



SENIORS SOCIAL ISOLATION PEAK SERVICES PROGRAM

Seniors Social Isolation Provider Community of Practice (SSIP-COP)

WORKSHOP AGENDA

Date/time	Monday 11 May 2026 (2.00pm – 3.00pm)	
Theme	Mental Health Essentials Workshop	
Location	Join the Zoom Meeting Meeting ID: 583 023 7811 Passcode: 355755	
Agenda Item	Times	Meeting Flow
1	2.00pm – 2.05pm	WELCOME AND INTRODUCTIONS
1.1		Acknowledgement of Country
1.2		Housekeeping <ul style="list-style-type: none"> • Please add your name, organisation, program and contact details in the chat for attendance recording. • Do not share organisational contact details more widely. • Keep your microphone on mute to reduce background noise. • This meeting will <u>not</u> be recorded
1.3		Why are we here today?
2	2.05pm – 2.45pm	MENTAL HEALTH ESSENTIALS
2.1		Delivered by Nic Bloom Pty Ltd <i>Fully funded by COTA Queensland through the Queensland Government funded Seniors Social Isolation Prevention Peak (with no cost to participants)</i> <ul style="list-style-type: none"> <input type="checkbox"/> Recognising distress – Major signs and symptoms of concern, and appropriate response strategies <input type="checkbox"/> Communication skills – Verbal, body language, and attitude skills across in-person, online, and phone interactions <input type="checkbox"/> Self-care & boundaries – Prevent compassion fatigue and burnout with sustainable practices and boundary-setting skills <input type="checkbox"/> Post-workshop resources – Mental health and wellbeing support sent via email to reinforce learnings
3	2.45pm – 3.00pm	Q&A SESSION
4	3.00pm	CLOSE

For enquiries, please email Karen Wilson, Executive Officer, Seniors Social Isolation Peak Services Program, COTA Queensland at: karen.wilson@cotaqld.org.au

