



BURNIE BRAE

YOUR COMMUNITY ON BRISBANE'S NORTHSIDE

Cafe • Activities & Events • Reformer Pilates

Hair Salon • Travel Agent • Allied Health

Club Respite • Care Services • NDIS Support Coordination



community, connection, care



COMMUNITY · CONNECTION · CARE

For over 30 years Burnie Brae has sought to build strong community connections by providing quality health, lifestyle and care services to their clients and members.

Burnie Brae is a Not-for-Profit Organisation that opened in Chermshire in March, 1984. What started as a small membership based social centre rapidly grew into the multifaceted centre standing today.

- A** 60 Kuran Street, Chermshire
- P** (07) 3624 2121
- E** enquiries@burniebrae.org.au
- f** Like Burnie Brae on Facebook



www.burniebrae.org.au

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Details provided in this publication are correct at the time of printing, however may be subject to change without notice.

Member Services

The Burnie Brae Centre provides a wide range of social, health and recreational activities and events to members through its weekly program. Additionally, the centre includes an on-site cafe, hair salon, travel agency, community garden and nursery.



**YOUR LIFESTYLE
YOUR FRIENDS
YOUR COMMUNITY**



Out & About

Burnie Brae hosts a series of events each year at the centre, as well as day trips to nearby places of interest.



Gold Program

A Brisbane City Council active and healthy lifestyle program providing \$5 art and craft activities.



Information Sessions

Hosted by professionals in their respective field, the sessions cover a range of topics from technology to health & fitness and safety.



Activities

Weekly classes & activity groups mostly range in price from \$5 - \$15. This includes art and dance classes, language classes and a variety of exercise and sporting activities. Free activities include a walking group and one-on-one computer classes. Most activities are held in the Burnie Brae Hall at 60 Kuran Street, Cherside.

LEARN A NEW
SKILL
.....
TRY SOMETHING
NEW

KEEP FIT &
ACTIVE
.....
HAVE FUN & BE
SOCIAL

Bus Trips

Burnie Brae's out and about program includes day bus trips to different destinations to enjoy theatre shows, exhibitions, cruises and tours. We often take advantage of the touring exhibitions or special events which come to Brisbane. In the past we have attended river cruises, whale watching, vineyard tour and Boggo Road Gaol.

Centre Events

Burnie Brae hosts a series of events each year at the centre. Some of our centre event highlights have included Roly Sussex, Give-it-a-go, Melbourne Cup, Seniors Week, and Craftathon. We've had presentations on legal and finance matters as well as specific health programs.

View our current events, activities and bus trips on our website or at Burnie Brae Reception.

www.burniebrae.org.au
Reception - 60 Kuran Street, Cherside



High Tea



Catering

FRESH, NUTRITIOUS BREAKFAST & LUNCH MEALS · SPECIALTY COFFEE
SWEET & SAVOURY TREATS · GLUTEN FREE OPTIONS



COFFEE
FROM \$2.50
before 9.30am



WEEKDAYS
8am - 2.00pm
Open to the public



VIEW OUR SPECIAL OFFERS
ON THE BURNIE BRAE FACEBOOK PAGE



9am - 1pm
Monday, Tuesday
& Wednesday



Visit the salon for a cut, colour, wash, style, and everything in between!

The salon offers a range of hair and beauty services to our community. Our services are very affordable, also offering a pensioner discount.

See our special offers on the Burnie Brae Facebook page and website - www.burniebrae.org.au.





Personal Service

We are with you every step of the way as your personal travel advisors, providing timely, insightful, professional and unbiased advice. As seasoned travellers ourselves, we offer personal tips and recommendations, to truly inspire you in the creation of your journey. Our role is to make sure that your travels are filled with moments and memories, carefully curated to suit you.

Added Value

As your local Helloworld associate, we pride ourselves on our connection with, strong, long-standing and trusted travel industry partners, giving us access to exceptional benefits, including savings, upgrades, many negotiated exclusively for our clients. We are committed to making your holiday dreams a reality, offering unique journeys led by the needs and desire of our clients.

We Give Back

Bookings with us not only support the local Burnie Brae Centre, but also enable us to support the St Jude's Foundation, through the Helloworld Travel Higher Impact Program. Your booking with us will contribute to making a difference in the lives of both the students from The School of St Jude in Tanzania, and their community.

Group Travel Experts

After facilitating successful group trips to various destinations, our focus remains on creating group travel that suits your interests and needs. Our groups have travelled by rail, coach, walking adventures, and even African safari! We aim to immerse our guests in every way, with all-inclusive group travel that will provide you with a truly memorable journey.

Book with Confidence

The logistics of travel can be complicated: our team are here to support and be your biggest advocate, available to navigate, problem solve and ensure your holiday is worry-free. We are a nationally accredited agency, we have met strict standards and criteria to become accredited with these travel industry associations: AFTA, ATAS, CLIA and IATA.

We can help you with...



TRANSPORT

Airfares, cruise, rail & coach



ACCOMMODATION

Luxury, midrange, budget & special interest



TOURS

Independent, group, escorted & special interest








EXTRAS

Insurance & gift vouchers



Our mission is to encourage travellers to fulfil their dreams, by creating *truly memorable* and *unique* travel experiences.



-  60 Kuran Street, Cherside
-  (07) 3624 2191
-  travel@travelconnections.org.au
-  www.travelconnections.org.au
-  Find us on Facebook



EMPOWERING MOVEMENT AT ANY AGE



Manage your fitness and health conditions in a safe, friendly and socially connected environment, regardless of age or disability.



CLINICAL GROUPS

- Dealing with Diabetes
- Move for Men's Health
- High Needs Groups
- Cardiopulmonary Rehabilitation
- Muscling Up



Exercise Physiology

• Physiotherapy

• Massage Therapy

• Home Visits

Massage Services

Our highly skilled remedial massage therapists provide a wide variety of treatments including: Remedial Massage, Relaxation/Therapeutic Massage, Reflexology and Lymphatic Drainage.


Reformer Pilates

Personalised exercise programs prescribed using Reformer Pilates equipment. The small group classes are fully supervised by Exercise Physiologists. This form of exercise is effective in the management of arthritis, lower back pain, osteoporosis, joint rehabilitation and other chronic health concerns.

Mobile Services

Offering exercise physiology services to those who are unable to attend our clinic. This service is ideal for people with low mobility, limited transport and/or for individuals unable to leave their home.

Healthy Connections offers specialty clinical groups that have a low member to staff ratio, giving you the care and supervision you need to effectively manage your condition in a safe and supportive environment. **See our website for session times and further details.**

60 Kuran Street, Chermide 
(07) 3624 2185
gym@healthyconnections.org.au
healthyconnections.org.au



HICAPS AVAILABLE

PRIVATE HEALTH REBATES

May apply. Check with your provider.

NDIS APPROVED

DVA HEALTH CARDS

Gold & white accepted as payment upon GP referral.

CHRONIC DISEASE MANAGEMENT

May apply. Check with your provider.

Free Exercise Programs



The Exercise Right for Active Ageing program has been created to assist Australians over the age of 65 to connect with and participate in a 12 week physical activity program.

The program and assessments are completed in your own home, with ongoing support and instruction from an Accredited Exercise Physiologist.

My health
for life 

Work with a health coach to achieve your health goals! Whether it's eating well, maintaining a healthy weight, sleeping better or managing stress.

Explore topics such as nutrition, physical activity, understanding your personal risk of developing health conditions and how to make healthier choices a part of everyday life.

Check your eligibility online
www.myhealthforlife.com.au/risk-assessment



Healthy
feels good
at any age



Pilates + Exercise Physiology

Experience the PLUS difference



The unique combination of our qualified and experienced instructors in Pilates and Exercise Physiology together with their friendly, caring and uplifting attitude, is what makes the PLUS difference. We are a Pilates Studio and an Allied Health Clinic, using high quality equipment, including tower Reformers. Combining Exercise Physiology and Pilates, our services deliver targeted exercise, whether that's in a group class or an individual program.

We offer

- Group reformer classes
- Exercise Physiology consultations
- 1:1 Pilates appointments
- Injury rehabilitation
- Strength and conditioning
- A fun, flowing, dynamic workout
- Customised approach to movement

Timetable & bookings via the Mindbody app
www.healthyconnectionsplus.com.au



Find out if you're eligible for a program:
(07) 3624 2185 | gym@healthyconnections.org.au



We strive to provide quality care services that support you to live your best life and maintain **your independence** in your own home and when accessing your community

INDEPENDENCE & WELLNESS

Burnie Brae provides care services to help you stay healthy and independent, including nursing, personal care and hygiene, shopping support, cleaning, help with meal preparation and eating, and allied health support services.

SAFE AT HOME

We provide services that help keep you safe at home, including home maintenance and modifications.

STAY CONNECTED

We support you to stay connected to your community with transport assistance, day respite, social support and activities.

- ✔ Transport Services
- ✔ Home Care Packages
- ✔ Home Care Services
- ✔ Allied Health Services
- ✔ Respite Services
- ✔ Home Maintenance
- ✔ Home Modifications
- ✔ NDIS Support Coordination
- ✔ Project Pantry Food Support
- ✔ Continence assessment & support



Home Care Packages

At Burnie Brae we truly believe that it's your life, your choice and your care. Our team of trained aged care professionals will work with you to develop an individualised care plan that focuses on your unique goals, strengths and needs.

- > **Clinical Care**
Nursing and allied health support services
- > **Home Maintenance**
Lawn, garden and home maintenance to keep you safe in your yard and home
- > **Home Modifications**
Kitchen, bathroom or home access modifications to maintain your independence
- > **Personal Care**
Help with bathing, dressing, mobility and meal preparation
- > **Social Support**
Shopping, home visits & supported access to the community
- > **Support Services**
Cleaning & transport assistance
- > **Carer Services**
Support for your care giver or family to take time out from their caring role



**Your life,
your choice,
your care!**

Phone (07) 3624 2121

Your goals and independence are important. Burnie Brae uses a wellness and reablement approach in all of its services which focuses on your goals, your strengths and maintaining your independence for as long as possible.

Find out more: www.burniebrae.org.au/care-services/

Burnie Brae can provide case-managed care for all Home Care Package levels and our Care Coordinators will also assist you to navigate the aged care system. Our knowledge of the local community and health care services can support you to get the best care available and value from your Home Care Package budget. Our extended aged care team of Allied Health professionals and our Aged Care Services workers will support you to live safely and independently in your own home and achieve your personal goals.

Transport Services

If you are having difficulty accessing the community we can provide a door to door transport service to take you to the shops, appointments, activities and events at the Burnie Brae Centre or to other social events and places.

We transport people of all ages, backgrounds and needs and there is no charge if your carer accompanies you on your travels. Our friendly staff and volunteers will carry your groceries or bags into your home for you and have plenty of room to transport your walking aids and support equipment.

At Burnie Brae we understand that your independence is important to you and our community transport service staff will work with you to ensure that you can continue to access the people and places that are important to you.

- > **Fully trained staff**
- > **Disability Access**
Wheelchair hoist on buses
- > **Low-Cost Solution**
A fee per trip is charged to assist with service maintenance costs

PHONE (07) 3624 2121

Club Respite



It's your Club!

Burnie Brae's Club Respite offers a progressive safe haven for older Seniors who require extra support. Located at 60 Kuran Street, Chermiside.

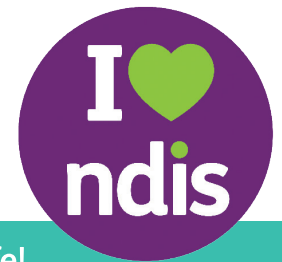
- > Activities, entertainment & outings
- > Freshly cooked, classic meals
- > Community garden
- > Transport to and from the centre
- > Experienced and dedicated staff

In-home Respite offers care for clients who are socially isolated or need a hand from time to time. Flexible respite, at home or within the community can give carers a break from their caring role.

- > Companionship
- > Access to shopping/medical appointments
- > Social outings
- > Assistance with approved household duties
- > Assistance with some personal care tasks

Phone | (07) 3624 2136 Email | respite@burniebrae.org.au

NDIS SUPPORT COORDINATION



Your plan, your goals, your life!

The Burnie Brae Support Coordination team will work with you to navigate the NDIS system and help you implement and utilise your plan to reach your individual goals and encourage a greater quality of life. Our team will help you to build your capacity to live your life the way you want by coordinating the services and supports that are right for you.

Our qualified team members have the industry knowledge and expertise to provide services and supports in line with the aims outlined by the National Disability Insurance Agency to help participants:

- Pursue their goals and aspirations
- Increase independence
- Increase community and workplace participation
- Develop their capacity to actively take part in the community

What sets the Burnie Brae Support Coordination team apart?

- > We are small enough to be personal
- > We are highly qualified, coming from a range of relevant backgrounds
- > We take the time to meet you face-to-face
- > We offer Specialist Support Coordination as well as Support Coordination
- > We offer flexibility
- > We take a long-term approach

Burnie Brae NDIS services include:

- > Support Coordination
- > Specialist Support Coordination

Phone (07) 3624 2162
Email ndis@burniebrae.org.au



Burnie Brae NDIS Services Provider Number: 4050039096



BECOME A MEMBER

MEMBERPLUS
JUST GOT BETTER!

\$25.00 | per year

Exclusive access to promotions and draws, plus earn loyalty points!

- ✓ LOYALTY POINTS
- 🏷️ MONTHLY PROMOS
- 🎁 MEMBERPLUS DRAWS
- 🎫 VOUCHERS

ASSOCIATE

FREE

Activity Price - Participate in Centre activities at Member prices.

NEWSLETTER

Catch up on the latest news; what's new at the centre, health and travel information, Member stories and celebrations, promotions, garden tips, and much more!

Pick up a copy from Burnie Brae Reception or online (compatible with all devices).

DIGITAL MENTOR PROGRAM

Help others stay connected and become a digital mentor. You don't need to be a computer guru; you just need to enjoy engaging with others and have an interest in helping people become more comfortable using technology.

Get involved or find out more: phone (07) 3624 2110 or email reception@burniebrae.org.au

VOLUNTEER

Our volunteers work in various areas of the organisation including: transport, Respite, Café Connect, the community garden and nursery, activity leaders, Project Pantry, maintenance and concierge role at main reception.

Submit an expression of interest at Burnie Brae Reception or online.



www.burniebrae.org.au



(07) 3624 2110



Like Burnie Brae on Facebook

CONTACT

MEMBER SERVICES

Burnie Brae Centre	Monday - Friday 8:00am - 4:00pm	(07) 3624 2110 reception@burniebrae.org.au
Cafe Connect	Monday - Friday 8:00am - 2:00pm	(07) 3624 2199 cafeconnect@burniebrae.org.au
Hair Salon	Monday - Friday 7:30am - 3:00pm	(07) 3624 2110 reception@burniebrae.org.au
Burnie Brae Travel Connections	Monday - Friday 8:30am - 4:30pm	(07) 3624 2191 travel@travelconnections.org.au

Community Nursery Monday, Tuesday & Thursday | 8am - 1pm

ALLIED HEALTH SERVICES

Healthy Connections	Weekdays 6am - 5pm Saturday 7am - 10am	(07) 3624 2185 gym@healthyconnections.org.au
Healthy Connections PLUS 72 Pickering St, Enoggera	Weekdays & Saturday <i>View timetable on Mindbody App</i>	(07) 3624 2185 gym@healthyconnections.org.au

Podiatry (07) 3624 2151

Audiology (07) 3878 8303

CARE SERVICES

Home Care, Transport, Home Care Packages, Home Modifications & Maintenance	Monday - Friday 7:00am - 5:00pm	(07) 3624 2121 enquiries@burniebrae.org.au
Club Respite	Monday - Friday 7:30am - 3:30pm	(07) 3624 2136 respite@burniebrae.org.au
NDIS Support Coordination	Monday - Friday 8:00am - 4:00pm	(07) 3624 2162 ndis@burniebrae.org.au

For general enquiries, phone (07) 3624 2121

Burnie Brae is closed on Public Holidays.