



Seniors Recreation Council of WA Inc.

HEALTHY AGEING THROUGH ACTIVITY

Annual 2013/2014 Report





SENIORS RECREATION COUNCIL OF WA INC.

ANNUAL REPORT for 2013/14

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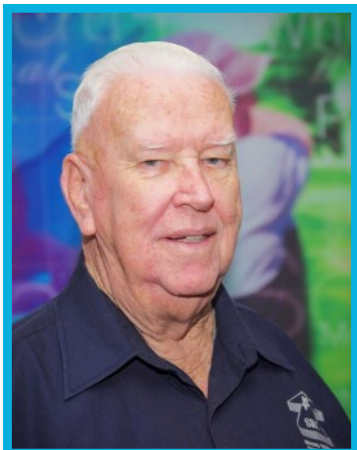
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State President's Message



It is with pleasure that I am able to provide this Annual Report on the activities of Seniors Recreation Council of WA for the year 2013/14

All SRCWA programs Metro & State wide encourage seniors to become active both physically and mentally and are a credit to the volunteers and staff who coordinate and produce these programs.

A Seniors Physical Activity Summit was held in April with very enthusiastic representatives from a variety of organisations with an interest in Seniors Physical Activity. From the Summit a Coalition was formed - "West Australian Active Ageing Coalition". While this committee is in its infancy and still being set up, the benefit will be wide spread.

The foray of the Council into technology based programs is continuing, with the "Seniors Exergaming WA" project going ahead very strongly. This year the manual and competition were launched successfully and many agencies have come on board introducing this activity to their members. The program has also been picked up in some regional centres. According to UWA researchers this is the only program of its kind world wide. The Department of Sport & Recreation continues to fund "Seniors Exergaming WA" for which SRCWA is very grateful.

The successful introduction of the technology program "Tech Savvy Seniors" (TSS) in July 2013 has resulted in many clubs/groups and agencies booking computer courses and the feedback has been very positive. Under the banner of TSS there have been morning teas and forums held at different locations which were also well attended.

The Dept. of Local Government & Communities has provided extra funding for SRCWA to explore the possibility of expanding the network of SRCWA Branches. Feasibility studies and regional visits will be conducted over the next 4 years with Goldfields being the first region targeted.

Over the past year 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.

There were a number of awards for which SRCWA was nominated and received recognition as a finalist or winner:

SRCWA's Seniors Exergaming WA won the "Technology in Practice" award as part of the Sport & Recreation Industry Awards for 2014

Peel Branch won the "Prime Super Community of the Year" award as part of the Regional Achievement & Community Awards 2013.

SRCWA was awarded the Bethanie Volunteer Medallion Organisation Winner 2013 & the Bethanie Medallion All Rounder Winner 2013.

SRCWA was a finalist in the Community Service Excellence Awards 2014 for "Outstanding Achievement in Raising Community Awareness".

SRCWA was a finalist in the WA Seniors Awards in the "Active Ageing Leadership" category.

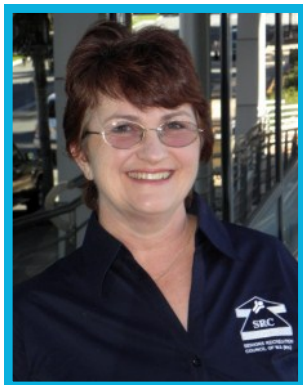
Congratulations to everyone who assisted with the programs that have been recognised in the above awards.

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

Hugh Rogers

State President

Executive Officer



Seniors Recreation Council of WA, is a volunteer driven organisation that prides itself on the professional way it delivers programs to WA seniors. The Accredited Volunteers who deliver these programs are to be congratulated for all the hours of hard work and effort they put into SRCWA's programs.

As Executive Officer I consider myself honoured to be working with such a dedicated team of staff & volunteers. When challenges occur it is through working as a team we achieve such a high degree of success. This year we were fortunate to have Kate Chetwin, a student from ECU Joondalup on practicum placement working on Have a Go Day & Aged Care Games, prior to graduating with a Bachelor of Business Management. Kate then came on board with SRCWA as a

part time project officer with the expansion project and also assisting in the office.

The Branches which are fully managed by Accredited Volunteers, with support from the State Office, provide a huge service to seniors in regional WA with the provision of Senior friendly programs. Some programs are specific to the Branch and some programs are part of a state wide program delivery service. Branch volunteers are very dedicated and work long hours and travel a great deal to provide the programs in the regions. Branch reports received at the time of publication have been included in this Annual Report.

SRCWA has adopted its updated Strategic Plan for 2013 to 2016 and this will continue to evolve with the growth of the organisation. A sub-committee has been formed to work on issues relating to the implementation of the strategic plan. Through the sub-committee a Physical Activity Summit was held in April and as a result of that high level meeting a coalition was formed with membership from various agencies who are all interested in Seniors activity levels and improving communication between agencies.

Comprehensive reports on the following programs are contained in this Annual Report;

- Add Life to Your Years 2012/2014, a directory of sport & recreation clubs/groups for over 50's
- Regional Support, SRCWA currently has 9 Branches throughout Western Australia which conduct programs for seniors in their region.
- Have a Go Day, a LiveLighter event, is held annually in Burswood Park. This event is SRCWA's flagship event and has been named the premier event of WA Seniors Week.
- LiveLighter Aged Care Games is one of SRCWA's most rewarding programs, providing Seniors in Care (the forgotten demographic) the opportunity to attend and participate in an event specifically designed and organised to enhance their lives.
- LiveLighter Seniors Activity/Information Days are organised to give Seniors in local areas the opportunity to come together to take part in activities and also collect local senior specific information in a social setting.
- Sport Management Pty Ltd continues to provide support and advice to SRCWA along with assistance on program delivery, branch expansion and nomination submissions.
- The Annual Seniors Ball theme in 2014 was "Hollywood Classics", a very successful event.
- The Seniors Exergaming WA program is in full swing with the launch of the Resource Manual and the implementation of a competition in 2014.
- The Tech Savvy Seniors (TSS) computer training program was launched in July 2013 with the development of a workbook and a bank of 6 desktop computers. The response from organisations wishing to take up this program has been immense.
- Pole Walking is a program that continues to encourage Seniors to embrace the activity of walking.

Executive Officer

Dawn Yates

Add Life to Your Years Directory

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

15000 copies of the 2012/14 edition of Add Life To Your Years were compiled and printed in August 2012. Funding was provided by Lotterywest, Dept of Sport & Recreation & Dept of Local Government & Communities. The directory is very popular with the over 50's as a reference book. The number of contacts in the book is approximately 750. Since this edition was printed 14,629 copies have been distributed by 30th June 2014.

The current format of the directory is popular especially with the Regional listings broken up into areas and then into specific organisations, clubs & groups. This 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, all contacts in the 2012/14 directory were contacted by mail requesting an update form to be completed and then follow up calls were made. This takes a lot of time and dedication to ensure the new edition is as accurate as possible then the 2014/16 edition can be produced and distributed.

The production of the directory takes considerable time and prior to the update of the 2012/2014 edition all the clubs/groups contact details were confirmed. The new edition will be a condensed booklet with the focus on contact details and the written information kept to a minimum. This should allow for an increase in the number of 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 which encourages SRCWA to continue production to help promote clubs and groups for Seniors.

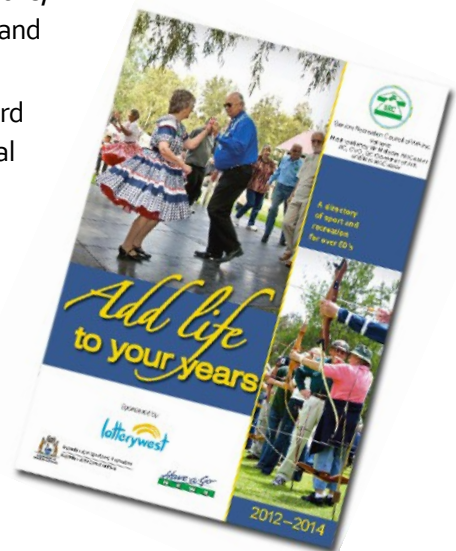
With the number of clubs/groups requesting entry, the book is growing each year clearly demonstrating the great need for a resource such as this.

The website details are updated monthly to help keep the contact information current. There are approximately 15 updates/new entries requested each month.

Various avenues for distribution include Have A Go News, public libraries, Local Government Agencies, Heart Foundation, Diabetes Associations, Seniors Card Office, DSR metro & regional offices, doctors surgeries and many more.

The Add Life To Your Years directory, together with the Seniors Card information, is distributed throughout metropolitan & regional Western Australia with the assistance of the SRCWA Branches.

Sponsorship was received from Lotterywest, Dept. of Sport & Recreation, Dept. of Local Government & Communities & Have a Go News to cover the printing of the booklet, advertising and distribution, for which we are extremely grateful.



Regional Support

SRCWA has 9 Branches throughout Western Australia:

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



The objective of SRCWA's Regional Branch Development is to promote the benefits of physical, social and mental activities and a healthy lifestyle in regional areas. With additional funding through Department of Local Government & Communities it is hoped that the branch network will be expanded and programs supported. Activities undertaken by SRCWA Branches include the following:-

- | | | |
|---|-------------------------------|---|
| · Activity/Information Days | · Information Seminars | · Seniors Week Activities |
| · Annual Seniors Camp | · It's A Knockout Games | · Sports Ability Pack program |
| · Art & Craft Exhibition | · Learn How To Series | · SRCWA Games Day |
| · Bootscooting | · LiveLighter Aged Care Games | · Strong on Your Feet |
| · Calendar | · Mini Putt Golf | · Support local Clubs & Groups |
| · ChiBall | · Photographic Club | · Take the Plunge program |
| · Concerts | · Pole Walking | · Tech Savvy Seniors |
| · Double Dip Saltwater Exercise Program | · Quiz Night for Families | · Tennis |
| · Fishing Day Out | · Remembrance Day Walk | · Writing Life Memories |
| · Fit & Flexi Winter Exercise Program | · Sailing for Seniors | · The Gopher Games |
| · Forums | · Seniors Dance | · Trivia Quiz |
| · Have a Go Days | · Seniors Exergaming WA | · Variety Concerts |
| · Indoor Bowls Tournaments | · Seniors Expos | · Walking groups |
| | · Seniors Luncheon | · Database entries - Add Life To Your Years Directory |
| | · Seniors Surveys | |

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

All Branch Presidents, committee members and volunteers are to be congratulated on the work being done in the regions. The Seniors of Western Australia have their lives greatly enhanced by the dedication and support of SRCWA Branches.

SRCWA Have a Go Day 2013, a LiveLighter Event

This year Have a Go Day, a LiveLighter Event, was a huge success with 212 sites attracting in excess of 14000 participants aged 45 years and over to the beautiful grounds of Burswood Park.

Have a Go Day is the peak event of Seniors Week, it continues to make Seniors aware of the importance of exercise and activity in their lives, both physically, mentally and socially.

Congratulations to the SRCWA Have a Go Day management committee for producing such a professional and polished event. The planning for this event starts 12 months prior with the previous year's evaluation meeting and culminates with two 12 hour days setting up and then the event day. The coordinators and committee start the setup at 6am on the Monday prior to Have a Go Day then again on the Tuesday to make sure all the infrastructure is in place. On Wednesday 13th November at 5.30am everything kicked into high gear preparing for site holders from 6am and participants from 8.30am. Some 50 volunteers work around the grounds during the event.

The technology theme this year offered information on geocaching, Exergaming, Facebook, Skype, computer use and advice. As part of Telstra's sponsorship of Tech Savvy Seniors they donated an Ipad, SRCWA donated an Xbox kinect and sticky PC donated 3 mini computers. These were only a few of the free raffles around the grounds at Have a Go Day.

The official opening was accompanied by the Police Pipe Band and MC Steve Mills from 882AM 6PR officiated the proceedings. After the Welcome to Country by Mort & Vivianne Hansen, the Hon Tony Simpson MLA, Minister for Local Government & Communities officially opened the day and invited everyone to "Have a Go".

Activities around the grounds included archery, canoeing, rock climbing, gliding simulator, walk ball, golf and much more. All the dance activities eg: Circle Dancing, Square Dancing, Ballroom Dancing, Swing Dancing, Belly Dancing and many more were very popular including Zumba Gold - a very active and challenging activity.

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 & Phoenix Insurance. Have a Go News and SRCWA Volunteers staff the hospitality tents serving thousands of cups of tea & coffee and distributing bottled water to help keep participants well hydrated.

Have a Go Day would not be possible without the support of the Burswood Park Grounds staff who, under the guidance of Sam & Steve do a fabulous job of preparing the grounds prior to the day. SRCWA appreciates their assistance during the preparation and conduct of this event.

SRCWA is proud that Have a Go Day has grown from its humble beginnings at McCallum Park in 1993 with attendances of approximately 500 seniors to this years attendance of 14000+ with 212 sites.

Feedback from site holders and attendees was very positive stating that "Have a Go Day is an event that they look forward to attending each year".

There are a huge number of volunteers involved in Have a Go Day, ranging from the management team to volunteers who help on the day. Without their support it would not be possible to conduct this event and 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 including:- Burswood Park Board, Crown Perth, Lotterywest, Have a Go News, Department of Sport & Recreation, Department of Local Government & Communities, Channel 7, LiveLighter Healthway, 882AM 6PR, Phoenix Insurance Brokers, Curtin fm 100.1, PACE BM, Kings Tours and Travel, Telstra, Studio Twenty Six Photography, Sizzler, Scarboro Toyota and Sticky PC.



LiveLighter Aged Care Games

The LiveLighter Aged Care Games were established to provide an opportunity for people in 'care' situations to, once again, experience team participation, social interaction and light competition in a facility which gives them the opportunity to take part in an organised event away from their own centre. The participants are usually aged 60 to 100+ years of age and they are dependant upon agency or carer support for care and any form of recreation or leisure activity.



The teams usually go to a lot of trouble dressing up for the games in order to win the Best Dressed Team award. The major impact of the LiveLighter Aged Care Games lies at the 'carers' level. Management, support workers and volunteers of the agency value the Aged Care Games for some of the following reasons:

- Staff within the centres use the games activities as part of their daily therapy and recreational sessions.
- With their clients, they practice as a team to develop skills including throwing, standing, communicating and socialising.
- A sense of belonging is fostered through the 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 events participants are awarded Gold, Silver, Bronze and participation medals, trophies and plaques which highlight their achievements and these become treasured items.

Since the introduction of the LiveLighter Aged Care Games, in conjunction with the Fremantle Masters Games in 2003, SRCWA has hosted 63 competitions in both metropolitan and regional areas and more than 156 care

Number of Events	Regions
8	Albany
6	Avon
12	Bunbury (2 events per year)
5	Margaret River
21	Metropolitan (2 events per year)
9	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
2	Rockingham



agencies have participated. Collectively the competitions have seen more than 13,446 people taking part.

The program 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 continues to sponsor the "Champion of Champions " trophy which is presented to the overall winning team from each round of events.

Volunteers play a vital roll in the presentation of these games, it would be impossible to provide the games without their support. Volunteers help set up the recreation centres with tables, chairs and playing fields, provide many cups of tea & coffee, assist the participants and carers to their designated areas, score and manage the games. The number of volunteers at each event can vary from 15 to 40 depending on the number of teams taking part.

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.

The LiveLighter Aged Care Games are sponsored by LiveLighter Healthway, Dept. of Sport & Recreation, Dept of Local Government & Communities and Have a Go News.

LiveLighter Seniors Activity/ Information Days

The LiveLighter Seniors Activity/Information Days give SRCWA the opportunity to invite Seniors to come to a recreation or seniors centre and take part in a variety of activities with a wide selection of static displays offering senior specific information.

The activity days were initially developed to encourage Aboriginal Seniors to come into recreation centres and take part in an organised activity/information day.

The first activity/information day was held at the Herb Graham Recreation Centre, Mirrabooka in 2004 and since then many organisations and individuals have attended these events. Since opening these events to all seniors groups the events have had better attendance numbers and helped make Aboriginal seniors feel more included.

The organisations which provide static displays at these events appreciate the increased numbers of attendees and the opportunity to talk to a wide range of seniors. The provision of static displays has given the participants more confidence to discuss services available to them.

As part of the Activity/Information Day participants are provided with morning tea and lunch.

Seniors Recreation Council has developed working relationships with:

- LiveLighter Healthway
- Department of Sport and Recreation
- Department of Local Government & Communities
- South Metropolitan Health Unit
- Cockburn Seniors Centre
- City of Armadale
- City of Stirling
- City of Wanneroo
- Shire of Mundaring
- Shire of Wagin



Static Displays such as:

- Aboriginal Legal Services
- Advocare
- Apia
- Australian Hearing
- Breast Screen
- Bupa
- Dept. of Commerce
- Independent Living Centre
- Seniors Card
- Seniors Recreation Council of WA
- Veterans Affairs



Due to the success of the Activity/Information Days more events have been held and requests have come from other Local Government authorities to provide them in their areas.

Since the Aboriginal Seniors Activity/Information days commenced in 2004 at the Mirrabooka Herb Graham Centre over 2180 Aboriginal seniors have taken part in the activities. With the expansion of the program to include all over 50's the number of participants attending grew to 3811 by the end of June 2014. Participants are now joining clubs/groups in their areas which is a very positive outcome of this program.

Thank you to all the volunteers whose hard work helps make this program a success and to the Sponsors:- Dept of Sport & Recreation, Dept of Local Government & Communities, Have a Go News, Cockburn Seniors Centre & Shire of Mundaring. Without their support these events would not be possible.

“Hollywood Classics” Ball 2014

The SRCWA “Hollywood Classics” Ball was held on Wednesday 18th June 2014.

180 Seniors attended the afternoon of dancing and entertainment in the Astral Ballroom, Crown Perth.

A range of costumes were worn including 1920's outfits and costumes from well know classic Hollywood productions ie; My Fair Lady, Breakfast at Tiffany's, Cinderella & The King & I. The costumes certainly brightened up the ballroom.



The “Offspring Band” provided live dance music throughout the afternoon and Eddie Storm provided the afternoon floorshow. Both the dance music and floorshow followed the theme of Hollywood Classics which everyone enjoyed.

Attendees came from Ascot Adult Day Centre, City of Canning, Have a Go News, ICCWA, Lesley St Centre Mandurah, Red Hatters, Scarborough Autumn Centre, Southside Care and general public.

The table and stage decorations consisted of classic movie covers which were great conversation starters and balloons provided colour, with the entry to the ballroom guarded by a life size banner of an Oscar award.

Photographs were taken throughout the afternoon by Martin from Studio Twenty Six Photography who donated his time and took some stunning photos.

Prizes for best costume, male & female, were bottles of MOET Champagne donated by Have a Go News.

The major raffle prize was donated by Crown Club Bus Program, second prize was donated by Crown Perth and Third Spot prizes were donated by Have a Go News.

Congratulations to all the volunteers who helped with the organization of the Ball and with the decoration of the ballroom in the “Hollywood Classics” theme.

Sponsors for the “Hollywood Classics Ball” were: Crown Perth, Crown Club Bus Program, Have a Go News and Studio Twentysix Photography. SRCWA really appreciates all the generous support given by it's Sponsors.



Pole Walking

Since SRCWA launched Pole Walking in April 2006 there have been 473 presentations to an audience of more than 5190 Seniors.

Presentations were held at Senior Centres, Clubs, Activity days, Multicultural Groups, Have a Go Days, Probus Clubs, retirement villages & at the SRCWA Office for individuals. The areas visited included Leederville, Stirling, Scarborough, Mundaring, Burswood, Fremantle, Peel, Warnbro, Harvey, Rockingham, Albany, Busseton, Pinjarra, Mandurah, Northam, Coorow, Bremer Bay and many others.

The demonstrations consist of a verbal presentation on Seniors Recreation Council of WA, 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 or by contacting the SRCWA office.



Seniors of Western Australia are taking up Pole walking in increasing numbers and since SRCWA introduced it at the launch in April 2006, 787 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.



Avon Branch Report

The Avon Branch works tirelessly for and on behalf of Seniors in the Avon region.

LiveLighter Activity/Information Day Avon Region

On Monday 29th July 2013 SRCWA held a Seniors LiveLighter Activity/Information Day at the Northam Recreation Centre. Participants enjoyed activities such as; carpet bowls, seated hockey, Xbox Kinect activities (Exergaming), bean bag toss, skittles, carpet golf and other games. Nyoongar Sports organized the warm up activities which, when finished, had everyone nice and ready to do the other activities in the hall. Carpet bowls and Exergaming were very popular throughout the morning.

A range of static displays offering information specific to Seniors and advice on matters within their expertise were in attendance.

Once the activities were concluded everyone enjoyed a lunch of soup and sandwiches.

Thank you to the volunteers from Northam and Perth who helped make this Activity/Information Day a success.

Sponsors of this event were LiveLighter Healthway, Dept of Sport & Recreation, Dept. of Local Government & Communities and Have a Go News.

LiveLighter Aged Care Games

The LiveLighter Aged Care Games were held in Northam on 22nd May 2014 and a great day was had by all. Ninety participants converged on the Northam Recreation Centre, which is a great venue and thank you to the Shire of Northam for providing the venue at no cost.

Great refreshments supplied by Earth Solution - Avon Valley was enjoyed by the volunteers.

All teams competed well with York All Stars taking home the trophy.

Teams went to a lot of trouble to make team uniforms and decorate the tables.

Volunteers from the community, SRCWA and Recreation Centre staff played a big part in scoring and assisting with the games.

Thank you to SRCWA staff and Volunteers from Perth and to the teams that travelled great distances to be part of a fun day.

Karen Ducat

Avon Branch President



Bunbury Region Branch Report

On the 27th March 2014 Bunbury Region Branch held the Bunbury Region Live Lighter Aged Care Games at the South West Sports Centre.

It was a fabulous day with 16 teams competing. The teams came from nursing homes, aged care facilities and day centres to compete in games specifically designed for people in care.

At the opening of the games SRCWA thanked Merv Mancer for his work in the Bunbury Region on his retirement from SRCWA, then everyone sang Advance Australia Fair and MC for the day Phil Paddon explained the games rules.

Eddie Storm entertained the participants during the lunch break, singing a wide variety of well-known songs, including Phantom of the Opera, which was enjoyed by everyone.

The games played were seated hockey, seated pass ball, beanbag toss and skittles with the staff game at the end of the day giving carers from each team the opportunity to compete in a fun event.

A big thank you to the Department of Corrective Services Access program for supplying the volunteers to set up and pack down the sports centre, their help was appreciated. Congratulations to all the participants for coming and having a go and a big thank you to all the Bunbury Region branch and all the volunteers from Bunbury & Perth who helped make the day such a great success.

On the 4th March SRCWA Bunbury Region Branch held the Seniors Concert at the South West Italian Club from 9.30pm to 12.30pm. It was a very popular event with Phil Paddon as MC and a variety of entertainers.

Those who came to the concert were from aged care facilities, day centres & general public with more than 350 Seniors enjoying the mornings entertainment.

Merv Mancer retired as President from the Bunbury Region Branch at the conclusion of the Aged Care Games and we thank him for his dedication to the Bunbury Branch.

Barbara Fleay is the new President of Bunbury Region Branch and we welcome her and her committee to the SRCWA team.

Midwest Branch Report

As we have a declining population in our area we are not as active as we would like to be. However, we did manage to hold a "LiveLighter Seniors Activity/Information Day" last year in Coorow which we hope to run again this year.

It was great to see Phil and Dawn and the crew come up and set up the Seniors Exergaming WA and Tech Savvy Seniors Programmes. This day included visitors from Carnamah, Three Springs, Morawa and Perenjori.

So Seniors are leaving home at first light, luckily most towns have community buses.

Quite a few of us attended a fun day in Morawa last month, held by the Morawa H.A.C.C service. Some of the old fashioned games were played e.g. skittles, quoits, hookee, table bobs and of course the ever popular carpet bowls.

Betty O'Callaghan President

Midwest Branch S.R.C

Peel Branch Report

Committee

Our Peel Branch is now in its twelfth year of operation and I present this report on behalf of our Peel Committee for the year 2013/2014. Branch committee meetings have been held each and every month, with the exception of January 2014. Four new members were appointed to the Peel Branch Committee at the 2013 Special General Meeting. Newly appointed Kay Williams later resigned because of her work/home commitments and Jill Quilter was later co-opted to our Committee when Sandi MacFeate our Treasurer needed to resign from this position due to work commitments and her resignation as Treasurer was accepted reluctantly. I thank each and every committee member and all activity program volunteers and Leaders for their dedication and support of the many activities and programs run by our Peel Branch and for support they have given me during this past year. During the year our meeting venue changed with Dept of Sport & Recreation locating to their new office within the Mandurah Marina near Seashells with this being a positive move for our Branch meetings too.

Finances

The Branch experienced a big change during this period with Peel Branch finances changing from a manual system to the MYOB procedure to align with what our State Office already had in place. I wish to record our thanks to Sandi MacFeate for the excellent job she has done since taking over this position from Doris Somerville. We advertised the position of Treasurer with the Peel Volunteer Resource Centre, but unfortunately were unable to find a suitable replacement until Jill Quilter offered to train under Sandi's mentorship and take the role of Treasurer on in the interim and I thank Jill for her commitment to this role and our Peel Branch.

Branch Award

We were all delighted when on the 18th October 2013 our Peel Branch was awarded "Prime Super Community of the Year" in the Regional Achievement & Community Awards 2013 and Jan McGlinn named as Semi-finalist in the category of Horizon Power Leadership Award at the same Award presentation.

Activities & Promotion

Peel Branch actively promoted Seniors Recreation Council of WA Inc. within the Peel Region throughout the year.

19th August 2013 Peel LiveLighter Seniors Activity & Information Day at the Masonic Hall in Murray

15th November Connecting Seniors Event at Ac-cent Mandurah

27th November Serpentine/Jarrahdale Seniors Day

17th June 2014 All day Training Session – Exergaming at the Masonic Hall in Murray

Programs

Double Dip Saltwater Aerobic & Exercise Program

This program runs annually from December until end of March during the summer months with grant funding of \$4,000 and a registration fee of \$15 each. The program was extremely successful in the 2013-14 year with 96 registrations and ran according to budgeted figures. Our Branch Committee sincerely thanks Wendy Cole, our Senior Lifeguard/Seniors First Aid Instructor and the other lifeguards and Meagan Cox, Personal Trainer, who did an amazing job for us throughout the summer months.

Fit & Flexi Over 50's Winter Exercise Program

This was a new program instigated by our branch for the winter months and utilising the skill of Meagan Cox Personal Trainer with a special program she devised for our seniors. This program ran according to budgeted figures with the funding obtained, prior to commencement, through a successful grant application with the Dept of Sport & Recreation. 65 registered for this program and feedback has been extremely positive from those attending. The funding obtained from DSR was only for this year and current negotiation is taking place with Meagan Cox and our branch in the hope this can be continued.



Strong on Your Feet Program

This program of Strong on Your Feet has now been expanded to Pinjarra and will shortly commence in Waroona. Funding was obtained through a successful grant application to Dept of Sport & Recreation to expand into the Murray and Waroona Shires. I wish to thank all Peer Volunteer Leaders for their dedication and support of this program throughout the Peel Region.

We now run two classes at Ac-cent, two classes at Leslie Street Centre, two classes in Pinjarra and will be in Waroona, as stated, shortly. The program is going so well, thanks to our volunteers.

The report to the South Metropolitan Public Health Unit was completed and is supportive of the work we have done since taking over this Program under a Memorandum of Understanding with Mandurah Community Health and SMPHU. Thank you to Claudia Zimmerman and to Robyn Lister for their assistance and help throughout this past year. All training assessments have been in line with the MOU and volunteers accredited accordingly. Senior First Aid Courses will be conducted this month also for new trainees currently undergoing mentorship with our Peer Leaders.

Coodanup Walking Program

We thank Bill Pangler and volunteers who have assisted with this program. The Coodanup Group continues well with good numbers attending. We would also like to thank those volunteers who have opened their homes for morning tea sessions after Monday walks.

ChiBall Program

We have had a difficult year with ChiBall, with many registered seniors going away on extended holidays etc. so maintaining attendance figures has been extremely difficult. A decision was made to cut the 3pm class and combine into the 1.30pm, this saving on instructor fees and hall hire knowing that this was the only option open to our Branch to regularly meet budget expenses

Active Ageing in Peel Calendars 2014 Project

I believe that the calendar produced for 2014 was one of the best our Branch has presented.

We thank all the volunteers who have assisted with this project, albeit with photos supplied, or with sales of the calendar at the various locations. Our Active Ageing in Peel Calendar remains self supporting through sales and donations and currently we are producing the 2015 calendar this year for sale in the latter months of 2014.

LiveLighter Aged Care Games 2013

These games were held in the Shire of Murray with 14 teams competing.

The Games were successful in the 2013-14 year and thanks go to the SRCWA volunteers and staff, Alcoa Volunteers and the Branch volunteers who assisted to make these games the success they are in our Peel Region.

Sandi MacFeate is currently working on our Peel SRCWA Team App, which will enable our registered attendees to access Peel Branch information via the web. We are hopeful that everyone will supply us with email addresses in the future.

2013-14 has been a very successful year for our Peel Branch! My grateful thanks to all who have contributed in one way or another to the successful year 2013-14 we have had.

We look forward to this current financial year and the many positive steps we plan on taking on behalf of our Peel Branch.

Jan McGlinn
Peel Branch President



Perth Branch Report

The annual camp at Camp Quaranyup was, as usual the Perth Branch's main event this past year. We had over 50 people attend with a waiting list of 5. It was a relaxing but full on time enjoyed by all. Everyone looks forward to this camp every year and make the most of their time there, talking, eating, walking and trying out new activities such as craft, belly dancing and bootscooting. The day out was well received as usual, as was the dress up night and concert.

We looked at the possibility of running an end of year concert, but as a small branch we could not underwrite or insure it for a loss, so that was regrettably passed back to the SRCWA Office.

Local Councils were again asking for fees for walking and cycling clubs to use the parks. Ron Alexander Director General DSR wrote on our behalf to Joondalup and Stirling Councils about the unfair fees. Stirling agreed to waive the charges. We have suggested that groups do not pay any fees for this use.

We congratulate Leanne Novatscou and Martin Yates and their hard working team for winning the Technology in Practice award at the Sport and Recreation Industry Awards and commend them on their contribution to senior's welfare.

We would also like to congratulate SRCWA Peel Branch for winning the Regional Awards and SRCWA for being the Bethanie Volunteer Medallion Organisation Winner 2013 & the Bethanie Medallion All Rounder Winner 2013 and becoming finalists in the Seniors Week Awards.

We thank SRCWA State Office for their support in the past year and I thank my committee of Glenys Lawrie, Phil Paddon and Derek Lewington for not only their help in Perth Branch matters, but also with their willingness to help at all SRCWA functions.

Frances Laws

Perth Branch President.



Rockingham Branch Report

The past year has been a very busy one for our active dedicated Committee members.

Our planned programme has provided local seniors with the opportunity to interact socially with like-minded people and to access clubs and support groups available to them within the Rockingham area. The support and encouragement that we receive from the Rockingham City Council, especially the Active Ageing Department, is greatly appreciated by our committee.

It is evident that the reputation of the Rockingham Branch is vastly growing within the extended community through the requests for sponsorship partners with local companies. I am pleased to report that during 2014 Alcoa Kwinana has become our major sponsor with a \$10,000 per year partnership for a period of three years for our annual Have a Go Day. Craig Kimber licensee of Warnbro Fair Telstra has also committed a \$1,000 sponsorship thus aligning with the City of Rockingham and other local companies. Due to the valued financial support we have been able to extend the facilities and programme for our annual "Have a Go Day" held in the grounds and gymnasium at Aqua Jetty, Warnbro on Wednesday 23rd April. The day provided exposure to many local organisations including Telstra, Bendigo Bank, Alzheimer's, Asthma Care, Lions and Nissan.

Despite the date clashing with the Easter holidays it was estimated that over 600 local seniors attended the day.

Once again our mid-year concert proved popular, with the event providing seating for 200, being a sell out and a waiting list of over 50. The senior community enthusiastically involved themselves in the "FABULOUS FIFTIES & SIXTIES" theme presented by our local group "THE ENTERTAINERS". Planning is well under way for our annual Christmas concert to be held at the GARY HOLLAND COMMUNITY CENTRE on Tuesday 2nd December.

Our immediate focus is on the planning for the upcoming "LIVE LIGHTER AGED CARE GAMES" to be held on Wednesday 3rd September in the BALDIVIS RECREATION CENTRE. Dawn has received 9 entries to date with reminders currently being sent to local nursing homes and groups. The Rockingham members greatly appreciate the organisation of this rewarding event by our State Branch staff. We also value the support of our local volunteers which enhances the success of our annual programme of events.

I would like to take this opportunity to thank all our committee members both present and outgoing for your dedication and enthusiastic involvement in our planned events. Special thanks to our secretary Denise Benison and the State Branch members Hugh, Dawn, Frances, Mary, Kate and Martin for your continued support and encouragement throughout the year

Thank you.

Lesley Robson
President Rockingham Branch



Southwest Capes Branch Report

During the 2013/14 financial year, the Southwest Capes Branch staged 2 events:

The Aged Care Games at the end of September and the Annual Christmas Quiz in early December.

As the Branch comprises only 3 members, this level of activity is normal and not likely to change in coming years without additional resources.

The LiveLighter Aged Care Games were held at the Margaret River Cultural Centre on 27th September.

Teams from William Carey Court (Busselton) and Leeuwin Lodge/HACC (Augusta) travelled to Margaret River to compete against the home team (*Mirrambeena Movers*), with the *William Carey Court* running out overall winners.

Phil and Pat Paddon along with Derek and Maureen Lewington travelled down from Perth to facilitate the event with the support of local branch members and numerous other volunteers.

Once again, everyone had a great time and participants departed in high spirits.

The Christmas Quiz is an annual, inter-house competition organised by local branch members since 2005.

It is run in-house for the same establishments participating in the Aged Care Games and the Silver Chain Day Centre (Margaret River), who have also participated in the Games in previous years.

The quiz comprises 25 questions put to each team under strictly controlled conditions and consistently scored.

The team with the highest score is presented with a trophy, which they hold until the following year.

This keenly contested event is usually close (with tie-break questions occasionally being required).



T.P. Barter

(Branch President)

Project Officers, Sports Management Pty Ltd

Introduction

Sports Management Pty Ltd has enjoyed working with the Seniors Recreation Council of WA this past year and continues to be impressed by the diligence and commitment of SRCWA staff and volunteers.

Current SRCWA Programs

All SRCWA programs have been supported by SMPL when requested. These include Have A Go Day, Activity Information Days, Aged Care Games, Tech Savvy Seniors, Exergaming and the SRCWA Seniors Ball. The support includes attending meetings and events, most of which have been within the metropolitan area while also attending at the Bunbury Aged Care Games, SRCWA Peel Branch Activity Day (Furnisdale) and Rockingham Have A Go Day. All of these programs have been well organised and conducted professionally and are a credit to SRCWA staff and volunteers, including Branch committees.

SRCWA Nominations

Nominations were submitted for the following awards in 2014 –

Community Service Excellence Awards – Outstanding achievement in raising community Awareness – Finalist

WA Sport & Recreation Industry Awards – Technology in Practice – Winner

Hesta Aged Care Awards – Team Innovation - Aged Care Games

A catalogue of nominations submitted by SRCWA in all awards was produced to provide a history of the recognition afforded SRCWA achievements over the years.

Strategic Plan

A committee comprising Leigh Davis, John Slattery, Malcolm Stokes, Mavis Owens and Dawn Yates was established and its major role was the organisation and conduct of the "Seniors Physical Activity in WA" Summit. Conducted on 2nd April 2014, this was very successful and attended by a select group of senior personnel from Health, Sport and Universities and some observers. This established a working group to ensure future cooperation and development within these sectors. It is disappointing to note that John Slattery has had to resign from SRCWA activities and his enthusiasm and desire for a healthier Seniors population will be missed.

SRCWA Regional Branch Expansion Project

This is an exciting new project for SRCWA. SMPL has prepared various papers regarding this project and after an initial presentation to DSR Regional Managers at their December 2013 conference and with their support the project has begun in earnest. The project targeted Kalgoorlie/Boulder as the most suitable place to establish a new SRCWA Branch. Kate Chetwin, Malcolm Stokes and Mavis Owens engaged in various tele-conferences with DSR head office and regional staff to set-up an initial visit to Kalgoorlie/Boulder on 5th May 2014 to meet with various organisations including DSR, Council, health providers, facilities managers and the local community to seek support for the establishment of a SRCWA Branch. An article and photograph of the public forum appeared in the local paper on 6th May. An SRCWA Activity Information Day is scheduled for 8 September 2014. Kate is to be complimented on the work she has done within this project.



Various

Malcolm Stokes and Mavis Owens have also represented SRCWA at various forums associated with Seniors health and wellbeing and Award presentations.

Conclusion

Our thanks to Hugh Rogers, Dawn Yates, Mary Kelly, Kate Chetwin, Martin Yates, Leanne Novatscue, and SRCWA Board Members for their friendly camaraderie throughout this past year.

Mavis Owens and Malcolm Stokes

Sports Management Pty Ltd

Seniors Exergaming WA

Kinect mind, body and friends all while having fun!

We are now in our second year of the Expansion Project which objectives were to develop and trial a user friendly Resource/Training Manual and Program that would allow Exergaming to be utilised by seniors across all ability levels including; People with Disability and CaLD groups in at least two LGA's.

Earlier this year we launched the Seniors Exergaming WA Resource Manual at our first of three Grand Final/Presentation days which saw over 60 seniors in attendance from 13 teams, all of whom had participated in our Round 1 "King Pin" Bowling Program. Mr Ron Alexander, Director General from the Department of Sport and Recreation made an impromptu appearance to open the proceedings and Hugh Rogers officially launched the Manual a year ahead of schedule.

We have held four Training Days with approx. 50 attendees from LGA's and Senior Organisations now fully trained in the delivery of the Program and approx. 10 individuals attended as either a New Volunteer or an Individual who has purchased a console for home use.

Currently eleven LGA's are participating in the Program that was developed and consists of three rounds of eight weeks each that culminates in a Presentation day at the end of each eight week program. A further five LGA's have each purchased a console and have instigated our program independently. We have also attended eight SRCWA Activity days throughout the year, attended by invitation from the National Stroke Foundation WA Branch as a guest speaker and activity presenter at seven Stroke Foundation Meetings held at various hospitals and locations throughout WA, presented (and played XBOX) to State Parliament Community Development and Justice Standing Committee (CDJSC) and most recently have been approached by the Mandurah Alzheimer's regarding the Program.

Media coverage this year has consisted of three Radio Broadcasts, an article in the West Australian plus numerous articles have appeared in the Have a Go Newspaper and various local shire papers.

Recently we were advised that we were one of three finalists for the Sport and Recreation Industry Awards 2014 in the Technology in Practice Award category, we were up against Football West and WA Football Commission and were announced as the Winner at the Awards Breakfast held on 30th July.

In conclusion the project has exceeded its goals and continues to expand rapidly, successfully providing opportunities for physical activity, social interaction and mental health wellbeing to Seniors of all ages and abilities in a format that can be played as a low or high impact exercise program progressing in difficulty as participants improve their fitness levels.

Thank you to the Department of Sport & Recreation for their foresight in supporting and Sponsoring this project from its inception. Without DSR's continued support this program would not have become a reality.

Thank you also to the Seniors Exergaming Team who have worked tirelessly to ensure this program is as successful as it is.

Leanne Novatscou

Project Manager.



Tech Savvy Seniors

Tech Savvy Seniors "Introduction to Technology" course, a new initiative for Seniors Recreation Council of WA Inc. (SRCWA), aims to gently introduce seniors to the benefits of modern technology.

Computers and electronic devices are an integral part of our society and in some cases this lack of knowledge can lead to social isolation and a lack of mental stimulation. The course runs for 2 hours per session one day a week over 6 weeks at a group's venue, topics covered in the course include:

- What is a Computer and its associated equipment?

- Basic introduction on how to use a computer.

- Internet Use – Email, Browsers, Security and Scams.

- Facebook introduction how we can connect with our families and friends.

- Skype Introduction - How to make free local and international video calls.

- Digital Camera – What to do with all those pictures, saving and sharing them.



The first year of the Tech Savvy Seniors program has seen some major milestones reached and realised;

- Telstra supporting the program,

- SRCWA/Telstra Morning Teas,

- High demand for the course,

- Signing of the Memorandum of Understanding with West Coast Eagles Football Club


These milestones can only prove the worth and need of the program which is provided to seniors for free. The course would not be possible without the support from Healthway, Department of Sport and Recreation, Department of Local Government & Communities, Telstra and Samsung.

A total of 9 six week courses have been run from 1 July 2013 to 30 June 2014 throughout the metropolitan area with a total of seventy-three (73) participants accessing eight hundred and seventy-six (876) contact hours.

Feedback from seniors who have attended the "Introduction to Technology Course" indicates they now have a clearer understanding of terminology and how to use technology. Comments have been "it's a whole new world this internet thing and how marvelous it all is."

During the reporting period Telstra became a sponsor/partner of the program and as such have supplied (as a form of sponsorship) two mobile internet devices along with 20 gigabytes per device per month. The sponsorship of Telstra with these devices has enabled program staff and volunteers to demonstrate the benefits of utilising technology and has helped greatly in the success and growth of the program.

SRCWA/Telstra Connected Seniors morning teas have also been developed; seniors are invited to local stores for a presentation on new technologies in an informal setting. 2013-2014 saw one hundred (100) seniors attending these events and gaining a better understanding of the use of mobile devices such as iPad, iPhone, Samsung Android Tablets and Android mobile telephones. The above included an iPad/ Tablet workshop held in the Department of Sport and Recreation conference area. Samsung have been



supportive of the program by providing equipment for demonstration purposes at SRCWA/Telstra Connected Seniors Morning Teas along with staff who present mobile technology and help seniors who may have issues with using mobile technology.

Due to the prevalence of SCAMS targeting older citizens, a SCAMS workshop was arranged and delivered at St Ives Murdoch in partnership with the Department of Consumer Protection who provided a speaker and information on SCAMS, there were eighty-five(85) seniors in attendance at this event. These seniors were very appreciative of the opportunity to find out ways of protecting themselves when using technology as well as other direct scams.

A workshop on digital camera was also facilitated for the Stirling Silvers Program where 20 seniors in attendance wished to learn more on how to improve taking photographs.

SRCWA was also approached to provide the course to the senior members of the West Coast Eagles Football Club. This led to the signing of a memorandum of understanding between SRCWA and the West Coast Eagles football club where the two parties will work collaboratively in providing better services for seniors.

Finally I would like to thank the team in the Seniors Recreation Council of WA Inc. Office for their continued encouragement and support of the Tech Savvy Seniors program, without their continued support this program would not be possible.

Martin Yates

Program Manager

SRCWA Volunteers & Mentors

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

SRCWA 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 SRCWA is very blessed to have such a dedicated team willing to work for and on behalf of WA Seniors.

SRCWA 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:



Department of Sport and Recreation
Department of Local Government
and Communities

