



Seniors Recreation Council of WA Inc.

HEALTHY AGEING THROUGH ACTIVITY

Annual Report

2011/2012





SENIORS RECREATION COUNCIL OF WA INC.

ANNUAL REPORT for 2011/12

SRC BOARD MEMBERS

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JOHN SLATTERY (Strategic Advisor)

JILL QUILTER (Minute Secretary)

President's Message



It is with pleasure that I am able to provide the attached report on the activities of Seniors Recreation Council for the year 2011/12.

The work of the Council has progressed well with the Tech Savvy Seniors – Exergaming Pilot project which began in Dec 2011. This program has proved challenging and exciting as it progressed through the first 6 months taking SRC into the spectrum of gaming consoles. The Councils move into the Tech Savvy future, a future to be embraced by everyone, is thought provoking and challenging. Rising to the challenge is why this program was conceived as well as presentations on the use of digital cameras and IT advice.

The Branches this year have worked to expand their programs and to introduce new ones which clearly indicates the need for Regional involvement in Seniors activities. Much of the Branch work is done by small dedicated teams under the Branch Presidents guidance.

All SRC programs Metro & State wide encourage seniors to become active both physically and mentally.

Thank you to all the Accredited Volunteers, Mentors, Sponsors and supporters, your dedication to this organisation and the WA seniors enables SRC to provide the excellent programs it has developed.

Hugh Rogers

State President

Strategic Plan

SRC is continuing to work on its strategic plan which evolves with the growth of the organisation. The Sport Management Pty Ltd project officers, Malcolm & Mavis continue to provide support and advice to SRC along with assistance with program delivery.

The Tech Savvy Seniors program is up and running and is proving to be a very popular program, a report is included in this document.

The “WA Seniors Games” program was initiated after meeting with DSR and interested clubs/groups. A sub-committee was formed but the program failed to eventuate due to lack of funding support at this time.

Currently in line with the Strategic Plan a Risk Management policy document is being compiled with the assistance of Leigh Davis. The Risk Management Manual will cover management and programs of SRC and in this climate, is essential to an organisation when applying for funding or presenting a program framework.

Add Life to Your Years Directory

A directory of Sport & Recreation Clubs/Groups for Over 50's

15000 copies of the 2010/12 edition of Add Life To Your Years have been distributed. The directory is very popular with the over 50's as a reference book. This year there has been an increased interest in ordering copies due to articles in Have a Go News and other papers. The number of contacts in the book is approximately 750, with the Regional entries increasing in number.

The format of the 2010/12 edition changed slightly with the regional section displaying the clubs/groups listings in their regions. This has proved successful with people travelling throughout the State as they are able to look up an particular area and see what is available.

The directory is currently being updated so the 2012/14 edition can be produced and distributed.

The production of the directory takes considerable time, this year office staff & volunteers phoned all the entrants in the directory to confirm contact details. Update forms for the 2012/14 edition were sent out in Feb/Mar to all clubs and groups listed in the directory and from those forms the new edition will be compiled. The new edition will be a condensed booklet with the focus on the contact details with the written information being kept to a minimum. This will reduce the size of the printed copy saving on printing costs and allow more clubs/groups to be included without increasing the size of the book.

The feedback from Seniors and Agencies using and distributing the directory has been very positive, this encourages SRC to continue to produce the directory which in turn promotes clubs and groups.

With the number of Clubs/groups requesting entry, the book is growing each year which clearly demonstrates the great need for a resource such as this.

The website details are updated monthly to help keep the contact information current, the next edition will be published in August 2012.

Various avenues for distribution include Have A Go News, Public libraries, Local Government Agencies, Heart Foundation, Diabetes Associations, Seniors Card Office, DSR offices, Doctors Surgeries and many more.

Add Life To Your Years directory together with the Seniors Card information is distributed throughout Metropolitan & Regional Western Australia with the assistance of the SRC Branches.

Sponsorship was received from Lotterywest, Dept. of Sport & Recreation, Dept. for Communities & Have a Go News for this we are extremely grateful.



iNO Mobile Phone

In 2010 SRC started promoting the iNO Big Button Mobile phone, since that first sale over 260 Seniors have been made aware of the existence of a, senior friendly, big button mobile phone. Presentations were conducted at activity days, Have a Go Day, Senior Centres, Autumn Clubs, Shopping centres and to individuals through head office. The phone with its large numbers and limited functions has captured the attention of many seniors.

SRC was instrumental in bringing the big button mobile phone to Western Australia and it is now available through various outlets including COTA WA.

Since the phone is now much more accessible, SRC has stopped selling them and now refers callers to COTA WA or to their mobile supplier.

It was an innovative idea for SRC to promote the big button phone when they were not readily accessible, but as they are now easy to purchase that need no longer exists.



Pole Walking

Since SRC launched Pole Walking in April 2006 there has been 360 presentations to an audience of over 4285 Seniors.

Presentations were held at Senior Centres, Clubs, Activity days, Multicultural Groups, Have a Go Days, Probus Clubs, Retirement villages & at the SRC Office for individuals. The areas visited are Leederville, Stirling, Mundaring, Burswood, Fremantle, Peel, Midland, Morawa, Geraldton, Rockingham, Albany, Busselton, Pinjarra, Mandurah, Northam, Coorow, Bremer Bay and many other areas..

The demonstrations consist of, a verbal presentation on the benefits of Pole Walking and a practical demonstration on the use of the poles. Then, as a group or individually the participants are given the opportunity to try pole walking themselves, if they wish to purchase their own set they are able to do so at the demonstration.

Seniors of Western Australia are taking up Pole walking in increasing numbers and since SRC introduced it at the launch in April 06, 657 seniors have taken up the exercise.

In short, Pole walking is the use of a specially designed set of walking poles to assist and further enhance everyday walking, for both fun and fitness. Pole walking has now been integrated into everyday life, a fun and functional way to exercise, practiced the world over, Pole walking is considered the Best All In One workout in the world.

Pole walking promotes health and wellbeing in all aspects of life. It exercises the mind at the same time as the body and creates a wonderful opportunity to meet people and make new friends. It is particularly helpful to dementia sufferers and those with hip and back problems. It has been noted that people suffering from Parkinson's or Alzheimer's can benefit from Pole Walking.



Regional Support

SRC has 9 Branches throughout Western Australia:

- Avon
- Bunbury
- Esperance
- Great Southern
- Mid West
- Peel
- Perth
- Rockingham
- Southwest Capes



The objective of the SRC Regional Branch Development is to promote the benefits of physical and mental activities and a healthy lifestyle in regional areas. Through these branches SRC is conducting the following Sport & Recreational Activities for Seniors:

- | | | |
|---|---------------------------|--------------------------------|
| • Activity/Information Days | • Information Seminars | • Seniors Luncheon |
| • Be Active Aged Care Games | • It's A Knockout Games | • Seniors Surveys |
| • Annual Seniors Camp | • Learn How To Series | • Seniors Week Activities |
| • ChiBall, Art & Craft Exhibition | • Little Nippers Festival | • SRC Games Day |
| • Bootscooting, Carols Afternoon | • Mini Putt Golf | • Support local Clubs & Groups |
| • Christmas Pageant | • Photographic Club | • Take the Plunge program |
| • Activity Days | • Pole Walking | • Tennis |
| • Double Dip Program | • Quiz Night for Families | • Writing Life Memories |
| • Fishing Day Out | • Remembrance Day Walk | • The Gopher Games |
| • Forums | • Sailing for Seniors | • Trivia Quiz |
| • Have a Go Days | • Seniors Dance | • Variety Concerts |
| • Indoor Bowls Tournaments | • Seniors Expos | • Walking groups |
| • Database entries - Add Life To Your Years Directory | | |

The Sports Ability Pack Program make available the following activities; indoor bocce, table cricket, seated volley ball, goal ball (uses large ball with small bells in them) & polybat included are instruction cards to make use of the wide variety of equipment provided in the pack. This equipment is being used within the Seniors Activity Information Days, Have a Go Days and at mini activity mornings presented at Care facilities. Sponsorship from Lotterywest for these Sports Ability Packs has been very much appreciated as they enable SRC to offer more activities to the Senior Public.

SRC Branches report on the number of activities and increased participation directly to the State office. Through the reporting procedure we have ascertained that senior participation in Sport & Recreation in the regions has increased.

As new branches are formed and current branches are maintained the increase in participation of Seniors in physical activity is greatly enhanced.

All Branch Presidents and their committees are to be congratulated on the work being done in their regions. The Seniors of Western Australia have their lives greatly enhanced by the dedication of the SRC Branches.

SRC Have A Go Day 2011

Have A Go Day in Burswood Park, is a focal point of Seniors Week as it continues to make Seniors aware of the importance of exercise and activity in their lives, both mental and physical.

Close to 50 volunteers, some of whom worked for three 12hr days managed to deliver a great day for 14,000+ WA Seniors.

At the Official Opening, the Welcome to Country, by Vivianne and Mort Hansen was very moving, Vivianne welcomed everyone accompanied by Mort playing the didgeridoo, this was followed by Advance Australia Fair. The Minister for Seniors and Volunteering, Hon. Robyn McSweeney officially opened the day and it was great to have Steve Mills from 882am 6PR as MC. The 10th Light Horse troop from Bunbury provided a mounted display immediately following the opening and again throughout the day.



Other activities around the grounds were Archery, canoeing, geocaching, golf, tennis, a large chess set and many more. Also introduced in 2011 was the Exergaming tent where participants were invited, to 'have a go' at activities involving the use of Nintendo Wii and Xbox kinnect gaming consoles. The activities included, balance board, golf, tenpin bowling and instruction on the installation of machines. All the dance activities eg: Square Dancing, Ballroom Dancing, Swing Dancing, Belly Dancing and many more were very popular including Zumba Gold another new addition.

The Have a Go Day Photographic competition has been a popular activity for those participants who like to take photos. Camera Electronic sponsor prizes for this competition and the photos submitted are of a high standard and are used for future promotion.

Around the grounds were displays from many clubs and groups, activities and agencies all providing information specific to seniors. Also available were free hospitality tents sponsored by Have a Go News, Channel 7 & 882am 6PR. Have a Go News and SRC Volunteers man the hospitality tents serving cups of tea & coffee and distributing bottled water to help keep participants well hydrated.

The Burswood Park Grounds staff, under the guidance of Sam & Steve do a fabulous job of preparing the grounds prior to Have a Go Day. Also we appreciated their assistance during the preparation and execution of this event.

SRC is proud that Have a Go Day has grown from its humble beginnings at McCallum Park with an attendance of approx 500 seniors to this years attendance of 14000+ with 200 sites.

With the dedication to excellence the SRC Have a Go Day committee practices one can only imagine what will be presented next year. The feedback from participants and attendees was very positive and all expressed their intention to attend in 2012.

There are a huge number of volunteers involved in Have a Go Day and without their support it would not be possible to conduct this event, we say a big thank you to them all.

Have a Go Day would also not be possible without the magnificent support and partnership of its Sponsors which include:- Burswood Park Board, Crown Perth, Lotterywest, Have a Go News, Department of Sport & Recreation, Department for Communities, Channel 7, Healthway, 882AM 6PR, Phoenix Insurance Brokers, Curtin fm 100.1, PACE BM, Kings Tours and Travel and Scarborough Toyota.



Be Active Aged Care Games

The Be Active Aged Care Games have been established to provide an opportunity for people in 'care' situations to, once again, experience team participation, social interaction and light competition in a community recreation facility.

The participants are usually aged (60 to 100+ years of age) and they are, of course, dependant upon agency or carer support for any form of recreation or leisure activity.

The major impact of the Be Active Aged Care Games lies at the 'carers' level. Management, support workers and volunteers of the service providing agency value the Aged Care games for a number of reasons:

- The centres commit to participating in the Games many months in advance.
- Staff within the centres use the activities of 'the games' to make up a large part of their everyday therapy and recreational sessions.
- With their clients, they practice as a team, develop individual skills including throwing, standing, communicating and socialising.
- They develop a sense of belonging through the preparation, and making, of 'team' attire such as hats, shirts, banners etc.,.
- The participants build a sense of anticipation as the event draws nearer and the carers are provided with a challenging project that meets the needs of daily and weekly activity sessions.



On the day of the event, participants are awarded medals which highlight their achievements and these become treasured items for periods long after the games.

Since the introduction of the Be Active Aged Care Games, in conjunction with the Fremantle Masters Games in 2003, SRC has hosted 27 competitions in both metropolitan and regional areas.

15	Metropolitan (2 venues)
6	Albany
3	Margaret River
6	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
3	Avon (Northam & York)
7	Bunbury

Collectively the competitions have seen over 9045 people taking part.

More than 147 care agencies have participated in this project since its introduction in 2003, which means that all of these have been brought into community sport and recreation facilities and introduced to the services of SRC.

The program, of course, reaches many people categorised as disabled but it also captures a number of groups who provide specifically for ethnic and aboriginal seniors.

The City of Fremantle fosters the Be Active Aged Care Games and provides the "Champion of Champions" trophy.

Local Government support is encouraged at every event as City Mayors and Shire Presidents are invited to officially open events and/or present trophies at the conclusion.

Seniors Activity/ Information Days

The Activity/Information Days were initially titled Aboriginal Seniors Activity/ Information days and were specifically developed to encourage Aboriginal Seniors to come into recreation centres and take part in an organised activity day.

The first activity/information day was held at the Herb Graham Recreation Centre, Mirrabooka in 2004 and since then many Aboriginal organisation and individuals have attended these events. After discussion with participating organisations it was felt that the Aboriginal Seniors Activity/Information Days were ready to progress to the next level, this was to make the activity day available to everyone over the age of 50.



Since combining the seniors groups the events have had better attendance numbers and helped make Aboriginal seniors feel more included. The static displays that are included at the events are appreciative of the increased numbers of attendees and being given the opportunity to talk to a wide range of seniors. The provision of static displays has given the participant more confidence to discuss services that are available to them

At the end of the activity morning participants are provided with a healthy midday meal.

Seniors Recreation Council has developed working relationships with:

- Department of Sport and Recreation
- Department for Communities
- Derbal Yerrigan
- Marr Mooditj
- South Metropolitan Health Unit
- Healthway
- City of Stirling
- Cockburn Seniors Centre

Static Displays such as:

- Aboriginal Alcohol and Drug Services
- Aboriginal Legal Services
- Armadale Volunteer Service
- Australian Hearing
- Chronic Disease Management Team
- Derbarl Yerrigan Health Service
- Heart Foundation
- Independent Living Centre
- Seniors Card
- Seniors Recreation Council of WA
- South Metropolitan Health
- Veterans Affairs



The success of this activity was noted and requests came from several other Local Governments areas and similar events followed:

Since the Aboriginal Seniors Activity/Information days started in 2004 at the Mirrabooka Herb Graham Centre over 2100 Aboriginal seniors have taken part in the activities. With the expansion of the program to include all over 50's the numbers of attending have grown to 2478 to the end of June 2012. The participants are now joining clubs/groups in their areas which is a very positive outcome of this program.

Project Officers, Sports Management Pty Ltd

Introduction

Seniors Recreation Council of WA Inc. (SRC) engaged Sports Management Pty Ltd (SMPL) as a Project Officer from 18 August 2010 for a minimum of one day per week.

Mavis Owens, Director of SMPL, and Malcolm Stokes have provided that service which has involved various projects as well as supporting existing SRC programs. SMPL provides a report to monthly SRC Board meetings and this report outlines SMPL activities for this year.

1. Current SRC Programs supported

1.1 Have-a-Go Day –2011 event - attended site meeting on 26 October, set-up on 7 and 8 November 2011 and Have-a-Go Day on 9 November, Co-ordinators meeting on 16 November and ‘Thank You’ morning tea on 23 November.

2012 event - Attended monthly Co-coordinators meetings and Stake Holders meeting.

1.2 Be Active Aged Care Games – Attended events at Waroona (11 October, 2011), Joondalup (29 November 2011), Albany (1 December, 2011), Bunbury (7 March, 2012), Belmont (28 August, 2012).

1.3 Exergaming – Prepared draft Agreement between SRC and Exergaming Project Officer. Attended Exergaming activities with Amana Living and DSR personnel on October 5, March 20 and August 14.

1.4 Seniors Activity/Information Day – Attended Cockburn (16 March 2012) and Mundaring (1 May 2012).

1.5 Fascinator Ball - Attended 27 June 2012.

1.6 ‘Add Life To Your Years’ publication – assisted in mail out of 2010 – 2012 edition to community groups, proof reading changes to the 2012 – 2014 edition and mail out of that edition.

1.7 SRC Board – Attended monthly Board meetings.

1.8 SRC 2012 AGM – Prepared SWOT Analysis for this meeting.

2. Age Friendly Communities

Attended Age Friendly Community Expo 2012 at the Grove Precinct on 27 February.

3. Risk Management

Reviewed SRC Risk Management Policy and prepared an amendment.

4. Have a Go News Concert

attended this concert on 9 December.

5. W A Seniors Games

Attended W A Seniors Games Sub Committee Meeting 18 October and finalised proposal which was submitted to Dept of Sport & Recreation for consideration. Disappointed at 23 December advice from Dept of Sport & Recreation that they would not support the proposal. Sub Committee was dissolved.

6. Active Living 101

Represented SRC on 4 April at this seminar presented by the Physical Activity Task Force – which was dissolved from 1 July!



7. SRC Nominations

- 7.1 Sport & Recreation Industry Awards
Submitted nominations in 3 categories– 2 were Finalists. Attended Presentation Dinner on 25 November.
- 7.2 Community Services Excellence Awards
Submitted nominations in 3 categories – 1 was a Finalist..
- 7.3 2012 Healthier WA Award – Submitted a nomination for this award.
Advised not a Finalist – but judges impressed!
- 7.4 2012 WA Regional Achievement and Community Awards – Submitted nominations in 3 categories.
- 7.5 WA Seniors Awards 2012 – Submitted nominations in 2 categories.
- 7.6 Act-Belong-Commit Awards – Submitted nominations in 3 categories.
- 7.7 The Orange Seed Project – Submitted a nomination for this award.

8. Appreciation

We have been impressed with the philosophy and the operation of the SRC since we commenced our Project Officer role and we really appreciate the positive working relationship, particularly with Hugh, Dawn and Mary, and the comradeship with the wonderful volunteers.

Mavis Owens & Malcolm Stokes

Director

Seniors Annual “Fascinator Ball” 2011

The Burswood Astral Ballroom was filled with activity on the 27th of June as over 250 seniors attended the Seniors Recreation Council Fascinator Ball. The colourful afternoon began as the attendees arrived wearing their exuberant fascinator headdresses. The Minister for Environment and Water, Hon Bill Marmion opened the Ball and encouraged all seniors to enjoy the afternoon. The flash of cameras started soon after with many taking advantage of the photography studio set up by Studio Twenty Six. The highlight was the fascinator parade, when the dance floor filled with ladies adorned in a multitude of colours. The difficult job then passed to the judges, Jenny & Judith from Have a Go News. The top fascinator & best homemade fascinator received a Whistlers chocolate gift box; donated by Have a Go News.



The dance floor came alive with a variety of ballroom and fun dancing accompanied by wonderful, live music from the band “Offspring”. Our thanks go out to the band & MC, Rob Chester, for a fantastic afternoon and to Studio Twenty Six for donating their time to capture the day on camera.

Spot Prizes donated by Have a Go News, were given to dancers all through the afternoon, encouraging everyone onto the dance floor.

Our thanks to those who provided the major prizes given away on the day: - Overnight accommodation for 2 at the Crown Promenade Perth with breakfast at Market & Co, donated by Burswood Bus Program, Dinner for 2 at Modo-Mio; donated by Burswood Entertainment Complex, 2 x Photographic portrait sitting and framed print, donated by Studio Twenty Six;

As all the attendees enjoyed dancing the afternoon away, it was obvious to see that much of the hard work couldn't be completed if it was not for the generous support of the SRC Ball Committee members and volunteers.

SRC would like to thank the Sponsors of this event, Burswood Entertainment Complex and Have a Go News, without their support this event would not be possible.

Tech Savvy Seniors Exergaming Pilot Project

The Tech Savvy Seniors – Exergaming Pilot project trialled the use of the Nintendo Wii and XBOX Kinect gaming consoles at selected Amana Living Retirement Villages as a tool to help increase physical activity levels, social interaction and the mental health wellbeing of people in the 55+ age group.

The focus of the project was to provide comparative results regarding the success of using hand held controllers versus full body movement and involved establishing a Bowling League within Amana Living Retirement Sites. The bowling competition was run over 6 weeks, playing 3 games of bowling on each machine with results recorded and a survey completed at the end. To provide further results we conducted pre and post surveys and also held two events at the DSR with residents from Amana Living attending and playing a variety of games using both gaming consoles.

Two of the four Amana Living Sites that participated had already been involved in a bowling competition run by Amana Living using the Nintendo Wii, the introduction of the XBOX Kinect proved quite challenging in the beginning at these sites due to participants already being familiar and comfortable using the Nintendo Wii. (Pre Survey and Give it a Go day survey results Appendix A) As the project progressed and the participant's knowledge of the XBOX Kinect increased the many benefits of using full body movement over a hand held controller started to be recognised by a larger number of participants. (Bowling Presentation and Golf Day survey results Appendix A)

In conclusion the project while providing a few challenges along the way succeeded in providing opportunities for physical activity, social interaction and mental health wellbeing and providing results through participation and surveying



Tech Savvy Seniors Exergaming Pilot Project

Appendix A

Pre Survey Results	
No of Residents Surveyed	41
No of participants who had used the Nintendo Wii before	11
How many participants exercise regularly	31
How many residents are aware of activities that currently happen within village	35
How many residents attend activities	35

Give it a Go day Survey Results	
No of participants	20
No of participants who preferred using X'Box	10
No of participants who preferred using Wii	9
No of participants who enjoyed using both	1
Wii Dog Frisbee not enjoyed by participants	2
X'Box Variety Games not enjoyed by participants	2
X'box Long Jump not enjoyed by participants	1
X'Box Table Tennis not enjoyed by participants	1
Wii Table Tennis not enjoyed by participants	1
X'Box Boxing not enjoyed by participants	2
No of participants who would like to try the following games:	
Table Tennis/Golf/Boxing	12
Weight Loss Program	11
Family/Friend Day	10
No answer	2

Bowling Presentation and Golf Day Results	
No of Participants	26
No of participants who preferred using X'Box	17
No of participants who preferred using Wii	5
No of participants who enjoyed using both	4
Participants who would like to be involved in Exergaming in 2013	24
Participants who would co-ordinate/volunteer	2
Participants who would like to be part of ongoing research team	12

Final Survey	
Participants surveyed	26
Participants who preferred to use the - X'Box Kinect	18
Participants who preferred to use the - Nintendo Wii	6
Not answered	2
Has the participants activity level increase - Yes	15
Has the participants activity level increase - No	5
Has the participants activity level increase - Not answered	6
Can the participant operate the machine themselves	14
Will the participant continue to use the machines	25

Bunbury Branch Report

SRC Bunbury Branch manned a site at the very successful South West Seniors Expo, the Bunbury Branch of SRC are members of both committees and as such take great pride in assisting with both SRC Bunbury Branch events and the S.W Seniors Expo. The Expo was held in November 2011 and had attendance of some 10,500. Prof Fiona Wood was the Guest of Honour and we asked the State Board Vice President Phil Paddon to help out and run the SRC site. As I am President of both committees my commitment at this event was fully taken up with the Expo, so thank you again to Phil Paddon for his assistance. My job was made more difficult as my wife, who is secretary for the Expo had a massive stroke which caused her to spend three months in hospital.

In the New Year most members of the committees formed a new group and founded the Withers Action Group and stood down from the two bodies.

The next event for SRC Bunbury Branch was The Be Active Aged Care Games in March and held at the South West Sports Centre. Though small in numbers the committee had a very successful games, our thanks to the State office for their help and the assistance from the Perth Volunteers. Huge thanks go to the Dept of Corrective Services, when we require support they are always ready to assist us. We had 16 teams who took part with the winners being Community Home Care "B" team .

The next event was the E.C.U Aged Care Games which was held in August. These games are mainly held to give the Students opportunity to work with Seniors in Care. We had six teams of High Care teams, once more the winners were Community Home Care.

Then the Branch took part in a combined Seniors Free Spring Concert, this was a joint event organized by SRC Bunbury Branch and S.W.Seniors Expo.

It was held on the 5th of September with Phil Paddon, once more helping out and doing a great job as MC. We had some 400 attendees from mostly Nursing Homes and Seniors Clubs. We were very gifted to have a number of schools put together a great program of entertainment with a choir, Light Jazz Band and a Hakka from Australind High School, we even had a soloist Miss Kate Hindle.

We are planning to wind up the year manning a site in an attempt to try to increase our Branch number at the South West Seniors Expo. It is some four weeks away it is looking even bigger than ever before.

It is recognized as the major expo in the South West and well worth attending. There will be Entertainment and Information sites, it takes a lot of planning to produce a low cost Seniors Expo. It will be held on the 21st October at the South West Sports Centre in Bunbury

It is my wish to have more activity from the branch with more events for our Seniors, but with low numbers, as a working body we have not been able to cover too many.

Thank you to all the volunteers who have assisted me during the past 12 months and to the State office for all their help.

Merv Mancer - Bunbury Branch President



Peel Branch Report

Peel Branch will now be in its 10th year of operation as the Branch was originally formed in July 2003. Committee positions open for re-election are Vice President and Treasurer. Doris stated at the last meeting that she would only continue for one year past her election last year. I would like to sincerely thank Doris Somerville for her excellence in financial book-keeping and her reporting during her many years in this role. I would also like to congratulate all members for their dedication to their role as committee persons and for their support of our Branch activities, and for their support also of myself during my recent loss of my husband David Ross.

General

Monthly Peel branch meetings have been held at the Dept of Sport and Recreation Office in Mandurah on the 1st Wednesday this past year. The year saw the appointment of two new committee members, Pat Moir and Stan Richards. Pat unfortunately had to resign from the committee because of personal reasons, and Tony Button was co-opted to join the Peel Branch Committee.

Financial

Mr Peter Harris our auditor for many years resigned; in late June, and Doris was fortunate in getting a member of a local accounting firm to audit the Peel Branch SRCWA financial books this year. Doris is hopeful that the Auditor will complete the audit prior to this meeting and I'm sure will report in full the financial details for her last report as Treasurer in line with the SRCWA constitution. Grant acquittals were completed within set time frames.

Grant Funding -

Unsuccessful Applications

Act Belong Commit Grant Application - Calendar support

Successful grant applications

2010/11 Double Dip Aerobic Swim & Exercise Program	\$5,000	(Acquitted with DSR)
Seniors Week Grant	\$330	Successful (Acquitted with COTA)
Shire of Serpentine Jarrahdale	\$550	Aged Care Games 2012 (Current)
Alcoa funding	\$550	Aged Care Games 2012 (Current)
City of Mandurah	\$465	Club Grant for First Aid Training
(Acquitted with Recreation Services – City of Mandurah)		

Still awaiting notification of Seniors Week Grant 2012 and also Volunteer Grants for 2012 and one Grant application to the City of Mandurah for extra support for the extra class in our ChiBall program.

Branch Programs

Saltwater Aerobic & Exercise Program 2010/11 completed.
Active Ageing in Peel Calendar 2012 edition completed.
Peel Be Active Aged Care Games 2011 completed
October Walk Week - current 2012
Active Ageing in Peel Calendar 2013 edition nearing completion
Peel Be Active Aged Care Games 2012 – To be held October 9th S/J Shire
SRC Coodanup Monday Walking Group - continuing program
SRC Tuesday Walking Group - continuing program
Recognition of our volunteers in Volunteer Week
Continuing Up-skilling Volunteers in First Aid.



Seniors Chi Ball Classes – continuing program
Walking Group – Dryandra Bush Camp 28th-30th August 2012

Participation

Peel Branch has been represented and/or participated in many meetings and events in the Peel Region

Shire of Murray Senior's Expo November 8th 2011 Display Stand
City of Mandurah Connecting our Seniors 11th November 2011 Display Stand
City of Mandurah Club Support Program launch
Mapping Our Community Together
Port Bouvard Sport & Recreation Club Open Day
Diabetes Week Planning Session GP Down South
Peel Community Grants Expo
Walk Over October 2012 Event planning session SMPHU
Bike Valet at Mandurah Crab Fest
Mandurah Island Challenge – Volunteer Assistance

Equipment

Peel Branch have on hand Music System with hands free microphone system, Team Sport First Aid Response Kit & Defibrillator, a W11 system and Sports Ability Pack and small storage shed. We have put in for funding a Walkie Talkie set through SRCWA and Volunteer Grant.

Volunteer Training

Ken Williams, Bill Pangler, Jan McGlinn, David Doust, Margaret Tinley, Helen Blondel were successful in Royal Life Saving Senior First Aid and Resuscitation. 10 volunteers underwent Defibrillation training during the year.

New Program

Peel Branch SRCWA will take over the operation of the “Strong on Your Feet” Program. This program is currently run and administered by Mandurah Community Health Centre and supported by Peer volunteers with their training as No Falls Exercise Leaders provided by Mandurah Community Health Centre Physiotherapist Claudia Zimmerman.

It has been formally proposed by Mandurah Community Health Centre and supported by South Metropolitan Public Health Unit for a community group to take over this program. SRCWA Branch were offered this opportunity. SRCWA have accepted this proposal and will formally take over the running of this program from January 2013 subject to the signing of a Memorandum of Understanding between SRCWA and Mandurah Community Health Centre. It is envisaged that this program will be expanded into other locations of the Peel Region during the following year.

Thanks -

I sincerely thank my current Peel Branch SRCWA Committee members for their dedication and for their unwavering support as volunteers of our branch programs.

I thank Hugh Rogers, Dawn Yates & Mary from our State office for their guidance and support throughout the year.

Special thanks to Robyn Lister from SMPHU, Maree Nanne from GP Down South, Tanya Beechey and Management from Alcoa, Natalie Garnsworthy from City of Mandurah for her support in attendance at our meetings, and to DSR's Peel Office with Ebony & Leanne, Ash-Lee & Kyla and Carey for their help and support of our programs. We also thank Greg Perry and David Nicholls from National Photographic Services for their support of our Calendar 2013 Project.

We look forward to the 2012-13 year and our Branch 10 year anniversary in July of 2013.

It has been an absolute pleasure presiding as President of the Peel Branch.

Thank you.

Jan McGlinn - Peel Branch President

Perth Branch Report

Adult Playground Equipment

Perth Branch surveyed all the Metropolitan Councils requesting information on which Councils have adult playgrounds available in their areas. We followed this survey with a follow up request for information on new sites, equipment and what usage on these adult playgrounds were receiving, the replies were positive with some new items added as new designs are produced. Perth Branch will continue to contact the Councils in the future.



Chamber of Commerce and Industry WA

Glenys Lawrie (treasurer/secretary) Perth Branch and myself met with Lena Constantine, CEO of Chamber of Commerce and Industry. We met with her to discuss the promotion of SRC within the corporate world at their seminars run for younger retirees, who with more time on their hands could/would step into a volunteering position so that their expertise and skills would not be lost. Lena will use the Add Life to Your Years directory, (of which they took 100) as a tool to recruit more volunteers.



Alzheimer's WA

Alzheimer's WA run monthly programs aimed at trying to prevent dementia and Alzheimer's within the general population, Perth Branch have now joined the organisation, running a work shop after some of their seminars aimed at extra stimulus for the brain. Eg. Last month Glenys and a friend showed how to solve cryptic crosswords and at the next workshop I will show how easy one can become an artist with little equipment and a great deal of satisfaction. We are also helping at their memory walk, 21st October, as helpers, with some walking to help raise funds for their cause.

Camp 2012

The annual camp held at Quaranup in February, was as usual a great success, with 45 seniors attending, the only down side being Rob and Jo Lucas managers of the camp for about 20 years retiring as at 31 Dec 2012. We presented them with a painting of a lovely stone wall of the camp, painted by one of our campers and also a small cheque was presented, a very sad day for us all. After many problems, letters almost demanding the camp carry on in some way, we now have confirmation that the 2013 camp will go ahead.

I would like to thank all Perth Branch members for their ongoing support of the Branch, their help with all activities organised by SRC. Helping at Be Active Aged Care Games all over WA, attending meetings etc prior to and the three full days of Have a Go Day take many hours of commitment , thank you

Thank you to our Secretary/Treasurer Glenys who always has feasible ideas. My grateful thanks also to President Hugh Rogers, Dawn and Mary for their unfailing help.

Frances Laws - Perth Branch President

Rockingham Branch Report

When my friend asked me to come with her to a “Seniors Conference” at the Gary Holland Centre early last year in Rockingham little did I know what I was letting myself in for!

However, despite being a busy 18 months, I have really enjoyed being President and have met some lovely new friends who I had not met before. I must thank Lesley Robson, our Vice President, for her solid support especially when I had to go to the UK as my son was ill.

Rockingham Council has very strict health and safety laws and we felt we were jumping through hoops with all the details they need for our events. However, with a very steep learning curve we managed. The committee have certainly learnt a lot about Council regulations! We must mention that the Council gave us \$6,500 for this year's Have a go Day. Shame about the rain! We are in the process of applying for a grant for next year. We have managed also to get a grant to cover the Be Active Aged Care Games from the Council, we appreciate their practical support.

We have now held 2 smaller versions of the Burswood Have a Go Day in Rockingham and can appreciate the hard work the State Office put in for their big event. We plan to hold next year's event on May 1st. We are holding our first Be Active Aged Care Games on 12th September and our second Xmas concert on 5th December. We realized we needed a bigger hall for the concert because we could have sold many more tickets last year and we had to turn people away.

Unfortunately we had to cancel the Fashion Parade at the end of August as ticket sales were disappointing. You win some and you lose some.

We have lost some committee members and are trying to get a few more to share the workload. We have up to 30 volunteers but at this point in time none are willing to join the committee. We have started sending a newsletter to the volunteers every two months to keep them in the loop.

We will be electing a Vice President, Secretary and Treasurer at our October meeting.

We have a very healthy balance of \$5,000. However we will have to use most of this for the Have a Go Day

I must say we appreciate the support from Dawn and Hugh and Jan who have been so helpful in guiding us along the right track

Denise Benison - Rockingham Branch President



SRC Volunteers & Mentors

A big thank you to the many SRC Accredited Volunteers, Mentors and other volunteers. You all work tirelessly throughout the year donating your time and expertise to enable programs organised by SRC to be executed to such a professional standard.

SRC is an organisation which cannot survive without this support, we are constantly reminded, when in conversation with other organisations that don't have such a strong support base, that SRC is very blessed to have such a dedicated team willing to work for and on behalf of WA Seniors.

SRC Sponsors &, Supporters

None of the Programs/Activities/Services carried out by Seniors Recreation Council of WA would be possible without the support, both financial and 'In Kind' from our Sponsors, Partners and Supporters:

