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Hands That Help, *Hearts That Shine*

This National Volunteer Week, we're embracing the 2025 theme: "Something for Everyone" – and at Burnie Brae, that couldn't be more true!

Our volunteers are the heart and soul of everything we do. You'll find them everywhere, doing everything – from driving members to appointments, supporting our Club Respite team, and brightening days at the café, to setting up for events, caring for our community nursery, sharing tech skills and helping stock the Project Pantry. No matter the role, their impact is enormous.

To show our gratitude, we hosted a Volunteer Celebration at Kedron Wavell Services Club – a fun-filled day of delicious food, laughter, connection and some well-earned recognition.

A special shout-out to our Years of Service Award recipients: Sandy, Ross, Jacquie, David, Anne G, Anne P and Robyn – thank you for your incredible dedication and service over the years.

To all our volunteers – thank you for bringing your energy, warmth, and unique spark to our community. You truly make Burnie Brae a better place.

Want to get involved?

If you've ever thought about volunteering, now's the perfect time! Whether you've got an hour a week or a day to spare, there's something for everyone. Visit our **burniebrae.org.au/volunteer** or call **3624 2109** about how you can be part of the team.

☎ 3624 2121

✉ enquiries@burniebrae.org.au

🖱 burniebrae.org.au

North Brisbane & Moreton Bay

Community Centre
60 Kuran Street, Chermside



Welcome our New Starters

- Meet our compassionate support workers: **Miah, Sawangjit, Shristi** and **Catherine**.
- Behind the wheel, we've got **Stephen, David** and **Michael** joining our transport team.
- You'll find the wonderful **Faye** welcoming members with a smile at Reception and **Lily** making delicious coffee at Café Connect.
- **Maria**, our wonderful volunteer lending a hand at Club Respite, Café Connect and the plant nursery.



People person? Love a good chat? Become a Home & Community Assistant at Burnie Brae!

No qualifications needed - just a big heart and a can-do attitude.

Help clients with errands, chats and light tasks and enjoy staff perks like salary packaging, free gym, fun discounts, paid induction and more!

Apply via Seek or contact us: call **3624 2139** or email enquiries@burniebrae.org.au.



Smashing Success

We're incredibly proud to share that Karen, our very own Head of Allied Health, recently represented Australia at the World ITF Teams Championships in sunny Florida.

Competing against some of the best in the world, Karen showcased her strength, skill, and dedication on the global stage.

A Bittersweet Farewell



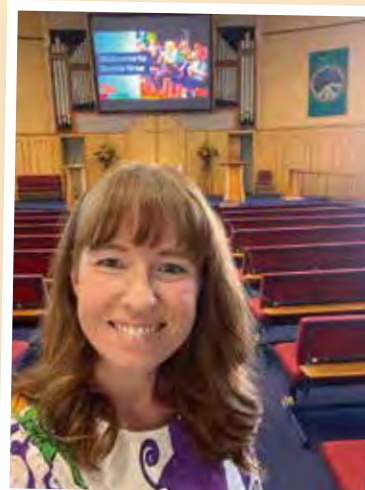
We're saying goodbye to our wonderful Receptionist, **Cath**, as she sets off on her next adventure – thank you for your years of warm welcomes and support.

After more than four fantastic years, **Karen**, one of our superstar Transport Drivers, is also moving on. Her friendly smile and dedication behind the wheel will be missed – wishing her all the best for the journey ahead!



Spreading the BB spirit

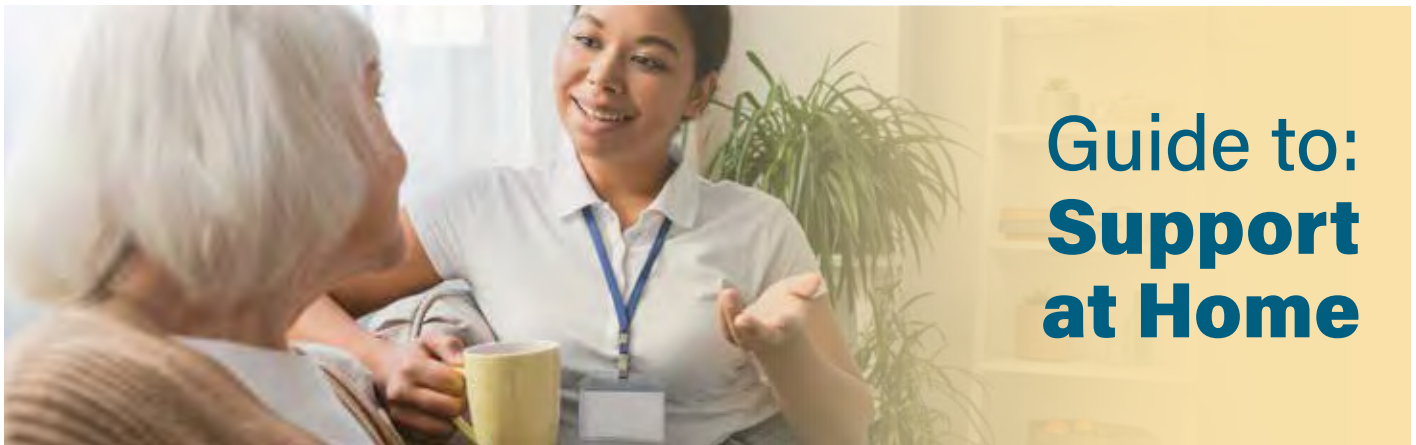
Our Head of Care Services, Aynsley, recently visited Uniting Church Care to share more about Burnie Brae's services and how members of their community can get involved. Back at Burnie Brae, she also ran a series of information sessions focused on the upcoming aged care reforms.



Vale to Jill Hawkins

We are deeply saddened by the passing of Jill Hawkins, a treasured member of the Burnie Brae community. Jill was a prominent member of our Consumer Advisory Committee and a long-time member and client. Her dedication and contributions have left a lasting impact on all of us and she will be dearly missed.





Guide to: Support at Home

From 1 July 2025, the new Support at Home program will simplify aged care by combining Home Care Packages (HC), Short-Term Restorative Care and later Commonwealth Home Support Programme (CHSP).

What's new:

- Up to 8 care levels (instead of 4) with funding up to \$77,000/year
- Income testing for new clients (pensioners pay less; self-funded retirees may pay more)
- Option for privately funded home care for more choice and flexibility
- New Aged Care Act focused on respect, safety, and your rights
- Updated Quality Standards and stronger whistleblower protections
- Supported decision-making to help you choose your care
- Independent Complaints Commissioner for fairer complaint handling
- Funding covers care services, assistive tech, home mods, and more
- Clearer fee structures with capped management fees

What this means for you:

- **If you are a current Home Care Package client**, you will either be:

Grandfathered

If you were receiving care or approved before 12 September 2024 - you'll keep your current fees and care levels, with some updates like capped management fees and new rights under the Aged Care Act.

Transitioning

If you joined after 12 September 2024 - expect changes like income testing, new care levels, updated fees and service adjustments.

- **If you are a new Home Care Package client from 1 July 2025**, you will enter the program under Support at Home with all the updated care levels, income testing and flexible options available.

There's no action needed right now - your Care Coordinator will contact you to explain what these changes mean for your care and support.

Need help or have questions? Reach out to:

- Your Care Coordinator
- My Aged Care - **1800 200 422** or visit myagedcare.gov.au
- Aged care advocates like OPAN - **1800 700 600**
- Family or trusted friends
- Book into our Aged Care Reforms Info Session to learn more
Wednesday 23 July, 11am - 12:30pm
Visit burniebrae.org.au/careinfo or call **3624 2110**



Club Respite



Honouring
ANZAC Day at
Kedron-Wavell
Services Club



A beautiful day in the city
on our Mystery Drive



Admiring our blooming
gardens in the Burnie
Brae Park



Congratulations to our Mother's
Day Raffle winners in Respite!



July is shaping up to be another exciting month at our Day Respite Centre! Highlights include a visit to the Caboolture Warplane Museum with the men's group, live entertainment, craft sessions, a BBQ in the park and more.

We're also heading out on supported outings to Lake Samsonvale, Dreamtime Kulilla-Art, op shops and our walking group. Join us for fun, connection and great company all month long! To get involved, call 3624 2136.



Caring for Our Carers

Caring is a big act of love - but it can also feel overwhelming and lonely.

Join our monthly Carers Group at Burnie Brae for a relaxed, friendly space to share, connect and recharge with fellow carers.

First Thursday of every month, 10am
Starts 3 July 2025
Burnie Brae Hall (Activity Space)

We'll start with casual catch-ups and plan to add guest speakers, outings & more.

Can you help? Volunteers wanted!

We're looking for friendly volunteers to support and grow the group.

If you'd like to join our Carers Group or volunteer, please email carersgroup@burniebrae.org.au





Let's Talk Diabetes

Join our free session with Exercise Physiologist Sophie to learn how healthy habits can help prevent or manage diabetes. Includes Q&A and resources.

Wed 16 July, 10am–11:45am

Burnie Brae Hall | 60 Kuran St, Chermside
FREE for MemberPLUS | \$5 Associate Members
Book at Burnie Brae Reception or call 3624 2110

Pop-Up Diabetes Info Booths

Monday 14 July, 8–9am
Thursday 17 July, 10–11am
Friday 18 July, 10–11am

Grab resources, chat to our team and take a risk quiz for Type 2 diabetes! Find our pop-up booth in the Burnie Brae Members Lounge, no bookings required.

Morning Moves in the Park

HC Members - shake up your morning routine!

Join our Exercise Physiologists, Lach and Lauren, for a breezy 45-minute walk in the Burnie Brae Park before your exercise session.



When: Fridays at 8am, from 6 June to September

Where: Meet at Healthy Connections Reception

Swing by HC Reception to register - be quick, there's only 10 spots each week.

Please note: Weather dependent and don't forget your water bottle, towel, sun protection and closed-in shoes.

Men's Health Week

This Men's Health Week, we caught up our Men's Exercise Group to hear how staying active has made a difference in their lives - not just physically, but socially and mentally too.



How has being part of this exercise group helped you feel more connected?

"I feel great exercising with like-minded people and really enjoy the social interaction." – Ken

What role does exercise play in your physical and mental health?

"Exercise keeps me disciplined, strong, and accountable for my health." – Sam

What advice would you give other men thinking about joining?

"I highly recommend this class—don't overthink it, just jump in and do it!" – Les

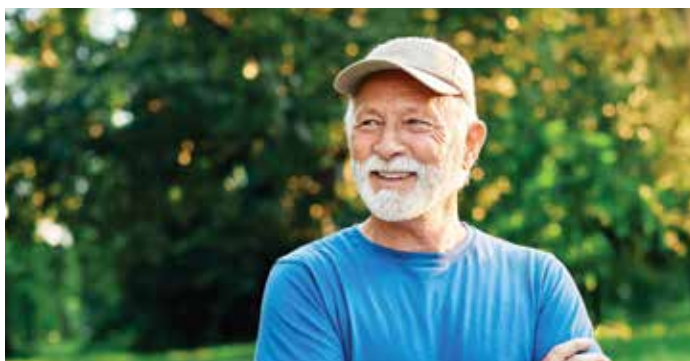
What's the most enjoyable part of the class?

"I love the socialising, having a coffee with mates afterward and the support from the staff." – Ian



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



ManUP for Prostate Cancer

Knowledge is power - especially when it comes to your health.

ManUp! Australia invites you to an engaging and informative session focused on prostate cancer awareness and early detection. Bring along your husband, partner, or a family member - everyone is welcome.

Wednesday 11 June 2025, 10am – 12noon
FREE - MemberPlus Members
\$5.00 - Associate Members

MemberPlus
\$5 off
 workshops



A Parting Gift

A heartfelt, hands-on workshop that's all about organising your life with meaning.

Reflect on what's truly important, sort your belongings with purpose and create a plan to share your treasures with those you love – when the time is right.

Two-Session Workshop

Monday 7 July & 14 July 2025
9:30am - 11:30am (please arrive 15min early)
Members \$20 for 2-session workshop
Burnie Brae Hall



Battle of the Brains – Trivia Time

Think you're a trivia champ?

Challenge your mind, enjoy a few "aha!" moments and share laughs with friends (or soon-to-be friends). There's loads of fun prizes up for grabs!

Bring a crew and form a team of up to 6, or come solo and we'll match you with a friendly team.

Friday 11 July and 18 July 2025
1:30pm – 3:30pm (please arrive 15min early)
Members \$10

Social Support Group (SSG) funding available.
Enquire at Reception or contact us.



Christmas in July

Gather your friends and enjoy a festive day out in true Christmas style.

Nestled in the lush rainforest of the Sunshine Coast hinterland, this unforgettable experience combines beautiful surroundings, a specially curated 2-course Christmas menu and plenty of holiday cheer.

Thursday 17 July | Tuesday 29 July 2025
10am – 4pm
Members \$98.00, incl. transport, food & drink

Discover more events on our website! For bookings, visit Reception or call 3624 2110.



Women's Friendship Group

Meet new people and have some fun! We meet for a great mix of activities - from arts and crafts, trivia and board games, to dress-up fun and relaxing coffee mornings. It's all about connecting, having a laugh and enjoying good company.

Every 2nd & 4th Thursday of the month, 9:30am - 11am
Members \$5 - pay on arrival, no bookings required
Burnie Brae Hall, 60 Kuran St, Chermside

Out & About



Game On

Our Healthy Connections members and team got into the Origin spirit by dressing up in their team colours!



Cyber Safety

Senior Constable Diana Kratochvil shared tips on protecting personal info and staying safe online. Next session Wednesday 16 August, book at Reception or on our website.



Crafting Remembrance

Thank you to all our crafty hands who helped bring ANZAC Day Project to life - organised by Sandgate's Queensland Country Women's Association.



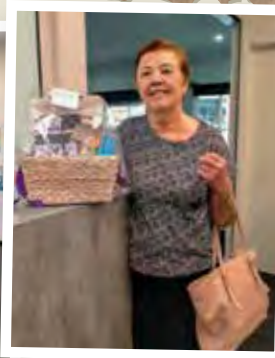
Market Wrap-Up

We had a wonderful day celebrating community, connection and creativity at our Mother's Day Market!



Bowls, Banter & Best Mates

Join us for a game of indoor bowls - it's fun, social and easy to learn. Perfect for all skill levels, we welcome young and old players! Join us every Wednesday 1 - 3pm & Friday 9 - 11:30am in the Burnie Brae Hall. Only \$5 for Members.



Community Raffle Winners

Congratulations to Ainslie, Brian and Leslie - winners of our Mother's Day prize packs!

Our Spring Raffle is now open. Grab your tickets at burniebrae.org.au/raffles or visit Reception for your chance to win.

New Zealand SOLO Travellers Tours



Ultimate Small Group Touring



11 Day Ultimate South Island SOLO Travellers

Special Departures 21 Sep 2025, 7 Jan 2026

Experience a **Business Class** level of comfort, service and quality without compromise. Travel in style on a full-size, state-of-the-art coach with a **maximum of only 20 travellers** and enjoy extensive onboard features and VIP extras. Stay in premium **4.5 star accommodation**, enjoy fabulous cuisine and impeccable service on this small group tour to remember.

PER PERSON, GUARANTEED SINGLE ROOM FROM **\$10,259***



Signature Mid-Size Group Touring



11 Day Signature South Island SOLO Travellers

Special Departures 21 Feb 2026

The Signature coach is beautifully crafted and designed for touring NZ with delivering excellence in mind. Travel in the **Premium Economy Comfort** of a full-size coach, touring with a mid-size group of **up to 32 travellers**. Stay in stylish **4 star accommodation** and tour with an experienced Tour Leader, ensuring you a memorable Kiwi experience.

PER PERSON, GUARANTEED SINGLE ROOM FROM **\$8819***



Plan your next adventure with our travel experts, Paul and Sonja. Call **3624 2191** or visit us at the Burnie Brae Centre. For more deals, visit travelconnections.org.au
*T&C's apply, contact us for details.

Elder Abuse Awareness



June 15 is Elder Abuse Awareness Day – shining a light on a hidden issue affecting many older people.

Elder abuse can be physical, emotional, financial, sexual or neglect – often by someone trusted.

At Burnie Brae, we're committed to protecting older people by educating our community, spotting signs early, and creating a culture of respect.

Know the signs: unexplained injuries, sudden financial changes, fearfulness, or poor living conditions.

If something doesn't feel right, speak up.

Elder Abuse Helpline QLD: 1300 651 192
National Helpline: 1800 ELDERHelp (1800 353 374)

We encourage everyone to wear purple on 15 June to show your support.



Warm up at Café Connect

Craving something cozy? Drop by Café Connect this June for a rotating selection of delicious homemade winter soups – perfect for chilly days! From hearty classics to flavour-packed favourites, our soups are the ultimate winter warmers. Find us at the Burnie Brae Centre - 60 Kuran St, Chermiside