



Social Connections Program

138 BORONIA DRIVE, BELLARA QLD 4507

BRIBIE ISLAND & SURROUNDS

April 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

- Support at Home services require 48 hours notice for cancellations.
- CHSP services require 24 hours notice for cancellations.

HEALTH AND WELLBEING STATEMENT

Your health and wellbeing, and that of our community, comes first. If you're feeling unwell or have any symptoms of illness, we ask that you please stay home and rest rather than attend activities or outings.

To help keep everyone safe, we may also ask you to wear a mask if you're showing symptoms while with us. Thank you for helping us look after one another.



TRANSPORT 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 or add your name to the waitlist. 48 hours' notice is required for cancellations.

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



Cottage Day Respite



AVAILABLE MONDAY TO SUNDAY

LOCATION:

Boronia Cottage,
138 Boronia Dr, Bellara Q 4507

HOURS:

Flexible booking hours
Monday - Friday
Open 6am - 6pm

Saturday - Sunday

6am - 6pm
Minimum hours required, subject to availability.

TRANSPORT:

Transport options available or you can arrange your own transport to and from the cottage.

DAY RESPITE CARE THAT FEELS LIKE HOME

Caring for someone you love can be deeply rewarding - but it can also be exhausting. Everyone needs time to rest, reset and look after themselves.

Our Bribie Island Day Respite service gives carers that much needed break, while offering your loved one a calm, welcoming place where they feel comfortable and genuinely cared for.

- Gentle activities like cooking, games or crafts, watching movies.
- Quiet time to rest, read or simply enjoy company.
- Personal support, one-on-one time with each guest.
- Learn personal routines, preferences and comforts.
- Familiar faces, reduce anxiety and uncertainty, create trust & ease during each stay.





MONDAY 30TH MARCH

HAPPY SCRAPPERS

LOCATION: Boronia Cottage
MEAL: Morning Tea Provided
COST: \$5
TIME: 9:00am - 12:00pm

Motivated Scrappers Wanted! Join a morning of scrapbooking, using your own photos or ours, to start and complete a small photo book project. Share tips, learn from others, and use supplied materials or bring your own. Event runs subject to minimum numbers.



TUESDAY 31ST MARCH

DAY AT REDCLIFFE

LOCATION: Redcliffe
MEAL: Lunch at Cafe
COST: What you spend & lunch

Sometimes it is just fun not to have a plan, so lets do lots of fun stuff, we will visit the famous Bee Gee's way with all the memorabilia of an era we all enjoyed, take a stroll along the waterfront, Visit the Art Museum and enjoy a delicious lunch at local Cafe in Redcliffe.



WEDNESDAY 1ST

BURPENGARY COMMUNITY CLUB

LOCATION: Burpengary Community Centre
MEAL: Lunch
COST: Your lunch

Enjoy a lovely lunch at Burpengary Community Club - Cheap and delicious meals. Chat and enjoy a meal with friends , take a break from your busy lives and spend some quality time with friends, good conversation over a delicious meal.



THURSDAY 2ND

EASTER CELEBRATIONS

LOCATION: Boronia Cottage
MEAL: Provided at Cottage
COST: \$10

Hop on in and lets celebrate Easter with some easter games and craft activities.



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



MONDAY 13TH

HAPPY SCRAPPERS

LOCATION: Boronia Cottage
MEAL: Morning Tea Provided
COST: \$5 Plus hourly rate.
TIME: 9:00am - 12:00pm

Motivated Scrappers Wanted! Join a morning of scrapbooking, using your own photos or ours, to start and complete a small photo book project. Share tips, learn from others, and use supplied materials or bring your own. Event runs subject to minimum numbers.



TUESDAY 14TH

HQ ZOO WOOMBYE

LOCATION: Woombye
MEAL: Lunch will be local in Woombye
COST: \$42 Senior Ticket plus lunch cost. Plus hourly rate.

Enjoy a day with Nature's Wonders at HQ Zoo. A relaxing stroll through the wild. Making memories with Nature's Creatures. A day full of fun and adventure. Some walking will be involved. 48 Hour Cancellation fee applies for Tickets purchased.



WEDNESDAY 15TH

CREATE WITH A MATE

LOCATION: Suncare North Lakes Centre
MEAL: Morning tea only
COST: TBA

Catch up with the North Lakes crew and create your master piece. Let your creative juices flow while with friends.



THURSDAY 16TH

OCEAN VIEW WINERY

LOCATION: Ocean View Estate Winery
Meal: Lunch
Cost : What you spend

Join us at Ocean View estate, stunning hinterland escape set on 100 Acres of vineyards and busland. Meet the winemakers and taste from the vats.



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TUESDAY 21ST

CABOOLTURE HISTORICAL VILLAGE

LOCATION: Caboolture Historical Village

MEAL: Lunch, Trader Dukes Caboolture

COST: \$15 Entry to Village plus price of meal. Plus hourly rate.

Step back in time to an era before computers and air conditioners, when milk was delivered to your door fresh each day. Explore the Village and immerse yourself in the past. Even if it is just for one day, let's enjoy the "Good old days".



WEDNESDAY 22ND

ANZAC DAY CELEBRATION

LOCATION: Suncare Community Centre Maroochydore

MEAL: Lunch

Join us for an early ANZAC Day Service at our Maroochydore Community Centre. We will hold a short ceremony followed by lunch and a friendly game of Two-Up. We warmly welcome everyone to wear their own medals or the medals of a loved one, in honour and remembrance. If you would like to read a poem, share a story or be acknowledged in the ceremony, please advise when booking.



THURSDAY 23RD

WOORIM GOLF CLUB LUNCH

LOCATION: Woorim Golf Club

MEAL: Lunch

COST: Cheap \$13 Meals. Plus hourly rate.

Nothing like fresh sea air to relax the soul, after a stroll along Bribie Island Water front, we will enjoy a lovely lunch at Woorim Golf Club.

NOTES



MONDAY 27TH

HAPPY SCRAPPERS

LOCATION: Boronia Cottage
MEAL: Morning Tea Provided
COST: \$5. Plus hourly rate
TIME: 9:00am - 12:00pm

Motivated Scrappers Wanted! Join a morning of scrapbooking, using your own photos or ours, to start and complete a small photo book project. Share tips, learn from others, and use supplied materials or bring your own. Event runs subject to minimum numbers.

TUESDAY 28TH

JOIN US FOR CELEBRATION LUNCH WITH FRIENDS

LOCATION: Boronia Cottage
MEAL: Good Old Fashion home cooked meal and dessert
COST: \$10. Plus hourly rate.

A day for your memory book. Celebrate lunch with friends from Sunny Coast and Northlakes, it is about more than just a meal, its time to share stories, laughter and companionship. To create moments of connection and to lift spirits and to have a day unlike an ordinary day lets turn it into something special.

WEDNESDAY 29TH

OUR BIGGEST LITTLE NEWS

LOCATION: Cafe 63 Banksia Beach
MEAL: Lunch
COST : What you spend & lunch

Something small, something sweet, and something very exiting is on the way. Join us for a surprise celebration as we share some big news. We promise it's worth the curiosity. Come help us make it a moment to remember.

THURSDAY 30TH

REDCLIFFE RSL LIVE ENTERTAINMENT

LOCATION: Redcliffe RSL
MEAL: Lunch, Redcliffe RSL
COST: What you spend & lunch

Get you dancing shoes on and go for a jive. We are re visiting one of our favourite spots for some live music, singing and dancing.



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