



thestar



Celebrating culture,
strengthening connection

See story page 7

Inside:

A sleepout with lasting impact
Building stronger partnerships at the PNG PALM Expo
Western Downs stories shine on the big screen

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Front cover photo: SCC Support Centre team celebrating NAIDOC Week with a traditional smoking ceremony.

We acknowledge and pay respect to the Traditional Custodians of the land on which we live and work and pay our respects to Elders past and present. We acknowledge Aboriginal and Torres Strait Islander care of the land, waterways and seas, and their continual cultural connection to Country as expressed through their histories, music, languages, laws, and ceremonial songs, artwork and dancing. We commit ourselves to actively walk alongside First Nations Peoples for reconciliation and justice.

move well, age well

your path
to better
wellbeing
starts here

Wellness
Centre



Wellness Centre Holland Park
85 Seville Road, Holland Park
Tel: 1300 935 303
sccqld.com.au

Wellness Centre Chinchilla
24-30 Zeller Street, Chinchilla
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Welcome message

From Interim Chief Executive Officer Ken Freer



It is both a privilege and a pleasure to introduce myself as Interim Chief Executive Officer of Southern Cross Care.

While I officially stepped into the role at the end of June, my connection with Southern Cross Care began earlier than that. For the past 18 months, I have served on the Board's People and Operations Committee, giving me the opportunity to gain a deep appreciation for our purpose, our people and the incredible work taking place across our communities every day.

I come to this role with more than 35 years of executive leadership experience across a diverse range of industries, including pharmaceuticals, fast-moving consumer goods, sport and corporate advisory. Throughout my career, one thing has remained constant – organisations achieve their best outcomes when they put people first, listen carefully and work together with a shared sense of purpose. Those values align closely with what I have already experienced at Southern Cross Care.

Following the departure of Jason Eldering after six and a half years of dedicated leadership, I have been appointed by the Board to support the organisation during this period of transition while recruitment for a permanent Chief Executive Officer takes place. On behalf of the organisation, I would like to acknowledge Jason's significant contribution and thank him for his leadership, passion and commitment to our residents,

clients, families and staff. We wish him every success for the future.

Over the past few weeks, I have had the pleasure of visiting several of our services and meeting residents, clients and team members. I have been struck by the warmth of our communities, the dedication of our people and the genuine care shown in every interaction. It has reinforced what I already knew – Southern Cross Care is a very special organisation, and I feel genuinely blessed to be here serving alongside you.

Throughout July and August, I will be joining members of our Executive Leadership Team on a series of Listen First events, visiting all our services. I am looking forward to meeting many more residents, clients, families, volunteers and community partners, listening to your experiences and learning what matters most to you. Those conversations will help us continue building on our strengths, identifying new opportunities and ensuring we deliver the very best care, services and communities for the people we serve.

Thank you for the warm welcome I have already received. I look forward to meeting many of you in the months ahead.

Yours in service,
Ken Freer

A sleepout with lasting impact

Three of our Southern Cross Care leaders recently packed up their sleeping bags after a cold night at The Amphitheatre, Roma Street Parkland, returning to the comfort of home with a deeper appreciation for something many Australians go without: a safe place to sleep.

Taking part in the 2026 Vinnies CEO Sleepout offered a powerful and humbling insight into the challenges faced by people experiencing homelessness. While the discomfort was temporary, it served as a reminder of the reality for more than 122,000 Australians who do not have a place to call home, often relying on cars, temporary accommodation, or the streets.

The experience also reinforced the importance of collective action. The Vinnies CEO Sleepout is not just about one night outdoors, it's about raising critical funds and awareness to support Vinnies frontline services. These funds help provide emergency accommodation, warm meals, counselling and long-term support, helping people move from crisis towards stability and hope. As the housing and cost-of-living crisis continues to impact more Australians, this support is needed now more than ever.

In the lead up to the event, the broader Southern Cross Care community came together in a show of generosity and compassion. Across our homes, services and Support Centre, staff, residents and volunteers embraced the opportunity to make a difference.

Thanks to the generosity of staff, families, friends and supporters, Southern Cross Care raised over \$23,000 for the 2026 campaign. Even more remarkably, over the past six years, our organisation has collectively raised more than \$130,000 through the Vinnies CEO Sleepout, demonstrating our ongoing commitment to supporting Australians experiencing homelessness. These funds go directly to Vinnies, helping to provide practical support including food, crisis accommodation and ongoing assistance for people at risk of or experiencing homelessness.

Although the Sleepout has passed, the need continues. Together, we can help break the cycle of homelessness, bringing hope, dignity and a pathway forward for people who need it most.



Stretton Gardens Residential Care Beanie Day



Support Centre fundraising lunch



Allora team Pyjama Day fundraiser



SCC Leaders participating in the 2026 CEO Sleepout in Brisbane - Tanya Minton, Michael Hart, Michael Wild



St Mary's Residential Care Pyjama Day



Sunshine Coast Home Care Pyjama Day

Resident Story

John Wren and the lasting legacy of Broken Hill cinema

For more than four decades, the name John Wren has been synonymous with Broken Hill's cinema history. His passion for film helped keep the big-screen experience alive in one of regional Australia's most iconic movie towns.

Now a resident at Harold Williams Residential Home, John was born in Broken Hill in 1941. His love of cinema began in childhood. Growing up in a working-class family, movie tickets were a luxury he couldn't afford. Determined to earn his own way, 11-year-old John secured a newspaper-selling job with *The Barrier Miner*, using his earnings to attend the movies.

His enthusiasm soon led to a role as a tray boy at the iconic Century Theatre, where he developed a deep appreciation for the community around him.

"I realised that everybody had a purpose in their lives," John recalls. "Shearers, railway workers, office workers, farmers... everybody was important. Never discount anyone, as we all have a dream."

As Broken Hill endured strikes, mine closures, economic downturns and fires that claimed many of its 14 cinemas, the Century Theatre was rebuilt as the Silver City Cinema. By the early 1980s, however, its owners were ready to close it for good.

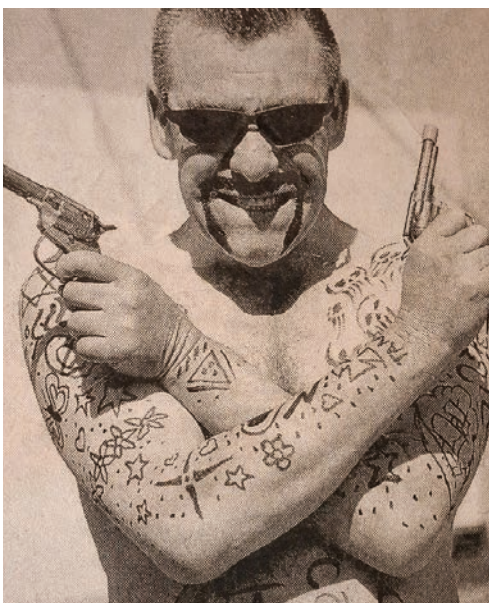
A pivotal moment came when John spotted smoke coming from the building and alerted authorities, helping save the cinema from an arson attack. Determined not to see Broken Hill lose its last cinema, he purchased the business in 1982.

"I didn't want the town to lose its cinema," he said. "People here deserved it."

Under John's ownership, the Silver City Cinema became a local institution. During the filming of *Mad Max 2*, he kept the theatre open into the early hours so the production team could screen their daily raw footage. He also became known for dressing up as characters such as Rambo and Chopper Read to entertain audiences and boost attendance.

Even a serious spinal tumour diagnosis in 1997 couldn't diminish his determination to return to the projection room.

Although the Wren family sold the cinema in 2022 following industry changes, the rise of streaming services and the pandemic, John's legacy endures. Today, the main auditorium proudly bears the name Johnny Wren Theatre, honouring the man whose dedication ensured generations of locals could continue to experience the magic of the movies.



John dressed as Chopper Read for a movie release



John and his family operated the Silver City Cinema for more than 40 years

Celebrating culture, strengthening connection

At Southern Cross Care (SCC), reconciliation is more than a commitment on paper. It is an ongoing journey shaped by listening, learning and building meaningful relationships with Aboriginal and Torres Strait Islander peoples across our communities.

To mark National NAIDOC Week this year, staff and guests gathered at our Support Centre for a special celebration recognising the enduring cultures, histories and achievements of First Nations peoples.

The event began with a traditional Smoking Ceremony led by Bundambah Yah from Tribal Experiences, followed by a Welcome to Country. Together, these powerful traditions invited attendees to reflect on the significance of Country, connection and respect. Throughout the morning, Bundambah Yah also shared traditional story telling through the sounds of the didgeridoo, creating a moving cultural experience that connected attendees to generations of First Nations knowledge and tradition.

Speaking at the event, SCC Interim CEO Ken Freer said, "Events like today are important because they give us the opportunity to pause, listen and celebrate the rich cultures, histories and contributions of Aboriginal and Torres Strait Islander peoples. They also remind us that reconciliation isn't something we achieve all at once – it's something we continue to build through relationships, understanding and respect."

Guests enjoyed a morning tea catered by First Nations business FigJam Catering and explored artwork by contemporary First Nations artist Wendy Rix. Her piece, Community, Care & Connection, continues to feature proudly across SCC sites and on our First Nations uniform shirts, reflecting our commitment to recognising and celebrating Aboriginal and Torres Strait Islander cultures every day.

The celebration also highlighted the progress of SCC's reconciliation journey. Following the successful implementation of our Reflect Reconciliation Action Plan (RAP), we have now launched our Innovate RAP, reinforcing our commitment to deeper relationships, greater opportunities and meaningful, lasting change.

This commitment can be seen across our organisation through partnerships with Indigenous-led organisations, culturally significant artworks and spaces, and initiatives that create opportunities to learn from and celebrate First Nations cultures.

As we continue this journey together, SCC remains committed to walking the path of reconciliation with compassion, respect and purpose, honouring culture, Country and connection in everything we do.



Building stronger partnerships at the PNG PALM Expo

Our Chief of People and Mission, Michael Hart, and Head of People and Culture, Adam Priest, recently travelled to Papua New Guinea (PNG) to represent Southern Cross Care at the PNG – Australia Approved Employers Expo.

Joining representatives from 23 Australian businesses, the week-long event provided a valuable opportunity to meet with government officials, provincial leaders, and local development partners to better understand the workforce and culture behind the Pacific Australia Labour Mobility (PALM) scheme.

With 60 PNG staff already part of our Southern Cross Care team, the visit reinforced the strong partnership we have built with Papua New Guinea through the PALM scheme. Southern Cross Care was invited to the Expo to share the success of our program in Australia and was recognised as a leading example of how the scheme can create positive outcomes for both employers and workers.

Through the PALM program, we have been able to address workforce shortages within the Australian aged care sector, particularly in rural and regional communities where local recruitment can be challenging. At the same time, the program provides PNG workers with the opportunity to develop new skills, earn a good wage, and support their families and communities back home, creating meaningful benefits for both countries.

A true highlight for Michael and Adam was traveling beyond the capital of Port Moresby to the regional hub Kokopo to see the worker journey firsthand. Visiting local communities brought to life the profound, far-reaching impact of the program. In fact, research shows that 70% of returning PALM workers use their savings and newfound skills to start their own small-and-medium businesses in Papua New Guinea.

"Seeing the real-world impact in the local villages was incredibly moving," Michael shared. "We saw how the hard work of our PNG staff translates into better opportunities, schooling, and safer housing for their

families and future generations back home. It brings a completely new meaning to the work we do. Our values of Service, Courage, and Compassion are rippling across the ocean into these beautiful towns."

Currently, there are more than two thousand active PNG workers in Australia. With the PNG government setting an ambitious target of 30,000 workers by 2030, and the rolling out of fully funded healthcare and aged care training pathways, the future of the program is undoubtedly bright.

The experience has further strengthened our appreciation for the contribution PNG staff make to Southern Cross Care and the value of building strong partnerships that support communities in both Australia and Papua New Guinea.





SCC Head of People & Culture, Adam Priest; Consul General of Papua New Guinea, Reatau Rau; SCC Chief of People and Mission, Michael Hart at the PNG PALM expo

60 Papua New Guinea staff are already part of our Southern Cross Care team



SCC Chief of People and Mission, Michael Hart and SCC Head of People & Culture, Adam Priest with the local people of Papua New Guinea

Joan's handmade gift of kindness leaves a lasting legacy

The St Mary's Residential Care Home community is remembering resident Joan Gilbert with gratitude and affection, celebrating a life defined by kindness, generosity and a desire to help others.

One of Joan's final acts of service was creating handmade bonnets and booties for premature babies after The Benevolent Society reached out to the St Mary's community for support. With care, patience and plenty of love stitched into every piece, she lovingly created around 18 items to help some of the community's tiniest and most vulnerable members.

The initiative supports The Benevolent Society's Premmies Play & Learn Together Playgroup, which provides resources and support for families navigating the early stages of a premature birth.

Joan had the pleasure of welcoming Child Development Specialists Jodi and Samara from The Benevolent Society to St Mary's, where she proudly shared the colourful garments she had created. It was a moment that reflected the joy she found in giving to others.

For Joan, knitting was much more than a hobby. A Life Member of the Women's Auxiliary Ipswich RSL Sub Branch, she spent many years volunteering and knitting blankets for hospitals near and far. Creating something that would bring comfort and warmth to families facing difficult circumstances was a cause that was especially close to her heart.

"Joan's love and passion for supporting others in the wider community will forever live on in the hearts of all those she touched," said St Mary's Lifestyle Team Leader, Anastasia Booth.

Joan's contribution is a beautiful reminder that kindness can be shared in many ways. Through every stitch, she shared compassion and hope with families during an important time in their lives. Her legacy will continue to warm hearts for years to come.



Tanis finds her perfect place at Noosa Waters



When Tanis Dickson first walked through the front door of her villa at Noosa Waters Retirement Estate more than 20 years ago, she knew instantly she was home.

"I looked straight through to the garden and the fountain," she recalls. "It was a lightbulb moment. I thought, 'This is it.' That spontaneous decision has proven to be one of the best of her life.

Originally from Sydney, Tanis enjoyed a rewarding career as a mothercraft nurse, specialising in supporting families with newborn twins and multiple births during the crucial first 12 weeks of life. Her work often involved round-the-clock care, helping parents establish routines and navigate the challenges of those early months.

Although she had long dreamed of retiring in Noosa – a destination she had been visiting since she was seven years old, when Hastings Street was still a dirt road – Tanis wasn't quite ready to leave her career behind. After purchasing her villa at age 60, she continued working until she was 71, using Noosa Waters as a peaceful retreat between assignments. Choosing retirement living at a relatively young age raised a few eyebrows among friends, but Tanis was confident in her decision.

"I didn't want the maintenance and responsibility of another house," she says. "I wanted security, peace of mind and a place where I could enjoy life."

Over the years, the community has delivered exactly that. From neighbours checking on each other's homes while they travel, to the friendships formed through social activities, Tanis says the sense of connection is what makes Noosa Waters special.

"The friendships I've formed would have to be my favourite thing about living here," she says. "People stop and say hello, look out for one another and genuinely care."

Now approaching her 80th birthday, Tanis remains deeply involved in village life, contributing to the social events team and supporting fellow residents wherever she can.

For anyone considering retirement living, her advice is simple – "Do it."

"You can be as independent or as involved as you want. For me, moving here was the best decision because of the security, the friendships and the wonderful lifestyle. I've never regretted it for a moment."

Western Downs stories shine on the big screen

More than 100 of our home care clients, family members, staff and community guests gathered at the Chinchilla Cinema to celebrate the premiere screening of *Through the Years* – a heartfelt two-part video series created by much-loved Western Downs country musician Josh Arnold.

The two episodes feature Southern Cross Care home care clients from communities across the Western Downs, sharing personal stories, memories, humour and reflections on life in the bush. Filmed throughout Tara, The Gums, Meandarra, Chinchilla and Jandowae, the series highlights the resilience and strong community spirit of local residents, while showcasing the importance of helping older Australians remain connected and supported in their own homes and communities.

As Josh Arnold shared, “*Through the Years* intertwines beautiful stories, history, music, yarns and a few laughs. Most importantly it tells a story of resilience through the hard times, and then ultimately the happiness and contentment people can experience in their final years by staying in their homes, thanks to services like Southern Cross Care.”

The special community event was organised by our Western Downs Home Care team in collaboration with the Western Downs Regional Council.

Guests enjoyed complimentary popcorn, donuts and lunch boxes prepared by local suppliers before watching the episodes on the big screen. Josh Arnold also entertained the crowd with live music alongside local musicians Bill Ramsey and Robin Hughes, with many guests joining in for a community singalong.

While not screened on the day, Josh also recently partnered with residents from our Illoura Village Residential Care Home and students from Chinchilla State High School to create the original song and music video, *Timeless*. The project was developed in partnership with Southern Queensland Rural Health (SQRH) and builds on the longstanding intergenerational program delivered by SQRH and Illoura Village, which brings students and residents together each week. Celebrating the genuine friendships formed between generations, *Timeless* reflects the idea that meaningful relationships and shared human experiences transcend age and time.

The project and event were funded through the Commonwealth-State Government Disaster Recovery Funding Arrangements following the 2023 Western Downs bushfires.

Watch the episodes at www.youtube.com/@Josh_Arnold



Resident Story

Grace's deep connection to the history of Tarcoola

The story of a community is often shaped by the people who quietly dedicate themselves to making it a better place. For our Tarcoola Residential Care Home in Tara, one of those special people is Grace Stewart.

Grace's journey in Tara began in 1985 when she and her husband moved from Brisbane to build a self-sufficient life on a rural property. Together, they embraced country living and the rewards that came with hard work. When her husband passed away two years later, Grace chose to remain in the close-knit community she had come to call home, where she has lived independently ever since.

Over the decades, Grace's footprint on the town has been profound. In the 1990s, she played a key role in fundraising for the development of the town's residential care home. When the doors finally opened in 1996, it was Grace who gave the home its name – Tarcoola – inspired by a small town she had once passed through during her travels. It is a name that residents, families and staff continue to cherish today.

Her passion for helping others didn't stop there. In her semi-retirement, Grace worked as a caregiver, providing support and companionship to older people throughout the district. It was a role that reflected her generous nature and genuine care for those around her.

When faced with significant vision loss due to macular degeneration in 2010, Grace's positive spirit remained untouched. She adapted beautifully, finding immense joy in a lifelong love of stories by spending her time listening to audiobooks.

Today, Grace's story has come full circle. Now a resident at Tarcoola Residential Care Home, it is our privilege to return the care and compassion she has shown others throughout her life. From helping establish the home and giving it its name to supporting older people across the community, Grace's legacy lives on at Tarcoola every day.



Resident Story

Celebrating 103 years of resilience with our bright star Winnie

A beautiful sea of yellow filled the room at Stretton Gardens Residential Care Home recently as residents and staff gathered to celebrate Winnie Gorbould's 103rd birthday.

From the sunflower decorations to the birthday cake, the bright theme matched the warmth and positive attitude that Winnie has carried with her for over a century.

Born on May 1923 in the small English village of West Lynn in Norfolk, Winnie grew up in a close-knit family of five.

As a teenager during World War II, she was called up to work in a factory making aircraft parts. Working alongside other young women, she recalls watching German bombers fly overhead.

"When you're so young, you don't sort of worry about things so much," she reflects. "It was just a part of life."

After the war, life took a beautiful turn when Winnie joined a local social club in Kings Lynn. It was there she met her husband, Eric. They shared a mutual love for dancing, a passion that brought them together for a lifetime.

The couple later moved to Christchurch, New Zealand, with their only daughter, Carol. There, Winnie spent a memorable chapter working on a production line in a gumboot factory. "It was a lot of fun," she recalls. "We used to have a laugh together."

Following Eric's retirement, they made their final big move to Australia to stay close to their growing family, which now includes three grandchildren and a great-grandchild.

Winnie has been a cherished part of our Stretton Gardens family since 2019. She stays active with daily walks in the garden, enjoys greeting everyone she passes, and never misses a visit to reception for a chat. She is also a regular at bingo and community events.

When asked what she credits for reaching such an incredible milestone, Winnie points to a simple philosophy, "Probably a good attitude and staying positive."

Winnie truly is a bright star in our community, and it was a privilege to celebrate 103 years of her warmth, resilience, and joyful spirit.



Living our mission together

In recent months, Southern Cross Care (SCC) has marked several significant moments, including Laudato Si' Week, Reconciliation Week, participation in the Vinnies CEO Sleepout, and the celebration of NAIDOC Week.

Laudato Si', a letter from Pope Francis to the world, reminds us that care for creation and care for people belong together. We are called to hear both "the cry of the earth and the cry of the poor," recognising that human dignity, justice and care for our common home are deeply connected.

Through the Vinnies CEO Sleepout, SCC has stood in solidarity with people experiencing homelessness, helping to raise awareness, advocate for change, and raise much needed funds to provide for those who are in need.

NAIDOC Week has provided us an opportunity to honour Aboriginal and Torres Strait Islander peoples, cultures, histories and continuing connection to Country. It is a celebration of strength, culture, resilience, truth-telling and community leadership.

Together, these moments call us to an integral response. Laudato Si' invites us to see that everything is connected. The Vinnies CEO Sleepout calls us to stand with those pushed to the margins. NAIDOC Week calls us to listen with humility, honour First Nations leadership, and recognise that justice includes land, culture, memory and belonging. Each one challenges us to ask: Who is being left outside? Whose voice is missing? What kind of home are we building together? We are challenged to build a community where every person has a place, every voice is respected, and the earth is treated as a gift for all, so that we can all live our best lives.

*The earth is the Lord's and all that is in it, the world,
and those who live in it." (Psalm 24:1)*

A prayer for care and compassion

Creator God,

You made the earth as our common home, full of beauty, life and promise. Open our eyes to the wounds of creation and to the suffering of people who are lonely, in need, displaced or unheard. Give us courage to respond not only with words, but with changed lives, generous hearts and communities of justice. Guide us in the spirit of Laudato Si' to praise you through the way we live: caring for creation, standing with the vulnerable, honouring First Peoples, and building a home where all may flourish.

We make this prayer through Christ our Lord, Amen.

Creating connection through volunteering

Every day, volunteers across Southern Cross Care make a meaningful difference through the gift of their time, compassion and companionship. Their generosity enriches the lives of residents and clients while helping create welcoming communities where everyone feels connected.

At our Stretton Gardens Residential Care Home, that spirit shines brightly through volunteers like Gabriella, who has dedicated almost six years to supporting residents.

"I found it lonely and boring at home after a late retirement," Gabriella said. "I have experience in the care sector in both elderly and childcare, so I asked my daughter to help me look online for a role in those fields and fate intervened when I saw that Stretton Gardens was looking for volunteers."

Gabriella now volunteers two days a week and says it is the residents and staff who keep her coming back. "I come because of the residents and the interactions I have with them and the team. We are like family," she said.

For Gabriella, volunteering has created connection and purpose. "I feel like I am spending my days making a difference and bringing joy and comfort to others," she said.

Volunteers play an important role in supporting the wellbeing of older people by reducing social isolation, providing companionship and creating meaningful moments of connection every day.

Gabriella encourages anyone considering volunteering to simply give it a go. "If you try, you will be surprised how rewarding it is and the feeling you get when you make someone's day better," she said.

We are incredibly grateful to all Southern Cross Care volunteers who generously share their time and talents in support of others. Through their kindness and commitment, they bring our values of Service, Courage and Compassion to life every day, making a lasting difference to the people and communities we serve.

If Gabriella's story has inspired you to make a difference, we'd love to hear from you. Whether you have a few hours a week or a little time each month, volunteering is a rewarding way to build meaningful connections and enrich the lives of older people, while enriching your own.

To learn more or register your interest, visit Southern Cross Care's volunteer page at www.sccqld.com.au/volunteers



Stretton Gardens Lifestyle Team Leader Kelly O'Brien with Residential Manager, Gurjot Dillon, & volunteer Gabriella



Gabriella and the generous volunteers at SCC Stretton Gardens Residential Care Home

Volunteer with us



Enrich your life and theirs through the gift of time

When you volunteer with Southern Cross Care (SCC), you'll be part of a team making a difference to the lives of older people every day.

You don't need any prior experience to volunteer with us, we welcome volunteers with all skills and from all backgrounds. If you have a willingness to support and a desire to serve others, we could be just the right fit for you.

You'll meet new people, learn new skills and be rewarded by enriching the lives of others.

To become a volunteer with SCC, register your interest on our website.

www.sccqld.com.au/volunteers



SCCQ 641

Every person matters

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An initiative of the Knights of the Southern Cross

Embracing innovation, while keeping people at the heart

Artificial Intelligence (AI) is becoming part of everyday life. You may already be using it without even realising it. If you've asked Siri a question on your phone, noticed Google now providing an AI-generated summary at the top of your search results, or used voice-to-text to send a message, you've already experienced AI in action.

Like many organisations, Southern Cross Care is exploring how this technology can help us deliver even better services for the people we support. Earlier this year, our Board endorsed the organisation's first Artificial Intelligence Strategy, providing a clear framework for how we will use AI responsibly, ethically and thoughtfully into the future.

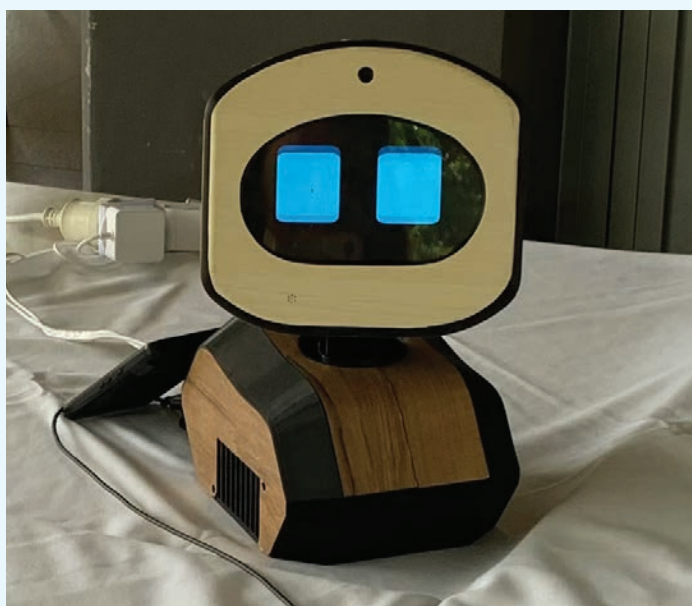
Importantly, our approach is guided by people, not technology. We've established an AI Governance Committee to oversee every initiative, ensuring privacy, security, ethical decision-making and human oversight remain at the centre of everything we do. Protecting the personal information of our residents, clients, families and staff will always be paramount.

We're also beginning to trial some exciting new technologies. One example is the MyCo Social Robot, recently piloted at Duhig Village. Designed as a friendly conversational companion, MyCo can engage residents through storytelling, games, trivia and everyday conversations.

Early feedback has highlighted moments of joy, curiosity and meaningful interaction, while helping us explore how technology may complement care and reduce feelings of loneliness.

Importantly, MyCo is not there to replace the warmth, compassion or human connection our people provide every day. Instead, it is another tool that may help create meaningful moments and enrich the lives of those we support.

As technology continues to evolve, so too will the opportunities to improve the way we work and care for others. At Southern Cross Care, our commitment remains unchanged: embracing innovation where it adds value, while ensuring people, relationships and compassionate care are always at the centre of everything we do.



Duhig Village resident Jill, selects fruit with a little help from MyCo

Get to know Marg Yates



What is your role at Southern Cross Care?

My name is Marg Yates and I'm a Support Worker for Home Care Western Downs.

What inspired you to become a chef/cook?

My love of cooking began when I was seven, growing up in Southwest QLD. I once surprised my family by baking a cake on our wood stove. It didn't quite go to plan, but it sparked a lifelong passion. Growing up in a big family, helping Mum in the kitchen taught me both cooking and caring for others.

What's your favourite dish to prepare for residents, and why?

Roast lamb with vegetables is always a favourite. It feels special to cook, and I know my clients really enjoy that classic, home-style meal.

What do you enjoy most about cooking for older people every day?

I cook with love for my clients, who I consider family. It's rewarding to give back and bring them joy through meals they can still choose and enjoy.

Have you ever had a special moment or memorable feedback from a resident that stayed with you?

Some clients tell me my cooking reminds them of their mother's or of home. There's no greater compliment than that.

What is one ingredient you can't live without?

A good-quality cooking oil. It's simple but essential.

What is your own favourite dish to cook and eat at home?

Roast lamb is still my favourite to cook and enjoy at home. For me, cooking is about much more than food, it's about preparing every meal with care, respect and gratitude for the people I share it with.



Marg's roast lamb and veggies

Ingredients:

1 leg of lamb	Plain flour
Honey	All-purpose seasoning
Rosemary and mint seasoning	Fresh green vegetables (beans, cabbage or spinach)
Salt and pepper	Fresh mint from garden
Potatoes, pumpkin and carrots	Water

Method:

1. Preheat oven to 160°C fan-forced.
2. Wash and dry the leg of lamb.
3. Glaze with honey and season with rosemary and mint seasoning, salt and pepper. Wrap firmly in foil.
4. Place in a roasting tray with a small amount of water. Cook slowly for 3½ hours.
5. Remove from the oven and allow the lamb to rest before carving.
6. Toss potatoes, pumpkin and carrots in flour and all-purpose seasoning.
7. Place in a baking tray and roast in a hot oven for approximately 50 minutes.
8. Cook fresh greens of your choice.
9. Make gravy using the juices from the lamb.
10. Prepare fresh mint sauce.
11. Carve the lamb into slices and serve with the roasted vegetables and greens.
12. Pour over the gravy and offer mint sauce.

Living our best lives across our communities

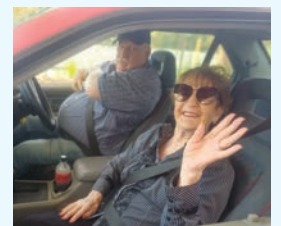
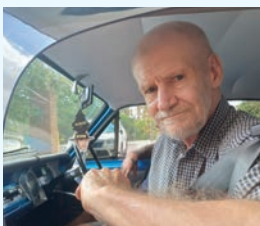
RECOGNISING THOSE WHO CARE

International Nurses Day celebrated the outstanding contribution of our nurses, with residents sharing messages of appreciation for the care and support they provide every day.



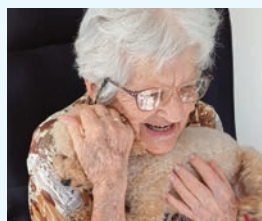
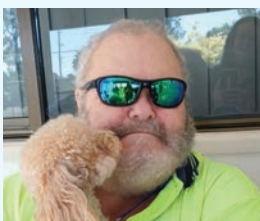
CRUISING DOWN MEMORY LANE

Castra residents enjoyed a nostalgic visit from the Goomeri Chrome Bumpers, with classic cars, great conversation and even a few memorable rides.



PUPPY LOVE AT CARINYA

Residents at Carinya in Miles were all smiles as they enjoyed cuddles, pats and special moments with their furry visitor, Leo the poodle.



It's been an eventful few months of activities and celebrations across our Southern Cross Care communities. Here's what some of our residents, clients and staff got up to.

A SCENIC WINTER OUTING

From peaceful garden walks to feeding the ducks, Allora residents enjoyed a delightful day out at Toowoomba's Japanese Gardens.



SHAKE, RATTLE AND ROLL

The 1950s came to life at Harold Williams Home in Broken Hill, where residents enjoyed live entertainment, delicious milkshakes and plenty of nostalgia.

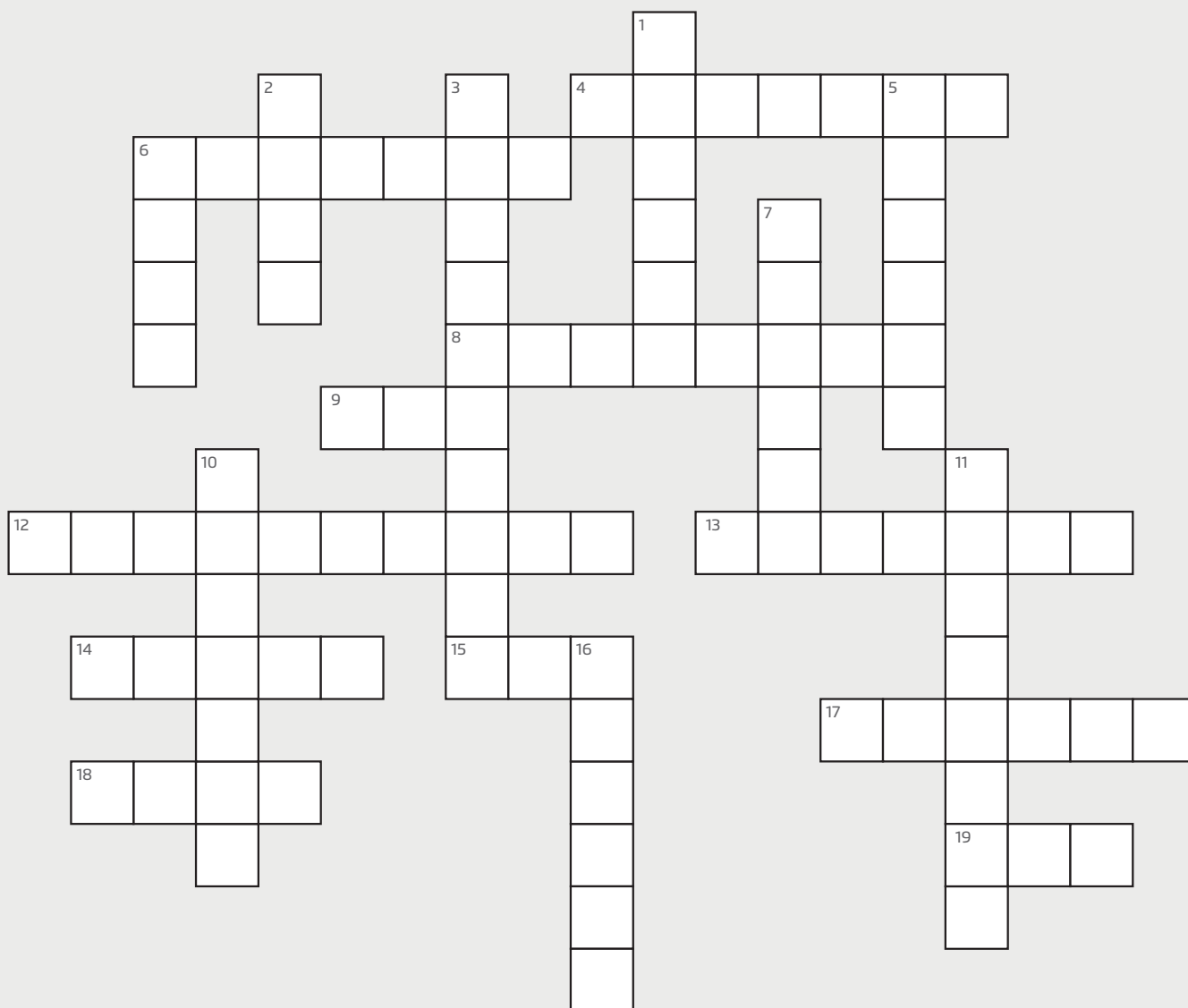


BOWLS BRINGS EVERYONE TOGETHER

Friendly competition, laughter and community spirit in Broken Hill were on full display as residents from St Anne's and Harold Williams Home, enjoyed their monthly bowls match.



Train your brain



ACROSS

4. A hanging bed used for resting outdoors.
6. A warm covering used for comfort.
8. An adjective meaning calm and peaceful.
9. A place offering treatments for relaxation and wellness.
12. The state of being free from stress or tension.
13. A quiet place for rest and relaxation.
14. Pleasant sounds often used to help people unwind.
15. A short sleep taken during the day.
17. A chair designed for comfortable lounging.
18. A practice combining movement, breathing and relaxation.
19. A warm drink often associated with relaxation.

DOWN

1. A peaceful outdoor area with plants and flowers.
2. A relaxing soak in warm water.
3. A practice of focusing the mind for calmness.
5. An object that provides soft light and a cozy atmosphere.
6. Something many people enjoy reading while relaxing.
7. To sit or lie comfortably while resting.
10. A treatment involving rubbing muscles to relieve tension.
11. A feeling of calm and peace.
16. A soft cushion used to support the head while resting.

Our services

Residential Care QUEENSLAND

**SOUTHERN CROSS CARE
ALLORA HOMESTEAD**
62-64 Forde Street Allora Q 4362
Phone 07 4666 3588 Fax 07 4666 3788

**SOUTHERN CROSS CARE
ALLORA NURSING HOME**
29 Darling Street Allora Q 4362
Phone 07 4666 3171 Fax 07 4666 3769

SOUTHERN CROSS CARE CALOUNDRA
57 Village Way Little Mountain Q 4551
Phone 07 5492 6866

SOUTHERN CROSS CARE CARINYA
6 Wallen Street Miles Q 4415
Phone 07 4628 5395

SOUTHERN CROSS CARE CASTRA
2 Cooper Street Murgon Q 4605
Phone 07 4169 8700 Fax 07 4169 8799

**SOUTHERN CROSS CARE
CONNOLLY COURT**
24 Loane Drive Edens Landing Q 4207
Phone 07 3805 1844 Fax 07 3805 1633

SOUTHERN CROSS CARE DUHIG VILLAGE
85 Seville Road Holland Park Q 4121
Phone 07 3422 3888 Fax 07 3422 3890

**SOUTHERN CROSS CARE
ILLOURA VILLAGE**
24-30 Zeller Street Chinchilla Q 4413
Phone 07 4662 7182

SOUTHERN CROSS CARE KARINYA
25 Church Street Nanango Q 4615
Phone 07 4163 2430 Fax 07 4163 1972

**SOUTHERN CROSS CARE
LEICHHARDT VILLA**
1 McCorley Court Taroom Q 4420
Phone 07 4628 6166 Fax 07 4628 6122

SOUTHERN CROSS CARE ST MARY'S
129 Wildey Street Raceview Q 4305
Phone 07 3288 9955 Fax 07 3288 9924

**SOUTHERN CROSS CARE
STRETTON GARDENS**
209 Illaweenaa Street Drewvale Q 4116
Phone 07 3373 9000 Fax 07 3373 9095

SOUTHERN CROSS CARE TARCOOLA
2 Sara Street Tara Q 4421
Phone 07 4678 7892

NEW SOUTH WALES (BROKEN HILL)

SOUTHERN CROSS CARE ARUMA LODGE
229 Beryl Street Broken Hill, NSW 2880
Phone 08 8080 1850

**SOUTHERN CROSS CARE
HAROLD WILLIAMS HOME**
267 Eyre Street, Broken Hill NSW 2880
Phone 08 8080 1850

**SOUTHERN CROSS CARE
ST ANNE'S NURSING HOME**
238 Piper Street, Broken Hill NSW 2880
Phone 08 8080 1850

VICTORIA (MILDURA)

**SOUTHERN CROSS CARE
OASIS AGED CARE**
1039 Karadoc Avenue, Irymple VIC 3498
Phone 03 5024 7474

Retirement Living QUEENSLAND

CALOUNDRA RISE RETIREMENT ESTATE
57 Village Way Little Mountain Q 4551
Phone 07 5438 0655

EDENS LANDING RETIREMENT ESTATE
24 Loane Drive Edens Landing Q 4207
Phone 0408 929 016

NOOSA WATERS RETIREMENT ESTATE
39 Lake Weyba Drive Noosaville Q 4566
Phone 07 5474 4480

PARQUE VISTA RETIREMENT ESTATE
85 Seville Road Holland Park Q 4121
Phone 07 3422 3888

STRETTON GARDENS RETIREMENT ESTATE
209 Illaweenaa Street Drewvale Q 4116
Phone 07 3272 6011

NEW SOUTH WALES (BROKEN HILL)

CON CROWLEY VILLAGE
2 Blende Street, Broken Hill NSW 2880
Phone 08 8080 1850

WAR VETS RETIREMENT LIVING
168 Thomas St, Broken Hill NSW 2880
Phone 08 8080 1850

VICTORIA (MILDURA)

THE VINES RETIREMENT VILLAGE
412-526 San Mateo Avenue,
Mildura, Vic 3500
Phone 03 5022 8346

Wellness Centres QUEENSLAND

WELLNESS CENTRE HOLLAND PARK
85 Seville Road Holland Park Q 4121
Phone 1300 935 303

WELLNESS CENTRE CHINCHILLA
24-30 Zeller Street Chinchilla Q 4413
Phone 07 4593 5288

Home Care services QUEENSLAND Central Line: 1300 306 442

BRISBANE SOUTH
24 Loane Drive Edens Landing Q 4207

GOLD COAST
Shop 13A Ashmore Plaza
146 Cotlew Street, Ashmore Q 4214

SUNSHINE COAST
57 Village Way Little Mountain Q 4551

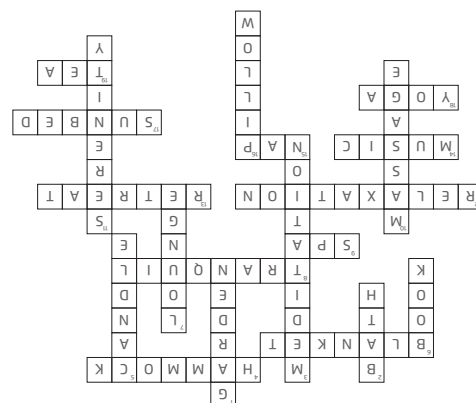
WEST MORETON
129 Wildey Street Raceview Q 4305

WESTERN DOWNS
Serving Chinchilla, Jandowae, Meandarra,
Miles and Tara

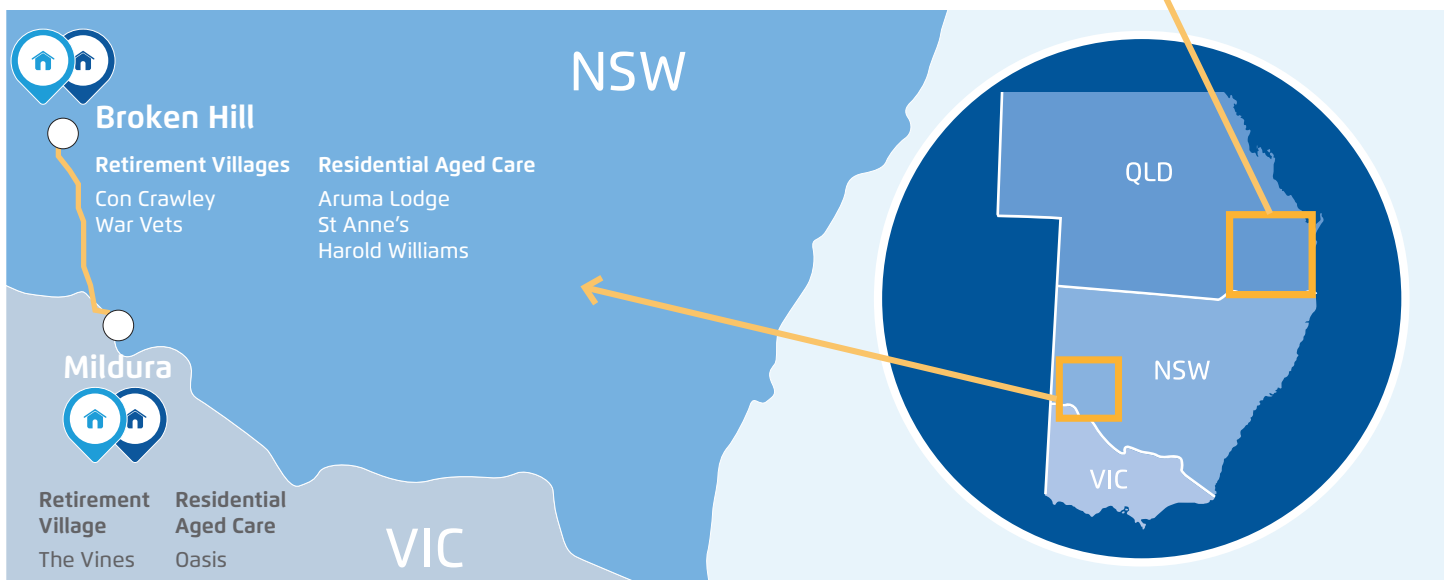
Support Centre

BRISBANE
2078 Logan Rd, Upper Mt Gravatt Q 4122
Phone 1800 899 300

Solution



Southern Cross Care Locations



- Residential Aged Care
- Retirement Villages
- Community Home Care Services
- Support Centre
- Wellness Centre



An initiative of the Knights of the Southern Cross

Find out more at sccqld.com.au
1800 899 300

