



Social Connections Program

138 BORONIA DRIVE, BELLARA QLD 4507

BRIBIE ISLAND & SURROUNDS

May 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 and charged separately.

Outings: Destinations and costs change weekly. Bookings are essential to avoid disappointment – transport is limited, and some activities depend on numbers.

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



Cottage Day Respite



DAY RESPITE CARE THAT FEELS LIKE HOME

Caring for someone you love can be deeply rewarding – but it can also be challenging. Everyone needs time to rest, reset and look after themselves.

Our Bribie Island Day Respite service gives carers a much needed break, while offering your loved one a calm, welcoming place where they feel comfortable and genuinely cared for.

- Gentle activities like cooking, games or crafts, watching movies.
- Quiet time to rest, read or simply enjoy company.
- Personal support , one-on-one time with each guest.
- Learn personal routines, preferences and comforts.
- Familiar faces, reduce anxiety and uncertainty, create trust & ease during each stay.

TRANSPORT:

Transport options available or you can arrange your own transport to and from the cottage.



AVAILABLE MONDAY TO SUNDAY

LOCATION:

Boronia Cottage,
138 Boronia Dr, Bellara Q 4507

HOURS:

Flexible booking hours
Monday - Friday
Open 6am - 6pm

SATURDAY - SUNDAY

6am - 6pm
Minimum hours required, subject to availability.



May 2026 Outing Program

BRIBIE ISLAND & SURROUNDS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



NOTES

4

5

Month of May Celebration
Location - Boronia Cottage
Meal: Morning Tea, Lunch
Cost: \$10

6

Harvest- Agricultural Heritage of our region
Location - Redcliffe Museum
Meal: Lunch Redcliffe Leagues Club
Cost: Lunch at own cost

7

Moreton Bay Boat Club
Location: Scarborough
Meal: Lunch
Cost: Lunch at own cost

8

Sensational Scrabblers
Location - Boronia Cottage
Start - 9am-12pm
Duration - 3hrs

11

Happy Scrappers
Location - Boronia Cottage
Start - 9am-12pm
Duration - 3hrs

12

Lime Light Cinema
Location: Michael Jackson
Meal: Snacks - maybe lunch
Cost: Movie ticket & lunch

13

Cotton Tree Esplanade Stroll
Location: Cotton Tree
Meal: Lunch - The Boat Shed Takeaway Cafe
Cost: Lunch at own cost

14

Op-Shop Hop
Location: Lawnton
Meal: Lunch, Club Pine Rivers
Cost: Lunch at own cost

15

Sensational Scrabblers
Location - Boronia Cottage
Start - 9am-12pm
Duration - 3hrs

18

19

National Volunteers Week
Location: Redcliffe Cafe 63
Meal: Lunch
Cost: Lunch at own cost

20

Create with a Mate
Location: North Lakes Centre
Meal: Morning Tea Only
Cost: \$10

21

The Shed Cooroy
Location: Cooroy
Meal: Lunch - Fika Cafe
Cost: Lunch at own cost

22

Sensational Scrabblers
Location - Boronia Cottage
Start - 9am-12pm
Duration - 3hrs

25

Happy Scrappers
Location - Boronia Cottage
Start - 9am-12pm
Duration - 3hrs

26

Produce Market Shopping
Location Steve Irwin Way
Meal: Lunch - Warrior Restaurant
Cost: Lunch at own cost

27

Sandgate Drive & Lunch
Location: Sandgate
Meal: Lunch - The Witchin' Kitchen
Cost: Lunch at own cost

28

Caboolture Fly Plane
Location: Caboolture
Meal: Lunch
Cost: Lunch at own cost

29

Sensational Scrabblers
Location - Boronia Cottage
Start - 9am-12pm
Duration - 3hrs



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



MONDAY 11TH

HAPPY SCRAPPERS

Location: Boronia Cottage
Meal: Morning Tea Provided
Cost: \$5

Motivated Scrappers needed!!
Come and enjoy a morning of scrap booking, bring your own photos for a small project or use some of our photos from our past outings. Pick up some hints and tips from fellow scrappers and share your knowledge.

This event is subject to minimum numbers and is for those who would like to start and finish a small on-going photo book project.
Scrap book and materials supplied or bring your own.



TUESDAY 12TH

LET'S GO TO THE PICTURES

Location: Lime Light Cinema Morayfield
Meal: Snacks at cinema, possible quick take away lunch dependant on time
Cost: Your lunch on the day. Your cinema ticket cost will be invoiced

Join us for a fun day out at the movies as we watch a film about Michael Jackson, one of the greatest performers of his time. Enjoy a morning at the cinemas, treat yourself to some popcorn and an ice cream. If time permits, we will also stop for a takeaway lunch.



WEDNESDAY 13TH

COTTON TREE ESPLANADE

Location: Cotton Tree Esplanade
Meal: Lunch, The Boat Shed Takeaway lunch
Cost: Lunch at own cost

Enjoy a stroll along the Cotton Tree Esplanade overlooking the Maroochy River. Explore the little boutique shops or sit and relax while looking out over the river.

End the day with a bite to eat from the famous Boat Shed Takeaway Cafe, famous for its fresh fish'n'chips



THURSDAY 14TH

OP SHOP BARGAIN HUNTING

Location: Lawnton
Meal: Lunch, Club Pine Rivers
Cost: Lunch at own cost

Let's Op Shop Hop
A fun day exploring 4 local Op Shops, all conveniently located next to each other. Have a browse and grab some bargains while supporting your local charities.

End the day with a lovely lunch at the Club Pine Rivers afterwards.



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



MONDAY 25TH

HAPPY SCRAPPERS

Location: Boronia Cottage
Meal: Morning Tea Provided
Cost: \$5

Motivated Scrappers needed!!
Come and enjoy a morning of scrap booking, bring your own photos for a small project or use some of our photos from our past outings. Pick up some hints and tips from fellow scrappers and share your knowledge.

This event is subject to minimum numbers and is for those who would like to start and finish a small on-going photo book project.
Scrap book and materials supplied or bring your own.



TUESDAY 26TH

PRODUCE MARKET SHOPPING

Location: Steven Irwin Way
Meal: Lunch - Warrior Restaurant
Cost: Lunch at own cost

Take the trail along Steve Irwin way, to pick up some fresh produce!
First, we stop at the chicken shop before moving on to the delicious fresh fruit and vegie stand.
We will finish off with a fancy lunch at the famous Warrior Restaurant off Australia Zoo.



WEDNESDAY 27TH

SANDGATE DRIVE & LUNCH

Location: Sandgate scenic Drive
Meal: Lunch at The Witchin' Kitchen
Cost: Your meal & what you spend

Take a scenic drive along the foreshore of Brighton through to the streets of Sandgate and the waters edge of Shorncliffe.
Finish our tour off at the funky cafe The Witchin Kitchen in the quaint little Sandgate neighbourhood.



THURSDAY 28TH

CABOOLTURE AIRFIELD

Location: Caboolture Air Field
Meal: Local Lunch
Cost: Lunch at own cost

Have you ever wanted to fly a plane ?
We might not be able to support you to get your Pilot Licence, but we can show you how to fly a remote control one.
Henry Snowden invites us to join him at Caboolture air field to enjoy a morning of being a pilot of our very own remote control plane



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