

June 2026

Burnie Brae Newsletter

Ron, a resident wordsmith at our Healthy Connections Chermside Clinic, has been busy writing poems and limericks, which we're proud to showcase in a special display titled "Ron's Writing on the Wall." Here are a few of his latest excerpts:



Burnie Brae
community, connection, care

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A LAST REUNION A salute to enduring mateship

*Now in our seventies and eighties our ranks are thinning out.
Sadly, not every old companion can come for one last bout
Of swapping tales of bygone days when we were young and game;
Fleeting time has caught us up and things are not the same.*

*There are tight meanders in the stretching rivers of our lives,
And in these traps of memory something lingers and still thrives,
For here lie old events and faces we seek through reminiscing,
Locked forever in our memories and well beyond dismissing.*

*We indulge our self-awareness, but that can't be all bad;
Recollections paint mind pictures, not all of which are sad,
Of roaring days when things were rough and yet others that were fun,
When good mates stood beside us in the mad things we had done.*

*Some of those mates have moved to a place beyond our knowing,
At mention of each name a hushed regret comes gently flowing,
For we miss these old companions who no longer tread the Earth
And recall with great affection their friendship and their mirth.*

*We embrace many values that we gleaned when in our prime,
Like the deepest truth of mateship - that it's constant for all time.
Old soldiers, from any generation, full know what this has meant,
And they prize its timeless comforts until they too, strike their tent.*

Thanks, Ron, for keeping us smiling and filling our space with creativity, wit and a whole lot of personality.

If you have a story, poem, or even a favourite recipe to share, we'd love to hear from you! Send your contribution to marketing@burniebrae.org.au or submit it online at burniebrae.org.au/news.

*Here's the famous
Ron, pictured
alongside our Exercise
Physiologist, Mikaela.*





Café Entry

PSA from Jen & Lucy: our café entry has officially moved back to the FRONT of the building through the automatic doors. The other side door? That's now exit only.

Thanks for bearing with us while we keep everyone caffeinated and heading the right way. Join us for a coffee, treats or a lunch catchup at 60 Kuran St, Chermside.

Volunteer Week

You might not always notice them straight away... but our volunteers are everywhere, quietly making things better in the best way.

- They're the friendly "good morning" when you walk into our Chermside Centre
- A chat on your transport trip to an appointment
- Keeping our plant nursery thriving
- Your dance partner and game sidekick at Club Respite
- Serving your coffee in the café after a fun activity
- Baking treats that never last long enough
- Packing food hampers for Pantry Day
- Teaching you how to use your tech devices
- And the voluntary leaders teaching you to play and setting up our board and card games

Every chat, every helping hand, every small moment of kindness adds up to something pretty special: a community that feels like home.

To our Burnie Brae volunteers - thank you. You are the heart of this place

Seeking Nursery Volunteer

If you want to join in and make a difference in your community, learn more about volunteering at Burnie Brae: burniebrae.org.au/volunteers.

Food Support

With the cost of everyday essentials continuing to rise, our program offers a simple and affordable way to access staple pantry items that support your weekly shop.

Each grocery parcel costs \$5 and contains a selection of non-perishable pantry staples like pasta, rice, canned vegetables, long-life milk, tea, sauces and sometimes personal hygiene products. Collected from our Chermside Community Centre.

Project Pantry is available to community members who hold either a pension card, concession card, seniors card or health care card. To apply, call **3624 2121**, visit Burnie Brae Reception or burniebrae.org.au/projectpantry



Can you help?

We're currently seeking donations of baked beans, spaghetti, cereal (cornflakes, oats or Weet-Bix), muesli bars, UHT milk, soap and deodorant, or any other in-date pantry or essential items. Please drop any donations to Burnie Brae Reception at 60 Kuran St, Chermside.

Every contribution, big or small, makes a real difference to people in our community. Thank you for your kindness and generosity.



Another Award for the Cabinet

Congrats to our Travel Connections Manager Paul, who has been recognised with the 2025 Bronze Consultant Award from Helloworld Travel.

This latest achievement adds to his growing collection of awards and reflects the expertise, care and dedication he consistently brings to helping clients plan unforgettable trips. Well deserved, Paul - we're lucky to have you on the team



Community Donation

Shoutout to Luke and the team at Commonwealth Bank - Westfield Chermside Branch for their generous \$500 donation through their Community Donations Program. The donation will go towards refreshing and upgrading our well-loved (and well-used) activity gear at our Chermside Community Centre, like fitness balls, resistance bands, card/board games and more.

Pictured: Andrew, Burnie Brae CEO, Sherree, Burnie Brae Community Engagement Team and Luke from Commbank.



Carers Group

Come along to our next Carers Support Group session on Thursday 4 June, A Journey of Resilience: Life After Stroke, with guest speaker, Burnie Brae member, Bridget.

Bridget will share her personal journey of supporting her husband John after his stroke in 2021, reflecting on recovery, caring, and finding strength through life's unexpected challenges. An honest, inspiring session about resilience, connection and navigating change together.

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 for carers to join us, no bookings are required.



Welcome Team Member

Lauren, Care Partner, Support at Home

My passion for healthcare runs in the family, with both my mum and grandmother having long careers in aged care.

What I enjoy most is getting to know the people I support - hearing their stories, learning what matters to them, and building meaningful connections that help me provide more personalised care and support people to live well and independently.

Support for Carers. Connection for Loved Ones.

Respite care can be as simple as a few hours to rest, attend appointments, or recharge, while knowing your loved one is safe, supported and enjoying their day.

Welcome to Club Respite

Our Club Respite program at Burnie Brae Centre offers a warm, welcoming, and supportive environment where people can enjoy a fun and fulfilling day while carers take a well-earned break.

Each visit is designed to feel relaxed and social, with opportunities to connect with others, take part in enjoyable activities, enjoy outings, and share freshly prepared meals with friendly, caring staff. There's always something happening - from live music, craft, and bingo to theatre outings, scenic trips, and visits to local attractions like the beach. Transport is available from selected locations, making it easy to attend.

Club Respite is flexible and can be used regularly or from time to time, depending on what suits your needs. Whether it's part of a routine or just when extra support is needed, it provides peace of mind for carers and a positive, engaging day for participants.

Funding & Access Options

If you receive Commonwealth Home Support Programme (CHSP) funding, you'll need a referral code for centre-based respite - contact My Aged Care to arrange this. If you're on a Support at Home package, speak with your Care Partner about including respite in your plan. You can also access services privately, or through brokered arrangements with another provider.

If you don't currently have funding but would like to access respite, you can apply for aged care support through My Aged Care. If you need help getting started or navigating the process, our team can point you in the right direction.

We also offer a free morning tea trial at Club Respite, giving you the chance to visit, meet the team and see what it's all about before deciding to join. To learn more, call **3624 2121** or visit burniebrae.org.au/respite



What We Got Up to Last Month

Some of our highlights included a relaxing beach day with an ocean walk and fish and chips by the water, a scenic CityCat ride followed by lunch at the Hamilton Hotel, plus reading time with our kindy friends, leisurely strolls through the Burnie Brae Park and a special Mother's Day celebration.

Preventing Falls at Home

Our Occupational Therapist (OT) Nicola shares practical ways to reduce your risk of falls at home and stay safe and confident in your daily routine.

Simple steps like keeping pathways clear, securing loose mats and cords, improving lighting (especially at night), slowing down when moving around the home, and using walking aids or handrails if recommended can all make a big difference. It's also important to keep your phone or personal alarm within easy reach in case you need it.

OTs can play a key role in helping you stay safe at home.

They complete personalised home safety assessments to identify potential risks and suggest practical solutions tailored to your needs. This may include recommending equipment such as shower chairs or grab rails, suggesting simple home modifications, or helping you find safer and more efficient ways to complete everyday tasks.

The goal is to support your independence while making sure your home environment works for you – helping you stay confident, comfortable and safe at home for longer. Aged care funding is available, get in touch for more information.

Chloe's Final Stretch to Marathon Day

Our Exercise Physiologist Chloe is almost ready to take on her first full marathon in support of the Cancer Council, with race day just around the corner on 7 June.

We'll be sharing Chloe's full story and reflections in next month's newsletter, but for now we wish her the very best of luck as she prepares for the big day - we're cheering her on every step of the way!

She's also so close to reaching \$4,000 in donations! If you'd like to support Chloe and Cancer Council QLD, you can scan the QR code to donate or make a cash donation at our Healthy Connections Clinic. Every contribution, big or small, makes a difference.



Blood Pressure & Your Heart

Did you know your blood pressure can change within minutes of exercise?

That's why our Exercise Physiologists do quick checks before and after your exercise session at our Chermside Clinic. So, what are we looking for?

- **Safety first:** ensuring your body is ready for exercise - especially if you're tired, stressed or not feeling 100%
- **How your heart adapts:** your blood pressure acts like a live feedback loop, showing how efficiently your heart responds and recovers after movement
- **Real progress you can't always feel:** improvements in heart health show up in the numbers before anything else

- **Early warning signs:** high blood pressure (hypertension) often has no symptoms, so these checks help flag anything
- **Smarter, personalised training:** so your exercise is matched to your body, not a one-size-fits-all approach

These simple checks help us keep your exercise safe, effective, and tailored to you every step of the way.



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

Brisbane Tramway Museum

Step back in time with us, where the sights, sounds, and charm of vintage Brisbane come to life. Wander through beautifully restored trams, discover stories from the city's transport history and ride on a classic tram as it glides along the tracks just like it used to.

Thursday 2 July 2026, 9:15am - 12:30pm
Members \$48.00, incl. admission, transport & morning tea



Learn & Connect Pop-Up

Talking all things mobility with Factory Direct Healthcare. From mobility scooters and walkers to lift recliners, wheelchairs and adjustable beds, their team will be on hand to help you discover practical solutions for staying comfortable, confident and independent at home.

Tuesday 23 June, 9-11am

Members Lounge, next to Burnie Brae Reception
60 Kuran Street, Chermside

No bookings required - just drop in for a chat.



Old Time/ New Vogue Dance

A fun, social way to stay active, improve fitness and enjoy great company. No experience needed - all levels are welcome, whether you're a beginner, experienced dancer, coming solo or with a partner.

3rd Sunday of the month,
2pm-5pm

Members \$10 - please bring a plate to share for afternoon tea.

No bookings required - just come along and join in the fun!

Supreme Court Tour

Step behind the scenes and discover the fascinating world of the legal system on this engaging guided tour! Explore a real courtroom (subject to availability) and uncover how trials work, who's who in the courtroom, and what really happens behind the bench.

Thursday 18 June,
9:45am - 2:15pm
Members \$44.00,
incl. transport & lunch



Morning at Samford Lifestyle Centre

Escape to the country for a relaxed day at Samford Lifestyle Centre on our members day trip. A perfect mix of coffee, nature and country charm. Enjoy morning tea at Café Legarto before browsing boutique shops and the nursery, strolling the lake and visiting the friendly farm animals.

Thursday 25 June,
9:15am - 12:30pm

Members \$33.00, incl. transport & morning tea



Book at Burnie Brae Reception or call 3624 2121. Day trips include transport from and returning to Kedron Wavell Services Club. Reminder: You must be independently mobile. Supported outings are available through Club Respite.

Out & About

Seeing Doubles: A funny moment in the office when the only staff onsite were two Dannys (Danny – Care Partner, and Danielle, Service Delivery Coordinator) and two Anishs (Support Workers) – who, fun fact, are both originally from Nepal!



Wills, Estates & Thoughtful Questions: Our recent Learn & Connect Pop-Up with Kate from Kate Redman & Associates sparked some fantastic conversations!



Mother's Day Raffle
Congrats to our winners

1st Prize: Judy
(enjoy your cruise!!)

2nd Prize: Faye

3rd Prize: Francis
(her daughter, Cheryl pictured)



State of Origin spirit
was strong at Healthy Connections Chermide ready for Game One!

Our members brought the energy to their exercise sessions dressed proudly in their team colours.



Customer Feedback

Trip organised with Travel Agent, Sonja

Thanks for helping us to book and organise our trip to Ireland, Scotland and London. Your expertise in finding the right flights for the long haul from Australia to Dublin and home again in these times of international turmoil was invaluable.

Every flight and connection went smoothly and our luggage arrived at our destination at the same time as we did! Premium economy with Singapore Airlines made us priority passengers and made the trip so much more comfortable.

The Insight tour through Ireland and Scotland was great. The guide and trusty driver made the trip enjoyable, comfortable and informative and we were lucky to have a great cohort of fellow travellers from around the world.

We would recommend Burnie Brae Travel Connections and yourself [Travel Agent, Sonja] to our friends and family who might be planning a trip in the future and hope to see you again when it is time to plan our next adventure.



Canadian Rockies & Lake Louise Explorer

Experience the best of western Canada on this spectacular 8-night journey through Vancouver, Jasper, Lake Louise, Banff and Calgary.

Travel in comfort aboard VIA Rail and take in iconic highlights including the Icefields Parkway, gondola rides in Lake Louise and Banff, a cruise on the mountain lakes, and sightseeing tours through breathtaking alpine scenery.

- From \$4,829* per person, twin share
- Offer ends: 31 May 2026
- Valid for travel on selected departures until September 2027

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



Discover Broome WA

Save \$211* per person

Unwind on a 5-night escape to Broome and embrace true "Broome Time" at the beautiful Pinctada Hotel Broome, including a bonus room upgrade and daily drink.

Explore Cable Beach, Gantheaume Point, and Chinatown, enjoy cultural experiences, a scenic cruise, and take in the breathtaking Horizontal Waterfalls on a full-day Kimberley adventure.

- From \$2,429* per person, twin share
- Offer ends: 12 June 2026
- Valid for travel on selected dates (Nov 26 – Mar 27) with seasonal surcharges applicable on some departures

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.



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