



the star



SCC leaders brave the cold to fight homelessness

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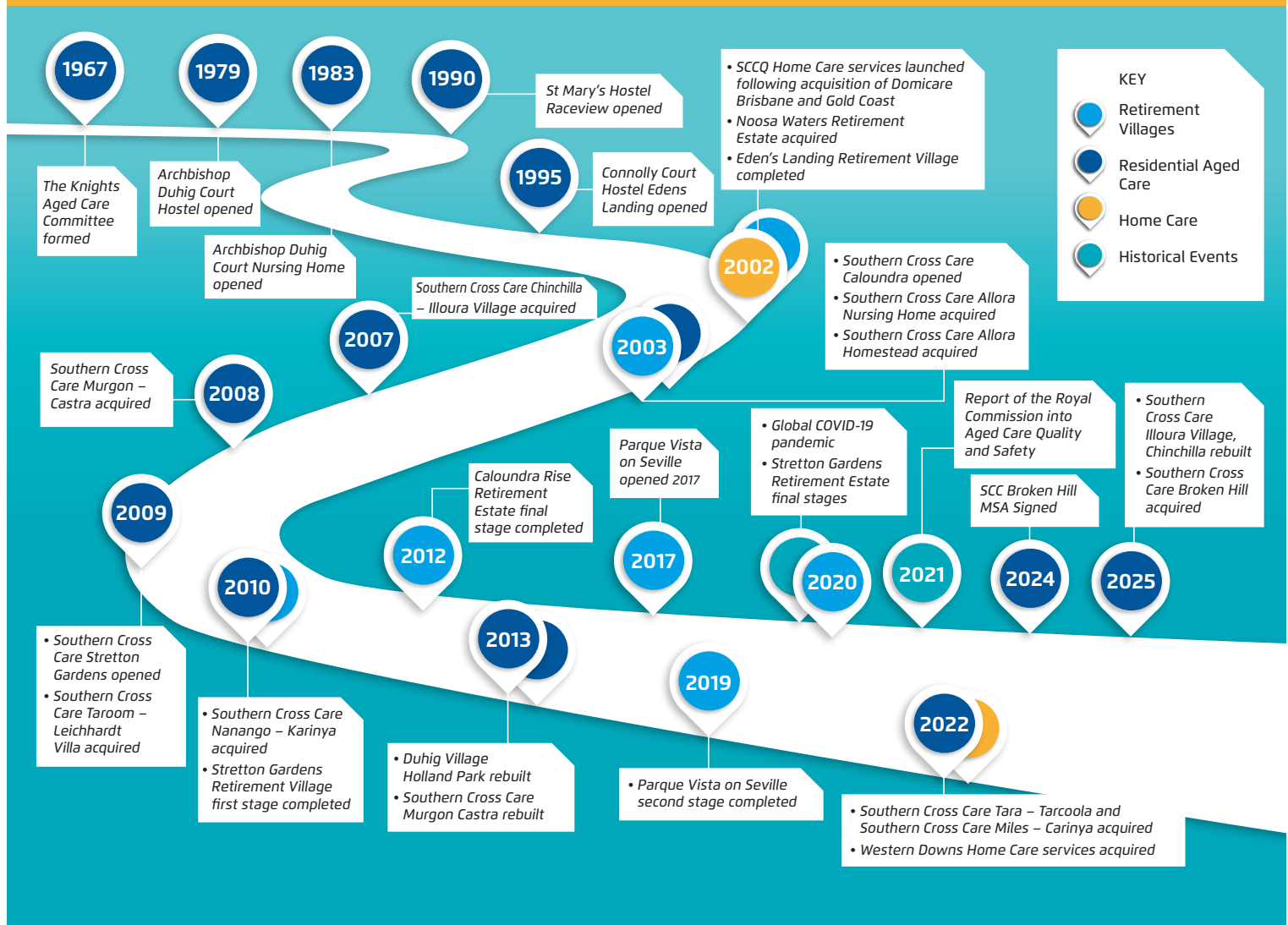
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Front cover photo: Southern Cross Care leaders brave the cold to fight homelessness

Our journey serving the community so far...



Welcome message

From Chief Executive Officer Jason Eldering



At Southern Cross Care Queensland, our mission is more than words on a wall; it lives and breathes through how we show up for one another every day. A pillar of our Known and Loved culture is *Make Today Matter*, a call to serve with purpose, compassion, and courage, recognising the impact we can have when we choose to act. In this edition of *The Star*, we highlight the many ways our people are bringing this to life.

On 13 June, we formally transferred all operations from Southern Cross Care Broken Hill to SCCQ, warmly welcoming our new teams, residents, and families into the SCCQ family. This milestone represents more than an operational transition, it reflects our enduring commitment to regional and remote communities, grounded in a spirit of justice, service, social advocacy and mutual care.

Our involvement in Broken Hill and Mildura is a clear example of our mission in action. Motivated not by opportunity but by our values, we accepted an invitation to assist because we believe every older Australian, no matter where they live, deserves access to high-quality care and the dignity of ageing in place.

Over the past 18 months, our teams have collaborated closely with local staff to address urgent compliance needs, introduce sustainable systems, and strengthen operational stability. This work is helping to secure the future of aged care services in these communities

while upholding a proud 50-year legacy established by the Knights of the Southern Cross. We are honoured to continue this vital work, ensuring older people in Broken Hill and Mildura can age safely and with dignity today and into the future. *Make Today Matter* means doing what is right even when it is difficult and standing with others in service of the greater good.

It also means showing up for those doing it tough. I was proud to support our team of senior leaders who took part in this year's Vinnies CEO Sleepout. Choosing to spend a cold night without the usual comforts was a powerful demonstration of servant leadership, raising awareness and vital funds to support people experiencing homelessness. These selfless acts remind us that even small steps, taken with heart, can create meaningful change.

We recently celebrated International Volunteer Week, a time to give thanks for the extraordinary generosity of our volunteers. Whether offering a friendly visit, lending a hand in the garden, or simply sharing a kind word, our volunteers are essential to our mission. They are the quiet heroes who, in their own ways, make today matter for so many.

Thank you to every member of our community, staff, volunteers, residents, and partners, who continue to make today matter for others. Your dedication is what transforms mission into action.

Yours in service,
Jason Eldering, CEO

Southern Cross Care leaders brave the cold to fight homelessness

On Thursday 20 June, six of our executive and senior leaders swapped the comforts of home for sleeping bags under the stars, joining hundreds of business and community leaders at the 2025 Vinnies CEO Sleepout. It was a night of sleeping outside on cold concrete and being reminded of what it's like for thousands of Australians who don't have a place to call home.

Taking part at The Gabba in Brisbane were our leaders Michael Wild, Mark Botsford, Sandra Glaister, Tanya Minton, and Aiden Ashby. Meanwhile, our Head of ICT, Scott Norton, showed true commitment by participating remotely from frosty Broken Hill.

Homelessness is a silent crisis. Each year, more than 122,000 Australians find themselves without a home. And of those, approximately 8,200 are forced to 'sleep rough' outdoors or in improvised shelters.

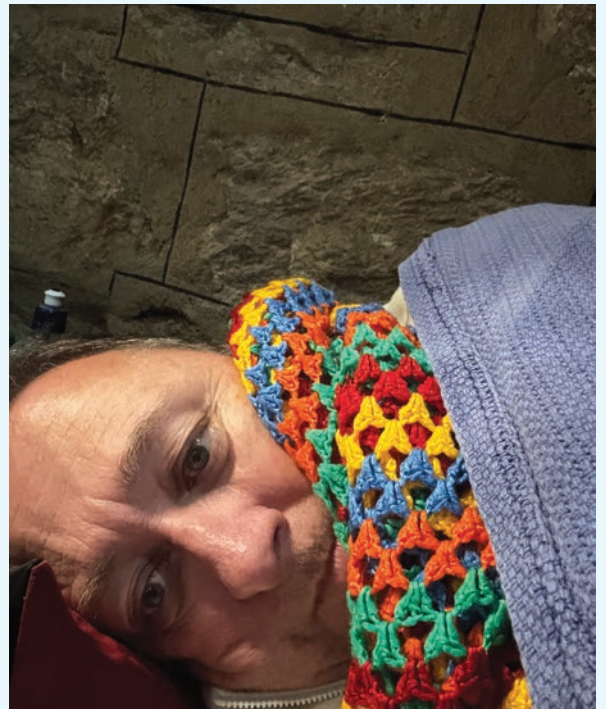
Throughout the night, the team listened to deeply moving stories from people affected by homelessness, reinforcing the urgent need for support and action.

"As leaders in aged care, we see firsthand the impact that safe, stable housing can have on a person's wellbeing," said SCC Chief Operating Officer, Michael Wild. "Sleeping out for one night is nothing compared to the reality many face daily, but it's one small way we can stand in solidarity and help drive change".

In the lead up to the event, the broader SCC community rallied behind the cause. Our sites hosted bake sales and pyjamas day fundraisers, while residents lovingly knitted colourful beanies to donate to people in need. A fundraising raffle at our Support Centre was also held, raising nearly \$3,000.

Thanks to the generosity of staff, families and friends, SCC has raised over \$18,000 in total for the cause – funds that St Vincent de Paul will use directly towards emergency accommodation, warm meals and vital services for people experiencing homelessness.

"What stands out the most at Southern Cross Care is the spirit of unity – everyone contributing anyway they can to a good cause", Michael added. This collective effort has helped bring hope and dignity to people experiencing homelessness and poverty through this year's Vinnies CEO Sleepout.



Team SCC sleep outside at Brisbane's Gabba and at SCC Broken Hill for the CEO Sleepout



SCC staff across our sites raise money for the CEO Sleepout

Thanks to the generosity of staff, families and friends,
SCC has raised over \$18,000 in total for the cause.



Celebrating 30 years of care and community at Edens Landing

This July marks a remarkable milestone for Southern Cross Care as we celebrate the 30th anniversary of Connolly Court at Edens Landing, a place that has been home to generations of residents and the dedicated staff who care for them.

Officially opened and blessed on 2 July 1995, Connolly Court was our third aged care home and the first to be co-located with a retirement village, bringing to life our vision for ageing in place.

This model allowed couples with different care needs to stay close together, and reflected a deep commitment to dignity, comfort and community.

From its earliest days, Connolly Court, Edens Landing has been more than just an aged care home.

It's a place where friendships have formed, stories have been shared, and lives have been lived with purpose and connection. Residents have enjoyed home-cooked meals, vibrant social programs, peaceful gardens and personalised care, supported by a caring team that brings warmth and professionalism every day.

To mark this special milestone, we'll be celebrating with residents and staff in late July with an anniversary event. It will be a wonderful opportunity to reflect on the past three decades, share memories, and recognise the many people who've made Connolly Court such a cherished community.

As we honour this 30-year legacy, we thank the residents, families, staff and volunteers who have shaped our Edens Landing community into the warm, welcoming place it is today.



Simtable brings fire preparedness to life at Noosa Waters

Our Noosa Waters Retirement Estate recently partnered with Noosa Council to bring cutting-edge disaster preparedness technology directly to our residents, reinforcing our shared commitment to safety and resilience.

In a Queensland-first initiative, the Noosa Council Disaster Management team introduced our community to the remarkable *Simtable*, an interactive 3D hazard mapping tool that visually demonstrates the potential impact of natural disasters such as bushfires.

This hands-on experience was delivered to 20 of our residents, including our emergency wardens, as part of a special resilience workshop held onsite.

The *Simtable* uses projected imagery over a mouldable sand surface to replicate real-world terrain.

During the session, residents observed a simulated fire scenario unfold on nearby Mount Pomona, revealing in real time how quickly fires can spread, and just how vulnerable evacuation routes in the region can be.

"This was an incredibly valuable exercise for our residents," said Deb Leask, Village Manager at Noosa Waters. "It's helped us visualise risk and refine our evacuation procedures to keep our community safe". The session was organised by Ian Williams, Disaster Resilience Officer at Noosa Council, in partnership with the Rural Fire Service and Council's Disaster Resilience team. It builds on a strong relationship between Southern Cross Care and local disaster response authorities, which proved especially critical during past emergencies such as Cyclone Alfred. At Southern Cross Care, we are proud to work alongside local partners who share our values of preparedness, collaboration, and care. This latest initiative ensures our Noosa Waters community is not only informed but empowered to respond to future emergencies with confidence.



A love story 50 years in the making

At our Illoura Village home in Chinchilla, a truly special moment brought tears to many eyes and joy to two hearts that had been longing to be together.

After eight weeks apart, Bob and Tina Freeman were finally reunited under one roof.

The devoted couple, married for 50 years, had never spent so long apart. Their emotional reunion marked not just the end of a difficult chapter, but the beginning of a new one, together again.

Originally from Brisbane and South America, Bob and Tina built a life of love and hard work in Sydney, where Bob worked as a salesman and Tina as a registered nurse. In retirement, they embraced a quieter life in Jandowae, where they joined our Southern Cross Care home care family.

When Tina's health needs changed earlier this year, she moved into respite care in our Taroom home, while arrangements were made for them to transition into permanent care. Bob waited patiently, holding onto the hope of reuniting with his beloved wife.

That hope became reality recently when both moved into our newly built Illoura Village home. Welcomed by our dedicated home care and residential aged care teams, Bob and Tina were finally back in each other's arms, smiling through tears, thankful for the love and care that brought them here.

Now, side by side once more, they are embracing village life and this next chapter with grace and gratitude. Their story is a beautiful reminder of the power of love, commitment and community.

To our staff who made this possible, thank you for your compassion and dedication.

You've given Bob and Tina the greatest gift of all - togetherness.



Mike's journey of faith and purpose

In April, our Chief of People & Mission, Mike Hart, joined a group of Australian health and aged care leaders on a pilgrimage to Rome.

Organised by Australian Catholic University, the journey formed part of the 2025 Jubilee Year, declared by the late Pope Francis with the theme *Pilgrims of Hope*, and focused on health and aged care as part of a global reflection on healing, dignity and service.

For Mike, returning to Rome after 25 years, the experience was both deeply spiritual and affirming. "Jubilee years are important in the life of the Church", he shared. "It's a time of renewal, a time of forgiveness, of celebration".

A standout moment for Mike was visiting the Sant'Egidio community, an inspiring lay Catholic movement dedicated to social justice and care for the elderly. "To see their integrated approach, where community groups work hand-in-hand with local government and universities to combat frailty, loneliness and social isolation, was eye-opening", he said.

Their model included birthday outreach calls, health assessments, and personalised wellbeing plans, all driven by compassion and human connection.

These themes deeply echo our own mission at Southern Cross Care which is about providing care and accommodation that honours each person's dignity and responds with love and respect. The Sant'Egidio model was similar to the way we strive to serve, with courage in innovation, compassion in action, and service at our core.

Mike also found renewed energy in the words of leaders like Archbishop Vincenzo Paglia, who reminded pilgrims to focus not only on the beginning and end of life, but on living fully in between, an idea that resonated strongly with our vision at Southern Cross Care to grow communities where best lives are lived.

"Whether in Rome, Singapore or here in Australia", Mike reflected, "the challenges of ageing and social isolation are shared". But so too is the opportunity and responsibility to respond with hope.



Welcoming Broken Hill to the SCCQ family

We are delighted to share that, as of 13 June 2025, Southern Cross Care Broken Hill (SCCBH) has officially joined the Southern Cross Care Queensland (SCCQ) family.

This marks the beginning of an exciting new chapter, one built on shared values, deep respect for community, and a commitment to person-centred care. It follows a period of close collaboration under a Management Services Agreement, during which we've worked side by side with the teams in Broken Hill and Mildura to strengthen operations and support continuity of care.

Now fully part of SCCQ, these services join a growing network that spans Queensland, New South Wales and Victoria, supporting more than 1,800 residents and 1,300 Home Care clients across 17 Residential Aged Care homes and 8 Retirement Villages.

Importantly, this transition honours the rich 50-year legacy of service in Broken Hill, one built by generations of dedicated staff and community members. Their experience and care remain central to what comes next.

We're now focused on integrating systems and support while maintaining what matters most: trusted relationships and familiar, compassionate care. Together, we will continue building communities where best lives are lived.

We're grateful to the residents, families, and staff in these communities for their trust, resilience, and warm welcome. With humility and shared purpose, we look forward to learning from and growing with them in the years ahead, grounded in our cultural promise that everyone should feel Known & Loved.

Together, we're building a stronger future for aged care across regional Australia.



Honouring culture, Country and connection

At Southern Cross Care, reconciliation is more than a statement, it is a commitment lived every day through genuine connection, cultural celebration and meaningful action.

This year, we proudly marked National NAIDOC Week with a special morning tea at our Support Centre. Staff gathered to honour the rich traditions and enduring wisdom of Aboriginal and Torres Strait Islander peoples, enjoying a powerful didgeridoo performance by *Bundambah Yah* and browsing the vibrant market stalls of Australian contemporary indigenous artist, Wendy Rix.

The event was a reflection of our growing connection to Country and culture, and a celebration of our collective journey toward reconciliation. We thank the National Indigenous Australians Agency (NIAA) for funding this National NAIDOC Week activity and helping us bring this important event to life, in addition to funding other special activities we have planned across our communities.

Listening to and learning from First Nations communities is central to our reconciliation work. Our Reflect Reconciliation Action Plan (RAP), implemented over the past 18 months, has laid strong foundations. We're now developing our 'Innovate' RAP, a bold next step in strengthening relationships and empowering change, which we hope to submit for approval later this year to Reconciliation Australia.

Across our services, we continue to embrace First Nations culture in meaningful ways, from commissioning Wendy Rix's striking artwork *Community, Care & Connection* which proudly hangs at all of our sites, to building relationships with Indigenous-owned businesses.

We are also creating reflective spaces in our communities, including a reconciliation pathway at our Edens Landing community, with a Yarning circle also in planning; and at Illoura Village in Chinchilla, our next stage of construction will feature Indigenous-inspired elements including a new concrete walkway etched with native animal motifs and a peaceful gathering space for reflection. Staff are also encouraged to proudly wear our new Indigenous polo shirt uniforms, a step towards making First Nations culture a visible and valued part of our everyday identity. Together, we will act with compassion and courage as we listen, learn, and walk the path of reconciliation, side by side.



National Volunteer Week celebrates community builders like Carol

Southern Cross Care was proud to celebrate National Volunteer Week in May to honour the incredible volunteers who bring warmth, joy and connection to our communities each and every day.

Across our aged care homes, celebrations were held to show our appreciation with certificates of recognition, thoughtful gifts, and plenty of heartfelt conversations. These moments were a small way to say thank you to the generous individuals who give their time, energy and compassion to support our mission.

One such volunteer is Carol Howard, who helps out at our Southern Cross Care Caloundra Residential Aged Care home. Carol's story is just one example of the dedication our volunteers bring.

She began volunteering two years ago, after regularly visiting a close friend who was a resident. "She passed

away, and I missed going to the home", Carol said. "So I decided to become a volunteer there". Since then, Carol has become a familiar and beloved face at the home, helping host morning tea socials and accompanying residents to appointments, coffee outings and peaceful walks in the garden. "It's all about getting them out of their room for a bit," she said. "I really enjoy the residents' company. That generation has been through so much, and they just get on with it. They're a resilient bunch!"

This year's National Volunteer Week theme, "Connecting Communities", couldn't be more fitting. Carol and her fellow volunteers truly embody that spirit, bringing companionship, comfort and connection to those who need it most.

To every volunteer across our services, thank you. You help make our homes and communities feel like family, and you bring our values and mission to life every day.



Celebrating our volunteers across our various communities

International Nurses Day 2025: The heart behind healing

On May 12, we joined the world in celebrating International Nurses Day and recognising the dedication, compassion and quiet strength of nurses everywhere. At Southern Cross Care, it was a moment to honour the everyday heroes who bring care, connection and comfort to our communities.

This year's theme, *"Our Nurses. Our Future. Caring for nurses strengthens economies"*, was a powerful reminder that supporting our nurses helps build stronger health systems and more resilient communities.

Nurses are the heart of compassionate care and their impact goes far beyond clinical skill. It's found in the reassuring words, the comforting presence, and the willingness to walk alongside someone in their most vulnerable moments.

"At the end of each day, it gives me inner peace knowing I helped someone", said Menuka Lohani, Registered Nurse at Caloundra. "It's incredibly fulfilling".

For Clinical Nurse Iqra Adil at Duhig Village, the heart of nursing is "giving love and care to vulnerable people".

Many of our nurses were inspired by personal stories. Nikki Turner, Regional Clinical Support Manager, followed in the footsteps of her mum, also a nurse. Jaspreet Kaur from Caloundra said, "I didn't always know I wanted to be a nurse, but I quickly realised how fulfilling it is to be part of someone's healing journey".

This year's message also highlighted the importance of nurse wellbeing. For Bincy Muppatheil Johny from Karinya Nanango, small joys like talking to family or listening to music help her recharge. "At the end of my shift, I take a deep breath and try not to carry stress home".

We asked our team what advice they'd give to future nurses. "Be compassionate and work hard," said Iqra. Jaspreet added, "It's about connecting with people – just being there can make a huge difference".

Karen Wilson, Residential Manager at Caloundra, summed it up best: "You'll learn and teach every day. Nursing is great, but nursing in aged care is the best".

To all our nurses – thank you. Your care leaves a lasting difference, every single day, and we are so grateful for everything you do.

"Our Nurses. Our Future. Caring for nurses strengthens economies."



Welcome to Andrew Moss, Residential Manager at Illoura Village

We're pleased to introduce Andrew Moss, our new Residential Manager at Illoura Village, Chinchilla. With around a decade of experience in aged care, Andrew brings practical insight, a people-first leadership style, and a strong commitment to creating a supportive home for residents, families, and staff.

Andrew's career in aged care has seen him work across a wide range of roles, giving him valuable perspective on the day-to-day experiences of staff and the importance of team support. "I got to do every role in aged care when I started, which helps me understand what it is like for each of our employees and the issues they may face", he explains.



What motivates Andrew most is the impact his work can have. He says he feels privileged to be part of such a meaningful stage in residents' lives, helping ensure they receive care, compassion, and dignity.

"At the end of the day, my actions and the things I do in a day make a difference to so many lives", he says. "It's an amazing thing to be a part of".

Originally from Townsville, Andrew and his family recently made the move to Chinchilla and are enjoying the change of pace.

"Chinchilla is a beautiful town with really good, friendly people, and call me crazy but I am enjoying the cold weather also", he adds.

Andrew is also enjoying his role at Illoura Village, which he describes as a home with deep roots in the community.

He appreciates how many local people feel a connection to the home and has already had many locals stop to introduce themselves and offer support.

Outside of work, Andrew enjoys golf, cheering on the Brisbane Broncos, and spending time with his two daughters and their energetic Border Collie, who the children insist is human. He also admits to enjoying the occasional round of karaoke.

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Staff spotlight

Celebrating Ally, a true role model in home care



Ally has embraced every aspect of her role with warmth and enthusiasm.

In just seven months, Alyshia (Ally) McKenna has become a much-loved Support Worker with our Western Downs Home Care team.

Her journey is one of perseverance, dedication, and the power of someone simply being given a chance.

Ally was referred to Southern Cross Care through a local Job Network agency in Chinchilla.

Despite facing some personal and learning challenges, her passion for helping others and eagerness to work, shone through at her interview.

Since joining our team, Ally has embraced every aspect of her role with warmth and enthusiasm. She's built strong connections with her clients and continues to grow in skill and confidence.

While she's received a little extra support along the way, her drive to learn and her genuine care for others have made her a valued part of our team.

Recently, Ally's efforts were recognised in a big way when she received the *Elissa Flanagan Aim High Scholarship Award* at the 2025 Business disABILITY Awards in Toowoomba. The award celebrates individuals who have overcome adversity and are making a real difference in their communities.

A single mum of five, Ally spoke at the event about how much it means to show her children that with hard work and belief in yourself, anything is possible. Her story moved the audience, and made all of us at Southern Cross Care incredibly proud.

Congratulations Ally, and thank you for the inspiration you bring to our team every day.

Aged care reform update



Deferred commencement of new Aged Care Act.

On 4 June 2025, the Hon Sam Rae MP, Australia's new Minister for Aged Care and Seniors, announced a delay in the commencement of the new Aged Care Act. Originally set for 1 July 2025, the rollout will now begin on 1 November 2025.

At Southern Cross Care, we wholeheartedly support the reform agenda behind the new Act. This extension recognises the scale and complexity of the changes ahead, providing aged care providers, older Australians, and their families with additional time to prepare with clarity and confidence.

The new Aged Care Act is one of the most significant transformations in decades. It places older people's rights at the heart of care delivery, introducing a comprehensive Statement of Rights and Principles to guide services.

However, reforms of this size require careful, thoughtful implementation to avoid disruption to the quality and continuity of care that Australians depend on.

We share the sector's view that these reforms should not be rushed. The delay also allows extra time to finalise and communicate vital details of the Support at Home program, ensuring a smoother transition for community-based care.

Southern Cross Care remains committed to working closely with government and partners during this period. Internally, we are focused on equipping our teams with the knowledge and tools to continue delivering safe, compassionate, and respectful care. Our ongoing training programs will help ensure everyone is ready and confident for the changes ahead.

We thank our staff, residents, clients, and families for their ongoing patience and dedication. Together, we are committed to putting the rights and wellbeing of older Australians at the centre of everything we do.

Client Story

Fine dining and friendship



By Mary Greene
Parque Vista Retirement Estate resident – Holland Park

On the evening of 20th May, 44 Parque Vista residents sat down to a gourmet-style meal in the function room. It was yet another amazing dinner catered by the exemplary Southern Cross Care Duhig Village Catering team. Chef Matt Gimpel, along with Ash and Sheila, were our on-hand team, with Trish Barry having whipped up a gourmet lemon roulade dessert for us earlier in the day.

These regular functions take place on the third Tuesday of each month, and we have now enjoyed nine meals prepared for us Parque Vista residents by this talented team. The dinners came about after many residents expressed interest in having this kind of experience. For many of us, it's a real boon to have a gourmet meal cooked for us on-site. There's no preparation on our part, we're waited on by the wonderful catering staff, and the clean-up is mostly done by Southern Cross Care elves!

A highlight of the evening is when Matt Gimpel, chef extraordinaire, gives us a rundown of the menu and explains how he prepares and cooks various dishes. It's always so interesting, we even got a rundown on the intricacies of cooking crackling for roast pork. Amazing! Also, the cost is minimal compared to similar meals out in the community.

These evenings have been made possible by a group of enthusiastic residents, led by Joan Bremner and a small team of consultant/helper residents.

They researched culinary preferences and possibilities, then set about finding out what was needed and preferred by fellow residents.

Chris Willis, Trish Barry and the catering team then came on board to help make it happen. A group of residents help set up and decorate the tables, take on bar duties and/or clear the tables at the end. It's a wonderful way to showcase the skills and talents of the catering team, and for residents to be the lucky beneficiaries.

We all enjoy a good meal, good company and good conversation, and this is an evening where we don't have to travel far, just take the lift down to the function room! Interestingly, the evenings don't involve entertainment or music. Instead, we enjoy pre-dinner drinks if desired, followed by two beautifully served courses, and the chance to sit with different residents, catch up on news, or just share a conversation on any topic.

The room was abuzz with laughter, conversation and camaraderie. There was an animated vibe all around. It was a lovely chance to connect with residents we don't often see, or to meet someone new and hear about their life journey.

The residents who participate are so grateful for the options given to us by the talented, skilled and accommodating catering team at Duhig Village. We, the residents, say thank you!

Get to know Pankaj



What is your role at SCC, and which site do you work at?

I'm Pankaj Sharma (aka Sam) and I'm a chef at Southern Cross Care, working across various residential care homes.

What inspired you to become a chef?

The way food brings people together. Growing up, I spent countless hours in the kitchen with my mother watching her transform simple ingredients into something magical. I was fascinated not only by the creativity and skill involved but also by how a good meal could create laughter, connection, and memories. Over time, I realised that cooking was my way of expressing love and culture.

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

Homemade shepherd's pie. It's warm, hearty, and comforting, something that many residents recognise and associate with family meals or childhood memories. I love seeing how it can spark conversations amongst the residents.

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

The sense of purpose it brings. Food is more than just nutrition, it's comfort, tradition, and memory. I love creating meals that remind residents of their past, dishes they may have grown up with or shared with family. Seeing their faces light up when they enjoy a meal, or hearing them say, "This tastes just like how my mum used to make it", is incredibly rewarding. It's an opportunity to bring joy and dignity to their day.

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

Yes, there's one moment I'll never forget. I had made a batch of homemade soup, nothing fancy, just a Roast Vegetable soup. One of the residents, who was usually very quiet and didn't speak much, finished her bowl and asked for seconds. Then she said, "This is the best soup I have ever had, it is cooked with perfection". It was such a small comment, but it meant everything to me. That really stayed with me.

What is one ingredient you can't live without?

Garlic. It's simple but powerful. It adds depth, aroma, and warmth to so many dishes. Whether I'm making a stew, a roast, or even just sautéing vegetables, garlic brings everything to life.

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

Aloo paratha, which is a stuffed flatbread filled with spiced mashed potatoes. I love making the dough from scratch and carefully seasoning the potato filling with cumin, coriander, and a touch of chili. Cooking the parathas on a hot griddle with a bit of ghee gives them a crispy, golden texture that's so satisfying. It's a dish full of warmth and comfort, reminding me of lazy weekend mornings with family. No matter how many dishes I try, aloo paratha is always my go-to for a hearty, delicious meal.

PANKAJ (SAM) SHARES HIS FAVOURITE RECIPE

Shepherd's Pie



Ingredients

For the meat filling:

1 tbsp olive oil
1 medium onion, finely chopped
2 cloves garlic, minced
2 medium carrots, diced
500g ground lamb
2 tbsp tomato paste
1 tsp Worcestershire sauce
1 cup beef or vegetable broth
1 cup frozen peas
Salt & pepper to taste
1 tsp fresh thyme (or ½ tsp dried)

For the mashed potato topping:

900g potatoes peeled and cut into chunks
50g butter (about 3.5 tbsp)
60ml milk or cream (1/4 cup)
Salt to taste
Optional: 50g grated cheddar for topping

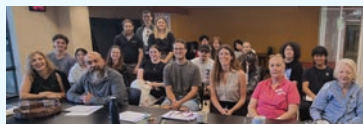
Directions

1. Boil potatoes in salted water until tender (about 15–20 minutes). Drain, then mash with butter and milk. Season with salt. Set aside.
2. To make the filling, heat olive oil in a large skillet over medium heat and sauté onions and carrots until soft (about 5 minutes). Add garlic and cook for 1 minute.
3. Add ground lamb, cooking until browned. Drain excess fat if needed.
4. Stir in tomato paste, Worcestershire sauce, thyme, salt, and pepper. Add broth and simmer for 10 minutes until slightly thickened.
5. Stir in peas and cook another 2 minutes.
6. Preheat oven to 200°C. Spread the meat mixture into a baking dish.
7. Top evenly with mashed potatoes. Use a fork to create texture on top. Sprinkle with cheese (optional).
8. Bake uncovered for 20–25 minutes, until top is golden and filling is bubbling.
9. Let it rest for 5–10 minutes before serving.

Living our best lives across our communities

A DAY OF INSIGHT AND INSPIRATION AT UQ

As part of a special partnership project, our St Mary's residents Ann, Alice, and Charles shared valuable insights with University of Queensland students, creating meaningful connections and enjoying a lovely lunch!



FARMYARD FUN AT ALLORA

Our Allora residents lit up with joy during a visit from Old Macdonald's Travelling Farms, sharing smiles, stories, and cuddles with friendly farm animals.



HOME CARE CLIENT JIM PAINTS A SPECIAL GIFT

Jim, one of our Home Care clients, enjoyed a special park outing thanks to Support Worker Zoe, painting a surprise portrait of his beloved dog Annie for his wife.



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.

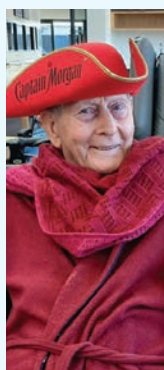
CELEBRATING 102 WONDERFUL YEARS OF WINNIE

Happy Birthday to our lovely Winnie who turned 102 recently at our Stretton Gardens home. Winnie's day was filled with love and special people, celebrating a life filled with warmth, joy and Bingo!



DRESS-UP DELIGHTS AT CHINCHILLA

Laughter and colour filled Illoura Village as residents played musical dress-up, donning wacky hats and scarves in a joyful game inspired by a staff tradition.



RIVERWALK ADVENTURE FOR RETIREMENT RESIDENTS

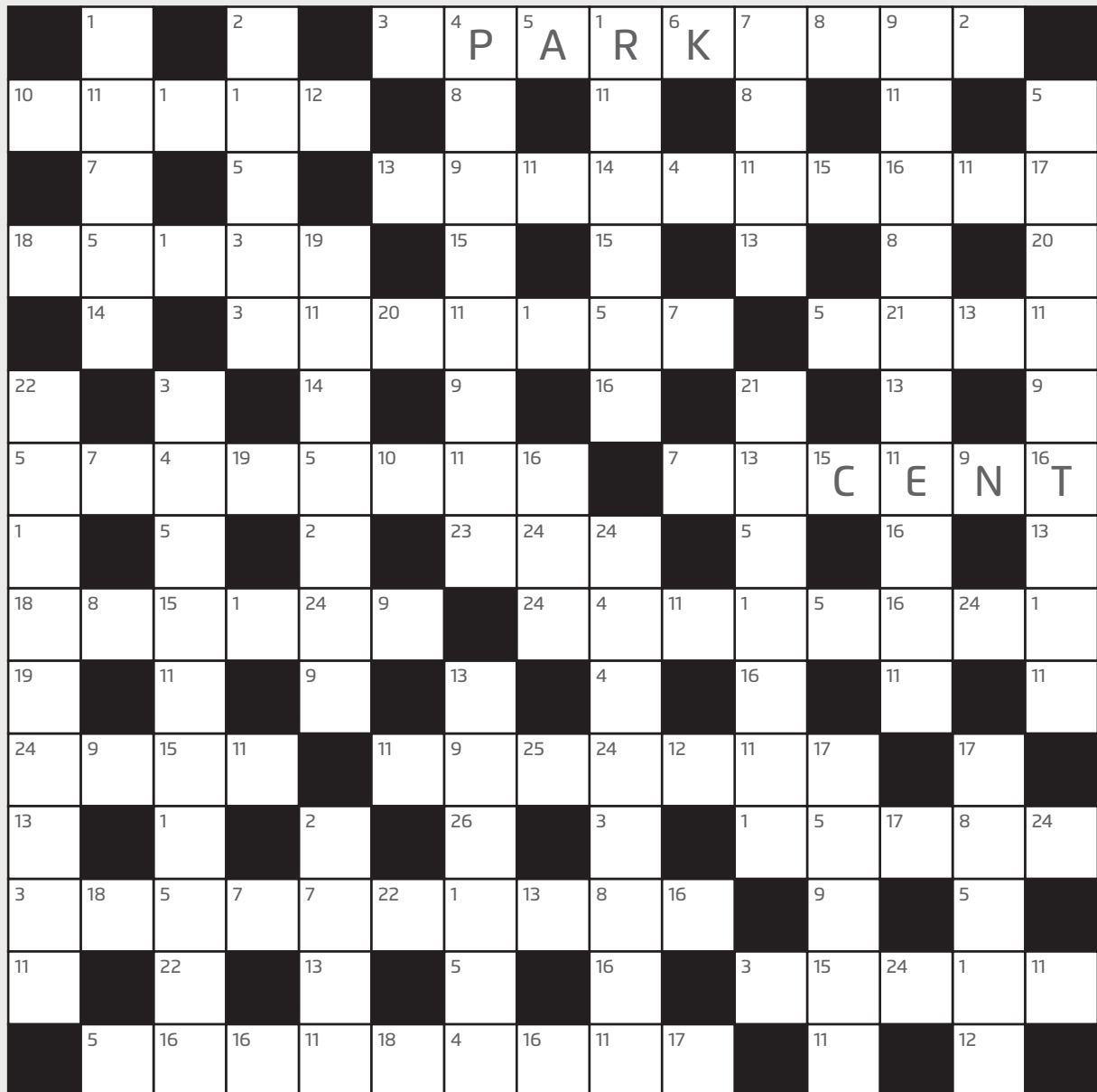
Residents from our Edens Landing, Parque Vista and Stretton Gardens Retirement Estates enjoyed sunshine, strolls, and riverside lunch on a scenic Brisbane Riverwalk outing.



Train your brain



Crack the Code



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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 Illaweena 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 Illaweena Street Drewvale Q 4116
Phone 07 3272 6011

NEW SOUTH WALES (BROKEN HILL)

CON CROWLEY VILLAGE
2 Blende Street, Broken Hill NSW 2880
Phone 03 5022 8346

WAR VETS RETIREMENT LIVING
168 Thomas St, Broken Hill NSW 2880
Phone 03 5022 8346

VICTORIA (MILDURA)

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

Home Care services

QUEENSLAND

Central Line: 1300 306 442

BRISBANE SOUTH
24 Loane Drive Edens Landing Q 4207
Phone 07 3200 5033

GOLD COAST
Shop 13A Ashmore Plaza
146 Cotlew Street, Ashmore Q 4214
Phone 07 5580 8755

SUNSHINE COAST
57 Village Way Little Mountain Q 4551
Phone 07 5346 4015

WEST MORETON
129 Wildey Street Raceview Q 4305
Phone 07 3281 8355

WESTERN DOWNS
Serving Chinchilla, Jandowae, Meandarra,
Miles and Tara
Phone 1300 306 442

Support Centre

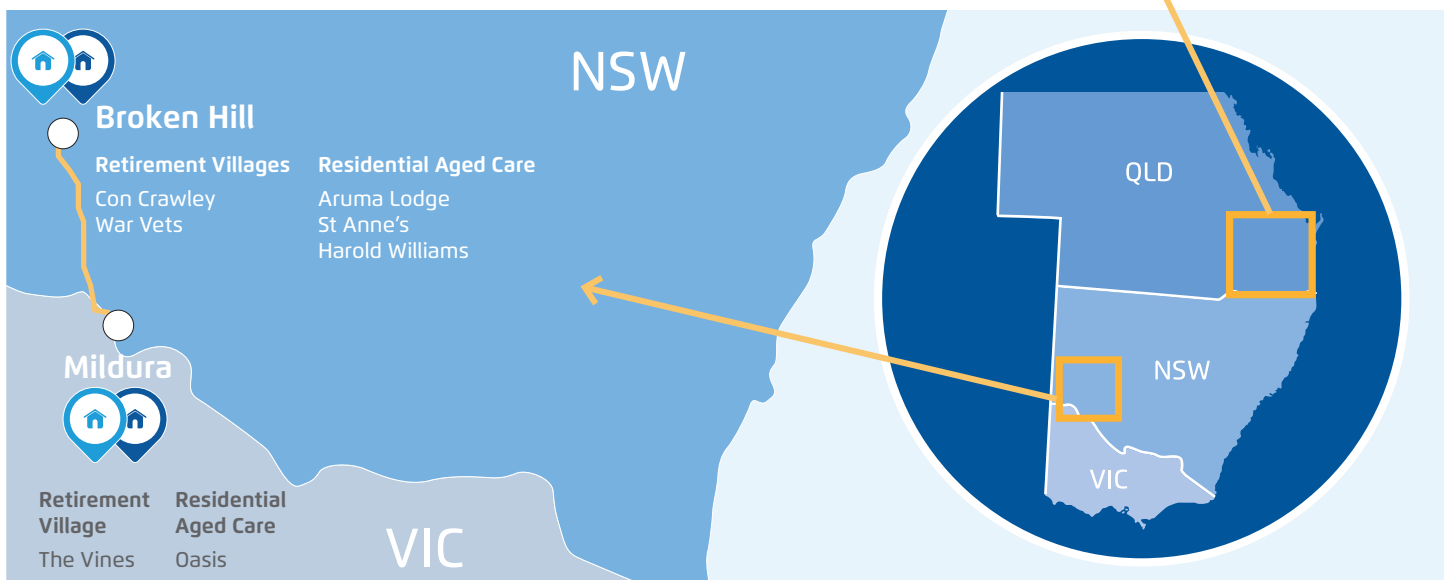
BRISBANE
2078 Logan Rd
Upper Mt Gravatt Q 4122
Phone 1800 899 300

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 their care of the land, waterways and sea and their continual cultural connection to Country as expressed through their history, music, language, songs, art and dancing. We commit ourselves to actively work alongside First Nations people for reconciliation and justice.

Solution

M=92 'J'=52 'Z'=32 'F'=22
'D'=12 'V'=20 'H'=16 'M'=18 'D'=17 'I'=91
'C'=15 'X'=14 'U'=13 'Y'=12 'E'=11 'B'=10 'N'=6
'L'=8 'R'=7 'K'=6 'A'=5 'P'=4 'S'=3 'G'=2 'R'=1

Southern Cross Care Locations



Residential Aged Care



Retirement Villages



Community Home Care Services



Support Centre



**southern
cross care**
Valuing and Respecting Human Life

An initiative of the Knights of the Southern Cross

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

