



Social Connections Program

38 TORRES CRESCENT, NORTH LAKES, QLD, 4509

NORTH LAKES

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.

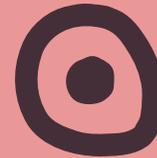
Loneliness and social isolation don't reflect weakness or personal failure - they simply show that we all need stronger, more meaningful connections.

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



April 2026 Outing Program

38 TORRES CRESCENT, NORTH LAKES, QLD, 4509



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		1 EASTER BRUNCH Location - In Centre Start - 10:00am Duration - 3 hrs	2	3 GOOD FRIDAY Public Holiday	4/5 EASTER SATURDAY EASTER SUNDAY
6 EASTER MONDAY PUBLIC HOLIDAY	7 Shopping Location - Skippy's Fresh Food Market Start - 10:00am Duration - 2 hrs	8 Cycling Without Age Location - New Farm Start - 10:00am Duration - 2 hrs	9	10 Picnic in Gardens Location - Mt Coot- tha Botanical gardens Start - 10:00am Duration - 3 hrs	11/12
13 Scrapbooking Location - Boronia Cottage Start - 10:00am Duration - 3 hrs	14 Plant shack Location - Deception Bay Start - 10:00am Duration - 2 hrs	15 Let's Create - ANZAC poppies Location - In Centre Start - 10:00am Duration - 2 hrs	16	17 Silly Sollys & Vinnies Location - Deception Bay Start - 10:00am Duration - 2 hrs	18/19
20 Mystery trip Location - Surprise on day Start - 10:00am Duration - 2 hrs	21 Word games Location - In Centre Start - 10:00am Duration - 2 hrs	22 ANZAC Day Location - Sunshine Coast Centre Start - 10:00am Duration - 3 hrs	23	24 Lunch Outing Location - Hog's Breath - Morayfield Start - 11:00am Duration - 2hrs	25/26 ANZAC DAY
27 Shopping Location - Peninsula Fair Start - 10:00am Duration - 2 hrs	28 Good Old Fashion Lunch Location - Boronia cottage Start - 11:00am Duration - 3 hrs	29 Friendship Group Location - Cafe 63 Banksia Beach Start - 10:00am Duration - 3 hrs	30		

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



WEDNESDAY 1ST APRIL

EASTER BRUNCH

LOCATION - 38 Torres Cres, North Lakes

START - 10:00am

DURATION - 3hr

ABOUT - Hop on into our North Lakes centre and share a beautiful Easter Brunch together.

There will be some fresh brunch favourites, relaxed environment and perhaps a chocolate or two?

Brunch included



FRIDAY 3RD APRIL

GOOD FRIDAY

PUBLIC HOLIDAY



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MONDAY 6TH APRIL

EASTER MONDAY

PUBLIC HOLIDAY



TUESDAY 7TH APRIL

SHOPPING - FRESH FOOD

LOCATION - 743 Deception Bay Rd, Rothwell
START - 10.00am
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 and Vegetables as well as meats, and specialty products.

Bring your spending money and shopping list



WEDNESDAY 8TH APRIL

CYCLING WITHOUT AGE

LOCATION - New Farm Parklands
START - 10:00am
DURATION - 2hr

ABOUT - Cycling Without Age is a not-for-profit charity.

They assist people to connect with the community by giving bike rides on trishaw ebikes, run by volunteer cyclists.

You don't ride the bike- just enjoy the breeze and views



FRIDAY 10TH APRIL

BOTANICAL GARDENS PICNIC

LOCATION - Mt Coot-Tha Botanical Gardens
START - 10:00am
DURATION - 3hr

ABOUT - Enjoy a relaxing day out with a scenic drive to Mt Coot-Tha. Followed by a gentle stroll through the botanical gardens and sit back and enjoy BBQ lunch

Suitable for all - 4WW/wheelchair accessible

Additional \$5 billed to account (no cash payments)

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MONDAY 13TH APRIL

SCRAPBOOKING

LOCATION - Boronia Cottage

START - 10:00am

DURATION - 3hr

ABOUT - Turn your favourite photos into beautiful keepsakes. Join our relaxed scrapbooking activity with our Bribie Island friends

Includes all scrapbooking supplies and lunch

Additional \$10 billed to account - (no cash payments)



TUESDAY 14TH APRIL

PLANT SHACK GARDEN CENTRE

LOCATION - Deception Bay Rd, Deception Bay

START - 10:00am

DURATION - 2hr

ABOUT - Walk through the aisles of lush greenery and beautiful plants. Pick up some new favourite plants for your garden or simply sit and have a freshly brewed coffee in their Hideout cafe

Drinks and treats at own cost



WEDNESDAY 15TH APRIL

LET'S CREATE - ANZAC POPPIES

LOCATION - 38 Torres Cres, North Lakes

START - 10:00am

DURATION - 2hr

ABOUT - In honour of the ANZAC's, we will be creating felt Poppies to wear with pride on ANZAC day 25th April

Additional \$5 billed to account (no cash payments)

Morning Tea included



FRIDAY 17TH APRIL

SILLY SOLLY'S AND VINNIES

LOCATION - Deception Bay Rd, Deception Bay

START - 10:00am

DURATION - 2hr

ABOUT - Come along to have a fun morning shopping at Silly Solly's and Vinnies Op shop. Both conveniently located together for a bargain shopping day out

Bring your spending money and shopping list

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MONDAY 20TH APRIL

MYSTERY TRIP!!

LOCATION - Surprise on the day

START - 10:00am

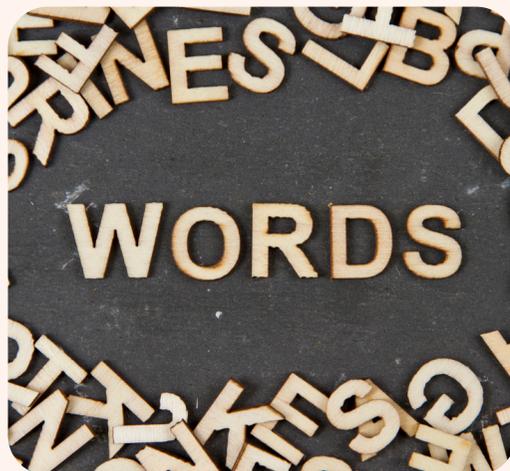
DURATION - 2hr

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 21ST APRIL

WORD GAMES

LOCATION - In centre

START - 10:00am

DURATION - 2hr

ABOUT - Love a good brain teaser?

Come along for Word Games with Friends - a fun and relaxed session filled with laughs, friendly competition and plenty of clever thinking!

Morning tea provided



WEDNESDAY 22ND APRIL

ANZAC DAY LUNCH

LOCATION - Maroochydore Centre

START - 10:00am

DURATION - 3hr

ABOUT - Join us for an ANZAC Day ceremony, followed by lunch and a friendly game of Two-Up.

We warmly welcome you to wear your 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 the event.



FRIDAY 24TH APRIL

HOG'S BREATH CAFE

LOCATION - Morayfield Shopping Centre

START - 11:00am

DURATION - 2hr

ABOUT - From hearty steaks to lighter bites, there's something for everyone at the iconic Hogs Breathe Cafe.

Let's get out and about and enjoy a meal together

Food and Drinks at own cost

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MONDAY 27TH APRIL

SHOPPING PENINSULA FAIR

LOCATION - Anzac Ave, Kippa-Ring
START - 10:00am
DURATION - 2hr

ABOUT - Join us for a fun morning out at Peninsula Fair

Enjoy browsing your favourite stores or simply relax with a cuppa in one of the many cafe's

Bring your shopping list and some spending money



TUESDAY 28TH APRIL

OLD-FASHIONED LUNCH

LOCATION - Boronia Cottage
START - 11:00am
DURATION - 3hr

ABOUT - Enjoy an Old-Fashioned home cooked meal with friends from Bribie Island!
More than just a meal, it's a chance to share stories, laughter and meaningful companionship

Home cooked Lunch & dessert Provided

Additional \$10 billed to account (no cash payments)



WEDNESDAY 29TH APRIL

FRIENDSHIP GROUP

LOCATION - Cafe 63, Banksia Beach
START - 11:00am
DURATION - 2hr

ABOUT - Creating moments to remember with friends of the past and friends for the future.
There will be guessing games and something small and sweet to share.

Food and Drinks at own cost



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