

October 2026

Burnie Brae Newsletter



Postcards from Paul Turkey & Croatia

Burnie Brae Travel Connections Manager, Paul recently swapped Brisbane for the bright lights, historic streets and beautiful coastlines of Turkey and Croatia, travelling through some incredible destinations along the way.

His adventure began in Istanbul, after twenty hours in the air with Turkish Airlines. Following a quick hotel refresh, it was straight out to explore. Paul wandered through the Grand Bazaar and Egyptian Spice Market before enjoying a local dinner and taking in views of the Blue Mosque and Hagia Sophia from the hotel rooftop.

From Istanbul, the journey continued to Šibenik, where Paul joined his cruise and explored the historic old town, including the impressive St James Cathedral.

Then came Hvar, with beautiful scenery along the way. Paul visited Jelsa, Vrboska and Stari Grad, passing lavender fields, vineyards and olive groves. A traditional peka lunch and local wine at a family konoba was a highlight before exploring Hvar Town, the historic theatre and St Stephen's Square. The climb to the Spanish Fortress was well worth it for the views.

On Vis, Paul hired a car and set off from Port Vis to Komiža. The bright canary-yellow hire car certainly made it hard to miss! A visit to Jastozera for lunch added another memorable stop, with the restaurant also featuring in Mamma Mia.

From there, the journey continued through Korčula, Mljet and Slano. Korčula was beautiful by night, while Mljet offered lush forests, saltwater

lakes and a boat trip to St Mary's islet and its 12th-century Benedictine monastery. In Slano, Paul enjoyed dinner with live Klapa music before a late-night stroll through the fishing village.

The final stop was Dubrovnik, with a swim around the Elaphite Islands before exploring the UNESCO-listed Old Town. From the Stradun to Rector's Palace and the Franciscan Monastery, there was plenty to discover. A sunset cruise provided the perfect way to finish the trip.

With temperatures reaching 33°C, Dubrovnik certainly turned up the heat. Then, after an early 5.30am departure, it was time to begin the long journey home via Istanbul, Kuala Lumpur, Sydney and finally Brisbane.

As Paul puts it:

"The travel industry doesn't make you rich but makes your life richer for seeing the world."

A pretty good reason to keep travelling.

Paul is already busy planning ideas for an escorted trip next year, inspired by some of the highlights from this adventure... stay tuned for details!



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Community Corner

Pamela's Midwifery Memories

Seven days in hospital after having a baby... imagine that today!

When our Support Worker Louise chatted with Pamela, a Burnie Brae care client, she discovered she had quite a story to tell.

Pamela spent 35 years as a midwife at the Royal Brisbane and Women's Hospital, witnessing huge changes in maternity care. Back when Pamela started, new mums would often stay in hospital for a whole seven days after giving birth. Today? Some are home within hours! And while so much has changed, Pamela's memories and friendships have stuck around. She still catches up with her former midwifery colleagues every three months, 35 years later.

We love the stories that come from a simple conversation and the opportunity to care for those who cared for others.



Learn & Connect Pop-Ups

Connect with local organisations, ask questions and pick up practical tips and advice.

Courtyard Creations, Outdoor Spaces

Thinking about creating a beautiful outdoor space that works for you? Meet Kim and Sue from Courtyard Creations for practical landscaping advice and a free on-site consultation.

Tuesday 6 October, 9-11am.

Guardian Plan, Planning Ahead

Thinking about planning ahead and want a little extra guidance? Meet the Guardian Plan team to learn more about planning your funeral in advance, explore your options and ask questions in a relaxed, no-pressure setting.

Tuesday 10 November, 9-11am.

Members Lounge, next to Burnie Brae Reception, 60 Kuran St, Chermide. Bookings not required, just pop by! Everyone is welcome.

Burnie Brae Christmas Market

Discover unique gifts, delicious treats and plenty of festive cheer!

The Burnie Brae Christmas Market is back! Join us for a festive morning at our Chermide Centre, with artisan stalls, delicious food and plenty of Christmas cheer.

Whether you're hunting for a special gift, looking for stocking stuffers, catching up with friends or simply enjoying a coffee and a browse, there's plenty to discover.

Saturday 21 November
8am-12noon | Free entry
Burnie Brae Hall
60 Kuran St, Chermide



Tech Tip: Search Google Using Your Voice

Typing on a small phone screen isn't always easy, but did you know you can search Google without typing a single word?

Simply tap the microphone icon on the Google search bar and ask your question out loud. Speak clearly, and Google will convert your voice into a search, making it quicker and easier to find the information you're looking for. Thanks to Sandy, our volunteer Tech Tutor, for this handy tip!

Want to build your confidence with technology?

Our friendly Technology Lessons are designed to help you feel more confident using your phone, tablet or laptop, so you can stay connected, independent and in control.

Lessons are held during the week in our Burnie Brae Hall, Activity Room at 60 Kuran Street, Chermide. Cost: Members: \$5 per lesson and MemberPlus members receive one free lesson. To book a lesson, call **3624 2121** or visit Burnie Brae Reception.



Who's up for a board game?

We'll have Chess and Trivial Pursuit waiting, or bring along your favourite game from home and teach us how it's done.

2nd & 4th Monday of the month (starts 12 Oct), 1pm-3:30pm
Members \$5 | Tea & biscuits available
Activity Room (Burnie Brae Hall)





Osprey House Environmental Centre | Day Trip

Love beautiful scenery, wildlife and getting out and about? We'll start with morning tea at Rocks Café before heading to Osprey House for a guided walk, where you'll discover more about the local wildlife and environment. Watch amazing osprey footage and have time to explore and enjoy the views.

Thursday 12 November 2026, 9am-1:30pm

Members \$39 per person, incl. transport, morning tea and guided walk.

Trivia: Battle of the Brains

Ready to prove you're the smartest cookie in the room? Put your brain to the ultimate test with a mix of general trivia, random facts and fun Christmas questions!

Expect big laughs, wild guesses, plenty of "I KNEW THAT!" moments and possibly some very questionable team strategies. Fun prizes are up for grabs! Coming solo? We'll find you a team. Bringing your mates? Join a table of up to 6!

Wednesday 11 November 2026, 10am-12pm

Arrive from 9:30am for morning tea, members \$10



Retail Therapy Day

Love a good bargain? Join us for a relaxed day of op shopping at Vinnies Virginia and Be Uplifted in Boondall! Browse, hunt for treasures and see what you can find before heading back to Kedron Wavell for lunch and a chat.

Thursday 29 October 2026, 10am-12:30pm

Members \$38 per person, including transport and lunch.

Blokes & Banter

Rockstar days, life-threatening spider bites and saving lives as a firefighter... our Men's Chats have already uncovered some seriously good stories! What will come up next? There's only one way to find out. Pull up a chair, grab a cuppa and join the conversation.

Burnie Brae CEO Andrew hosts a relaxed monthly catch-up where men can swap stories, share experiences, talk about the things they enjoy and have a good yarn.

3rd Thursday of the month, 10:30am-11:30am

Burnie Brae Centre

Free for members



Women's Friendship Group

Making new friends isn't always easy - especially when life changes and your usual social circles change too. This is a relaxed place to meet other women, have a chat and enjoy some good company. Come along for board games, crafty fun, coffee and plenty of laughs.

2nd & 4th Thursday of the month, 9:30am-11am

**Burnie Brae Centre
Free for members**



Centre events & activities are held in our hall at 60 Kuran St, Chermide. For event and trip bookings, call 3624 2121 or visit Burnie Brae Reception. Trips depart and return to Kedron Wavell Services Club. We are unable to accommodate mobility aids on our trips. Please enquire about Supported Outings with Club Respite.



Let's Go Shopping

Valmae is a regular on our Shopper Bus, with Kim behind the wheel and Ross on hand to help. They pick Valmae up from her front door, collect the other shoppers along the way, then give everyone time to wander the shopping centre (Westfield Chermshire or Aspley Hypermarket), grab the groceries, gifts or other items.

Once the shopping is done, our Burnie Brae Team, including Kim and Ross are there to lend a hand, helping with the bags and carrying everything right to the door. It's about so much more than getting the groceries home – it's about getting out and about, having a chat, enjoying good company and staying independent.

Funding is available through **Support at Home** and **Commonwealth Home Support Program (CHSP)** or pay privately. Contact us on **3624 2121** for more information.

Club Respite Adventures

Our Club Respite crew has been out and about! We stepped back in time at the Steam Engine Museum in Old Petrie Town, checked out the Doll & Bear Show, went op-shop hunting and visited The Mill Parklands. Back at our Chermshire Centre, there's been just as much happening – soaking up the sunshine and dancing in Burnie Brae Park, playing instruments, enjoying live music, getting stuck into the garden and creating all kinds of spring-inspired craft.

Join us this month for a scenic drive to the Redlands and Limestone Park, Comedy Wildlife Exhibition and to New Farm Park to see Brisbane's Giant Pink Rubber Duck.

Our Support Workers are there if you need a little extra support and, if you don't, simply come along and enjoy the day with good company.

Outings can be funded through Support at Home or the Commonwealth Home Support Program or paid privately.

See what Club Respite is all about – book a **FREE** morning tea trial and meet the team, explore the centre and experience our activities. Call **3624 2121** or enquire at **burniebrae.org.au/clubrespite**



Exercise Isn't Always Exciting

As women, we spend a lot of time looking after everyone and everything else. Exercise can easily slip down the list when there are a million other things competing for our attention.

But Lauren, our Accredited Exercise Physiologist, knows that exercise is about much more than getting fit. It can help us feel stronger, more capable and better equipped to handle the stresses of everyday life.

The trick? Make it easier to get started. Put your workout clothes out the night before. Exercise first thing if that works for you. And sometimes, you just have to stop negotiating with yourself and get moving!

The more often you keep that promise to yourself, the easier it becomes. Before long, exercise can become part of your routine rather than another thing on the to-do list.

Because while you might not always feel like exercising, you'll usually feel pretty good afterwards.



World Physiotherapy Day

Helping you keep doing the things that make life yours. That's what physiotherapy is really about. This World Physiotherapy Day, we celebrated our wonderful physios. Dimitry, Riley, Priyanka, Lauren, Emily, Erin and Paul.

From individualised support in our Chermide clinic and at your own home, to hydrotherapy sessions, our team is here to help you build strength, improve balance, manage pain and keep doing what you love.

Because the goal isn't just to move better. It's to keep living life your way.

Hydrotherapy

Discover the healing benefits of hydrotherapy to help relieve pain, recover from surgery or boost your fitness level. Our sessions are tailored to meet your health and recovery needs with our Physiotherapists and/or Exercise Physiologists working with you to develop a personalised treatment plan.

Individual and small group hydrotherapy sessions are now available in Fitzgibbon (group only), Caboolture and Burpengary, with funded and private options available.

From post-surgery recovery and pain management to fitness, mobility and confidence, the warmth, buoyancy and resistance of water create a supportive environment for gentle yet effective exercise.

Good Times & Good Company

Things got very cosy at our Chermide Clinic as our members and Exercise Physiologists swapped activewear for PJs!



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

News & Updates



Your Voice Can Make a Difference

You know what good care looks like. Now you can help shape it. We're looking for a Burnie Brae client receiving funded care services to join our Quality Care Committee. Share your experiences, ideas and what matters to you, and help influence the quality and safety of our care. The committee meets just four times a year. A police check is required, and Burnie Brae covers the cost.

Could this be you? If you'd like to help make things better for yourself and others, we'd love to hear from you. Visit burniebrae.org.au/carecommittee or email quality@burniebrae.org.au.

Welcome Emma

We're excited to welcome Emma as our new Clinical Care Partner in our Support at Home Team. A Registered Nurse, Emma brings experience across stroke, palliative care, rehabilitation, medical and transition units, with a strong focus on older people.

Emma enjoys a good cuppa, a chat and finding practical ways to make life a little easier - helping clients develop care plans and navigate their services.



A Marathon with a Meaningful Purpose

This wasn't just another marathon for our Support Worker, Ashish. He ran 42.2 km at the Sydney Marathon, dedicating his run to honouring those who lost their lives in his home country of Nepal following the devastating floods.

Congratulations, Ashish, on an incredible achievement and a truly meaningful run.



Project Pantry: Can You Help?

Got a few extras hiding in the back of the pantry? This month, we'd love your help filling ours! For November, we're on the hunt for: soup, tuna, salmon or sardines, tea, simmer or pasta sauces, tinned vegetables - peas, corn, carrots and green beans or any other non-perishable pantry items.

These everyday staples go into our monthly Project Pantry grocery hampers, helping eligible community members (those with a pension, concession, seniors or health care card) to stretch their grocery budget a little further. Please drop any in-date donations to Reception, 60 Kuran St, Chermiside. To learn more and apply for our program, call **3624 2121** or visit burniebrae.org.au/projectpantry





It's a Busy Little Number

Our phones can get quite busy, particularly at certain times of the day. While our team will always do their best to answer your call, there may be a short wait before someone is available.

If you can't wait, please leave us a message with your name, phone number and a brief reason for your call. Our team will return your call as soon as they can. We know waiting to hear back can be frustrating, so we appreciate your patience. Every message is important to us and we'll make sure your call gets to the right person.

Support at Home: Change to Personal Care Funding

The Australian Government has changed how Personal Care is funded under Support at Home (SAH). From 1 October 2026, eligible clients no longer pay a contribution for approved Personal Care. Instead, the full cost is now paid from your SAH budget.

Burnie Brae clients affected by the change have already been advised. If you have questions, chat with your Care Partner.

Please note: This change only applies to Support at Home, not the Commonwealth Home Support Program (CHSP).



Did you hear the news about CHSP?

Commonwealth Home Support Program (CHSP)

There had been plans for CHSP to transition to the new Support at Home program sooner. That meant more changes for CHSP clients to get their heads around.

Now, that transition has been pushed back.

For you, this means more time and certainty around the support you already receive. You can continue accessing your CHSP-funded services under the current program while the wider aged care changes continue to roll out.

What is CHSP funding?

CHSP helps older Australians get some extra support to stay independent, active and connected, without needing a high level of care.

At Burnie Brae, CHSP funding can help eligible clients access services including allied health, social support, transport, personal care, respite and other services to support you to live independently at home and in your community.

Did you know: CHSP Social Support funding may help reduce the cost of some activities at our Chermide Centre! Eligible instructor-led activities only - enquire for more information - call **3624 2121**.



Public Holiday Closure

Reminder that Burnie Brae will be closed on **Monday 5 October 2026** for the Queensland King's Birthday public holiday. If you have any questions about your services, please contact us on **3624 2121**.

Navigating Aged Care

Come along to our free information session to learn about what funded support is available through My Aged Care and how to access care services that can help you live independently at home and in the community.

Hosted by Donna Weis, Burnie Brae Care Services Team. Our experienced and friendly team will be available to answer questions and provide guidance after the session.

Wednesday 21 October or 25 November 2026, 9:45–10:45am. Burnie Brae Hall - 60 Kuran St, Chermide

Book online at burniebrae.org.au/careinfo, visit Reception or call **3624 2121**.



Travel Deals

OPEN TO
THE PUBLIC

Coral Coast and Pilbara Explorer

Ready for an outback adventure? Explore the spectacular Coral Coast and Pilbara on this 8-night road trip through some of Western Australia's most impressive landscapes.

From the turquoise waters of Exmouth and Onslow to the ancient gorges of Karijini National Park, there's plenty to discover. The package includes a full-day Ningaloo Reef snorkel adventure, accommodation in Exmouth, Onslow and Karijini, plus 10 days' car hire so you can explore at your own pace.

From \$2,929* per person, twin share

Offer ends 30 November 2026

Valid for travel 1-30 November 2026.



Explore travel deals
travelconnections.org.au

Ready to start planning?

Paul and Sonja at Travel Connections can help create a holiday tailored to you. Travel Connections is open to everyone, whether you're a Burnie Brae member or not.

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

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


**Travel
Connections**

a member of
**helloworld
TRAVEL**

Majestic Rockies

From vibrant Vancouver to the spectacular Canadian Rockies, this 11-day journey takes you through soaring mountain landscapes, glacier-fed lakes and some of Canada's most iconic sights.

Ride the Ice Explorer onto the Athabasca Glacier, cruise across Maligne Lake to Spirit Island, visit beautiful Lake Louise and take the Banff Gondola to the summit of Sulphur Mountain.

You'll also enjoy stays in Vancouver, Whistler, Sun Peaks, Jasper and Banff, with a choice of excursion in Victoria.

From \$7,279* per person, twin share

Offer ends 30 October 2026

Valid for travel 9-19 May 2027.

Other departures available.

