

Social Connections Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700

ROCKHAMPTON

February 2026



Scan the QR code to help
shape Suncare's social
connections program.



Important information



SUPPORT AT HOME FUNDING UPDATE

You can now attend our Social Connection Activities starting from \$10 per hour. CHSP customers are now welcome; contact your Care Partner to learn more. Non Suncare Customers may now attend starting from \$10 per hour. Contact 1800 786 227 to learn more and ask for a free trial.

CLINICAL THERAPY PRICE UPDATE

Clinical therapy classes, led by our qualified Allied Health Professionals, are now available at \$80 per session. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers.

THERAPY PRE ASSESSMENT

Please note: All Therapy Calendar groups require pre-assessment and minimum numbers to proceed. A \$16/hr co-payment applies.

MEAL PRICES

- Customers are responsible for the cost of meal on outings.
- Meal deals may change when attending the venue.

CANCELLATIONS

Cancellations made less than 48 hours before the outing or activity will incur a cancellation fee. Call 1800 786 227 to cancel your activity or outing.



PROGRAM NOTICE

Transport is available to and from activities and outings, depending on your catchment area.

Transport is charged separately.

Times may vary, but the duration of activities remains the same.

Outings: Destinations and costs change weekly. Bookings are essential to avoid disappointment — transport is limited, and some activities depend on numbers.

If transport is full, you may be able to book individual transport — please discuss this option with your Care Partner. You're also welcome to make your own way to the outing; just be sure to book in by calling 1800 786 227 or add your name to the waitlist.



Why Social Connections Matter



FEELING LONELY? YOU'RE NOT ALONE

Almost 1 in 3 Australians (32%) experience moderate loneliness, and more than 1 in 6 (17.5%) experience severe loneliness. Loneliness can affect anyone – regardless of how many friends they have. It's not about the number of people around you, but about whether you feel truly connected and that you belong.

Loneliness and social isolation don't reflect weakness or personal failure – they simply show that we all need stronger, more meaningful connections.

WHY IT'S IMPORTANT

Loneliness and social isolation can have a serious impact on mental, emotional, and physical health. Research shows loneliness can increase the risk of early death by 26% – the same health risk as smoking 15 cigarettes a day.

They have also been linked to:

- Higher rates of chronic disease, depression, and anxiety
- Lower wellbeing and quality of life
- Increased risk of suicide and premature death
- Higher likelihood of dementia, high blood pressure, and weakened immune function
- Greater emotional distress and reduced feelings of wellness



HOW SOCIAL PROGRAMS HELP

Joining a Social Connections Program is a simple and enjoyable way to combat loneliness and build a sense of belonging. Being part of a community group:

- Fosters a sense of shared purpose and belonging
- Connects you to wider social supports
- Encourages meaningful relationships
- Increases engagement and joy through shared activities
- Helps reduce stress and promote overall wellbeing



February 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
2	3	4 Waterline Restaurant Location - Rosslyn Bay Start - 11:00am Duration - 2 hrs	5	6 String Art Location - In Centre Start - 11:00am Duration - 2 hrs	7
9	10 Cafe Companions Location - Jolt Cafe, Allentown Start - 9:00am Duration - 2 hrs	11 Cafe 63 Location - 64 James Street, Yeppoon Queensland 4703 Start - 10:00am Duration - 2 hrs	12 Parkhurst Tavern Location - 800 Yaamba Road, Parkhurst Queensland Start - 11:30am Duration - 2 hrs	13 Mad Hatters Tea Party Location - In Centre Start - 11:00am Duration - 2 hrs	14
16	17 Tai Chi Location - In Centre Start - 11:00am Duration - 2 hrs	18 Scenic Drive & Picnic Location - Mt Morgan Dam Start - 11:00am Duration - 2 hrs	19 Gladstone Forum Location - The Philip Street Communities and Families Precinct Start - 11:00am Duration - 1.5 hrs	20 Creative Clay Corner Location - In Centre Start - 11:00am Duration - 2 hrs	21
23	24 Kershaw Gardens Walking Group Location - Kershaw Gardens Start - 8:00am Duration - 2 hrs	25 Treasure Hunt: Op Shop Adventure Location - Rockhampton Start - 11:00am Duration - 2 hrs	26 Shop & Sip Location - 812-816 Yaamba Rd, Parkhurst Start - 11:00am Duration - 2 hrs	27 Games & Trivia Location - In Centre Start - 11:00am Duration - 2 hrs	28



WEDNESDAY 4TH FEBRUARY

WATERLINE RESTAURANT

LOCATION - 1 Waterline Way,
Yeppoon

START - 11:00am

DURATION - 2 hours

ABOUT - Join us for a relaxing day out at the beautiful Waterline Restaurant, located by the marina with stunning coastal views. We'll enjoy a scenic drive before settling in for a delicious meal in a calm and welcoming atmosphere.



FRIDAY 6TH FEBRUARY

STRING ART

LOCATION - In Centre

START - 11:00am

DURATION - 2 hours

ABOUT - Join us for a fun, hands-on creative session exploring string art! Using wooden boards, colourful threads, and simple nail patterns, you'll create a unique artwork to take home.

This relaxing activity suits all skill levels—whether you enjoy simple shapes or detailed designs—and offers great company, gentle conversation, and the joy of making something special.



TO MAKE A BOOKING: CALL 1800 786 227 CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.



TUESDAY 10TH FEBRUARY

CAFE COMPANIONS

LOCATION - Jolt Cafe, Allens town

START - 9:00am

DURATION - 2 hrs

ABOUT - Start the day with meaningful conversations and new connections over coffee and cake. A relaxed outing designed to enjoy good company, friendly chats, and a warm, welcoming atmosphere.



WEDNESDAY 11TH FEBRUARY

CAFE 63

LOCATION - 64 James Street,
Yeppoon Queensland 4703

START - 10:00am

DURATION - 3 hrs

ABOUT - Join us for a lovely day in Yeppoon as we enjoy a delicious lunch at Café 63. Take in the coastal charm, share good conversation, and enjoy a delightful meal together in this popular local café.



THURSDAY 12TH FEBRUARY

PARKHURST TAVERN

LOCATION - 800 Yaamba Road,
Parkhurst

START - 11:30am

DURATION - 2 hours

ABOUT - Join us for a leisurely outing to Parkhurst Tavern for a relaxed lunch and friendly conversation.

This outing is all about good food, great company, and plenty of laughs—a perfect way to spend a social and enjoyable afternoon.



FRIDAY 13TH FEBRUARY

MAD HATTERS TEA PARTY

LOCATION - In Centre

START - 11:00am

DURATION - 2 hours

ABOUT - Join us for a delightful Mad Hatter Morning Tea! We'll enjoy a colourful, topsy-turvy tea party filled with sweet treats, savoury bites, and plenty of laughter. Dress in your brightest colours or wear a quirky hat if you wish—nothing is too silly for this playful gathering! Enjoy great company, fun themed games, and a charming morning of conversation and creativity.





TUESDAY 17TH FEBRUARY

TAI CHI

LOCATION - In Centre

START - 11:00am

DURATION - 2 hours

ABOUT - Join us in centre for a gentle Tai Chi session led by an experienced online instructor. Enjoy slow, flowing movements that support balance, flexibility, strength, and relaxation. Suitable for all abilities, with options for seated or standing participation.



WEDNESDAY 18TH FEBRUARY

SCENIC DRIVE AND PICNIC

LOCATION - Mt Morgan Dam

START - 11:00am

DURATION - 2 hours

ABOUT - Join us for a peaceful day out as we take a scenic drive through the historic township of Mount Morgan, ending at the stunning Mount Morgan Dam. We'll enjoy a relaxed picnic by the water, surrounded by beautiful views, fresh air, and plenty of wildlife.



THURSDAY 19TH FEBRUARY

GLADSTONE FORUM

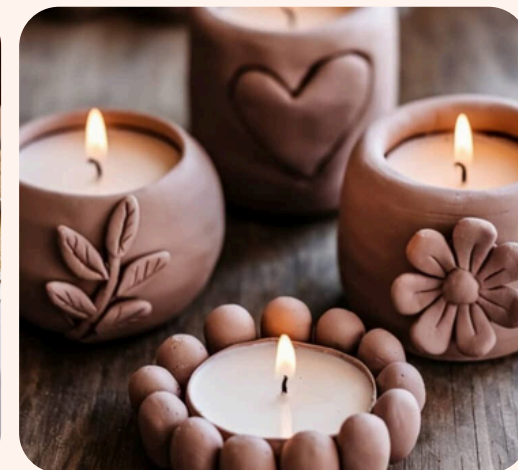
LOCATION - Philip Street Precinct

Maxine Brushe Meeting Room

START - 11:00am

DURATION - 1.5 hrs

ABOUT - Join us at the Gladstone Social Connections Forum to share your ideas and interests and help shape future activities. This relaxed session is a chance to connect, have your say, and support meaningful friendships and community connections.



FRIDAY 20TH FEBRUARY

CREATIVE CLAY CORNER

LOCATION - In Centre

START - 11:00am

DURATION - 2 hrs

ABOUT - Get creative with clay in this hands-on pottery session! Shape and mould your own creations—make bowls, small pots, decorative tiles, or figurines. This activity is a wonderful way to express your creativity, enjoy a relaxed and social atmosphere, and take home something special you've made yourself.



TO MAKE A BOOKING: CALL 1800 786 227 CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.



TUESDAY 24TH FEBRUARY

KERSHAW GARDENS WALKING GROUP

LOCATION - Kershaw Gardens
START - 8:00am
DURATION - 2 hrs

ABOUT - Join us for a refreshing walk at Kershaw Gardens, where we combine gentle exercise with meaningful social connections. Enjoy the fresh air, stay active, and share friendly conversation in a welcoming and supportive environment.



WEDNESDAY 25TH FEBRUARY

TREASURE HUNT: OP SHOP ADVENTURE

LOCATION - Rockhampton
START - 11:00am
DURATION - 2 hours

ABOUT - Join us for a fun and exciting treasure hunt at local op shops! Explore the shops as we search for hidden gems and unique finds, all while enjoying a social outing with friends.



THURSDAY 26TH FEBRUARY

SHOP & SIP

LOCATION - 800 Yaamba Road, Parkhurst
START - 11:30am
DURATION - 2 hours

ABOUT - Join us for a relaxed Shop & Sip morning as we explore a variety of local stores at your own pace. Wander through The Reject Shop, browse charming boutiques, pop into the newsagency, and discover a range of other shops along the way. After a fun morning of browsing and bargain-hunting, we'll finish with a coffee and a light snack at a local café, giving everyone a chance to sit back, chat, and enjoy a well-earned break.



FRIDAY 27TH FEBRUARY

GAMES & TRVIA

LOCATION - In Centre
START - 11:00am
DURATION - 2 hours

ABOUT - Join us for a fun-filled Games Day! Enjoy a variety of classic and modern games, including Uno, Mahjong, and many more. Challenge your friends, test your skills, and share plenty of laughs in a relaxed, social atmosphere. A perfect way to connect, have fun, and enjoy some friendly competition.



February Therapy Activities

WEDNESDAYS

AQUA-FIT

TIME: 2:00pm - 3:00pm

LOCATION: Caribee Swimming Academy, 135 Menzie Street,

MAX: 8 people

DURATION: 1 hour

COST: \$80



FRIDAYS

PHYSIO-FIT

TIME: 10:00am - 11:00am

LOCATION: 80 Denham Street Rockhampton

MAX: 8 people

DURATION: 1 hour

COST: \$80



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