



Social Connections Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700

ROCKHAMPTON

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.

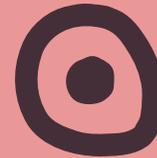
Loneliness and social isolation don't reflect weakness or personal failure - they simply show that we all need stronger, more meaningful connections.

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

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|---|--|--|--|
| | | 1 | 2 | 3 EASTER FRIDAY |
| 6 EASTER MONDAY | 7 Cyber Safety & Security Location - In Centre Start - 11:00 Duration - 2 hrs | 8 Parkhurst Tavern Location - 800 Yaamba Road, Parkhurst Queensland Start - 11:30am Duration - 2 hrs | 9 Bartletts Tavern Location - 166 Kent St, Rockhampton Start - 11:30am Duration - 2 hrs | 10 Games & Trivia Location - In Centre Start - 11:00am Duration - 2 hrs |
| 13 | 14 Kershaw Gardens Walking Group Location - Kershaw Gardens Start - 8:00am Duration - 2 hrs | 15 Cafe 63 Location - 64 James Street, Yeppoon Queensland 4703 Start - 10:00am Duration - 2 hrs | 16 Leichhardt hotel Location - Corner Bolsover St & Denham St, Rockhampton City Start - 11:30am Duration - 2 hrs | 17 Bird Seed Ornaments Location - In Centre Start - 11:00am Duration - 2 hrs |
| 20 | 21 SUN BAR CAFE Location - 17 Flinders Parade, Gladstone Queensland 4680 Start - 11:00am Duration - 3 hrs | 22 Treasure Hunt: Op Shop Adventure Location - Rockhampton Start - 11:00am Duration - 2 hrs | 23 Gardens Tearooms Location - 100 Spencer St, The Range Start - 11:00am Duration - 2 hrs | 24 ANZAC DAY Location - In Centre Start - 11:00am Duration - 2 hrs |
| 27 | 28 Cafe Companions Location - Jolt Cafe, Allenstown Start - 9:00am Duration - 2 hrs | 29 Honey Bee Collective Location - 19 GRANVILLE STREET, Emu Park Start - 11:00am Duration - 2 hrs | 30 8848 Momo House Location - 111 George St, Rockhampton Start - 11:30am 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.**



TUESDAY 7TH APRIL

CYBER SAFET & SECURITY

Location - In Centre
Parkhurst Queensland
Start - 11:00am
Duration - 2 hrs

ABOUT- Join our workshop designed to help navigate the digital world. learn practical tips to help protect your personal information from online threats, recognise scams and secure your devices. We will cover creating strong passwords, understanding email safety, and identifying fake news. Empower yourself to stay safe online.



WEDNESDAY 8TH APRIL

PARKHURST TAVERN

Location - 800 Yaamba Road,
Parkhurst Queensland
Start - 11:00am
Duration - 2 hrs

Enjoy a relaxing outing to Parkhurst Tavern! Sit back and catch up with friends over a delicious meal in a welcoming, laid-back setting. It's a great way to spend the day sharing good food, good company, and plenty of laughs.



THURSDAY 9TH APRIL

BARTLETTS TAVERN

Location -166 Kent St, Rockhampton
City
Start - 11:00am
Duration - 2 hrs

ABOUT - Enjoy a casual and friendly outing to Bartletts Tavern! Relax over a delicious meal, great conversation, and a welcoming atmosphere. It's the perfect chance to catch up with friends and enjoy a laid-back day together.



FRIDAY 10TH APRIL

GAMES & TRVIA

Location - In Centre
Start - 11:00am
Duration - 2 hours

ABOUT - Join us for a fun-filled Games Day! Enjoy a variety of classic and modern games, including Uno, Mahjong, and many more. Challenge your friends, test your skills, and share plenty of laughs in a relaxed, social atmosphere. A perfect way to connect, have fun, and enjoy some friendly competition.



TUESDAY 14TH APRIL

KERSHAW GARDENS WALKING GROUP

Location - Kershaw Gardens
Start - 8:00am
Duration - 2 hrs

ABOUT - Join us for a refreshing walk at Kershaw Gardens, where we combine gentle exercise with meaningful social connections. Enjoy the fresh air, stay active, and share friendly conversation in a welcoming and supportive environment.



WEDNESDAY 15TH APRIL

CAFE 63

Location - 64 James Street, Yeppoon Queensland 4703
Start - 10:00am
Duration - 3 hrs

ABOUT - Join us for a lovely day in Yeppoon as we enjoy a delicious lunch at Café 63. Take in the coastal charm, share good conversation, and enjoy a delightful meal together in this popular local café.



THURSDAY 16TH APRIL

LEICHHARDT HOTEL

Location - Corner Bolsover St & Denham St, Rockhampton City
Start - 11:30am
Duration - 2 hours

ABOUT - Join us for a relaxed outing to the Leichhardt Hotel, a well-known local venue offering a welcoming atmosphere and classic pub dining. This outing is a great opportunity to enjoy a delicious meal, share conversation, and connect with others.



FRIDAY 17TH APRIL

BIRD SEED ORNAMENTS

Location - In Centre
Start - 11:00am
Duration - 2 hours

ABOUT - Get creative making your own bird seed ornaments to attract beautiful local birds. Hang them in your garden or on your balcony and enjoy birdwatching from home.



TUESDAY 21ST APRIL

SUN & BAR CAFE

Location - 17 Flinders Parade,
Gladstone Queensland 4680

Start - 11:00am

Duration - 3 hours

ABOUT - Join us for a fun filled outing at the Sun & Bar Cafe. Enjoy a relaxing lunch at the Sun & Bar Cafe, Make social connections withing the gladstone aera. If the weather is nice, we can continue on with a flat leisurely stroll along the river bank.



WEDNESDAY 22ND APRIL

TREASURE HUNT -OPSHOP

Location - 100 Spencer St, The Range

Start - 11:00am

Duration - 2 hrs

ABOUT - Join us for a treasure hunt, Are you looking for a pre-loved dress shirt or game we will scour the op shops in Rockhampton and see what they have to offer .



THURSDAY 23RDTH APRIL

GARDENS TEAROOM

Location - 100 Spencer St, The Range

Start - 11:00am

Duration - 2 hrs

ABOUT - Join us for a peaceful outing to The Gardens Tea Rooms, a charming café nestled among gorgeous trees and lush greenery. Enjoy a delicious morning tea or lunch while soaking in the tranquil surroundings, where friendly wildlife and colourful birds often wander by.



FRIDAY 24TH APRIL

ANZAC COMEMERATION

Location - In Centre

Start - 11:00am

Duration - 2 hours

ABOUT- Please join us for a commemorative Anzac day, morning tea, a respectful occasion to honor the courage and sacrifice of Australia and New Zealand Service members. We will participate in a moment of silence and pay tribute to the enduring legacy of the Anzacs.



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

April Therapy Activities

WEDNESDAYS

AQUA-FIT

TIME: 2:00pm - 3:00pm

LOCATION: Caribee Swimming Academy, 135 Menzie Street,

MAX: 8 people

DURATION: 1 hour

COST: \$80



FRIDAYS

PHYSIO-FIT

TIME: 10.00am - 11.00am

LOCATION: 80 Denham Street Rockhampton

MAX: 8 people

DURATION: 1 hour

COST: \$80



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