

Lifestyle

THE SUNSHINE COAST'S PREMIUM ANNUAL 55+ MAGAZINE & DIRECTORY

55+

2025/26

Celebrating Passion & Purpose

*Inspiring stories of people who
turned adversity into strength
and change*



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Lucius Annaeus Seneca

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Celebrating When Passion Meets Purpose



Tanya Dave
Editor

This year's theme—when Passion Meets Purpose—is more than a catchphrase. It's a call to action, especially for those of us stepping into the second half of life. These are the years where passion and purpose intertwine, shaped not by ambition alone but by experience, wisdom, and the desire to leave something lasting in the world around us.

Every chapter of our lives, whether marked by triumph or trial, holds meaning. The years we've lived are not wasted, no matter the outcome. Our stories carry value, our presence carries weight, and together they become a catalyst for change in ourselves and the world around us. Life is, after all, a classroom for the soul. We are all students.

We are each tested in different ways. Our task is not to avoid these trials but to transform them—to be our own alchemists, guided by the north star of our deepest truth. In this, we can turn even pain into something beautiful and in the wisdom found help each other find their way back home.

The second half of life is not a winding down—it is an awakening. It is the moment to embrace vibrancy with fervour, to lean fully into the greatest part of our journey, and to live not as spectators but as creators of meaning, connection, and joy.

This issue is a celebration of passion turned into purpose, of stories that remind us that every moment, trial, every victory—past, present, and still to come— has profound meaning to transform lives.

Tanya M. Dave
GERONTOLOGIST

Director, I Age Well
Advocate for Positive Ageing on the Sunshine Coast



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Welcome to the Sunshine Coast!

As Mayor of this beautiful region, it is my pleasure to extend a heartfelt welcome to all our senior residents and visitors. The Sunshine Coast is more than a picturesque destination - it's a place where people unite, communities flourish, and individuals of all ages thrive. This festival provides the opportunity for our seniors to truly connect with each other.

Our seniors bring wisdom, warmth, and a vibrant energy that enrich every corner of our community. Whether you're enjoying a quiet moment by the sea, exploring the hinterland, or sharing stories at a local event, the Sunshine Coast offers countless opportunities to build friendships and stay active.

Council is proud to support a wide range of programs and services that promote wellbeing, independence, and social connection. From movement sessions in our parks to creative workshops in community halls, we're committed to helping seniors stay engaged and empowered. These activities aren't just about staying fit, they're about joining others, sharing laughter, and feeling part of something meaningful.

Our partnerships with local health providers, community organisations, and the Queensland Government help ensure that older people have access to the resources they need to live well. Whether it's mental wellness support, educational opportunities, or transport options like Council Link, we're working together to make life easier, brighter, and more fulfilling.

The Healthy Ageing Partnership is a shining example of collaboration in action - bringing older residents and industry partners together to share ideas, celebrate

achievements, and promote positive ageing. Through initiatives like the Healthy Sunshine Coast Program, we encourage seniors to stay socially and physically active, while building lasting relationships that strengthen our community.

One of the highlights of our calendar is the Sunshine Coast Seniors' Festival - a joyful celebration of the contributions older people make to our region. It's a time to come together, connect across generations, and embrace the spirit of fun, friendship, and lifelong learning.

Our region is known for its natural beauty, but it's the people, especially our seniors, who truly make it shine. Your stories, your service, and your spirit help us stay grounded in what matters most - connection, kindness, and shared purpose.

Thank you for being part of our vibrant community. We look forward to continuing to support and celebrate you.

Stay connected. Get involved. Thrive.

MAYOR ROSANNA NATOLI



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They began by opening their home every fortnight to other parents going through the same thing. They didn't have answers—but they had each other. And they had honesty. That's where endED was born.



Mark Forbes

The Architect of Change

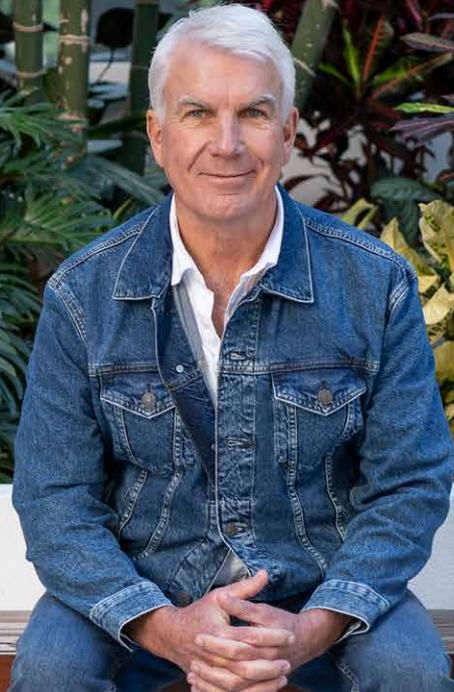
Words Tanya Dave

Mark Forbes never set out to change a broken system. He didn't plan to become an advocate or a founder or a national voice for families in crisis. He was just a dad—watching his daughters disappear into illness, watching the systems around them collapse, and waking up every day afraid of what he might find behind a bedroom door.

He didn't choose this path. It chose him.

Over the course of two decades, Mark and his wife, Gay, lived a private kind of devastation—one that many families endure, but few speak about. Their eldest daughter developed a severe eating disorder that eventually spiralled into alcohol dependency. Her recovery was long, painful, and uncertain. Today, she's three years sober and working in the recovery space—a powerful example of what's possible, but also a reminder of what it cost to get there.

“You don’t know what you’re capable of until you’re tested. But when you see healing happen—when you see people come back to life—you find a way to keep going.”



Their younger daughter’s path was even more harrowing. What began as an eating disorder evolved into an addiction to methamphetamine—commonly known as “ice.” Her battle is still ongoing. The instability that followed forced Mark and Gay to then raise her daughter, Ruby, who is now seven.

But the worst moments weren’t always the dramatic ones. They were the quiet, daily horrors—the ones no one prepares you for.

“We’d wake up every morning afraid to open her bedroom door,” Mark says. “Because a malnourished heart can stop. And that’s the kind of fear you don’t forget.”

He recalls sitting beside his daughter at mealtime when she looked at him and asked, “Can’t you hear the voices? They’re screaming at me.” They were so loud, so real to her, she couldn’t believe no one else could hear them.

And he’ll never forget the day they left her in a mental health ward. The treatment plan? Medication and a weighted blanket. That was it.

“That’s when I knew,” Mark says. “Things had to change.” They tried every path. Every service. Every lead. But what they found was fragmented care, ill-equipped systems, and support that lacked any kind of humanity. It wasn’t just that help was hard to find—it was that it rarely arrived in the form it was needed.

Eventually, survival turned into purpose.

Mark and Gay began opening their home every fortnight to other parents walking the same difficult path. They had no formal training, no structured model to follow—

only their lived experience. Around the kitchen table, a community formed, built by people who simply refused to let others face the darkness alone.

At first glance, their charity’s name endED seems to naturally mean ending eating disorders. But the story behind it is deeply personal. It began during their very first visit to a psychologist with their youngest daughter.

On the whiteboard, the psychologist drew a large stick figure and, inside it, a smaller one. He asked his daughter which figure best represented her. She pointed to the larger figure, believing that was who she was, with the smaller one representing the eating disorder.

The psychologist gently corrected her. “No, the large figure is the eating disorder. You are the small figure, trapped inside.” He then turned to Mark and Gay and said, “Mum and Dad, we need to give the large figure a name—let’s call him ED. When ED is present, your daughter is just a small light trying to shine through. What we need to do is reverse these positions. We need to end ED.”

*That moment marked the beginning of **endED**. What started around one family’s kitchen table has since grown into a national movement.*

Through their journey, Mark and Gay came to understand that comorbid behaviours were often coping mechanisms—a way to quiet or escape the relentless voices of an eating disorder. They realised that true recovery began by gently peeling back these layers to uncover the root of the problem. But that took time. It required a place where people could access the right treatment, and a safe, supportive environment in which to heal.

That vision became the driving force behind Wandi Nerida—Australia’s first residential eating disorder treatment facility, located in Mooloolah Valley. Mark and Gay were instrumental in bringing it to life. They sold their home to help fund it. They fought tirelessly for it. And above all, they believed in it.

When they arrived in Parliament House for what they thought was a \$2 million funding announcement, they were told the support had been increased to \$70 million—enough to replicate the model in every Australian state.

From private pain, they helped create a national solution.

Mark and Gay then went on to establish House of Hope and Peaceful Park in Woombye—safe, community-based spaces offering day programs, allied health services, and holistic care for those navigating recovery. Now, they’re working on their next project: a tiny homes village, designed to provide stable, supported accommodation for people rebuilding their lives after crisis.

Each initiative has grown from the same place: a gap they personally experienced a need that went unmet.

And through it all, Gay has remained by Mark’s side—steadfast, quietly leading, and unwavering in her belief that change is not only possible, but necessary.

“For my wife and me, endurance has never been a weakness,” Mark says. “Not when we get to witness, every single day, the impact this work is having on people’s lives.”

When asked how they’ve found the strength to keep going, Mark pauses.

“For my wife and me, endurance has never been a weakness,” Mark says. “Not when we get to witness, every single day, the impact this work is having on people’s lives.”

“You don’t know what you’re capable of until you’re tested,” he says. “But when you see healing happen—when you see people come back to life—you find a way to keep going.”

He remembers a turning point—a meeting with philanthropist Roy Thompson. Roy took Mark’s business card, turned to his wife Nola and said, “Darling, we just bought this for \$1 million.” Then he turned back to Mark and added, “Go build what you need to build.”

They did.
And they still are.

Mark’s advice for anyone walking through something heavy?

“Step outside your comfort zone—not once, but every day. And never underestimate your capacity for change.”

He knows what it feels like to be powerless. He knows what it’s like to watch someone you love vanish into illness. But he also knows what happens when people care enough to act—when pain is turned into action, and grief into growth.

Because of Mark and Gay Forbes, thousands of families across Australia now have access to the kind of care and support they never had. They’re not just rebuilding lives. They’re making sure no one has to go through it alone.



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“If I couldn’t find the person to help me through my hard times, I would become that person for others.”



Kerrie Atherton

The Architect of Hope

Words Tanya Dave

Kerrie Atherton's life has been shaped by trauma, but also by choices—hard ones: the choice to survive, the choice to heal, and, most of all, the choice to transform pain into purpose.

Kerrie Atherton is no stranger to pain—but more importantly, she's no stranger to purpose. Her life's story reads like a series of near collapses followed by extraordinary rebirths, each marked by a deeper sense of clarity, calling, and compassion. Today, she's a trauma and addictions counsellor, published author, podcaster, speaker, and founder of Stories of HOPE Australia—a platform that uplifts real people and raw stories with one clear message: you are not alone, and you can rise again.

PASSION DRIVEN PURPOSE

Kerrie's early years were shaped by instability and trauma. She was raised in a home shadowed by addiction and mental illness: her mother battled alcoholism and what appears to have been undiagnosed bipolar disorder, while her father—himself a survivor of alcoholic parents—struggled to maintain balance. One defining childhood memory still lingers: watching her mother be electrocuted, an incident that etched trauma deep into Kerrie's psyche.

By age 10, Kerrie had a breakdown. Doctors prescribed medication for anxiety and depression, which brought short-term relief but quickly became something she relied on.

Throughout school, Kerrie was bullied and publicly humiliated, further cementing her feelings of worthlessness and isolation. By 18, she was caught in a destructive cycle of addiction and suicidal despair. On the day she planned to end her life, she experienced what she believes was a divine intervention.

“I heard a voice say, ‘Don’t do it. If you hold on, you will find happiness one day.’ So I held on.”

That moment changed everything. Kerrie sought help, joined Alcoholics Anonymous, and has remained clean and sober for over four decades.

Sobriety didn't mean the end of challenges. Kerrie found herself trapped in a three-year abusive relationship. As the violence escalated, she made the difficult decision to leave. That chapter became part of her healing—and another reason she now dedicates her life to helping others escape cycles of trauma.

After losing both parents and enduring a series of painful events, Kerrie hit her third major rock bottom. She was emotionally drained, desperate for someone—anyone—who could show her that things would be okay. She attended a women's conference searching for that person, hoping to find a source of hope and direction. But no one appeared.

Then came the breakthrough.

“If I couldn't find the person to help me through my hard times, I would become that person for others.”

That decision became the turning point. **Stories of HOPE** was born—first as an idea, then as a movement, now as a powerful community of people sharing real stories to lift others.

Founded in 2017, Stories of HOPE Australia began as a monthly community event platform sharing raw, powerful stories of resilience. These events created space for people from all walks of life—without judgment, and no business, political or religious agenda, or labels—to come together and be seen, heard, and supported.

When the pandemic forced in-person gatherings to stop, Kerrie responded by launching Stories of HOPE Worldwide—a digital platform that continued the work online, sharing powerful stories with a global audience and the catalyst for her podcast which launched last year 'Stories of HOPE Inspiring Humans with Kerrie Atherton'.

She has since authored three books: *Everyday People Extraordinary Stories*, *Resilient People Remarkable Stories*, and *Lightbulb Moments*: Her most recent addition, *Through the Eyes of Men*, a book focused on men's mental health told through 15 powerful, deeply personal stories.

She's also an Ambassador for the FEARLESS National PTSD Organisation, a certified Mental Health First Aid trainer and works closely with schools, individuals, and communities in crisis.

In addition to her private practice and speaking engagements, Kerrie serves on the Board of Directors for Mentoring Men Australia, a cause close to her heart. For years, she also co-led Streetlight, a charity supporting homeless and disadvantaged people alongside her husband.

Now based on the Sunshine Coast, Kerrie continues to support those in recovery, crisis, or pain—especially young people who are struggling to see a future for themselves.

Her faith has been her anchor – for survival and transformation. One of her favourite quotes:

“No eye has seen, no ear has heard what God has prepared for those who love Him.”

That last verse came to her in a season of deep hopelessness. It reminded her that even when we can't see a future, one still exists—and it can be more beautiful than we ever imagined.

Stories of HOPE
AUSTRALIA



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Her faith has been her
anchor – for survival
and transformation.





Bill and Melissa Close

The Architects of Rural Resilience

Words Tanya Dave

In 1993, as Western Queensland battled one of its worst droughts, Bill and Melissa Close were traveling ministers, moving across Australia to wherever they were needed. One late cancellation changed everything. Instead of filling the gap with another preaching engagement, they felt drawn to head west and see if they could help the struggling farmers they'd been hearing about in the news. What they found would not only change their lives but also shape the beginning of something much bigger.

At the first two properties they visited, the reality was brutal. Families were battling relentless drought, financially and emotionally drained, and both had recently lost a loved one to suicide. These were people on the edge—not just of financial ruin, but of mental collapse. And yet, when Bill and Melissa asked local agencies about the needs in the region, they were told there was nothing to worry about. “They’re all rich farmers,” they were told. “They’re doing fine.” Nothing could have been further from the truth.

As they reached the gate of the next property that day, Bill broke down. He cried out to God: “You’ve got to help us find these people before this happens again.” That prayer, spoken from the dirt roads of western Queensland, marked the birth of Care Outreach.

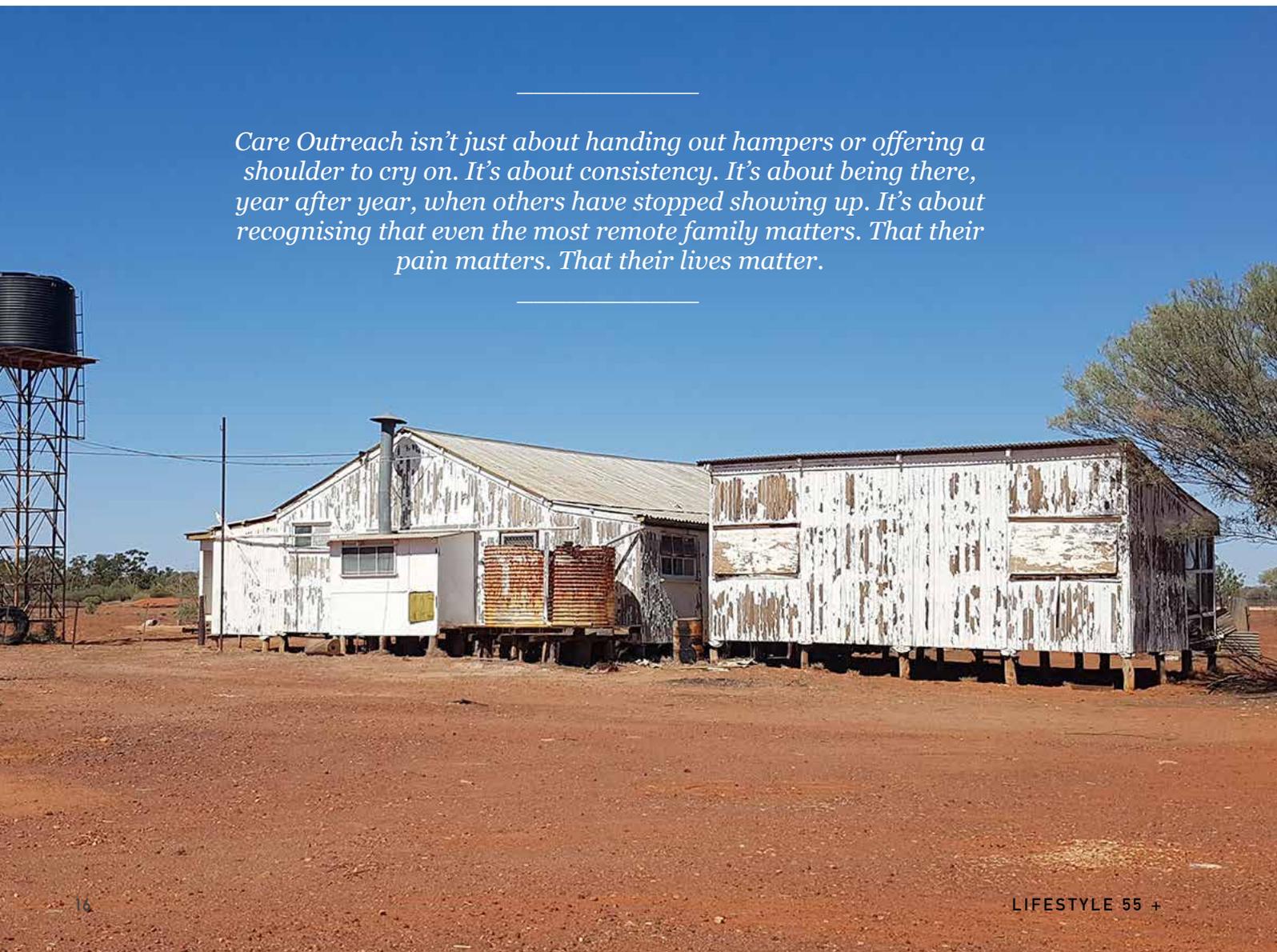
Over the next three decades, Bill and Melissa poured themselves into the lives of people across rural and remote Australia. What began as a heartfelt road trip became a lifelong mission of presence, care, and compassion. Along the way, there have been stories they’ll never forget.

There was the old farmer who, after sharing a quiet cup of tea, walked them to their car and said, “It was lovely to meet you... but we’ll probably never see you again.” He explained that people often come once, take a photo or make a promise, and then disappear. That moment lit a fire in Bill and Melissa. They wouldn’t be like the others. They would be in it for the long haul.

Another day, a volunteer team delivering a hamper to a woman near Cunnamulla was met with unexpected emotion. The woman burst into tears at the doorstep. Not because of the hamper—but because someone had come. She hadn’t seen another human outside her sick husband and children in over two years. The isolation was that deep. The visit reminded the team just how invisible some lives can become ‘out west’.

One of the most sobering moments came when a volunteer opened the door to a man who claimed to be “alright.” Sensing otherwise, the volunteer gently asked again how he was really going. This time, the man broke down. He had come to leave an envelope with his sister and then planned to go home and take his life. The team gathered around him, prayed with him, and refused to let him return to his farm alone. When they arrived, they found a rope already hanging in the shed. Instead, he packed a bag and stayed at Care Outreach’s base. Over the next few days, surrounded by people who actually listened, he began to open up. He gave his heart to God. He began healing. Reconciliation followed between him and his estranged son. It was one of many turning points Bill says he’ll never forget.

Care Outreach isn’t just about handing out hampers or offering a shoulder to cry on. It’s about consistency. It’s about being there, year after year, when others have stopped showing up. It’s about recognising that even the most remote family matters. That their pain matters. That their lives matter.





The work hasn't come without cost. Care Outreach now covers an area of about 1.2 million square kilometres—some of the harshest terrain in the country. The heat, the dust, the relentless travel—it all takes a toll. But the emotional weight is heavier still.

When the second 10-year drought hit in 2019, it crushed people. Depression settled like a fog across the Outback. For 18 months, it felt like there was a funeral every week. Bill admits it nearly broke him. He found himself in a deep place of sadness, grieving the losses and tragedies that piled up. He had to ask for help himself—a humbling moment for someone used to being the one who shows up for others. But, he says, it was the goodness of God that pulled him out. And so they continue. Still driving, still visiting, still standing with people in the most remote corners of Australia.

At the heart of their mission is a passage from Matthew 25. The scripture speaks of feeding the hungry, clothing the naked, visiting the sick, and welcoming the stranger. “In as much as you did it to one of the least of these,” the passage reads, “you did it to Me.” That verse has been their foundation since the very beginning.

Care Outreach isn't just about handing out hampers or offering a shoulder to cry on. It's about consistency. It's about being there, year after year, when others have stopped showing up. It's about recognising that even the most remote family matters. That their pain matters. That their lives matter.

Bill and Melissa didn't set out to build an organization. They answered a call—first at a gate, then across a lifetime. And in doing so, they've become the architects of something rare: a movement built not on charity alone, but on presence, relationship, and unwavering hope.



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Fiona Browne

The Architect of Second Chances

Words Tanya Dave

Fiona Browne's story is one of transformation born from brokenness—and a determination to give hope where it once seemed impossible. As a child, Fiona endured emotional, physical, and sexual abuse. Those scars left her with a deep conviction: children must be protected. That conviction would eventually become her life's work.

In their home on the Sunshine Coast, Fiona and her husband Darin fostered teenage girls for two decades. Time and again, these young women aged out of the system—often as young as 15 or 16—had no family support, direction, or safety net. Many chased love in dangerous places, slipped into abusive relationships, fell prey to addiction, or clung to the idea that bearing a child might fill the void of connection they desperately craved.



So, in 2008, Fiona and Darin, together with a team, founded Lily House—a place born from frustration with a broken system and fuelled by compassion. They created more than just shelter; they offered a sanctuary of love, connection, and healing. Women who came to Lily House received practical tools—parenting skills, life skills, counselling—and, perhaps most importantly, a reminder that they were valuable, capable, and worthy of love. Over time, that nurturing flourished. Through psycho-educational programs and personal support, Lily House has helped women find direction, understand their trauma, and reclaim their futures.

Fiona herself knows darkness firsthand. When she was a teenager, she made the decision to end her life—not out of impulse, but from the crushing weight of emotional pain. Just after getting her driver’s licence, she set out in her car with the intention of speeding head-on into a tree or brick wall. As she drove, searching for something solid, a song came on. It was *I’ll Never Let Go of Your Hand* by Don Francisco.

The lyrics struck her like lightning.

“It was like God Himself was speaking directly to me,” she recalls. “I started crying so hard I couldn’t see the road. I pulled over—not because I changed my mind, but because I didn’t want to crash into another car and hurt someone else.”

In that moment, something shifted. Through that song, Fiona says God revealed that He had seen everything that had been done to her. He knew she had lost the will to live—but reminded her that no one, not even herself, had the right to take the life He had given her. He showed her that He loved her, and that no matter how dark the world became, He would never let go of her hand.

That moment was a turning point. Fiona started reading the Bible. She began going to church. Her life, slowly but surely, began to change.

Two years later, she met her future husband Darin in church. He has loved and supported her unconditionally ever since. Their partnership would later form the foundation of Lily House.

Fiona went on to become a qualified psychotherapist, gaining academic and professional credentials and becoming a respected counselling supervisor. But what truly makes her effective isn’t just training—it’s her lived experience, her deep empathy, and her refusal to let anyone believe they are beyond healing.

Running Lily House, however, hasn’t been without hardship. The centre is not government-funded, so Fiona leans heavily on volunteers. She admits exhaustion and burnout crept in until she built a team united in heart and purpose. She also faces agonizing decisions—like evicting residents who relapse on drugs or alcohol, even when it means their children must leave too. It’s painful, but necessary to keep the community safe.

She teaches her team not to get attached to the outcome. Sometimes all you can do is plant the seed.

There are parenting challenges too—many of the women who arrive at Lily House haven't had healthy role models. Their children, understandably, often carry their own behavioural trauma. But Lily House meets these challenges head on with parenting programs and one-on-one guidance.

When Fiona sees the transformation—the newfound confidence in a mother, the stable home for a child, the future now possible—that's what lifts her. She believes trauma can be overcome, and that everyone deserves love, acceptance, and the chance to believe in themselves. Her guiding values: every human life carries value, and God has a destiny for each person.

Now, responding to rising family and domestic violence, Lily House has expanded—launching Grace Haven Cottages, five self-contained homes where women and children fleeing violence can rebuild safely. If she had one hundred more, Fiona says, she could fill them all. The need is so great. And her desire to meet it burns brighter than ever.

Fiona's life is proof that trauma doesn't have to define you. That when someone holds your hand—even when you feel most alone—you can not only survive, but become a safe place for others to flourish.

She is the architect of second chances—building not just houses, but hope. Rewriting futures. One life at a time.



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*“To be able to show
parents that their
child can live a
happy, meaningful
and fulfilled life is
incredibly powerful.”*

Carmel Crouch

The Architect of Empowerment

Words Tricia Welsh

While some might be easing into retirement at 78, trailblazer Carmel Crouch is showing no signs of slowing down as she continues to lead bold change in a decades long mission to create a more inclusive Australia.

As Managing Director of STEPS Group Australia, Carmel has always led with purpose and heart, qualities that have seen her champion better opportunities for people with disability for more than 40 years.

Her motivation is deeply personal. As a mother of three, including a son with a disability she adopted when he was just a baby, Carmel has experienced first hand the barriers many families face in accessing education, securing work, and achieving independence. She became determined to help create a different future, not just for her own child, but for others too.

In 1989, she joined a small group of like-minded parents to create STEPS. Today, STEPS is a thriving national organisation employing over 480 people and supporting thousands of people across Australia every day.

As a creative entrepreneur, Carmel has brought her innovative mindset to tackling some of Australia's biggest social challenges. Through her work, she's created opportunities and solutions centred on capability, not limitation, and forged paths where few existed, bringing people into full participation rather than keeping them on the margins. There is no better example of this than STEPS Pathways College, which she founded in 2017.

The College was the first of its kind in Australia, offering young adults with disability and autism a structured, life skills-based program that would see graduates live truly independently. With a residential and day program now

available, it's given families around the country renewed hope, and young people the opportunity to thrive on their own terms.

"I've met so many parents who weren't sure what the future looked like," Carmel says. "To be able to show them that there's a pathway forward, that their child can live a happy, meaningful and fulfilled life, is incredibly powerful."

Carmel's vision, energy, and commitment have been recognised at the highest level. In January this year, she was appointed a Member of the Order of Australia (AM) for her outstanding service to the community. She also won the 2021 Senior Citizen of the Year at the Sunshine Coast Australia Day Awards and serves as an Australia Day Ambassador, a role she has proudly held since 2019. Despite the accolades, Carmel remains focused on the work. She continues to lead STEPS with a deep belief in what's possible when people are supported to reach their full potential.

"I'm passionate about building communities where everyone has the chance to live a full and independent life," she says. "And I'm proud to still be part of that work."

STEPS



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Stuart Carseldine

The Architect of Inspiration

Words Tanya Dave

Some people move through life as spectators. Others, like Stuart Carseldine, live it on the front foot—building, moving, creating, and leaving behind more than just memories. They leave legacies.

His early life was shaped by hardship. His parents divorced when he was young, and he was raised by his mother. The loss of his brother in a tragic car accident was a turning point for the family. For Stuart's mother, the grief became too much—she turned to alcohol to cope. For Stuart and his sister Barb, it became a quiet mission to stay strong for each other. They became one another's anchor—choosing optimism not because it was easy, but because it was essential.

PASSION DRIVEN PURPOSE

This mindset became the foundation of Stuart's life. It was further reinforced during his time working for an insurance company, where he learned the power of attitude, self-belief, and the discipline of setting goals. Those lessons would echo through everything he later achieved.

Stuart met his wife, Elizabeth, while working at the bank. They connected over a shared love of swimming. What began as a friendship soon became a deep, lifelong bond. Elizabeth was his first and last love. The foundation they built together would become Stuart's greatest achievement.

Having lacked stability as a child, Stuart made it his mission to create a strong, loving home. He told his children he loved them every single day. Family came first. His mother-in-law, Lil, reinforced the importance of keeping family close ensuring her four daughters and their families remained tightly knit. For Stuart, Elizabeth's family felt like coming home. He was loved, accepted, and included in ways he had longed for his whole life.

Stuart didn't just live with a positive mindset—he shared it. He embraced the role as a motivational speaker for Amway, rising to its highest level as an Executive Diamond level distributor, and traveled the world inspiring others. He spoke from experience, guiding teams across Asia, North America, and Europe, always emphasizing that success starts with personal belief. His children grew up in a home where motivation wasn't just hanging on posters—it was present in everyday actions.

Stuart never imagined that the voice which once inspired thousands would one day fall silent after a stroke—a devastating blow. Refusing to let this define him, he drew on his strength, determination, and the abilities that remained to keep moving forward. He began washing and detailing cars with meticulous care and later discovered a new form of expression through art, creating meticulous pieces under the name Rowdie Stu. Today, Stuart continues to inspire—through every detail, every brushstroke—living and breathing motivation not only in words, but in action.

Stuart doesn't believe in mediocrity. He insists that everyone must rise to become the best version of themselves. Positivity, love, gratitude, and resilience are not just words to him—they are the foundation of character.



That drive, that mindset, and that refusal to give up were passed on to Stuart's children—both of whom reflect the grounding values he and Elizabeth built their lives around.

His son, Lee Carseldine, is well known as a former professional cricketer and Australian Survivor finalist. But beyond the spotlight, Lee has become a powerful advocate for stroke awareness—a cause made personal by his father's recovery and the devastating loss of his mother, Elizabeth, to a stroke in 2019.

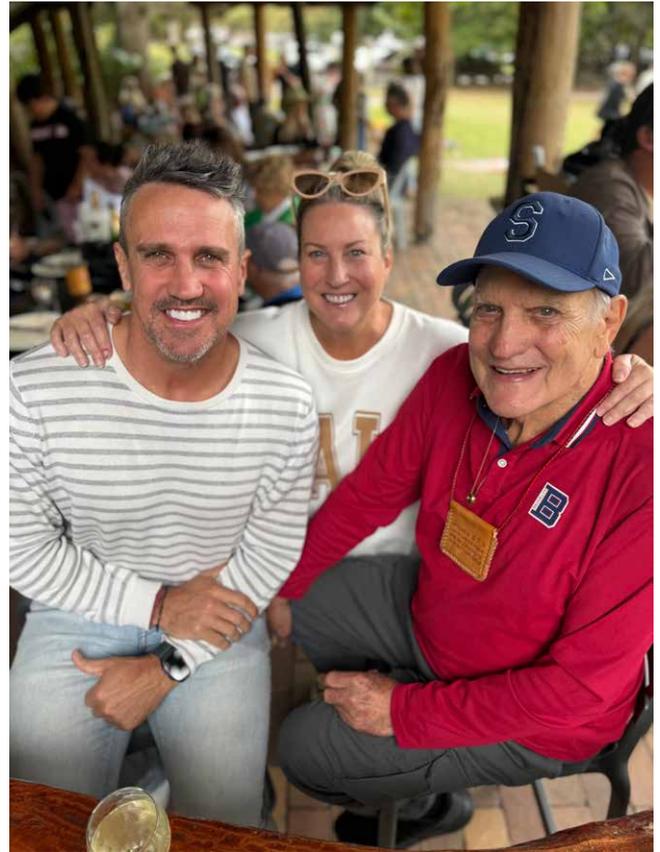
Inspired by Stuart's resilience and lifelong belief in action, Lee co-launched the Towel Challenge in 2020 with fellow Survivor contestant David Genat. The campaign encouraged people to post photos wearing towels to raise awareness and funds for the Stroke Foundation. The initiative gained national traction and raised significant support for stroke research.

In 2022, Lee completed a 140-kilometre walk across K'gari (Fraser Island) carrying a 19-kilogram backpack to symbolize the fact that one Australian suffers a stroke every 19 minutes. It was part of the Stroke Foundation's Stride4Stroke campaign and emphasized the importance of physical activity in stroke prevention. Then in 2023, during International Men's Health Week, Lee championed the Stroke Foundation's Bloke Beside You campaign—an effort aimed at helping men recognize stroke signs and seek timely medical attention. His voice, grounded in experience and driven by compassion, has become instrumental in shifting public understanding of stroke and recovery. Through every initiative, Lee has carried his father's legacy forward—not just in what he says, but in what he does.

And his daughter Rachel, too, carries that legacy. After dedicating years to raising her two sons, with the family first motto, she is forging her own path and finding success in the fashion industry and more recently expanding into the creation of her own branded sportswear line. She's combining business acumen with creativity, driven by the same principles her father taught by example: discipline, purpose, and persistence. Her journey, like her brother's, is a reflection of the home they were raised in—a home where consistency, integrity, and encouragement were part of daily life.

Stuart doesn't believe in mediocrity. He insists that everyone must rise to become the best version of themselves. Positivity, love, gratitude, and resilience are not just words to him—they are the foundation of character.

"I'm proud of them," he says. "Life has thrown them curveballs, but they always go back to their roots. To what we taught them. And they keep moving forward—with courage and tenacity."



Stuart Carseldine's life isn't just defined by titles or accolades. It's defined by presence. By the way he showed up for his family. The way he kept moving through grief. The way he kept speaking—through action—even after losing his voice.

Whether building businesses, nurturing teams, or inspiring through art, he's demonstrated that greatness is found by simply showing up, day after day, with heart, positive mindset and unwavering resolve.

And for Stuart, that's the legacy that matters most.



CONNECT

WEBSITE strokefoundation.org.au





Janice Richards

And Still I Rise

Words Tanya Dave

Some women carry storms inside them—memories they never asked for, and losses they never deserved. Janice Richards is one of those women. And somehow, through it all, she walked the hard road with quiet strength and relentless dignity.

Her childhood offered little in the way of stability. Trust was fragile, often broken. Safety was uncertain. Love, where it existed, was complicated. But Janice learned early how to endure—how to keep moving forward when standing still would have been easier.

Her role model growing up was her father—a man she describes as the heart of their home. He showed her the price of loving without condition. From him, she learned work ethic, loyalty, gentleness, and the strength it takes to stand tall when life is cruel. That seed of strength would bloom in her own life later, when the world gave her every reason to give up—but she chose not to.

PASSION DRIVEN PURPOSE

At 28, pregnant with baby number two, she lost her brother in a car accident. Grief arrived young and didn't leave. Soon after, her marriage collapsed under the weight of trauma neither she nor her husband could name—shaped by his experience as a front-line soldier in the Vietnam War. Alone, with two small children, Janice did what many wouldn't have had the strength to do—she stood up and began to build a life from the rubble.

Janice worked full-time for the Vice Chancellor at Melbourne University while raising her daughter, Kimberley, and son, Ben. When Kimberley was just five, she suffered severe burns and spent a month in the Royal Children's Hospital undergoing multiple skin grafts. Janice never left her side—holding her hand before and after every surgery. At night, once Kimberley was asleep, Janice would leave the hospital and go to the university office—where she had been entrusted with a key—to complete the work left for her. Then she'd check on Ben at home, catch a few hours of sleep, and start the next day all over again.

This was Janice's rhythm: love in motion.

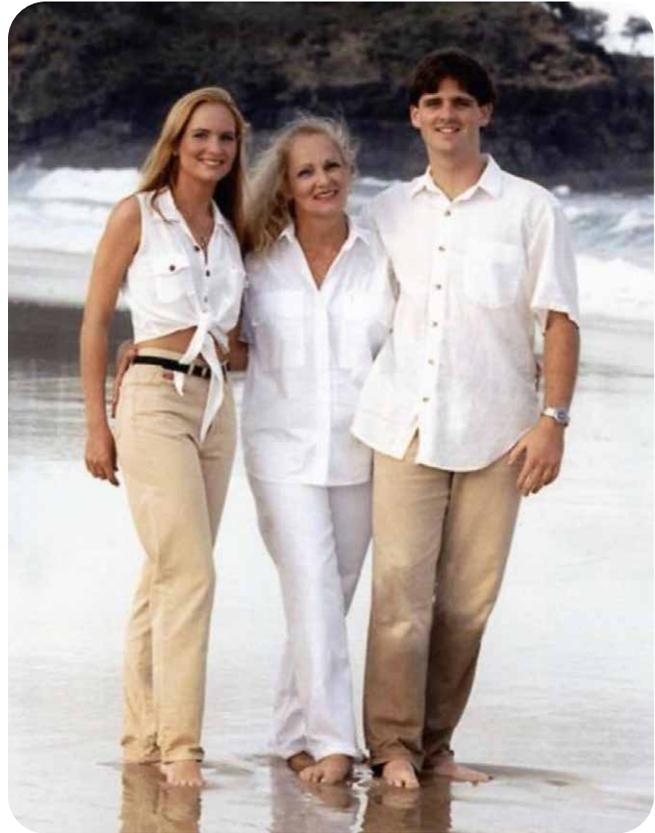
Shortly after Kimberley's recovery, Janice made the decision to move the family to Queensland for a fresh start. Kimberley was still five, and Ben just three. It was a bold move, but Janice believed they needed new ground to grow—and she was right – this small family loved their beautiful new life in Noosa on the Sunshine Coast, and they were happy and flourishing as a family.

When Ben was eight, doctors discovered a tumour in his pituitary gland. The outlook was grim—surgery wasn't possible, and specialists warned he might not live into adulthood. But Janice never wavered. She made the long drives from Noosa to Brisbane over and over for tests and treatments. Ben became one of the first children in Australia to undergo MRI scans and took part in a clinical trial involving a nasal spray therapy. It worked. The tumour stopped growing.

Through it all, Janice kept their home spotless, their meals homemade, and their lives wrapped in quiet care. Kimberley remembers never hearing her mother complain, speak a harsh word, or see her fall apart during those years.

Janice's reason for enduring had names: Ben and Kimberley. Whenever she felt overwhelmed, she rose—for them. They were her why. Her compass. Her fire. And everything she built; she built for them.

Janice didn't wait for stability to find her—she created it. She worked full-time as an office manager during the week, waited tables on weekends, and pinched every dollar to build a home. Literally. She designed the house herself, laid out the garden with her own hands, and repurposed furniture from second-hand shops into



beautiful pieces that turned four walls into a sanctuary. She stitched together not just clothing, but a life—thread by thread, choice by choice.

And just when she'd carved out something solid, life cracked the ground beneath.

A car accident in 1990 caused by another driver left Janice with degenerative disc injuries in her neck and spine. The pain became a constant companion, stealing sleep, movement, and eventually, the work she loved. That job had been more than a pay check—it was her anchor, her identity, her daily proof of purpose. Letting it go was a quiet kind of grief—the loss of something that had held everything together.

Janice eventually found joy through her children—especially watching Ben, who launched his own ground breaking ink-jet printer refill kit business at just 14. A born entrepreneur, his success filled Janice with immense pride. By the age of 20, Ben had purchased his first home in Noosa, where he and Kimberley surprised Janice with a 50th birthday celebration.

She cherished those moments, seeing her children blossom—Ben with his ever-expanding business, and Kimberley completing her MBA, travelling the world, and beginning her career in London. For a time, life felt full again.

Then came the fire in 2005

A faulty electric blanket sparked a blaze that destroyed the family home—her handmade sanctuary—down to ashes. Three weeks later, her father passed away unexpectedly. The gravity of the losses compounded.

Another devastating blow soon followed. Janice fell from an unsecured balcony, the result of a handyman's negligence. There were mornings that followed where Janice could barely lift herself from bed. Crippling pain and sorrow made giving up seem like the only way forward.

Seeing the toll of the past few years on her mum, Kimberley made the decision to return to Australia for good in 2006 and take her place as Janice's pillar of strength.

In 2009, Kimberley decided to take her mum on a much needed holiday to see her brother Ben who was now based in Thailand. The reunion was a beautiful and memorable one. Little did they know the photo taken below, of the three of them together, would be their last one.

In November the same year, a Friday night, Kimberley will never forget - when Ben confided in her, over the phone, that he feared for his life. He believed people were trying to harm him. Kimberley advised him to stay inside and that she would be on the next flight to Thailand to get him out of there. In desperation, concerned for his safety Kimberley called the Australian embassy in Thailand to assist Ben. But there was nothing they could do.

On Saturday, Ben went missing.

Kimberley arrived in Thailand on Sunday and began searching for Ben. On Monday, a fisherman found his body floating seven kilometres out to sea. Kimberley was taken to the morgue, where she faced the unimaginable task of identifying her brother's body.

Ben was just 31 years old.



Some people collapse under that kind of loss. Janice didn't. She wept. She broke. The pain was unbearable—greater than anything physical. Her body had survived so much, but this was a wound to her soul. No closure. No justice. Just silence where answers should have been.

How does a mother ever recover from the cruel, unjust loss of her son? How does a sister face the unbearable reality of her brother being taken too soon?

For two long years, every birthday and Christmas came with the sharp sting of absence, a painful reminder of what would never be again.

Then, one Christmas, instead of being consumed by grief, they volunteered with the Salvation Army, preparing and serving food for families experiencing homelessness. This act was inspired by the profound joy of giving Kimberley had experienced that year while on a volunteering holiday in Cambodia.

What began as a simple act of service became a balm for their wounded hearts and a deep bonding experience between them.

That single day of giving sparked something powerful. It grew into a shared tradition. Together they began volunteering regularly with a variety of Sunshine Coast charities, including the Disabled Surfers Association, SunnyKids, STEPS Charity, Wishlist, Cancer Council, RACQ LifeFlight, endED, Good Life Church & the Stroke Foundation.

Year after year, they discovered a beautiful truth: by giving of themselves in service to others, they were quietly mending their own hearts. Volunteering became their saving grace — transforming grief into love, loss into light.

PASSION DRIVEN PURPOSE

They say trauma keeps score in the body. And Janice bore the weight of every chapter. Years after Ben's death, she was admitted to ICU with influenza A and pneumonia. She was intubated and placed in an induced coma for 17 days. A stroke followed, robbing her of her speech and movement. Her condition was so grave that medical staff began preparing to give up on rehabilitation.

But Kimberley never did.

There is purpose to the pain. It is never in vain. With every rise, people took notice. She gave them strength without even knowing it. Janice reminds us that inspiration doesn't always shout—it can be steady and full of grace.

She stayed by her mother's side, day after day, whispering encouragement and pleading with her to fight. Slowly, barely noticeable at first, Janice began to improve.

Kimberley remembers walking into her mother's hospital room to see her sitting upright in bed, eyes brimming with love, ready to speak the three words she had been carefully practising.

"I love you. I love you. I love you."

It was all she could say—but it was everything Kimberley needed to hear.

Janice's recovery was described as "miraculous" by the medical staff. She spent three and a half months relearning how to walk, talk, and swallow. And once again, she began to rise.

Due to her high care needs Janice was transferred from the hospital into an aged care facility. She continued to improve bit by bit, day by day. When the COVID lockdown came into effect; it offered Kimberley rare gift: the chance to bring her mother back home—where she belonged.

Today, Janice on the outside is no longer the woman she once was—but when you meet her gaze, you still see : the unbreakable spirit that carried her through it all. She smiles. She thrives. She finds light in each new day.

There's no logic to the suffering some people endure. No fairness in the way grief is dealt. But there is a quiet greatness in the way certain souls carry that weight. Across cultures, those who walk through fire and still choose to rise—still choose love, strength and courage—are honoured. They're called many names: Light Bearers. Phoenix Souls. Spirit Walkers. Wounded Healers. Mahatma Tapasvini—a great soul who has walked through fire with grace.

Janice Richards is one of them.

To witness Janice's story is to stand in awe of the quiet power of a woman who never stopped showing up—for her children, for herself, for life.

There is purpose to the pain. It is never in vain. With every rise, people took notice. She gave them strength without even knowing it. Janice reminds us that inspiration doesn't always shout—it can be steady and full of grace.

After everything Janice has endured, one thing is clear: her light and strength grow quietly, powerfully—in her daughter Kimberley -a living legacy of a mother's unconditional love. It doesn't fade. It multiplies.



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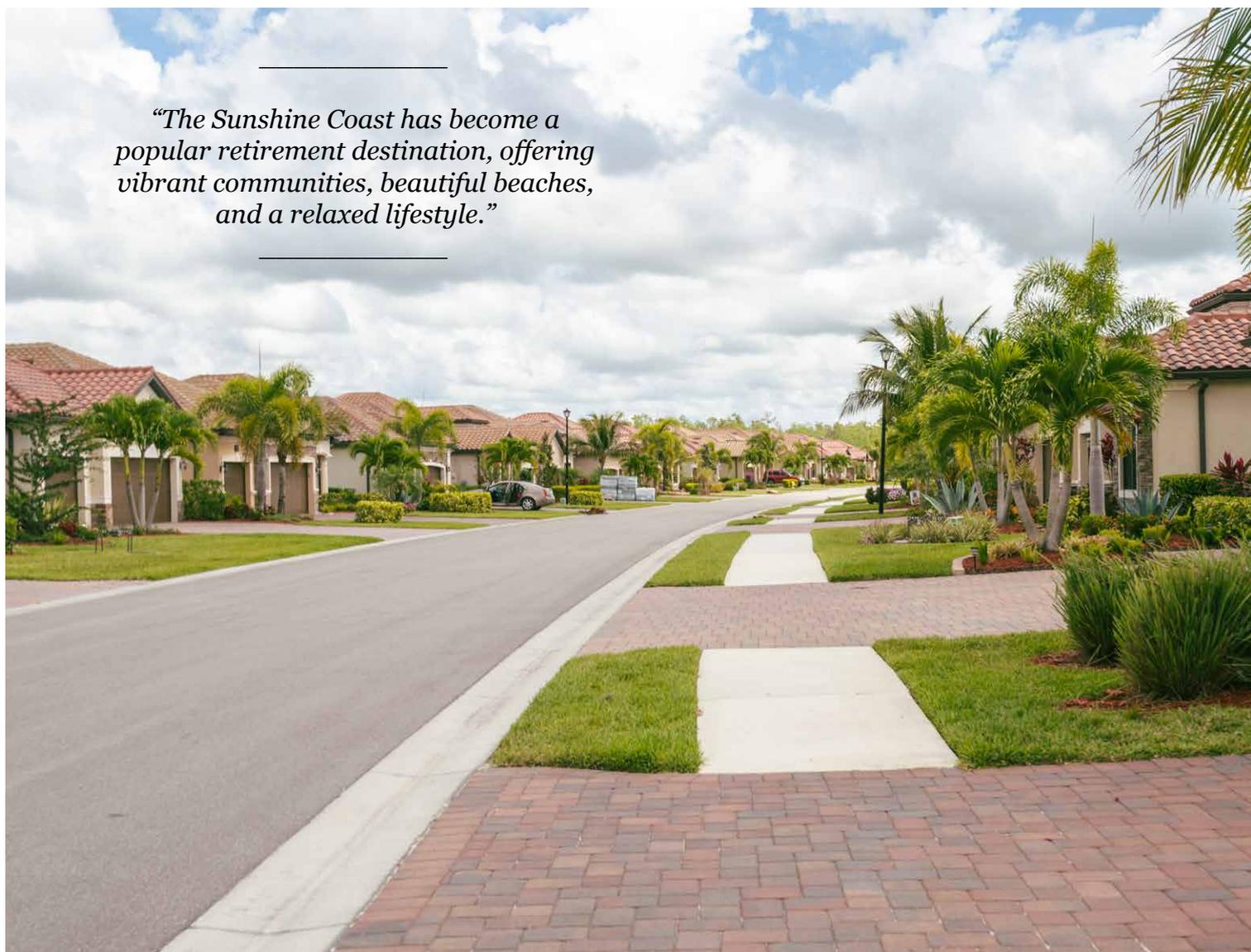
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19 Trading Post Road
Cooroy, QLD 4563
www.palmlakeresort.com.au
Phone: 1800 885 851

FOREST GLEN 4556

GREENWOOD FOREST GLEN
16 Grammar School Way
Forest Glen, QLD 4556
www.greenwoodforestglen.com.au
Phone: 1800 809 020

NATURE'S EDGE (BUDERIM)
71 Owen Creek Road
Forest Glen, QLD 4556
www.ingenialifestyle.com.au
Phone: 0467 945 061

LITTLE MOUNTAIN 4551

PALM LAKE RESORT
- CALOUNDRA CAY
96 Village Way
Little Mountain, QLD 4551
www.palmlakeresort.com.au
Phone: 1800 556 677

MALENY 4552

VANTAGE MALENY RESORT
COMMUNITY
BRAND: AVID
23 Macadamia Drive
Maleny, QLD 4552
www.avid.com.au
Phone: 1800 826 843

MAROOCHYDORE 4558

GEMLIFE MAROOCHY QUAYS
6 Charleston Place
Maroochydore, QLD 4558
www.gemlife.com.au
Phone: 1800 982 056

MAROOCHY SHORES
319 Bradman Avenue
Maroochydore, Qld, 4558
www.hometownaustralia.com.au
Phone: 07 2102 4811

PACIFIC PARADISE 4564

GEMLIFE PACIFIC PARADISE
40 Menzies Drive
Pacific Paradise, QLD 4564
www.gemlife.com.au
Phone: 1800 430 885

VANTAGE PACIFIC PARADISE
RESORT COMMUNITY
BRAND: AVID
596 David Low Way
Pacific Paradise, QLD 4564
www.avid.com.au
Phone: 1800 826 843

PELICAN WATERS 4551

PALM LAKE RESORT
40 Mahogany Drive
Pelican waters, QLD 4551
www.palmlakeresort.com.au
Phone: 1800 490 626

PALMWOODS 4555

GEMLIFE - PALMWOODS
38 Landershute Road
Palmwoods, QLD 4555
www.gemlife.com.au
Phone: 1800 560 768

YANDINA 4561

HALCYON YANDINA
4/2 Old Gympie Rd (Sales Office)
Yandina
www.stockland.com.au
Phone: 1800 050 050

RENTAL VILLAGES ON THE SUNSHINE COAST

Retirement communities where units are rented.

KOOKABURRA RETIREMENT VILLAGE

123 Mark Road East
Caloundra West, QLD 4551
www.kookaburravillage.com.au
Phone: 07 5491 5888

SEASONS FLEXI LEASE SENIORS' APARTMENTS AT CALOUNDRA

30 Baldwin Street
Golden Beach, QLD 4551
www.seasonsflexi.com.au
Phone: 07 5437 4900

WOOMBYE GARDENS CARAVAN PARK BRAND: SUNDALE

151 Nambour Connection Road
Woombye, QLD 4559
Phone: 07 5442 1621
www.sundale.org.au
Phone: 1800 786 325

SUNNYCOVE MAROOCHYDORE RETIREMENT VILLAGE

226 Yinni Street
Maroochydore, QLD 4558
Mobile: 0434 717 959

ASSISTED LIVING OPTIONS ON THE SUNSHINE COAST

Independent living units where meals, basic housekeeping, laundry service and social activities are included.

PEREGIAN SPRINGS COUNTRY CLUB

BRAND: AVEO
21 Gracemere Blvd
Peregian Springs, QLD, 4573
www.aveo.com.au
Phone: 132836

LINDSAY GARDENS

BRAND: AVEO
35 Lindsay Rd
Buderim, QLD 4556
www.aveo.com.au
Phone: 132836

LAGUNA ESTATE RETIREMENT VILLAGE

BRAND: LAGUNA
13-21 Lake Weyba Drive
Noosaville, QLD, 4566
www.lagunaretirementestate.com.au
Phone: 5449 7770

FREEHOLD RETIREMENT COMMUNITIES ON THE SUNSHINE COAST

Retirement village where freehold is owned by purchaser.

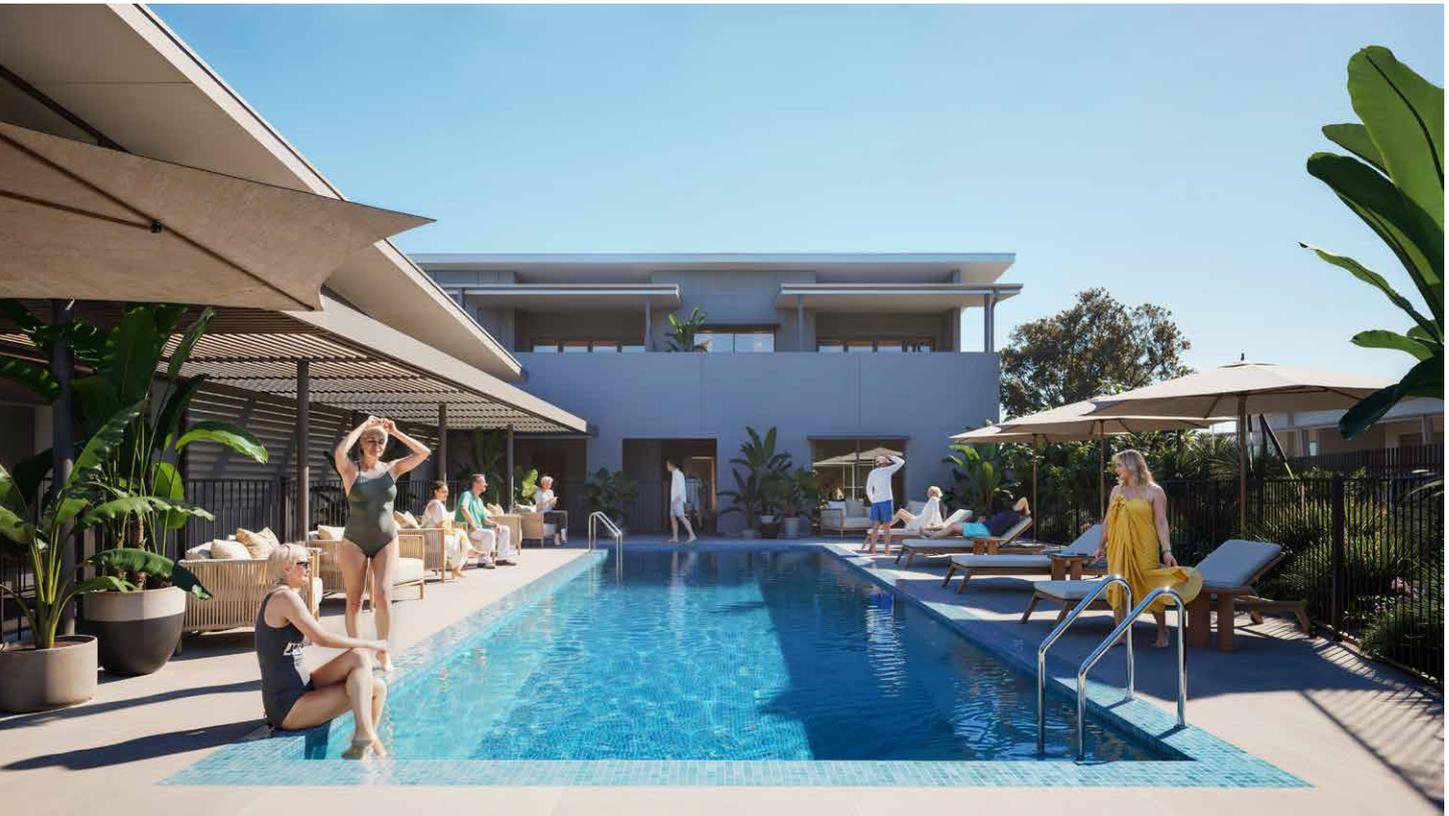
LAUREL SPRINGS

OVER 55'S VILLAGE
18 Doolan St
Nambour, Qld, 4560
Phone: 5441 4711

VILLAGE GREEN

OVER 50'S VILLAGE
83 Lindsay Road
Buderim, Qld, 4556
Phone: 0429 508 705





Coastal Calm. Community Connection. Sunrise Beach Village.

Ready for a community that's as full of life as you are? At Sunrise Beach Village, retirement is being redefined, with looks, lifestyle and location all in one.

It's not every day you get to open the very first street in your neighbourhood with a fiesta-style celebration. But that's exactly what happened at Sunrise Beach Village, a new retirement living community by Keyton.

Picture live tunes drifting through the air, chilled rosé in hand and a grazing table even Martha Stewart would swoon over. Future residents mingled with those still exploring their options, sharing laughs and getting a taste of village life. For many, it was the first glimpse of how community spirit will grow as the first residents begin moving in by year's end.

And really, the setting couldn't be better. Just 4km from Noosa, Sunrise Beach offers a calmer, more relaxed coastal vibe than other spots. While its high-profile neighbour hums with cafés, boutiques and tourists, this pocket between the national park and the beach delivers what many call the quintessential Sunshine Coast lifestyle.

Future resident Geoffrey, who will be part of the first group of residents moving in by Christmas, summed it up perfectly:

"It's a nice spot. It's brand new, it's got what we need and it's not too big. It's just right for us," he said.

A lifestyle shaped by choice

Ask anyone what retirement should look like and most will tell you the same thing: freedom. At Sunrise Beach Village, every day will begin with options.

Picture starting your morning with a swim in the pool or a walk through the nearby nature reserve, then a catch up with neighbours over coffee in the lounge. Afternoons might mean joining a group to learn a new hobby, stretching out in the gym or unwinding in the sauna. Prefer something quieter? Settle into the library with a good book or pop into the on-site hair salon for your weekly blow dry.

Evenings bring even more choice: catch up with friends in the clubhouse, enjoy a film in the theatre or simply sit on your balcony with a glass of wine in hand. It's not about filling every hour - it's about knowing you can, if you want to.

Between bush and beach

Sunrise Beach blends a sense of calm with a level of convenience that's hard to beat.

On one side of the new village lies Noosa National Park, with its trails and leafy outlooks; on the other, local shops and everyday essentials are right next door. Just down the road you'll find the beach itself and a handful of cafes perfect for your morning brew.

When the mood calls for more, Noosa's Hastings Street is close enough for boutique shopping or dining with friends. Active days are easily catered for too, with Noosa Tennis Club (700m) and Noosa Aquatic Centre (850m) within walking distance, and Noosa Springs Golf & Spa Resort only 4km away.

And when it comes to peace of mind, practical needs are never far - Noosa Hospital and a wide range of healthcare services are just a short drive from the village.

It's the kind of balance many people search for: a tucked-away coastal haven with everything close at hand.

Support when it's needed

One of the biggest questions in retirement is knowing what the future might hold and having the right support close by.

Behind Sunrise Beach Village is a partnership between Keyton and BlueCare, delivering not only a thoughtfully designed place to live, but also peace of mind for the years ahead.

A brand new BlueCare aged care residence right next door to the village means that if circumstances change, support is close at hand. It's reassurance for residents and their families alike: the knowledge that you can stay connected to the community you love, with care available if you need it.



The start of something new

By Christmas, Sunrise Beach Village will be welcoming its first residents. For those moving in, it's the beginning of something more than just a new address - it's the start of a lifestyle where the beach is close, the community has heart and every day offers more time to get out, get active and enjoy the best of the Coast.

Here, retirement isn't about slowing down - it's about being part of a community where life feels easy, welcoming and yours to shape.

If you're interested in learning more about the lifestyle at Sunrise Beach Village, book a village tour by calling 1800 550 550 or visit www.sunrisebeachvillage.com.au

**Sunrise Beach
Village**


Keyton



Jodie McDonnell

60+ LIFESTYLE AGENT

CENTURY 21[®] On Duporth

Your Ultimate Guide For Lifestyle Changes

Jodie McDonnell has been showing people the easy path for the last 22 years here on the Sunshine Coast

Early in her career Jodie recognized a desire to specialize in “Downsizing”, and she found she was able to relate closely with the baby boomer generation as they consider that all important decision.

Along the way she heard stories of stressful house maintenance, empty nesters lost in big homes, the desire to travel more, the need to simplify things, dreams of enjoying convenient living and the all-consuming water views.

She saw the benefit of growing a network of people to support the process, ultimately providing a full spectrum of services in one convenient place. This, in turn, promoted seamless guidance across all the clients’ needs, a one-stop resource as such.

Over the years there have been several important questions Jodie was asked by people who were contemplating downsizing or a lifestyle change of some sort. Here are just a few ...

Where do we start?

You start by having a conversation to gather information and begin to understand that it is possible. Talk to friends who have gone and done it, and Jodie who has been known to shout a coffee or two for this very purpose.

What options are available?

Beach and riverfront units are very popular; and townhouses can sometimes act as a good steppingstone to unit living if you’re not quite ready. Then there is an exciting array of 55+ resort style solutions on the Sunshine Coast.

Do the 55+ villages all have “exit fees”?

No, not all. Jodie can introduce you to the experts in these environments who can explain it all clearly to you.

How do we downsize?

Jodie’s network includes experts in this field who can help you cull, sell things on Marketplace, give other items to charity, style and photograph, and overall keep your mind from spinning! Packing, cleaning and removalists can also be organized for you.

Who can answer questions about the recent government changes to selling?

SearchX can assist you with this process, simplifying it, taking full responsibility and producing the forms you require for a successful sale.

Jodie takes all the time you need to assist in establishing a focus on “where to” firstly, making sure you’re comfortable with the plan for now, or sometime in the future.

How will the recent proposed council zoning changes affect me?

We can provide you with the most up-to-date information to help you understand all aspects and how it may impact on the value of your property.

Can I have a pet in a unit?

Yes, you can have a pet. You just need to seek Body Corporate approval; we can provide and submit these forms for you.

What are body corporate fees?

These fees are paid annually by every unit and townhouse owner for the ongoing maintenance of the complex. The 55+ villages have a "maintenance" fee which is similar.

Can I have a garden?

Units often have large balconies on which potted plants are ideal. Ground level units, townhouses and 55+ units very often provide the best opportunity to establish small gardens.

The one-stop resource provided by Jodie assures you of far less stress in what is an important decision, thus saving you time and money on tracking down all those services required for a seamless transition. Above all, she listens, and she cares.



CONNECT

Email: jodie.c21@century21.com.au

Phone: 0419 762 309

YOUR LIFESTYLE AGENT'S PROFILE

EST. 2003: In the Sunshine Coast Real Estate Market

SALES CATCHMENT: Within 10-15-minute radius of Duporth Avenue

- Maroochydore • Alexandra Headland • Mooloolaba Deep Water
- Minyama/Buddina Deep Water • Buderim

PRICE RANGE: \$500,000 - \$5,000,000+

PROPERTY TYPES: Houses, Units, Townhouses/Villas, Land, Projects, 60+ Lifestyle Estates

PHILOSOPHY: To meet people where they are regarding lifestyle changes.
To offer a complete service from selling and buying to packing and moving.
To ensure the process is as stress-free as possible. To listen and act.
To build relationships. To care.

SALES AWARDS: MASTERS CLUB: Ruby 2018, Emerald 2019, Diamond 2020
LIFE MASTERS: 2020. CENTURY 21 NO. 3 SALESPERSON QLD: 2020
CENTURION AWARD: (Top 2% of C21 Agents Worldwide) 2015, 2020, 2021, 2024.
PLATINUM AWARD: Q2 2023, Q2 2024. **DIAMOND AWARD:** Q3 2024, Q4 2024.





The man with the truck who gets the job done!

Barry Jones still carries the voice of Birmingham with him — a warm, unmistakable Brummie accent that has never faded, even after more than two decades in Australia.

Birmingham, the second largest city in England, will always be his first home. But since 2001, Barry has built his life on the Sunshine Coast, a world away from the bustling Midlands, where love first led him to set down roots with his partner and her son.

Life, however, took a strange turn. The relationship that brought him here ended, leaving Barry on his own in a foreign land. The early years were tough. For five to six years, Barry drifted from job to job, struggling to find work that truly sparked his interest. Love during this period was fleeting too — he often felt like he was moving from pillar to post, never quite finding the stability he longed for.

Everything began to shift in 2008. Spotting a growing need, Barry started his own business helping people move furniture and belongings. At the time, more and more families and individuals were moving from one rental property to another, and Barry's reliable service quickly became known. He discovered a sense of purpose in the work, and one constant remained — his truck, faithfully carrying him forward through the years.

But even with business steady, Barry has never lost the hope of finding lasting love. "Maybe one day I'll find someone who ticks all the right boxes," he says with a half-smile and twinkle in his eyes.

Today, Barry looks back on the twists and turns of his life journey with a mixture of grit and gratitude. His health is strong, his work gives him purpose, and he gets the chance to bring his humour and a can-do attitude to every job that comes his way. His life has been about constant motion — whether across continents, through relationships, or behind the wheel of his moving truck.

From downsizing homes to clearing rubbish, from removing old furniture and whitegoods at the end of their life to handling small furniture removals and freight jobs, Barry's service is built on trust, reliability, and a smile.



**Call Barry at 2-Go Clear Space.
Monday – Friday on 0477 772 138**



Cathy's

MOBILE HAIRDRESSING

Friendly Salon-quality service without leaving home!

Ladies	
Style Cut	\$40
Style Cut & Blowave	\$65
Blowave	\$37
Perm Style Cut & Blowave	\$125
Tint & Blowave	\$90
Tint, Style Cut & Blowave	\$130
Foils: - T-section	\$60
- Half head	\$95
- Full head	\$150
Treatments	\$15
Men	
Style Cut	\$35
Beard Trim	\$25

Cathy's
MOBILE HAIRDRESSING

Professional hair care, right to your doorstep!
Call or text Cathy to book your appointment 0420 995 704



RELOCATION & HOME CLEARANCE SERVICES

SUNSHINE COAST - GYMPIE - SURROUNDS

- We help seniors and their families -



CLEANERS FOR SENIORS



Do you need to move, downsize or clear a deceased estate?

We are a warm and friendly clearing and relocation service helping Seniors. We will make things easy!
We also assist seniors wishing to be with family interstate.

Our services include:

- ✓ Decluttering and sorting belongings
- ✓ Selling, donating and discarding unwanted items
- ✓ Packing
- ✓ Moving and unpacking
- ✓ Cleaning
- ✓ Yard and general maintenance
- ✓ Preparing homes for sale or settlement
- ✓ Disconnection and reconnection of services

A Tailored package to suit Your Needs

Contact us today for a free consultation
Call Jeanne on: 07 5403 7919
Email: info@colomba.com.au

"Without Jeanne, things would have been a lot more complicated and stressful for everyone in our family"

Visit our website:
www.colomba.com.au



Social Directory

How socially connected are you? Not the rubbing shoulders with the hoipoloi variety of being connected, but meeting new people and mingling with old friends.

Social activities and connections with friends aren't just pleasant interludes, they are vital in our lives particularly as we grow older. Research shows that those with more social ties actually live longer -- irrespective of their socioeconomic standing, or if they smoke, drink, are obese or even don't exercise.

It seems social relationships can help calm our stress-response systems; positive relationships helping us "learn better, stay healthier and live longer."

There is no reason for anyone to feel lonely here on the Sunshine Coast, as there are countless opportunities to make new and meaningful connections by joining perhaps a sporting, creative or artistic group or a social or service club to meet like-minded people.

In this Social Directory, we've done the hard work for you and researched some of the best. So what are you waiting for?



LIVELY 50 PLUS

An online network of social groups for people looking to make new friends and discover new hobbies and interests from ballroom dancing and yoga to qigong and art.
www.lively50plus.com.au

FRIENDSHIP FORCE, SUNSHINE COAST

An international non-profit cultural organisation focused on promoting understanding, cultural education and citizen diplomacy through homestay journeys and personal friendships.
info@ffsunshinecoast.org.au
www.friendshipforcesunshinecoast.org.au

FIRST TABLE

An online booking platform which connects diners to local cuisine, offering 50% off for two to four people if you book the first 'early bird' table of the night.
www.firsttable.com.au

COOLUM HEARTS

A Coolum Beach community group for everyone, especially those with significant challenges in their lives where they can come together to create and celebrate the arts.
 Address: Cnr Elizabeth & Sunrise Avenue, Coolum Beach
 Phone 0478 646 330
coolumhearts@gmail.com
www.coolumhearts.com.au

SUNSHINE COAST OVER 60'S WOMEN'S SOCIAL GROUP

A closed Facebook Group to help and encourage women to mingle, make new friends and enjoy outings. All over 60s women welcome who reside on the Sunshine Coast.
 Facebook: Sunshine Coast over 60's Womens Social Group

SUNSHINE COAST TRAVEL BUDDIES (FOR LADIES 60+)

A closed Facebook Group for women over 60 who are looking for likeminded women to travel with.
 Facebook: Sunshine Coast Travel Buddies (for ladies 60+)

SUNSHINE COAST SOCIAL FRIENDSHIP GROUP

A closed Facebook Group for those who live on the Sunshine Coast to meet new friends and make connections. The average age is 30-60yo but there's no limit either side if you want to join.
 Facebook: Sunshine Coast Social Friendship Group

VIEW CLUB

An opportunity for women to come together and form meaningful relationships through supporting the work of the nationally renowned children's charity, The Smith Family.
 Phone 1800 805 366
www.view.org.au

Maroochydore

Phone Claire 0416 119 053

Buderim

Phone Gail 0414 950 949

Caloundra

Phone Diane 0400 473 193

Kawana Waters

Phone Sandra 0439 780 208

Noosa

Email viewnoosaville@gmail.com

Twin Waters

Email twinwatersviewclub@gmail.com

MEET UP

Create your own group or join another group. Great varieties to choose from: Coasties Young at Heart 50+, Over 50s Outdoor Adventures, Over 50s Health and Happiness Seekers, Girls Talk on Table for Six, Eight is Enough fun restaurant experiences. There is a group for everyone on the Sunshine Coast.
www.meetup.com
 (eg. Search: over 50, Sunshine Coast, AU)

MEN'S SHED

A non-profit organisation that encourages good mental health and wellbeing amongst men by providing them with a meeting place to work on creative projects with other men.

Maroochydore

Phone 07 5443 8372

secretary@maroochymensshed.com.au

www.maroochymensshed.com.au

Caloundra

Caloundra Men's Shed

info@caloundramenshed.com.au

www.caloundramenshed.com.au

Caloundra Woodworking Club Men's Shed

Phone 0491 610 630

www.caloundrawoodworkingclub.com.au

Caloundra and District Model

Railway Club Men's Shed

Phone 0478 291 079

www.scmrc.org.au

Coolum

Phone 07 5319 3755

coolummensshed@gmail.com

www.coolummensshed.org

Buderim

Phone 07 5445 2202

secretary@buderimmensshed.org

www.buderimmensshed.org

Glasshouse (Beerwah)

Phone 0484 549 214

Facebook: Glasshouse Country Mens Shed Inc

Maleny

Phone 0491 710 506

www.malenymensshed.org.au

Mapleton

Phone 0423 751 693

Phone 0418 793 977

mapletonmensshed@gmail.com

www.mapletonmensshed.org.au

Montville

Blackall Range Woodcrafters Guild

Phone 0409 050 418

secretary@blackallrangewoodies.org.au

www.blackallrangewoodies.org.au

Mooloolah

Phone 0490 867 907

www.mvms.org.au

Nambour

Phone 0452 145 698

info@nambourmensshed.com.au

nambourmensshed.com.au

Noosa

Phone 0493 190 178

Phone 0447 980 956

noosamensshed@gmail.com

noosa-mens-shed.org.au

Pomona

Phone 0427 627 323

mensshedpomona.com.au

Woombye - Palmwoods

Email svmswoombye@gmail.com

Facebook: Sunshine Valley Men's Shed

Yandina

YB Men's Shed

Phone 07 5472 7254



SOCIAL DIRECTORY

WOMEN'S SHED

This not-for-profit organisation is for women to connect through shared interests such as DIY, arts, crafts, health and wellness and is run by volunteers.

Caloundra

Phone General 0407 624 650
Phone Membership 0413 529 099
caloundrawomensshed.org

Coolum

www.thewomensshed.org

Noosa

www.noosawomensshed.com.au
Phone 0493 190 178

SUNSHINE COAST & NOOSA COUNCIL LIBRARIES

Join a local library to not only immerse yourself in books, magazines and movies, but to participate in a vast range of activities and events scheduled each month – learn how to prepare fermented foods, cook Asian dishes, listen to interviews with authors, discover how to make the most of your electronic devices and more. There are libraries at Beerwah, Caloundra, Coolum, Kawana, Kenilworth, Maleny, Maroochydore, Nambour, Cooroy and Noosa. There is also a Book Locker at Baringa Community Centre and Bookshelf vending kiosks at Peregrine Beach and Pomona Community Houses. Membership is free.

libraries@sunshinecoast.qld.gov.au
Phone 07 5475 8989
libraries.noosa.qld.gov.au
Phone 07 5329 6555

PROBUS CLUBS

An association for retired or semi-retired people looking for opportunities to stay active, expand their interests and socialise. There are 16 Probus Clubs Coast & Noosa Regions.

Sunshine Coast (South) Region
Regional Coordinator Geoff Leddy
0400 840 100

Sunshine Coast (North) Region
0477 000 645 or 0477 645 645

Noosa Region 0477 000 645
or 0477 645 645

www.paqnetwork.com.au

ROTARY CLUBS

An organisation compiled of citizens who come together to create positive, lasting change in their local communities. Rotary has 19 clubs in different locations across the Sunshine Coast region.

Phone Greig Lee-Archer 0408 900 015

RED HATTERS

You'll recognise this fun-loving group of women by their purple dresses and red hats. This international club for women over 50, is the largest friendship club of its kind in the world. There are several chapters on the coast.

Phone Julie Walker on 0412 789 957
to find one nearest to you.

CHIRPY PLUS

This interactive social platform designed for over 55s has three local groups, Mooloolaba + Maroochydore, and Caloundra. Each group has several CatchUps a month from morning teas, lunches and dinners to more activity-based events, such as the movies, or 10-pin bowling. To join, visit www.chirpyplus.com.au to learn of planned events.

U3A

No longer working full-time but still eager to learn new skills or brush-up old ones? Then, U3A is designed for you.

Sunshine Coast

There are many courses available
Phone 07 5430 1123
u3aoffice@u3asunshine.org.au

Noosa

There are many courses available.
Phone 07 5440 5500
info@u3anoosa.com.au

FABULOUS @ 40+

Connect with a group of like minded individuals for positive fun, laughter and good times. Something to suit everyone.

Phone Sandy Colburt 0421 856 577
Follow Group on facebook.

AQUA AEROBICS

Aqua Aerobics uses the resistance of the water to help burn calories, build endurance, enhance balance, co-ordination and core stability, reduce stress on joints, improve cardiovascular strength and circulation, increase flexibility and muscle strength – all while having fun. Join one of the many weekly classes at these Swimfit centres. Floating devices, dumb-bells and noodles provided. Concession and multiple use passes available.

Beerwah Aquatic Centre

Phone 07 5494 0022

Buderim Aquatic Centre

Phone 07 5445 6685

Coolum Aquatic Centre

Phone 07 5473 9042

Cotton Tree Aquatic Centre

Phone 07 5443 5601

Eumundi Aquatic Centre

Phone 07 5442 7186

Noosa Aquatic Centre

Phone 07 5448 0288

Palmwoods Aquatic Centre

Phone 07 5445 0110

Goodlife Community Gym

Several aqua aerobics classes are offered daily at the Goodlife Community Centre, 100 Buderim Pines Drive, Buderim, using indoor and outdoor pools. Casual visits plus 10-session passes are available.
Phone 07 5444 2126





ART GROUPS

Buderim Craft Cottage

Long-established not-for-profit community group where members work together and share skills producing high quality arts and crafts such as calligraphy, patchwork, photography, silversmith, needlework, pottery and painting.

Address: 5 Main Street, Buderim
Phone 07 5450 1714

Caloundra Arts Centre Association

Established 40 years ago, this enthusiastic group of some 500 members offers 22 different art forms from embroidery and lacemaking, beads and bling, spinning and weaving to quilting and pottery. Members hold an annual Christmas Arts & Crafts Fair.

Address: 5 North Street, Caloundra
Phone 0492 986 240

Cooroy Butter Factory Arts Centre

Housed in a converted 1930s butter factory, this centre nurtures new and established artists in any media with regular workshops and exhibitions. Beginner and intermediate potters can learn and access facilities of the adjacent Pottery Studio.

Address: 11A Maple Street, Cooroy
Phone 07 5442 6665

Frida's Sip'n'Paint

Bring your own vino, gin and tonic or prosecco and channel your inner Picasso at a fun artistic night under the guidance of professionally trained artists. Paint your own masterpiece in a 2.5-hour session.

Frida's Sip'n'Paint, Mooloolaba
Phone 0484 266 660

Maleny Arts & Crafts Group

Interested in learning wood crafting, quilting, embroidery, life drawing, creative glass, crocheting and more. Share skills and learn crafts with other local creative people.

www.malenyartsandcrafts.blogspot.com.au
Phone 0409 401 221

Noosa Arts and Crafts Association

Explore your creative talents with this lively not-for-profit group that meets regularly in historic Wallace House in Noosaville. Try your hand at smocking, weaving, mosaics, spinning, ceramics, porcelain, quilting, book and paper making and more.

www.noosaartsandcrafts.org.au
Address: 1 Wallace Drive, Noosaville
Phone 07 5474 1211

Oxide Clay Art

Learn pottery and fine ceramics from award-winning master potter, Joe Ottaway in his lovely Ninderry studio. Students are able to finish their work with professional glazes developed and refined by Joe over his 30 years as a TAFE ceramics teacher and ceramics artist in Brisbane.

www.oxideclayart.com.au
Phone 0448 050 711

CWA Palmwoods

Participate in a variety of community activities through this branch of the QCWA such as sewing, crocheting, cooking, scone-making, country kitchen and even Japanese paper-making – shibori.

Facebook: CWA Palmwoods
Email palmwoodsCWA@gmail.com

Suncoast Clayworkers

Join this group of dedicated potters and ceramics artists who willingly share ideas, styles, techniques and knowledge at Ilkley Pottery in Eudlo.

Phone 0438 450 349
suncoastclayworkers@gmail.com

Sunshine Coast Art Group

This friendly community group has been fostering budding artists and seasoned talents for 55 years in pottery, fashion sewing, painting, life drawing and music through weekly self-help group sessions, workshops and classes. **Address:** 1 William Parker Place, Buderim.

info@sunshinecoastartgroup.com.au
www.sunshinecoastartgroup.com.au

Syndicate Creative

Discover a new hobby or learn a new skill – pottery, floristry, drawing or perhaps weaving -with friends or at a private session at this workshop and gallery space.

Unit 6, 100 Sugar Road, Maroochydore.
syndicatecreativeqld@gmail.com
www.syndicatecreative.com.au

The Pottery Studio

Join fun pottery classes such as Pottery and Chill, Sunday Wine Down and Clay and Wine in this warehouse-style space in Nambour.

Email hello@thepotterystudio.com.au
Phone 0459 900 990
www.thepotterystudio.com.au

SOCIAL DIRECTORY

TENNIS CLUBS

Tennis is a great social game. Just turn up with your racquet (or hire one) at these local tennis clubs and meet energetic locals in a relaxed, friendly atmosphere.

play.tennis.com.au/morewaystoplay

Bli Bli Tennis Club

44 Le Foes Rd, Bli Bli
Phone 0439 099 692

(Bli Bli) Kronk Tennis Centre

890 Yandina Bli Bli Rd, Bli Bli
Phone 07 5450 0771

(Buderim) Ballinger Park Tennis Club

36 Ballinger Pk Service Rd, Buderim
Phone 07 5445 5561

Coolum Tennis Club

4/1930 David Low Way, Coolum Beach
Phone 0421 391 505

Cooroy Tennis Club

Mary River Rd, Cooroy
play.tennis.com.au

Eudlo Tennis Association

Cnr Highlands Rd & Rosebed St,
Eudlo
Phone 0466 414 004
0418 212 627

Eumundi Tennis Club

16 Memorial Dve, Eumundi
Email eumunditennisclub@gmail.com

Glenview Mooloolah Tennis Club

121 Mooloolah Connection Rd,
Glenview
Email mooloolahtennis@gmail.com

Kawana Tennis Club

Cnr Iluka Ave & Nanyima St, Buddina
Phone 07 5478 2989

Landsborough Tennis Club

42 Maleny St, Landsborough
Phone 0459 427 656

Maleny Tennis Club

13 Maleny Stanley River Rd, Maleny
Phone 0427 712 613

Mapleton Tennis Club

31 Obi Obi Rd, Mapleton
Email mapletontennis@gmail.com

Maroochydore Tennis Club

Beach Pde & Fifth Ave, Cotton Tree
Phone 07 5443 6174

Mooloolaba Tennis Club

112 Lady Musgrave Dr, Mooloolaba
Phone 5444 0033

Montville Tennis Club

230-238 Balmoral Rd, Montville
Email montvilletennisclub1925@gmail.com

Nambour & District Tennis Assoc.

11 Washington St, Nambour
Email tennisnambour@gmail.com

(Nambour) Nambas Tennis Club

Coronation Ave, Nambour
nambastennis@gmail.com

Noosa Tennis Club

4 Girraween Ct, Sunshine Beach
Phone 07 5474 5494

Palmwoods Tennis Club

Entry via, 53 Palmwoods Montville Rd, Lingara Ave, Palmwoods
palmwoodstennis@gmail.com

Peregian Tennis Club

Rufous St, Peregian Beach
Phone 0400 110 482

Tewantin Noosa Tennis Club

Noosa District Sports Complex
McKinnon Dve, Tewantin
Phone 07 5474 0631

Witta Tennis

351 Witta Rd, Witta
wittatennis.com.au

Woombye Tennis Club

Hill St, Woombye
woombyetennisclub@gmail.com

Yandina Tennis Club

24 Steggalls Rd, Yandina
Phone 0418 292 891





PICKLEBALL

Learn to play one of the fast-growing sports in the world - particularly among the over 50s, and especially in south-east Queensland. Low-impact, pickleball is a cross between table tennis, badminton and tennis but played on a smaller court. Just wear sports shoes; paddles and balls are usually provided.

Sunshine Coast Pickleball Club scpickleball.com.au

Venues:

Buderim

Goodlife Community Centre
100 Buderim Pines Dve, Buderim

Caloundra

Caloundra Indoor Stadium
North St, Golden Beach

Coolum

Coolum State School
School Rd, Coolum Beach

Cooroy

Cooroy Badminton Centre
26 Emerald St, Cooroy

Currimundi

Currimundi Primary School
23 Buderim St, Currimundi

Currimundi

Sunshine Coast Recreation Precinct
80 Currimundi Rd, Currimundi

Maleny

Maleny State High School
50 Bunya St, Maleny

Meridan Plains

Meridan Plains Community Church
70 Springs Dvd, Meridan Plains

Sippy Downs

Chancellor Park College
164 Sippy Downs Dve, Sippy Downs

(Bli Bli) Kronk Tennis Centre -and Pickleball

890 Yandina Bli Bli Rd, Bli Bli
Phone 07 5450 0771

Pickleheads

Caloundra Indoor Sports Stadium
North St, Golden Beach
Phone 07 5499 6000

Clippers Stadium, Buderim

Beginners lessons and social play:
Mon, Wed, Fri 9-11am
hello@sunshinecoastpickleball.org.
au

Coolum Tennis Club

Pickleball for beginners and social
play: Mon 6-8pm,
Wed 8-10am
Phone 0421 391 505

Maleny District Sport & Rec Club

Beginners and social play: Mon 6.30-
8.30pm in the Maleny State High
School Activity Centre.

Noosa Leisure Centre

Phone 07 5329 6559

Noosa Tennis Club (Pickleball)

4 Girraween Ct, Sunshine Beach
Phone 07 5474 5494

GOLF CLUBS

Beerwah Golf Club

Includes Social Golf and Women's
Pathway Program for beginners.
24 Biondi Cres, Beerwah
Phone 07 5494 0630
07 5494 6611
beerwahgolfclub.com.au

(Buderim) Headland Golf Club

While striving to maintain the
traditions that make Headland Golf
Club special, they understand that
your day out at the golf club should
be fun. Whether your idea of fun is
working on your swing and improving
your handicap, or joining friends for a
leisurely nine holes followed by some
laughs in the bar, Headland Golf Club
delivers. They also offer the Ladies
SWING program for newbies.
Golf Links Rd, Buderim
headlandgolfclub.com.au

Caloundra Golf Club

1 Charles Woodward Dr, Caloundra
caloundragolfclub.com

Maleny Golf Club

Authentic golfing experience with
superb greens and stunning views.
Offer Social Golf.
15 Porters Lane, North Maleny
Phone 07 5499 9960
malenygolfclub.com.au

Maroochy River Golf Club

This award winning club offers a golf
course with spectacular views of Mt
Coolum, Social Golf Groups and Mini
Golf. Girls into Golf (GIG) for women
new to golf or those returning to the
game.
374-514 David Low Way, Bli Bli
Phone 07 5373 1000
maroochyrivergolfclub.com.au

Mount Coolum Golf Club

Vast expanses of native vegetation and
sanctuary for the local wildlife. Offers
Veterans Club and Social Golf.
17 Lumeah Dr, Mt Coolum
Phone 07 5446 1539
mtcoolumgolf.com

Nambour Golf Club

Veterans Golfers Club and Social Play
offered.
1051 Nambour Connection Rd,
Nambour
Phone 07 5441 2049
nambourgolfclub.com.au

Twin Waters Golf Club

151 Ocean Dve, Twin Waters
twinwatersgolfclub.com.au

SOCIAL DIRECTORY

DANCE

Tropicalia Latin Dance Studio

Latin dance classes for all ages, including beginners.

Locations: Peregrin Beach, Maroochydore, Warana
Phone 0401 455 688
www.tropicaliastudio.com.au

Bright Side Dance Studio

It's time to find your HAPPY DANCE!
Teaching Rock n Roll / Jive classes.
Partners are not required but welcome.

Sunday & Tuesday classes.
Suncare Community Centre
George St, Maroochydore
Phone 0421 650 021

Facebook: Bright Side Dance Studio

Dance Fever

Fun & friendly adult classes.
Low impact disco dance fitness.
Newcomers always welcome.

Great music -classics to today.
Buddina, Bli Bli, Noosaville,
Caloundra.

Phone 0432 980 432

Facebook: Dance Fever Sunshine Coast

SOCIAL DANCING MEET-UPS

A calendar directory with Sunshine Coast social dance activities including other activities such as drumming, sports, walks and many more.
[meetup.com/en-AU/find/au--sunshine-coast/social-dancing/](https://www.meetup.com/en-AU/find/au--sunshine-coast/social-dancing/)

ZUMBA

Zumba Classes for Seniors

Worx Health and Fitness
4/99 Aerodrome Road, Maroochydore
Phone 0402 495 521 <https://www.worxfitness.com.au/blog/zumba-classes-for-seniors-sunshine-coast>

Zumba

A directory for Zumba classes across the Sunshine Coast.
zumba.com and select location
Sunshine Coast

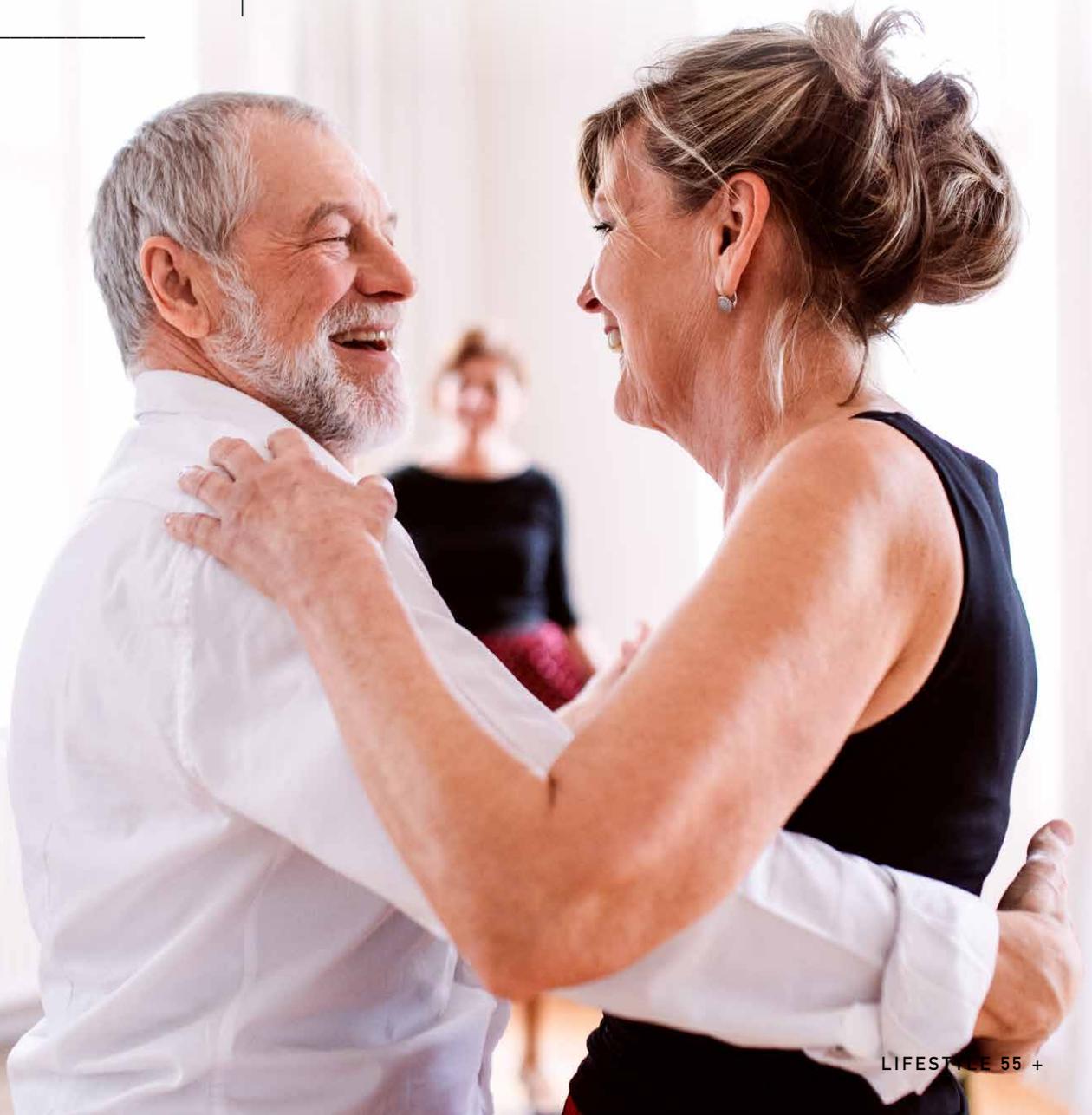
LIVELY 50 PLUS

A network of social groups and activities that operate in the Sunshine Coast, South Burnett and surrounding areas.

It's aim is to provide an easy way for people to get together with others at events in their local area. It's all about people enjoying themselves with others.

Search any group or activity you are looking for and see what is happening.

lively50plus.com.au and select the Sunshine Coast tab.



COMMUNITY CHOIRS

The Sunshine Coast hosts a huge number of choirs offering musical outlets for people of all ages, talents and styles. Most are community-based with no auditions necessary – some under the guidance of professional choirmaster Kim Kirkman, former musical director and founder of the celebrated Ten Tenors.

A-choired Taste Singers

No audition is necessary to join this fun, casual community choir led by Conservatorium-trained singing teacher Trish Couper. Learn contemporary, gospel and harmony singing.

Meet Tue 5.30-7.30pm at Lions Club House, 15 Russell St, Coolum Beach
Phone Trish Couper 0401 064 472

Buderim Male Choir

A non-auditioned choir. The prerequisites are a love of music and a positive attitude. While there is a learning focus, a focus on singing four-part harmony well, enjoyment is the priority. The choir puts emphasis on engendering a friendly and supportive environment for men who enjoy singing with other men.

Rehearsals on Monday afternoons, 1.30pm-4.00pm Buderim's Men's Shed, 38 Advance Road, Kuluin.

Phone Neville 0478 589 517
buderimmalechoir.org.au

Caloundra Chorale and Theatre Company

This mixed community choir is connected with a local theatrical group and puts on several musicals a year. New members are always welcome at the Chorale. NO AUDITIONS are required. Chorale practice is every Tuesday night at 7pm in the CCTC Theatre at Wurtulla.
Phone Annette on (07) 5491 4937
caloundrachorale.com.au

Caloundra Community Choir

A mixed choir singing two and three-part harmony and directed by Kim Kirkman. Rehearsals Fri 9-10:30 at the Salvation Army Church, 119 Sugarbag Rd, Little Mountain. Caloundra Uniting Church, 56 Queen Street, Caloundra.

Phone 0411 425 793

Facebook: Caloundra Community Choir

Hot Ginger Chorus

This all-female a cappella group specialises in barbershop harmony singing. Members must audition first. Like to have a go? Come along to a Wednesday evening rehearsal Buderim from 7-9pm.

Phone 0490 028 017

Email: membership@

hotgingerchorus.org.au for venue information.

**Cotton Tree Community Choir**

Singing teacher Sue Bond who is also founder and artistic director of this choir, leads the mixed group with a fun repertoire of popular tunes including hit songs from the 30's to current day tunes. Rehearsals Wed from 10:30am in the Uniting Church on the corner of Millwell Rd and Evans Street, Maroochydore.

Phone Sue 0402 717 735

suebond.com.au

Inspiration Choir

A mixed relaxed two and three-part harmony community choir directed by Kim Kirkman. Rehearsals Thu 9-10.30am at the Anglican Church, 2 Walkers Drive, Maleny.

Phone 0411 425 793

Facebook: Inspiration Choir

Inspiration Project Choir

A more advanced choir, this mixed four-part harmony choir presents baroque pieces with orchestra, including The Messiah. Rehearsals Thu 11-12.30 at the Anglican Church, 2 Walkers Drive, Maleny.

Phone 0411 425 793

Facebook: Inspiration Project Choir

Maleny Singers

Under the guidance of dynamic musical director Margaret Taylor, this performance group of singers/actors presents four shows a year accompanied by a 20-piece orchestra. Auditions necessary, rehearsals Wed 6.30pm.

Beersheba Living Museum, Maleny

Phone 0414 264 688

The Mapleton Community Choir

This non-audition, four-part harmony community choir produces two major concert series each year with Brian Martin as musical director. Rehearsals Mon 7pm in Kureelipa Hall, 2 Jewett Rd, Kureelipa

Phone 0407 156 708

Facebook: Mapleton Choir

Noosa Chorale

This 100-strong community choir has become a major feature of Noosa's cultural landscape. It produces an exciting program with three concerts a year in The J Theatre. Rehearsals Tue 7-9.15pm at The J, 60 Noosa Dr, Noosa Heads

www.noosachorale.org.au

Phone 07 5329 6560

Mouth Orchestra

Mouth Orchestra is an advanced performance choir with a repertoire including world and contemporary music. Gain the tenfold experience of joy, fulfilment and shining harmonies when you join MO singing.

7 - 9 pm Thursdays

Guide Hall, 17-19 Cedar St, Maleny

Phone 0405 524 600

Facebook: Mouth Orchestra

Oriana Choir

This multi award-winning community choir is arguably the best on the coast – putting on several concerts each year and taking occasional international tours. Rehearsals Thu 7:15-9:30pm, Buderim.

Phone 0431 542 343,

www.oriana.org.au

Joy of Singing Sunshine Coast

Share the joy of singing in harmony at one of the wonderful community choirs, with weekly groups in Maleny, and Forest Glen. Led by Brian Martin – choir master for over 30 years and welcoming everyone from nervous novices to professional performers. Connection, community, harmony, and fun!

Phone: 0405 524 600

Email: info@brianmartin.com.au

Sunshine Coast Singers

Dementia Choir for people with dementia, carer must be in attendance.

Anglican Church 46 Upper Gay Tce, Kings Beach, Qld 4551

Phone: 0416 921 963

Sunshine Statesmen Barbershop Chorus

This chorus enables male members of our community to experience the joy of singing in the Barbershop genre. Directed by Brian Martin. They welcome visits to a rehearsal on Wed nights, 6.30pm.

Buderim Uniting Church Hall,

Cnr Gloucester & King Sts, Buderim

Phone 0409 242 806 or 0438 685 639

sunshinestatesmen.com

Are Retirement Villages our Answer to the Blue Zones?

We've all wondered what the secret is to a long and healthy life. Sure, science has long championed the obvious trio: eat well, stay active, get enough sleep. But a growing body of research suggests there's another, equally powerful ingredient: the strength of our human connections.



Look to the world's famous Blue Zones, those rare pockets where people live well into their 90s and beyond, and you'll notice a pattern. Life there isn't just about healthy habits, it's about belonging. Strong communities, a sense of purpose and daily connections are what set them apart.

Which raises the question: could retirement villages be Australia's answer to the Blue Zones?

What is a Blue Zone?

If you haven't heard the term before, Blue Zones are regions where people can routinely live till 100 years and beyond. They're not just surviving - they're thriving in places like Sardinia in Italy, Okinawa in Japan or Nicoya in Costa Rica.

The idea of Blue Zones was coined by Dan Buettner, an explorer and author who studied the world's healthiest, longest living communities. He found their secret isn't expensive supplements or endless gym sessions. Rather, it's in the everyday: fresh, simple food, natural movement and strong social ties. Research shows that people in these places feel connected, valued and purposeful.

Sound familiar? It should. Many of these same ingredients are at the heart of thriving retirement village communities.

Community is the real superpower

We often think of retirement as a time to put our feet up and take it easy. Yet research shows that staying socially connected and active is just as important in later years as it is at any other stage of life. The World Health Organization warns that a lack of social contact can be as harmful to our health as smoking or obesity.

Humans are hardwired for connection. From our earliest years, relationships and community shape our minds, our emotions, even our longevity. That's why so many retirees are choosing village life. It's not just about having a place to live, it's about having a place to belong. Villages create built-in communities of like minded peers, where friendship and support are part of everyday life.

And the research backs it up. The Better Housing for Better Health report by the Retirement Living Council found that people who move into villages are:

- 41% happier
- Five times more socially active
- 15% more physically active
- And far less likely to feel lonely or depressed

Those aren't just statistics, they're proof of how you can feel when you live in a place where friends, fun and support are all part of the everyday.

Our own slice of the good life

The Sunshine Coast offers a balance few locations can match. Beautiful beaches and a relaxed lifestyle sit alongside reliable healthcare, strong transport links and everything needed day to day. It's no surprise the region is such a popular choice for retirement.

The laid back, easy coastal lifestyle is reflected in Keyton's seven villages dotted across the region.

In Buderim, leafy streets and tropical gardens set the tone at **Hibiscus Buderim Meadows** and **Buderim Gardens**. Down the road in Maroochydore, **Allora Gardens** balances calm surroundings with closeness to cafés and shops. At Sippy Downs, **Bellflower** and **Hibiscus Chancellor Park** sit among walking paths and trees, while **Hibiscus Nambour** offers the intimacy of a boutique village. And for those chasing the coastal dream, **Sunrise Beach Village** combines resort-style amenities with the buzz of Noosa just minutes away.



Turn living life into loving it

The good news is, you don't need to pack up and move to the Mediterranean to find the secrets of a long and happy life. Chances are, it's right here on the Sunshine Coast.

Life in a Keyton retirement village offers all the right ingredients: community, connection and a thoughtfully designed place to live. You can be as involved as you want to be and it's a lifestyle that helps you feel not only safe and supported, but also energised, inspired and connected.

The best part? You choose how involved you want to be. You might throw yourself into every class, club and activity or simply take things at your own pace and enjoy the comfort of your own space.

At the end of the day, retirement isn't about stepping back - it's about finding a balance that feels right for you. It's the chance to go from just living life to really loving it.



**CONTACT US TO BOOK
A VILLAGE TOUR.**

PHONE 1800 550 550
WEBSITE www.keyton.com.au



Keyton





A Life of Harmony

***Brian Martin** wears many hats – vocal conductor, voice facilitator, vocal coach and music teacher – but at the heart of it all, he’s a man who simply loves sharing the joy of harmony.*

Born in Griffith, NSW, and raised on farms in Hanwood and Bellingen, Brian grew up in a big, boisterous family where gatherings could swell to 50 cousins, aunts and uncles. It was the perfect training ground for someone destined to thrive in community and connection.

At school, Brian gravitated toward the arts, later studying at the Queensland Conservatorium and completing a degree in Contemporary Music (Voice) at Southern Cross University. Along the way he immersed himself in Jo Estill voice methodology, NLP, and even healing arts – but his true obsession was always vocal harmony.

As a child, Brian dreamed of being Tarzan or a famous actor. Instead, he found inspiration in boundary-pushing artists like Bobby McFerrin, Robin Williams and South African choral leader Joseph Shabalala. Slowly it dawned on him: what he loved most was teaching people to sing together. A nudge from his first wife, Noeline, sealed the deal – maybe, she suggested, he was already on his life path. She was right.

Brian’s work isn’t just about music; it’s about transformation. His long connection with the Men’s Wellbeing Association is a perfect example. For more than 25 years, he’s been leading harmony singing at their men’s gatherings across Queensland and NSW. Imagine 100 men lifting their voices together – for many, it’s a life-changing “soul polish,” offering acceptance, trust and the simple joy of belonging.

What keeps him inspired? Watching the breakthroughs – the moment a hesitant singer finds their voice, or when a group clicks into harmony and grins spread across the room. For Brian, that’s pure magic.

Looking ahead, he’s excited for “more singing, more conducting, more composing and more teaching teachers.” His guiding words are simple but powerful: Harmony. Kindness. Love.

After all, as Brian knows better than most, harmony isn’t just about music – it’s a way of living.



CONNECT

WEBSITE www.brianmartinmusic.com.au
EMAIL info@brianmartin.com.au



A Life in Song

*“I’d like to be remembered as reliable, committed and easy to work with,” says musical director **Margaret Taylor** with a smile. “Moments of brilliance are never enough - directors value someone who turns up, knows their stuff, and delivers every time!”*

Born in Sunderland in 1941, Margaret grew up in a household filled with music. Her mother was a pianist and singer, and her father - though a butcher by trade - was a fine tenor. “They made a great pair of duettists,” she recalls. Their dream was for her to become a concert pianist, and she began lessons at just four years old.

Life took a turn when her parents bought tickets to the Royal Opera House. “I saw my very first opera, and that was it. I knew instantly - I had to be an opera singer!”

She earned a coveted place at the Guildhall School of Music and Drama, and by 1963 was performing with the legendary D’Oyly Carte Opera Company. Quick to shine, she was playing small roles within months. Later, at Sadler’s Wells (which became English National Opera), she accepted her first principal contract and went on to perform an impressive 25 major roles. “It was hard work, of course. You don’t always get the roles you dream of, but I was lucky too - right place, right time.”

The greatest turning point came in 1972, when she met conductor Derek Taylor. “It was practically love at first sight!” she laughs. They married in 1981 and shared a deep personal and musical partnership.

Margaret’s love of music has never dimmed. Moving to Maleny in 2003, she founded The Maleny Singers, nurturing it into a vibrant ensemble that stages annual productions - including full grand opera - and has donated over \$70,000 to local charities. “I never imagined it would grow into what it is today. That makes me so proud.”

Looking back, Margaret is philosophical: “I’m a fatalist - I wouldn’t change a thing. Every choice led me here. You never stop learning, and you never know what’s around the corner. What’s happening today could well be the next highlight!”

And the future? “More of the same!” she says warmly. “Love what you’ve got, don’t fret about what you can’t. That’s the secret.”



CONNECT

WEBSITE www.facebook.com/MalenySingers
EMAIL malenysingers@gmail.com



Suncare's Social Support Group Program – Finding the joy in Connection

As we age, staying socially connected is just as important as looking after our physical health. At Suncare, we understand the value of meaningful connections, which is why we're proud to offer our Social Support Group (SSG) Program. Designed for individuals aged 65 and over, and those 50+ who identify as Aboriginal or Torres Strait Islander, this program fosters a sense of belonging, support, and joy through shared experiences.

Whether you're enjoying a cup of tea with new friends, expressing your creativity through arts and crafts, or joining a group outing for lunch or sightseeing, the SSG Program offers much more than a simple activity. It's about creating authentic connections, sharing laughter, and spending time with others who truly understand.

A Warm Welcome, Every Time

Our SSG Program is designed with you in mind. We offer monthly, personalised programs tailored to suit a variety of interests and abilities. Activities range from gentle movement classes to engaging quizzes, themed events, guest speakers, and community outings. Whether you're looking to try something new or simply reconnect with friendly faces, there's always something to look forward to.

Gerwin who takes part in their indoor bowls activity, says: "The enjoyment and comradeship I get from mixing with others is why I enjoy being a part of the SSG program."

Our qualified Lifestyle Coordinators lead each session, supported by the wider Suncare team. Together, they create a relaxed, welcoming environment where everyone feels valued, included, and supported. And, for your convenience, transport is available so you can focus on enjoying the day.

More Than Just a Program

Operating across the Sunshine Coast, North Lakes, Bribie Island, Gympie, Bundaberg, and Rockhampton, the SSG Program is part of Suncare’s broader mission to help older people live independently and confidently. We also offer day respite services at Boronia Cottage (Bribie Island) and the Suncare Community Centre in Maroochydore. Feeling connected, valued and part of a community can improve mental wellbeing, boost confidence and even support your physical health.

Our Purpose is people

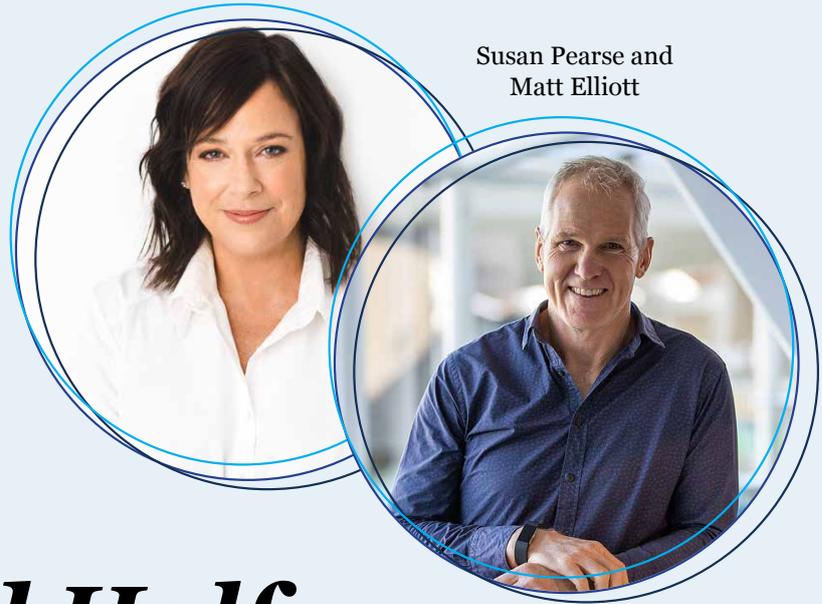
Loneliness and social isolation can have real impacts, especially as we age. That is why at Suncare, we put people first in everything we do. For more than 50 years, we have been building care around individuals - not just their needs, but their goals, interests, and sense of self. At Suncare, we believe that social connection is not a luxury; it’s an essential part of living well. The SSG Program is one of the many ways we help older people experience the benefits of staying socially connected.

Join Us Today

Getting started with the SSG Program is simple. Just call our Customer Contact team on 1800 786 227, and we will guide you through the next steps. Whether you’re already a Suncare customer, with another provider, or new to aged care services, we’re here to help. We even offer free trials to ensure that the program is a perfect fit for you.

Call 1800 786 227 today to experience the warmth of genuine connection, the joy of shared moments, and the support of a welcoming community. We’d love to have you join us!





Susan Pearse and
Matt Elliott

Winning the Second Half:

Why Midlife Is the Ultimate Comeback Season

There comes a moment when the pace of life slows—just slightly. Your kids are older. Your career isn't consuming every ounce of energy. Your reflection has changed. And for the first time in decades, you stop running long enough to hear the question that's been whispering underneath it all:

“Now what?”

That question is at the heart of *Winning the Second Half*, a collaborative, conversation-driven book by former NRL coach and commentator Matt Elliott and best-selling mindset author Susan Pearse. It's not a self-help manual—it's a real, raw, and often hilarious dialogue between two people asking big questions about life, legacy, love, and meaning after 40.

And their message is clear: The second half of life isn't a slow fade into irrelevance. It's your chance to play the best game you've ever played.

In Chapter 5, *Mindset Matters*, Matt and Susan unpack one of the biggest myths of midlife—that our problems are a product of our age.

“Sometimes we think things are happening because of our age,” Matt reflects, “but they really happen because of our mindset.” He shares a deeply personal moment: being single in midlife and wondering if a soulmate will ever emerge, while a friend in a 30-year marriage wonders whether theirs should continue.

The point? It's not about the number on your birth certificate—it's about how you choose to show up.

“Choosing your mindset is such a crucial step,” Susan adds. “You decide how you want to ‘be’ in life, and it's the foundation for everything that comes next.”

Their discussion turns to what people regret at the end of life—not more money, not bigger houses, not fancier careers. Referencing Bronnie Ware's *The Top Five Regrets of the Dying*, Susan lists them: working too hard, not expressing feelings, living a life true to oneself, losing touch with friends, and not allowing oneself to be happier.

Matt's response? “Only you have the power to ‘let yourself’ be happier.”

It's not a complicated idea, but it's one most people ignore until it's too late.

Midlife often comes with discomfort: the empty nest, the resurfacing of regrets, the questioning of everything. But Matt and Susan don't see that as a problem—they see it as a signal.

Susan puts it perfectly: “Instead of letting these feelings define your second half, treat them as signals that guide you towards a new level of joy.”

You can either withdraw and “retire to the bench” or leap into the second half with renewed purpose. The invitation is clear.

Winning the Second Half is part playbook, part mirror. It asks you to look honestly at how you've lived—and then decide how you want to live from here.

There's a boldness in its tone, a refusal to accept that life shrinks after 50. The book pushes back on outdated notions of aging, gender roles, and productivity. Matt and Susan aren't preaching; they're pulling up chairs and having the conversations many of us avoid.

Matt sums it up: “No matter what age you are as you read these words, the time to consider ageing is now. The person you will be when you're 80 depends largely on the choices you make in your 40s, 50s and beyond.”

If you're feeling lost, restless, or like you're not done yet—this book gets it. It won't give you all the answers, but it will definitely make you ask better questions.

It's about coming back to life. Not the hustle. Not the perfection. But real, vibrant, meaningful living. *Winning the Second Half* reminds us that vibrancy, fun, intimacy, and purpose aren't reserved for the young—they're capacities we can tap into at any stage.

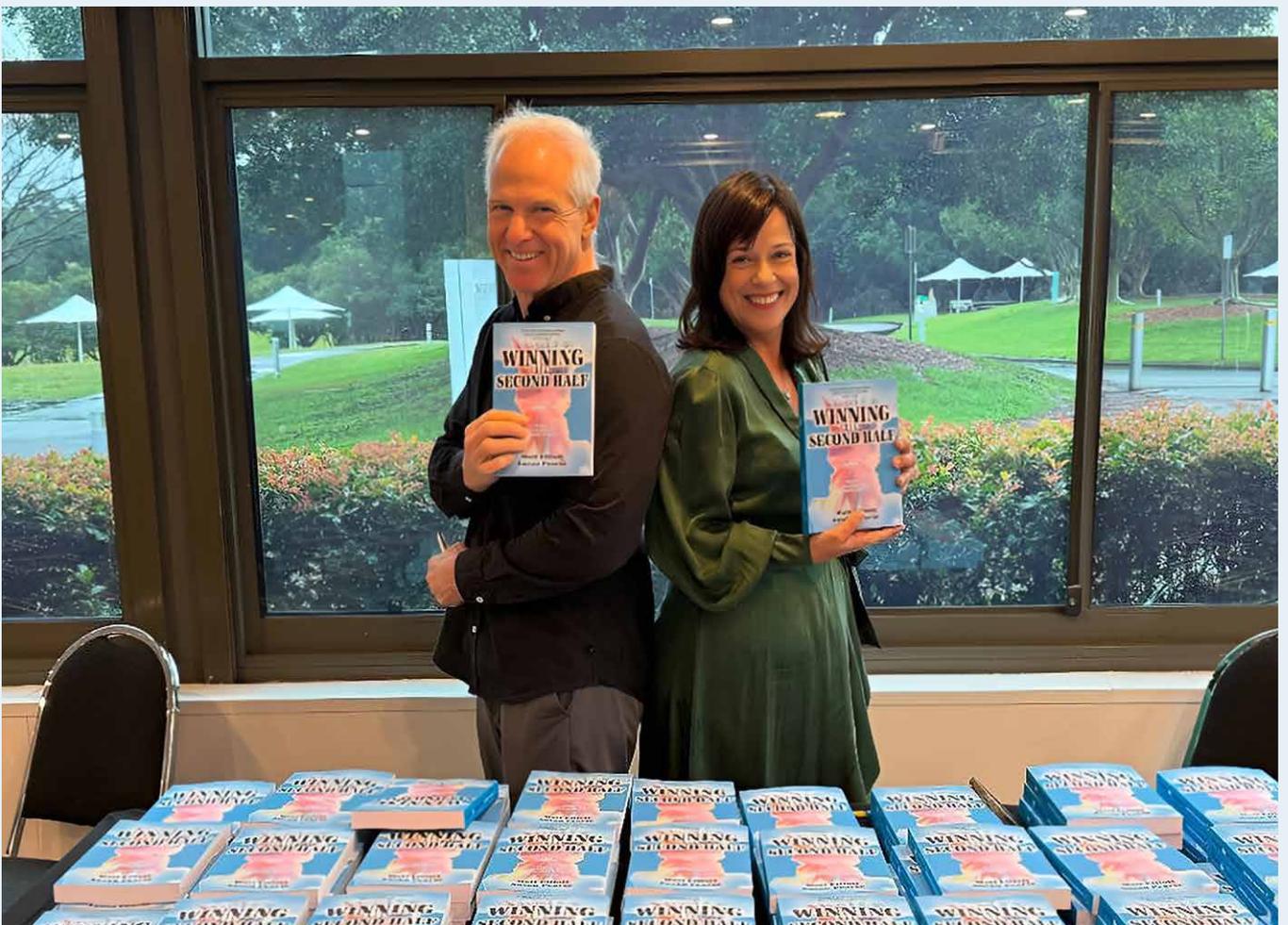
“The second half of life is not a spectator sport; it's a grand stage on which we have the power to redefine what it means to live vibrantly and leave a legacy that resonates far beyond our years.”

So what will you choose?

The game's not over. In fact, your best season might be just beginning.



The book is available at all book sites including Amazon



*“Illness is what happens
when energy becomes
blocked. Healing is the
restoration of flow.”*

– Barbara Brennan



Coming Home to Yourself

How Nancy Wall-Nanevski Is Helping Older Adults Heal, Reconnect, and Reclaim Their Energy

At a certain stage in life, we're told we should feel grounded. Settled. Whole.

But for many people in their 50s, 60s, and beyond, the reality is often more complicated.

The kids are grown. Roles have shifted. The body may feel tired, the mind cluttered. Long-held grief or unprocessed trauma may still quietly shape how you feel, move, or relate to yourself and others.

And beneath it all, a question quietly lingers: Who am I now, really—and where did all my energy go?

This is where Nancy Wall-Nanevski steps in—not with loud promises or quick-fix programs, but with something far more sacred: a gentle path back to yourself.

Nancy is a clinically trained therapist, breathwork facilitator, personal trainer and quantum energy coach. Her work focuses on supporting older adults—particularly women—who are ready to release old emotional weight, reconnect with their body's wisdom, and restore the energy they thought they'd lost for good.

She works with people who feel like something inside is blocked—even if they can't name it.

For many, it's unresolved grief from a partner lost too soon. Lingering tension from a childhood never fully healed. Years spent prioritizing others, with little left for themselves. A lifetime of holding it together while quietly unravelling inside.

And often, these experiences don't live in the mind—they live in the body. In the breath. In the nervous system that's spent too long in survival mode.

Nancy helps people unlock that. And exhale.

Her sessions are gentle yet deeply powerful. They begin with conscious breathwork—a method proven to regulate the nervous system, lower anxiety, and open up emotional release without having to “talk it all out.” Paired with somatic practices and intuitive energy healing, Nancy guides her clients through a process of remembering who they are beneath the wounds and roles.

Many of her older clients come to her after trying traditional therapy, self-help, or medication—and still feel stuck.



As Nancy explains, “No amount of positive thinking can shift energy that's still trapped in your system.” Some report deep emotional release after just one session—tears they didn't know were waiting, memories resurfacing, a sense of peace that had eluded them for years. Others say they finally feel creative again. Clear again. Energized again.

Nancy works slowly, intuitively, and always with respect for the pace of her client's body and story. There's no rush, no pressure—only a safe space to feel, process, and move what needs to move.

For older adults navigating this powerful life stage—empty nesting, retirement, physical changes, or the slow evolution of identity—this work can be transformative.

Nancy's work is part of a quiet revolution. A shift away from pushing through, and toward listening in. A move from managing symptoms, to healing the energetic root.

Because while ageing brings its own set of challenges, it also brings a profound opportunity—to finally release what no longer belongs, and to live the years ahead with presence, peace, and inner freedom.

And if you've been waiting for a safe place to land, to breathe, and to begin again—Nancy Wall-Nanevski is ready to meet you there.

Your next chapter starts with a breath.



CONNECT

PHONE 0408 925 638

Dancing with Passion and Purpose

Colleen Jones' two great loves in life have been mathematics and ballet. Never did she consider the two would be linked. Yet, this octogenarian from Maleny – who once worked as a statistician insists: “I love dancing because of the mental discipline,” she says. “It appeals to my mathematical brain – plus the sheer joy of moving to music.”

Colleen is living proof that it's never too late to follow a dream. A lifelong lover of music and the arts, Colleen has always danced but took up ballet again in her 70s - an age when many would hesitate to take on such a physically demanding discipline. But for Colleen, who has always pursued life with passion and purpose, the leap felt entirely natural.

When she moved to Maleny, she joined Dawn Thomas's The Dance Academy and today does about three and a half hours of ballet and an hour of tap a week. “As I suffer from chronic fatigue and vertigo, I have to pace myself very carefully,” Colleen admits. “Sometimes I overdo it and have to take a week off to rest!”



With sheer determination and discipline, Colleen achieved what few adult dancers ever do: she got *en pointe*. The milestone was not just a physical triumph but a deeply personal one. “It’s the music that moves me,” she says. “Ballet is another way of expressing what I’ve always felt through sound. I get transported. When I am dancing properly, I can lose all my inhibitions. You go into a different world where nothing else matters. I feel uplifted afterwards - energised. I feel great,” she adds.

Colleen's life has always revolved around music. She grew up in a home filled with music, which she later passed on to her own family. Her son, Kim Kirkman, co-founded the internationally acclaimed vocal group The Ten Tenors and shares her devotion to musical excellence. Their home remains a hub of artistic collaboration and creativity.

From choir conducting to community concerts, Colleen continues to inspire those around her with a tireless enthusiasm for music and movement. Even when rehearsing for a ballet recital, she radiates a sense of joy and purpose that lifts others in her orbit. Comments on her 80th birthday card attest to this: “You are an amazing and inspirational person and a beautiful dancer,” wrote one friend. “Keep dancing,” wrote another. And yet another: “We miss you when you are unwell.”

Colleen's story is a reminder that passion knows no age limits. Through music and dance, she has not only fulfilled her own dreams but also helped create a life enriched with meaning and connection. In every graceful pirouette, Colleen expresses a lifelong truth: passion, when paired with purpose, becomes a force that defies time.

The Dance Academy has dance studios in Maleny and Landsborough.



CONNECT

WEBSITE www.thedanceacademy.com.au
EMAIL info@thedanceacademy.com.au

Senior Perspectives in Poetry

Patient

By Carmelita Bierton

*I am waiting, I am waiting,
So patiently,
For a little old doctor
To come and take a look at me.*

*I am starting to tremble,
My legs begin to shake,
I'm feeling quite ill—
Oh my goodness, I've got myself in a terrible state.*

*So here I am waiting,
How much longer will it be,
Before that little old doctor
Has time to take a look at me?*

When Love Leaves in the Sixties

By Jane H

*I thought love would linger,
a steady flame,
but life blew gently—
and you were gone.*

*The chair remembers you,
the garden blooms still,
grief heavy in twilight years,
yet love remains—
soft, eternal,
aching, alive.*

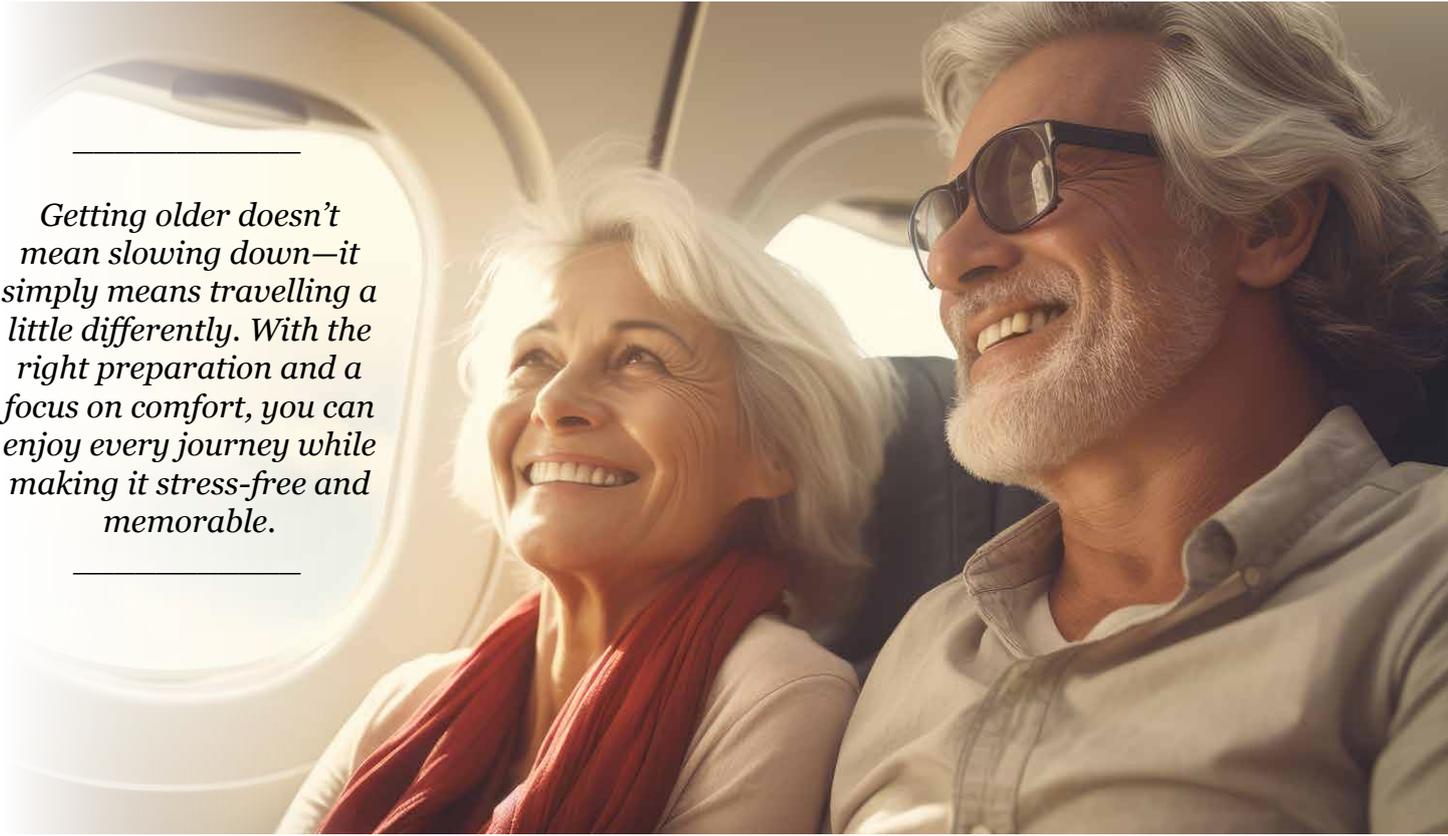


Travellers' Perspectives

As we get older, travel takes on a new meaning. It's less about rushing from place to place and more about enjoying the journey, connecting with people, and making lasting memories. With a little planning and the right tools, travelling can be comfortable, safe, and deeply rewarding. This section offers practical advice to help you travel with confidence—so you can focus on the experiences that truly matter.



Getting older doesn't mean slowing down—it simply means travelling a little differently. With the right preparation and a focus on comfort, you can enjoy every journey while making it stress-free and memorable.



Travelling as an Older Person

Travelling as an older person can be immensely rewarding, offering the chance to explore new cultures, revisit favourite destinations or tick off a long-held bucket list. However, it's wise to plan with care to avoid potential pitfalls. Health is a key concern - ensure all prescriptions are up to date and packed in carry-on luggage, and consult your doctor before departure, especially if travelling long distances or to remote areas. Comprehensive travel insurance is essential and should include cover for pre-existing conditions, trip cancellation and emergency evacuation.

Security and comfort are also important. Choose centrally located accommodation with good reviews for safety and accessibility. When possible, avoid travelling alone at night and keep copies of key documents, such as passports and insurance, both physically and digitally. Safe havens like embassy offices, reputable hotels and hospitals can be useful to identify in advance.

Consider mobility needs - request ground-floor rooms or accessible transport if necessary, and pace your itinerary realistically, allowing time to rest. Joining escorted tours or cruises can offer companionship and ease of travel logistics. Most importantly, stay alert but open-minded. With sensible precautions, older travellers can enjoy rich, fulfilling experiences and the joy of travel at any age.

Solo Travel

Solo travelling offers freedom, self-discovery and the chance to explore the world on your own terms. However, it also requires thoughtful planning to ensure safety and peace of mind. Start with destinations known for being solo-friendly and safe—countries like Japan, New Zealand, Portugal, Canada, and Scandinavian nations consistently rank high for safety, infrastructure and hospitality.

When travelling alone, security should be a priority. Keep your belongings close, use hotel safes, and avoid isolated areas after dark. Share your itinerary with someone you trust and check in regularly. Carry copies of key documents and have access to emergency contacts, including your country's local embassy.

For those seeking companionship without the hassle of planning, small group tours can be ideal. They offer curated experiences with like-minded travellers and local guides who provide cultural insights and safety assurances. Women-only tours are increasingly popular for added comfort and camaraderie.

Flexibility is one of solo travel's greatest gifts, but it's also wise to book accommodation and key transport in advance, especially in high season. Trust your instincts, stay aware, and be open to new experiences. With the right mix of independence and caution, solo travel can be deeply empowering and richly rewarding.

Cruising Solo

Cruise lines are increasingly recognising the needs of solo travellers, offering more single cabins and eliminating single supplements to create a more inclusive experience. Traditionally, solo cruisers were required to pay nearly double for occupying a double cabin alone, but that's changing as demand grows.

Norwegian Cruise Line was one of the pioneers in this space, introducing Studio Cabins designed exclusively for solo travellers, complete with access to a private Studio Lounge for mingling with other independent guests. Similarly, Holland America Line offers dedicated solo staterooms on select ships and organises hosted solo traveller events and meet-and-greets onboard.

Luxury line Cunard also caters to solo guests with stylish single cabins on its Queen Mary 2 and Queen Elizabeth ships, alongside daily solo traveller coffee mornings and social gatherings. British line Fred. Olsen Cruise Lines has long welcomed solo cruisers with a high percentage of single cabins and no or low single supplements on select sailings.

Onboard, solo-specific activities - from hosted dining tables to cocktail parties and enrichment lectures - encourage connections and ease any sense of travelling alone. With more cruise lines adapting their offerings, solo cruising is now a sociable, comfortable and increasingly affordable way to see the world.

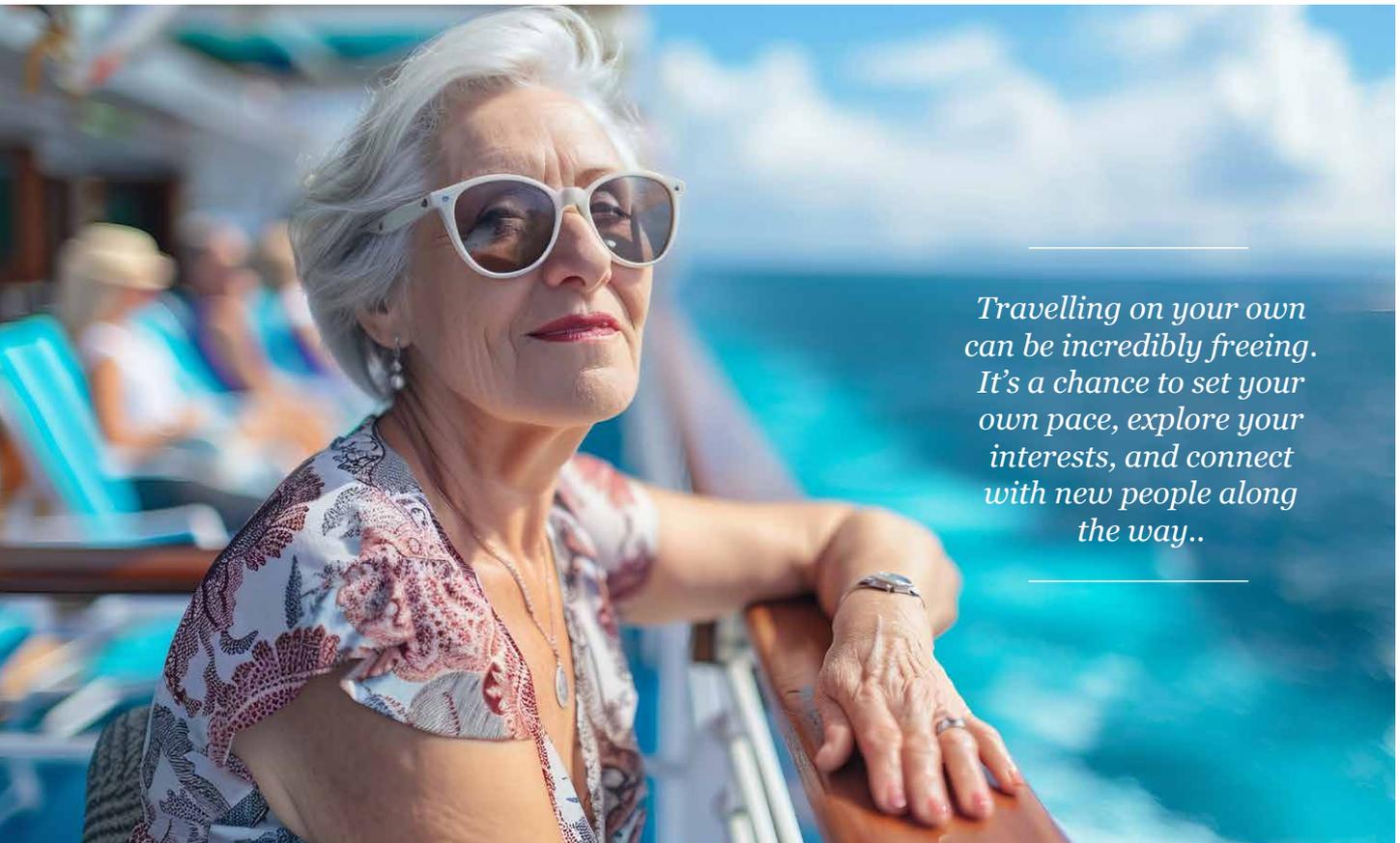
Women-only Tours

Women-only tours are increasingly popular, offering a comfortable, empowering way to explore the world. These tours foster a sense of camaraderie, allowing women to connect with like-minded travellers in a safe, supportive environment. Small group sizes encourage friendships, shared experiences, and lively conversations, whether over local meals or on scenic walks.

A major benefit is the freedom from traditional travel concerns - many women feel more relaxed and confident exploring new destinations without mixed-gender dynamics.

Tour itineraries often include culturally sensitive experiences tailored to women's interests, such as wellness retreats, craft workshops, or visits to women-run businesses.

Room-sharing options are typically available, reducing costs while encouraging deeper bonds between travellers. Professional female guides add an extra layer of relatability and insight. Whether travelling solo or with a friend, women-only tours offer a unique, enriching way to see the world with ease, safety, and a spirit of shared discovery.



Travelling on your own can be incredibly freeing. It's a chance to set your own pace, explore your interests, and connect with new people along the way..



Discover more than just the sights. Small group tours offer authentic cultural experiences, closer connections with locals, and the chance to share the journey with like-minded travellers.

Small Group Cultural Tours

After 25 years living in Italy - first as an expat in the eyewear industry in the Dolomites and now back teaching Italian on the Sunshine Coast, Sonia Baldissera began organising small-group cultural tours inspired by the encouragement of her students. Every few years since 2010, she has taken around 10 guests to explore hidden gems like the Prosecco hills, Tuscany's Arezzo, or the Roman heritage of Orange in France.

"We stay in a villa for three weeks, travel in two cars, and gather each night over a map to plan the next day," she says. Meals are shared, laughter flows and stories unfold – such as dining in a Lake Garda artist's studio or being welcomed into a local Cuban poetry night.

"These moments - personal, spontaneous, and unforgettable - are why we travel," she says. "To connect deeply with people and place, and to create memories that linger long after the trip ends," she adds.

Just recently, Sonia with her group was off to Rio Selva on Lake Garda – for another Italian adventure.

baldisserasonia@gmail.com

Travel Assistance

Travel assistance services across airlines, Eurostar and other transport providers are increasingly tailored to support passengers with reduced mobility, health conditions, or age-related needs. Airlines offer a range of services, including wheelchair assistance from check-in to boarding, priority boarding, and help with carry-on items. Some provide escort services through immigration and baggage claim, especially helpful in large or unfamiliar airports.

Eurostar offers similar support, with dedicated staff assisting from station entrance to seat, and priority boarding at terminals like London St Pancras and Paris Gare du Nord. Passengers must request assistance at least 24 hours in advance.

Long-distance trains and ferries across Europe and the UK also provide accessible boarding, designated seating and staff support throughout the journey. Many cities now have accessible taxi services and bus networks too. Booking early and clearly stating individual requirements ensures a smoother, more dignified travel experience across all modes of transport.

Travel Cards

When travelling overseas, having the right travel card can save you money, offer security, and make managing your finances easier. The WISE card is a top choice for Australians. It's a multi-currency debit card that costs \$10 to set up and offers excellent exchange rates and low fees. The first AU\$350 in ATM withdrawals each month is free. You can hold over 40 currencies, convert funds instantly, and spend globally with minimal charges.

Another great option is the Revolut card, also multi-currency, with budgeting tools and fee-free foreign transactions up to a certain limit.

For travellers wanting a more traditional option, ING's Orange Everyday debit card and Macquarie Transaction Account card both offer no international transaction or ATM fees (subject to conditions), making them ideal for global use.

Always travel with a back-up card—preferably from a different provider and network (e.g., Visa and Mastercard) - in case of theft, damage or acceptance issues. Some cards may require activating international use beforehand, so check settings via your app.

Store one card separately for emergencies and keep digital copies of both in a secure cloud storage. Using cards that allow locking/unlocking through an app adds extra peace of mind.

Ultimately, choosing a card with low fees, global compatibility and solid app support is key to stress-free travel from Australia.

Travel Apps

Travel apps that organise your itinerary and bookings make international trips smoother and stress-free. TripIt is a standout, automatically compiling all your flight, hotel and activity confirmations into one easy-to-access itinerary.

Google Travel integrates seamlessly with Gmail and Google Calendar, offering real-time updates and suggestions based on your plans. Sygic Travel provides detailed maps, sightseeing guides, and customizable day plans. Kayak combines flight and hotel booking with itinerary management, sending alerts about delays or price changes. These apps keep all travel details in one place, provide offline access, and help travellers stay organised and informed throughout their journey.

Translation Apps

Translation apps have become indispensable tools for international travel, helping bridge language gaps with ease and convenience. Among the most popular is Google Translate, which supports over 100 languages and offers instant text, voice, and even camera translation for menus, signs, and documents. It works offline with downloaded language packs, making it ideal in remote areas or places with limited connectivity.

Microsoft Translator is another free, user-friendly option that allows real-time conversations and group translations across devices—great for travellers navigating multilingual settings.

iTranslate offers voice-to-voice translation and a clean, intuitive interface, with a free version covering basic needs. For travellers heading to Asia, Papago by Naver is particularly effective with Korean, Japanese, and Chinese.

Most of these apps are available on iOS and Android, and many offer offline functionality. They are invaluable for ordering food, asking directions, or engaging more confidently with locals while travelling abroad. organised and informed throughout their journey.



Tech Support

Solo and older travellers can feel safer internationally thanks to a wide range of technical support. Smartphone apps like Life360 and bSafe offer real-time GPS tracking and emergency alerts. Translation apps and messaging services like WhatsApp ensure communication is easy. Airport assistance services provide help with navigation and boarding. Wearable GPS devices and medical alert systems offer extra peace of mind.

Many travel booking platforms also offer 24/7 support, while travel insurance apps provide instant help during emergencies. Virtual communities and travel forums offer connection and reassurance. Together, these tools help solo and senior travellers feel secure and supported abroad.

123 Travel

Buderim travel agent Cheryl Ryan recalls fondly helping an 82-year-old lady climb to Tiger's Nest - high in the mountains above Paro in Bhutan, but considers it all in a day's work.

"She was determined to make the climb," Cheryl says. "So we started early and put her on a horse for the first part. Then it was hand by hand. When she got to the top, she just stood there and cried. It was one of the most beautiful memories she has. We got down just before dark!"

It's one of 'those moments' that makes being an independent travel agent worthwhile, she considers.

Cheryl also organised a client celebrate her 80th birthday onboard a luxury Indian train while on holiday, took three ladies from Sydney to the Hornbill Festival in north-eastern India – "a tribal festival in Nagaland – quite spectacular", and has another loyal 80-year-old client whose attitude is: "If you're going, I'm coming!"

Family-owned and operated, 123Travel has been operating for 16 years now and specialises in boutique travel. As owner, Cheryl organizes and takes small group travel to many destinations but specifically to Southeast Asia, Africa and India as her specialty. "We love the offbeat challenge of people going to places that offer a chance to learn about another culture."



Cheryl has journeyed across 60 countries, curating unforgettable travel experiences to some of the most fascinating corners of the globe. "Uzbekistan and Mongolia make a great combo - to see the golden eagle hunters," she adds.

She designs trips and then invites clients to join her. Most of Cheryl's clients are aged from 55 to 88 years. She organises visas if required, books accommodation with accessible showers, ensures they are greeted with wheelchairs or carts if needed, and thoughtfully books aisle seats on long-haul flights to ensure more comfort 'for sore knees'.

"I want them to feel safe," Cheryl says. "I'm the person standing in front saying: Mind your step!" On the last trip, one guest fainted, and she had to organise a car to take her back to the hotel.

"I organise restaurants, find little shops they wouldn't normally find, and accompany them on impromptu excursions," she says. "And I love technology so when I'm with them I can do Google translate!" In general, she holds their hand. "Some destinations you probably wouldn't go to without a hand-holder," she adds.

Cheryl's passion for travel goes beyond the tourist trail. Along the way, she has helped set up a Delek Hospital in Dharamshala, India, a school in Tanzania plus supported women in Nepal and written and illustrated two children's books for charity purposes. She says many of her clients get involved and donate as well.



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WEBSITE www.123travel.com.au





Southern Cross Travel Insurance

For senior travellers, the journey doesn't stop with age - it evolves. Continued travel brings immense benefits, from mental stimulation to a renewed sense of purpose and connection. Yet, it also comes with challenges: mobility issues, medical needs, and safety concerns.

Today's seniors are navigating travel with more confidence than ever, thanks to improved security measures, tailored travel services and tech tools that support health and well-being.

One of the biggest bugbears for older travellers is securing travel insurance after 80 years of age.

Southern Cross Travel Insurance (SCTI) stands out as one of the most inclusive and senior-friendly travel insurers in the market today.

Uniquely, it covers travellers up to the age of 118, making it ideal for older adventurers who often find themselves excluded by other providers.

Founded more than 40 years ago in New Zealand, SCTI expanded into the Australian market in 2009 and has since built a strong reputation for reliability, value, and customer satisfaction.

Its International Comprehensive policy offers generous benefits, including unlimited overseas medical and evacuation cover, trip cancellation protection, personal liability cover of up to \$1 million, and reimbursement for lost or stolen luggage up to \$25,000. Optional extras can be added for cruise, skiing, motorbiking and other specialised travel needs.

SCTI's policies are competitively priced and designed to be flexible, with adjustable excesses to suit different budgets. Single-trip policies can cover journeys of up to 12 months, while annual multi-trip plans allow unlimited trips within the year — ideal for retirees or frequent travellers.

While pre-existing medical conditions are not automatically included, SCTI offers a straightforward medical assessment process. Travellers are encouraged to fully declare their conditions to determine if additional coverage can be arranged, ensuring peace of mind and valid claims should the unexpected occur.

Unlike many complimentary credit card policies, which can be restrictive and age-limited, SCTI's coverage is specifically tailored for older travellers and backed by strong customer support. With a history of generous payouts, a broad range of inclusions, and a commitment to insuring travellers well into their senior years, Southern Cross Travel Insurance offers both security and exceptional value - making it a trusted choice for those wanting to explore the world later in life.

Jess Strange, Chief Customer Officer at Southern Cross Travel Insurance says the most frequent types of claims relating to European travel were medical and evacuation claims, lost, damaged or stolen baggage and personal items, changes to journeys after departure, rental car excesses and issues relating to cash, bank cards, passports and travel documents.

During last year's European summer, SCTI paid out almost \$1.5 million in medical and related evacuation costs, including emergency evacuations, hospitalisations, additional accommodation costs due to being unable to travel and emergency dental treatments.

"One of the most expensive claims in 2024 was for a 76-year-old female who suffered a major stroke and spent 10 weeks in hospital before she was repatriated via air ambulance," says Jess. "The total payout for that claim was over \$670,000."

SCTI also paid out more than \$19,000 for lost or stolen cash, cards and passports; \$326,000 in lost, stolen or damaged belongings; more than \$588,000 for claims relating to changes to journeys, including travel interruptions, cancellations and delayed journeys; and more than \$77,000 in claims for rental car excesses.

In the past 12 months, SCTI has issued 3,069 policies to travellers over the age of 80, and to three travellers aged 103.

Jess adds: "We are absolutely dedicated to supporting Australian customers of all ages and stages – and it's our privilege to be able to be with those who have extensive life experiences, and who want to add even more adventures to their story!"

www.scti.com.au



Peace of mind is the best travel companion. Travel insurance helps protect you from the unexpected—whether it's cancelled flights, lost luggage, or medical emergencies—so you can relax and enjoy your trip knowing you're covered.





Longevity Medicine: The Healing Power of Peptides

Peptides are reshaping how we think about healing. For decades, medicine has focused on treating symptoms, fighting infections, and managing disease. But now, we're seeing a shift—toward regeneration, repair, and optimization from the inside out. At the centre of this shift are peptides: tiny, powerful chains of amino acids that act as biological messengers, telling the body how to heal itself.

Peptides aren't new. They exist naturally in the body and play a role in almost every physiological process—from hormone regulation and immune signaling to tissue repair and brain function. What's new is our ability to isolate, replicate, and administer them in highly targeted ways. Unlike traditional drugs that force change, peptides nudge the body to do what it already knows how to do—just better, faster, and more efficiently.

One of the most widely used healing peptides is BPC-157. Derived from proteins in the stomach, BPC-157 has shown an impressive ability to repair damaged tissues—including tendons, ligaments, muscles, and even the gut lining. Athletes use it to bounce back from injury. Doctors are exploring it for chronic inflammation and post-surgical recovery. It helps the body form new blood vessels, reduce swelling, and accelerate regeneration without the downsides of steroids or painkillers.

Another standout is Thymosin Alpha-1, which plays a central role in immune system modulation. As we age or recover from illness, our immune response weakens or becomes overactive. Thymosin Alpha-1 brings balance—boosting T-cell production and improving resistance to infections, while calming unnecessary inflammation. It's been used in cancer care, chronic viral infections, and more recently, in protocols to strengthen immune resilience in older adults.

For people focused on skin repair, collagen production, or reversing signs of ageing, GHK-Cu is making waves. This copper peptide is found in plasma and saliva, but when concentrated and applied topically or injected, it helps remodel skin, accelerate wound healing, regrow hair, and reduce oxidative damage. It's become a go-to ingredient in high-end regenerative skincare—and is now moving beyond cosmetics into serious tissue repair protocols.

Peptides also have a role in brain healing and mental clarity. Semax and Selank, both nootropic peptides developed in Russia, have been used to support stroke recovery, reduce anxiety, and improve cognitive function. They increase levels of brain-derived neurotrophic factor (BDNF), dopamine, and serotonin—all critical for focus, memory, and emotional resilience. As cognitive longevity becomes a priority for people in their 40s and 50s, these peptides are emerging as key tools for brain optimization.

When it comes to rebuilding the body after stress or aging-related hormone decline, CJC-1295 and Ipamorelin stand out. Rather than delivering synthetic growth hormone—which can disrupt the body’s feedback loop—these peptides stimulate natural GH release in pulses, the way the body does when we’re young. The result: better sleep, faster fat loss, improved recovery, and lean muscle maintenance without the risks of direct hormone replacement.

There’s also a growing interest in mitochondrial peptides like MOTS-c and Humanin. These operate at the energy-production level of the cell, improving insulin sensitivity, enhancing endurance, and helping the body handle oxidative stress. Though still early in development, they’re showing serious potential in metabolic disorders, fatigue syndromes, and anti-aging science.

In practice, these peptides are often stacked—combined in protocols tailored to individual needs. A post-surgical recovery might pair BPC-157 with TB-500 and GHK-Cu. Someone looking to improve sleep and body composition might use CJC-1295/Ipamorelin alongside NAD+ boosters. A cognitive longevity plan could include Semax, Selank, and mitochondrial peptides. The combinations are as strategic as they are personalized.

The power of peptides lies not just in their science, but in their philosophy: that the body isn’t broken—it just needs better instructions.

Of course, not all peptides are fully approved for general use. Many are prescribed off-label or administered through longevity and regenerative clinics. Sourcing matters—quality and purity are critical, especially when dealing with injectable compounds. Proper dosing, medical supervision, and cycling (using them for specific windows of time) are key to maximizing benefits while minimizing risk.

Still, the direction is clear. Peptides don’t mask symptoms—they activate healing. They communicate with the body in its own language. And as we continue to explore their potential, it’s becoming clear that the future of medicine may not be about adding something foreign to the body, but about restoring what the body already knows how to do.

The power of peptides lies not just in their science, but in their philosophy: that the body isn’t broken—it just needs better instructions.

For more information contact i Age Well.

iAgeWell



CONNECT

WEBSITE www.iagewell.com.au
EMAIL hello@iagewell.com.au



Cancer Service Directory



CANCER COUNCIL QUEENSLAND

The council provide a wide range of information on services and support: Cancer information & support service (131120), Accommodation lodges for regional people; Transport to treatment for those under hardship, Cancer counselling & Peer support, Wigs & headwear, Financial counselling.
Phone: 13 11 20
www.cancerqld.org.au

BLOOMHILL CANCER CARE

Integrated cancer care for people diagnosed with any type of cancer and support for their families through their centre in Buderim. A community-based not-for-profit organization, including The Leukaemia Foundation (blood cancer). Skilled Registered Nurses, Allied health, Mind-body therapies, Education, and Wellbeing and Lymphoedema services are provided.
58 Ballinger Rd, Buderim
Phone: 5445 5794
www.bloomhill.com.au

BUDERIM PRIVATE HOSPITAL CINDY MACKENZIE BREAST CANCER PROGRAM

Private not-for-profit hospital, delivering services for local breast cancer patients and their families. Services include: Family Assistance (day to day needs) and Something Special (Memory Maker program and other activities).
12 Elsa Wilson Dr, Buderim
Phone 07 5430 3303
buderimprivatehospital.com.au

CANSURVIVE

Cansurvive is a holistic cancer healing centre. They provide a wide range of resources and hold events to help people understand and heal from cancer.
T1.303, 55 Plaza Parade,
Maroochydore
Phone: 07 5315 8371
www.cansurvive.org.au

BEAUTIFUL YOU PROGRAM

Beautiful You Program provides practical emotional and spiritual support for women on their cancer journey to help families lead as normal a life as possible.
Services include: beauty treatments, prosthetic and lingerie fitting service, wigs, house cleaning and activity programs.
Beautiful You Funky Op Shop
738 Nicklin Way, Currimumdi 4551
Phone 07 5445 0612
www.beautifulyouprogram.com.au

ICON

Icon Cancer Centre Maroochydore and Noosa provide cutting edge in radiation therapy oncology and haematology to treat all types of cancers in a friendly and supportive environment. Patients are seen by one doctor for the duration of their treatment.
Maroochydore:
60 Wises Road, Maroochydore
Phone 07 5414 3700
Noosa:
Noosa Civic Medihub
28 Eenie Creek Rd, Noosaville
Phone 07 3363 9779
www.iconcancercentre.com.au

SUNLIFE SKIN CANCER CARE CENTRE

Services provided: Skin Cancer Checks, Prevention, Detection, Skin Cancer Treatment and Surgery; 3D total body photography.

4/80 Wisers Rd, Buderim

Phone: 07 5450 9808

www.sunlifeskincancercare.com.au

SUNSHINE COAST UNIVERSITY PRIVATE HOSPITAL

Offers a comprehensive range of cancer care services, including surgery, chemotherapy, and radiotherapy. They also provide allied health services and support for managing side effects and care coordination with a Cancer Care Navigator.

Cancers: Blood (lymphoma, leukaemia, myeloma), Bone, Bowel & colorectal, Melanoma & skin, Breast, Gastrointestinal, Gynaecological, Head & neck, Lung & mesothelioma, Pancreatic, Urological (including kidney, bladder, testicular, prostate), Brain)

3 Doherty St, Birtinya

Phone 07 5390 6000

sunshinecoastuniversityprivate.com.au

Coastal Cancer Care: Sunshine Coast & Noosa

Phone 07 5437 7633

SUNSHINE COAST HAEMATOLOGY AND ONCOLOGY CLINIC (SCHOC)

Montserrat Cancer Care

A day hospital that was the first of its kind in Queensland. They provide medical oncology and haematology services. An integrated cancer centre providing a range of specialist services for patients, their loved ones and their support network including: Day infusion unit (all cancer therapy including chemotherapy, immunotherapy, targeted therapy, blood transfusions, iron infusions & venesections), Medical Oncologists, Clinical Haematologists, Palliative Care Doctors, Allied Health, Cold Cap Therapy, Onsite McGrath Breast Care Nurse, Clinical Trials, Radiation Oncology.

10 King St, Buderim

Phone 07 5479 0000

schoc.com.au

GENESIS CARE

Genesis Care deliver various Radiation Oncology and Allied Health Services via SCHOC. They also participate in clinical trials. There are two treatment centres on the Sunshine Coast - Buderim (Phone 5374 8100) and Noosa (Phone 5377 2200).

Phone: 07 5445 0612

www.genescare.com

NOOSA HOSPITAL

Provides cancer care services with a focus on patient comfort and holistic wellbeing. The Oncology Unit is a day facility caring for patients requiring oncology and haematology treatments including: Chemotherapy & Immunotherapy, Iron infusions, Blood products, Immunoglobulins, Venesections, Portacath flushes, Rheumatology & gastroenterology infusions.

111 Goodchap St, Noosaville

Phone 07 5455 9254 or 5455 9221

noosahospital.com.au

SUNSHINE COAST PROSTATE CANCER SUPPORT GROUP

Support and education, health professional guest speakers at monthly meetings. Partners welcome.

Last Tuesday of the month, 9.30am-12.00pm

Phone: 0400 372 430 Rob

Email scprostate@gmail.com

SUNSHINE COAST HNC SUPPORT GROUP

A patient led support group for people and their carers/families based in the Sunshine Coast who have experienced Head and Neck Cancer. Meet monthly either online or in person.

Phone 0405 478 020

Email cassadams3@gmail.com

Private Facebook: Head and Neck Cancer Support Group Sunshine Coast

Healthy lifestyle recommendations

Quit smoking

Eat healthy

Limit alcohol

Be physically active

– Focus on strength, balance, flexibility exercises

Keep your mind at peace



*“One in Two
Australians will
be diagnosed with
cancer in their
lifetime.”*

Cancer Council Australia

Pioneering our health future: 80 years of QIMR Berghofer

Eighty years ago (on 1 November, 1945), in an abandoned World War II army hut in Victoria Park/Barrambin in central Brisbane, a revolution in medical science was underway.

Dr Edward Derrick, a visionary from the Queensland Health department, saw the urgent need to combat infectious diseases such as Q fever, scrub typhus, and leptospirosis, which were ravaging northern Australia. His determination led to the founding of the Queensland Institute of Medical Research (QIMR), with just seven scientists at its inception.

From local beginnings to global impact

QIMR Berghofer's journey is defined by a series of ground-breaking discoveries, including identifying Ross River fever, advancing cancer immunotherapy, and revealing genetic insights into heart disease, mental illness, and melanoma. Today, over a thousand researchers and staff collaborate to improve health through impactful research.

Leading the way in mental and brain health

The Institute leads major global studies on the genetics of eating disorders, obsessive-compulsive disorder (OCD), and brain volume. Professor Eske Derks' discovery of 30 genome regions linked to OCD is transforming care, enabling earlier diagnosis, better treatment, and reducing stigma by highlighting its biological basis.

QIMR Berghofer's Australian Parkinson's Genetics Study – now the largest of its kind globally with over 15,000 participants – has enabled the development of digital biomarkers for real-time symptom monitoring, moving the field closer to truly individualised care.

Breakthroughs in cancer research

QIMR Berghofer is offering hope through a world-first trial for metastatic triple-negative breast cancer. Led by Professor Sudha Rao and Kazia Therapeutics, it tests a combination of the brain cancer drug Paxalisib with immunotherapy, giving new options to patients with limited treatments.

Professor Bryan Day and his team have developed a targeted therapy that destroys tumour cells in preclinical models – offering promise for children with medulloblastoma, glioblastoma and other difficult-to-treat brain cancers.

The Institute also officially launched the ACRF Centre for Optimised Cancer Therapy, thanks to the generous support of the Australian Cancer Research Foundation. Using cutting-edge technologies, the Centre will fast-track personalised treatments for cancers like leukaemia, melanoma and colorectal cancer.

Innovations in diagnostics and treatment

QIMR Berghofer's spirit of innovation extends across multiple fields. At Royal Brisbane and Women's Hospital, Dr Siok Tey led a trial of in-house CAR T therapy, giving hope to 27 blood cancer patients who had exhausted other options.

Professor James Hudson's team is advancing treatments for inflammation-driven heart conditions, bringing new therapies closer to clinical reality for patients with complex cardiac diseases.

Supporting patients and communities

QIMR Berghofer's focus on real-world impact is clear in its support for patients and communities. The PROCESS trial, with PanKind, addresses the unique needs of carers for pancreatic cancer patients. In partnership with Haemochromatosis Australia, the institute has also developed the world's first cloud-based registry for iron-overload conditions, set to transform research and treatment.

Powered by philanthropy, partnerships, and passion

Driven by philanthropy, strong partnerships, and a passion for turning science into treatments, QIMR Berghofer works with global research networks to pioneer and deliver cutting-edge solutions to patients. Now celebrating 80 years of ground-breaking research, its commitment to discovery, sustainability, and impact ensures it remains a leader in health innovation in Australia and beyond.

Your legacy

Choosing to leave a Gift in your Will (also known as a bequest) is a deeply personal choice, a decision that takes time and thought, and we are extremely grateful to you for considering us.

By including QIMR Berghofer in your Will you are giving a gift to future generations who will benefit through vital medical research. **Your Gift will have an impact now and in the future that is immeasurable.**



CONNECT

WEBSITE qimrb.edu.au

EMAIL supportus@qimrb.edu.au



**QIMR
Berghofer**



Dementia Care Guide

Where can I get help?

There are many networks on the Sunshine Coast that are an excellent resource for people living with dementia and offer help and support to their families and carers.

Not only do they provide a wealth of information about the disease, they are also there to guide and support you through your journey and connect you with many organisations that are dedicated to making life with dementia as easy as possible.

Alzheimer's disease is the most common form of dementia, contributing to around two-thirds of cases. The most common early symptom is difficulty remembering recent events.

DEMENTIA NETWORK SUNSHINE COAST

The Dementia Network Sunshine Coast is an independent grassroots community network which supports people diagnosed with dementia or a related disorder, their family carers and staff. This service facilitated by volunteers is a gateway for information, referrals and social and wellness programmes.

Directory: Service Providers which have a specific dementia and family carer service.

Resources: A list of dementia specific and family carer organisations.

Social Events & Education: A calendar of events for people with dementia and family carers and post-carers.

Facebook: Dementia Network Sunshine Coast

Contact:
Lorrae O'Rourke
Phone: 0418 298 183
carersoutlook@gmail.com

Vanessa Drewery
Phone 0401 716 776
info@mycarespecialist.com.au
www.scdementia.com.au

UNDERSTANDING DEMENTIA

ALZHEIMER'S QUEENSLAND

(for all kinds of dementia not only Alzheimer's disease)
Offer a range of state-wide support and services including residential facilities, respite care, and in-home support, nursing and allied health services, education and training for family carers and staff. Telephone Support Group for carers. Dementia Matters newsletter. Library. Help Line open 24/7.

In-home care services offered on the Sunshine Coast.

Phone 1800 639 331

www.alzheimersonline.org

DEMENTIA AUSTRALIA

A unified national peak body for people of all ages, living with all forms of dementia, their families and carers.

Family carer counselling and education sessions. 24/7 Help line. Comprehensive fact sheets in many languages other than English. Young Onset Dementia (people diagnosed 65 yrs and under) advisor on Sunshine Coast.

Phone 1800 100 500

www.dementia.org.au

Dementia Australia has developed resources to assist all Australians to get a better understanding of what they can do to contribute to a dementia-friendly nation.

For more information visit

www.dementiafriendly.org.au

DEMENTIA AUSTRALIA LIBRARY

People living with dementia can access an extensive Dementia Australia Library by completing an online registration form. Library resources are mailed free of charge to registrants and must be returned within four weeks of borrowing via post at the registrant's expense.

To register, contact

Phone 03 9816 5790

Email: library@dementia.org.au

www.dementia.org.au

DEMENTIA CARER WORKSHOPS May be accessed in-person via dedicated groups, or via phone or videoconference. Workshops equip people with a wealth of information regarding the impact of dementia on lifestyle, functional ability, and behaviour and supporting strategies and techniques to help improve independence and maintain quality of life. To register for workshops, contact

Phone 1800 100 500

www.dementia.org.au

DEMENTIA SUPPORT AUSTRALIA (DSA) LED BY HAMMOND CARE

Dementia Behaviour Management Advisory Service (DBMAS) & Severe Behaviour Response Teams (SBRT), BPSD Guide app. Provides 24/7 national support particularly on Behavioural and psychological symptoms of dementia

Phone 1800 699 799

www.dementia.com.au

AGELESS GRACE

Run by Vickie Doolan. Her team offers a range of education programs.

Ageless Grace Brain Health Exercise

Seated exercise program that incorporates brain stimulations and movement.

For more information contact

Vickie Doolan

Phone 0409 526 982

www.ageucate.com.au

WICKING DEMENTIA RESEARCH AND EDUCATION CENTRE

Runs a range of short online courses on dementia. Topics include Preventing Dementia, Understanding Dementia.

Register online

www.mooc.utas.edu.au

DEMENTIA TRAINING AUSTRALIA

Provides free online courses.

Phone 1300 229 092

www.dta.com.au

FORWARD WITH DEMENTIA

A guide to living with dementia.

A collaborative program created by a number of universities, Alzheimer's Disease International and Dementia Alliance International.

For people recently diagnosed with dementia and their carers.

<https://forwardwithdementia.au>

CARER SUPPORT

CARER GATEWAY / WELLWAYS

A national platform to help carers looking after someone with disability, mental illness, dementia, a long-term health condition, an illness that will cause their death, or an alcohol or drug problem, or someone who is frail because they are old.

Carer Gateway provides practical information and advice, helps you to get the services and support you need, provides free counselling services over the phone, provides free coaching to help you in your role, lets you connect with other carers through a community forum.
Phone 1800 422 737

CARERS QUEENSLAND

Sunshine Coast Services provides support to carers living on the Sunshine Coast. They provide a range of services including counselling, culturally and linguistic diverse program, disability services, information and advisory services, No Interest Loan Schemes, Support/Therapy Groups. Carers Queensland also offers support to those under 65 with dementia to access support via the National Disability Insurance Scheme.

Phone 1300 747 636

DIVERSICARE

Part of Ethnic Communities Council of Queensland.

In-home services focusing on clients with culturally and linguistically diverse backgrounds. Caring for the needs of diverse clients with dementia.

They also have a Multicultural Advisory Service that provides information on aged care to people from all cultures and free cross cultural training for aged care providers.

www.diversicare.com.au

Phone 1300 348 377

BOOK:

“Loving Someone Who Has Dementia” by Pauline Boss, PhD
How to find hope while coping with stress and grief.

Guidelines for staying resilient while caring for someone who has dementia and offers hope when experiencing ‘ambiguous loss’. Written for anyone touched by dementia: caregivers, family members, friends, neighbours, educators and professionals. Based on solid research and years of clinical practice.

RESPIRE SUPPORT

What is respite support?

Respite or ‘respite care’ is when someone else takes care of the person you care for, so that you can have a break. A break can give you time to do everyday activities or just to relax, deal with stress and look after yourself.

OVERNIGHT RESPIRE

Carers can access overnight respite either through their Home Care Package, privately or via the Commonwealth Home Support Program and Carer Gateway.

RANGECARE

Have a dedicated overnight respite facility in Flaxton. This facility is not secure and is therefore only suitable for low-level dementia care.

Phone 07 5445 7044

www.rangecare.com.au

CENTRE-BASED DAY RESPIRE

Centre-based respite is respite offered during the day. It provides an opportunity for clients to talk, interact with other people and participate in activities. These programs usually take place at a day centre, club or residential setting. To be eligible it is important to register with My Aged Care. Some centres may provide respite support on a fee for service basis.

Organizations that provide day respite include:

BLUE CARE DAY RESPITE CENTRES

Coolum and Dicky Beach
Phone 1300 258 322
www.bluecare.org.au

SUNCARE MAROOCHYDORE COMMUNITY CENTRE

Suncare run day respite for clients including people with dementia.
Phone 1800 786 227
www.suncare.org.au

RANGECARE

Have a dedicated centre-based day respite facility in Flaxton and Maleny.
Phone 07 5445 7044
www.rangecare.com.au

GLASSHOUSE COUNTRY CARE

Operate a day respite centre at Beerwah.
Phone 07 5494 6948
www.ghcare.org.au

DEMENTIA AND DRIVING

QUEENSLAND TRANSPORT

Have a wealth of information on their website to assist you:

Disability parking permits
www.qld.gov.au/disability/out-and-about/travel-transport/driving/parking-permits

Licences

www.tmr.qld.gov.au/Licensing

DRIVER REHAB SERVICES

Occupational Therapist that specialize in medical driving assessments, aged care driving assessments and driver rehabilitation.

Phone 07 5446 8289

www.northcoastrehab.com.au

COMPANION CARD

If you have a disability and a lifelong need for 'attendant care support' in order to participate in community activities and attend venues, the Companion Card can help you with the costs of getting out and about with the support of a companion. Applications can be downloaded from www.qld.gov.au or phone 137468

GRIEF AND LOSS

Blue Care offers a Grief and Loss program to provide emotional, social and practical support in a structured small group program of 2 hours per week over 8 weeks. To find out more, please call

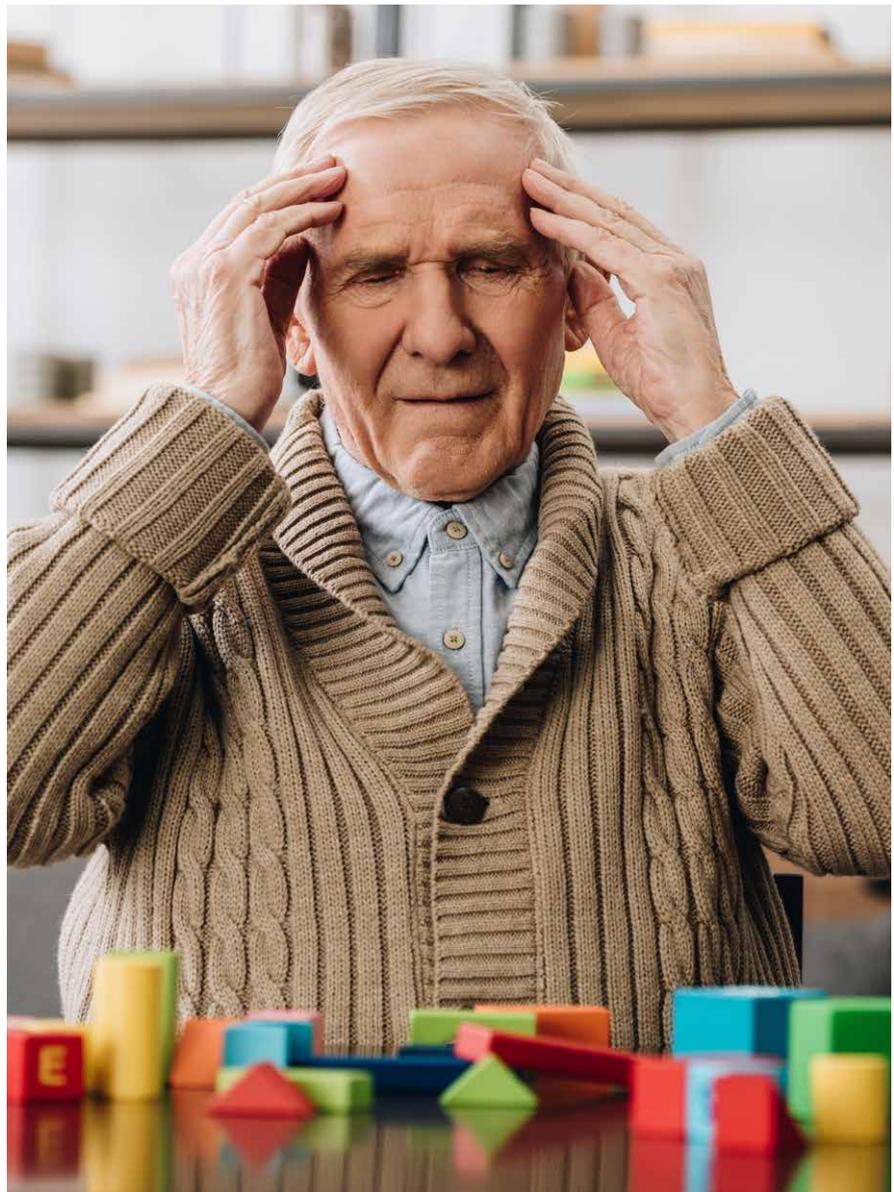
Phone 0417 555 826
www.bluecare.org.au

RESEARCH CENTRES

UNIVERSITY OF THE SUNSHINE COAST MIND AND NEUROSCIENCE – THOMPSON INSTITUTE
Ground Floor, 12 Innovation Parkway
Birtinya, QLD, 4575
Phone 07 5430 1191
www.usc.edu.au/sunshine-coast-mind-neuroscience-thompson-institute/

The Queensland Brain Institute
QBI Building, 79
The University of Queensland
St Lucia QLD 4072
Phone 07 3346 6300
<https://qbi.uq.edu.au>

Dementia can affect anyone, but it is more prevalent in those over 65. Most people with dementia are older but it is important to remember that most older people do not get dementia.



FACEBOOK SUPPORT GROUPS

DEMENTIA DOWNUNDER

Dementia Downunder is a support and information group for anyone in Australia with a family member, friend, resident or patient with dementia. You may be a carer, nurse, dementia trainer or even a doctor - everyone is welcome to join this online community.

DEMENTIA CARERS AUSTRALIA

For those who are caring for or closely connected with a loved one who has dementia and dealing with the life-changing implications of that situation. This is a forum for people to vent, ask questions and find information.

MODIFIED EQUIPMENT

LifeTec Queensland is a social enterprise that provides dedicated assistive technology (AT) services.
Phone 1300 543 383
www.lifetec.org.au

DEMENTIA CARE PRODUCTS

www.leef.com.au
www.dementiashop.com.au
www.best-alzheimers-products.com
www.alzstore.com
www.dailycaring.com
www.aidacare.com.au

Early Detection and Support for Cognitive Decline



Dementia doesn't always begin with memory loss. Often, it starts quietly—with subtle changes in mood, sleep, behaviour, or sensory processing. Gerontologist Tanya Dave encourages families and health professionals to tune in early and be proactive.

Mindhubs is helping lead that shift. Their innovative approach combines advanced diagnostic testing, one-on-one dementia support, and a structured brain training program—all designed to uncover and address the root causes of cognitive decline.

Tanya Dave identifies 10 often-overlooked early signs: loss of smell, visual changes, restlessness, low stress tolerance, depression, sleep issues, constipation or incontinence, and minor disorientation or forgetfulness. While seemingly unrelated, together they form a pattern of neurological change that deserves attention.

Mindhubs offers a comprehensive diagnostic service called the Brainoscopy, inspired by the ReCODE protocol developed by Dr. Dale Bredeesen. This suite of tests assesses metabolic dysfunction, nutrient deficiencies, brain inflammation, and gut-brain health. Once completed, the diagnostic findings are compiled into a detailed report and presented to the client's GP or specialist for medical review and consideration.

But Mindhubs goes beyond testing. Their tailored dementia support includes one-on-one social engagement—helping reduce isolation and improve emotional wellbeing—and a structured 10-week MindGym program focused on brain activation, sensory stimulation, movement, and mindfulness. Weekly progress updates keep families informed and involved.

Through partnerships with aged care providers, retirement village operators, home care services, and NDIS programs, Mindhubs makes quality dementia care accessible, affordable, and deeply personal—empowering individuals and their families to act before symptoms progress.



For more information contact Mindhubs on 073105 5944. www.mindhubs.com.au



Take Charge of Your Cognitive Health with

MindHubs

Have You Recently Been Diagnosed with Alzheimer's?

**YOU ARE NOT ALONE.
THERE IS HOPE.**

Why Choose MindHubs?

- ➔ Personalised Treatment Plans
- ➔ Root Cause Approach
- ➔ Mind Gym

REGISTER TODAY AND TAKE CONTROL OF YOUR FUTURE

Join the MindHubs 10-week Program to empower you with the tools and support you need to claim your cognitive health back.



MindHubs

CREATIVE INSPIRATION

(07) 3105 5944

www.mindhubs.com.au

1 Main Creek Road, Tanawha

We work with Home Care Packages, NDIS and the Commonwealth Home Support Program.

Healthy Ageing Partnerships: Working Together Towards Becoming the Most Age-Friendly Region in Australia

Colin Maddocks

As Australians live longer, healthier lives, it's never been more important to create communities where older adults are connected, cared for, and celebrated.

On the Sunshine Coast, Healthy Ageing Partnerships (HAP) is working to make this vision a reality, bringing together community groups, businesses, researchers, and health services to support the Sunshine Coast's journey towards becoming the state's most age-friendly region.

Why We Exist

HAP exists to support and champion its members, the community of older adults on the Sunshine Coast.

Our purpose is clear: to collaborate and share knowledge about healthy ageing initiatives and services through our resource hub and by providing forums for members to discuss the issues that matter most.



We believe ageing is everyone's business. That's why HAP is dedicated to creating a caring, inclusive, and connected community where older people are empowered to live healthy and fulfilling lives, supported by social connections, community engagement, wellness initiatives, and access to resources. By working across health, education, business, and community sectors, HAP forms partnerships that reduce barriers, share knowledge, and spark initiatives with lasting impact.

HAP takes an active role in leading and supporting a variety of initiatives across the Sunshine Coast that foster connection, raise awareness, and celebrate ageing well. These include the Sunshine Coast Seniors Festival, a vibrant showcase of services, activities, and entertainment; the 2025 Sunshine Coast Crest Society Ball, a highlight of Queensland Seniors Month with fine dining, live music, dazzling performances, and an evening of fun and community connection; and the Ageism Awareness Day Webinar, delivered in partnership with EveryAGE Counts and the University



University of the Sunshine Coast signing to Partner with HAP.

of the Sunshine Coast to shine a light on how we can challenge ageism. HAP also contributes to conferences that bring industry groups together to share knowledge and resources, Retirement Village Expos that deliver information and services directly to residents, and community seminars designed to educate and inform. Through ongoing collaborations with partners and member organisations, HAP supports local events, workshops, and initiatives that strengthen inclusion and ensure older people remain valued at the heart of the community.

Get Involved

Healthy Ageing Partnerships is powered by collaboration. Whether you're a community member, organisation, or business, your involvement helps us make the Sunshine Coast Australia's most age-friendly region.

Join as a Member – Free for community members. Stay informed, have your voice heard, and help shape a community where older people are supported and celebrated.

Become a Partner – For organisations and businesses. Partner with us through sponsorships and collaborations to grow our impact and build a truly age-friendly region.

Together, let's make the Sunshine Coast Australia's most age-friendly region where older people are connected, cared for, and valued.

We thank our wonderful major partners for their support and assistance in serving our community of older adults on the Sunshine Coast.



www.healthyageingpartnerships.au



Low-cost or free

Healthy Sunshine Coast

Health and wellbeing activities

Fun activities for all. Join today.

Explore the Healthy Sunshine Coast program – a holistic, low-cost program suitable for all ages and abilities. The program aims to help you move well, sleep well, think well, connect well and enjoy time in nature.

Activities include Chair Yoga, Laughter Yoga, Balance and Stability classes, Zumba, Fitness Classes, Aqua Aerobics, Reconnecting with Nature, The Practice of Mindfulness and many, many more!

All activities cost only \$10 or \$5 with a Health Care/ Pensioner card. Join today!

sunshinecoast.qld.gov.au

healthy sunshine coast

sunshinecoast.qld.gov.au | 07 5475 7272

Parkinson's Disease Care Guide



Where can I go for help?

Living with Parkinson's disease or caring for someone with Parkinson's is full of challenges, but you don't have to feel alone. Parkinson's Queensland currently operates 36 support groups throughout metropolitan and rural Queensland. These support groups are informal and friendly and offer members a chance to meet and talk with others while offering each other emotional and practical support. Besides helping you realise you are not alone, the support groups give you a chance to share your feelings and hear the experiences of others. Parkinson's disease support groups are ideal for people living with Parkinson's disease, their careers, friends and family members.

PARKINSON'S LIFESTYLE COACH

Nikki Creber provides support to people who have recently been diagnosed with Parkinson's disease and those who find it hard to cope with the condition. She provides information, strategies to deal with the condition and links clients to appropriate services and support on the Sunshine Coast and Noosa. Phone 0434 149 688 www.drnikkiacreber.com

SUPPORT GROUPS

www.parkinsonsqld.org.au/support-us/support-groups/
Phone 1800 644 189

SUNSHINE COAST NORTH SUPPORT GROUP

Meet 3rd Monday of the month
Coolum Surf Club
1775-1779 David Low Way
Coolum Beach, Qld 4573
Phone 1800 644 189

SUNSHINE COAST CENTRAL SUPPORT GROUP

Meet 1st Friday of the month
Venue: The Sanctuary Park,
Church of Christ,
22 National Park Rd
Nambour, Qld 4560
Phone 1800 644 189

SUNSHINE COAST SOUTH SUPPORT GROUP

Meet 3rd Tuesday of the month
Caloundra Power Boat Club
2 Lamerough Parade
Golden Beach, Qld 4551
Phone 1800 644 189

RESOURCES

There are great resources available for those suffering with Parkinson's and their carers. Here is a list of some of the best websites to get you started.

PARKINSON'S QUEENSLAND

Since 1985, Parkinson's Queensland has helped thousands of Queenslanders in their journey with Parkinson's and related disorders, not only in the early stages after diagnosis, but throughout the condition's progression. Parkinson's Queensland Inc (PQI) is a charitable organisation that provides individuals, families and the health, aged and disability sectors with information, support and education for people living with Parkinson's www.parkinsons-qld.org.au or parkinsonsqld.org.au

THE BRAIN FOUNDATION

The Brain Foundation is a nationally registered charity dedicated to funding world-class research Australia-wide into neurological disorders, brain disease and brain injuries including Parkinson's disease. www.brainfoundation.org.au

SHAKE IT UP

Shake It Up Australia Foundation is a not-for-profit organisation established in 2011 in partnership with The Michael J. Fox Foundation (MJFF). It promotes and funds Parkinson's disease research in Australia aimed at better treatments and ultimately a cure. www.shakeitup.org.au

MS QUEENSLAND

MS Queensland can assist people with MS and other progressive neurological diseases such as Parkinson's disease. Neuro Wellness Hubs, Employment Support Service, Support Groups, events and community navigators, Purpose-built accessible housing and tailored supports, NeuroAssist helpline, Support Coordinators and MS Nurse Advisory service www.msqld.org.au

PARKINSON'S DISEASE WARRIOR

PD Warrior rehabilitation program will teach you how to move well, believe in yourself and live better with Parkinson's. People who have completed the PD Warrior 10 Week Challenge report feeling more confident in their movements, are able to move more freely and are getting back to living life.

The program is covered by your health insurance and is offered by:

NAMBOUR SELANGOR PRIVATE HOSPITAL

62 Netherton St,
Nambour QLD 4560
Phone 07 5459 7455

EDEN REHABILITATION PRIVATE HOSPITAL

50 Maple Street,
Cooroy QLD 4563
Phone 07 5472 6472

OTHER EXERCISE PROGRAMS

SUNSHINE COAST REHABILITATION AND EXERCISE PHYSIOLOGY

Offer Parkinson's disease classes designed to provide neuroprotective, neurorestorative and neuroplastic benefits, showing successful results in reducing symptoms and slowing down the progression of disease.

Jetts Bli Bli
308-312 David Low Way,
Bli Bli, Qld 4560
Phone 07 5373 7851

O2 Performance
(Inside the Sports Hub)
26 Main Drive, Bokarina, Qld 4575
Phone 5445 8292

SUNSHINE COAST PARKINSON'S EXERCISE CENTRE

Exercise classes: Wellness, Thrive, Boxing, Sitstrong, Focus.
Other services: Physiotherapy, Podiatry, Massage Therapy, Psychotherapy, Dietetics and Nutrition
Suite 7, 5-9 Lakeshore Av,
Buderim, Qld, 4556
Phone 07 5363 0288

PARKINSON'S ACTIVITY GROUPS

DANCE FOR PARKINSON'S AUSTRALIA

These classes offer the joy of dance to people with motor/mobility issues as a result of Parkinson's, MS, stroke, arthritis, loss of muscle and joint strength and flexibility, or less mobility from ageing. Similar to the Dance for PD model

Phone : Erica Rose Jeffrey – Director and Lead Teacher: 1800 954 382

(please leave a message and she will get back to you)

Email ericarose@danceforparkinsonsaustralia.org

RIPE DANCE NOOSA

Offers local classes for older people and those with Parkinson's on a weekly basis. Classes are offered in Tewantin, Noosa by Gail Hewton who has over 35 years professional dance experience.

To register or for more information contact Gail Hewton.

Phone 0411 720 391

Email ripedance@gmail.com

YES, YOU CAN DANCE NOOSAVILLE

The Forum
Laguna Estate Retirement Village
13-21 Lake Weyba Dr
Noosaville
Phone 0411 720 391
Email ripedance@gmail.com

YES, YOU CAN DANCE TEWANTIN

Masonic Hall
Moorindil St
Tewantin
Phone 0411 720 391
Email ripedance@gmail.com

SPEECH THERAPY

SPEAK OUT PROGRAM

The most efficacious and up-to-date speech quality and voice production enhancement practices are supported by a program called "Speak Out program".

Restoring Hope Parkinson's Therapy Louise Williams is the first Speech Pathologist in Australia trained in the Parkinson Voice Project's SPEAK OUT!® and LOUD Crowd® programs. She is passionate about ensuring that people with PD have access to timely and effective therapy.

Phone 07 5408 5088

www.rhpthrapy.org.au

THE LEE SILVERMAN VOICE TREATMENT

This program is currently the most efficacious treatment for speech disorder in Parkinson's Disease. The program is run by:

EDEN PRIVATE REHABILITATION HOSPITAL

50 Maple Street, Cooroy QLD 4563
Phone 07 5472 6472

And clinicians at:
Sunshine Coast Speech Therapy
4/16 Innovation Parkway, Birtinya
Phone 0434 389 840
Community and Extended Care Services

Healthwest Tce, Caloundra
Phone 0854 358 267
Hinterland Speech Pathology
Maleny
Phone 0403 811 912
Tea Tree Speech Pathology
Tinbeerwah
Phone 0439 411 399

AIDS AND EQUIPMENT

Here's a list of some of the best online stores offering fantastic devices that help make living with Parkinson's so much easier.

www.ilsau.com.au

www.lakesidemobility.com.au

www.patienthandling.com.au

www.independanceaustralia.com.au

www.mobilitycare.net.au

www.kineticare.com.au

www.pushmobility.com.au

www.aidacare.com.au

www.fightparkinsons.org.au

www.scootersandmobilitysunshinecoast.com.au

AMINO NEURO FREQUENCY THERAPY

Parkinson's Lifestyle Coach, Nikki Creber has found an innovative, holistic body orientation treatment for pain and inflammation. Both pain and inflammation build-up over time with Parkinson's Disease and are significant contributors to the progressive decline associated with this disease. Nikki has been using this treatment herself and highly recommends it.

Cluzie Clinic, Buderim
32 Bell Rd, Buderim 4556
Phone : 07 5329 7905
or 0402 762 717
www.cluzie.com

NEURO PHYSIOTHERAPY

THE PARK: PARKINSON'S WELLNESS CENTRE
Includes Carer Support
7/354 Mons Rd, Forest Glen, Qld, 4556
Phone 07 5408 4387

BOOKS TO READ ON PARKINSON'S DISEASE

THE PARKINSON'S PLAYBOOK: A GAME PLAN TO PUT YOUR PARKINSON'S DISEASE ON THE DEFENCE. Robert W. Smith

This book gives you all the strategies you need to gain control after a Parkinson's disease diagnosis. An entertaining and empowering book.

A PARKINSON'S PRIMER : AN INDISPENSABLE GUIDE TO PARKINSON'S DISEASE FOR PATIENTS AND THEIR FAMILIES. John. M. Vine

Diagnosed with Parkinson's disease in 2004, lawyer John Vine learned a lot in the months and years following. He decided to share his experience with other people in his shoes and their families.

PARKINSON'S DIVA HELLO POSSIBILITIES! Maria De León, MD

Designed specifically for women with Parkinson's Disease this journal offers fun activities and a place to document the hopes and struggles that go along with a Parkinson's diagnosis. Be inspired by this work book and let your inner diva shine!

FACEBOOK SUPPORT GROUPS

- @lifewithparkinsons
Parkinson's community advocacy; Sunshine Coast
- Parkinson's Australia
- AUS & NZ Parkinson's Support and Chat
- Living & Working with Parkinson's in Australia and New Zealand
- Australia & New Zealand Parkinson's Group for the Carers
- Parkinson's Disease Community
- Caregivers' of Parkinson's Disease Support Group
- Parkinson's Caregivers Support
- Parkinson's Support Group -A journey together
- Parkinson's Qld -QLD Support Group
- Parkinson's Warriors
- Living With Parkinson's Disease
- Parkinson's Silver Linings
- Michael J. Fox Foundation for Parkinson's Disease Research
- Parkinson's awareness and support group



Young at Heart
Exercise Physiology



Your health, your home, your time – physiology tailored to you.



Evidence based programs with proven results. Helping you get back to the things you love.



Targeting pain management, chronic health conditions, and falls risk mitigation to maximise your quality of life.



07 2112 6023

www.youngheart.com.au
admin@youngheart.com.au

The Parkinson's Centre:

A Movement for Parkinson's on the Sunshine Coast

Tucked away in Forest Glen, The Parkinson's Centre is rewriting the script for Parkinson's care on the Sunshine Coast.



Founded by Rory and Barbara Cullinan, the centre is a first-of-its-kind facility for the region. Their motivation was personal. Rory watched both of his parents battle Parkinson's. Barbara, a physiotherapist with over 25 years of experience, saw the toll it took on friends, families, and carers alike. Together, they saw the cracks in the system — the isolation, the long waitlists, the lack of local, hands-on support — and decided to do something about it.

The result is The Parkinson's Centre, a purpose-built hub offering therapy, education, advocacy, and community under one roof. It's not just about treatment — it's about building a life with Parkinson's that still has energy, connection, and movement.

Barbara's dual degrees in Physiotherapy and Human Movement Studies, along with her qualification as a Brain Health Trainer, shape the clinical backbone of the centre. Paired with Rory's background in operations, the centre strikes a rare balance: evidence-based care delivered with clinical excellence.

Inside, visitors find a multidisciplinary team including physiotherapists, exercise physiologists, speech therapists and massage practitioners — working together to support every aspect of Parkinson's management. From neuroactive group classes and individual therapy sessions to carer support programs and community workshops, every service is tailored with purpose. At the centre of it all is the Parkinson's Alive™ Protocol, a structured care model that ensures consistency across treatments and doubles as a practical training tool for allied health students on placement.

With Parkinson's now the fastest growing brain disease in the world, families often face long and stressful delays waiting for NDIS or My Aged Care funding. The Parkinson's Centre isn't waiting around.

To help bridge the gap, they launched the Parkinson's Support Fund™, a lifeline that provides financial support to locals stuck in the waiting zone. Fuelled by community spirit, the fund gets a major boost from the Step Out for Parkinson's® fundraiser — an annual event that's already raised more than \$130,000 and counting.

But the centre's impact extends beyond therapy rooms. Advocacy is a core pillar — whether it's supporting carers through the Partner Connect™ Program, educating the next generation of health professionals, or engaging the broader community.

A major highlight on the calendar is the Parkinson's Conference, Sunshine Coast, returning Tuesday, 14 October 2025, at Maroochy RSL. The event brings together leading voices in Parkinson's care from across Australia while raising crucial funds for the Support Fund.

At its core, The Parkinson's Centre is a movement — a dynamic, evolving response to a growing need, with a commitment not only to today's families but also to educating the health professionals of tomorrow.

**To learn more, get involved,
or donate, visit:
theparkinsonscentre.com.au
or call 07 5408 4387.**



When Times Get Tough



We all go through tough times in life, and those over-55 are no exception. Whether you have fallen on hard times financially, or are experiencing difficulty finding affordable or appropriate housing, or perhaps you are suffering ill health and need assistance, there is plenty of help available on the Sunshine Coast

COMMUNITY AND NEIGHBOURHOOD CENTRES

Community and neighbourhood centres have a wealth of information, and they can connect you to the right service and supports.

CALOUNDRA COMMUNITY CENTRE

58A Queen Street
Caloundra, Qld, 4551
Phone 07 5491 4000

MAROOCHYDORE NEIGHBOURHOOD CENTRE

Cotton Tree, 2 Fifth Avenue
Maroochydore, Qld, 4558
Phone 07 5443 6696

SUNCARE COMMUNITY SERVICES

2-6 George Street
Maroochydore, Qld, 4558
Phone 1800 786 227

MOOLOOLAH VALLEY COMMUNITY CENTRE

43 Bray Road
Mooloolah Valley, Qld, 4553
Phone 07 5494 7822

MALENY COMMUNITY CENTRE

23 Maple St
Maleny, Qld 4552
Phone 07 5429 6043

MALENY NEIGHBOURHOOD CENTRE

17 Bicentenary Lane
Maleny, Qld, 4552
Phone 07 5499 9345

NOOSA SENIORS (Formerly Noosa Community Support)

11 Wallace Drive
Noosaville, Qld, 4566
Phone (07) 5329 6175

POMONA & DISTRICT COMMUNITY HOUSE

1 Memorial Avenue
Pomona, Qld, 4568
Phone (07) 5485 2427

GLASSHOUSE MOUNTAINS NEIGHBOURHOOD CENTRE

1 Ryan St
Glasshouse Mountains, Qld, 4518
Phone 07 5438 7000

MORRIS HOUSE NEIGHBOURHOOD CENTRE

478 Old Landsborough Rd
Landsborough, Qld, 4550
Phone 07 5494 1255

THE SHACK COMMUNITY CENTRE

19 Price St,
Nambour, Qld, 4560
Phone 07 5441 5928

NAMBOUR COMMUNITY CENTRE

2 Shearer St
Nambour, Qld 4560
Phone 07 5441 4724

BARINGA COMMUNITY CENTRE

20 Edwards Tce, Caloundra West
Phone 07 5353 0503

DIDDILLIBAH COMMUNITY HALL

658 Diddillibah Rd, Diddillibah
Phone 0411 429 381

HOUSING HELP**RENTCONNECT**

RentConnect is a good place to start. This is a state government service that helps Queenslanders to find, secure and sustain a home to rent in the private market.

RentConnect helps people who are able to manage a tenancy but struggle to access the private rental market due to non-financial barriers, such as:

- Limited rental history
- A lack of skills, knowledge or understanding of how the private rental market works
- A lack of documents required for private rental applications.

Phone 13 74 68

MAROOCHYDORE HOUSING SERVICE CENTRE

12 First Avenue,
Maroochydore, Qld, 4558
Phone 07 5352 7333

CRISIS PALLIATIVE CARE**MINGARY CARE**

Provides urgent Home Care for people who are dying on the Sunshine Coast.

Phone 07 54790881

www.mingarycare.org.au

LEGAL SUPPORT**RELATIONSHIPS AUSTRALIA QUEENSLAND (RAQ)**

RAQ provides Elder Abuse Prevention and Support Service and Senior Financial Protection Service.

The Elder Abuse Prevention and Support Service is a case managed service for people 60+ (or 50+ for Aboriginal or Torres Strait Islander people) who are at risk or are experiencing elder abuse. They provide individualised support and referral.

Services include:

- Face-to-face support with a dedicated case manager
- Development of safety plans
- Referral to dedicated legal practitioners to provide legal information and advice
- Referral to counselling or mediation as required
- Referral to other relevant services that may assist you to achieve the agreed goals of an individualised case plan
- Community education and information regarding elder abuse prevention strategies.

Suite 20, 27 Evans St
Maroochydore, Qld, 4558
Phone 1300 364 277
www.raq.org.au

SUNCOAST COMMUNITY LEGAL SERVICE INC.

Suncoast Community Legal Service is an independent, non-profit community organization providing general legal advice, referrals and education to the Sunshine Coast community. Their service covers the following areas:

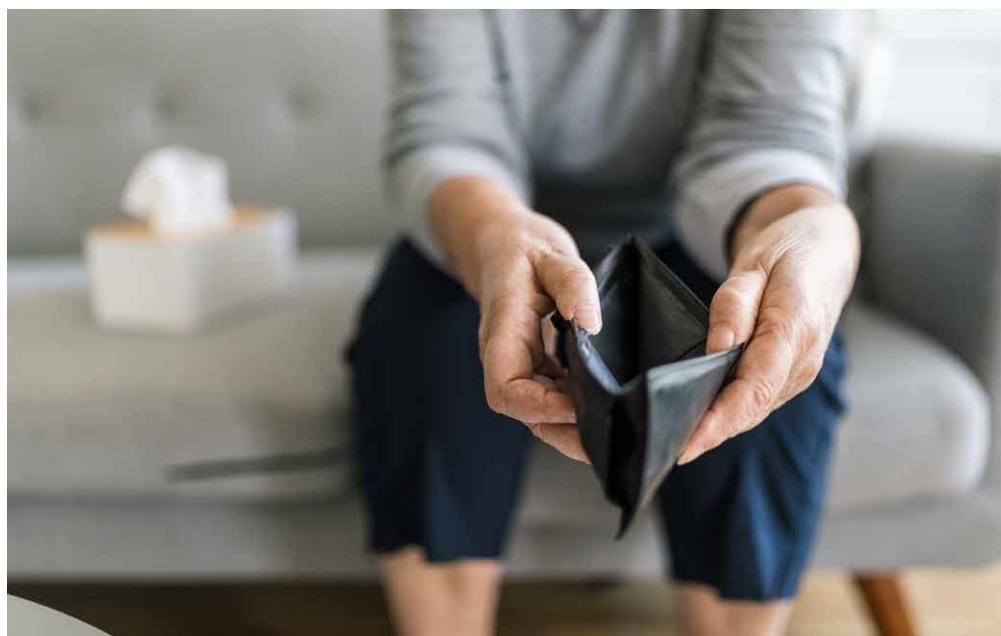
Maroochydore, Caloundra, Landsborough, Noosa, Pomona, Maleny and Nambour. Appointments must be made. No walk-ins.

Mayfield House (Cottontree)
3/29 The Esplanade
Maroochydore QLD 4558
Phone: (07) 5376 7800
www.suncoastcommunitylegal.org

ADA – AGED AND DISABILITY ADVOCACY

ADA Australia offers free, confidential, client-directed advocacy support to people with issues around services in residential aged care or those living at home receiving community care or aged care services. Most of their work is done over the phone making them easy to access.

Phone 1800 818 338





FOOD ASSISTANCE

SALVOS CONNECT

To access food services and support from any of the Salvation Army outlets on the Sunshine Coast.
Phone 07 3001 6288

ST VINCENT DE PAUL SUPPORT CENTRE

To access food services and support from Vinnies on the Sunshine Coast.
1800 846 643

THE EVERYDAY FOUNDATION (FORMERLY SUNCOAST CARE NAMBOUR)

Low cost food outlet for those facing financial hardship. Various services are also offered.
24 Howard Street, Nambour (next to Vinnies), Qld, 4560
Phone 07 5441 4877

THE SHACK NAMBOUR

A non-denominational Christian community centre offering free one-on-one counselling, social interaction through breakfast, lunch and common area coffee zone. Homeless support, including shower facilities.
19 Price Street,
Nambour, Qld, 4569
Phone 07 5441 5928

THE HUB FOOD OUTLET

Offers food and groceries at discount prices.
Noosa Church
202 Eumundi Noosa Road,
Noosaville, Qld, 4566
Phone 0421 788 948

SHINE COMMUNITY CARE

Provide assistance to people doing it tough on the Sunshine Coast - whether through food packs, backyard blitzes, social gatherings, Christmas hampers, or practical one-on-one help.
3 Premier Circuit,
Warana, Qld, 4575
Phone 07 5493 1243

GATEWAY FOOD CENTRE CALOUNDRA

Gateway provides an essential support to many low income families who enjoy the benefit of buying low cost groceries from their food centre. Their alfresco café provides members and visitors with a barista made coffee for just \$2 and support staff (counsellors) are always available for those who need one-on-one help or just want to have a chat and share their story.
11 Helen Street
Caloundra West, Qld, 4551
Phone 07 5458 6888

URBAN ANGELS COMMUNITY KITCHEN

4/27 Service St,
Maroochydore, Qld 4558
Phone 07 5452 7774
ifys.com.au/services/social-enterprises/

MENTAL HEALTH

LIFELINE – 13 11 14

Counselling for those in crisis or need of support.

SUICIDE CALL BACK SERVICE – 1300 659 467

Mental health counselling and suicide prevention.

MENSLINE – 1300 78 99 78

Men's mental health.

BEYOND BLUE HELPLINE – 1300 22 4636

Provides support and treatment advice for those experiencing depression.

OPEN ARMS – 1800 011 046

Mental health and wellbeing programs for veterans and their family members.

GRAB LIFE BY THE BALLS

A men's mental health charity, improving boy's and men's health and well-being, through mateship. Local Sunshine Coast groups. Social events, talks, presentations and programs. Contact on the live website: grablifebytheballs.com.au

Housing and financial pressures can cast shadows on the mental health of our elderly. Let's be the light that helps them find their way to peace and security.

FINANCIAL ASSISTANCE

SENIORS FINANCIAL PROTECTION SERVICE

The SFPS seeks to increase older Queenslanders' protection against financial abuse and respond to the needs of older persons who may be at risk of financial abuse.

The service is underpinned by an early intervention approach that seeks to reach people before their situation reaches crisis point. SFPS strives to reach older Queenslanders in the community who are in the process of making financial decisions for later life and support them to make informed decisions.

SFPS also provides support through referrals to those already impacted by financial abuse and, in some instances, offers financial case management.

Maroochydore Office
Suite 20, 27 Evans Street
Maroochydore, Qld 4558
Phone 1300 364 277
www.raq.org.au

NO INTEREST LOAN SCHEMES

The No Interest Loans Scheme provides people on low incomes access to safe, fair and affordable access to credit. The scheme offers loans of up to \$1,500 for essential goods and services. There are no interest charges or fees.

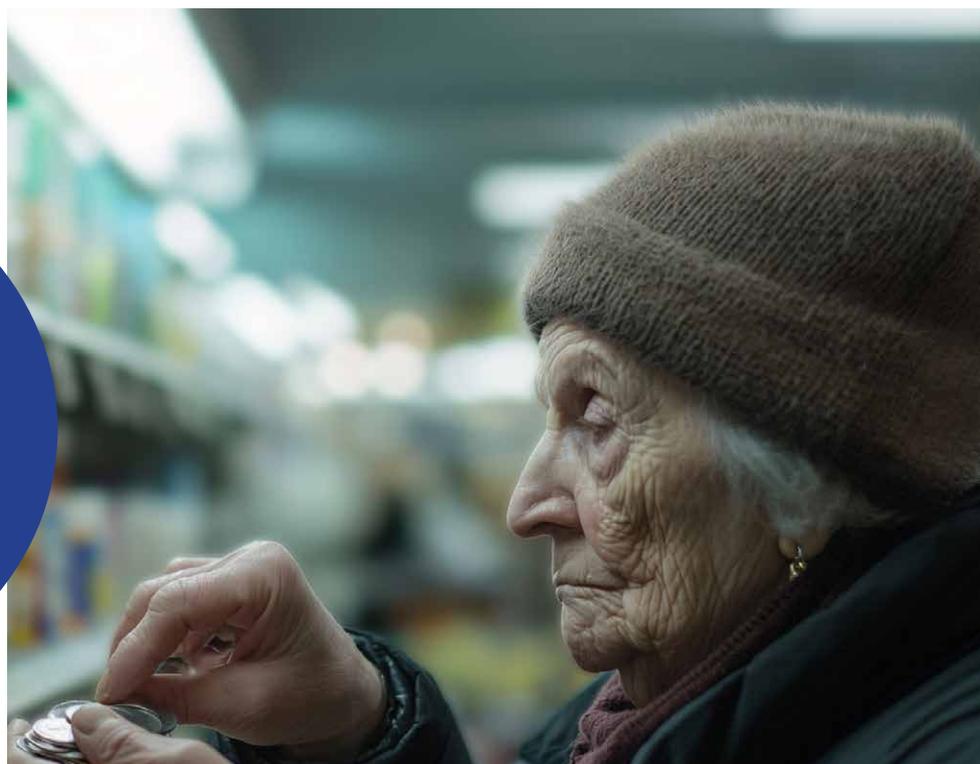
Carers Queensland
Phone 07 5409 3300

Caloundra Community Centre
Phone 5491 4000

Morris House
Neighbourhood Centre
Phone 5494 1255

Salvos Connect
Phone 07 3001 6288

St Vincent De Paul
Phone 1800 846 643





The New Era in Aged Care: Support at Home Program

The new Support at Home Program is part of the new Aged Care Act coming into effect on 1 November 2025 and will introduce a number of changes to the way home care services are accessed and funded.

Accessing aged care services

Those looking to access home care services for the first time will need to be assessed and approved for services through Support at Home then assigned funding before they can commence receiving services. If wait times are long, individuals who have been approved for services through the Support at Home Program will be assigned an interim budget of 60% of their Support at Home classification funding with the remaining 40% allocated when funding is available.

Your aged care assessment

There is now a single assessment used to access all aged care services. From your aged care assessment, you will receive an individual support plan that contains:

- Summary of your aged care needs and goals
- A classification (1- 8) with an associated ongoing budget and/or
- Approval for short-term supports (assistive technology, home modifications, restorative care pathway or end of life pathway)

Your assessment will determine which services you are approved to receive and working with your home care provider, you will develop a care plan and associated budget which will be reviewed regularly with you to ensure it continues to meet your needs and preferences.

Protection for existing clients

On 1 November 2025, everyone will move across to the Support at Home program. However anyone who was already receiving services or approved and awaiting a home care package as at 12 September 2024, is protected by a 'no-worse off clause' that means you will not have to pay more for the care and services you receive than you do now. You will also remain on your current Home Care Package level. When you are re-assessed, you will move to the new classification system.

Existing home care package recipients can also carry over unspent funds of up to \$1000 or 10% of their quarterly budget (which ever is greater).

Consumer contributions

While the government will continue to fund most of the aged care services you need, including all clinical care, under the Support at Home Program, everyone will be required to contribute towards their non-clinical care and services.

SHORT-TERM SUPPORTS

Assistive Technology and Home Modifications

From 1 November, individuals will be approved and given funding for assistive technology and home modifications separate from their ongoing funding. Funding can be used to cover the prescription, item cost, delivery and installation/fitting.

Restorative Care

Restorative care replaces short term restorative care and will be approved and funded separately from an individual’s ongoing funding. The Government will provide 5000 places per quarter with funding for 12 weeks of allied health care and services which may be extended by a further four weeks if necessary.

End of Life Care

End of life care will also be approved and funded separately through the Support at Home program. Individuals with three months or less to live will be eligible and if approved, will receive \$25,000 to fund 12 weeks of end of life care and services.

FUNDING ARRANGEMENTS FOR THE HOME SUPPORT PROGRAM

Indicative budgets per classification:

<i>Class</i>	<i>Quarterly Budget</i>	<i>Annual Amount</i>
1	\$2,750	\$11,000
2	\$4,000	\$16,000
3	\$5,500	\$22,000
4	\$7,500	\$30,000
5	\$10,000	\$40,000
6	\$12,000	\$48,000
7	\$14,500	\$58,000
8	\$19,500	\$78,000

<i>Category</i>	<i>Inclusions</i>
Clinical Care	Nursing care, care management, allied health and therapy
Independence	Personal care, social support and community engagement, therapeutic services, transport and respite
Everyday Living	Domestic assistance, home maintenance and repairs, gardening and meals

The government has committed to funding the full cost of clinical care, however individuals will be required to contribute towards the cost of their non-clinical care and services. The amount you will be required to pay will depend on the cost of the services you receive and your financial situation.

Consumer contribution per service category:

	<i>Clinical Care</i>	<i>Independence</i>	<i>Every Day Living</i>
Full Pensioner	None	5%	17.5%
Part Pensioner	None	Between 5% - 50% Transition: 0% - 25%*	17.5% Transition: 0% - 25%*
Self Funded Retirees (with Commonwealth Seniors Health Card)	None	Between 5% - 50% Transition: 0% - 25%*	Between 17.5% - 80% Transition: 0% - 25%*
Self Funded Retirees (without Commonwealth Seniors Health Card)	None	50% Transition: 0% - 25%*	80% Transition: 0% - 25%*

**Anyone who was receiving home care services using a HCP and was exempt from paying an income tested fee as at 12 September 2024, will not have to pay a contribution through Support at Home. Those who are paying an income tested fee, will transition across to Support at Home with special discounted contribution arrangements.*

Big Changes Coming to Aged Care – What Families Need to Know

Sage Care Advice, Award-Winning Aged Care Specialists

Significant changes are coming to aged care, with new rules set to begin from **1 November 2025**. While these reforms are designed to make the system more sustainable and equitable, they also introduce new layers of complexity – particularly when it comes to fees, terminology, and financial decision-making.

Katie and Bruce, the award-winning aged care specialists behind **Sage Care Advice**, have outlined the key points individuals and families should be aware of when planning for aged care under the new system.



Aged Care Adviser, Katie Spence

1. Residential Aged Care Will Cost More – Though Still Subsidised

From 1 November 2025, anyone entering residential aged care should expect to contribute more financially. However, the Government will continue to cover a substantial portion of the costs – currently around **73% on average**.

This means affordability and **cashflow planning** will become even more important when considering aged care options.

2. New Fee Names and Structures Are Being Introduced

The terminology used to describe aged care fees is also changing. The current means-tested care fee will be replaced with terms like **Hotelling Contribution** and **Non-Clinical Care Contribution**.

Although these new fees will still be based on a person's **income and assets**, the updated formulas may result in **higher contributions** than what many would pay under the current model.

3. Lifetime Caps Still Apply – But Are Increasing

A **lifetime cap** will continue to limit how much a person can be asked to pay for non-care services over their time in aged care. This cap is being raised to **\$130,000**.

Additionally, a new safeguard is being introduced: regardless of how long someone remains in care, this contribution will only be payable for a **maximum of four years**. This change aims to support fairness across different financial circumstances.

4. Retention Amounts Are Being Reintroduced

For those choosing to pay a **Refundable Accommodation Deposit (RAD)**, aged care providers will once again be able to deduct a **retention amount** – up to **2% per year**, capped at **10% over five years**.

While this slightly reduces the refundable balance, it may still provide better value than paying via **Daily Accommodation Payments (DAPs)**, depending on the individual's financial strategy.

5. Timing Matters – Some Residents Will Be Grandfathered

Not everyone will be affected by the new rules in the same way. Residents who enter aged care before **1 November 2025** will be **grandfathered** under the current system, retaining the existing fee structure.

There will also be a transitional group – individuals who were **approved for a Home Care Package prior to 12 September 2024** – who may fall under a **hybrid model** involving both old and new rules.

Understanding where a person fits within this transition period can have a significant impact on long-term financial outcomes, making **timing a crucial consideration**.

6. Professional Advice Can Help Avoid Costly Mistakes

With aged care becoming more complex, obtaining expert advice can be the difference between making confident, informed decisions – or facing unexpected costs and complications.

Advice around areas such as **the family home, Centrelink entitlements, and asset structuring** can be particularly valuable under the new rules.

Katie and Bruce, both recognised as **award-winning professionals in aged care financial advice**, and their exceptional team, provide tailored support to help families make the best choices for their unique circumstances.



Bruce Baynes, director and founder of Sage Care Advice

Planning Ahead is More Important Than Ever

For those considering aged care for themselves or a loved one, now is the time to review options – especially ahead of the upcoming changes.

To find out how the new rules could affect your family’s situation, or to get help planning a strategy that works, contact Sage Care Advice today.



PHONE 07 5322 5333

WEBSITE www.sagecareadvice.com.au





Julie Stacey, General Manager MHA

Supporting Independence, Safety and Peace of Mind Through the Reforms

For more than 25 years, Maroochy Home Assist has been a trusted name on the Sunshine Coast, helping older people and those with disabilities live safely and independently at home.

With a proud history of service and a dedicated team, we've walked alongside our community through many changes in aged care—and 2025 brings one of the biggest reforms yet.

There has been a lot of confusion about what the new Aged Care Act and Support at Home reforms mean for people receiving services. At Maroochy Home Assist, the message is simple: nothing is changing for the majority of our clients.

As both a State-funded Home Assist Secure provider and a Federally-funded Commonwealth Home Support Program (CHSP) provider, we will continue delivering the same reliable home maintenance, minor modifications, and safety support that you've always known us for. Whether it's fixing a step, installing a grab rail, or ensuring your home environment is safe, our focus remains firmly on preventing accidents, reducing risks, and supporting independence.

Moving into a new chapter – our purpose-built premises at Chevallum

We are just weeks away from moving into our brand-new, purpose-built facility at Chevallum. This exciting step means we will soon be able to host Occupational Therapists, workshops, and community sessions dedicated to all things home modifications and maintenance. By creating a hub for collaboration and education, we're ensuring our clients, carers, and health professionals can access the right advice and support under one roof.

Services that remain at the heart of what we do

- Home Assist Secure (HAS): Subsidised support for Queenslanders aged 60+ and people with a disability, assisting with small but vital jobs that keep homes safe.
- Commonwealth Home Support Program (CHSP): Home modifications—both minor and major—that make homes more accessible and enable older people to live confidently and independently.
- NDIS & Home Care Package Support: Extending our reach so even more people can access practical, affordable handyman and modification services.

Looking ahead with confidence

While the Aged Care landscape is shifting nationally, our clients can be reassured that Maroochy Home Assist remains steady, consistent, and here for you. Our role has always been to support safe, independent living at home, and that mission won't change with the reforms.



CONNECT

PHONE (07) 5476 6130
 EMAIL office@mha.org.au
 WEBSITE www.maroochyhomeassist.com.au



Whether it's fixing a step, installing a grab rail, or ensuring your home environment is safe, our focus remains firmly on preventing accidents, reducing risks, and supporting independence.





Nurse Navigator Services

Nurse navigator services on the Sunshine Coast, Queensland, provide support to patients navigating the healthcare system, particularly those with complex health needs. These services, offered by registered, highly experienced nurses, assist patients in managing appointments, understanding treatment plans, and connecting with relevant services. They act as a central point of contact and advocate for patients throughout their healthcare journey. A referral is required.

ABORIGINAL AND TORRES STRAIT ISLANDER NURSE NAVIGATION SERVICE

The Sunshine Coast has a Nurse Navigation service that specifically supports Aboriginal and Torres Strait Islander patients navigate the healthcare system. This service is a component of the broader Nurse Navigator Program and is designed to provide culturally safe and holistic support. The Nurse Navigator collaborates with various services, including NCACCH, the Aboriginal and Torres Strait Islander Preventable Hospitalisation Program, and other community-based organizations.
Phone 07 5479 9852
Email schhsnursenavigatorservice@health.qld.gov.au

COMMUNITY NURSES AUSTRALIA

Encompass Nurse Navigation Service supporting clients to navigate difficult topics and complex issues compassionately.
Phone 0423 055 016
communitynurses.com.au/nurse-navigation-services/
encompasshealthservices.com.au

SUNSHINE COAST HOSPITAL AND HEALTH SERVICE SUNSHINE COAST NURSE

Individual care plans, unbiased support, coordination and health coaching services.
Phone 0439 711 782
Email intake@scnurse.com.au
scnurse.com.au



The Friendlies

DISCOUNT PHARMACY

www.friendliesil.com

[07 4123 2733](tel:0741232733)

hello@friendliesil.com.au

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Your path to Wellness starts here

Our Services

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- Bedroom Aids
- Mobility Aids
- Beds & Hoists
- Blood Pressure machines
- Incontinence Aids
- Hire equipment
- And Much more!

Locations:

Nambour
 Maryborough
 Gympie
 Hervey Bay





Registered
NDIS Provider

When passion meets purpose



Caption: Left to right. Country to Coast Queensland, Healthy Ageing Coordinator, Rebecca Anderson, Country to Coast Queensland, Senior Advisor Healthy Ageing and End of Life Care, Margaret Adams, Council on the Ageing Queensland, Chief Executive Officer, Darren Young, Footprints Community, Senior Manager Aged Care Assessment Services, Ryan O'Leary, Age Well, Gerontologist, Tanya Dave, Sage Care Advice, Director, Bruce Baynes, Healthy Ageing Partnerships President, Cheryl Harris, The Healthy Collective Co. Health Promotion Consultant, Tarah McShea, Department of Health, Disability and Ageing, Network Lead, Trudy Johnston, Maroochy Home Assist, General Manager, Julie Stacey join forces to share information to the community at the HAP Maroochydore event.

Written by Julie Dymock,
Director, Healthy Ageing and End of Life Care
Country to Coast Primary Health Network (CCQ PHN).

Over my years working in aged care, I've learned that true fulfillment comes when passion meets purpose. As I've stepped into the role of Director of Healthy Ageing and End of Life Care within Country to Coast Primary Health Network (CCQ PHN), I am reflective of where my journey has taken me. I've come to see that true leadership in aged care means fostering a collaborative spirit and aligning personal convictions with our shared goal of advancing health and wellbeing.

Working alongside older people is more than a profession, it is a privilege. My passion for enhancing the lives of those who have previously cared for us and built this country has been the foundation of my career. It is deeply gratifying to witness older people receiving the quality of care and dignity they deserve. This drive to make a positive impact has guided CCQ PHN's actions and decisions, advocating for better services and support in the sector.

Leading a team of equally committed professionals amplifies this sense of purpose. Together, the Healthy Ageing and End of Life Care team navigates

the complexities of aged care with a shared vision: to empower older people to live their healthiest lives. As we collaborate on innovative solutions with stakeholders and consumers, I see first-hand the difference we are making together.

Our work includes:

- Supporting and attending local events
- Developing resources to help older people and health professionals navigate complex challenges
- Equipping health professionals with knowledge and skills on complex topics



Country to Coast QLD is an independent, not-for-profit organisation committed to building healthy, connected and resilient communities across the Central Queensland, Wide Bay and Sunshine Coast regions. We deliver the Australian Government's PHN Program and partner with health providers and the community to design and commission quality primary care services.

c2coast.org.au



Commonwealth Home Support Services Directory

*Staying independent at home is easier with the right support.
This directory helps older Australians and their families connect with trusted
providers offering everyday assistance, so you can keep living life your way.*



Anglicare

Personal Care, Domestic Assistance, Nursing, Social Support, Flexible Respite, Meal Preparation, Transport, Allied health & Therapy Services
Phone 1300 610 610

Ozcare

Personal Care, Domestic Assistance, Transport, Flexible Respite, Social Support, Dementia Advisory Service and Specialised Support
Phone 1800 692 273

RangeCare Flaxton

Nursing, Flexible Respite, Personal Care, Meals, Domestic Assistance, Home Maintenance, Home Modifications, Transport, Allied Health & Therapy Services, Goods, Equipment & Assistive Technology
Phone 5445 7044

RangeCare Nambour

Nursing, Personal Care, Domestic Assistance, Social Support, Home Modifications, Gardening, Meals, Transport, Flexible respite, Allied health & therapy services
Phone 5445 7044

RangeCare Maleny

Nursing, Flexible Respite, Personal Care, Domestic Assistance, Home Maintenance, Home modifications, Meals, Transport, Allied health & therapy services, Goods, equipment & assistive technology
Phone 5445 7044

Comlink

Transport, Social Support, Domestic Assistance, Personal Care, Flexible respite, Centre-based respite, Allied health & therapy services
Phone 1300 761 011

Suncare

Transport, Domestic Assistance, Flexible respite, Cottage Respite, Home maintenance, Personal Care, Social Support, Allied Health & Therapy Services
Phone 1800 786 227

Suncare Meals on Wheels Meals

Phone 1800 786 227

Glasshouse Country Care

Centre-based Respite
Phone 5494 6948

Institute for Urban Indigenous Health

Domestic Assistance, Transport, Social Support, Meal Preparation and Home Maintenance
Phone 1800 802 265

Bolton Clarke

Nursing Social Support and Domestic Assistance, Allied health & Therapy Services, Dementia Support and Home Maintenance
Phone 07 5452 8800

Kincare Now: Silverchain Group

Allied health and other therapeutic services, Domestic Assistance. Social Support, Personal Care, Transport, Nursing Care, Home Maintenance & Repairs, Food, and Respite Support.
Phone 1300 650 803

Diversicare

Personal Care, Domestic Assistance, Meal Preparation, Social Support and Flexible Respite
Phone 07 3017 2729

Southern Cross Care

Domestic Assistance, Flexible Respite, Personal Care, Nursing and Social Support
Phone 1300 306 442

Bromilow

Australian Unity
 Domestic Assistance, Respite Support, Personal Assistance, Social Support, Tailored Support, Technology Support, Social Transport, Meal Preparation and Gardening.
Phone 1300 160 170

Churches of Christ Care

Personal Care, Home Maintenance, Nursing and Social Support
Phone 5436 4130

Centacare

Domestic Assistance, Flexible Respite Support, Meals, Personal Care, Social Support, Allied Health & Therapy Services and Home Maintenance
Phone 1300 236 822

Integrated Living

Social Support: Direct Care and Web online (Virtual Wellness Service)
Phone 1300 782 896

Blue Care

Domestic Assistance, Personal Care, Social Support, Flexible Respite, Continence Advisory Services and Dementia Advisory Services
Phone 1300 258 322

Maroochy Home Assist

Home Maintenance, Allied Health & Therapy Services and Home Modifications
Phone 5476 6130

Noosa Seniors

Centre-based Day and Flexible Respite, Transport, Domestic Assistance, Personal Care, Social Support Individual and Group, Minor Home Maintenance & Modifications, Podiatry and Living Well Seniors Program.
Phone 5329 6175

Wesley Mission

Nursing and Domestic Assistance.
Phone 1800 448 448

Manngoor Dja -Aboriginal Health Services

Domestic assistance, Social support, Transport, Allied health & therapy services, Nursing, Social support
Phone 07 5346 9800

Life Without Barriers

Domestic assistance, Social support
Phone 1800 792 359

Sundale In-Home Care

Domestic assistance
Phone 5450 4444

Vision Australia

Specialised supports to people who are blind or have low vision.
Phone 1300 847 466

St Andrew's Care

Home Maintenance, Home Modifications
Phone 1300 610 610

Nambour Meals on Wheels Meals

Phone 5441 3543

Five Good Friends

Social and Community access, Domestic Assistance, Personal Care, Nursing, Light Gardening, Transport, Meals and Food Preparation, Assistance with Medication, Some Allied Health
Phone 1300 787 581

Right At Home

Domestic Assistance, Social Support, Personal Care, Transportation, Shopping, Flexible Respite Care, Nursing Care, Home and Garden Maintenance Services, Allied Health Services, Meal Preparation and Lifestyle and Wellness Care
Sunshine Coast Phone 07 5301 9340
Noosa Phone 07 5211 1549

IUIH Home Support

Aboriginal and Torres Strait Islander Elders Service.

Transport, social support, domestic assistance, personal care, minor yard maintenance, and nursing care.

Caboolture:

Moreton ATSIHCS Caboolture Specialist Clinic
Phone 07 5428 5876
 iuih.org.au

MD Homecare

House cleaning for Aged Care in Sunshine Coast
Phone 08 6386 9999

*Disclaimer: *Not an exhaustive list. Intended as a guide only.*





Home care delivered with heart

At BlueCare, we understand that everyone's needs are different — and they can change over time. That's why we offer personalised, flexible care designed to support you through life's changes.

Whether you need a little help around the house now or nursing and complex clinical care into the future, we tailor our services to suit your lifestyle, preferences and goals, so you can continue living independently in your own home.

With more than 70 years of experience supporting Queenslanders, we've built a deep understanding of what quality care truly means. With local neighbourhood care teams right across Queensland, you'll see familiar faces who genuinely understand you and your community. We take the time to get to know you, so your care feels personal, consistent and reassuring.

As your needs progress, we're here to adapt with you. With BlueCare, you're always in good hands.

BlueCare Services

BlueCare offers a wide range of in-home and community services, with a strong focus on nursing and clinical care to support your health, recovery and ongoing wellbeing and independence.



Clinical Health Care

Building on our trusted Blue Nursing legacy, we offer expert clinical care, personalised care planning and a full range of allied health services to support your health — both now and as your needs progress.

Comprehensive nursing care

Our compassionate nurses are experts in managing complex clinical needs with care and professionalism. Whether you're living with a chronic condition or recovering from a hospital stay, we tailor your care to help you regain strength and confidence at home.

Reablement and preventative health through allied health services

Prevention and early support are key to living well. That's why we offer wraparound allied health services designed to promote independence, restore function and support mental and physical wellbeing.



Staying Independent

Stay confident, connected and active — at home and in your community. Our independence services are here to support you in living life on your terms, with just the right amount of help to keep you feeling capable and in control.



Everyday living

A little support can make a big difference in your day. Our everyday living services help with household tasks so you can enjoy more comfort, ease and time for the things you love.

Ask us about the range of BlueCare home care services available to support you to remain independent in your home.



We're here to help if you have any questions and will provide professional advice to guide you every step of the way.

bluecare.org.au

| 1300 258 322



Residential Aged Care Facility Directory

**Sunshine Coast and
Surrounding Areas**



ALEXANDRA HEADLAND 4572

BOLTON CLARKE TANTULA RISE
96 Tantula Road West
• Memory Support Unit
Phone: 07 5430 1400
www.boltonclarke.com.au

BEERWAH 4519

BOLTON CLARKE GLASSHOUSE VIEWS
96 Peachester Rd.
Phone: 07 5439 2400

BIRTINYA 4575

KAWANA WATERS CARE COMMUNITY
1 Reflection Crescent
• Memory Support Unit
Phone: 07 5390 5100
www.opalhealthcare.com.au

ARCARE AGED CARE BIRTINYA
14 Waterside Retreat
Phone: 1300 272 273
www.arcare.com.au

BLI BLI 4560

BLUE CARE BLI BLI AGED CARE FACILITY
20 Lefoes Road
Phone: 1800 838 929
www.bluecare.org.au

BUDERIM 4556

BOLTON CLARKE BUDERIM VIEWS RESIDENTIAL AGED CARE
383 Mooloolaba Road
Phone: 07 5477 9100
www.mckenzieacg.com

IMMANUEL GARDENS AGED CARE
8-10 Magnetic Drive
Phone: 07 5456 7600
www.lutherservices.org.au

BOLTON CLARKE THE ORMSBY RESIDENTIAL AGED CARE
112 Burnett Street
Phone: 07 5376 3700
www.mckenzieacg.com

BURNSIDE 4560

ROD VOLLER CARE CENTRE – by SUNDALE
Rod Voller Care Centre
98 Windsor Road
Phone: 07 5453 8333
www.sundale.org.au

CALOUNDRA 4551

BLUE CARE CALOUNDRA AGED CARE
10 West Terrace
Phone: 07 5490 5198
www.bluecare.org.au

BOLTON CLARKE CENTAUR CALOUNDRA RESIDENTIAL AGED CARE
21 West Terrace
Phone: 07 5390 0000
www.boltonclarke.com.au

COOLUM BEACH 4573

ST MARY'S AGED CARE
 17 Magenta Drive
 • Memory Support Unit
 Phone: 07 5446 5096
www.stmarysagedcare.com.au

COOLUM BEACH CARE CENTRE
 – by SUNDALÉ
 4 Wembley Road
 • Memory Support Unit
 Phone: 07 5455 1111
www.sundale.org.au

COOROY 4563

NOOSACARE – KABARA
 20 Topaz Street
 Phone: 07 5447 7355
www.noosacare.com.au

CURRIMUNDI 4551
OZCARE CAROLINE CHISHOLM
AGED CARE FACILITY
 28 Saffron Drive
 • Memory Support Unit
 Phone: 1800 692 273
www.ozcare.org.au

DICKY BEACH 4551

BLUE CARE DICKY BEACH
AGED CARE FACILITY
 55 Coolum Street
 Phone: 07 5439 4900
www.bluecare.org.au

CALOUNDRA PLACE
 4 Lyon Street
 • Memory Support Unit
 Phone: 07 5390 0200
www.opalhealthcare.com.au

KULUIN 4558

REGIS KULUIN
 354 Main Road
 • Memory Support Unit
 Phone: 1300 998 100
www.regis.com.au

LITTLE MOUNTAIN 4551

CALOUNDRA ADVENTIST
RETIREMENT VILLAGE
-RESIDENTIAL CARE
 64 Sunset Drive
 • Memory Support Unit
 Phone: 07 5491 3544
www.arplus.org.au

CHURCHES OF CHRIST LITTLE
MOUNTAIN AGED CARE
 211 Parklands Boulevard
 Phone: 0427 621 820
www.cofc.com.au

SOUTHERN CROSS FACILITY
 57 Village Way
 • Memory Support Unit
 Phone: 07 5492 6866
www.sccqld.com.au

PALM LAKE CARE
 96 Village Way
 Phone: 1800 246 677
www.pallakecare.com.au

MALENY 4552

BLUE CARE MALENY
EROWAL AGED CARE FACILITY
 1274 Landsborough Road
 Phone: 07 5494 3844
www.bluecare.org.au

MAROOCHYDORE 4558

ARCARE AGED CARE
MAROOCHYDORE
 54 Dalton Drive
 • Memory Support Unit
 Phone: 1300 272 273
www.arcare.com.au

ESTIA HEALTH MAROOCHYDORE
 2-6 Amity Drive
 Phone: 1300 682 833
www.estiahealth.com.au

REGIS MAROOCHYDORE
 33 Allora Drive
 Phone: 1300 998 100
www.regis.com.au

ST VINCENT'S AGED CARE
 37 Baden. Powell Street
 Phone: 1300 719 243
www.svcs.org.au



AGED CARE

MERIDAN PLAINS 4551

IRT WOODLANDS

22 Lacebark Street

- Memory Support Unit

Phone: 134 478

www.irt.org.au

MOUNT COOLUM 4573

ESTIA HEALTH MOUNT COOLUM

15 Suncoast Beach Drive

- Memory Support Unit

Phone: 07 5343 0200

www.estiahealth.com.au

NAMBOUR 4560

BOWDER CARE CENTRE

35 Doolan St.

Phone: 07 5441 0708

ESTIA HEALTH NAMBOUR

27 Glenbrook Drive

Phone: 1300 682 833

www.estiahealth.com.au

GLENBROOK RESIDENTIAL AGED CARE FACILITY

4 Jack Street

Phone: 07 5459 7700

www.health.qld.gov.au

JAMES GRIMES CARE CENTRE - by SUNDALE

35 Doolan St.

Phone: 07 5441 0721

www.sundale.org.au

NAMBOUR GARDEN VILLAGE - by SUNDALE

35 Doolan Street

- Memory Support Unit

Phone: 07 5444 9700

www.sundale.org.au

NAMBOUR GARDENS CARE COMMUNITY

9 Princess Crescent

- Memory Support Unit

Phone: 07 5444 9700

www.opalhealthcare.com.au

NOOSA HEADS 4567

OZCARE NOOSA HEADS AGED CARE FACILITY

80 Cooyar Street

- Memory Support Unit

Phone: 1800 692 273

www.ozcare.org.au

NOOSAVILLE 4566

ARCARE AGED CARE NOOSA

52 Goodchap Street

Phone: 1300 272 273

www.arcare.com.au

PACIFIC PARADISE 4555

ESTIA HEALTH PACIFIC PARADISE

26 Menzies Drive

Phone: 1300 682 833

www.estiahealth.com.au

PALMWOODS 4564

PALMWOODS GARDEN VILLAGE CARE CENTRE

- by SUNDALE

61 Jubilee Drive

- Memory Support Unit

Phone: 07 5457 4444

www.sundale.org.au

PELICAN WATERS 4551

ROCKPOOL

17 Spitfire Banks Dr.

Phone: 1800 515 053

ST MARY'S AGED CARE

31 Verdon Street

Phone: 07 5492 4044

www.stmarysagedcare.com.au

PEREGIAN SPRINGS 4573

ARCARE AGED CARE PEREGIAN SPRINGS

33 Ridgeview Drive

- Memory Support Unit

Phone: 1300 272 273

www.arcare.com.au

SIPPY DOWNS 4556

REGIS SIPPY DOWNS

96 University Way

- Memory Support Unit

Phone: 1300 998 100

www.regis.com.au

TEWANTIN 4565

NOOSA CARE CARRAMAR

186 Cooroy-Noosa Road

- Memory Support Unit

Phone: 07 5449 8799

www.noosacare.com.au

ESTIA HEALTH NOOSA

119 Moorindil Street

Phone: 1300 682 833

www.estiahealth.com.au

TWIN WATERS 4564

ESTIA HEALTH TWIN WATERS

190 Ocean Drive

- Memory Support Unit

Phone: 1300 682 833

www.estiahealth.com.au

WARANA 4575

BLUE CARE WARANA BEACHWOOD AGED CARE FACILITY

124 Nicklin Way

Phone: 07 5490 2100

www.bluecare.org.au

TRICARE KAWANA WATERS AGED CARE RESIDENCE

90 Nicklin Way

Phone: 3360 9011

www.tricare.com.au

WOOMBYE 4559

WOOMBYE C.A.R.E.

26 Redmonds Road

- Memory Support Unit

Phone: 07 5458 3500

www.woombyecare.org.au

SUNRISE BEACH 4567

BLUE CARE SUNRISE BEACH AGED CARE FACILITY

4 Grasstree Court

Phone: 0429 402 364

www.bluecare.org.au



Sunshine Coast Home Care Directory

Approved Home Care Package Providers	Phone
All Aged Care (OzPol Services)	07 3238 6700
Advanced Care Australia	1300 875 377
Anglicare Community Services	1300 610 610
Australia Home Care	1300 303 770
Aveo Care At Home	1800 820 260
Better Living Homecare	1300 307 344
Blue Care Community Care	1300 258 322
BodeWell Community Care	1300 998 100
Bolton Clarke	07 5452 8800
Bromilow - Australian Unity	1300 160 170
Care Connect	1800 692 464
Carinity Home Care	1300 109 109
Centacare	1300 236 822
Churches of Christ Care	07 5436 4130
CLP Choice, Passion, Life	1800 275 753
Coastal Home Care	07 5293 8304
COMLINK Australia	1300 761 011
Continuity Care	1800 012 273
Deaf Connect	1800 893 855
Direct Care	0411 640 322
Diversicare	07 5491 9655
DOVIDA Sunshine Coast	07 5443 3562
Endeavor In Home Care	1300 820 610
Envigor	0436 635 654
ESP Healthcare	02 9818 8004
Feros Care Home Care	1300 090 256
Five Good Friends	1300 787 581
Focus Care	1800 362 871
Focused Health Care	1300 201 351
Glasshouse Country Care	07 5494 6948
Harmony Care Support Services	0434 721 051
Healthcare Australia	1300 422 111
Home Care Assistance	07 5491 6888
Home Care Australia	1300 769 620
Home Caring Australia	07 5479 3073
Home Made	1300 655 688
Infinity Home Care	07 5408 4394

Approved Home Care Package Providers	Phone
Institute for Urban Indigenous Health - IUIH	1800 802 265
Integrated Living - Sunshine Coast	1300 782 896
IRT	13 44 78
Just Better Care	07 5353 5111
Just Home Care	1300 992 639
KinCare (Silver Chain)	1300 650 803
Lets Get Care	1300 497 442
Living Choice	0455 400 788
Local Guardians	07 2139 7090
Lumia Care	1300 796 876
Lutheran Services	07 5456 7600
Mobility Aged Care	1300 438 227
My Care Ability	0434 960 239
Nurse Next Door	1300 600 247
One Dream	1800 841 777
Ozcare	1800 692 273
Prestige Inhome Care	07 4566 2747
RAM Care	07 3519 4662
Rangecare	07 5445 7044
Right At Home	07 5301 9340
River Healthcare	0481 176 334
Sapphire Living Services	1800 175 315
Senior Helpers	0488 015 433
Southern Cross Care	1300 306 442
Staffing OptionS	07 3254 1000
St Mary's Aged Care - Home Service	07 5492 4019
St Vincent's Care Services	1800 778 767
Suncare Community Services	1800 786 227
Sundale In Home Care	07 5450 4444
Sunny Care Home Services	07 3272 2615
Superior Home Health Services	07 3285 6859
The CareSide	1300 854 080
Trilogy Care	1300 459 190
Wesley Mission Queensland	1800 448 448
Your Home Care	1300 023 321

A New Era of Transparency in Property Sales

What You Need to Know

As at 1 August 2025, anyone selling residential property in Queensland must provide buyers a Form 2 Seller Disclosure Statement before they sign a contract.

This new law replaces the old “buyer beware” system. It’s all about transparency—making sure buyers know exactly what they’re purchasing, and giving sellers protection from disputes later on.

Form 2 sets out key information, such as but not limited to:

- Title details and encumbrances (like easements or mortgages).
- Planning or zoning restrictions.
- Notices or orders affecting the property.
- Compliance certificates (such as pool safety).

Why does this matter? If the disclosure is incomplete or incorrect, a buyer can terminate the contract—even late in the sale.

For over-55s thinking about downsizing, selling an investment, or moving into a lifestyle village, it’s important to get this right.

Talk to Claire

Want peace of mind when selling? Claire can guide you through the new Form 2 requirements and make the whole process smooth and stress-free.

📞 **Get in touch with Claire today**—she has all the information you need.



CLAIRE TAYLOR
0477 778 009 claire@whiskercoastal.au



Single contact number for all enquires. Avoid being transferred between departments or waiting on hold.



Maximising care through added budget oversight and secure purchasing support. So you stay safe from online risks.



Continuity of care ensures your home feels safe, and your care is structured around your life.



07 2112 5225
www.carecoord.au
care@carecoord.au

Support at Home Coordination



General Service Directory

Trusted Local Businesses that Support Ageing and Vibrant Living.

BOOKS TO READ

Winning the Second Half by Susan Pearce
3 Practical Tips for Winning the Second Half of Your Life:
Develop a positive aging mindset
Invest proactively in your wellbeing
Redefine success on your terms

CARER SUPPORT

CARER GATEWAY / WELLWAYS
A national platform to help carers looking after someone with disability, mental illness, dementia, a long-term health condition, an illness that will cause their death, or an alcohol or drug problem, or someone who is frail because they are old. Carer Gateway provides practical information and advice, helps you to get the services and support you need, provides free counselling services over the phone, provides free coaching to help you in your own wellbeing as a carer, and lets you connect with other carers through a community forum.
Phone 1800 422 737

CARERS QUEENSLAND
Sunshine Coast Services provides support to carers living on the Sunshine Coast. They provide a range of services including counselling, culturally and linguistic diverse program, disability services, information and advisory services, No Interest Loan Schemes, Support/Therapy Groups. Carers Queensland also offers support to those under 65 with dementia to access support via the National Disability Insurance Scheme.
Phone 1300 747 636

WELLWAYS CARER GATEWAY
Carer Gateway is a national support service funded by the Australian Government.

It provides free services for anyone caring for a family member or friend who is living with a disability, a long-term medical condition, mental illness or someone who is frail due to age.

In Queensland, these services are delivered by Wellways.

Carer Gateway services are designed by carers for carers to enhance skills, alleviate strain, and empower them with the emotional wellbeing they need to flourish and become the best version of themselves.

To register for Carer Gateway services call **1800 422 737** or visit www.wellways.org/our-services/carergateway/ for more information.

CLEANING

ANGEL GIRLS CLEANING
Seniors Cleaning
Phone 1800 264 354

COLOMBA
Cleaners For Seniors
Phone
Relocation & Home Clearance:
Jeanne Motteram 0402 126 157
Cleaners:
Leanne Tanner 0415 827 036
www.colomba.com.au

COAST TO COAST CLEANING CO.
Specialised cleaning for older Australians to support independent living.
Phone 0487 080 343
cleanersau.com

EDUCATION AND RECRUITMENT

STEPS STAFFING SOLUTIONS
1/37 The Esplanade
Maroochydore, Qld, 4558
Phone 1300 110 444
www.stepsstaffingsolutions.com.au

STEPS GROUP AUSTRALIA
15 Evans St
Disability Employment Service
Phone 07 5409 9000
1 Bicentenary Ln, Maleny, Qld, 4552
Phone 07 5436 6090
Centenary Squ, Shop 29, 52 Currie St, Nambour, Qld, 4560
Phone 07 5453 8700
1/37 Sunshine Beach Rd, Noosa Heads, Qld, 4567
Phone 07 5455 2700
www.stepsgroup.com.au

EMPLOYMENT PLUS
The Salvation Army
Phone 136 123

KATE LANGFORD CAREER CONSULTING
Suite 7, 70-72 Bulcock Street
Caloundra, Qld, 4551
Phone 5322 4086 or 5228 0670
www.katelangford.com.au

SKILLS HUBS
2/162 South Pine Road
Brendale 4500, Qld, 4500
Phone 3520 0840 or 1800 319 762
www.skills hubs.com.au

END OF LIFE CARE

JDOULAZ

End of life care
Phone 1300 536 852
info@jdoulaz.com.au
www.jdoulaz.com.au

MINGARY CARE

Phone: 07 5479 0881
www.mingarycare.org.au

FINANCIAL

GARDEN FINANCIAL SERVICES

4 Fourth Avenue
Caloundra, Qld, 4551
Phone 5437 2744
www.gardenfs.com.au

MONEYCARE

Salvation Army Financial Counselling
Phone 1800 722 363 for appointment
Caloundra: 119 Sugar Bag Rd
Maroochydore: Cnr Maroochydore &
Broadmeadow Rd
Nambour: 4 Maud St
Noosa: 6-8 Bartlett St

RETIREINVEST

28 Oval Avenue
Caloundra, Qld, 4551
Phone 5491 6722 or 1800 065 151
www.riseqld.com.au

SAGE CARE ADVICE

Suite 8, M1 Building 1/7
Duporth Ave
Maroochydore, Qld, 4558
Phone 07 5322 5333
www.sagecareadvice.com.au

SHERRIN PARTNERS

A1 Maroochydore, 204/41 First Ave
Maroochydore Qld, 4558
Phone 5475 0800
www.sherrinpartners.com.au

COTTON TREE FINANCIAL SERVICES

Unit 1/33 Sixth Avenue
Maroochydore, Qld, 4558
Phone 07 5450 9898
www.pooleandpartners.com.au

Q SUPER

Sunshine Coast University, Hospital
Ground Floor, Main Hospital Building,
6 Doherty St,
Phone 1300 360 750
www.qsuper.qld.gov.au

VIRTUOUS ADVICE

Aged Care Planning
1 Main Creek Rd, Tanawha, Qld, 4556
Phone 07 5356 9200

SERVICES AUSTRALIA - AGED CARE SPECIALIST OFFICER

Phone 1800 227 475
-FINANCIAL INFORMATION SERVICE
Phone 132 300

HEALTH AIDS

SLEEP HIVE

30 Manufacturer Drive
Molendinar, Qld, 4214
Phone 1800 616 061
www.sleephive.com.au

SCOOTERS AND MOBILITY

4/2 Main Drive
Warana, Qld, 4575
Phone 5493 8455
www.scootersandmobility.com.au

NIAGARA THERAPY

Southlink Estate, 29 Resource St
Parkinson, Qld, 4115
Phone 1800 601 121
www.niagara.com.au

ILS AUSTRALIA

Shop 25b Home Care Centre
100 Maroochydore Rd
Maroochydore, Qld, 4558
Phone 5370 8774 or 1300 008 267
www.ilsau.com.au

ADJUSTA MATTRESS

1/86 Burnside Rd
Ormeau, Qld, 4208
Phone 1300 223 587
www.adjusta.au

LAKESIDE MOBILITY

2/1 Metier Link Way
Birtinya, Qld, 4575
Phone 07 5325 1231
www.lakesidemobility.com.au

MOBILITY CARING

Maroochydore Rd,
Kuluin, Qld, 4558
Phone 1300 108 622
www.mobilitycaring.com.au

AIDACARE

Phone 1300 133 120
www.aidacare.com.au
Currimundi: 2/790 Nicklin Way
Phone 07 5620 2250
Nambour: 45 Price St
Phone 07 5620 2220

Noosaville: 6/18 Thomas St

Phone 07 5353 6140
Warana: 1/19 Premier Circuit
Phone 07 3086 2980

AIDS TO INDEPENDENT LIVING

13/57 Owen Creek Rd,
Forest Glen, Qld
Phone 07 5445 6787
www.aidstoindependentliving.com.au

QUEENSLAND MOBILITY SOLUTIONS

3/73 Wisers Rd, Maroochydore,
Qld 4558
Phone 07 5479 5918
www.qldmobilitysolutions.com.au

MYSLEEP

1 Main Dr, Warana Queensland 4575
Phone 1300 605 700
www.mysleep.com.au

HEALTH SERVICES

FULL CIRCLE WELLNESS

DICKY BEACH
2/11 Rooke Street
Dickie Beach 4551
Phone 5491 9941

WARANA

224 Nicklin Way
Warana Qld, 4575
Phone 5456 1599
www.fullcirclewellness.com.au

HEALTHY SUNSHINE COAST

Activity Calendar
www.sunshine-coast-council.trumba.
com
FB: Healthy Sunshine Coast

AVANTI HEALTH CENTRE OVER 50 HEALTH AND WELLNESS

Ground Floor, 57 Bulcock St
Caloundra QLD 4551
Phone 5322 5071
www.avantihealthcentre.com.au

MINDHUBS

Empowers individuals with the
knowledge and tools needed to
address cognitive decline and take
charge of their brain health.
07 3105 5944
hello@mindhubs.com.au
mindhubs.com.au

SUNSHINE COAST NURSE

Phone 0439 711 782
www.scnurse.com.au

HEARING SERVICES**BLOOM HEARING**

Store Locations
Mountain Creek 07 5444 5599
Bli Bli 07 5471 7444
Coolum Beach 07 5471 7444
Currimundi 07 5444 5599
Golden Beach 07 5444 5599
Nambour 07 5471 7444
Tewantin 07 5442 4254
Cooroy 07 5442 4254
 Phone 1800 554 968
www.bloomhearing.com.au

HEARING AUSTRALIA

Store Locations
 Maroochydore
 Caloundra
 Noosaville
 Maleny
 Phone 134 432
www.hearing.com.au

HOME MAINTENANCE**MAROOCHY HOME ASSIST**

103 Enterprise St
 Kunda Park, Qld, 4556
 Phone 5476 6130
www.maroochyhomeassist.com.au

NOOSA SENIORS

11 Wallace Drive
 Noosaville, Qld 4566
 Phone 07 5329 6175
www.noosa.qld.gov.au/noosa-seniors

INSURANCE**WESTFUND**

Suite 1/8 Maroochydore Road
 Maroochydore, Qld, 4558
 Phone 1300 937 838
www.westfund.com.au

APIA

Phone 13 50 50
www.apia.com.au

AUSTRALIAN SENIORS

Phone 131343
www.seniors.com.au

HCF

Shop GD244, Ground Level Sunshine Plaza, 154 - 164 Horton Parade, Maroochydore QLD 4558
 Phone 07 5479 3748
www.hcf.com.au

NATIONAL SENIORS

Phone 1300 505 099
nationalseniorsinsurance.com.au

LEGAL**McCOLM MATSINGER LAWYERS**

Level 4/57 The Esplanade
 Maroochydore, Qld, 4558
 Phone 07 5443 1800
www.mccolmmatsingerlawyers.com.au

TURNER FREEMAN LAWYERS

Suite 2/148 Horton Parade
 Maroochydore, Qld, 4558
 Phone 07 5458 9500
www.turnerfreeman.com.au

SUNCOAST COMMUNITY LEGAL SERVICE

3/29 The Esplanade
 Maroochydore, Qld, 4558
 Phone 5376 7800
www.communitylegalqld.org.au

CAXTON COMMUNITY LEGAL CENTRE

Turbot Place, Level 23, 179 Turbot St, Brisbane, Qld, 4000
 Phone 07 3214 6333
www.caxton.org.au

WOMEN'S LEGAL SERVICE QLD

Phone admin 07 3392 0644
 Free legal advice:
 Phone 1800 957 957
www.wlsq.org.au

AGED AND DISABILITY ADVOCATES (ADA Australia's Sunshine Coast Services)

Phone 1800 818 338 or 07 3637 6000
www.adaaustralia.com.au

PACIFIC LAW

7-9 Plaza Parade,
 Maroochydore, Qld 4558
 Phone 07 5443 4744
www.pacificlaw.com.au

MEAL SUPPORT**TOP NOSH MEALS**

Shop 14/21 Peachester Rd
 Beerwah, Qld, 4519
 Phone 07 5494 0113
www.topnoshmeals.com.au

LIGHT N' EASY

Phone 1300 078 688
www.agedcaremadeeasy.com.au

MEALS ON WHEELS

Caloundra Phone 07 5491 6466
 Coolum Beach 07 5446 1000
 Maroochydore Phone 1800 786 227
 Nambour Phone 07 5441 3543
 Tewantin Noosa Phone 07 5449 7659
www.qmow.org

TENDER LOVING CUISINE

Phone 1800 801 200
www.tlcmeals.com.au

PERSONAL ALARM**SAFELIFE**

Phone 03 9588 0392
www.safelife.com.au

SUNSHINE COAST ALARMS

Tewantin
 Phone 0409 616 819

REAL ESTATE**60 PLUS LIFESTYLE AGENT**

92 Duporth Ave
 Maroochydore, Qld, 4558
 Phone 0419 762 309
 Facebook: Jodie McDonnell - 60+ Lifestyle Agent

WHISKERS COASTAL PROPERTY

UNIT 3 83 PARKYN PARADE,
 MOOLOOLABA Queensland 4557
 Phone 0477 778 009
www.whiskercoastal.au

SUPPORT AND COUNSELLING**RELATIONSHIPS AUSTRALIA**

27 Evans St
 Maroochydore, Qld, 4558
 Phone 1300 063 232
www.raq.org.au

PUBLIC TRUSTEE

3/20 Innovation Parkway
 Birtinya, Qld, 4575
 Phone 1300 360 044
www.pt.qld.gov.au

SUPPORT AND COUNSELLING

ASSOCIATION OF INDEPENDENT RETIREES
Noosa Branch
Phone 0478 479 049
www.independentretirees.com.au

CALOUNDRA FAMILY HISTORY RESEARCH
Caloundra Family History Rooms
Gate 2, Pierce Ave
Caloundra, Qld 4551
Email hello@caloundrafamilyhistory.org.au
www.caloundrafamilyhistory.org.au

AGED AND DISABILITY ADVOCATES
Phone 1800 818 338
www.adaaustralia.com.au

KINDNESS COUNTS
Provides a space where individuals seeking assistance can connect with volunteers who are eager to make a positive impact on people's lives. Whether you need a hand with everyday tasks, companionship, or expertise, our community is here to help.
Phone 07 3041 1355
hello@kindnesscounts.com.au
kindnesscounts.com.au

TRANSPORT

CARERS THAT DRIVE
Phone 0403 057 051
www.carersthatchdrive.com.au

THE CARING CONCIERGE
Phone 0493 448 236
help@caringconcierge.com.au
www.caringconcierge.com.au

M8 PRIVATE TRANSFERS
Phone 0439 999 989

DRIVING MISS DAISY
Friendly, companion driving service.
Maroochydore, Buderim & surrounds
Phone 0438 600 109
Caloundra West & surrounds
Phone 0472 747 464
Nambour & surrounds
Phone 0427 874 830
National Phone 1800 324 791

TRAVEL

CT TRAVEL
Phone 07 5391 1648
www.cttravel.com.au

SUNCITY TRAVEL
2/6 First Avenue
Caloundra, Qld, 4551
Phone 07 5302 4188
www.suncitytravel.com.au

THE FUNTASTIC SENIORS TOUR COMPANY
Phone 07 5294 0402
Email: hello@thefuntastictourcompany.com.au
www.thefuntastictourcompany.com.au

COAST TO HINTERLAND TOURS
Phone 1300 004 903
hello@coasttohinterlandtours.com.au
www.coasttohinterlandtours.com.au

NATIONAL SENIORS TRAVEL
Phone 1300 883 750
www.nationalseniorstravel.com.au

123 TRAVEL
Shop 2/56 Burnett Street,
Buderim Qld. 4556,
Phone 07 5476 9368, Email
info@123Travel.com.au
123Travel.com.au

SOUTHERN CROSS TRAVEL INSURANCE
Phone 1800196484
info@scti.com.au
www.scti.com.au

EARL AND TURNER TRAVEL ASSOCIATES
Shop 9, 1 King St,
Cottontree Qld 4558
Phone 0403622371
www.travelassociates.com/our-offices/earl-turner

Know a great business that supports our Senior Community?

We'd love to hear about it!

If you'd like to recommend a business — or add your own — simply get in touch with us at info@scseniorsfestival.com.au



Important Contact Numbers

EMERGENCY

Fire, Police, Ambulance	000
State Emergency Service Queensland	132 500
Poisons Information Centre	13 11 26
Animal Ambulance (RSPCA)	1300 264 625

SUPPORT SERVICES

13HEALTH	13 432 584
My Aged Care	1800 200 422
Carer Gateway	1800 422 737
Carers Queensland	1300 747 636
Grandparents Information Qld	1300 135 500
Aged and Disability Advocacy Qld	1800 818 338
Elder Abuse Helpline	1300 651 192
Seniors Enquiry Line	1300 135 500
Department of Health	13 43 25 84
Legal Aid	1300 651 188
Veterans Affairs	1800 838 372
RSL Queensland	13 47 75
Queensland Civil and Administrative Tribunal	1300 753 228
Aboriginal and Torres Strait Islander Crisis Supporter 13YARN	13 92 76
Aboriginal and Torres Strait Islander Disability Network of Queensland	1800 718 969
Aboriginal and Torres Strait Islander Legal Service (ATSILS)	07 5452 7633
Lifeline	13 11 14
Medicare Mental Health	1800 595 212
Multicultural Advisory Service	1300 348 377
Translating and Interpreting Service	13 14 50
National Relay Service	13 36 77

COMPLAINT RESOLUTION

Aged Care Quality and Safety Commission (ACQSC)
Free service for anyone to raise concerns about the quality of care or service being delivered to people receiving services subsidised by the Australian Government.
1800 951 822

Association of Residents of Queensland Retirement Villages (ARQRV)

This service protects the rights and interests of residents in Queensland retirement villages. They advocate for residents living in freehold, leasehold or loan/licence units.
0429 098 417

Australian Competition & Consumer Protection (ACCC)

Ensures that individuals and businesses comply with Australian competition, fair trading and consumer protection laws.
1300 302 502

Airline Customer Advocate (ACA)

Free service to facilitate the resolution of current unresolved complaints about airline services.
1800 813 129

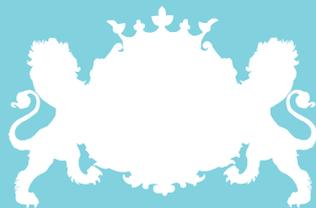
SERVICES AUSTRALIA

Medicare General Enquiries	132 011
MyGov	132 307
Older Australians	132 300
Centrelink (Services Australia)	136 240
Disabilities, Sickness and Carers	132 717

RYAN'S RULE CLINICAL REVIEW

Request this service when you feel that you or your loved one's health condition is getting worse and you feel you are not being heard. Take this step only after you have spoken to your nurse/doctor, the nurse in charge of the shift or doctor on duty. If your concerns are still not resolved then call 13Health or 13 432 584 and request the review.

13 432 584



IAGEWELL

— Empowering people and communities —

www.iagewell.com.au