

August 2026

Burnie Brae Newsletter



The instrument anyone can learn

When people first walk into Burnie Brae's Ukulele Group, instructor Donna often hears the same thing.

"I've never played an instrument before."

"I'm too old to learn."

"I don't have a musical bone in my body."

The ukulele is one of the easiest instruments to learn. With only four strings and many songs requiring just one, two or three chords, beginners are often amazed at how quickly they're playing recognisable tunes.

"The thing that surprises people most is that they can actually make music with no previous experience," Donna says.

Every new member receives a beginner's pack filled with the basics and easy songs to practise at home. For anyone feeling a little unsure, Donna is always happy to spend extra time before the weekly jam sessions to help build confidence.

"It's all about helping people get started."

More Than Music

"What people really love is meeting new friends and sharing a common interest," Donna says. *"Everyone helps each other."*

The group has built a wonderful sense of community, with members getting together each week to play, laugh and encourage one another. Many also enjoy the regular jam sessions, with some even meeting twice a week to keep the music going.

Playing the ukulele also offers benefits beyond the music. Learning chords, practising different strumming patterns and playing along with others helps

keep the mind active, while improving coordination and exercising memory.

A Passion for Helping Others

Donna's own musical journey began at just two years old, learning the piano before later taking up the guitar. But after arthritis made guitar difficult to play, she discovered the ukulele. Today, she's passionate about helping others discover that same joy.

"I love helping people who might otherwise feel isolated find a new, rewarding skill," she says. *"It doesn't matter how good – or how badly – you play."*

Some of her proudest moments come from watching members achieve things they never thought possible.

"So many people tell me they never imagined they'd learn an instrument later in life," she says. *"Then before long, they're proudly playing for their family or even performing on stage."*

Watching that confidence grow is what Donna loves most.

"I personally love hearing their stories of achievement," she says. *"I've also made many new friends myself."*

Why Not Give It a Go?

Whether your goal is to learn a new skill, keep your brain active, meet new people or simply have a lot of fun, the Burnie Brae Ukulele Group welcomes everyone.

After all, you're never too old to learn your first chord and you might just discover a new passion along the way. Learn more at burniebrae.org.au/ukulele, call **3624 2121** or visit Burnie Brae Reception.

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Community Corner

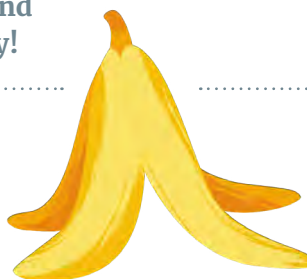
Celebrating the creativity, passions and stories in our Burnie Brae community!

Garden Tip from our Volunteer, Sandy

Before you throw away your banana skins, put them to good use in the garden.

Place your banana skins in a bucket of water with a lid and leave them to soak for a few days. The water becomes a potassium-rich natural fertiliser, perfect for encouraging healthy flowers and fruit. When you're ready to use it, mix 1 part banana water with 2 parts water and feed your plants once a fortnight for a simple, natural garden boost.

Looking for your next leafy addition? Visit our Community Nursery, open: Monday, Tuesday & Wednesday 9am - 1pm. Located at Burnie Brae Centre, 60 Kuran Street, Chermide



Maureen's colourful world of watercolours

A talented watercolour artist, Maureen loves experimenting with all things creative - from painting to exploring new artistic styles. This gorgeous watercolour collage of Redcliffe was created late last year and captures the charm of the area through her artistic eye.



Lights, Camera, Cabaret

The Lord Mayor's Seniors Cabaret celebrates the creativity, talent and stories of Brisbane's seniors. Join a vocal masterclass with Gregory Moore, an accomplished singer and performer, hosted at Burnie Brae.

Wednesday 12 August 2026, 10am - 1pm and 1:30pm - 3:30pm. Burnie Brae Hall, 60 Kuran Street, Chermide

Following the masterclasses, selected performers will have the chance to shine at showcase concerts across Brisbane in September, with finalists performing at the Lord Mayor's Seniors Cabaret Gala at Brisbane City Hall on 25 October.



Stories from our clients

Our Support Workers have the privilege of meeting some truly inspiring and fascinating people, each with their own unique stories to tell. Here are a few special moments shared by our Support Worker, Louise:

- Kent is a former band member with a piece of music history in his hands. Holding a cassette tape from his 1960s band, The Flamingos, Kent shared that the group won a Battle of the Bands competition in Brisbane, earning studio recording time as their prize. How amazing is that piece of nostalgia?
- The World Cup was a highlight in Frank's household, with this big soccer fan loving every moment of the action and excitement!

Every person has a story, a passion or a special memory to share and we'd love to hear yours!

Have a favourite gardening tip, a creative project, or a story from your life? Visit burniebrae.org.au/news and use the form at the bottom of the page to share a photo or story with our community.

Burnie Brae Seniors Expo

Looking for ways to stay active and independent, planning for the future or just interested to see what's available in your community? Spend the morning exploring local exhibitors, enjoying interactive talks and chatting with experts at our Seniors Expo!

Wednesday 9 September 2026, 10am - 1pm. Free entry - no bookings required

A free shuttle service throughout the event will be running between Kedron Wavell Services Club (21 Kittyhawk Drive, Chermide) and our Centre. No bookings required.



Brisbane Motor Museum

Explore a spectacular collection of eye-catching vehicles at the *Coupes, Customs & Convertibles* exhibition. Admire sleek coupes, iconic convertibles built for open-road adventures, and one-of-a-kind custom creations showcasing incredible craftsmanship, creativity and style.

Thursday 13 August 2026, 9:15am - 12:15pm

Members \$52.00, incl. transport, admission & light morning tea



Learn & Connect Free Pop-Up

Looking for New Blinds, Shutters or Curtains? Natalee from Aesthetic Blinds is your local window furnishing specialist with over 10 years' experience helping Brisbane's northside homeowners. Drop by for expert advice, explore products or book a free in-home consultation.

Tuesday 11 August 2026, 9-11am
Members Lounge, next to Burnie Brae Reception



Portraits & Precious Memories

Capture a timeless portrait to cherish and share with professional photographer Marilyn Davies in our welcoming pop-up studio. You'll receive one 8x10" printed portrait, digital copy and presentation folder. Maximum two people per sitting.

Thursday 20 August 2026, 12noon - 2pm (15min timeslots) Book at Reception or call 3624 2121
Burnie Brae Hall, Activity Space | Members \$35



Test & Tag

Take a simple step toward a safer home by having your household electrical items professionally tested. Our qualified electrician can test up to four devices, including power boards, extension leads and small appliances, to ensure they meet current safety standards.

Friday 21 August 2026 from 9am. Burnie Brae Rear Hall
Members \$2.50 per appliance (max 4 items, bookings required)

Blokes & Banter

Sometimes the best mornings are spent chatting, sharing a laugh and hearing a good story. Join Burnie Brae CEO Andrew for a relaxed Men's Chat - from life, family and work to hobbies, memories and everything in between. Share your own stories or simply enjoy listening, come along, meet a few new faces and enjoy some great company.

Thursday 20 August 2026, 10:30am - 11:30am. Burnie Brae Hall, Activity Room. Free for Members - book online burniebrae.org.au/events or call 3624 2121.



Trivia: Battle of the Brains

A fun trivia session designed with seniors in mind - featuring questions tailored to your area. Join a table when you arrive or come along with your friends. Test your knowledge, enjoy a light morning tea, share a few laughs and see if you can win some prizes!

Wednesday 26 August 2026, 10am - 12pm. Arrive at 9:30am for morning tea (tea/coffee & biscuits) in the bar area.
Burnie Brae Hall | Members \$10



Carers Support Group

Looking after someone else? Don't forget to look after yourself, too.

Join our friendly Carers Support Group, where carers come together each month to connect, share experiences, enjoy a cuppa and support one another in a welcoming environment. For our August meetup, we're joined by Kirsty Bryant from Wellways, who'll be speaking about Ambiguous Grief - the often-overlooked grief that can come with caring for a loved one.

First Thursday of every month, from 10am

Burnie Brae Hall (Activity Room), 60 Kuran Street, Chermside

No bookings required - just come along.

Club Respite Adventures

Chris earnt the title of star fisherman - catching THREE fish on our men's outing to Shorncliffe Pier.

But that's not all we've been up to...

- Enjoying musical performances at the Lord Mayor's City Hall
- Getting crafty with our art teacher Petra - Grace and Juliette put the finishing touches on their beautiful craft dolls.
- Admiring sweet creations at the Cake Decorating Art Show
- Singing along to daily live entertainment
- Listening to stories and exploring playdough with our kindy friends
- And wishing Margaret a very happy birthday!

Every day at Club Respite is filled with friendship, laughter and something new to enjoy.

Thinking about joining? Whether you're looking for a fun social day or you're a carer seeking extra support, we'd love to welcome you.

Try Club Respite with a FREE morning tea! Meet the team, chat with participants and experience the program before deciding if it's right for you. Call **3624 2121** or visit **burniebrae.org.au/clubrespite**.

Funding may be available through the Commonwealth Home Support Program and Support at Home. Private clients and brokered referrals (from other aged care providers) are also welcome.



Benefits of exercise after orthopaedic surgery

Written by Lachlan, Accredited Exercise Physiologist

A new hip or knee can open the door to a more active, independent life - but the journey doesn't end when you leave the operating theatre.

Targeted exercise can help strengthen the muscles around the affected joint, improve balance and make everyday activities like walking, gardening, shopping and spending time with family feel easier and more comfortable.

Everyone's recovery journey is different. With the right guidance and a personalised approach, exercise can help you feel stronger, steadier and more confident in your body as you get back to doing what you love.

Our Exercise Physiologists and Physiotherapists at Healthy Connections can help create a safe and effective plan to support your recovery, improve your wellbeing and help you move forward with confidence.

Remember when Mum would say, "Take your sister with you!"?

Meet our very own sister squads - the Mitchell sisters and the Heindorff sisters! With support from our Exercise Physiologists at our Chermside clinic, they're building strength and keeping each other motivated. And let's be honest... a little friendly sibling rivalry is sometimes exactly the motivation you need!



How many 98-year-olds do you know who can lift 20kg?

Meet Stephen, one of our Healthy Connections members, demonstrating a 20kg rack pull on the Smith Machine - supervised and supported by our Exercise Physiologist, Lauren. The rack pull is a fantastic functional exercise that helps build strength for everyday activities like lifting, carrying and maintaining independence.



Congratulations to Rick (Acting Head of Allied Health) and Ashish (Support Worker), who both recently completed the Gold Coast Marathon - a massive 42.2km!



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

Centre News

Scam Alert: Stay One Step Ahead

Scammers are increasingly impersonating trusted organisations and businesses to trick people into sharing personal or financial information. Unfortunately, we've also received a report of someone pretending to be a Burnie Brae staff member over the phone.

If you receive an unexpected call claiming to be from Burnie Brae, don't feel pressured to provide personal information. If you're ever unsure, hang up and call us directly on (07) 3624 2121 to verify the call.

Remember:

- Be cautious of unexpected calls.
- Never share your banking, Medicare, Centrelink or personal details unless you're certain who you're speaking with.
- Trust your instincts - if something doesn't feel right, it probably isn't.
- Let us know if you receive a suspicious call claiming to be from Burnie Brae.

To help our community stay safe, we're also running free Cyber Security Information Sessions at the Burnie Brae Centre. Learn how to spot common scams, protect your personal information, recognise red flags and feel more confident navigating today's digital world. Book your spot at burniebrae.org.au/events, call **3624 2121** or visit Reception.



Care Partners

Meet the team behind the calls, care and coordination of our Support at Home services - our Care Partners!

They're the coordinators, problem-solvers, advocates and friendly voices helping our clients navigate services, stay independent, achieve their goals and live well at home.

Say hello to (pictured left to right): Donna - Manager, Vivian, Alice, Amanda, Karen, Maree, Lauren and Danny.

Plus welcome our newest team member, Eliza!

Together, they're helping older Australians stay connected, confident and independent at home every day.



Aged Care Employee Day

On **Friday 7 August**, we're celebrating **Aged Care Employee Day** and the amazing people who care for our community every day.

If you see one of our wonderful support workers, nurses, allied health professionals or care team members, take a moment to say thank you. A kind word or smile can mean the world! We're so grateful for the compassion, dedication and care they bring to the lives of our community every single day.

Your Voice, Our Focus

A message from Annie and Amanda,
our Quality Team.

Your feedback helps us improve the services we provide every day. Here's what you told us in the last quarter.

We're pleased to hear you value:

- The professionalism, kindness and conduct of our staff, especially our Support Workers.
- The high standard of work provided by our Associated Providers (contractors).
- The skills, knowledge and training of our team.

You've told us we need to focus on:

- Service delivery – improving the reliability and consistency of Support Workers attending scheduled services.
- Support at Home statements – making statements easier to understand and ensuring charges are accurate.
- Communication – making it easier to contact us, particularly by phone, and improving consultation about your services.

We're actively working to:

- Improve the clarity and accuracy of Support at Home statements.
- Strengthen clinical care, particularly for clients with catheter care needs.
- Enhance the safety and quality of care across all our services.
- Increase the consistency and reliability of our in-home support services.

Thank you for taking the time to share your experiences. Every piece of feedback helps us deliver better care and support for our community.

We always welcome your feedback. You can share your thoughts through our website burniebrae.org.au/feedback, by calling **3624 2121**, or in person at the Burnie Brae Centre, **60 Kuran Street, Chermside**.



Welcome

We're delighted to welcome Carol as our new Head of Strategy, Growth & Engagement.

Carol is a registered nurse with more than 30 years of experience across health care, palliative care, aged care, research and executive leadership.

We're excited to have Carol as part of the Burnie Brae team and look forward to the experience, ideas and leadership she'll bring as we continue to grow and support our community.



Project Pantry Donation Wishlist

Help us keep our pantry shelves stocked for local people doing it tough. We're currently in need of:

- Breakfast cereals (Weet-Bix, Corn Flakes, oats)
- 1kg bags of rice
- Simmer sauces (any variety)
- Soap, deodorant, shampoo and conditioner
- Muesli bars
- Tinned fruit or fruit cups

All in-date, non-perishable donations are gratefully accepted and make a real difference to our community. Cash donations are also welcome.

Donation drop-off:

Burnie Brae Reception - 60 Kuran Street, Chermside

Need a helping hand?

For just \$5, eligible Pensioner, Seniors, Health Care and Concession Card holders can access a monthly grocery hamper filled with pantry essentials.

To learn more, visit burniebrae.org.au/projectpantry or call **3624 2121**.

Public Holiday Closure

Reminder that Burnie Brae will be closed for the Brisbane Ekka Show Holiday on Wednesday 12 August. If you have any questions about your services, please call our friendly team on **3624 2121**.

Travel Deals



OPEN TO
THE PUBLIC



Burnie Brae MemberPlus Members receive a \$50 travel voucher and 10% off travel insurance! Join/renew for \$25/year at burniebrae.org.au/membership or at Reception.

Europe & the Northern Lights

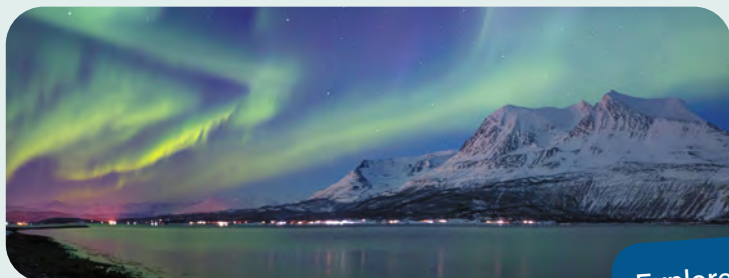
Experience the magic of Europe, the beauty of Norway and the elegance of Cunard on an unforgettable 28-night journey aboard Queen Victoria, Queen Anne and Queen Mary 2.

This once-in-a-lifetime adventure combines iconic cities, breathtaking fjords and the chance to witness the spectacular Northern Lights from the Arctic Circle.

Your journey includes flights, transfers, a four-star London hotel stay, three full-board Cunard cruises and unforgettable destinations including Lisbon, Tromsø and Norway's dramatic fjords.

From \$8,999 per person – save up to \$3,716 per couple*.

Departing 17 October 2027



Travel Update: Heading to Europe in 2026 or beyond?

The European Travel Information and Authorisation System (ETIAS) will soon be required for eligible visa-exempt travellers - including Australian passport holders - travelling to 30 European countries.

- It's a simple online application you'll complete before you travel.
- It covers short stays of up to 90 days within a 180-day period.
- Applications are NOT open yet. ETIAS is expected to launch in the last quarter of 2026, with the official start date to be announced in advance.
- If you've already booked a European adventure or are dreaming about one, don't worry - we'll keep you updated as more information becomes available.

For the latest ETIAS updates, visit the official website: **travel-europe.europa.eu/etias**

Before any overseas trip, we also recommend checking Smartraveller for the latest travel advice, entry requirements and safety updates: **smartraveller.gov.au**

Explore travel deals
travelconnections.org.au

We take care of everything to make it effortless – holiday packages, cruises, flights, accommodation, travel insurance and more so your entire trip is stress-free.

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

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

