



# Social Connections Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700

ROCKHAMPTON

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 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

SAH cancellations made less than 48 hours before an outing or activity will incur a cancellation fee. CHSP cancellations made less than 24 hrs before an outing or activity will incur a cancellation fee. Call 1800 768 227 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.

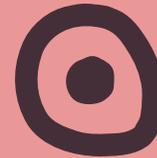
Loneliness and social isolation don't reflect weakness or personal failure - they simply show that we all need stronger, more meaningful connections.

## 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

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>2</b> <b>Allenstown Hotel</b> Location - 130 Archer St, Rockhampton Start - 11:30am Duration - 2 hrs	<b>3</b>	<b>4</b> <b>Bartletts Tavern</b> Location - 166 Kent Street, Rockhampton Start - 11:30am Duration - 2 hrs	<b>5</b> <b>Caves Country Pub</b> Location - 1 Buch Square, The Caves Start - 11:30am Duration - 2 hrs	<b>6</b> <b>Craft Corner - Stained Glass Windows</b> Location - In Centre Start - 11:00am Duration - 2 hrs	<b>7</b>
<b>9</b>	<b>10</b> <b>Cafe Companions</b> Location - Jolt Cafe, Allenstown Start - 9:00am Duration - 2 hrs	<b>11</b> <b>Bunnings Workshop</b> Location - 540 Yaamba Road Bruce Hwy, Rockhampton Start - 10:00am Duration - 2 hrs	<b>12</b> <b>Keppel Bay Sailing Club</b> Location - 1 Anzac Parade, Yeppoon Start - 11:30am Duration - 2 hrs	<b>13</b> <b>Games &amp; Trivia</b> Location - In Centre Start - 11:00am Duration - 2 hrs	<b>14</b>
<b>16</b> <b>Pine Beach Hotel</b> Location - 3/5 Granville St, Emu Park Start - 11:30am Duration - 2 hrs	<b>17</b>	<b>18</b> <b>Treasure Hunt: Op Shop Adventure</b> Location - Rockhampton Start - 11:00am Duration - 2 hrs	<b>19</b>	<b>20</b> <b>Tai Chi</b> Location - In Centre Start - 11:00am Duration - 2 hrs	<b>21</b>
<b>23</b>	<b>24</b> <b>Kershaw Gardens Walking Group</b> Location - Kershaw Gardens Start - 8:00am Duration - 2 hrs	<b>25</b> <b>Great Western Hotel</b> Location - Denison St, Rockhampton Start - 11:30am Duration - 2 hrs	<b>26</b> <b>Kracker's Bar &amp; Grill</b> Location - 20 Bowls St, Yeppoon Start - 11:30am Duration - 2 hrs	<b>27</b> <b>Quizzical @ Northside Library</b> Location - Rockhampton Start - 10:30am - 12:30pm Duration - 2 hrs	<b>28</b>

**TO MAKE A BOOKING:**  
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# March 2026 Outing Program

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**MONDAY 2ND MARCH**

## ALLENSTOWN HOTEL

**Location** - 130 Archer St  
**Start** - 11:30am  
**Duration** - 2 hrs

**ABOUT** - Join us for a visit to the Allenstown Hotel, a friendly local venue perfect for a relaxed meal and social catch-up. Enjoy hearty food, good conversation, and a welcoming atmosphere in this classic community pub setting—ideal for connecting with others and enjoying a laid-back outing.



**WEDNESDAY 4<sup>TH</sup> MARCH**

## BARTLETTS TAVERN

**Location** -166 Kent St, Rockhampton City  
**Start** - 11:30am  
**Duration** - 2 hrs

**ABOUT**- Enjoy a casual and friendly outing to Bartlett's 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



**THURSDAY 5<sup>TH</sup> MARCH**

## THE CAVES COUNTRY PUB

**Location** - 1 Buch Square, The Caves  
**Start** - 11:30am  
**Duration** - 2 hrs

**ABOUT** - Take in the beautiful views on a scenic drive to The Caves before stopping at the Country Pub for a delicious meal. Enjoy the peaceful countryside, good company, and a hearty lunch in a relaxed, friendly atmosphere – a perfect day out to unwind and explore.



**FRIDAY 6<sup>TH</sup> MARCH**

## CRAFT CORNER - STAINED GLASS WINDOWS

**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.



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## TUESDAY 10<sup>TH</sup> MARCH

### CAFE COMPANIONS

**Location** - Jolt Cafe, Allentown

**Start** - 9:00am

**Duration** - 2 hrs

**ABOUT** - Start the day with meaningful conversations and new connections over coffee and cake. A relaxed outing designed to enjoy good company, friendly chats, and a warm, welcoming atmosphere.



## WEDNESDAY 11<sup>TH</sup> MARCH

### BUNNINGS WORKSHOP

**Location** - 540 Yaamba Road Bruce Hwy, Rockhampton

**Start** - 10:00am

**Duration** - 2 hrs

**ABOUT** - Join our fun, hands-on craft workshop inspired by Bunnings-style DIY projects. All materials provided, no experience needed—just bring your creativity and enjoy a relaxed, social session.



## THURSDAY 12<sup>TH</sup> MARCH

### KEPPEL BAY SAILING CLUB

**Location** - 1 Anzac Parade, Yeppoon

**Start** - 11:00am

**Duration** - 2 hours

**ABOUT** - Set sail for a relaxing outing at the Keppel Bay Sailing Club, where you can enjoy beautiful waterfront views, fresh sea air, and a welcoming social atmosphere. Whether it's for a casual coffee, a meal, or simply taking in the scenery, this outing is a perfect way to connect with others while enjoying the charm of Yeppoon's marina and sailing community.



## FRIDAY 13<sup>TH</sup> MARCH

### 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.



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## TUESDAY 24<sup>TH</sup> MARCH

### 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 25<sup>TH</sup> MARCH

### GREAT WESTERN HOTEL

**Location** - Denison St, Rockhampton  
**Start** - 11:30am  
**Duration** - 2 hrs

**ABOUT** - Enjoy a relaxed outing to the Great Western Hotel, a classic country and western-style pub with a unique rodeo arena. This outing is a great opportunity to check out the country atmosphere, enjoy hearty meals, share conversation, and connect with others in a welcoming and laid-back setting.



## THURSDAY 26<sup>TH</sup> MARCH

### KRACKER'S BAR & GRILL

**Location** - 20 Bowls St, Yeppoon  
**Start** - 11:30am  
**Duration** - 2 hrs

**ABOUT** - Enjoy a scenic drive to Yeppoon, taking in the beautiful views along the way, followed by a relaxed lunch at Krackers Bar & Grill. This outing is a wonderful opportunity to enjoy good food, great company, and a change of scenery. Perfect for a social and enjoyable day out.



## FRIDAY 27<sup>TH</sup> MARCH

### QUIZZICAL @ NORTHSIDE LIBRARY

**Location** - Rockhampton  
**Start** - 10:30am - 12:30pm  
**Duration** - 2 hrs

**ABOUT** - Join us for Quizzical at the Library, a fun and engaging trivia-style outing designed to get minds working and conversations flowing. Enjoy a relaxed environment where participants can test their knowledge, learn something new, and connect with others while making the most of a welcoming community space. Perfect for all abilities.

# March 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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