



Seniors Recreation Council of WA Inc.

HEALTHY AGEING THROUGH ACTIVITY

PATRON: Her Excellency the Honourable Kerry Sanderson AO, Governor of WA

Annual 2014/2015 Report





SENIORS RECREATION COUNCIL OF WA INC.

ANNUAL REPORT for 2014/15

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State President's Message



It is with pleasure that I am able to provide the 2014/15 Annual Report on the programs and activities of Seniors Recreation Council of WA.

SRCWA continues to encourage Seniors to become active physically, socially and mentally which is achieved through the huge efforts of the volunteers and staff who coordinate and produce these programs.

The Council's technology based programs are continuing, with the "Seniors Exergaming WA" project going ahead very strongly. Many agencies have come on board introducing Seniors Exergaming WA to their members. The program has also been picked up in some regional centres. The Department of Sport & Recreation continues to fund "Seniors Exergaming WA" for which SRCWA is very grateful. I would like to express a vote of thanks to Leanne Novatscou for her

contribution and dedication to SEWA. Leanne was the project manager since the inception of the program and has now relinquished her role as project manager, to pursue her "You Can Do Fit" business but she continues her involvement with SRCWA as a valued volunteer. Leanne took SEWA through the initial trial period where it was ascertained that the XBox 360 Kinect was the gaming console that would best suite the program. Leanne was also instrumental in getting the instruction manual completed and pulling together a great team of volunteers.

The "Tech Savvy Seniors" (TSS) program is definitely addressing a need in the Senior community and has resulted in many clubs/groups and agencies booking computer courses - the feedback has been very positive. Under the banner of TSS there have been tablet workshops, morning teas and forums held at different locations, both metro and regional, which have all been well attended.

The Dept. of Local Government & Communities continues to provided additional funding for SRCWA to explore the possibility of expanding the network of SRCWA Branches. The expansion team have visited Kalgoorlie and Geraldton in the past 12 months doing feasibility studies and conducting public forums and an activity/information day in Kalgoorlie. SRCWA Branches are currently being formed in both cities. Over the past year the Branches 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. I would like to especially thank the Branch President's and committee's for their dedication to SRCWA and its programs.

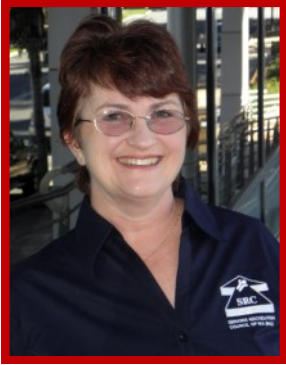
Pole Walking continues to be a very popular activity and is gaining strength as pole walking groups are developed. Armadale and Rockingham now have groups of up to 20 participants enjoying the activity on a weekly basis.

SRCWA is extremely proud of its programs conducted in both metropolitan and regional areas and continues to receive positive feed back and appreciation from participants and agencies for delivering these programs.

Thank you to all the Accredited Volunteers, Staff, Mentors, Sponsors and supporters, your dedication to this organisation and WA Seniors enables SRCWA to continue providing 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 delivery of programs and services 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.

In the position of Executive Officer I count myself privileged to work with a team of staff and volunteers who put so much effort into providing the programs and services to WA Seniors. In the office it is our privilege to develop and present programs and assist the Branches when required. It is a great honour to work alongside such a dedicated team of volunteers through out the year.

The Branches are fully managed by Accredited Volunteers and they 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 may travel great distances to provide 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.

In June we were very sad to lose Frances Laws, Perth Branch President and friend who passed away through illness, she was a tireless volunteer for SRCWA and had been a member since 1995. She will be sadly missed.

On a brighter note we helped celebrate the 100th Birthday of Win Black At Rosewood Care Group. Many friends and family attended the celebration including Mitch Brown from the West Coast Eagles which she thought was wonderful.

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

- Add Life to Your Years 19th edition - 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 opportunity to attend and participate in an adapted games event.
- 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 have access to local Senior specific information in a social setting.
- Sports Management Pty Ltd provides support and advice to SRCWA along with assistance on program delivery, branch expansion and nomination submissions.
- The Annual Seniors Ball theme in 2015 was "Teddy Bears Picnic". This year the Ball was very successful and through the generous donations of teddy bears many Seniors and children were made very happy .
- The Seniors Exergaming WA program uses the XBox Kinect gaming console for Seniors activities .
- The Tech Savvy Seniors (TSS) computer training program has been taken up by retirement villages and Seniors care facilities.
- Pole Walking is a program that continues to encourage Seniors to embrace the activity of walking using a pair of walking poles.

Executive Officer

Dawn Yates

Add Life to Your Years Directory

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

The last 12 months have seen a combining and streamlining of processes for the collection of data for the directory, with a view to integrating this into an online directory for the 20th edition. This will ensure information is relevant and up to date as well as only needing to enter data in one location to save time and resources. The streamlining of data was initiated before the update requests began to ensure that, once the correct details were received, it would only be necessary to update one area.

The 19th edition of Add Life to Your Years was updated and reprinted in August 2014. The process from initial contact of clubs to completion and printing took around 4 months. Every listing was sent an update request form. Those who didn't return the forms were followed up with a phone call - which proved to be a time consuming activity. This process however ensured that all club/groups had the chance to be relisted.

Due to the interest received from new organisations many of the organisations/clubs/groups who were listed multiple times had to be reduced to one or two sections with the club description also being condensed to ensure all listings would fit.

The directory consists of 3 sections, Metro, Regional and State Sporting Associations. The Metro listings are divided into individual activity types while the Regional listings are listed in regional location sequence. With the project officers travelling to more regional areas we have seen an increase in the clubs and group sections of these areas to boost club involvement in the community. This proved successful with people travelling throughout the State being able to access information specific to the region to which they are travelling.

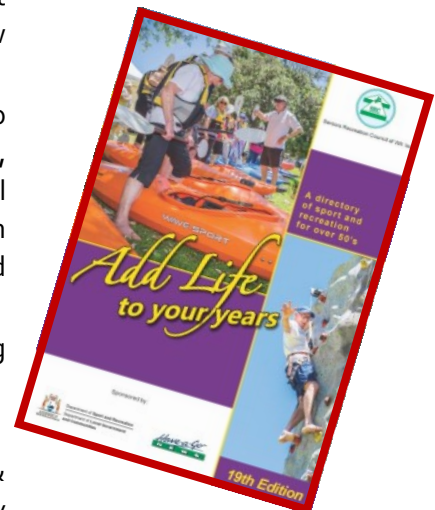
SRCWA receives requests daily to send the directory to various Seniors and health care agencies that then pass the directory onto their clients. With the increased number of clubs/groups requesting entry, the book is growing each year - clearly demonstrating the great need for a resource such as this.

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

When the 19th Edition was printed boxes were distributed to public libraries, Local Government Agencies, Heart Foundation, Diabetes Associations, Seniors Card Office, DSR metro & regional offices, doctor's surgeries and many more. Through an advertisement in 'Have a Go' News many individuals requested the updated copy and those copies were mailed out.

The feedback from Seniors and Agencies using and distributing the directory has been very positive

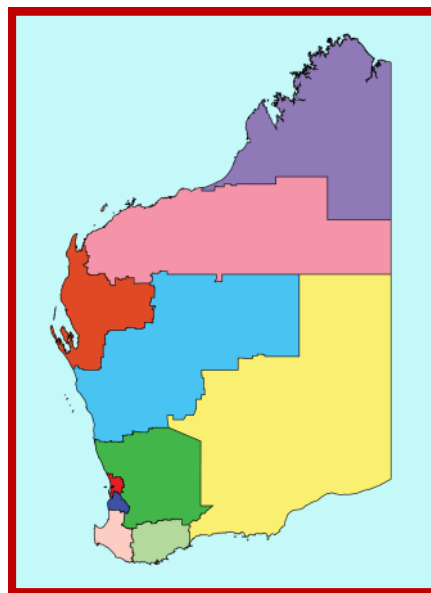
Funding was provided through Dept. of Sport & Recreation & Dept. of Local Government & Communities and was supported by 'Have a Go News'. The directory is very popular with the over 50's as a reference book. The number of contacts in the book is approximately 700.



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. Currently a branch in Kalgoorlie and Geraldton are being formed and should commence operation in 2015/16. Activities undertaken by SRCWA Branches include the following:-

Add Life to Your Years	Learn How To Series	Sports Ability Pack program
Annual Seniors Camp	LiveLighter Act/Info Days	SRCWA Games Day
Art & Craft Exhibition	LiveLighter Aged Care Games	Strong on Your Feet
Calendar	Mini Putt Golf	Support local Clubs & Groups
ChiBall	Photographic Club	Swing Dance
Concerts	Pole Walking	Take the Plunge program
Double Dip Saltwater Exercise Program	Pole Walking Groups	Tech Savvy Seniors
Expos	Quiz Night	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
Information Seminars	Seniors Luncheon	
	Seniors Surveys	
	Seniors Week Activities	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 2014, a LiveLighter Event

SRCWA's Have a Go Day, a LiveLighter Event, was a fantastic success with in excess of 15,000 attendees and 225 exhibitors of which 50 were brand new to Have a Go Day. The day included activities, static displays, hospitality marquees, food vendors and was held in the beautiful grounds of Burswood Park.

Thank you to Steve and the Burswood Park grounds team who assist SRCWA every year by providing a wide range of support in preparing the grounds for Have a Go Day.

There were in excess of 45 volunteers who supported this event, the coordinating committee commenced planning the 2014 event the week after Have a Go Day 2013 concluded. It takes a full 12 months of meetings to pull Have a Go Day together with the committee members each spending three 12 hour days setting up the event at Burswood Park. The volunteers came from SRCWA, staff from DSR, volunteers and staff from Have a Go News and, to help with setup and pack down, the Green Brigade from Wooroloo Prison.

The official welcome was accompanied by Justin Freind & the WA Police Pipe Band, with MC Steve Mills from 882am 6PR officiating the proceedings. After the Welcome to Country by Mort & Vivianne Hansen, The Hon Tony Simpson MLA, Minister for Local Government & Communities, officially welcomed everyone to the event and invited them to Have a Go.

At Have a Go Day there was a wide range of activities such as bell ringing, West Coast Eagles kicking cube, Telstra Technology Van, SRCWA Exergaming & technology site, archery, canoeing, exercise to music, climbing wall, various forms of dancing and many others. Static displays with information from clubs/groups, Government and Senior specific agency's and travel and health organisations. All were very busy on the day. The entertainment provided by Bush Poets & Yarn Spinners, Justin Freind, Gary Lynn - Frank Sinatra impersonator, Jim Drysdale - Jim sings country, West Coast Chordsmen, and also the WA Police Pipe Band all combined to provide wonderful entertainment throughout the day which was enjoyed by many as they sat and relaxed after Having a Go at the activities.

There were many Channel 7, 6PR, West Coast Eagles & Curtin 100.1fm personalities at Have a Go Day which thrilled many attendees.

The volunteers manning the hospitality marquees were kept very busy as participants enjoyed a rest between walking around such a wide variety of information stalls and taking part in the activities. Thank you to 'Have a Go News', Channel 7, 882am 6PR & Phoenix Insurance for sponsoring the hospitality tents.

Thank you to Crown Perth, 'Have a Go News', Telstra, 882am 6PR & Karri Valley Resort, Channel 7 Perth, Sizzler Australia & Event Cinema Innaloo for generously supplying the prizes for the free raffle.

SRCWA owes a debt of gratitude to all the volunteers who managed this event and who worked on a myriad of jobs throughout the day. Without so many volunteers Have a Go Day would not happen. This year SRCWA also appreciated the assistance of a team of Trustees from Wooroloo prison who worked with the coordinators to set out tables, chairs, site numbers etc. and also assisted with pack down at the end of a long day on Wednesday.

SRCWA also wishes to express a huge thank you to our valued sponsors & supporters who provide the means with which to make Have a Go Day, a LiveLighter Event, a success. Our Sponsors are: Burswood Park Board, Lotterywest, Crown Perth, Have a Go News, Dept of Local Government & Communities, Dept of Sport & Recreation, Channel 7, Healthway, 882AM 6PR, Telstra, Studio TwentySix Photography, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Sizzler Australia, Karri Valley Resort, PACE BM, Event Cinema Innaloo and Scarboro Toyota.



LiveLighter Aged Care Games

The LiveLighter Aged Care Games is a unique program designed 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 agencies 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 72 competitions in both metropolitan and regional areas and more than 163 care agencies



Number of Events	Regions
9	Albany
6	Avon
14	Bunbury (2 events per year)
6	Margaret River
23	Metropolitan (2 events per year)
10	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
3	Rockingham



have participated. Collectively the competitions have seen more than 15,182 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.

Next financial year will see the introduction of the LiveLighter Aged Care Games in the Boddington area. It is exciting when we have new games come on board as it offers this unique event to a wider audience.

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 role 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 higher attendance numbers and helped make Aboriginal Seniors feel more included.

The static display organisations that attend 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 that are available to them

This year SRCWA conducted the second activity/information day for the West Coast Eagles Seniors, "Eagles In Their Prime". This event was held at Domain Stadium in the players warm up room. 80 WCE Seniors attended the event enjoying a morning of activity and information.

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

Events in 2014/15 were held at:

- Avon
- Cockburn
- Gosnells
- Kalgoorlie
- Melville
- Mundaring – Camp Leschenaultia
- Seville Grove
- Subiaco
- Wagin



Listed in the following table are SRCWA partners, static displays and activities involved in the LiveLighter Seniors Activity/Information Day Program.

Partners	Static Displays	Activities
City of Armadale	Aboriginal Legal Service	Beanbag toss
City of Gosnells	Advocare	Carpet bowls
City of Kalgoorlie	Australian Hearing	Carpet golf
Cockburn Seniors Centre	Breast Screen	Cup balls
Department of Local Govt. & Communities	Community Education – Aboriginal & TSI	Exercise dice
Department of Sport and Recreation	COTA WA	Exergaming
LiveLighter Healthway	Dept. of Commerce	Nyoongar Wellbeing
Nyoongar Wellbeing & Sports	El Caballo Lifestyle Village & Resort	Sports activities
Shire of Mundaring	Health Navigator	Pole walking
Shire of Northam	Home Health Local	Seated exercise
Shire of Wagin	Independent Living Centre	Seated hockey
South Metro Health	Kings Tours & Travel	Shuttle ball
	LiveLighter Healthway	Skittles
	Seniors Card Centre	Sticky darts & balls
	Seniors Housing Centre	Table tennis
	Seniors Recreation Council	Warm up activities
	South Metro Health Unit	
	Southern Dist. Support Assn.	
	Telstra	
	The Rise	
	WA Community Health Service	
	Wheatbelt Health	

Senior specific information and give-aways are distributed at these events. During the welcome and introduction participants are encouraged to visit the static display representatives to discuss relevant queries and take the information with them. As a result of the static displays attending the activity/information day's participants issues have been identified and addressed by the agency. It has been reported that some serious medical issues have been averted due to participants taking the opportunity to talk to specific agencies in attendance.

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 day started in 2004 more than 2550 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 4875 by the end of June 2015. 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.

“Teddy Bears Picnic” Ball 2015

The Annual Seniors Ball was held on Wednesday 3rd June 2015 in the Astral Ballroom at Crown Perth, it was a great success.

196 Seniors attended the 2015 ball and this year's theme "Teddy Bears Picnic" gave Seniors the opportunity to donate a Teddy Bear to SRCWA who passed them on to various aged care facilities and children's charities. Approximately 270 bears were donated which brought joy to many lives.

Many of the attendees who brought teddy bears with them had lovely stories to tell and thought that having the teddy bear theme was wonderful.

The entertainment was provided by a live Band "Offspring" and we were treated to a floorshow by Gary Lynn presenting "The Swinging Years".

This wonderful event was sponsored by Crown and 'Have a Go News' and prizes on the day were donated by Crown, Crown Club Bus Program, Have a Go News, Casey Australia Tours and Vic Park RSL. Photographs were taken throughout the afternoon by Martin from Studio Twenty Six Photography who donated his time and took some stunning photos.

Congratulations to all the volunteers who helped with the organization of the Ball and with the decoration of the ballroom in the Teddy Bears Picnic theme.

The SRCWA Annual Ball gives Seniors who live on their own the opportunity to participate in a group function which addresses the social isolation and socialisation issues which affect some Seniors.

Sponsors for the "Teddy Bears Picnic" Ball were: Crown Perth, '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 510 presentations to an audience of more than 5860 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, Seville Grove, Coodanup, Chidlow, Mundaring, Burswood, Peel, Warnbro, Harvey, Rockingham, Albany, Bunbury, Pinjarra, Mandurah, Northam, Coorow, Bremer Bay and many others.

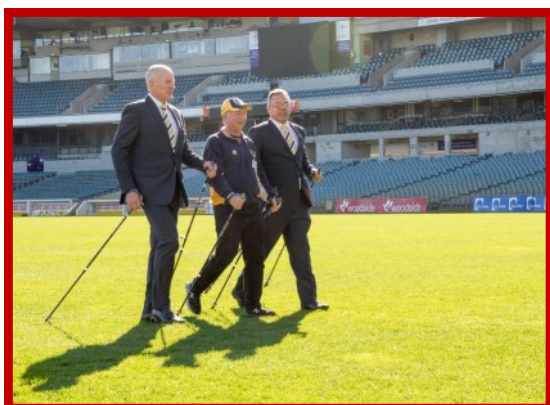
Exciting news! Two SRCWA initiated Pole Walking groups have commenced, one in Armadale and one in Rockingham. The Armadale group is coordinated by the Armadale Visitors Centre and their group walks twice a week. They have 30 pairs of walking poles and a regular attendance of approximately 12 to 15 members. The Rockingham group is run by SRCWA Rockingham Branch and coordinated by Frances Cheney. This group regularly has up to 20 pole walkers every Tuesday and they have added a Thursday walk for their group.

Pole Walking demonstrations to groups consist of a verbal presentation on Seniors Recreation Council of WA's programs, a detailed presentation on 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, 847 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 and 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 21st May 2015 SRCWA held a LiveLighter Seniors Activity/Information Day at the Northam Recreation Centre.

The following organisations presented their information and services to the Seniors who attended. Australian Hearing, Dept of Commerce – Consumer Protection and Community Education, Aboriginal & TSI, El Caballo Lifestyle Village & El Caballo Resort, LiveLighter, Seniors Housing Centre, SIHI WA Country Health, SRCWA & Wheatbelt GP Network.

51 participants took part in activities commencing with warm up activities which, when finished, had everyone nice and ready to try the other activities in the hall. The warm up activities were followed by carpet bowls, pole walking, seated hockey, Xbox Kinect activities (Exergaming), bean bag toss, skittles, carpet golf, giant darts, shuttle ball, ball in cup catching, exercises dice and other games.

Exergaming, seated hockey, bean bag toss, carpet golf,

Participants were treated to a wonderful morning tea & soup, sandwiches & fruit for lunch provided by Earth Solutions, SRCWA & Wooroloo Trustees.

Thank you to the volunteers and staff who assisted with this event.

Sponsors of this event were: LiveLighter Healthway, Shire of Northam, Dept of Sport & Recreation & Dept. of Local Government & Communities.

Karen Ducat

Avon Branch President



Bunbury Region Branch Report

This is my first year as Branch President of Bunbury Branch and I have enjoyed working with the Bunbury Branch Committee as we worked for and on behalf of the Bunbury Seniors and care facilities.

LiveLighter ECU Aged Care Games

On the 8th August 2014 the LiveLighter Aged Care Games were held at ECU Bunbury Campus, 5 teams of Seniors from high care facilities came together to compete in adapted games. The games were all played with great enthusiasm and lots of cheering by the supporters.

ECU Nursing Students from the Bunbury campus assisted with the games as part of their curriculum and the participants enjoyed having a younger group take part.

Dean Lyn Farrell presented the trophies and medals at the end of the games and acknowledged the work of the Bunbury Branch of SRC and stated "the LiveLighter Aged Care Games are a great activity for ECU nursing students giving them the opportunity of first hand experience of working with the elderly".

Thank you to the SRC Bunbury Branch and all the volunteers who helped with this event.

Due to ECU Bunbury Campus stating that SRCWA would have to pay to provide their Nursing students with the opportunity of a hands on experience of working with seniors in care at a LiveLighter Aged Care Games the games will no longer be held at ECU Bunbury Campus.

LiveLighter Bunbury Aged Care Games

On the 26th March 2015 SRCWA held the Bunbury Region Live Lighter Aged Care Games at the South West Sports Centre, Bunbury.

It was a fabulous day with 12 teams competing, the teams came together from Nursing Homes, Aged Care Facilities and Day Centres to compete in games specifically designed for people in care.

Hugh Rogers, SRCWA State President opened the games, everyone sang Advance Australia Fair and MC for the day Phil Paddon explained all the games rules.

The games played were seated hockey, seated pass ball, beanbag toss and skittles with the TAFE students and carers from each agency competing in a fun event.

Sincere thanks to Betty McCleary, Bunbury City Councillor, who entertained the participants during the lunch break with a demonstration of Zumba Gold, she was ably assisted by the Bunbury TAFE students who followed her lead in the demonstration.

A big thank you to the Department of Corrective Services Access program for supplying the volunteers to set up and pack down the South West Sports Centre, their help was very much appreciated. Again a big thank you to the Bunbury Branch committee and all the volunteers from Bunbury TAFE & Perth who helped make this event such a great success.

The Bunbury Branch felt it would be a good idea to conduct a Have a Go Day during Seniors Week this year so we held a public forum to gauge the support this event would have in Bunbury. The public forum



was very successful with 23 people attending and 10 apologies, there were lots of ideas and support to organise a Have a Go Day. The date was set for 8th November so we did not clash Southwest Seniors Expo which was set for 25th October, a few weeks after announcing this date the Southwest Seniors Expo organisers changed their date to coincide with our event. We then had a meeting to discuss whether we still hold Have a Go Day on 8th November or change the date. It was decided that these two events were so different we would continue to develop our Have a Go Day event.

Have a Go Day will be held on the grounds of Bi Centennial Square and Graham Bricknell Shell from 10.00am - 3pm with lots of opportunities to explore different sporting and recreational activities eg snag golf, croquet, bowls, Nordic walking, laughter yoga, Zumba, mens pit stop, St Johns Ambulance - demonstrating CPR, travelling piano and the list goes on. We have been meeting every month with new people and new ideas coming along, there has been a fabulous response and we are all very excited about the day.

A sincere thank you to all who have offered advice-participation and donations of time and money we value everyone's contribution & friendship.

Barbara Fleay, Bunbury Branch President

Midwest Branch Report

SRCWA Mid West Branch are planning to hold a "LiveLighter Seniors Activity/Information Day" Maley Park on 22nd October 2015 to which the State Office will be attending and setting up the Seniors Exergaming WA, Tech Savvy Seniors Programmes, Pole Walking and other activities. We will also have an indoor bowls tournament on that day and hope to include visitors from Carnamah, Three Springs, Morawa and Perenjori.

The Branch recently held a committee meeting at which we recruited a few new members to help with the seniors activities that are being planned.

Betty O'Callaghan President

Midwest Branch S.R.C



Peel Branch Report

Branch Committee

Our Peel Branch is now in its thirteenth year of operation and I present this report on behalf of our Peel Committee for the year 2014/2015. Branch committee meetings have been held each and every month, with the exception of January and June 2015. Two new members were appointed to the Peel Branch Committee during 2014, those being Julie Ploenges and Dorothy Best. I wish to record my thanks to all Peel Branch committee members and to all activity program volunteers and Peer Leaders for their dedication and support of the many activities and programs run by our Branch and for the support they have given me as President, during this past year. The support we have received this past year from Hugh, Dawn, Martin, HO staff and Project Officers has also been exceptional and greatly appreciated. Peel Branch will have their Special General Meeting on the 18th September with three positions becoming available.

Finances

The Branch experienced a big change during this period with Peel Branch finances, with a change of Treasurer and the change over into MYOB to align our Peel Branch with the State Office. I wish to record my thanks to Sandi MacFeate for the mentor role she has provided for Dorothy, since she took over the position from Sandi. Dorothy is doing excellent work as our Branch Treasurer as did Julie Ploenges who did banking while Dorothy was in the UK. The Branch may extend MYOB further by including Internet Banking if agreed by our State Executive.

Programs

Programs that were successfully held throughout the year by our Peel Branch were

Double Dip Saltwater Aerobic & Exercise Program

This program ran from December 2014 until end of March 2015 during the summer months with funding of \$4,000 by SRCWA/DSR. Registration fee of \$15 per person applied. The program was extremely successful in the 2014-15 year with **128** registrations and ran according to budgeted figures. Our Branch Committee sincerely thanks Wendy Cole, our Senior Lifeguard/Senior First Aid Instructor and other lifeguards and Meagan Cox, Personal Trainer, Ken Williams, David Doust, our volunteers, who did an amazing job for us throughout the summer months. We hope to be able to continue this program into the 2015-16 season.

Fit & Flexi Over 50's Winter Exercise Program

With successful Community Funding of \$1,000 being obtained from Round 2 with the City of Mandurah, we were grateful to the City that we were able to commence a SRC Fit & Flexi Winter Exercise program once again for seniors. This program, instigated previously by our branch for winter months, utilised the skill of Meagan Cox Personal Training with a special program she devised for our seniors. The program ran according to budgeted figures with a registration season fee of \$15 per person being applied to the 83 seniors registered for 2014/15 season.

Strong on Your Feet Program

This program of Strong on Your Feet has now been expanded to Pinjarra and Waroona after a successful grant application to the Dept of Sport & Recreation. I wish to thank all Peer Volunteer Leaders for their dedication and support of this program with the current seven classes held throughout the Peel Region.

This year's report to the South Metropolitan Public Health Unit has been 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 Tracey Legg for their assistance with Peer Leader assessments during this past year.

We did advertise for more Trainee Leaders through the Peel Volunteer Resource Centre and through a free advert through the support of the Mandurah Mail newspaper and the funding supplied for these adverts through Motor Dealer Lane Ford.



Our branch had a very good response to the advert, but due to circumstances beyond our control, the twelve people who originally showed interest, waned to just two people. Others had problems arise because of family commitments, and those not being accepted into training program by the physiotherapist because of health issues. All training assessments have been in line with the MOU and volunteers accredited accordingly. Senior First Aid Courses were conducted for our volunteer Peer Leaders whenever required and were also in line with our agreement.

Walking Group Program

We thank all volunteers who have assisted with this program. The Coodanup Group continues well with good numbers attending and the Tuesday Walk Group led by Tony Button and David Doust also has increased numbers attending.. We would also like to thank those volunteers who have opened their homes for morning tea sessions , with a special mention of Ray & Hazel.

ChiBall Program

At long last, this year, we have met the costs of our budget for ChiBall and will continue the program with the one class held at Leslie St Sport & Social Centre on Fridays. We have on average between 20 to 25 seniors doing this course each week, and meeting the costs of hall hire and instructor.

Active Ageing in Peel Calendars 2015 Project

Many people commented this year that the calendar produced for 2015 was one of the best our Branch had presented. The calendar featured many groups from the Peel Region.

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 by people buying our calendar which remained at the very low cost of \$3 per calendar sale. Currently our Peel Branch is in the throes of producing the 2016 calendar for sale in the latter months of 2015.

LiveLighter Aged Care Games 2015

The Livelighter Aged Care games are scheduled to be held Tuesday October 13th in the Shire of Waroona at the Waroona Recreation Centre. The Games were successful in the latter part of 2014 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 within our Peel Region.

PEEL BRANCH TEAM APP has enabled 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.

2014-15 has been a very successful year for our Peel Branch! My grateful thanks to all who have contributed in one way or another to this successful year we have had.

We look forward to this current financial year 2015-16 and the many positive steps we plan on taking on behalf of our Peel Branch.

Jan McGlinn
Peel Branch President



Perth Branch Report



VALE: Frances Laws –
Perth Branch President

Frances Laws was a member of SRCWA from 1997 to 2015. Frances was a part of the Be Active New Horizons program in her early years with SRC and was SRC Perth Branch President from 2003 to 2015. She was loved and appreciated for her dedicated volunteer work with SRCWA especially coordinating the Seniors

Camp at Quaranup in Albany, she will always be remembered as part of the team at Have a Go Day, LiveLighter Aged Care Games, LiveLighter Seniors Activity/Information days and in the office whenever help was needed. She was a power house in putting forward her views when she felt something could be improved.

She will be sadly missed and always remembered by the SRCWA family.

Camp Quaranup

The annual camp at Camp Quaranup was held on 2nd February to 7th February 2015. This is Perth Branch's main event each year. 45 people attended this years camp and there was a list compiled of people who registered too late to attend.

It was a relaxing camp with a full program of activities giving the participants lots of fun and laughter and a lot of socializing.

Everyone looks forward to the camp each year and make the most of their time there, the activities offered were: walking, craft, knitting, belly dancing, bootscooting, bush walking, quiz night, dress up evening, keep fit activities, outdoor activities, table tennis, archery, concert and much more. The day out was to the Albany Heritage Park & National ANZAC centre, this activity was enjoyed by all the participants who also took advantage of the afternoon in Albany to do some shopping.

The dress up evening was themed on Hollywood Classics which nearly everyone dressed in outfits from a bygone era.

Thank you to Eileen Stark who assisted Frances with 2015 Quaranup Camp and has now taken on the role of camp coordinator, Ian Sprigg DSR camp Manager, Rob & Jo Lucas for driving the bus and helping with activities and all those who helped make this camp such a success.

The Perth Branch also assisted with Have a Go Day, a LiveLighter Event; LiveLighter Aged Care Games, LiveLighter Seniors Activity Information Days; West Coast Eagles Activity/Information days; Pole Walking; Annual Seniors Ball and first aid.



Rockingham Branch Report

This has been both a challenging and rewarding year for our dedicated committee. Despite a diminishing number of committee members we have been able to extend our seniors' programmes in this our fifth year. Our annual Christmas Concert continued to be well received with a number of nursing home residents involving themselves in the festive spirit. Special thanks go to Maureen and Derek Lewington for once again supporting this event.

Our most challenging event for the year once again was our "Have A Go Day" on 15th April in the grounds and gymnasium of Aqua Jetty, Warnbro. This year we were fortunate enough to have special support from the new Belgravia management at Aqua Jetty, local councillors Joy Stewart, Chris Elliot and the two volunteers from Rockingham Community Mates. Due to the continued sponsorship from Alcoa, Warnbro Fair Telstra, Stockland and City of Rockingham. Once again we were able to give exposure to new clubs and seniors' agencies. Presentations from Swing'n'Sway and Pryme Movers provided the opportunity for our local seniors to "Have a Go" at something totally new in the district. As a result of these demonstrations both groups have had many enquires about membership.



I am pleased to report that with the encouragement and support of Dawn Yates we have recently formed a "Pole Walking Group" which is supervised by a committee member Frances Cheney on Tuesday mornings at the Village Green, Kent Street Rockingham. Numbers are continuing to grow with participants interacting socially for morning tea afterwards.

A successful "Seniors Morning Tea" at Warnbro Telstra was presented by Craig Kimber and Martin Yates in June. We plan to liaise with Craig to repeat the day.

Our annual "LiveLighter Aged Care Games" will be held on Wednesday 2nd September in the Baldivis Recreation Centre. Plans are well underway for this rewarding event with Dawn advising that the Rockingham Games were fully booked given the size of the venue. Our Rockingham committee value the support we receive from Dawn Yates and our State Branch staff for the planning of this event.

Due to the enquiries we received from local seniors re -the implementation of a local "Swing'n'Sway" class I have approached our Mayor Barry Sammels re- council sponsorship. I am pleased to report that our Mayor is very enthusiastic about this new activity for our seniors and has recommended we receive a community grant to cover hall hire costing for six months with an option to extend. This new venture will commence on Tuesday 18TH August in the Port Kennedy Community Centre at 10am under the guidance of Ellie Burnham at a cost of \$5 per class.

Once again I would like to take this opportunity to thank our volunteers and committee members for your assistance over the year. Special thanks to our dedicated secretary Denise Benison, Becky Jarvis from Rockingham Active Ageing Department and State Branch members Hugh, Dawn, Mary, Kate, Martin and volunteers for your ongoing support and advice throughout the year

Thank you,

Lesley Robson
President Rockingham Branch

Southwest Capes Branch Report

During the 2014/15 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.

The LiveLighter Aged Care Games were held at the Margaret River Cultural Centre on 26th September 2014.

Teams from William Carey Court (Busselton) and Leeuwin Lodge/HACC (Augusta) travelled to Margaret River to compete against the home team (*Mirambeena Movers*), with the *William Carey Court* running out overall winners and the oldest participant from *Mirambeena Movers* was 94.

Phil and Pat Paddon 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

Our role as SRC Project Officers not only keeps us active but also provides us the opportunity to share many different experiences which we enjoy with SRC volunteers and staff. There is a great team of people providing excellent physical, mental and social activities for Seniors in Western Australia and we are honoured to be part of that team.

SRC Programs

While it is not practical for us to attend every program conducted by SRC we do enjoy sharing with many such as the following –

Have a Go Days: Monthly Co-ordinators meetings before three full and hectic days at Burswood Park for our flagship event. Also helping out at the Rockingham Branch Have a Go Day at the Aqua Jetty, Warnbro in April.

Activity/Information Days: At a range of venues including Northam, Seville Grove, Camp Leschenaultia - and even in the hallowed West Coast Eagles home at Domain Stadium for Senior West Coast Eagles Members. SRC is also included in the Melville Healthy Life Styles EXPO which we attended.

Aged Care Games: At Belmont, Joondalup and Bunbury.

The Seniors Ball: At the Astral Ballroom at Crown Perth.

SRC Nominations

Nominations were submitted for the following awards this year –

WA Consumer Protection Awards:

Rona Okely Award Martin Yates

Richard Fletcher Award Seniors Recreation Council

Volunteering WA Awards:

Excellence in Volunteer Management..... Dawn Yates


Lifetime Contribution to Volunteering Hugh Rogers

Jetstar 'Flying Start' Award:..... Seniors Recreation Council

Australia Post 'Our Neighbourhood Award':..... Seniors Recreation Council

SRC WA Regional Branch Expansion Project

Kalgoorlie - After several video conferences and a public forum conducted by three Project Officers an SRC Activity/Information Day was conducted on 8 September 2014. The Activity/Information Day was a great success with 53 attendees, and 8 Static Displays ranging from Telstra through to the local Day Therapy Unit. The attendees enjoyed a morning of fun games and activities including Seniors Exergaming, Carpet Bowls, Floorball Warm-Up Exercises and Mini Golf. The morning ended with a lunch of homemade soups and gourmet sandwiches provided by May Situ from Piccadilly Catering. All the attendees completed survey forms which indicated that the event was thoroughly enjoyed. From the surveys gathered many attendees indicated they would be interested in establishing an SRCWA Kalgoorlie/Boulder Branch. The Branch is still currently being formed however also discussing various funding pathways and events they can establish in their area.



Geraldton – Discussions started in Geraldton with an initial Video Conference on the 19th May 2015 with Richard Malacari (DSR Regional Manager) and Sue Patman (DSR Regional Officer) to identify the potential of a SRCWA Greater Geraldton Branch. Both Richard and Sue supported SRCWA's involvement in the Geraldton Community but recommended Yvonne Lovedee. (Coordinator Community Development) as our point of contact as she is already immersed in the senior's community. On the 25th May 2015 we had a Video Conference with Yvonne Lovedee and Simon Barras (DSR Representative). In this meeting a community forum date was discussed and proposed.

The Geraldton community forum was booked and planned for the 25th June 2015 with the Project Officers travelling to Geraldton on the 24th and returning on the 26th. The forum was held in the QEII Community and Seniors Centre run by Rosetta Finlay who was very excited with what SRC had to offer.

The forum started at 11am and concluded at 12noon with a light lunch for those in attendance. Malcolm Stokes did the initial introduction and thanked DSR Regional Manager Richard Malacari, Coordinator Community Development Yvonne Lovedee and Centre Coordinator Rosetta Finlay for all their assistance with making the community forum possible. Kate Chetwin delivered the presentation of programmes to the forum attendees and opened up a question and answer session at the end. Once all the questions had been answered everyone who attended the forum voted to establish a SRCWA Greater Geraldton Branch.

The branch has been ratified by the Board of Management, has opened up their bank account and is on their way to organising their first event.

This has been an exciting year for the Seniors Recreation Council and the benefits of 'Healthy Ageing through Activity' are being appreciated by an increasing number of West Australian Seniors.

Our thanks to the SRC volunteers and staff for the friendship and fellowship we continue to enjoy with them.

Mavis Owens and Malcolm Stokes
Sports Management Pty Ltd

Seniors Exergaming WA

Kinect mind, body and friends all while having fun!

The 2014-2015 reporting period presented a lot of challenges for Seniors Exergaming WA program, these included:

Ministerial changes, WA Minister of Sport and Recreation Terry Waldron, stepped down from Cabinet and a new minister the Hon Mia Davies, MLA was his successor.

Program funding ceasing (for six months) during the transition to the new minister. Fortunately for the program the newly appointed Minister of Sport and Recreation the Hon Mia Davies, MLA saw the potential of this program and provided a new funding agreement which secured the program for a further two years.



Change of key personnel Program Manager Leanne Novatscou resigned her position at the end of November 2014 due to personal commitments. SRCWA acknowledges and thanks Leanne for her leadership skills personal commitment and contribution in helping to make the SEWA program such a success.

Personal injury to myself in the workplace, limiting my ability to work. Thank you to the SRCWA staff and SEWA volunteers who have worked tirelessly to ensure the continuity of this program during this time.

Change of key personnel / contacts at other organisations

Since taking on the role of Program Manager we have continued to run the weekly competition however due to the funding constraints it was decided the final for each round would be combined into one event at the end of the year, seven teams participated this year. The four teams who no longer participate advised there was a lack of interest in round two and three due to the activity however they continue to use the system in their facility. To address this challenge new activities are being trialled, a games developer has been contacted in an effort to acquire age appropriate activities and the games developer is also exploring sponsorship for the development of age specific games.

We continue our relationship with the National Stroke Foundation which is a great source of anecdotal benefits from the use of this technology. *One gentleman who was compromised in the use of his left arm asked to try boxing, as he had competed when he was younger. During the activity he punched away with only his right arm until without thinking I said "you can use your left arm" at which point he began to throw it out in a punching motion. It was a great moment for the gentleman who said it was one of the best experiences he'd had since his stroke, and he was very interested in obtaining a Xbox Kinect system for home as it is so much fun.*

A newsletter has been published as a means of communicating with participants and is planned to be sent out quarterly. The newsletter is also used as a means of advertising the benefits of using the Xbox 360 Kinect system in demonstrations.

In conclusion the project continues to be well received, 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 (DSR) for their foresight in supporting and funding Seniors Exergaming WA program. Without DSR's continued support this program would not have become a reality. I would also like to thank the Seniors Exergaming Team who have worked tirelessly to ensure this program is as successful as it is.

Martin Yates

Project Manager.

Tech Savvy Seniors

Seniors Recreation Council of WA Inc.(SRCWA), Tech Savvy Seniors “Introduction to Technology” course, 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.

Throughout the 2014-2015 financial year the program has built on the previous year’s milestones and demand still runs high.

SUPPORT

Support of the program has been invaluable in expanding the reach to a greater number of seniors throughout the Western Australian Metropolitan area. The sponsorship by Telstra providing funding for six laptops as well as mobile internet services and refurbished equipment provided by The Department of Sport and Recreation allows the program to now be delivered to 12 seniors in each class as opposed to 6. The laptops also allow for efficiencies in set up and pack down of the course. Desktop computers purchased at the start of the program are earmarked for expansion to Harman Park Seniors Centre where a volunteer will deliver on behalf of SRCWA. SRCWA Acknowledges and thanks Telstra and The Department of Sport and Recreation in helping to make the Tech Savvy Seniors program the great success it has become.

TELSTRA MORNING TEAS AND TABLET IPAD WORKSHOPS

A Tablet / iPad Workshop was held 13th March 2015 and was presented by SRCWA Tech Savvy Seniors, Telstra and Samsung Australia, was a resounding success with 80 seniors in attendance. SRCWA formally acknowledges and thanks the input from those who helped to make this event possible. I would like to make special mention of Telstra for providing the venue, food and refreshments as well as additional staff for the event. Samsung Australia for providing Samsung Tablets for participants to use and staff. SRCWA staff and volunteers who attended on the day.

The concept of Telstra Connected Seniors Morning Teas where seniors are invited to attend a presentation at local Telstra stores, partake in light refreshments, and then discuss telephone technology issues with their local Telstra staff, continues to be in high demand and continues to provide an opportunity for seniors to gain a greater understanding of mobile technology.



WEST COAST EAGLES

Signing of a Memorandum of Understanding with West Coast Eagles Football Club has seen the Tech Savvy Seniors course delivered to West Coast Eagles Seniors members. The course content has been tailored to the West Coast Eagles AFL Club and helps its members to communicate with the club, update their personal details, manage their club memberships as well as manage their seating via the clubs website and electronic means. Positive survey results and comments and as such the following highlights the positive outcomes from this partnership.



"The concept of this course is excellent. Helping seniors to become comfortable with their computer is very worthwhile, and the facilities at WCE clubrooms are excellent for running the program. Well done to both the WCE and SRCWA, and a special thanks"

These milestones can only prove the worth and need of the program which is provided to seniors for free. The Tech Savvy Seniors program would not be possible without the continued 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.

SCAMS WORKSHOPS

Due to the prevalence of SCAMS targeting older citizens, SCAMS workshop continue to be delivered in partnership with the Department of Consumer Protection who provided a speaker and information on SCAMS. Throughout the year there were 3 SCAMS workshops facilitated in metropolitan areas. The seniors who attended were very appreciative of the opportunity to find out ways of protecting themselves when using technology as well as other direct scams.

In March 2015 The Tech Savvy Seniors Program was fortunate enough to be a finalist in the 2015 Consumer Protection Awards in recognition of our work with seniors through the SCAMS workshops.

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

