



Social Connections Program

38 TORRES CRESCENT, NORTH LAKES, QLD, 4509

NORTH LAKES

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.

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.

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.

HEALTH AND WELLBEING STATEMENT

If you are feeling unwell or experiencing any symptoms of illness, please do not attend activities or outings. To help protect the health and safety of customer, staff, and the community, you may be asked to wear a mask if symptoms are observed.



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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Morning tea Location - Mt Cootha Start - 10:00am Duration - 2 hrs	3 Cafe' Time! Location - Cocoa Biccotti - Shorncliffe Pier Start - 10:00am Duration - 2 hrs	4 HUGMATES Location - In Centre Start - 10:00am Duration - 2 hrs	5	6 North Lakes Library Location - The Corso Start - 10:00am Duration - 2 hrs	7
9 Lunch Outing Location - Full Moon Hotel Start - 11:00am Duration - 2 hrs	10 Shopping! Location - Skippy's Fresh Food Market Start - 10:00am Duration - 2 hrs	11 Creative Workshop Location - Kallangur Start - 10:00am Duration - 2 hrs	12	13 Cycling Without Age Location - New Farm Parklands Start - 10:00am Duration - 2 hrs	14
16 Mystery trip Location - Surprise on day Start - 10:00am Duration - 2 hrs	17 Cafe' Time! Location - Cafe' Diversity Start - 10:00am Duration - 2 hrs	18 Renew Vows Location - Suncare Maroochydore Start - 11am Duration - 2 hrs	19	20 Bananagrams competition Location - In Centre Start - 10:00am Duration - 2 hrs	21
23 Costco Shopping Location - Cook Crt, North Lakes Start - 10:00am Duration - 2 hrs	24 Cafe' Time! Location - Cafe' 63 Kippa-Ring Start - 10:00am Duration - 2 hrs	25 Let's Create - Friendship Rocks Location - In Centre Start - 10:00am Duration - 2 hrs	26	27 Picnic - Decker park Location - Brighton Start - 11:00am Duration - 2 hrs	28

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MONDAY 2ND FEBRUARY

MORNING TEA - MT COO-THA

LOCATION - Mt Coo-tha road
Toowong

START - 10:00am to 12:00pm

DURATION - 2hr

ABOUT - We will take a drive to Mt Coo-tha tropical gardens and then find a spot to enjoy a light morning tea in nature

Remember to Bring a hat & water bottle



TUESDAY 3RD FEBRUARY

CAFE' TIME!

LOCATION - Cocoa Biscotti -
Shorncliffe pier

START - 10:00am to 12:00am

DURATION - 2hr

ABOUT - Cocoa Biscotti is a vintage artisan coffee and gelato bar located at the historic Shorncliffe Pier. Let's grab a cuppa and a treat and sit by the water

Drinks and treats at own cost



WEDNESDAY 4TH FEBRUARY

HUGMATES

LOCATION - 38 Torres Cres, North
Lakes

START - 10:00am to 12:00pm

DURATION - 2hr

ABOUT - Connecting with our friends at Sesame Lane Childcare

Come along to our intergenerational activity and experience the magic that happens when generations mix !

**Morning Tea included & Hugs
Guaranteed**



FRIDAY 6TH FEBRUARY

NORTH LAKES LIBRARY

LOCATION - 10 The Corso, North
Lakes

START - 10:00am to 12:00pm

DURATION - 2hr

ABOUT - Come along for a peaceful outing to the North Lakes library, with time to browse, read and relax in a calm and welcoming space



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.

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MONDAY 9TH FEBRUARY

FULL MOON HOTEL

LOCATION - 118 Eagle Terrace, Sandgate

START - 11:00am to 1:00pm

DURATION - 2hr

ABOUT - The Full Moon Hotel is an ideal spot to enjoy a nice lunch and a cool drink. With Ocean views and great food, it is ideal!

Drinks and treats at own cost



TUESDAY 10TH FEBRUARY

SHOPPING !

LOCATION - 743 Deception Bay Rd, Rothwell

START - 10:00am to 12:00pm

DURATION - 2hr

ABOUT - Skippy's Fresh Food Market

Bring your cooler bag and shopping list. We will be going out to Skippy's Market where they supply fresh fruit & Vegetables as well as meats, and specialty products.

Bring your spending money and shopping list



WEDNESDAY 11TH FEBRUARY

CREATIVE WORKSHOP

LOCATION - Kallangur Neighbourhood Centre

START - 10:00am to 12:00pm

DURATION - 2hr

ABOUT - Local Artist, Tamika Grant-Iramu, will teach us to create artworks using Flowers, leaves and Bark.

It is an opportunity to inspire your creativity and foster connection in our local community

Morning Tea included



FRIDAY 13TH FEBRUARY

CYCLING WITHOUT AGE

LOCATION - New Farm - Parklands

START - 10:00am to 12:00pm

DURATION - 2hr

ABOUT - Cycling Without Age is a not-for-profit charity that provides a community service by connecting those that are no longer able to ride for themselves. They assist people to connect with the community by giving free rides on trishaw ebikes, piloted by volunteer cyclists.

We will stop for a cuppa at a local Cafe'



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MONDAY 16TH FEBRUARY

MYSTERY TRIP!!

LOCATION - Surprise on the day

START - 10:00am to 12:00pm

DURATION - 2hr

ABOUT - Get ready for an adventure full of surprises!

This time **you** help decide where we go. Place your ideas in the mystery box and we will draw one of the suggestions out before the day.

The destination will remain a mystery until we head off

Food and Drinks at own cost



TUESDAY 17TH FEBRUARY

CAFE TIME!

LOCATION -75 Redcliffe Parade, Redcliffe QLD

START - 10:00am to 12:00am

DURATION - 2hr

ABOUT - Cafe Diversity

Nestled on the foreshore of Redcliffe Beach, our venue boasts modern decor with incredible views - and delicious Coffee!

Drinks and treats at own cost



WEDNESDAY 18TH FEBRUARY

RENEW VOWS

LOCATION - Suncare Sunshine Coast George St, Maroochydore

START - 11:30am to 1:30pm

DURATION - 2hr

ABOUT - Continue to celebrate the love from Valentine's Day in a warm and welcoming setting. Couples are invited to renew their vows and share special moment together, or simply come along, relax and enjoy watching these beautiful celebrations of love and commitment



FRIDAY 20TH FEBRUARY

WORD GAME

LOCATION - 38 Torres Cres, North Lakes

START - 10:00am to 12:00pm

DURATION - 2hr

ABOUT - Find your competitive spirit with a friendly game of Bananagrams.

Bananagrams is a fun, relaxed and simple word game.

Prizes to be won

Morning Tea included



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MONDAY 23RD FEBRUARY

COSTCO SHOPPING TRIP

LOCATION - 39 Cook Court, North lakes

START - 10:00am to 12:00am

Hi-ho, hi-ho, It's off to Costco we go!

Join us for a fun group shopping trip filled with browsing the aisles, good company and a few unexpected finds

Bring your spending money and shopping list



TUESDAY 24TH FEBRUARY

CAFE TIME!

LOCATION - Peninsula Fair - Kippa Ring

START - 10:00am to 12:00am

DURATION - 2hr

Discover the NEW Cafe' 63 in Kippa Ring shopping centre.

Grab a cuppa and a treat, have a chat and maybe pop into the Peninsula Fair for a quick shop

Drinks and treats at own cost



WEDNESDAY 25TH FEBRUARY

LET'S CREATE - FRIENDSHIP ROCKS

LOCATION - 38 Torres Cres, North Lakes

START - 10:00am to 12:00pm

DURATION - 2hr

ABOUT - Join us for a fun morning of creativity! Catch up with our Bribie Island friends and design your own friendship rocks to share

(Additional \$10 - billed to account)

Morning Tea included



FRIDAY 27TH FEBRUARY

PICNIC - DECKER PARK

LOCATION - 18 Twenty-Fifth Avenue, Brighton

START - 11:00am to 1:00pm

DURATION - 2hr

ABOUT - Come along, relax and enjoy a wonderful day by the water.

We will grab some hot chips and cold drinks and sit back and watch the world go by

Drinks and treats at own cost



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