



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

### **World Café Conversation on Social Connection**

Themes emerging from the question: "*What does social connection look like to you?*"

#### **1. Belonging and Community**

- Feeling part of a group or community
- Sharing stories, social chats, and group activities
- Inclusion across differences

#### **2. Purpose and Identity**

- Retaining a sense of self and personal purpose
- Contributing through volunteering or meaningful activities
- Feeling valued and needed

#### **3. Relationships and Trust**

- Building friendships and supportive networks
- Trust, empathy, and person-centred engagement
- Relating to others and being listened to

#### **4. Access, Safety and Inclusivity**

- Safe, welcoming, and culturally respectful spaces
- Reducing barriers to participation
- Access to information, support, and respite

#### **5. Engagement and Activity**

- Social, recreational, and learning activities
- Online and face-to-face participation
- Fun, curiosity, and opportunities to try new experiences