



## Age Well Stay Connected (Townsville) Event 3/9/25

### World Café Conversation on Building New Connections and Friendships

Key Themes	Participant Examples
Group Activities and Social Events	<ul style="list-style-type: none"> <li>• Choirs, dancing, street parties, arts and crafts markets</li> <li>• Intergenerational activities to bridge the divide</li> </ul>
Social Practices and Inclusion	<ul style="list-style-type: none"> <li>• Recognition of people's contributions and efforts</li> <li>• Making new people feel welcome</li> <li>• Buddy systems or mentoring programs</li> <li>• Encouraging participation from people of diverse backgrounds</li> <li>• Practicing humility, "paying it forward", and fostering an inclusive culture</li> </ul>
Outdoor and Casual Activities	<ul style="list-style-type: none"> <li>• Dog walking</li> <li>• Local parks</li> <li>• Sports groups</li> </ul>
Online / Digital Platforms	<ul style="list-style-type: none"> <li>• Apps and online platforms for staying connected and maintaining friendships</li> </ul>

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

- **Intergenerational and Peer Connections:** Expand programs that link different age groups and use buddy systems or peer mentors to build confidence, skills and social networks.
- **Inclusive and Accessible Social Practices:** Promote welcoming environments and low-barrier activities, including casual and outdoor opportunities, to ensure all community members feel safe and included.
- **Digital and Hybrid Engagement:** Integrate apps and online tools to complement in-person connections, improve accessibility and broaden participation