green and/or white from 2-6 March to show your support! Purple represents justice and dignity, green stands for hope, and white honours the historic fight for equality.

Our Health Connections team will be sharing practical health tips and inspiring ideas across our social media and website blogs to help you live well and feel well.

Learn & Connect Pop-Ups Inspired Outcomes

Looking for help with downsizing, moving or exploring retirement living options? Inspired Outcomes is a Seniors Relocation Service that can guide you through inspecting retirement villages, new homes, or nursing facilities, plus assist with moving pets, selling furniture and organising movers.

This is a great opportunity to pop in, learn more about the service, ask any questions, and take home some helpful information. Bookings not required, just stop by.

Thursday 19 March 2026, 9-11am | Members Lounge, next to Reception, 60 Kuran Street, Cherside

Stay tuned as we will be welcoming other informational and educational pop-ups soon!



Give a Little, Help a Lot

Do you have any of these items lying around at home that are still in date? Cereals like Weet-Bix, tuna in any flavour, baked beans or spaghetti, biscuits, or tea and coffee sachets - they might seem small, but they make a huge difference to someone in our community.

Our Project Pantry helps people with an Aged Pension, Veterans Pension, Healthcare Card, or Disability Card stretch their budgets while keeping essentials on the table. You can drop off donations at Burnie Brae Reception, or even a \$5 cash donation can help us fill a hamper.

If you need a little extra support pop into Reception or visit burniebrae.org.au/projectpantry to register for Project Pantry.



Assistive Technology & Home Modifications

If you're approved for the Support at Home program but haven't yet been allocated your funding, interim funding for Assistive Technology and Home Modifications (AT-HM) can help you get essential equipment and home changes sooner. This can include mobility aids, grab rails, ramps, shower seats, and other modifications to make daily life safer and easier.

This is separate from your regular Support at Home Funding and ranges from \$500 to \$15,000, with higher amounts for more complex needs. Your assessor will determine eligibility, and our team can help organise assessments, equipment and installation. Call our friendly team at 3624 2121 to learn more or contact My Aged Care - 1800 200 422.



Club Respite

This month, there's plenty to do with our supported outings - hit the mini golf green with our Men's Group, enjoy Lord Mayor concerts, explore the Palm & Cycad Show, browse the RSPCA Op Shop and Samford Lifestyle Centre, or take in the fresh air on the Deception Bay Coastal Walk.

Back at our Chermside Centre, the fun doesn't stop! Join craft groups, Easter table decorating, St Patrick's Day and Greek Day celebrations, or enjoy live music from The Verandah Band, Tic Tac Entertainment, and more. There's also singalongs, gentle exercises, and plenty of other activities to keep you connected and entertained!

Looking for a fun, social and supportive space for yourself or a loved one? Call us on 3624 2121 to find out more.



- 1 *Enjoying musical therapy with Grace*
- 2 *Seeing Cats The Musical at QPAC!*
- 3 *Playing fun games on Valentine's Day*
- 4 *Lunch at The Brook with our lovely ladies*
- 5 *Carving our massive pumpkin*
- 6 *Sing-a-longs and live entertainment*

Keep Your Skin Safe

Tips from Nicola, Occupational Therapist | Healthy Connections



Imagine this: you've been sitting comfortably watching your favourite show, or resting in bed after a busy day. Everything feels fine... but under the surface, your skin might be quietly under pressure.

That's where pressure injuries can start - small areas of damage caused by constant pressure, friction, or moisture, often over bony spots like heels, hips or your tailbone.

Some people are more at risk - if you spend long periods sitting or lying down, have fragile skin, trouble moving, incontinence, or certain health conditions, your skin needs extra attention. But here's the

good news: these injuries are often preventable!

A few simple habits can make a huge difference. Regular movement and repositioning, moisturising daily, using pressure-relieving cushions or mattresses, and keeping your skin clean and dry all help protect it. Eating well and staying hydrated gives your skin the strength it needs. And just as important - knowing what not to do, like sitting too long, leaving skin damp or using donut cushions, can prevent damage before it starts.

If you notice redness, soreness, or any changes in your skin, don't wait - contact your GP or speak to an Occupational

Therapist. Early action is key, and our OT team at Burnie Brae can help with advice, equipment and strategies to keep you safe and comfortable at home.

Your skin deserves care - with the right support, you can stay independent, confident, and injury-free. Contact us to book a personalised OT assessment with Nicola.

Funding is available through Support at Home and Commonwealth Home Support Programme (with appropriate referral code).



Relax, Restore & Rejuvenate

Finding time for self-care is so important. Mandy, our experienced remedial massage therapist, specialises in Lymphatic Drainage, Deep Tissue, Relaxation, and Reflexology, and tailors every session to suit your needs.

"Mandy is excellent. She uses just the right amount of pressure and seems to really understand the physiology of the body. I would say she is one of the best masseuses I've had over the years." Healthy Connections Client

Not comfortable being undressed for your massage? Mandy - along with some of our other therapists - also offers dry massage (acupuncture-style techniques) and reflexology (foot massage), fully clothed and just as effective.

Take a break for yourself and discover the benefits of massage. Book your session at our Chermide Clinic and feel refreshed, relaxed, and ready to take on the day.

Live healthier with support from Healthy Connections!

Call **3624 2185** or visit **healthyconnections.org.au**

Chermide Clinic, Burnie Brae Centre - Mobile services: North Brisbane & Moreton Bay

Activity Spotlight

Bollywood Dance Class

Get ready to move, groove, and have a blast in our high-energy Bollywood dance class - perfect for all levels and ages! You'll learn fun, expressive moves, enjoy a great workout, and dive into the vibrant world of Bollywood.

Thursdays 9:30 - 10:30am
Members \$15



Book Club

Join our book club for great reads, lively discussions, and the chance to meet fellow book lovers. Explore new stories, share your thoughts, and enjoy a warm, welcoming space where literature comes to life.

2nd Monday each month
10:30am - 12pm | Members \$5
Ask reception for a copy of our book list.

Discover more at burniebrae.org.au/activities or visit Reception
Held at our Chermshire Centre, no bookings required

Indoor Bowls

Looking for a fun way to stay active and social? Come play Indoor Bowls! It's all about skill, strategy and having a good laugh with friends - no matter your experience level or age.

Wednesdays 1 - 4pm
Fridays 9 - 11:30am
Members \$5



Caboolture Historical Village

Step back in time and explore over 70 historic buildings and 110,000 museum pieces across 12 acres, from the old post office and general store to the Caboolture Railway Station and Maritime Museum exhibits. Finish with a classic Devonshire tea.

Thursday 23 April 2026, 9:15am - 1:45pm
Members \$46 - incl. transport, tour, admission & morning tea
Book at Burnie Brae Reception or call 3624 2121



Plan a sweet mum-and-me date, hunt for a gift she'll actually love or find a treat for yourself at our Mother's Day Market.

Browse personalised homewares, handmade accessories and thoughtful gifts you won't find in the shops - plus delicious food, refreshing drinks and specialty coffee to keep you fuelled while you wander.

Saturday 18 April | 8am - 12noon
Burnie Brae Hall - 60 Kuran St, Chermshire
Free entry, everyone's welcome

Out & About

Our Volunteers, Suely, Sue (pictured) & Maria have our plant nursery looking fresh, thriving and ready for planting. Great prices, friendly advice and every plant you buy helps support our local community not-for-profit

Located at the carpark entrance to our Burnie Brae Centre at 60 Kuran St, Chermside and open Mon-Wed, 9am-1pm.



On their recent social support outing, our client Judy and Burnie Brae Support Worker, Jesse headed to Bunnings to pick out a new pot plant, then popped into our centre café for lunch and a catch-up.



Carrom is like pool meets marbles with a dash of air hockey - flick the discs, plan your moves and try to beat your opponent to the pockets. Meet our Burnie Brae legends: Dawn, who grew up playing in India; Suresh, who brought the game here in 2016; and Pauline, who teaches newcomers the tricks. It's simple to learn and addictive – even our CEO, Andrew dropped in for a game or two.



Healthy Connections Member, Alex, in his early 80s, just upped his one-leg balance standing on a BOSU ball with his eyes closed by 10 seconds. He's been training with our Exercise Physiologist, Mikaela since 2022! Better balance = fewer falls, more confidence and independence.



Our first **Carers Support Group session** for 2026 was joined by Fuel Your Life, sharing nutrition tips and great conversation. If you're caring for a loved one, join our relaxed, welcoming group to connect, share experiences, and enjoy guest speakers and outings. Free to join, held the first Thursday of each month at 10am at Burnie Brae Hall in Chermside. Register at burniebrae.org.au/carersgroup or call 3624 2121.



Ancient Mediterranean Treasures

8-days from \$5,095 per person with flights included*

In a Deluxe Veranda stateroom sailing 18 August 2026

8 Days | 6 Guided Tours | 2 Countries

Istanbul to Athens or vice versa

Includes companion fly free flights up to AU\$2,500 per couple or with discount in lieu of the flight fare is \$3,845 per person

This is a saving of \$2,000 pp compared to the same itinerary and stateroom sailing 25 August 2026.

Special fares available on 1 departure only. Fares in AUD.



Plan your next escape

Pop in and see our travel experts Paul & Sonja at our Chermside office (at the Burnie Brae Centre) or call 3624 2191 and let's get you packed!

Reminder: you don't need to be a Burnie Brae member to plan your next adventure with us. But if you are a MemberPlus member, you can enjoy \$50 off your first trip and 10% off travel insurance.



Mother's Day Raffle

Spoil the special women in your life (or treat yourself) with our fabulous raffle prizes!



1st Prize: Set sail on a dreamy 3-day Princess Cruise from Brisbane to Sydney, worth over \$900, departing Thursday 3 December in a cozy interior cabin. Imagine the sunsets, ocean breezes and unforgettable memories!

2nd & 3rd Prizes: Beautifully curated gift baskets with home décor, stylish accessories, indulgent beauty treats, wine and chocolates - generously donated by our talented makers from our recent Christmas Market.

Tickets: \$5 for 1 or \$12 for 3 - grab them at Reception or online: burniebrae.org.au/raffles. Our lucky winners will be drawn on Thursday 7 May.

Congratulations to Gayle H, who struck gold, winning our recent Valentine's Day Raffle!