



Social Connections Program

138 BORONIA DRIVE, BELLARA QLD 4507

BRIBIE ISLAND & SURROUNDS

March 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 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.

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





TUESDAY 3RD

MAPLETON LOOKOUT

LOCATION: Mapleton Falls National Park Lookout

MEAL: Mapleton Public House (This menu is higher in price)

COST: What you spend & lunch

A short 5-10 minute walk along paths to beautiful Mapleton Falls Lookout. Followed by lunch at the Mapleton Public House, a 114 year old pink classic Queenslander Pub with a spin on traditional pub menus, using fresh, seasonal, local produce. **The price and type of menu is not a traditional pub menu. Please consider this when booking.**



WEDNESDAY 4TH

BUDERIM PARK WALK

LOCATION: Buderim Falls

MEAL: Lunch Buderim Tavern

COST: Your lunch & what you spend

Choose to do a short stroll along the boardwalk through Buderim Park, for those who would like to walk a little further take in the natural site of Buderim Falls. Followed by lunch at one of our favourites, Buderim Tavern.



THURSDAY 5TH

VISIT GLASSHOUSE COFFEE PLANTATION FOR LUNCH

LOCATION: Glasshouse Plantation

MEAL: Lunch, Glasshouse Plantation

COST: What you spend & lunch

Great day out, beautiful views, great food and great company, a day not to be missed.

COTTAGE DAY RESPITE



MONDAY TO FRIDAY

BRIBIE ISLAND RESPITE

LOCATION: Boronia Cottage

TIME:

- Monday-Thursday 9am-3pm
 - Friday - 9am-1pm
- Flexible hours available

Enjoy a morning of rest & relaxation. Join in on a game of scrabble or sit and enjoy an art & craft activity. Maybe you'd prefer to just sit and relax, read a book or watch a movie in a quiet space. Drive yourself or we can arrange transport for you.



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



TUESDAY 10TH

AUSTRALIAN ARMY BAND

LOCATION: Redcliffe Entertainment Centre - Army Band

MEAL: Quick Bite after the show

COST: \$32 to be billed. Lunch at your cost.

Join the Australian Army Band Brisbane as they present a concert at the Redcliffe Entertainment Centre, featuring big band music both old and new. The program will highlight the talents of modern Australian composers along with classic big band music and popular vocals.



WEDNESDAY 11TH

NOOSA RIVER FERRY

LOCATION: Noosa

MEAL: Fish & Chips

COST: \$25 to be billed, lunch at your expense on the day

Discover the charm of Noosa's waterways aboard the Noosa Ferry Cruise. Cruise down the Noosa river on a return trip. Once back enjoy fish and chips on the waters edge at the local shops.



THURSDAY 12TH

DAKABIN TAVERN

LOCATION: Dakabin Tavern

MEAL: Lunch

COST: Your lunch and what you spend

If you missed it, we're booking in again. Come check out the newly built Dakabin Tavern. With fancy new menus and lot's to choose from you'll be spoilt for choice.

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TUESDAY 17TH

GLASSHOUSE MTS LOOKOUT & LUNCH

LOCATION: Glasshouse Mountains Lookout
MEAL: Lunch The Lookout Cafe
COST: Your Lunch

Let's take a scenic drive through the Glasshouse Mountains for a birds eye view of our beautiful backyard. We'll then head back into town for lunch at The Lookout Cafe.



WEDNESDAY 18TH

ST PATRICK'S DAY CELEBRATIONS

LOCATION: Community Centre Maroochydore
MEAL: Lunch Provided

"Top o' the morning to ye!", "To be sure, to be sure"

Get your green on and get ready to do the Irish jig. Let's celebrate all things Irish with our friends in Maroochydore.



THURSDAY 19TH

SCENIC DRIVE - D'AGULAR NATIONAL PARK

LOCATION: Road Trip - The Gantry, D'Agular National Park
MEAL: Picnic Lunch
COST: \$10 Will be billed

After being rained out previously, we have decided to try this scenic drive again up the D'Agular National Park Range to The Gantry. Enjoy a picnic lunch in the fresh air while enjoying the wildlife and nature.

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TUESDAY 24TH

BRIBIE ISLAND LUNCH CRUISE

LOCATION: Bribie Island Jetty
MEAL: BBQ Lunch cooked onboard
COST: \$60 this will be billed

Tickets have been booked, it has been approved. We are finally setting sail on the beautiful MV Lady. Enjoy a relaxed scenic 2 hr lunch cruise departing from Bongaree Jetty. Drift along the peaceful Pumicestone Passage & indulge in a freshly prepared BBQ lunch cooked onboard by the welcoming crew.



WEDNESDAY 25TH

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 26TH

CLUB KAWANA, LIVE ENTERTAINMENT

LOCATION: Club Kawana
MEAL: Lunch, Club Kawana
COST: What you spend & lunch

Get your dancing shoes on and go for a jive. We are heading to one of our favourite spots for some live music, singing and dancing.

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TUESDAY 31ST

BIG DAY OUT - SAMFORD

LOCATION: City Chicks Farm & Cafe

MEAL: Lunch at Cafe

COST: What you spend & lunch

Let's get our farm boots on and head west to visit the chooks and maybe even catch a glimpse of some little lambs.

Enjoy lunch while watching the chooks roam the farm yard.

This is a LONG road trip, please consider this when booking. We will be on the bus for a longer period of time.

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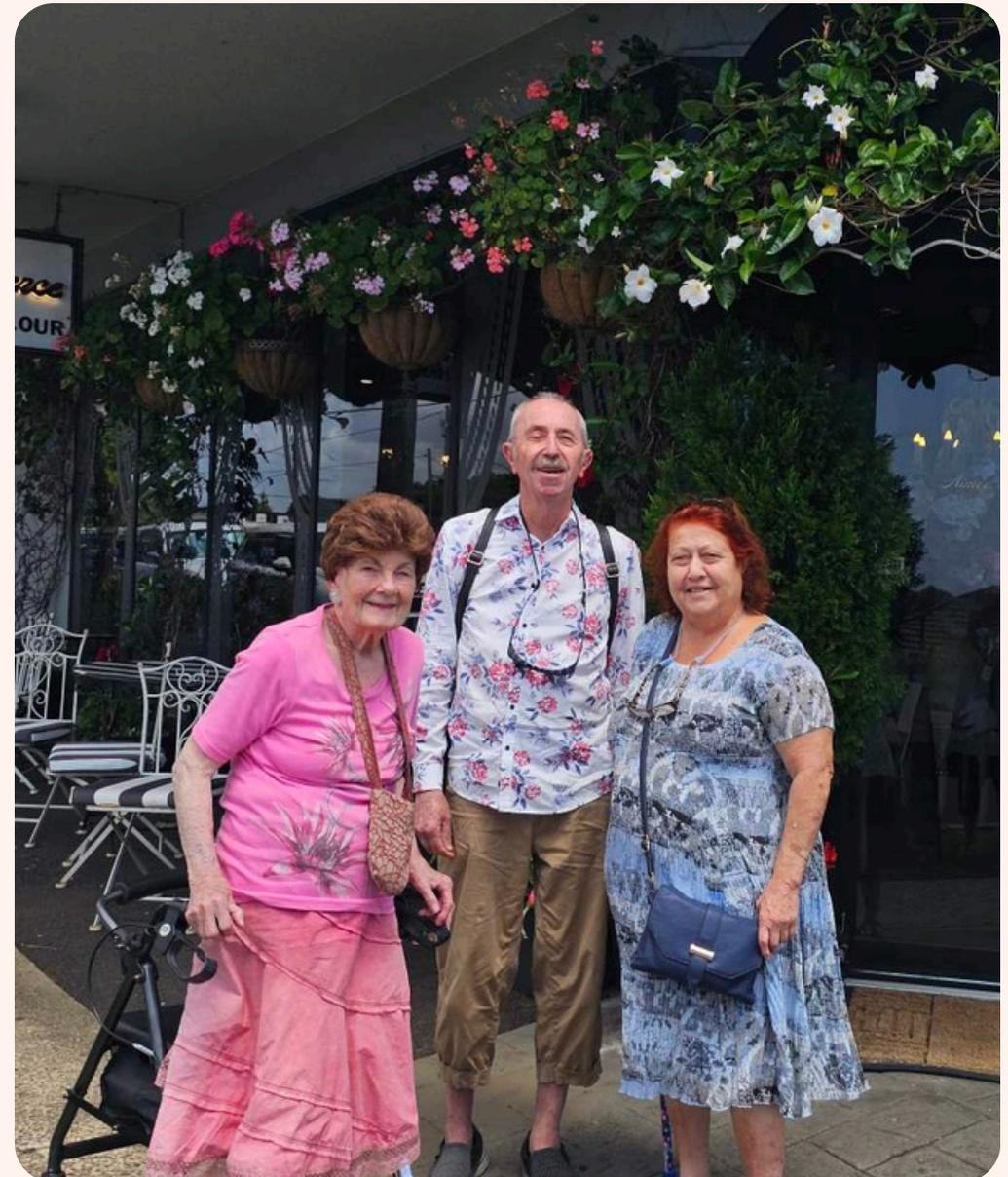
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WE ARE EXCITED TO SHARE THAT DAY RESPIRE CARE IS NOW AVAILABLE 7 DAYS A WEEK, GIVING FAMILIES MORE FLEXIBILITY AND SUPPORT. WE ARE EXPANDING OUR SUPPORT FOR CUSTOMERS AND FAMILIES

