November 2026

Burnie Brae Newsletter



Burnie Brae
community, connection, care

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A Brush with Friendship

Three years ago, Shirley's neighbour Helena noticed that she seemed lonely after the passing of her husband. Thinking the Burnie Brae Art Group might be something Shirley would enjoy, Helena invited her along. Shirley decided to give it a try, and that simple invitation opened the door to a whole new chapter.

"I've been coming to art group for a few years now, and it has opened up my whole life socially," Shirley says. "It gives me things to do and look forward to."

Art may have been what first brought Shirley through the door, but it was the people who kept her coming back. Having somewhere to go each week, familiar faces to see and an activity to enjoy together has become part of her routine. It has also sparked her creativity at home. "I wake up thinking, will I do some gardening today or art?"

Shirley's journey hasn't stopped at the easel. She has recently joined member exercise sessions at Healthy Connections, where getting active comes with a chat and a laugh. From picking up a paintbrush to getting active at the gym, Shirley continues to find new ways to keep her days interesting, meaningful and full of possibility.

Many of us find that one new thing leads to another. An art class might turn into a hobby you love, an exercise session might bring you a new friend, and a day out on one of our member trips can leave you looking forward to the next. You never quite know where a first step will lead.

Ready to say yes? Join our Art Group on Mondays, 8:45am to 11:15am in the Burnie Brae Rear Hall (cost: Members $15). All skill levels are welcome, so there's no need to be Picasso! No supplies are needed for your first class. Just bring yourself and Petra, our art teacher, will guide you from there.

Denise's Lifelong Love of Netball

Talk about sticking with a hobby! Denise, one of our home care clients, started coaching netball at 14 years old and kept going for more than 60 years.

When our Support Worker Louise sat down for a chat with Denise, she discovered that netball has been part of Denise's life for most of her years. It began at her primary school, where a young Denise coached the younger girls. Then, in the 1970s, her two daughters started playing, and she returned to coaching.

From there, her coaching took her from Toowong and Bradbury Park to the Aspley Devils and Downey Park. She then spent three years at Samford, where she was named Coach of the Year.

Denise's favourite age group was 12-year-olds. She loved watching young players grow in skill and confidence, and at one point she found herself coaching the daughters of women she had once coached at the same age.

Denise retired from coaching in 2022, with more than six decades of netball, friendships and memories behind her. That's a lifetime of doing something you love.



(07) 3624 2121 enquiries@burniebrae.org.au burniebrae.org.au
North Brisbane & Moreton Bay | Chermside Community Centre 60 Kuran Street, Chermside

Community Corner

Sandra's Furry Superstar

Meet Ayla, the pride of Sandra's household. This beautiful Lhasa Apso is much more than a much-loved member of the family. She's a champion! Shown by Sandra's daughter, Ayla took home Best of Breed at last year's EKKA.

When Sandra isn't cheering Ayla on, she's busy creating stunning pyrography (wood-burning) artwork, while her husband works his magic as a talented wood turner. It's a household full of creativity.



Social Singing Group

No audition, no sheet music and no pressure. Our singing and choir groups have become one Social Singing Group, all about having a laugh and enjoying music together. With lyrics on screen and backing tracks, we sing favourites from across the decades, take requests and play the odd round of Name That Tune. It's less about every note being perfect and more about leaving with a smile. No experience needed, just bring your voice.

Tuesdays, 10:30am – 12noon
Members $12, pay on entry
No bookings needed





Board Games

Barry and Lorna have already put Trivial Pursuit to the test, and we're not saying who won. Board Games is now part of our regular timetable, with Chess and Trivial Pursuit ready to go, or bring along your own favourite. Tea and biscuits are provided.

2nd & 4th Monday/Month
1pm – 3:30pm
Activity Room, Burnie Brae Hall
Members $5
No bookings required

Wellways Pop-Up *(Learn and Connect)*

Caring for a family member or friend can take a lot out of you. Wellways Australia offers practical support and information for carers and families, including ways to look after your own wellbeing. Drop by to meet the team, ask questions or simply have a chat. Grab a coffee from the café while you wait.

Tuesday 17 November 2026
9am – 11am
Members Lounge, next to Reception
No bookings required



Christmas Market

There's something special about a Saturday morning market. The smell of fresh coffee, the happy chatter and a row of stalls waiting to be explored.

Our Christmas Market is back, and we'd love you to join us. You'll find artisan stalls, delicious food and plenty of festive cheer, so it's a lovely place to find a special gift or a few stocking fillers. Take your time, enjoy a cuppa and stop for a chat along the way. Family and friends are very welcome too.

Saturday 21 November, 8am – 12noon
Burnie Brae Hall, 60 Kuran Street, Chermside
Free entry - everyone's welcome!

Stay Safe, Shop Smart

Scams are getting trickier, but a little know-how goes a long way. Come to both sessions, or just pick the one that suits you.

First up is Cyber Security, hosted by the Office of Fair Trading. You'll learn simple, practical ways to spot scams, create strong passwords and protect your personal and financial information. Afterwards, you can book a free one-on-one lesson with our digital mentors to put it all into practice on your own device.

Wednesday 18 November 2026
9:30am – 10:30am

After Cyber Security, join us for a chat about Savvy Shopping. Learn your rights, spot tricky online tactics and tips to save on groceries, fuel and insurance.

Wednesday 18 November 2026
11am – 12noon



FREE FOR MEMBERS



A Sparkling Night Out

For anyone who loves a touch of Christmas magic after dark, our Christmas Lights Tour is a firm favourite. Hop aboard, sit back and let us do the driving past a selection of Brisbane's northside Christmas lights.

Monday 14 December 2026
6pm – 9pm
Members $24

Depart/return from the bus stop on the corner of Kuran & Kingsmill St, Chermside



Members' Christmas Morning Tea

Tea, treats and toe-tapping tunes to kick off the festive season!

Our Members' Christmas Morning Tea is on, and you're invited! Join us for a relaxed morning of good company and festive cheer, with live entertainment from Sunset Chorus, the duo Lorraine and Michael Osmond.

With over 40 years of music-making behind them, they'll play 60s and 70s favourites from Elvis, the Beatles, the Monkees and the Seekers, with a touch of jazz. It's music made for singing and clapping along to!

Wednesday 9 December 2026
10am – 12noon
Members $25

Trivia: Battle of the Brains

With 30+ people already booked, our Christmas Trivia is shaping up to be a very serious competition... between people who know their stuff and people who are just really good at guessing.

We've got general knowledge, random trivia, festive brainteasers, fun prizes and plenty of opportunities to say, "Wait... I KNEW THAT!"

Join a team and make new friends or gather up to 6 people around your table.

Wednesday 11 November 2026
10am – 12noon
Arrive from 9:30am for morning tea
Members $10

A Christmas Raffle Worth Dreaming About

Imagine two nights at sea, the city lights fading behind you and nothing to do but relax. This Christmas, someone is going to win exactly that.

First prize is a 2-night cruise for two aboard Royal Caribbean's Voyager of the Seas, sailing from Brisbane, thanks to Travel Connections.

Second prize is a $500 Travel Connections voucher towards the getaway you've been quietly thinking about, whether that's a weekend by the water or a catch-up with family or friends.

Third prize is a Christmas hamper brimming with treats and handmade gifts, donated by our Christmas Market stallholders.

Tickets are available by calling **3624 2121** or popping into Reception. Winners will be drawn on Wednesday 9 December.



Centre events & activities held in our hall at 60 Kuran Street, Chermside. 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.



Pel's Secret Ingredient

For as long as Pel can remember, looking after others has simply been part of life.

It began at home. As the eldest sister to four brothers, Pel started work at just 15 to help support her family and put her brothers through school. Her love of older people runs just as deep, and she speaks with great affection about her grandmother, who lived to be more than 100.

Pel's connection with us goes back around 30 years, to when her mother-in-law volunteered here, helping with the bingo and baking for the players. A former chef, Pel hoped to volunteer in the kitchen, but it was full, so we offered her a place in Respite instead. It brought her to the people she loves spending time with.

Three years on, Pel is still volunteering in respite, even while working at her niece's restaurant. After 11 years at Bow Thai, and awards recognising her cooking, she has plenty of skills to share. Every now and then she brings in some of her home-cooked food as a treat for our clients, and she carves beautiful flowers from fruit, a little piece of her Thai heritage that brightens someone's day.

This year's National Carers Week (11 to 17 October) was all about making carers visible, and caring for the people who care for others. We were delighted to put Pel in the spotlight and say thank you.

Club Respite Adventures









It's been a busy few weeks at Club Respite. Our crew has been out exploring local sights, soaking up theatre shows and concerts, and coming home with plenty of stories to tell.

Back at the Chermside Centre, the days have been full of colour. We've made memory boxes, keyrings and mosaic coasters, and celebrated more birthdays than we can count. Brian has been bringing the tunes on the keyboard, Nita has had us growing flowers, and a few of us showed off our best dance moves out in the park. There have been live performances to enjoy, and plenty of stories shared over Book Club.

Join us this month for the Melbourne Cup luncheon, a Remembrance service at Kedron Wavell where we'll lay a wreath and enjoy lunch afterwards, and Christmas and other memorable songs with the Serenata Singers. We'll also head to the Bridgeman Downs Christmas morning tea and see Shakespeare Theatre Company's "As You Like It" at the Avalon Theatre. Our very own entertainer Liliana is the musical director!

We're also gathering Christmas craft supplies for our craft group. If you have any in usable condition, we'd love to give them a new lease on life. Call **3624 2121** or ask at Reception.

Our Support Workers are there if you need a little extra support, and if you don't, simply come along and enjoy the day. Outings can be funded through Support at Home or the Commonwealth Home Support Program, or paid privately.

Curious? Book a FREE morning tea trial, meet the team and see what a day at Club Respite is like. Call **3624 2121** or visit **burniebrae.org.au/clubrespite**.

Breast Cancer Awareness Month

Every breast cancer journey is different, and so is the support that helps along the way. This October, our Healthy Connections team added a splash of pink to the Chermside Clinic, with ribbons on the walls and pink ribbon pins on their uniforms, to show their support for everyone touched by breast cancer.

Treatment and recovery can affect strength, energy, mobility and confidence. Our Allied Health team takes the time to understand your goals, then works with you at your own pace, whether that's a gentle walk, some light strength exercises or simply finding movement that feels right.

If you notice any changes in your breasts, or have any concerns, speak with your GP. Free screening is also available through BreastScreen Australia.





Arthritis and Hydrotherapy: Easing the Load

Arthritis can make everyday movement feel like hard work, and it's easy to do less when your joints are sore. Around World Arthritis Day on 12 October, our Physiotherapist Erin shared how hydrotherapy may help.

In the water, warmth and buoyancy take some of the pressure off your joints, while gentle resistance helps build strength, mobility and confidence. You don't need to be a strong swimmer, and our physios and exercise physiologists will guide you at your own pace.

Sessions are available with our Exercise Physiologists and Physiotherapists in Fitzgibbon (group only), Caboolture and Burpengary, with funded and private options.

Allied Health Professions Day

You are so much more than a sore shoulder or a tricky knee. You're a person with a life to live and things you want to keep doing, which is why great care takes teamwork.

On Allied Health Professions Day, we celebrated the Healthy Connections team and the different skills they bring together. Our physios help you move with less pain, exercise physiologists build your strength, fitness and confidence, occupational therapists make everyday life easier, and massage therapists help ease tension.

As our team meeting photo shows, there's plenty of collaboration behind the scenes. Ideas and knowledge are shared, and the team works alongside your care partners and other health practitioners to look at the bigger picture of your health and wellbeing.



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

News & Updates



Your Voice, Our Focus

Thank you to everyone who shared feedback with us between July and September. We value hearing about your experiences, as it helps us recognise what's going well and where we can improve.

What we're doing well:

We're pleased to hear positive feedback about:

- The kindness, care and support shown by our staff
- The social and domestic assistance services provided by our support workers

Where we can do better

You also shared some areas where your experience hasn't been as smooth as it should be:

- Communication and consultation about your services, including phone enquiries and changes to service times
- The quality of transport services provided by our associated providers (contractors)
- The accuracy of your Support at Home Statements

What we're doing about it

We're working hard to improve your experience by focusing on:

- Streamlining the onboarding process for our associated providers so they can begin providing services to you sooner
- Strengthening clinical care, particularly when supporting clients with swallowing difficulties and oral health

Your feedback helps guide our improvements, and we're committed to providing safe, quality services and the best possible experience.



RizeUp Christmas Gift Appeal

Burnie Brae is proud to support the RizeUp Christmas Gift Appeal again this year, helping families in refuges experience the dignity and joy of choosing the perfect gift for the people they love. You can help bring a little Christmas cheer by dropping a new, unwrapped gift to Burnie Brae Reception. Please no weapon-inspired items, food or clothing.



Burnie Brae Nursery Volunteers Glenys and Annette

Help Our Nursery Grow

Have a green thumb, love a little time outdoors, or simply enjoy watching things grow? We'd love an extra pair of hands in our nursery!

We're looking for friendly volunteers to join us on Wednesdays and help keep our nursery blooming. Whether you're a gardening enthusiast or just happy to get your hands dirty, you'll be helping nurture a lovely space for our community to enjoy.

Keen to get involved? Apply to volunteer at **burniebrae.org.au/volunteer**.



Project Pantry: Can You Help?

Do you have a few extras in your pantry? This December, we'd love your help filling ours. We are looking for soup, tuna, salmon or sardines, tea, simmer or pasta sauces, tinned vegetables (peas, corn, carrots and green beans), Christmas treats, or any other long-life pantry items.

Your donations go into our monthly Project Pantry grocery hampers. These help community members over 60 stretch their grocery budget a little further. Hampers are available to people who hold a Pension Seniors Card, Pension Concession Card or Seniors Business Discount Card.

To donate, please bring items within their use-by date to Reception, 60 Kuran Street, Chermside. To learn more or apply, call **3624 2121** or visit **burniebrae.org.au/projectpantry**.

Notice of Annual General Meeting (AGM)

Burnie Brae's AGM will be held on **Friday, 27 November 2026** at 10am in the Burnie Brae Hall - 60 Kuran Street, Chermside. Join us to hear updates on our progress, review financials and help shape our future.





Thank You, Rachel

For more than 30 years, our visiting Podiatrist Rachel has been the friendly face behind a great many happy feet here at the Centre. Now she is stepping back from her regular Chermside visits, but she is far from finished. Rachel will be working full-time across Brisbane, so plenty more people will benefit from her care and her cheerful company.

Ned, Amy and Lucas will carry on providing podiatry services here, so our community remains in very good hands.

Thank you, Rachel, for three decades of care and conversation. You have been a special part of our community, and we'll miss seeing you around.

Andrew Joins Aged Care Panel

Our CEO Andrew joined an Aged Care Research & Industry Innovation Australia (ARIIA) panel discussion on the future of aged care at Sofitel Brisbane Central on Wednesday 14 October. The conversation explored how innovation can help build a stronger, more sustainable aged care sector while continuing to deliver better outcomes for older Australians.

Andrew shared his perspective from his work at Burnie Brae and brought along experiences and insights from our community. We're looking forward to seeing what ideas come from the conversation.



Travel Deals

OPEN TO THE PUBLIC



South America Voyage with Iguazu Falls

Discover South America's wildest contrasts with all-inclusive luxury at sea. This 23-night journey starts with escorted walking tours of both the Argentinian and Brazilian sides of Iguazu Falls, plus time in Rio de Janeiro.

From Buenos Aires, board Celebrity Equinox for a 14-night all-inclusive cruise with classic drinks, Wi-Fi and gratuities included. Sail to Montevideo, the Falkland Islands, Cape Horn, Ushuaia and Punta Arenas.

You'll also enjoy seven nights in four and five-star hotels across Rio de Janeiro, Iguazu and Buenos Aires, all with breakfast, plus all flights, taxes and transfers. Enjoy a complimentary Ocean View to Veranda upgrade too.

From $11,999* per person, twin share
Valid for travel 27 November 2027



Spain, Portugal & Morocco

Journey through Morocco's colourful markets, Portugal's sunlit streets and Spain's unforgettable history. This 28-day adventure is bursting with culture and delicious food, from Marrakesh's lively souks to Seville's grand palaces and Barcelona's stunning beauty.

Travel through Casablanca, Marrakesh, Fez, Granada, Seville, Lisbon, Porto, Madrid and Barcelona, with a ferry crossing from Morocco to Spain along the way.

The package includes return economy flights from Australia with taxes, 25 nights in 3-4 star hotels, 25 breakfasts, 2 lunches and 5 dinners, English-speaking tour directors and guides, all sightseeing and entrance fees, and tipping made easy.

From $16,095* per person, twin share
Offer ends 31 January 2027

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.*

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