

February 2026

# Burnie Brae Newsletter

## Letting Go & Receiving Help

Written by Merv (Burnie Brae Support at Home Client)

Anyone who remembers landline telephones, outback toilets, or receiving written letters would probably belong to the same generation as my wife and me - the Baby Boomers. We grew up with the philosophy of not complaining, working hard and doing things for ourselves.

I personally experienced difficulties letting go and accepting help with daily tasks. I hope that by sharing my experience, other Burnie Brae clients - particularly men - may feel less reluctant to seek and accept support.

I was a tradesperson for all my working life in physically demanding roles, which eventually took a toll on my body. In 2015, I was forced into retirement due to back pain and other ailments. Letting go of a daily work routine was difficult and, to an extent, depressing.

In 2017, years of hard work caught up with me. Severe back pain, joint pain and age-related changes made everyday tasks difficult. After multiple falls, I was assessed for a Home Care Package [now Support at Home]. My true "letting go" moment came when I had to accept help with showering and dressing - tasks I had managed independently all my life.



As time passed, more "letting go" moments followed: adjusting to a walking stick, then a walker, and eventually a wheelchair and mobility scooter. A diagnosis of type 2 diabetes and a stroke in 2023 added further challenges.

Burnie Brae Home Care was there every step of the way, providing assistance and equipment when needed. Letting go is hard and no doubt many other Burnie Brae clients have had similar experiences. By accepting help from Burnie Brae Care Workers, I have received a wonderful gift - the gift of time to spend with my wife in our own home.

### Take the first step

If you or someone you care for is considering aged care support, come along to our free *Understanding Aged Care* information session on Wednesday 25 February, 9:45am – 10:45am at Burnie Brae. Learn what care is available, the different funding types and how the process works. Book your spot [burniebrae.org.au/agedcareinfo](http://burniebrae.org.au/agedcareinfo) or get in touch.



**Burnie Brae**  
community, connection, care

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[enquiries@burniebrae.org.au](mailto:enquiries@burniebrae.org.au)

[burniebrae.org.au](http://burniebrae.org.au)

North Brisbane & Moreton Bay | Chermside Community Centre 60 Kuran Street, Chermside



# New Care Partners

We're excited to welcome Maree and Danny to our Support at Home team!

**Maree** Maree brings nearly ten years of experience in aged care across high-care dementia support and community services. Passionate about helping older adults maintain independence, she loves building personalised connections and working closely with families. Outside work, she enjoys family time, walking her dogs, karaoke, and balancing beach days with camping trips.

**Danny** Danny has been with Burnie Brae for almost five years as a Support Worker and recently moved into his new role as a Care Partner. Inspired by caring for a family member, he's dedicated to providing compassionate, quality support that helps clients live with dignity and comfort. Outside of work, he enjoys travelling, hitting the gym, family time, and walks with his chocolate Labrador.

**Join us in giving Maree and Danny a warm Burnie Brae welcome!**



## We're Hiring

Our Care Services are growing, and we're looking for passionate people to join us! Current opportunities include Care Coordination Manager, Qualified Support Workers, Domestic Care Assistant, and Community Transport Driver.

Learn about these roles at [burniebrae.org.au/withus](http://burniebrae.org.au/withus)

Join us for a special remembrance gathering - a time to pause, reflect and honour the staff, volunteers, members and clients we've sadly lost. Led by our Head of Care and Member Services, Aynsley Johnson (registered celebrant), the service will offer space for reflection, followed by light refreshments.

During the gathering, you're invited to lay a flower in memory. We'll have single-stem blooms available, or you're welcome to bring your own - natural and unwrapped, please. All Burnie Brae staff, volunteers, clients and members are warmly welcome.

**Thursday 26 February, 2pm - 3pm**

**Burnie Brae Gardens, next to the Centre - 60 Kuran St, Chermside**  
**RSVP: [burniebrae.org.au/rememberance](http://burniebrae.org.au/rememberance) or visit Burnie Brae Members Reception.**

BURNIE BRAE

**Together  
We Remember**





## A little help goes a long way!

Our Project Pantry supports people with an Aged Pension, Veterans Pension, Healthcare Card or Disability Card – helping stretch budgets while keeping essentials on the table.

You can donate in-date, non-perishable items like jarred simmer sauces, baked beans, tinned spaghetti, tinned fruit, fruit cups or muesli bars to Burnie Brae Reception. Cash donations are welcome too – just \$5 makes a difference!

Need a hand yourself, or know someone who does? Chat with our Reception team or visit [burniebrae.org.au/projectpantry](http://burniebrae.org.au/projectpantry) to find out more.

**HAVE  
YOUR  
SAY**

## Support at Home – Update

There's good news for people waiting on Support at Home (SAH) funding. At the end of 2025, 40,000 new SAH places were released, and the government has committed to releasing a further 43,000 places in the first half of 2026.

If you're currently waiting for your Support at Home funding, now is a good time to check in with My Aged Care (MAC) to see where your allocation is up to. Sometimes places are approved but waiting to be accepted or activated, and a quick follow-up can help move things along.

You can contact My Aged Care directly to:

- Check the status of your Support at Home funding
- Confirm your details are up to date
- Ask if your funding has been approved or is about to be released

If you'd like support navigating the process or understanding what your funding means for you, the Burnie Brae team is here to help.

## Intergenerational Crafts

**Love getting creative and connecting with kids?  
This one's for you!**

We're launching a monthly intergenerational craft group with Little Wishes Chermside, bringing together creativity, colour and connection across generations. Our very first project will be pom pom making, creating bright, cheerful decorations for the childcare centre.

Spaces are limited, so if you'd like to be part of this feel-good group, express your interest at Burnie Brae Reception or email [reception@burniebrae.org.au](mailto:reception@burniebrae.org.au).



### Have Your Say at Burnie Brae

We're looking for clients, members, and representatives to join our 2026 Consumer Advisory Committee. This is your chance to share your voice, provide feedback and help shape the services that matter most to our community.

If you're interested, please contact our Head of Care and Member Services, Aynsley Johnson at [aynsleyj@burniebrae.org.au](mailto:aynsleyj@burniebrae.org.au) or grab an info pack from Members Reception.

# Don't Wait for the Beep

Smoke alarms save lives, and new Queensland safety laws mean every home must have interconnected photoelectric smoke alarms by 1 January 2027.

Through the Home Assist Secure (HAS) Smoke Alarm Installation Program, eligible homeowners (pension card holders, aged 60+) can access a \$250 subsidy, plus up to \$500 from their annual HAS allowance, to help cover the cost of professional installation.

Don't leave it until the last minute – this offer ends 30 June 2026. Call Burnie Brae on 3624 2121 to check your eligibility and get started.



1



2

## Club Respite

This month, get out and about on our supported outings!

Explore the rainforest at Walkabout Creek, escape the city on a scenic coastal drive, enjoy fish and chips at Sandgate Beach and take a relaxing City Cat cruise.

Back at the Club Respite Centre, there's plenty to enjoy. Celebrate Chinese New Year with crafts, tasty treats and festive fun. Get creative and social with our Craft Group and Vinyl Club, plus enjoy live music performances by Catriona (Jazz), Able2Rock and more.

Looking for a fun, social and supportive space for your yourself or a loved one? Get in touch at 3624 2121.

### 1 Celebrating Our Little Graduates

We recently joined the Kindergarten Graduation to celebrate all our young friends we have gotten to know through our Intergenerational Program

### 2 A Giant Pumpkin Dilemma

Our Respite Manager, Nick, has grown a GIANT pumpkin in the Respite gardens and it's officially ready for harvest! Now comes the big question... what do we do with all that pumpkin?

We need your best ideas and favourite pumpkin recipes! Send them through to [respite@burniebrae.org.au](mailto:respite@burniebrae.org.au) or drop them off at Burnie Brae Reception.

## Welcome to the Team

Our in-house allied health team continues to grow... say hello to:

**1 Nicola, Occupational Therapist**

**2 Dimitri, Physiotherapist**

**3 Rylea, Allied Health Assistant** - a familiar face you might remember from her time as our receptionist! She is currently studying her Bachelor of Occupational Therapy.

**4 Colin, Remedial Massage Therapist**

They each bring a wealth of skills, energy and care to our team, working together to support your health and wellbeing.



## Getting Back into Movement After the Holidays

Written by Chloe, Exercise Physiologist at Healthy Connections

We all look forward to the holidays - a time to relax, indulge and take a break from our usual routines. But once the celebrations wind down, it's common to feel a little out of rhythm or unmotivated. That "fitness hangover" is normal, and it's okay to ease back slowly.

Start small. Even a short walk, a few stretches, or a simple strength exercise each day can build confidence and momentum. Celebrate these little wins - they make it easier to stay consistent and feel good along the way.

Accountability helps, too. Exercising with someone or in a supportive group can keep you on track, make movement more enjoyable and provide guidance if adjustments are

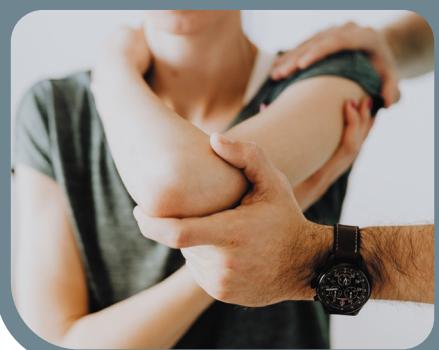
needed. Focus on progress, not perfection, and give yourself the kindness to start again, one step at a time.

Need a little extra support to get moving? Join a Healthy Connections session and ease back into exercise with guidance, encouragement and friendly faces.



## Support for Everyday Living

We're excited to offer personalised Occupational Therapy to help you live safely, confidently and independently. Receive personalised strategies, exercises and home adaptations to make everyday tasks easier and keep doing the things you love. Find out more at Healthy Connections or call us today!



Live healthier with support from Healthy Connections!

Call 3624 2185 or visit [healthyconnections.org.au](http://healthyconnections.org.au)

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

# Activity Updates

## Functional Fitness

New session time added due to demand! This fun and effective class is led by a qualified instructor and is designed to help you build strength, improve overall fitness and move with more confidence. Thursdays 7am - 8am & 8am - 9am | \$10/session

## Craft & Chat

a relaxed, social session where creativity and conversation go hand in hand. Whether you love knitting, crochet, paper craft, embroidery or simply want a cosy space to work on your latest project. Tuesdays 9:30am-12pm | \$5/session

## Clogging

Join this lively, energetic dance similar to tap, where dancers use special shoes to create rhythmic beats with their feet. It's fun, social and a great way to get moving! Designed for absolute beginners – no experience needed and bring comfy shoes for your first class. Our 4-week Foundations Course starts 2 February or 2 March – held on Mondays at 6pm | \$10/class.

## Card Games

Friendly rivalry and sneaky wins are back! Please note: time changes for Canasta and Cards 500.

### Cards 500:

Tues 9am - 12pm  
Fri 12pm - 3:30pm

### Canasta:

Tues & Wed  
12:15pm - 3:30pm  
Fri 10am - 2pm

### Carrom:

Thurs 9am - 12pm

### Euchre:

Thurs 12:30pm - 3:30pm

Never played before? Our friendly members can show you the ropes! Card games are just \$5.

Try something new, have a laugh and make some new friends.



## St. Patricks Day Celebration

Expect big laughs, great music and plenty of Irish spirit with comedy legends Rob Rosenlund (Wickety Wak) and Dave Mitchell (Outtawak) at Redcliffe Entertainment Centre. Sing along to Irish favourites alongside modern classics at this high-energy, feel-good show.

**Tuesday 17 March 2026, 10am - 1:30pm**

**Members \$63 incl. bus transport & show ticket**

**Book at Burnie Brae Reception or call 3624 2121.**



Activities are held at our Chermside Community Centre at 60 Kuran St, Chermside. No booking are required, just come along and pay on entry.

# Out & About

**Iconic Aussie send-off for our lovely Lily** – who recently headed home to America! We're going to miss her (and her amazing coffees) so much. Next time you visit Café

Connect at our Chermside Centre, say hello to our newbie, Lucy! We are open weekdays 7:30am – 2:30pm for breakfast, lunch or a quick bite.



**Centre Tours** – If you've just joined us or have been a member for a while but aren't sure what's on offer - this free tour is for you! Join us for a relaxed, guided walk-through of our spaces and services. Book at [burniebrae.org.au/centretour](http://burniebrae.org.au/centretour) or at Reception.

**Brighten your home and support the community!**  
Our nursery is full of leafy plants and vibrant greenery, with every purchase helping fund Burnie Brae programs. Visit us at the carpark entrance at 60 Kuran Street, Chermside – open Monday 9:30am-1pm, Tuesday & Wednesday 9am-1pm.



**Feeling Good, Staying Active** – Consistency is looking GOOD on our Healthy Connections Members.

*"I am working on improving my strength and mobility with EP Chloe. I enjoy coming here to socialise as well - it gets me out of the house and moving and it feels so good!"*

## Test & Tag

Ensure your home is safe, especially during storm season. Our qualified electrician can check up to four household electrical items, like power boards, extension leads and small appliances - to make sure they meet current safety standards.

**Friday 20 February 2026, From 9am**  
**Burnie Brae Rear Hall - 60 Kuran St, Chermside**  
**Members \$2.50 per appliance (max 4 items)**  
**Book at Reception or call 3624 2121.**



# Ready for the Adventure of a Lifetime?

Imagine sipping tea in a cosy English village, wandering through Scotland's majestic castles or driving Ireland's famous Ring of Kerry. Sounds like a dream? It doesn't have to be!

Join our free Collette Travel Presentation with Paul, our Travel Connections Manager, and discover everything about our 14-day escorted group trip (27 Sept – 11 Oct 2026).

Solo or with a friend, you'll explore iconic sights, breathtaking landscapes, and hidden gems across Britain & Ireland - guided every step of the way by Paul.

## Highlights

- Ireland's Ring of Kerry - breathtaking views at every turn
- York's medieval streets & Bath's Roman ruins
- The royal flair of Edinburgh & London
- Picture-perfect countryside that feels straight out of a postcard

Early Bird Special: Save \$500 if you book by 28 March 2026

From \$11,799pp twin share | \$14,099pp single (includes return Brisbane flights\*)

\*Terms & conditions apply



## Free Travel Presentation

Paul knows these destinations inside out - come along, get inspired and ask him any questions you may have.

**Friday 6 March 2026, starting 9:30am**

**Burnie Brae Hall (Activity Room),  
60 Kuran St, Chelmside**

**RSVP: [burniebrae.org.au/grouptourinfo](http://burniebrae.org.au/grouptourinfo)  
or call 3624 2191**



## Burnie Brae MemberPLUS

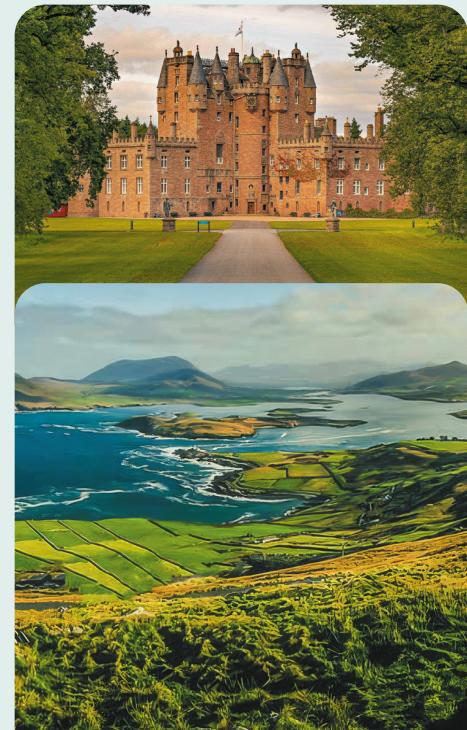
**Perks Worth \$250+ for Just \$25/year**

Join our many activities and events, plus enjoy exclusive perks:

- \$50 off your next holiday & 10% off insurance at Travel Connections
- Discounts on trips and events
- \$10 café voucher & free tech lesson
- Healthy Connections offers
  - Exercise Starters Pack – \$100 (valued at \$218.50)
  - 10-Session Exercise Pass – \$80 (valued at \$135)

**Sign up, renew, or upgrade today at [burniebrae.org.au/membership](http://burniebrae.org.au/membership) or Burnie Brae Reception.**

*Vouchers are valid 1 Jan–31 Dec 2026. T&Cs apply.*



**WIN a Romantic Getaway!**



Perfect for date night, Valentine's Day, or a "treat ourselves" escape with an overnight stay at Brisbane's 5-star InterContinental Hotel (king bed + breakfast for 2), Greek dinner for 2 at Lefkas Taverna West End (Thanks to Travel Connections) and a romantic picnic hamper.

**Winners drawn Friday 13 February. Grab your raffle tickets at Reception or at [burniebrae.org.au/raffles](http://burniebrae.org.au/raffles)**

**Congratulations to our 2025 Christmas Raffle winners:**

1st Prize – Susan and Dennis (enjoy your cruise)  
2nd Prize – Marcel  
3rd Prize – Martha!