



Age Well Stay Connected (Brisbane) Event 31/3/25

World Café Conversation on Older Men, Wellbeing and Social Connection

Key Themes	Participant Examples
Barriers to Connection	<ul style="list-style-type: none"> • Transport, affordability, and location can limit men's ability to participate. • Workforce shortages and safety concerns reduce access to supportive environments. • Digital or language challenges make it harder to stay informed or connected. • Health or ability limitations restrict engagement in community activities. • Ageism, gender norms and low confidence can discourage help-seeking or social participation. • Limited activity options that appeal to men can reduce motivation to connection.
Enablers of Connection	<ul style="list-style-type: none"> • Venues that are safe, welcoming and easy to access. • Tailored programs codesigned with participants, with clear purpose and outcomes. • Trained facilitators, staff, and volunteers. • Support for transport and affordability. • Strong collaboration with local organisations and service providers.
Inclusive and Welcoming Spaces	<ul style="list-style-type: none"> • Affordable activities supported by peers. • Disability-friendly facilities with clear eligibility criteria. • Welcoming environments with agreed group guidelines. • Digital inclusion opportunities through the libraries. • Intergenerational participation and support.
Meaningful Social Connection	<ul style="list-style-type: none"> • Activities can be structured and purpose-driven (Men's Shed, book clubs) or informal (story-sharing, lunch groups). • Build companionship, inclusion, community support, and access to information and services. • Creating a safe and welcoming environment is essential

Ideas generated to inform future initiatives and collaboration included:

- **Design Inclusive, Purposeful Programs:** Offer both structured and informal social opportunities that foster belonging, companionship, and wellbeing.
- **Enhance Accessibility and Support:** Provide transport and offer affordable activities with trained facilitators and volunteer opportunities, in safe, welcoming spaces to remove participation barriers.
- **Collaborate and Share Information:** Co-design activities with participants, provide accessible information, and work with local providers and community organisations to strengthen engagement and connection.