



SENIORS SOCIAL ISOLATION PEAK SERVICES PROGRAM

Seniors Social Isolation Provider Newsletter — June 2026

Welcome



Welcome to the June edition of the **Seniors Social Isolation Provider (SSIP) Newsletter**. Supporting older people to stay socially connected remains at the heart of our work. In this edition, we share resources, insights, and ideas to strengthen community connections for older Queenslanders. Our theme, Safety, Rights and Respect, reflects our 2026 social media focus and the importance of fostering safe, inclusive, and respectful communities.

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We hope this edition is helpful and inspiring as you read through.

SSIP Peak updates

Making the Most of the SSIP Hub

We hope you're enjoying using the [SSIP Hub](#) to support your work. The Hub brings together Community of Practice schedules, agendas, minutes and recordings, the latest sector news, referral information, a growing resource library, community directories, maps, quick links, and more.

For quick and easy access, add it to your computer bookmarks or mobile home screen, so you can stay up to date with new resources, shared learnings, upcoming events, and sector news.

If you're new to the Hub or would like a refresher, **User Guides** are available under Resources for Providers > Learning & Development > SSIP Hub User Guides.

- [SSIP Hub - Site Map](#)
- [Getting Started: Register for the SSIP Hub and Quick Access](#)

We encourage you to **Register today** and Follow the Hub, to automatically receive updates!

If you'd like to know more or need assistance with registering or navigating the Hub, please contact Karen on **0484 023 614** or email: karen.wilson@cotaqld.org.au

 [Access the SSIP Hub Today!](#) 

Strengthening Connections through Aged Care Conversations

In May, COTA Queensland joined ADA Australia's Aged Care Conversations in Maleny, Gympie and Kingaroy, bringing together older Queenslanders, service providers and community organisations to share information, strengthen connections and promote informed decision-making.

Presentations from Dementia Australia, Wellways Carer Gateway, LiveUp, Services Australia and the Queensland Government covered topics including aged care, dementia awareness, concessions and rebates, healthy ageing and carer support.

The Seniors Social Isolation Services — *Senior Social Connection Program* (Relationships Australia QLD) and *South Burnett Stronger Together* (South Burnett CTC) showcased local opportunities for social connection, community participation, and support available to older people across the regions.



Photo: Catherine Cates from RAQ Senior Social Connection Program and Karen Wilson, COTA Queensland engaging the audience

The sessions reinforced how access to reliable information, community participation and strong social networks contribute to safety, wellbeing, rights and dignity as we age.



Photo: Deb Melville, South Burnett CTC Stronger Together sharing info and resources in Kingaroy

 [Download the Insights Report \(pdf\)](#)

ADA Aged Care Conversation (Gatton)

Tuesday 30 June 2026 (10am – 1pm)

Gatton Shire Hall, 52 North Street, Gatton

Event Format

- **10am-12pm:** Seniors Info Session
- **12pm – 1pm:** Providers Meet & Greet

This event will link older people in the local community with information and services that can assist in accessing aged care and social supports in their community.

We look forward to joining ADA Australia and other providers at this event.

Well also be joined by **SSI Providers:**

- [TOMNET - The Older Men's Network](#)
- [STAR Community Services](#)

RSVP: email events@adaaustralia.com.au or call 1800 818 338



Community of Practice Sessions

♥ National Volunteering Week –May ♥



National Volunteer Week is Australia's largest annual celebration of volunteering and was held **18-24 May 2026**.

This event highlighted the important role volunteers play in our community and invited people not currently volunteering to give it a go.

On **Thursday 21 May**, COTA Queensland hosted a Lunch & Learn on **Supporting Healthy Ageing through Volunteering**.

Guest speakers included:

- Anita Cromb, [Heart Foundation Walking Program](#)
- Karmen Howard, [Ipswich Thriving Seniors](#) (Funded SSI Program)
- Kelly Phelan, [Little Dreamers Australia](#) (supporting young carers)

The aim was to increase awareness of organisations and programs that engage volunteers to support healthy ageing, and to share approaches that promote social connection, wellbeing, and community participation for older people in safe, inclusive and respectful ways.

Missed it? Catch up here 📺

📄 [Download the Minutes](#)

▶ [View the Recording](#)

See also: [NVW Resources](#)

SSIP Community of Practice #3 (June)

Building on the ADA Aged Care Conversations held in May, COTA Queensland hosted its third SSIP Community of Practice for the year on **Wednesday 17 June**, focussed on Safety, Rights and Respect.

Guest speakers included: [ADA Australia](#), [Dementia Australia](#), UnitingCare ([Older People's Programs](#) and [Elder Abuse Prevention Unit](#)), as well as the [OzHarvest \(NEST Program\)](#). They all shared insights, practical information and resources to support older people's safety, rights and wellbeing.

Missed it? Catch up here 📺

The **Meeting Minutes** and **Recording** will be available on the [SSIP Hub](#) by 30 June.

📅 Save the Date! Lunch & Learn (July)



Guest Speakers

- **QCOSS:** Carolina Leyton Zamora, Manager Sector Development, Sector Planning Workforce Development
- **Carer Gateway, Wellways Australia:** Coralie Traynor, Service Integration Lead, Maroochydore / Gympie QLD

📄 [Download the Agenda Today!](#)

Changes to Karen's Availability



IMPORTANT ANNOUNCEMENT

From **11 July to 23 September**, my work arrangements will change following a recent family bereavement.

During this time, I will be working reduced hours while spending time overseas with family. Although I will continue to support the Community of Practice and sector engagement remotely, my response times may be a little slower than usual.

Thank you for your understanding during this time.

For urgent matters, please contact **COTA Queensland** on **(07) 3316 2999**.

Revised SSIP-COP Dates 2026

There have been some revisions to the remaining COP dates for 2026, as below:

- **16/7/26:** [Sharing Knowledge to Strengthen Community Outcomes](#)
- **19/8/26:** *** POSTPONED ***
- **23/9/26:** Mental Health and Dementia Awareness
- **21/10/26:** Housing and Homelessness
- **19/11/26:** International Men's Day
- **16/12/26:** Reflection, Gratitude & Care

Visit the [SSIP Hub](#) for full details



Sector News



volunteering
queensland

Media Release: Tuesday 19 May 2026

New data from Volunteering Queensland reveals a statewide volunteer shortage, with 1 in 6 volunteer roles currently vacant.

While over **67,000 volunteers** are active, demand continues to outpace supply.

Cost of living pressures are making it harder for people to volunteer, even as community need grows.

Key findings

- Two-thirds of locations need more volunteers
- Each location needs an average of 37 additional volunteers to maintain existing support and services.
- 58% of locations are entirely volunteer-run
- 66% rely on unpaid volunteer coordinators

People want to help, but we need to make volunteering easier, more flexible and more accessible.

Read the full [Media Release](#)

Visit: www.volunteeringqld.org.au

[View the VIO Register Snapshot](#)

Multicultural Seniors living in Brisbane North

World Wellness Group has received another round of funding for 2026-2027 to continue their seniors social isolation program.

WWG's Seniors Connect Program is an 8-week structured group for multicultural seniors living in Brisbane North who are feeling socially isolated. The aim is to increase their confidence, learn new skills, create new connections, and reduce feelings of social isolation.

Participants must commit to attending one session per week for 8 consecutive weeks. Referrals are essential.

WWG will also continue to host the Monthly Multicultural Seniors groups in 2 different locations in Brisbane North.

They accept referrals from participants living within the following suburbs –

- Brisbane North sub region
- Brisbane Inner City sub region
- Brisbane West sub region

Their next Seniors Wellbeing group will start on **Tuesday 21 July 2026** at Indooroopilly.

They are also accepting referrals for their Seniors Wellbeing group in October which will start on **22 October** and will be based at Zillmere Community Centre.

For further information and to request a referral form, please email:

seniorsconnect@worldwellnessgroup.org.au

For enquiries, please call **0492 814 739**

📣 Announcement: 2026 National Loneliness Conference

Ending Loneliness Together are excited to announce the 2026 National Loneliness Conference will take place on 21–22 October in Melbourne.

Theme: Creating a Culture of Connection Across the Lifespan.

An opportunity to connect with global and national experts, lived experience, community, policy and practice leaders to share evidence and drive real-world action.

🌐 [Early bird registrations](#) now open!

Chatty Café at Marhaba Café



Brisbane City Council announces new Chatty Table at Marhaba Café, an easy, friendly way to meet new people over a cuppa.

📍 **Brisbane City Hall (basement level)**
Enter via the corner of Adelaide & Albert Streets, follow the pink signs and head downstairs.

🕒 **Fridays at 11am**

🗨️ No bookings needed—just drop in, take a seat, and enjoy a chat.

A new initiative by Brisbane City Council and Nundah Community Enterprises Cooperative

Find a [Chatty Table in your Community](#) or [Sign up to Volunteer](#)



Community Stories

Queensland Men's Sheds Association

Men's Sheds make a significant contribution to the wellbeing of members, as well as contributing to building vibrant inclusive and healthy communities.

QMSA Regional Coordinator, Frank Pearce, shared some wonderful stories of social connection, from without and outside the Seniors Social Isolation program areas.

- [Nambour Men's Shed: helps build skills and lift moods](#)
- [Dayboro Men's Shed: Fit, Skilled, and Fired Up](#)
- [Creative Sparks at Sandgate Men's Shed](#)
- [Injune Men's Shed: Community Open Day](#)

For those on Facebook, see also

[Wallumbilla Community Mens Shed](#)



Photo: Taken from The Billa Men's Shed Facebook page

[Locate Queensland Men's Shed's funded to deliver Seniors Social Isolation Services](#)

[Learn more](#) about Queensland Men's Shed Association.

Port Douglas Neighbourhood Centre

Meet Bruce Ferguson, 84



At 84, Bruce Ferguson is a strong example of active, healthy ageing in the Douglas community.

Since 2022, he has collected over 320,000 bottles and cans, raising more than \$32,000 for the Port Douglas Neighbourhood Centre to support local programs and facilities.

Through his daily volunteering and recycling efforts, Bruce shows the impact one person can have in strengthening community services and connections.

His work continues to inspire others to get involved and support local initiatives.

His dedication shows that maintaining meaningful roles, social engagement, physical activity, and a sense of contribution can have a positive impact not only on individual wellbeing, but also on the strength and resilience of the wider community.

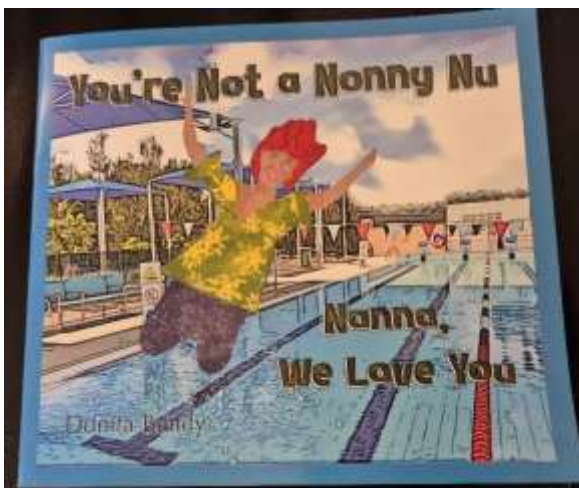
 [Read Bruce's full story here](#)



Dementia Friendly Somerset Launch

Somerset Regional Council recently marked an exciting milestone on its journey to becoming a Dementia Friendly Community, with a celebration event held at the Somerset Civic Centre in Esk.

On 11 June, older adults from across Somerset, together with their families and carers, celebrated the Dementia Friendly Launch dressed in their best 70s-inspired outfits. The event celebrated the release of a new Council produced children's book, *You're Not a Nonny Nu, Nanna We Love You*, written by Donita Bundy and illustrated by Marita Reynolds, and inspired by the beloved Disco Nanna character.



Karen Wilson, Executive Officer of the Seniors Social Isolation Prevention Peak, shared a personal story and spoke about the power of social connection and how meaningful participation helps create more inclusive, age-friendly and dementia-friendly communities.

COTA Queensland Volunteer Champion, Celsie Mead, shared her inspiring story of intergenerational connection, purpose and belonging through volunteering. She shares her reflections on page 4.



We also heard from Dr Melissa Taylor from West Moreton Older Person's Collaborative and Southern Queensland Rural Health, who talked about the benefits of becoming dementia friendly for businesses, community and individuals, helping create more inclusive communities.



Donita brought the story to life with a heartfelt reading. Disco Nanna's journey shows how simple dementia-friendly practices can help people feel welcomed, valued, and connected.

Through storytelling, shared experiences, and fun, the event highlighted how communities can come together to foster belonging and support people living with dementia, their families, and carers.

It was a powerful reminder that we all have a role to play in creating inclusive, age-friendly, dementia-friendly communities.

Congratulations to everyone involved!



Celsie's Reflections of the day



When Karen asked me to co-present at an over 60's event in Esk, I jumped at the chance to talk about why, as an older person, I volunteer in my community, how I stay socially connected and the benefits of intergenerational connections.

On the day, we were warmly welcomed by the organisers and the whole community, and it was heartwarming to see the level of acceptance and understanding of older people, especially people with dementia, their families and their carers across the whole community.

The focus of the event was to launch a story book for 3–8-year-olds, teaching them about the importance of respecting and caring for older people, especially those living with dementia.

The book is about a grandmother who has dementia and has come to live with the family, as she can no longer live on her own. The book talks about the challenges faced with understanding, love, and lots of caring.

I had a lovely conversation with the author who shared her personal story. She talked about Esk being an age-friendly, dementia-aware community, and the importance of having a supportive group of friends to help with respite care when needed.

That same community spirit was on show with the number of people who came along to show their support for people living with dementia, their families and carers. I was thrilled to see so many older people enthusiastically embracing the 70's theme, dressed in bright colours, floral designs and even a pair of bell bottoms (or flares as they are referred to these days). It took everyone on a trip down memory lane to the 70s.

I heard about some real solutions being implemented in the local businesses in Esk – solutions that will help reduce the stigma around people living with dementia, to help them stay connected in their community and change the perception that people with dementia are no longer able to play an active role in their community.

I talked about how privileged I am to be volunteering with COTA Queensland. An organisation that has older people's best interests at the heart of what they do. My work with Karen keeps me socially connected, mentally and cognitively challenged, gives me a sense of purpose and helps me to maintain my overall health and wellbeing as I age.

Our intergenerational connection supports COTA Queensland's commitment to advocating for, and including older people in influencing government policy decisions that affect us as we age.

As an older person myself, it was a privilege to be invited into a community where older people's welfare is in front and centre of what they do, especially those with dementia, their families and carers.

 [Read Article published 28 May 2026](#)

Somerset Regional Council's dementia-friendly initiative is supported by the Queensland Government through the Age-friendly Community Development Grant Program.

Helping Older Adults Stay Strong and Independent at Home

Dave Hagger is a Brisbane-based Accredited Exercise Physiologist and the founder of [My Exercise Guy](http://www.myexerciseguy.com).

Dave works exclusively with older adults, helping them maintain strength, balance, mobility, confidence and independence in their own homes.

Most appointments are delivered through home visits, privately or with home care providers, coordinators, and Home Care Package clients.

Dave's approach differs from a traditional exercise program. Instead of formal routines, he helps people build practical movement into everyday life.

This includes actions like standing from chairs, walking, carrying groceries, using the kitchen, stepping safely, getting in and out of cars, and moving more throughout the day.

The focus is not on becoming an "exercise person", but on maintaining the ability to do the everyday things that matter.

Dave places a strong emphasis on trust, choice and confidence. He offers practical suggestions rather than pressure and adapts his approach to each person's health, mobility, goals and preferences.

Guest Talks for Older Adults

Dave provides practical, light-hearted guest talks for community organisations, seniors groups, home care providers, retirement villages, lifestyle communities, carer groups and health and wellbeing events.

His main presentation is:

- **Stay Strong After 60:** Simple Ways to Build Balance, Confidence and Independence Without Exercise Routines

The talk is not a workout session. It offers realistic ideas people can use in their own homes and daily lives, regardless of their current level of mobility.

Learn More About Dave's Approach

Why Exercise Routines Often Fail Older Adults

<https://www.myexerciseguy.com/why-exercise-routines-fail-older-adults.html>

What Is Everyday Strength?

<https://www.myexerciseguy.com/what-is-everyday-strength.html>

Exercise Is Not Homework

<https://www.myexerciseguy.com/exercise-is-not-homework.html>

Contact

Dave Hagger

My Exercise Guy

Accredited Exercise Physiologist and
Massage Therapist

Phone: 0423 367 995

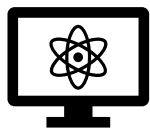
Email: dave@myexerciseguy.com

Website: www.myexerciseguy.com



Learning & Development

SSIP Hub Resources



The new SSIP Hub is your one-stop destination for learning and development opportunities. Here you'll find resources, tools, and practical guidance to help you stay informed, connected, and skilled.

Under **Resources for Providers** the Learning & Development section includes:

- **Online Self-Paced Learning** – learn at your own speed, anytime, anywhere.
- **Podcasts** – expert insights, stories, and thought-provoking discussions.
- **Training Sessions** – structured sessions to develop practical skills and knowledge.
- **Webinars** – Live or recorded webinars covering key trends, updates, and best practices.

 [Visit the SSIP Hub to learn more](#) 

Mental Health Essentials Training

On 11 May 2026, COTA Queensland hosted a Mental Health Essentials training session for SSI Providers. The session was facilitated by Nic Bloom, Mental Health First Aid Instructor, keynote speaker, facilitator and mental health advocate. He believes in bringing theory to life through interactive and conversational workshops.

Download the [Summary Notes](#)

See also: [Practical Guide to Managing Difficult Calls \(or Conversations\)](#).

 [Read about Nic & his MHFA Training](#)

Safer Seniors (An EAAA Project)

Safer Seniors is a professional development program designed to strengthen the capacity of workers who support older people.

It builds understanding of elder abuse, its causes, signs, and impacts, and develops practical skills to recognise, respond to, and prevent mistreatment.

Developed by Elder Abuse Action Australia (EAAA), this short course combines evidence-based learning with real-world case examples.

Learners explore trauma-informed and culturally sensitive approaches that promote safety, autonomy, and dignity for older people

Each self-paced module includes interactive content, reflection activities and practical examples to apply in everyday work.

- **Module 1:** Understanding abuse and mistreatment of older people
- **Module 2:** Recognising abuse and mistreatment of older people
- **Module 3:** Prevention and early intervention
- **Module 4:** Responding to abuse and mistreatment
- **Module 5:** Recovery from abuse and mistreatment

 [Explore Modules - SaferSeniors](#)

SaferSeniors has been developed in collaboration with organisations that specialise in advocacy, relationship support, and legal services for older people.

[Register at: https://saferseniors.org.au](https://saferseniors.org.au)



Community Door E-Learning

Free, self-paced courses to build practical workforce skills

QCOSS have developed a suite of courses designed for those who are new to the community services sector or in the early stages of their career.

Complete one course at a time or work through the full program at your own pace.

Gain practical, workplace-relevant skills to support your ongoing professional development.

Register today

[E-Learning - Community Door](#)

If you need support or have questions please email: swpd@qcross.org.au

SSIP CoP July Lunch & Learn

Thursday 16 July 2026 (12.00 – 1.00pm)



Don't Miss it! Carolina Leyton Zamora, Manager Sector Development, QCOSS will be one of our guest speakers, sharing information about the new Community Door E-Learning suite.

Download Agenda

[20260716-LAL3-Agenda-v1\(1\).pdf](#)

Join the Zoom Meeting

Meeting ID: 823 8153 7006

Passcode: 708659

Grants & Funding Opportunities

Unlock funding opportunities via the SSIP Hub

Finding the right funding can be a challenge, but the SSIP Hub makes it easy. Our Grants & Funding section brings together the latest opportunities across Queensland and locally, helping you access the resources your organisation needs to grow and thrive.

From statewide grants to local council funding, the Hub keeps you up to date with programs that support projects, initiatives, and services in your community. Whether you're looking to expand your team, launch a new program, or strengthen existing services, the Hub points you to the right opportunities. Key resources include:

- **Grants across Queensland & Australia**
Find funding for your programs through QCOSS Grants and other key resources like GrantConnect, QLD Grants Finder, FRRR, Seniors Month, and Indigenous Councils Funding.
- **Local Council Grants** – Find funding tailored to your local area, supporting initiatives that make a real difference where you work.

Stay informed, plan ahead, and take advantage of funding opportunities to make a bigger impact.

Visit the [SSIP Hub](#) and explore Grants & Funding opportunities under **Resources for Providers**.

 [Grants & Funding](#) 



3-11 Oct 2026

Queensland Mental Health Week is an annual statewide initiative that encourages people across Queensland to connect, participate, and support positive mental health and wellbeing.

Through local events, conversations, and community activities, the week brings people together to strengthen relationships, reduce isolation, and promote wellbeing for everyone.

Queensland Mental Health Week 2026 offers two grant programs to help communities across Queensland take action on mental health.

Whether you're **planning a local event** or looking to **build Mental Health First Aid skills** in your community, funding is available to make it happen.

Applications for both programs are now open. Explore the grants on offer and apply today.



For more information visit:
<https://qldmentalhealthweek.org.au/grants>

Resources & Tools

SSIP Hub Resource Library

As the Seniors Social Isolation Prevention Peak Body, Council on the Ageing Queensland (COTA QLD) leads work to build the capability and capacity of funded organisations across the state to better respond to social isolation.

The Peak brings together providers to strengthen collaboration, share knowledge, and support more consistent, effective local responses that help older people stay connected and included.

A key focus is amplifying the voices and lived experiences of older people to inform service design and policy, ensuring supports reflect what matters most to communities.

We also share learnings from funded programs across Queensland, highlighting innovative, place-based approaches that strengthen community-led solutions and improve outcomes for older people experiencing or at risk of social isolation.

Through the online engagement hub, we've developed a **Resource Library** to support providers across the sector. It brings together key topics including aged care navigation, connection and belonging, cultural safety and inclusion, digital inclusion, disability and neurodiversity, health and wellbeing, housing, and transport.

We encourage providers to explore it as a practical space for tools, guidance, and good practice to strengthen outcomes for older people across Queensland.

 [Access the SSIP Hub Today!](#) 



The Centre of Best Practice in
**Aboriginal & Torres Strait Islander
Suicide Prevention**

New Social & Emotional Wellbeing (SEWB) Resource

The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP) was established in 2017 to develop and share evidence about effective suicide prevention approaches for Indigenous people and communities.

CBPATSISP is Australia's leading voice on Indigenous suicide. The Centre promotes evidence-based suicide prevention practice that empowers individuals, families, and communities and respects their culture.

The Centre for Best Practice has released a new video resource explaining the Aboriginal and Torres Strait Islander concept of Social and Emotional Wellbeing (SEWB).

Watch along as Mark Nannup and Brooke Garlett explain the components that make up SEWB.

Watch the full video:

https://youtu.be/P50V1NL72R4?si=c3HzSkP06Cv7_YiP

For more information visit: [CBPATSISP](#)

See also: [SEWBG6 Report](#)

Other resources are available at:

<https://cbpatsisp.com.au/suicide-prevention-resources/>

Message: *Aboriginal and Torres Strait Islander people please be aware that this website may contain images and voices of people who have passed away.*

NACCHO Resource Library



Explore a comprehensive collection of materials designed to support Aboriginal and Torres Strait Islander health. From program-specific resources to broader insights on Aboriginal and Torres Strait Islander health, the Resource Library provides easy access to a full suite of tools, including aged care, disability and mental health, marketing and promotional materials. The Resources page is a central hub for accessing a diverse range of materials that support Aboriginal and Torres Strait Islander health and wellbeing.

 [Access NACCHO Resources here](#)



First Nations Resources

Culturally grounded resources to support independence, connection and healthy ageing.

LiveUp offers a range of wellbeing tools created with Mob, for Mob. Discover resources that support your independence, connection, and strong ageing on Country and in community.

From simple daily check-ins to practical tools that make life easier, these guides help you stay confident, capable, and connected as your needs change over time.

See also: Stories of ageing, strength and community

 <https://www.liveup.org.au/resources/first-nations-resources>

The Dementia Australia Library



Dementia Australia's free dementia library is the largest publicly accessible dementia library in the world.

The library provides free access to a comprehensive collection of print and digital resources about dementia and is available to everyone.

The library supports people living with dementia and their families, friends, and carers, as well as people working in dementia care practice and allied health.

 Visit the [Dementia Australia Library](#)

For more information

Email: library@dementia.org.au

Call: [National Dementia Helpline](#)
on [1800 100 500](#).

Cycling Without Age Initiative

Cycling Without Age is a not-for-profit charity that connects people who can't ride themselves with their community and the outdoors through free trishaw e-bike rides, piloted by volunteer cyclists. The bike rides are free of charge.

- Builds bridges between generations and helps reduce loneliness and social isolation.
- Gives older adults the chance to stay active and connected through outdoor trishaw bike rides, feeling the wind in their hair and enjoying their community.

Learn more or discover locations in QLD

<https://cyclingwithoutage.org.au/queensland-2/>

World Elder Abuse Awareness Day

June 15 was World Elder Abuse Awareness Day (WEAAD), an international day to voice opposition to the abuse of older people.



Every older person has the right to live with dignity, respect and choice. Elder abuse can happen to anyone. It often occurs in relationships where trust is expected and can take many forms, including financial, emotional, physical and social abuse, neglect and coercive control. Understanding the signs and knowing where to seek support can make a difference.

The [2026 WEAAD toolkit](#) has been created as a go to for information and links to support for anyone witnessing or experiencing elder abuse in Queensland.

Council on the Ageing (COTA) Queensland with the support of the Queensland Government has also developed a [Language Guide](#), that reflects a shared commitment to creating age friendly communities where older people are safe, respected and valued

Read our Blog: [WEAAD 2026 Blog | COTA QUEENSLAND](#)

 [Read more about Elder Abuse here.](#)

Fuel Costs & Transport Pressures



Rising fuel prices are increasing cost-of-living pressures for older Queenslanders, particularly those in outer suburban and regional areas with limited access to public transport.

These rising costs also impact taxis, community transport, and delivered services, adding to everyday expenses.

While concessions and discounts are available for eligible seniors, access to frequent and reliable public transport remains more limited in regional and rural areas compared with South East Queensland.

Want more information about fuel efficiency, community and assisted transport services?

Visit the [SSIP Hub](#): Resources for Providers > Resource Library > Transport & Mobility.

Impacts of the Digital Divide on Older Migrants Report

ECCV launched a new [research report](#) examining the impacts of the digital divide on older people from migrant communities.

Older people are increasingly disadvantaged through the routine requirement to go online for vital information and services. This digital exclusion is particularly pronounced for older people from multicultural communities, who already face systemic barriers to access.

Download the Full Report or Report Summary

<https://eccv.org.au/digital-divide-report/>

Connecting Seniors Stories

Kintsugi Heroes Connecting Seniors podcast series is aimed at addressing loneliness and isolation among seniors. Sponsored by the NSW Department of Communities and Justice, the podcast was launched during Mental Health Month and highlights the diverse experiences of seniors. Through these powerful stories, listeners hear about migration journeys, family life, overcoming health challenges, and even finding love later in life. This series shines a light on the rich and varied lives of seniors, offering a sense of connection and hope to both the storytellers and listeners alike.

See also: [Connecting Seniors Silver Linings 2025 Edition \(Free Book Download\)](#)

<https://www.kintsugiheroes.com.au/connecting-seniors-podcast/>

Embrace Multicultural Mental Health

Embrace are excited to share their new translated resources on [mental health](#) and [help-seeking](#) (available in 19 languages).

They invite you to their [upcoming webinar](#) on the [State of Multicultural Mental Health in Australia](#) research report taking place on **Wednesday 25 June (11am-12pm AEST)**.

See also the [Framework for Mental Health in Multicultural Australia](#). A practical tool that supports services to strengthen their cultural responsiveness, embed good practice, and work more effectively alongside multicultural and refugee communities.

For more information and resources

<https://embracementalhealth.org.au/>





volunteering
queensland

Voice of the Volunteer Survey

The Queensland Voice of the Volunteer Survey makes it easy for you to track the volunteer experience, see what is working, celebrate what makes your organisation special, and fix small issues before they become big ones. And it's completely free.

Your survey is already set up and ready to go. Share it and start collecting feedback!

How to launch your survey

You can distribute your survey via:

- **Email** - using your existing volunteer comms
- **SMS** - for volunteers on the go
- **QR code poster** - print and display wherever your volunteers show up

We've prepared everything you need to launch today, including a [Communications Plan Guide](#) with ready-to-use templates, suggested timelines, all survey questions, and tips for getting strong response rates.

How to access your survey

The Voice of the Volunteer Survey is available through your Volunteer Centre on **My Community Directory** - exclusive to organisations on the VIO Register, Queensland's largest network of volunteer involving organisations.

[Log into My Community Directory](#)

1. On your Profile, Select Volunteer Centre in the right-hand navigation
2. Select VIV survey

What's in it for your organisation?

Understand your volunteers deeply: the survey covers the full volunteer lifecycle, from recruitment and onboarding through to recognition, feedback and retention.

Turn data into action fast: your survey results will flow directly into an interactive dashboard, along with curated tools, templates, and resources tailored to your specific results.

Benchmark and improve over time: run the survey annually (or twice a year) to track progress and demonstrate continuous improvement.

Segment by location: if you operate across multiple sites, you can view results by location so nothing gets lost in the averages.

Contribute to something bigger: your anonymised data helps Volunteering Queensland build a statewide picture of volunteer experience, informing advocacy and sector-wide support.

Your volunteers give their time to your mission, the least you can do is give them a voice.

For more information or to join the VIO Register and access the survey:

[Voice of the Volunteer Survey – Volunteering Queensland](#)

[SET UP THE SURVEY NOW](#)

Any problems contact VQ at 07 3002 7600 or E: reception@volunteeringqld.org.au

Stay Smart Online toolkit



If you have been looking for ways to assist your clients with their media literacy skills, look no further! The University of Canberra's News and Media Research team has created a comprehensive Stay Smart Online training toolkit. This toolkit is a well-researched and pre-prepared program ready for you to deliver in your library.

Request access to this resource
Email: stayingsmartonline@gmail.com

 [Learn more about this toolkit](#)

Be Connected: Free Online Learning

Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access free learning resources online or join one of the thousands of community organisations running free computer classes across Australia.



 <https://beconnected.esafety.gov.au/>



Supporting Active Ageing: Exercise Right Resources

Exercise Right is a national public health initiative led by our friends at Exercise and Sports Science Australia (ESSA). The campaign is designed to educate and support Australians to lead active, healthy lifestyles – aligning strongly with our shared goal of supporting strong, connected ageing.

LiveUp is committed to making active, empowered healthy ageing a reality. We're proud to support Exercise Right and share it as a valuable resource you can use to support your clients.

The campaign connects Australians to ESSA-accredited exercise professionals, including exercise scientists, exercise physiologists, and sports scientists, who can provide tailored, evidence-based guidance. For the older people you support, this can play a vital role in maintaining strength, preventing falls, and supporting the management of chronic conditions.

Over the course of the campaign, you can guide your clients to safe, appropriate exercise options by sharing:

- Expert-led advice and tools through Exercise Right
- Practical, easy-to-follow strength and activity resources from LiveUp

Together, these resources can help your clients build confidence to move more and stay well.

 [Read more: Exercise Right Resources](#)

Upcoming Events & Key Dates



Seniors Expos Calendar 2026

- Thursday 9 July – Mackay
- Tuesday 4 August – Townsville
- Friday 28 August – Mareeba
- Thursday 10 September – Rockhampton
- Friday 18 September - Gatton & Laidley
- Friday 9 October – Stanthorpe
- Thursday 22 October – Bribie Island
- Thursday 12 November – Carina
- Thursday 26 November – Capalaba
- Tuesday 8 December - Kingaroy

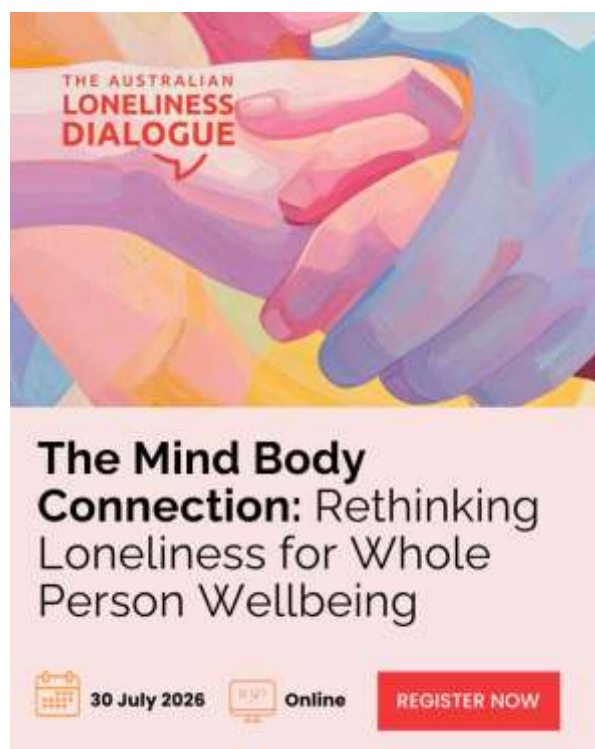
Seniors Savings Pop-up

- Friday 3 July – Bundaberg
- Wednesday 5 August – Townsville
- Thursday 6 August – Townsville
- Friday 7 August – Townsville
- Thursday 27 August – Cairns
- Tuesday 8 September – Barcaldine
- Wednesday 9 September – Emerald
- Friday 11 September – Yeppoon
- Monday 23 November – Goondiwindi
- Tuesday 24 November – Dalby
- Wednesday 25 November – Roma

See further information at:

<https://www.qld.gov.au/seniors/legal-finance-concessions/seniors-expos/seniors-event-calendar>

Friends for Good announces



Join online from anywhere in Australia, or around the world via Zoho Backstage

 [For more details or to register!](#)

Carer Wellness Program (Nambour)

Dementia Australia is excited to deliver their free Carer Wellness public education program in Nambour in July:

When: Thursday 16 July 2026

Time: 9.30am – 2.30pm

The program is suitable for: Family carers and family members of people living with dementia.

Find out more

Contact QLD Client Services Team

T. 1800 588 699

E. QLD.Booking@dementia.org.au

Book on: <https://tinyurl.com/mrxa7ndc>

Questions?

Call 1800 588 699 or

Email qld.services@dementia.org.au.



Lockyer Valley Festival of Cultures



Photo taken from their [website](#)

The Lockyer Valley Festival of Cultures is returning in 2026, and they're inviting local stallholders, food vendors, performers, and community groups to be part of this vibrant celebration.

Date: Sunday, 9 August 2026

Time: 11am to 4pm

Venue: Gatton Shire Hall and surrounds

Whether you'd like to host an activity, run an information stall, serve delicious food, or take the stage with a live performance, we'd love to hear from you.

To register your interest:

<https://www.surveymonkey.com/r/2YM3YY2>

Please note that submitting an application does not guarantee acceptance. Council will confirm the outcome of your submission in writing.

Applications close: Sunday, 19 July.

If you have any questions, please feel free to contact Council's Engagement Team at engagement@lvrc.qld.gov.au or call 1300 005 872.

Australian National Loneliness Conference 2026

The 2026 National Loneliness Conference, hosted by Ending Loneliness Together, will be held in Melbourne in October.

- Dates:** 21-22 October 2026
- Location:** Collins Square Business and Events Centre, Melbourne
- Theme:** Exploring loneliness and social connection across the lifespan—from childhood to later life
- Format:** 1.5-day program featuring global and national experts, community leaders, and individuals with lived experience

Register: [Ending Loneliness Together Conference](#)

Abstracts & Nominations

Abstract submissions that explore loneliness and/or social isolation, meaningful social connection, and belonging across the lifespan are invited. They welcome research, policy, practice, lived experience, and **community-led approaches** that advance understanding, measurement, prevention, and response.

Submissions may focus on individuals, communities, systems, or populations, and should contribute to creating a culture of connection through evidence, innovation, collaboration, or real-world impact.

Abstract Deadline: 27 July 2026.

See also: [Call for Abstract Submissions](#)

Find out more about the Conference
<https://au.entegy.events/anlc2026>

Nominate an Award – Community Connector

Australian National Loneliness Conference

Celebrating an organisation, community group, service, initiative or network creating meaningful opportunities for connection and helping build a culture of connection.

This award recognises practical action that strengthens belonging, inclusion and community participation.

For eligibility and nomination information
Community Connector Nomination Form



Plan your NAIDOC Week celebrations

NAIDOC celebrations are held around Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Here are some ideas on how to celebrate NAIDOC week at your library:

- ❖ Display the National NAIDOC Poster in your centre
- ❖ Host a viewing session with a movie about Aboriginal and Torres Strait Islander history
- ❖ Create an Aboriginal and Torres Strait Islander history book display



[Visit the website](#) for more information

See also [NAIDOC Downloads](#) and **Supporting NAIDOC Toolkit** to help you on your way!

Share a Good News Story!

Want to share a Good News Story about your organisation or a volunteer?

We love highlighting the amazing work happening in your communities! If you have a success story, achievement, or inspiring moment from your program, we'd love to feature it in our newsletter, [website](#), and social media.

Send us your story, photos, or highlights and help spread the positivity.

Email your Story to:
karen.wilson@cotaqld.org.au

Visit the [SSIP website](#)

Explore the [SSIP Hub](#)

Thank you for taking the time to read the July edition of the SSIP Newsletter! ❤️

Connect With Us

Have questions or ideas? We'd love to hear from you! Reach out and let us know how we can help.

Contact

Karen Wilson
Executive Officer
Seniors Social Isolation Peak Services Program
Part-time (Monday – Thursday)

Council on the Ageing Queensland
Level 6, 10 Market St, Brisbane QLD 4000
M. **0484 023 614**
E: karen.wilson@cotaqld.org.au

Next Edition: In August for [Loneliness Awareness Week 2026](#) (3-9 August)