

Burnie Brae NEWSLETTER



Issue 8: September 2020 NEWSLETTER

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We are very excited to announce that we have been successful in receiving \$50,000 in funding from the Good Things Foundation and the Be Connected Network to enhance our digital inclusion strategy at Burnie Brae.

Be Connected is an Australian government initiative committed to increasing the confidence, skills and online safety of older Australians. Be Connected aims to empower everyone to use the internet and everyday technology to thrive in our digital world.

This funding will be put towards the training of 80 digital mentor volunteers, who will assist clients to gain confidence online. We are incredibly excited to bring this plan into motion. The first step in this process is pooling together a group of volunteers, so if you enjoy connecting with others you may enjoy becoming a digital mentor!

You don't need to be a computer guru; you just need to love engaging with others and have an interest in helping people become more comfortable using technology. Get involved by joining us at our upcoming Digital Mentor Information Session. Please register by emailing reception@burniebrae.org.au, visiting Burnie Brae Reception or phoning (07) 3624 2110.

DIGITAL MENTOR INFORMATION SESSION

BURNIE BRAE HALL

WEDNESDAY
SEPTEMBER 9

9:30AM - 11:30AM





SEPTEMBER ACTIVITY UPDATES

NEW Ukulele Beginners class

Our new ukulele beginners class will be held each Friday 10:00am - 11:00am in the new activity room to the side of the Burnie Brae Hall. This class will commence on Friday, 4 September.

Additional Tuesday Morning Classes

Strength and Balance | 6:15am - 7:00am
Cardio | 7:00am - 7:45am

These classes are \$8.00 each and held in the Burnie Brae Hall. Classes are taken by fitness instructor Ama.

7th Brigade Walking Group

Get involved with our local Heart Foundation walking group! The 7th Brigade walking group is resuming. To get involved meet outside Cafe HQ at KWSC at 3:20pm. The walking group runs Monday to Thursday.

Billiards to Cease

Unfortunately we have had to cease Billiards at the Burnie Brae Centre. This decision was made in light of consistently small numbers, space issues and the ever present COVID-19 pandemic. We suggest you participate in this activity at the Chermerside Bowls Club as an alternative.

SEPTEMBER EVENTS AT BURNIE BRAE

September 1

Street Art Painting

GOLD Program | \$5.00

September 9

What is a Digital Mentor?

Information Session | Free

September 15

Rag Rug Basket Making

GOLD Program | \$5.00

September 22

Book Art Fun

GOLD Program | \$5.00

September 23

Annual General Meeting

Morning Tea provided

September 24

Free Lawn Bowls

GOLD Program | Free

NEW ACTIVITY ROOM IN THE BURNIE BRAE HALL

We are excited to announce that our newly refurbished activity space to the side of the Burnie Brae hall is now complete and our members have begun using the new room for activities such as language classes, darts and drama. It is an ideal room for smaller activities, and it includes a lovely servery area making it an excellent space for functions. We would like to acknowledge and thank Brisbane City Council for their generous funding towards this refurbishment.



Above: Italian class held in our new activity room



Above: The servery which will be great for functions





\$10,637 RAISED FOR THE COMMON GOOD

THROUGH OUR EKKA STRAWBERRY SUNDAE EVENT

2615L of ice cream, 870kg of strawberries and an incredible \$10,637 raised for The Common Good – we think it's safe to say our Strawberry Sundae pop-up event was a huge success!

We were blown away by the significantly larger than expected turnout on the day. Our goal was to sell 300 Strawberry Sundaes but on final count we reached a total of 1934. Of course, we could not have reached this number without the dedicated support of staff and volunteers. A big thanks to all who helped out on the day.

So where is this money going?

The Common Good is an initiative of the Prince Charles Hospital Foundation funding critical medical research into Australia's most common chronic illnesses. The Common Good has quantified that for every \$44 raised, ONE hour of medical research is funded. This means we raised 241 hours of medical research, into diseases such as Heart Disease, Lung Disease, Arthritis and Dementia.

Once again, thank you to everyone who was involved in the planning and on the day effort for your contribution to this fantastic result



September GARDEN TIPS

Seeds to plant now

Spring into the garden! Time to plant tomato, eggplant, cucumber, capsicum, beans and watermelon. In the herb patch pop in parsley, basil, dill, marjoram and thyme seeds.

Add some colour

Add some colour to your patch with nasturtiums, snapdragons, petunias, marigolds and celosia. These will not only look great, but will also attract pollinators such as bees.

Indoor plants

Spring is the best time to re-pot any indoor plants that are outgrowing their home. Choose a pot that is no more than 2" larger than the previous pot, this will minimise risk of root rot.

Hold onto your eggshells!

Next time you make a batch of deviled eggs, hold onto the shells! Spreading eggshells around the bases of your plants will nourish the soil with calcium. On top of that, eggshells actually repel slugs and snails as their soft undersides cannot cross the uneven terrain.

Seeking donations

We are seeking donations of rooted plants, any would be greatly appreciated.

SEEN OUT

AT BURNIE BRAE



Above: Paint with nature workshop



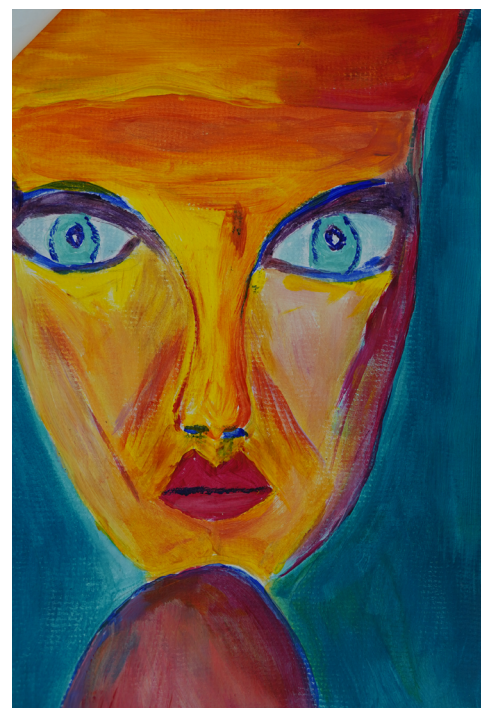
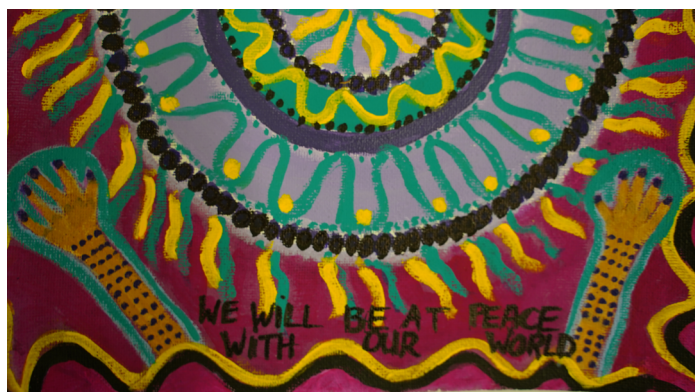
Above: Seniors week event - Roly Sussex



REFLECTIONS OF 2020, OUR ART PROJECT

TAKE A SNEAK PEEK AT SOME OF OUR CONTRIBUTIONS SO FAR

We have been delighted to receive submissions for our "Reflections of 2020 Art Project". To be involved in our own slice of history, simply pick up a piece of paper at reception to get started on your own submission. Once finished, you are welcome to title your piece and/or add your name. You can then hand your finished work in at reception and sign a consent form for publishing.





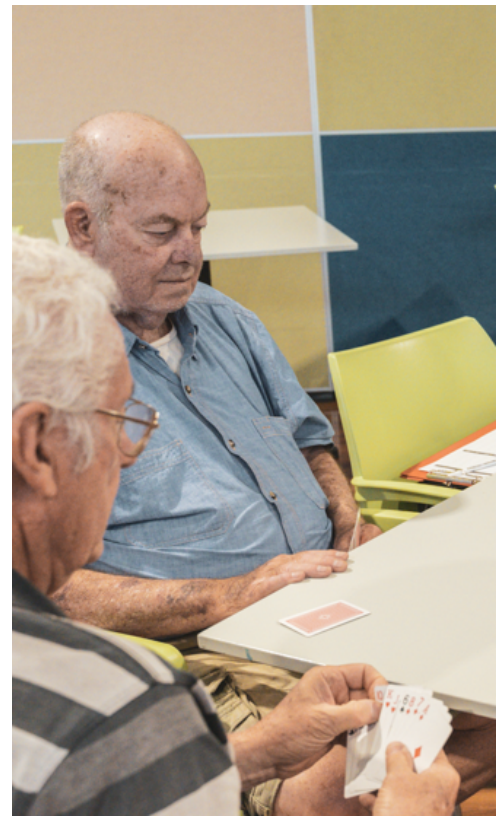
SCAMWATCH GOLDEN RULES TO STAY SAFE ONLINE

According to Scamwatch, Australians lost more than \$142 million to scammers in 2019. Over a third of that amount coming from the pockets of people aged 55 and older. This signals a need for greater computer literacy amongst older Australians.

Below are the “Golden Rules” provided by Scamwatch to help seniors avoid scams:

1. If it looks too good to be true - it probably is.
2. Always get independent advice if an offer involves significant money, time or commitment.
3. Remember there are no get-rich-quick schemes: the only people who make money are the scammers.
4. NEVER send money or give credit card or online account details to anyone you do not know and trust.
5. Check your bank account and credit card statements when you get them. If you see a transaction you cannot explain, report it to your credit union or bank.
6. Keep your credit and ATM cards safe. Do not share your personal identity number with anyone. Do not keep a written copy of your PIN with the card.
7. It is okay to hang up. If you don't feel comfortable hanging up on someone it can be helpful to remember that scammers do not have your best interests at heart. Simply say “sorry I'm not interested, I am going to hang up now”.

Increasing computer literacy can be a great way to protect yourself from scammers. Keep an eye out over the coming months as we roll out our digital inclusion program in partnership with Be Connected.



CARD GAMES UPDATE

We will be re-starting cards as soon as possible under COVIDSafe requirements. It was hoped that cards could commence in September; unfortunately due to the current situation in Queensland and uncertainty surrounding it, we cannot give a start date.

Please be advised that as soon as the situation is deemed safe, we will recommence all card games and will let you know via the newsletter and email.

Once we restart you will need to swipe your Burnie Brae card for the purposes of contact tracing and will also need to book in advance due to number limitations.

Please note: Photo taken before COVID-19

RIZE UP AGAINST DOMESTIC VIOLENCE

More than 10% of women killed by a partner or ex-partner are aged 66 or over, yet they are the group least likely to leave their abuser and seek help.

The reason for this unfortunate statistic may be due to the fact that many older people do not see their experience as abuse. Attitudes towards domestic violence have changed over time, and for many, domestic violence was not criminalised until later in their lives - leaving many traditional values already cemented.

In a study by La Trobe University into the issue, one participant reflected, "I don't think many women thought they had much choice... They spoke to their minister or priest or they spoke to their doctor and none of those professionals had the appropriate response. They gave them advice about how to be a better wife or how to keep the peace ... And they were called things like difficult marriages or demanding husbands. There were all sorts of labels around what were obviously very abusive relationships."

This participant's experience reflects that of many women. It is important to recognise that domestic violence is no longer something that can be swept under a rug and is in fact a criminal offence.

While this issue predominantly affects women, men can also be victims of domestic abuse and often for older people domestic violence can tie in with elder abuse. Domestic violence can involve physical, sexual, emotional, psychological and financial abuse as well as neglect.

If you are questioning whether you or someone you know may be experiencing domestic

violence please call 1800RESPECT on 1800 737 732. Even if you are just beginning to get a bad feeling or would like to talk through past experiences, calling can be a great start. A trained counsellor will be able to listen and support you and identify what you can do to find the right support for you or somebody you know.

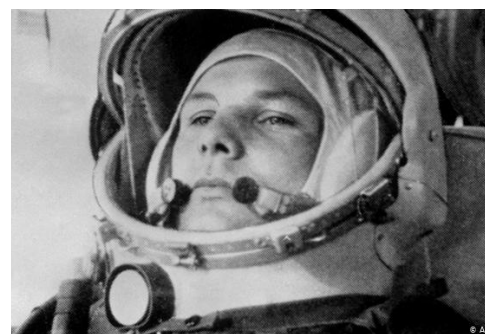
At Burnie Brae we are passionate about supporting a variety of causes, particularly those which may affect our community. We have chosen to partner with RizeUp, a domestic violence support organisation to support their 'Homes Program'. The 'Homes Program' involves the donation of common home goods, which allows RizeUp to furnish homes for clients moving on from abusive relationships.

We will be coordinating this effort over an eight month period, with a donation focus each month. The schedule is as follows:

- September - Kettles/toasters
- October - Bath mats & towels
- November - Cook books & coffee table books
- December - Items for teenagers
- January - Pillows & quilt covers (single/double/queen)
- February - Drink bottles & lunch boxes
- March - Toiletries, fragrances and moisturisers
- April - Board games & candles

*Please note: new items only

Donations can be dropped off at Burnie Brae Reception. We encourage those who are in a position to give back to get behind this important cause.



SEPTEMBER QUIZ SPOT: HISTORY TRIVIA

1. When did Margaret Thatcher become Prime Minister?

- a. 1979
- b. 1981
- c. 1983

2. Who was the first human to journey into space?

- a. Neil Armstrong
- b. Yuri Gagarin
- c. Alexei Leonov

3. Who discovered Penicillin?

- a. Alexander Fleming
- b. Howard Florey
- c. Louis Pasteur

4. Which country gave the Statue of Liberty to the United States of America?

- a. Canada
- b. England
- c. France

5. How many days in a week were there in ancient Roman times?

- a. Seven
- b. Eight
- c. Six

6. Which human ancestor was the first to discover fire?

- a. Homo Erectus
- b. Homo Habilis
- c. Homo Neanderthalensis

7. What was the previous name for New York?

- a. New Jersey
- b. New Manhattan
- c. New Amsterdam

8. Which country was the first to allow women to vote?

- a. Finland
- b. Sweden
- c. New Zealand

1.a, 2.b, 3.a, 4.c, 5.b, 6.a, 7.c, 8.c



MEET NEW HEALTHY CONNECTIONS STAFF!

We are incredibly excited to introduce Jill and Brandon, our new staff members at the Healthy Connections Clinic. Get to know Jill and Brandon and the services they offer:



JILL WHALLEY

MASSAGE THERAPIST

Qualifications

Advanced Diploma Naturopathy, Advanced Diploma Nutrition, Diploma Massage, Registered Nurse

Tell us a little about the services you offer clients

I am a formally trained massage therapist (1998) and have since studied a range of massage techniques including Swedish, deep tissue, remedial, lymphatic and Shiatsu. I am trained in reflexology, Bowen and Emmett therapy. I can also offer energy healing such as Reiki and Jin Shin Jyutsu. I combine all of the above techniques to activate the body to self-heal. Through naturopathy I aim to activate the bodies innate ability to heal through nutrition, supplementation of vitamins minerals, herbs, lifestyle and positive mindset to create health and vitality.

What can clients expect when they make an appointment with you?

I like to treat the whole body using a combination of massage followed with Bowen and Emmett therapy or reflexology to enhance therapeutic benefits.

What do you enjoy most about your profession?

Doing this job I feel privileged to be given the opportunity to help people to regain health and vitality. We have physical mental and spiritual health and all are necessary to be healthy.



BRANDON TEO

PHYSIOTHERAPIST

Qualifications

Bachelor of Physiotherapy (2016)

Tell us a little about the services you offer clients

I have experience in musculoskeletal, aged care and rehabilitation physiotherapy. Services include pain management, rehabilitation exercise prescription, hands-on manual therapy treatment, cardiorespiratory treatment, mobility aid prescription and neuro-rehabilitation.

What can clients expect when they make an appointment with you?

Clients can expect a proper introduction followed with a smile. We will set realistic goals and manage your symptoms as a team.

What do you enjoy most about your profession?

The flexibility and the opportunity to work in different areas of physiotherapy.

BOOKINGS:

If you are interested in finding out more about the services Jill and Brandon offer or would like to make a booking please visit Healthy Connections reception or contact the clinic on (07) 3624 2187

THE HEART FOUNDATION

RECIPE SPOT



SPINACH AND RICOTTA TARTS

Perfect with salad for lunch or as a snack throughout the day!

INGREDIENTS

- 250g frozen spinach, thawed
- 250g low fat ricotta cheese,
- 2 tbs finely grated parmesan cheese
- 4 extra large eggs
- 3 green shallots, finely chopped
- Freshly cracked black pepper
- Olive oil cooking spray
- 6 pieces Natural mountain bread
- 125g grape tomatoes, halved
- Extra 2 tbsp finely grated parmesan cheese

METHOD

1. Place spinach in a sieve and press firmly to extract excess liquid. Transfer spinach to a large bowl. Add crumbled ricotta, parmesan, eggs and shallots. Season with pepper. Mix until well combined.
2. Lightly grease a 12-hole standard muffin tray with cooking spray. Cut each piece of mountain bread into 4 square quarters. Press 2 quarters at different angles into each hole, to line evenly. Spray lightly with cooking spray.
3. Spoon filling evenly into bread cases. Top with tomatoes. Sprinkle with extra parmesan cheese.
4. Bake in 180C preheated oven for 25 to 30 minutes or until filling is set and bread is golden. Stand tarts in pan 5 minutes. Remove. Serve warm with salad.

SIT LESS, MOVE MORE

EVEN TWO MINUTES OF MOVEMENT HAS BENEFITS



Written by Renee Weller & Sophie Pacek

What are you doing right now? Chances are you're sitting.

This isn't necessarily a bad thing, we all need to sit! However, increasing time spent moving throughout the day can have a remarkable benefit your physical and mental health.

Before we go further, it must be stated that we all have different levels of mobility, and for some increasing time spent moving may be harder than it is for others. Whilst making the decision to move more is one of the best decisions you can make for your health, it must be done so in a safe manner. It is important to start slow and listen to your body. It can also be a good idea to consult an exercise physiologist or your local GP, particularly if you have a pre-existing medical condition.

Impact of sedentary behaviour

Although we tend to be aware of the acute effects prolonged sitting has on our health e.g. lower back pain. We don't always think about the longterm health effects. There is an extensive amount of research that investigates the negative health impacts of sedentary behaviours. Excessive sitting has been identified as a risk factor for many chronic conditions such as cardio-metabolic disorders, coronary artery disease, type 2 diabetes, obesity, musculoskeletal disorders such as back pain, poor circulation, some cancers and premature death.

Sitting vs. Standing

Substituting sitting with standing results in increased energy expenditure and has been associated with improved cardio-metabolic health outcomes. When standing there is an increase in circulation and muscle activity. Standing results in an increase in heat production because more muscles are tensed and stretched to fight

gravity and bear weight. Interestingly it has been shown that during 10 minutes of standing, the energy expenditure during the last 5 minutes was half of the first. This suggests that the initial change in posture is important.

What about movement?

Although it's sometimes hard to step away from the computer screen or pause the TV episode, it is important to break up sitting time with some form of "activity break". A range of studies have found that activity breaks were associated with greater metabolic outcomes, reduced muscular discomfort and reduced fatigue specifically, for sedentary obese/overweight individuals. Even taking small movement breaks of just 2 minutes for every 30 minutes of sitting has been shown to improve these health outcomes!

So now that we know movement is better than both sitting and standing, what are some movement break examples?

- **Walking:** Whether this is walking at

the local park, at the grocery shop or around your home.

- **Housework:** Tasks such as dusting, sweeping and folding clothes all count as movement.
- **Gardening:** Pulling out weeds and walking around the garden is a great way to get moving.
- **Playing with grandchildren:** Throwing a ball or flying a kite not only boosts movement, but also coordination.
- **Sophie's 2 minute exercise routines:** View Sophie's movement breaks on the [Healthy Connections blog](#). Sophie practices exercises such as high knees and squat to chair for one minute each to break up sitting time.
- **Incidental movement:** You can increase incidental movement throughout the day, for example instead of using your remote to change the TV channel, get up and change it on the TV.
- **Group activity classes:** We have a range of classes available here at Burnie Brae, from Line Dancing to Tai Chi.



SPOTLIGHT ON OUR VOLUNTEERS

MEET WENDY AND BARB

At Burnie Brae we are lucky to have over 250 volunteers working in various areas of the organisation, and we look forward to introducing some of these fantastic volunteers to you over the coming months. Wendy and Barb both volunteer in the community nursery. Here's what they had to say about their role at Burnie Brae:



WENDY

Volunteer Position

Nursery Volunteer

How long have you been volunteering at Burnie Brae?

Roughly one year

What do you enjoy about volunteering at Burnie Brae

I get to learn something new everyday, I love being outdoors and doing what I enjoy. Meeting and chatting to people who love plants and gardening is fantastic.



BARB

Volunteer Position

Bus Assistant/Nursery Volunteer

How long have you been volunteering at Burnie Brae?

I was a bus assistant for two years and have been working in the nursery for three weeks.

What do you enjoy about volunteering at Burnie Brae

I enjoy meeting new people and pottering in the garden. I love the freebies from Cafe Connect too!



DEMAND FOR IN-HOME CARE RISING DUE TO COVID-19

The Council on the Ageing (COTA) recently reported that demand for home care packages has skyrocketed by 160 percent in recent years. This demand has only been compounded by the COVID-19 pandemic. Aged care bed occupancy dropping by 1.7 percent between April and June 2020, the most significant three-month decrease in recent decades.

Whilst there will always be a need for residential care, COTA reports that at least a third of people wouldn't need to be in aged care if they had proper support at home.

So what makes in-home care so effective?

In-home care is tailored to your individual needs and can be increased (or in some cases decreased) as your needs change over time. It is the personalisation of in-home care that supports independence within the comfort and familiarity of your own home. Burnie Brae Home Care Package clients are empowered to have choice and control over support arrangements and work closely with staff to ensure supports meet their specific needs.

Burnie Brae is an approved provider of level one, two, three and four Home Care Packages. Each level indicates an increased level of support need. Supports provided can include personal care, support services, social support, home maintenance and modifications as well as clinical care. Please call (07) 3624 2121 for further information.

We offer a diverse range of volunteer positions which may become vacant at the Centre periodically. If there is a position you are interested in, please complete the Volunteer Expressions of Interest Form available via our website and deliver the completed form to Burnie Brae Reception or scan and email to volunteering@burniebrae.org.au.

RESPITE CLIENTS WRITE A POEM TOGETHER

AT LAST MONTH'S STORYTELLING WORKSHOP, CLUB RESPITE CLIENTS WROTE A LINE EACH OF THEIR COLLECTIVE POEM "MY HANDS".

My hands took my wedding ring on my wedding day
 My hands knitted my children's layette, while waiting for their birth
 My hands cooked my family meals
 My hands held my husband when we danced at Cloudland
 My hand touched the rough hide of an elephant
 My hands made telephones as a young woman
 My hands embroidered while at college
 My hands were hit over the knuckles for writing with my left hand
 My hands wrote books about history
 My hands helped me get on with it and survive when I had to raise six boys on my own.
 My hands held my husband when we danced at Bennion's dance studio at Nundah
 My hands gave me so much enjoyment knitting my sons polo shirt.
 My hands gave me the highlight of my life when I learnt to write my name in school.
 My hands patted my pet dog, Monty
 My hands spent a week covered in black waterproofing when I had to apply it using only my hands.
 My hands wrapped copper wire when making magnetos in a shop.
 My hands have spent a lifetime sewing and still do
 My hands held hands with my husband when we first met at Bribie Island

UPCOMING EVENTS

AT CLUB RESPITE

Check out the fantastic events we have coming up this month! Join us at Club Respite or tune in at home on your tablet.

September 1	Geordie & His Magic Squeezebox
September 2	Wayne Tribe
September 4	Noel Stallard
September 7	Jazz ConXion
September 9	Hans Van Der Drift
September 10	BoomBaby
September 16	Steve Hyndman
September 23	John Sophios
September 30	Terry & Ross

SEEN OUT AT CLUB RESPITE



Above: Our sweet peas finally flowered and we are going to save some seed for next year



Above: Clients loved the Jazz ConXion performance



Above: Getting involved with the African Dance Workshop

ARMCHAIR ADVENTURES:

LET'S EXPLORE THE TOP END & RED CENTRE

From Kakadu to Uluru, Darwin and the outback, the Northern Territory will leave you breathless with its illustrious landscapes, abundant wildlife and Indigenous culture. Let's take a look at the beauty to be explored in the heart of Australia:

Darwin

Darwin is the Capital of the Northern Territory and is the perfect spot to start your adventure. If the sparkling harbour and fantastic food scene in Darwin weren't enough, Darwin is also the perfect base for exploring nearby National Parks. Kakadu National Park, Litchfield National Park, the Tiwi Islands and the Katherine region are all accessible from Darwin.

Kakadu is Australia's largest National Park and spans an incredible 20,000 square kilometres. For birdwatchers it is a must as the national park is home to 280 different types of birds and was voted as the best birdwatching destination in Australia by Australian Geographic. Hop on to the next National Park – Nitmiluk National Park in the Katherine Region. The spectacular Nitmiluk Gorge can be explored by foot, canoe or by taking a sunset cruise, see the Gorge dance in shades of mauve and red as the sun goes down each afternoon.

Arnhem Land

91,000 square kilometres of Aboriginal owned land and one of Australia's last true wilderness areas, Arnhem Land is a sight to behold. Explore wild coastlines, rainforest, deserted islands, fish filled rivers and savannah woodland. While in Arnhem Land take an Aboriginal guided tour to the top of Injalak Hill. Enjoy in the sharing of local knowledge and get a true authentic look into rock art and cultural traditions. Visit one of Arnhem Land's beaches and see the striking contrast between the rich red rocky headland and the brilliant blue waters. If you are a fishing fanatic 'catch a big one' at Nhhulunbuy, located on the Gove Peninsula - known as the NT's fishing Mecca! Top off your visit by cruising upstream on the Gulyambi Cultural Cruise, take in the pristine wilderness whilst your aboriginal guide provides insights into their culture. Organised tours are recommended as the best option to explore this region as a permit is required to travel unaccompanied.

Alice Springs Region

Alice Springs is geographically located in the middle of Australia's true iconic outback. Whilst here, tour the West MacDonal Ranges including Simpsons Gap, Stanley Chasm and Ormiston Gorge. A day tour will

take you through these amazing ranges. Immerse yourself in the beautiful gorges and waterholes, where you can enjoy a refreshing swim in the warmer months. Another must do is watching the sun rise across the desert from a hot air balloon, this unique experience will give you views that'll make you think "now **this** is Australia". Eager to know what life is like in the outback? Take an Alice Springs town tour, this includes a visit to the Telegraph station, School of the Air & the Royal Flying Doctor Service.

Kings Canyon and Watarrka National Park

Between Alice Springs and Uluru lies the stunning Watarrka National Park. The Park is home to Kings Canyon, a jaw dropping destination featuring 300m high sandstone walls, palm-filled crevices, and views that stretch across the desert. There are plenty of walks available at the park, the 6km iconic Canyon Rim Walk will take you into the Garden of Eden, a beautiful rock hole surrounded by plants, before ascending to a 360 degree panoramic view of red sand dunes. The National Park is an important conservation area and home to over 600 species of flora & fauna.

Uluru & Kata Tjuta National Park

The heart of Australia! Witness iconic Uluru



Above: Arnhem Land - Lonely Beach, Indigenous Guided Tour Above: Hot Air Balloon, Alice Springs



Above: Kakadu

Above: Kings Canyon Rim Walk

as it appears to change colour and immerse yourself in the Aboriginal stories of this special place, 500 million years in the making. Uluru is the largest monolith in the world and a deeply spiritual place, take one of the six walks around its base to see it up close. Another way to experience Uluru is the three-course Sounds of Silence dinner at Uluru. Sip sparkling wine and taste canapes from atop a red desert dune as the setting sun changes Uluru's colours. While you are in the area take a traditional dot painting workshop with Maruka arts.

After a nights rest venture 30km west from Uluru to Kata Tjuta (The Olgas). You'll see an impressive set of rock formations soaring up to 1066m above sea level. Choose from one of the many walks available to see this world heritage site close.

Keen to see the NT? Let's find out how to get there:

Travel by air, rail or self-drive. The Northern Territory is easily accessible from destinations all over the country. The location of the Territory's main airports are in Darwin, Alice Springs and Uluru, with connections easily made between all three, giving you plenty of opportunity to explore all!

Rail Travel

Rail travel is a popular choice and by far one of the most luxurious and romantic ways to travel to the Northern Territory. In particular,

The Ghan, a world famous journey named after an Afghan cameleer who traversed the route long before the train line existed. This epic rail journey with Journey Beyond, travels 2,979km between Adelaide and Darwin.

The Ghan delivers much more than an extended train ride, the all-inclusive rail trip promises access to parts of Australia no other holiday can come close to. The perfect balance of comfort and adventure culminating in an experience that will move you in every sense of the word.

Self-drive

If choosing to make your own way around, self-driving is the way to go! You can hire a vehicle in Darwin, Uluru and Alice Springs. See us in store for a wide variety of Self driving holiday tips and ideas.

Guided Touring

With over 90+ years of experience AAT Kings and APT touring create enriching experiences for travellers by combining an unbeatable mix of exceptional service and quality, at great value prices. We are able to help you with booking guided tours, see us in store for more information.

Check out our current Northern Territory deals with AAT Kings and APT Touring. Both these companies offer a wide range of tours through the Northern Territory's top end and red centre.

For further details and bookings do not hesitate to get in contact with Burnie Brae Travel Connections. See us in store by appointment, call us on (07) 3624 2191 or email travel@travelconnections.org.au



CONGRATULATIONS NICOLE

ON THE SAFE ARRIVAL OF HER SON
MATTIA BRALLA.

Born August 4, 2020 at 7:46pm. We are wishing you and your family all the best during this exciting time.



Sounds of Silence Dinner at Uluru