



## Age Well Stay Connected (Longreach) Event 10/10/25

### World Café Conversation on Building Connections and Friendships — In Person and Online

Key Themes	Participant Examples
Community Organisations, Clubs and Networks	<ul style="list-style-type: none"> <li>• Arts and Crafts groups</li> <li>• Churches and faith-based groups</li> <li>• Community interagency meetings</li> <li>• Council-led initiatives (events, information, and community engagement)</li> <li>• Men’s Sheds</li> <li>• Parents &amp; Citizens (P&amp;C), schools and charity events</li> <li>• Rotary (events and volunteering)</li> <li>• RSL Clubs, fishing clubs and wellbeing groups</li> <li>• Volunteering programs and community connectors</li> </ul>
Local Places, Spaces and Activities	<ul style="list-style-type: none"> <li>• Cafés and other informal meeting places</li> <li>• Community events, street parties, recreational and creative activities</li> <li>• Hairdressers and other routine social touchpoints</li> <li>• Health clinics and wellness hubs</li> <li>• Intergenerational programs</li> <li>• Libraries, arts and cultural centres</li> <li>• Pub activities (weekly trivia, fundraising, Jag the Joker)</li> </ul>
Digital Connection and Inclusion	<ul style="list-style-type: none"> <li>• Online and event calendars</li> <li>• Printed and local advertising (e.g., grocery stores, bakery, libraries, council, flyers)</li> <li>• Provide accessible contact options (phone numbers)</li> <li>• Use of AI/digital tools to support connection</li> <li>• Websites and social media platforms (Facebook)</li> </ul>
Informal Support Networks	<ul style="list-style-type: none"> <li>• Neighbour check-ins and peer support</li> <li>• Local social gatherings and street parties</li> <li>• Practical support from neighbours or landlords (e.g., pet care, dog walking)</li> <li>• Transport assistance and accessible timings/locations</li> <li>• Mentoring programs and peer support initiatives</li> </ul>

**Ideas generated** to inform future initiatives and collaboration included:

- **Community-based connection:** A wide range of local groups, clubs, and networks, formal and informal, provide opportunities for people to participate, volunteer, socialise, and feel supported within their communities.
- **Places and platforms that facilitate interaction:** Both physical spaces (like cafés, libraries, clinics, events, and neighbourhood gatherings) and digital platforms (websites, social media, online tools) act as important hubs for communication, engagement, and visibility.
- **Everyday support and inclusion:** Informal neighbourly support, practical assistance, peer networks, and accessible information all play a vital role in helping people stay connected, included, and supported in their daily lives.

