



Social Connections Program

38 TORRES CRESCENT, NORTH LAKES, QLD, 4509

NORTH LAKES

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.

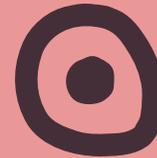
Loneliness and social isolation don't reflect weakness or personal failure - they simply show that we all need stronger, more meaningful connections.

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



March 2026 Outing Program

38 TORRES CRESCENT, NORTH LAKES, QLD, 4509



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2 Scenic Drive Location - Yatala Start - 10:00am Duration - 3 hrs	3 Cafe' Time! Location - The Bay Sandgate Start - 10:00am Duration - 2 hrs	4 HUGMATES Location - In Centre Start - 10:00am Duration - 2 hrs	5	6 Redcliffe Museum Location - 75 Anzac Ave, Redcliffe Start - 10:00am Duration - 2 hrs	7/8
9 Lunch Outing Location - Ferny Grove Tavern Start - 11:00am Duration - 2 hrs	10 Shopping! Location - Skippy's Fresh Food Market Start - 10:00am Duration - 2 hrs	11 Planning and Pastries Location - In Centre Start - 10:00am Duration - 2 hrs	12	13 Cycling Without Age Location - Hamilton Start - 10:00am Duration - 2 hrs	14/15
16 Mystery Trip Location - Surprise on day Start - 10:00am Duration - 2 hrs	17 St Patrick's Day Concert Location - Redcliffe Entertainment Centre Start - 11:00am Duration - 2 hrs	18 Bananagrams Competition Location - In Centre Start - 10:00am Duration - 2 hrs	19	20 Lunch Outing Location - Morgans Seafood Start - 11:00am Duration - 2 hrs	21/22
23 Lunch Outing Location - Sands Social Start - 11:00am Duration - 2 hrs	24 Shopping! Location - Chermside Westfield Start - 10:00am Duration - 2 hrs	25 Let's Create - Decoupage Easter Eggs Location - In Centre Start - 10:00am Duration - 2 hrs	26	27 Art Gallery Location - 1 Irene St, Redcliffe Start - 10:00am Duration - 2 hrs	28/29
30 Train Trip - Roma St Location - The Garden Room Café' Start - 10:00am Duration - 3 hrs	31 Cafe' Time! Location - Wray Organic Market and Cafe' Start - 10:00am Duration - 2 hrs				

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

March 2026 Outing Program

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MONDAY 2ND MARCH

SCENIC DRIVE

LOCATION - Yatala
START - 10:00am
DURATION - 3hr

ABOUT - We will go for a drive and see the "Pie in the Sky". Yatala Pies has been a landmark in Queensland for more than 130 years.

They are arguably the BEST pies in QLD, let's be the judge of that!

Note:
This is a longer outing
Drinks and treats at own cost



TUESDAY 3RD MARCH

CAFE' TIME @ THE BAY SANDGATE

LOCATION -231 Flinders Parade, Sandgate
START - 10:00am
DURATION - 2hr

ABOUT - The Bay Sandgate is ideally located looking over the foreshore of Sandgate.

We will stop for a cuppa and take a gentle stroll along the waterfront.

Drinks and treats at own cost



WEDNESDAY 4TH MARCH

HUGMATES

LOCATION - 38 Torres Cres, North Lakes
START - 10:00am
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 and Hugs Guaranteed



FRIDAY 6TH MARCH

REDCLIFFE MUSEUM

LOCATION - 75 Anzac Ave, Redcliffe
START - 10:00am
DURATION - 2hr

ABOUT - Harvest Exhibition
Harvest explores the rich agricultural history of the region, from its deep roots in Aboriginal Country to today's farming communities.

The exhibition showcases historical objects, photos and personal stories that has shaped this land to what we know today.

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MONDAY 9TH MARCH

FERNY GROVE TAVERN

LOCATION - 1348 Samford Rd,
Ferry Grove
START - 11:00am
DURATION - 2hr

ABOUT - Enjoy a relaxed lunch together as we recognise **International Woman's Day**. The tavern offers a friendly environment and great value meals with an old-fashioned touch - perfect way to celebrate the amazing woman in our community.

Drinks and treats at own cost



TUESDAY 10TH MARCH

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 11TH MARCH

PLANNING AND PASTRIES

LOCATION - 38 Torres Cres, North Lakes
START - 10:00am
DURATION - 2hr

ABOUT - Join us for a relaxed and friendly morning tea where we'll chat about upcoming events and share a few laughs. This is a perfect chance to have your say and help shape our future programs for the next three months - all while enjoying a cuppa and high-tea.

High-Tea included



FRIDAY 13TH MARCH

CYCLING WITHOUT AGE

LOCATION - Hamilton 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 free rides on trishaw ebikes, run by volunteer cyclists.

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



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MONDAY 16TH MARCH

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 17TH MARCH

ENTERTAINMENT CENTRE

LOCATION -10 Downs St, Redcliffe
START - 11:00am
DURATION - 2hr

ABOUT - ST PATRICK'S day concert. Come enjoy the spirit of the Irish with a show at the Redcliffe Entertainment Centre - featuring popular songs from Ireland!

Additional \$32 per ticket - Billed to Suncare account (no cash)



WEDNESDAY 18TH MARCH

WORD GAME

LOCATION - 38 Torres Cres, North Lakes
START - 10:00am
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



FRIDAY 20TH MARCH

MORGAN SEAFOOD

LOCATION - Bird O'Passage Pde, Scarborough
START - 11:00am
DURATION - 2hr

ABOUT - Located on the stunning Scarborough Boat Harbour. We will grab some fish and chips, sit by the water that is dotted with luxury yachts and views of the glasshouse mountains.

Drinks and treats at own cost

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MONDAY 23RD MARCH

THE SANDS SOCIAL

LOCATION - 350 Keogh St, Sandgate

START - 11:00am

DURATION - 2hr

ABOUT - A local Favourite of the Sandgate community. Casual environment with great meal selections.

Drinks and treats at own cost



TUESDAY 24TH MARCH

SHOPPING!

LOCATION - Westfield - Chermerside

START - 10:00am

DURATION - 2hr

ABOUT - Join us for a fun morning out at Westfield - Chermerside!

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



WEDNESDAY 25TH MARCH

LET'S CREATE

LOCATION - 38 Torres Cres, North Lakes

START - 10:00am

DURATION - 2hr

ABOUT - With Easter just around the corner, we will be making Decoupage Easter Eggs. Decorating eggs is a joyful tradition cherished across many cultures.

Additional \$10 billed to account (no cash)

Morning Tea included



FRIDAY 27TH MARCH

REDCLIFFE ART GALLERY

LOCATION - 1 Irene St, Redcliffe

START - 10:00am

DURATION - 2hr

ABOUT - The art gallery has four exhibition spaces with works from local, emerging and established Australian Artists.

We will stop for a nice cuppa & a chat.

Drinks and treats at own cost

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