

Social Connections Program

81 BAROLIN ST, BUNDABERG SOUTH, QLD 4670

BUNDABERG

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 786 227 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



April 2026 Outing Program

81 BAROLIN ST, BUNDABERG SOUTH, QLD 4670



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Card Game - Rummy Location - In Centre Start - 09:30am (1.5hr) Physio Fit Location - In Centre Start - 11:00am (1hr)	2 Childers Community BBQ Location - Childers Neighbourhood Centre Start - 11:30am Duration - (2.5hr)	3 GOOD FRIDAY PUBLIC HOLIDAY
6 EASTER MONDAY PUBLIC HOLIDAY	7 Pub Club Social Lunch Location - Bundy Social Club Start - 11:00am Duration - (2hr)	8 Urangan Markets & RSL Location - In Centre Start - 10:00am (4hr) Physio Fit Location - In Centre Start - 11:00am (1hr)	9 Silver Steppers Walking Group Location - Baldwin Swamp Environmental Park Start - 9:30am Duration - (1.5hr)	10
13 Bingo Location - In Centre Start - 10:00am Duration - (2hr)	14 Bunnings & Lunch Location - Bunnings & Sugarland Tavern Start - 10:00am Duration - (3hr)	15 Cuppas + Craft Garden Pot Craft Location - In Centre Start - 09:30am (1.5hr) Physio Fit Location - In Centre Start - 11:00am (1hr)	16 Pub Club Social Lunch Location - Woodgate Bowls Club Start - 11:30am Duration - (2hr)	17
20 Mahjong Location - In Centre Start - 10:00am Duration - (2hr)	21 Silver Steppers Walking Group Location - Botanical Gardens Start - 9:30am Duration - (1.5hr)	22 Monthly Garden Club Location - In Centre Start - 09:30am (1hr) Physio Fit Location - In Centre Start - 11:00am (1hr)	23 ANZAC Memorial + Lunch Location - ANZAC memorial & RSL Start - 11:00am Duration - (2.5hr)	24 Meet & Greet Social Lunch Location - Hervey Bay Boat Club Start - 11:00am Duration - (2.5hr)
27 Scrabble Location - In Centre Start - 10:00am Duration - (2hr)	28 BBQ Beach Lunch Location - Christsen Park, Bargara Start - 11:00am Duration - (2.5hr)	29 Bingo Location - In Centre Start - 09:30am (1.5hr) Physio Fit Location - In Centre Start - 11:00am (1hr)	30	



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WEDNESDAY 1ST APRIL

CARD GAME - RUMMY

LOCATION: In Centre

START: 09:30am

DURATION: 1.5hr

ABOUT - Join our Social Connections group for a relaxed game of rummy at the Centre. It's a great chance to meet others, enjoy some friendly competition, and have a chat along the way. Morning tea is provided, so come along for cards, connection, and a cuppa.



THURSDAY 2ND APRIL

CHILDERS' COMMUNITY BBQ

LOCATION - Childers Neighbourhood Centre

START - 11:30am

DURATION - 2.5hrs

ABOUT - Today we head to Childers to enjoy a BBQ lunch on the house, provided by the local neighbourhood centre. Come along and join us for a great morning as we get out and about in our local community to meet up with old and new friends. Transport available.



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TUESDAY 7TH APRIL

PUB CLUB SOCIAL LUNCH

LOCATION – Bundy Social Club

START – 11:00am

DURATION – 2hr

ABOUT – Our monthly stop at the Bundy Social Club. Come along and soak in the amazing river views and enjoy the company of great people. Customers to purchase their own meals – \$15 member meals, \$20 Non-members of Bundy Social Club.



WEDNESDAY 8TH APRIL

URANGAN MARKETS & RSL

LOCATION – Urangan, Hervey Bay

START – 10:00am

DURATION – 4hr

ABOUT – Visit the vibrant Urangan Markets for a relaxed morning of browsing the local markets. It's a great chance to enjoy the seaside atmosphere and spend time together. We will continue to the RSL for a delicious lunch and good company. A perfect day out combining community, conversation and coastal charm. Customers to make their own purchases.



THURSDAY 9TH APRIL

SILVER STEPPERS WALKING GROUP

LOCATION – Baldwin Swamp
Environmental Park

START – 09:30am

DURATION – 1.5hr

ABOUT – Meet us at Baldwin Swamp Environmental Park and join us for a stroll along the lovely bush track. Surrounded by beautiful parklands, this stroll will leave you feeling fresh and happy. Join us for a light picnic after our stroll. Entrance from Steindle Street, Bundaberg East. Morning tea provided.

NOTES

SAVE THE DATE:

May 1st – Hervey Bay

Mystery Tour



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MONDAY 13TH APRIL

BINGO

LOCATION - In Centre

START - 10:00am

DURATION - 2hr

ABOUT - A social morning game for likeminded people to meet or catch up with friends. Eyes down at 10:15am. Lucky door prize, and prizes to be won. All materials and morning tea supplied.



TUESDAY 14TH APRIL

BUNNINGS CAFE & NURSERY + LUNCH AT SUGARLAND TAVERN

LOCATION - Bunnings & Sugarland
Tavern

START - 10:00am

DURATION - 3hr

ABOUT - Today we head to Bunnings Warehouse where we will meet for morning tea, then explore the beautiful and diverse range of plants at the Bunnings nursery. This will be followed by lunch at the Sugarland Tavern. Customers to purchase their own morning tea.



WEDNESDAY 15TH APRIL

CUPPAS & CRAFT - GARDEN POTS

LOCATION - In Centre

START - 09:30am

DURATION - 1.5hr

ABOUT - Leading into the end of month gardening club, you can personalise your own garden pot in preparation for the end of month garden activity. All materials are supplied, take what you make. Morning tea will also be supplied.

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THURSDAY 16TH APRIL

PUB CLUB SOCIAL LUNCH

LOCATION - Woodgate Bowls Club

START - 11:30am

DURATION - 2hr

ABOUT - This week Social Connections Pub Club heads to The Woodgate Bowls Club for something a little different. Enjoy a delicious meal from the bowls club, followed by a scenic drive after our meal - it's the perfect way to connect, unwind and have a fantastic time! Customers to purchase own meals.



MONDAY 20TH APRIL

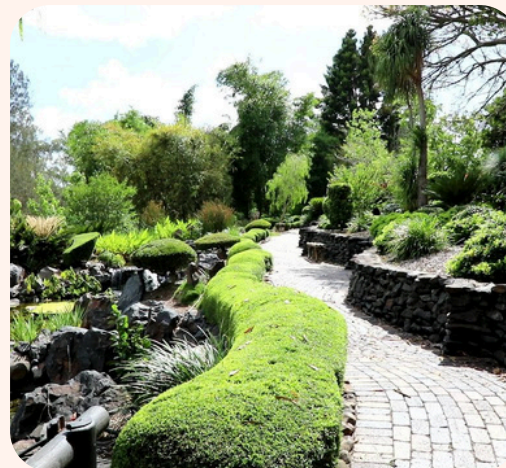
MAHJONG

LOCATION - In Centre

START - 10:00am

DURATION - 2hr

ABOUT - Join us for a relaxed and friendly morning where you can learn the basics of Mahjong in an easy beginner's session. It's the perfect chance to keep your mind active, meet new friends and share some laughs, all while enjoying a delicious morning tea that is provided.



TUESDAY 21ST APRIL

SILVER STEPPERS WALKING GROUP

LOCATION - Botanical Gardens

START - 09:30am

DURATION - 1.5hr

ABOUT - Meet us at Cafe 1928 for our walking group morning. A beautiful garden walk with morning tea to follow is sure to leave you happy and refreshed. Morning tea to follow after the walk, customers to purchase their own morning tea.



WEDNESDAY 22ND APRIL

MONTHLY GARDEN CLUB

LOCATION - In Centre

START - 09:30am

DURATION - 1.5hr

ABOUT - The social connections monthly garden club will bloom with inspiration, shared tips and great conversations. Here, we make garden magic happen. This month's topic is bulbs and the best way to care for them. All materials and morning tea supplied.



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THURSDAY 23RD APRIL

ANZAC MEMORIAL

LOCATION - ANZAC Memorial & RSL

START - 11:00am

DURATION - 2.5hr

ABOUT - Social Connections will gather at the ANZAC Memorial on Quay Street for an early ANZAC Day commemoration. Laying of wreaths, and a moment of silence, with a meal at the RSL to follow. Customers are invited to bring flowers or a wreath of their own to lay if they wish. Customers to purchase their own meals.



FRIDAY 24TH APRIL

MEET & GREET SOCIAL LUNCH

LOCATION - Hervey Bay Boat Club

START - 11:00am

DURATION - 2.5hr

ABOUT - Social Connections is heading to Hervey Bay for a relaxed meet-and-greet session at the Hervey Bay Boat Club. This is a great opportunity to enjoy the waterfront atmosphere and build new friendships in a welcoming setting. Join us for good conversation, social fun, and a chance to strengthen community ties in a beautiful location. Customers to purchase their own meals and drinks.



MONDAY 27TH APRIL

SCRABBLE

LOCATION - In Centre

START - 10:00am

DURATION - 2hr

ABOUT - Enjoy a relaxed morning of friendly competition and clever wordplay with a game of Scrabble. Whether you're a seasoned player or complete beginner, it's the perfect way to connect, laugh, and keep the mind sharp. All you need to bring is yourself and your best words! Morning tea provided.



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TUESDAY 28TH APRIL

BBQ BEACH LUNCH

LOCATION - Christsen Park, Barga

START - 11:00am

DURATION - 2.5hr

ABOUT - Social Connections is hosting a relaxed beach BBQ lunch at Christensen Park.

Lunch will be provided—just bring your sun-smart essentials like a hat, sunscreen, and sunnies. Come along for good food, fresh air, and great company by the sea!



WEDNESDAY 29TH APRIL

BINGO

LOCATION - In Centre

START - 10:00am

DURATION - 2hr

ABOUT - A social morning game for likeminded people to meet or catch up with friends. Eyes down at 10:15am. All materials and morning tea supplied.



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April Therapy Activities



WEDNESDAY 1ST, 8TH & 15TH

PHYSIO FIT

LOCATION - In Centre

START - 11:00am

DURATION - 1hr

ABOUT - A clinical therapy class led by our qualified Allied Health Professional TJ. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers. Attendance at these classes is subject to a GP clearance.

Available now at \$80 per hour.



WEDNESDAY 22ND & 29TH

PHYSIO FIT

LOCATION - In Centre

START - 11:00am

DURATION - 1hr

ABOUT - A clinical therapy class led by our qualified Allied Health Professional TJ. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers. Attendance at these classes is subject to a GP clearance.

Available now at \$80 per hour.



HYDROTHERAPY EVERY TUESDAY

HYDROTHERAPY

LOCATION - Bundaberg Aquatic Centre

START - 11:00am

DURATION - 1hr

ABOUT - Weekly classes, every Tuesday. A clinical therapy class led by our qualified Allied Health Professional TJ. These classes are open to all Support at Home (formerly Home Care Package), Short Term Restorative Care (STRC), and Fee for Service customers. Attendance at these classes is subject to a GP clearance. **Available now at \$80 per hour.**