

**Seniors Social Isolation Provider  
Lunch & Learn: Loneliness Awareness Week 2025  
Thursday 7 August (12:00pm – 1:00pm) via Zoom**



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**Topic: The Heart of Community: Older Volunteers and Everyday Connectors**

Join us for a relaxed and meaningful **Lunch & Learn** during Loneliness Awareness Week 2025. Grab your favourite cuppa, relax and learn how older volunteers and community connectors are making a real difference in reducing loneliness and helping their peers stay connected. Hear real stories from an older volunteer and community connector about the friendships they've made, the people they've helped, and the difference it's made in their lives. Joined by Volunteering Queensland, we'll learn about their Seniors Volunteering initiative and Volunteer Ambassador Program, and discuss practical ways to better recognise, support and grow volunteering in our communities, including attracting and engaging more volunteers.

<b>PROPOSED TIME</b>	<b>ITEM NO</b>	<b>AGENDA ITEM</b>	<b>PERSON RESPONSIBLE</b>
<b>12.00pm</b> (5 mins)	<b>1</b>	Welcome and Acknowledgements	Karen Wilson
<b>12.05pm</b> (5 mins)	<b>2</b>	Purpose of the Session	Karen Wilson
<b>12.10pm</b> (10 mins)	<b>3</b>	Reflections from a Volunteer Champion ○ <b>Celsie's Story</b>	Celsie Mead Volunteer Champion COTA Queensland
<b>12.20PM</b> (10 mins)	<b>4</b>	The Power of Community Connectors ○ <b>Chris's Story</b>	Chris Gemmell, Founding Member, Blokes Book Club (City of Moreton Bay)
<b>12.30PM</b> (10 mins)	<b>5</b>	<b>Q&amp;A</b>	All
<b>12.40pm</b> (15 mins)	<b>6</b>	Seniors Volunteering and Volunteer Ambassador Program	Kristie McKean, Volunteering Queensland
<b>12.55pm</b> (5 mins)	<b>7</b>	<b>Q&amp;A</b>	All
<b>1.00pm</b>	<b>8</b>	Thank You and Close	Karen Wilson

**Please direct any questions or queries about this Agenda to:**

Karen Wilson, Executive Officer, Seniors Social Isolation Peak Services Program, Council on the Ageing Queensland. T. 0484 023 614 E. [karen.wilson@cotaqld.org.au](mailto:karen.wilson@cotaqld.org.au)