

May 2026

Burnie Brae Newsletter

Falls Prevention

Written by Sophie, Senior Exercise Physiologist, Healthy Connections

Falls are more common than many people think and they can happen to anyone.

1 in 4 people over 65 in Australia experience at least one fall each year, making it the leading cause of injury-related hospitalisations in this age group. It's also one of the most common concerns we hear from clients at Healthy Connections.

That's why this May, for Falls Prevention Month, we're focusing on something simple but powerful: starting a conversation.

Falls often have multiple causes – like tripping, turning too quickly, muscle weakness, health conditions, medication side effects, or environmental hazards - but all come down to a loss of balance. The good news is that most falls are preventable.

Step one: start the conversation

Preventing falls begins with an open, honest chat. Whether it's with a healthcare provider, a family member, or a friend, talking about your experiences or concerns helps identify risks early, build confidence and take action before a fall occurs.

Step two: know your risk factors

Certain factors can increase your risk of falling, such as age (65+), previous falls, reduced confidence, poor balance or strength, low activity levels, vision or sensation

changes, certain health conditions and multiple medications.

The good news is many of these can be improved – with the right support, you can build strength, balance and confidence.

Step three: spot the early signs

Changes in stability often happen gradually. Keep an eye out for signs like feeling unsteady, unexplained bruising, needing to hold onto furniture while moving around, feeling unwell, or episodes of confusion.

Step four: take action - keep moving

Staying active is one of the most effective ways to reduce your risk of falling. Regular exercise – especially strength and balance training - can improve stability, coordination and confidence. Research shows that exercise can reduce the risk of falling by 23%, as well as lower the chance of injury.

At Healthy Connections, we encourage people to speak up about falls, near misses, or even just feeling unsteady. These conversations help us connect you with the right support - whether that's joining our balance program or booking an assessment with our allied health team to create a personalised exercise plan.

This month, start the conversation and take a step toward staying steady on your feet.



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Café Updates

We are on the lookout for volunteers to join us at our Cherside Community Centre!

Help with simple tasks like clearing tables, chatting with customers and supporting the team. If you're interested, please visit burniebrae.org.au/volunteer or call 3624 2121.

Refreshed Café Menu

Drop in, grab a coffee and try something new from our updated café menu - think Smokey BBQ pork ribs, Southern-style chicken burgers, veggie spring rolls and more.

To help us manage rising costs while continuing to provide quality food, drinks and a welcoming space, our hot and cold drinks have increased slightly by 20c. We appreciate your understanding.



Get to Know Our Team

Enrica, Community Engagement Officer

Enrica's passion for aged care comes from her family experiences and a genuine love of helping people feel supported, heard and connected. She enjoys a chat with clients and knowing she's brightened someone's day. Now approaching 5 years with Burnie Brae, Enrica started as a Support Worker and now works in our Community Engagement Hub.

Danny, Support Worker Club Respite

After supporting his own father through dementia, Danny went on to study nursing and has since brought that experience into his role here at Burnie Brae. He loves getting out and about with clients, supporting them to stay connected and enjoy the community.



And the winners are...

We're proud to share that Burnie Brae has been awarded Facility of the Year – Health, Wellness & Rehabilitation at the World Ageing Festival 2026 (Ageing Asia).

This recognition reflects our commitment to helping people stay active, connected, and living well. Our Healthy Connections allied health approach has been central to this success, shaped over the past decade under the leadership of Karen, Head of Allied Health, with support from Acting Head Rick and our dedicated team.

It's a true team achievement across Burnie Brae, built on collaboration and person-centred care. We were also honoured to be named a finalist for Facility of the Year – Active Ageing, recognising our ongoing focus on supporting older people to stay engaged, independent and thriving.

While in Singapore, CEO Andrew Watson joined a keynote panel at the World Ageing Festival with global leaders discussing: can we scale compassion? The conversation sparked reflection - while systems can grow, it's the human moments of connection, dignity and understanding that truly make the difference.



Have Your Say

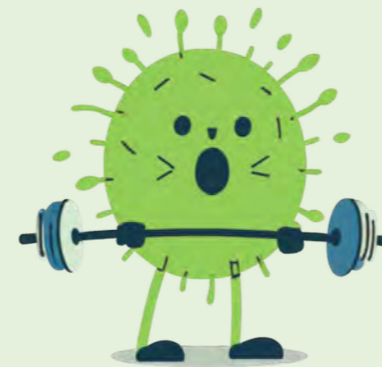
Consumer Advisory Committee

Our Consumer Advisory Committee helps shape the care and services we deliver at Burnie Brae. Meeting every three months, members share feedback, hear about service updates, and contribute to co-designing improvements in a welcoming space.

At our latest meeting, a Board representative provided an update on our Strategic Plan review and key focus areas, including aged care reforms, expanding Support at Home and private services, strengthening our clinical workforce and improving systems and processes.

We'd love to welcome more clients and members to join and have their say. To get involved, email andreww@burniebrae.org.au

Pictured (left to right): Di Beard, Andrew Watson (CEO and Acting Chair), Elizabeth Taylor, Denise Martin, Absent - Myra Gilbert



Fight the Flu

Coffee catch-ups, exercise classes, time with friends... your calendar is full of the good stuff. There's no time for the flu!

As we get older, it can hit harder and hang around for longer - slowing you down when you least want it to. The good news is the flu vaccine is free for over 65s and helps protect you from serious illness. It's quick, safe and recommended every year.

Here at Burnie Brae, our team are rolling up our sleeves too - because keeping our community well is something we all share. Chat to your GP or pharmacist to book in your free flu vaccination.

If you're not feeling 100%, please stay at home and rest. Help us keep everyone safe and healthy!

Your Voice, Our Focus

Thank you to everyone who shared feedback with us over the past few months. We truly value hearing about your experiences - it helps us celebrate what's going well and focus on where we can do better.

What you told us we're doing well:

We're really pleased to hear that many of you are happy with:

- Your social and domestic assistance services
- The way our staff treat and support you
- The skills, knowledge and training of our team

Where we can do better

You also shared some areas where your experience hasn't been as smooth as it should be:

- Communication and consultation, particularly when phoning Burnie Brae

- Fees and charges, and how these are presented on your statements

What we're doing about it

We're already working on improvements to make things clearer, easier and more consistent:

- Improving your experience when you call us
- Making Support at Home statements simpler to understand
- Continuing to build our team's skills and knowledge
- Strengthening the safety and quality of care we provide

Your feedback helps guide everything we do, and we're committed to making your experience the best it can be.

To share feedback, please visit burniebrae.org.au/feedback or fill out a printed form at Burnie Brae Centre.

Club Respite

If you're looking to get out of the house, meet new people, or enjoy a change of scenery with a bit of support, you'll feel right at home at Club Respite. Or if you care for a loved one, respite can also give you that much-needed time to yourself - to rest or run errands, knowing they're supported and enjoying their day.

We offer regular activities at our Chermside Centre, supported community outings, delicious meals each day, and transport to make getting here easy. Our friendly support workers are there throughout the day, so you can join in as much or as little as you like.

Rare spots are now available

Get in touch with our team to learn more or organise a trial day. Funding is available through Support at Home or CHSP (with Burnie Brae or your aged care provider), or you can pay privately.

Our Latest Adventures

The Men's Group impressed at Virginia Palms mini golf with three holes in one, Music Therapy brought singing, instruments and plenty of joy, we enjoyed many Saturday outings, including to Redlands Coast Museum. We also celebrated Easter with our amazing support workers and volunteers getting into the spirit.



Welcome New Team Members

As our community continues to grow, so does our allied health team!

- 1 Michael**, Physiotherapist, brings expertise in prosthetic and orthotic rehabilitation, neurological and vestibular conditions, orthopaedic rehab, musculoskeletal injuries, and gait and balance concerns.
- 2 Riley**, Physiotherapist, specialises in neurological and orthopaedic rehabilitation, community falls prevention strategies, and supporting people to stay steady and confident on their feet.
- 3 Trinity** joins us as an Exercise Physiologist, adding valuable support to our Healthy Connections team.



What does living well with Parkinson's look like?

Strength building. Confidence growing. Real connections.

This year's World Parkinson's Day (11 April) was all about bridging the gap in Parkinson's care and that starts with creating spaces where people feel supported, empowered and not alone.

Here's a behind-the-scenes look at our Pump It for Parkinson's clinical group, with Exercise Physiologist Jin and Physiotherapist Paul - where movement meets motivation and community makes all the difference. Get in touch and see how you can get involved.

In-Home Exercise Physiology

Getting to an exercise clinic isn't easy for everyone... but that hasn't stopped Bill. Instead, our Exercise Physiologist Chloe brings the sessions to him at home.

"Chloe is friendly, supportive and great at explaining the "why" behind each exercise, so I know I'm working towards my goals!"

Our allied health team supports people across North Brisbane and Moreton Bay with Exercise Physiology, Physiotherapy, Occupational Therapy and Remedial Massage. Aged care funding is available, contact us for more info.



Carers Support Group

For our May session, we're joined by Dementia Doulas, Leah and Lyndal, who will share practical insights on caring for someone living with dementia and ways to better connect and support those in your care.

When: First Thursday of every month, 10am

Where: Burnie Brae Hall (Activity Space), 60 Kuran St, Chermside

Our support group meet each month for outings, activities and educational sessions. It's free to join us, no bookings are required.

Live healthier with support from Healthy Connections!

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

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

Member Services

Op-Shop Vintage Trail

Love a bargain or the thrill of a great find? Start at Be Uplifted in Boondall before heading to Geebung to explore three local favourites - Salvos, Lifeline and Red Cross (and yes, they're HUGE, so there's plenty to discover). Then wrap up the day with a relaxed lunch together.

Thursday 4 June 2026, 10am - 1:30pm

Members \$55, includes transport & lunch



Learn & Connect Pop-Up

Thinking about wills or planning ahead? It's never too early to get things in order and make sure everything is set up the way you want for the future.

Kate Redman & Associates is a mobile service that comes to you, making it simple and stress-free to get support with wills, estate planning and related legal matters. If you want to better understand your options, this is a great opportunity to have a chat and get started. No bookings required, just come along.

Thursday 14 May, 9am - 11am
Members Lounge (next to Reception), 60 Kuran St, Chermside

Trips and events - book at Reception or call 3624 2121. Transport included from and returning to Kedron Wavell Services Club. Note: You must be independently mobile, we cannot accommodate mobility aids. Supported outings available with Club Respite.

Trivia: Battle of the Brains

A fun trivia session featuring questions tailored to your era! Expect plenty of laughs, a touch of nostalgia and maybe even win a prize along the way. Join a table when you arrive or come along with your friends.

Wednesday 20 May 2026, 10am (sharp) - 12pm
Arrive at 9:30am for tea/coffee & biscuits in the bar area
Burnie Brae Hall - 60 Kuran Street, Chermside
Members \$10 per person/session



Tech Confidence Starts Here

Meet Bert, our Digital Mentor, who's been helping people navigate technology since 2015 and has supported over 2,300 learners along the way!

One of the most common questions he gets? How to send a photo via email or Messenger. It might sound simple, but mastering these everyday skills can make a big difference in staying connected.

What Bert enjoys most is seeing that spark - when someone realises they can do more than they thought. From understanding device settings to learning handy shortcuts, it's all about building confidence step by step.

A couple of his favourite tips? Use the microphone to speak instead of typing - it's quicker and easier than you think. And take a little time to organise your photos into albums so they're easy to find and share.

His golden rule: if you're ever unsure, just ask Google!



With the right support, technology doesn't have to be overwhelming - it can actually be empowering.

Keen to build your own confidence with tech? We offer one-on-one, personalised lessons with Bert and our other digital mentors, that are tailored to you. Whether it's your phone, tablet, laptop, or even smart devices like Alexa, they will help you learn at your own pace - covering everything from emails and social media to online banking and shopping.

Tuesdays 1:30-3:30pm, Wednesdays & Fridays 9am-3pm. Burnie Brae Hall (Activity Room), 60 Kuran St, Chermside. Members \$5 per lesson (1x FREE lesson for MemberPlus)

A little support can go a long way - why not give it a go?

Knitting for a Cause

Looking for something relaxed, social, and meaningful? Join our Craft & Chat group - we are currently knitting and crocheting beanies for Beanies for Feenie-helping keep people warm this winter.

We've got spare yarn, needles, patterns and plenty of friendly faces ready to help.

Tuesdays 9:30am-12pm
Burnie Brae Hall, 60 Kuran St, Chermside
Members \$5 - come for the craft, stay for the company

Can't make it? Drop off beanies or scarves donations at Reception until Tuesday 9 June.



Class Update Notice

The lovely Nadine, who already leads some of our other fitness activities, will be taking over Core and Balance on Thursdays (11am-12pm). Thank you to Denise for her contributions - we wish her all the best!

Out & About

Lighting Up the Stage: Our Burnie Brae Bollywood group took the stage by storm at Australia's Great Dancers Brisbane 2026! They put in so much energy, dedication and hard work into their weekly Bollywood classes with teacher Swina. What a fantastic achievement.



Mother's Day Market: Thank you to everyone who came along and supported our local makers. Save the date for our Christmas Markets on Saturday 21 November, 8am - 12noon. Stallholder applications now open, visit burniebrae.org.au/marketstall



Catch the Shopper Bus: Some of our lovely ladies on their way to the shops to pick up a few groceries, last minute gifts and prescriptions.

Did you know: This service is now free for clients with CHSP funding and a transport referral code. Funding is also available for Support at Home clients or pay privately. We currently head to Chermside Westfield and Aspley Hypermarket.



Government House Trip: A lovely guided tour of the grounds and interiors, with stories shared along the way and a special meeting with Governor Dr Jeannette Young.

Thinking about
your next
big adventure?

Now's a great time to consider a journey with Viking Cruises - with 12 ocean and 2 river itineraries across Australia, New Zealand and Asia, there's plenty to explore!

Viking is known for its relaxed, adult-focused cruising - no casinos, no crowds, just immersive destinations, cultural experiences and a calm onboard atmosphere. Take a tour of the ships, discover the itineraries and inclusions at vikingscruises.com.au

Save up to 35% on select sailings* with flexible deposits available on 2027 and 2028 voyages.



Ocean Voyages

Book by 30 June 2026, to save up to \$2,500 per couple on select ocean voyages*.

Komodo & Australian Coast

Bali to Sydney or v.v.
17 DAYS | 9 TOURS |
2 COUNTRIES
From \$6,745* per person

North Pacific Passage

Tokyo to Vancouver or v.v.
23 DAYS | 8 TOURS |
3 COUNTRIES
From \$7,345* per person

Bangkok, Bali & Beyond

Bangkok to Bali or v.v.
13 DAYS | 7 TOURS |
4 COUNTRIES
From \$8,645* per person

Australia & New Zealand

Sydney to Auckland or v.v.
15 DAYS | 9 TOURS |
2 COUNTRIES
From \$10,995* per person

Far Eastern Horizons

Hong Kong to Tokyo or v.v.
15 DAYS | 9 TOURS |
2 COUNTRIES
From \$15,245* per person

South Pacific Sojourn

Bangkok to Sydney or v.v.
29 DAYS | 16 TOURS |
5 COUNTRIES
From \$18,345* per person

River Voyages

Book by 30 June 2026, to save up to \$5,000 per couple on select river voyages*.

Magnificent Mekong

Hanoi to Ho Chi Minh City or v.v.
15 DAYS | 16 TOURS | 2 COUNTRIES
From \$7,395* per person

Wonders of India

Roundtrip from Delhi
15 DAYS | 13 TOURS | 1 COUNTRY
From \$13,795* per person

**T&Cs apply, contact us for details.*

We take care of everything to make it effortless - pre & post cruise extensions, plus we can organise flights and accommodation, so your entire trip is completely stress-free from start to finish.

See our travel experts Paul & Sonja at the Burnie Brae Centre or call 3624 2191.

