

Seniors Recreation Council  
of WA Inc.

# Annual Report



2016-2017



Healthy Ageing Through Activity









## SENIORS RECREATION COUNCIL OF WA INC.

### ANNUAL REPORT for 2016/17

#### SRCWA BOARD MEMBERS

STATE PRESIDENT:

HUGH ROGERS

VICE-PRESIDENTS

LEIGH DAVIS

PHIL PADDON

TREASURER

QUENTIN SMYTHE

BRANCH PRESIDENTS Rep

JAN McGLINN

ACCREDITED VOLUNTEER Rep

GRAHAM BENNETT

EX-OFFICIOs

DAWN YATES (Executive Officer)

GLEN MORLEY (DSR Liaison)

#### **ADDRESS:**

246 Vincent Street, LEEDERVILLE WA

#### **POSTAL:**

PO Box 329 LEEDERVILLE WA 6903

#### **TELEPHONE**

08 9492 9773

**EMAIL:** [info@srcwa.asn.au](mailto:info@srcwa.asn.au)

#### **FACSIMILE**

08 9492 9775

**WEB:** [www.srcwa.asn.au](http://www.srcwa.asn.au)







## State President's Message



It is with pleasure that I am able to provide the 2016/17 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 LiveLighter Aged Care Games and LiveLighter Seniors Activity Information Days have again been very popular this year with Seniors enjoying a day out attending these programs. With the introduction of two new locations for the LiveLighter Activity Information Days.

Have a Go Day, a LiveLighter Event at Burswood Park was an exciting event with many Seniors coming along and participating in numerous activities.

The Tech Savvy Seniors Program continues to be very popular with Seniors interested in learning the basics in Computing. This is becoming increasingly important as many organisations are adopting online registrations and other technology based reporting.

"Seniors Exergaming WA" has proved a valuable tool for rehabilitation by people who have suffered strokes and recovering from falls. 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 funding provided by Department of Sport & Recreation finished on 30th June 2017, a full report on this program is included in this document. SRCWA is grateful for the support throughout the program.

The Dept. of Local Government & Communities provided additional funding for SRCWA to explore the possibility of expanding the network of SRCWA Branches. The expansion project has reached completion after a 4-year project, a full report on this program is included in this document.

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 Presidents and committees 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. The SRCWA Rockingham Branch introduced a second Pole Walking group into the Baldivis area.

SRCWA is extremely proud of its programs conducted in both metropolitan and regional areas and continues to receive positive feedback 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.

This year I had the privilege of being invited to be a part of the Grassroots: The secret life of sport and recreation, a book created by Department of Sport and Recreation to showcase some of the "heroes" of the sporting industry.

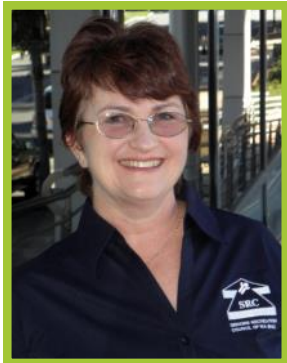
SRCWA would like to say a huge thank you Ron Alexander who was the Director General of the Department of Sport and Recreation from 1999-2017. Ron was instrumental in supporting SRCWA in many of its programs and services to the Seniors of WA and we are very grateful for his input. His contribution to the Sport & Recreation industry in Western Australia will be long lasting and the team culture he built in the Department of Sport & Recreation during his time a Director General will continue. Once again on behalf of Seniors Recreation of WA we thank Ron for his friendship and support and wish him well for the future.

Remember to LiveLighter be active for 30 minutes each day and include a wide variety of coloured vegetables in your eating plan.

Hugh Rogers  
State President



## Executive Officer



Seniors Recreation Council of WA (SRCWA) 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.

As Executive Officer I am privileged to work with a very competent team of staff and volunteers who put in some long hours and a huge amount of effort to provide programs and services to WA Seniors. In the office it is our privilege to develop and present programs and assist the SRCWA Branches when required. It is a great honour to work alongside such a dedicated team of volunteers throughout the year.

The SRCWA Branches are managed by a committee of Accredited Volunteers who 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.

During the year SRCWA was saddened by the passing of one of our accredited volunteers, Tony Lloyd. For twelve months in 2005 Tony was Peel Branch President then from 2006 he joined the Have a Go Day committee as Coordinator of the Blue section, his witty humor and hard work will be greatly missed.

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

- Add Life to Your Years 20th edition - a directory of sport & recreation clubs/groups for over 50's
- Regional support - SRCWA currently has 11 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, in 2017 we celebrate 25 years in Burswood Park.
- 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 have access to local Senior specific information in a social setting.
- SRCWA Concert – This year SRCWA, under the direction of Phil Paddon and Terry Bennets from Red Dog Music, conducted a Christmas Variety Concert, the concert was very popular and feedback from the audience was so positive that two concerts were planned for July 2017.
- 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 2017 was "Swinging Years Ball". The Ball this year was filled to capacity.
- The Seniors Exergaming WA program uses the XBox Kinect gaming console for Seniors activities, this program has proved very popular this year.
- The Tech Savvy Seniors (TSS) computer training program has been taken up by retirement villages and Seniors care facilities, a number of agencies and Branches are conducting the TSS course in their facility/Branch using equipment and information supplied by the program.
- Pole Walking is a program that continues to encourage Seniors to embrace the activity of walking using a pair of walking poles.

Executive Officer

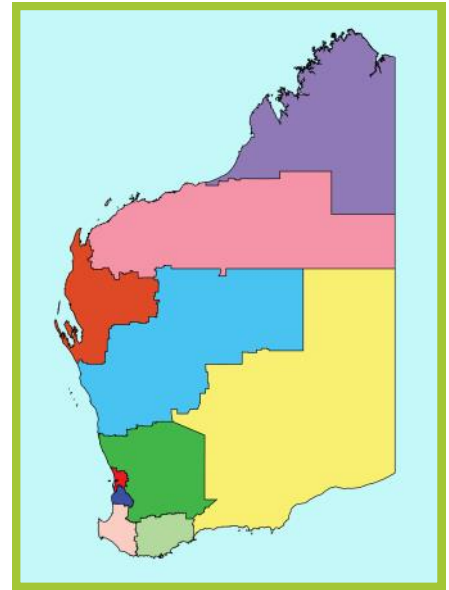
Dawn Yates



## Regional and Branch Support

SRCWA has 11 Branches throughout Western Australia:

- Avon
- Bunbury
- Esperance
- Great Southern
- Greater Geraldton
- Mid West
- Northampton
- 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:-

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

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.



# Avon Branch Report

## LiveLighter Seniors Activity Information Day

The Avon Branch in partnership with the State Office held a LiveLighter Seniors Activity/Information Day at the Northam Recreation Centre on 7th July 2017.

The following organisations took the opportunity to present their information and services: APIA, Australian Hearing, Breast Screen, Department of Commerce, Drive Safe, Healthway LiveLighter, Independent Living Centre, Kings Tours & Travel, NE Solutions, Northam Heritage Centre, Shire of Northam, SilverSports & SRCWA.

The activities commenced with a warmup and then participants had a go at–Seniors Exergaming WA xBox Kinect activities, Seated Hockey, BeanBag Toss, Skittles, Quoites, Carpet Golf, sticky darts, shuttle ball, cup catchers and pole walking which was quite popular.

Participants were treated to morning tea & lunch provided by SRCWA & Earth Solutions.

The Senior participants were joined by a group of 24 children attending a school holiday program, we invited them to join us for the activities which was great fun. We also had Alan Eades from Northam come and do some inline skating, this was an amazing demonstration given that he is 74.

Thank you to the Avon volunteers, Woorlooloo Section 95 team and State Office who assisted with this event.

## LiveLighter Aged Care Games

The Avon Branch welcomed back the LiveLighter Aged Care Games on the 2nd March 2017 at the Northam Sport and Recreation Centre.

We had 6 teams registered in the LiveLighter Aged Care Games the teams came from Brookton, Dowerin, Northam, Tammin and York.

Milton Brooks, Manager, Recreation Services, City of Northam opened the games and Phil Paddon was MC for the day, Volunteers from Avon Branch and Perth assisted with the games. The entertainment on the day was provided by Jim Drysdale and Jenny Cole, everyone really enjoyed singing along and listening to them.

Dowering HACC took out first place with 313 points with York coming in second on 222 points and Killara Day Centre third with 199 points. The best presented team was the Kalkarni Curlews and our oldest participant was Carmel Redding (91) from Dowerin HACC.

Karen Ducat  
Branch President





# Bunbury Region Branch Report

It has been a wonderful year for SRCWA Bunbury.

Our first activity for the year was the LiveLighter Aged Care Games held on the 7th April at the South West Sports Centre.

It was a fabulous day with 10 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.

Nola Marino MP, Member for Forrest welcomed everyone to the event with a short speech and then officially opened the games, everyone sang Advance Australia Fair and MC for the day Phil Paddon explained the games rules and invited all the teams to their playing areas. SRCWA sincerely thanks Betty McCleary who entertained the participants during the lunch break with her demonstration of Zumba Gold, she was ably assisted by 2 ladies from her class and the Bunbury TAFE students who followed her lead in the demonstration.

The winners were Harvey HACC team 2 with 280 points with Bethanie Force coming second with 274 points and Collie Adult Day Centre coming third with 233 points. The best presented team was Leschenault Retirement – Village People and the oldest participant on the day was Mary Birch, 101 years young from Bunbury Opal Gardens.

The LiveLighter Activity Information Day for Bunbury was a resounding success with around 200 people in attendance. Thirty Five metro and regional businesses/organisations provided information and activities for participants on the day. A big thankyou goes out to the South West Italian Club who supported the event which was held at their facility. A wide range of activities were available to try out including, Zumba Gold, Carpet Bowles, Croquet Exergaming and Table Tennis to name a few. Bunnings ran a pot plant workshop which proved to be very popular, seniors were able to decorate a pot, plant it with a seedling and then take it home with them. Emergency Wildlife Care Bunbury brought along a few of their young charges “Bob the Black Cockatoo” and “Chevon the Joey” were a big hit, along with two young possums. Information on road rules from the WA Police and Young Drivers was on hand to provide up-to-date advice on current rules.

Our AGM was held on the 23rd April 2017 and was well attended by all and gained additional committee members. The sundowner that followed the meeting was great time for socialising and sharing stories. Thank you to Maria and Gary Fitzgerald for opening their home on such a great evening.

I would like to thank all of my committee and volunteers for all their hard work and support. On behalf of the committee we would like to thank, SRCWA State Office, City of Bunbury, Bunbury Tafe Students, Department of Corrective Services Access Program , South West Italian Club, Red Cross, Bunnings, LiveLighter Healthway, Dept. Sport and Recreation & Dept. of Local Government and Communities for all of their continued support of the branches activities and events.





# Esperance Report

The SRCWA Esperance Branch committee have enjoyed this year, the committee is considering other activities and events through out the coming year and are looking forward to producing these events.

SRCWA Esperance Branch conducted a wildflower trip to Ravensthorpe, the committee, volunteer and everyone who attended was very happy with the day.

## Variety Concert

SRCWA Esperance Branch with support of the Esperance Theatre Guild presented The Super Troupers Magic Carpet Ride Concert which took place in May on the 12th-14th 2017. The entire show is directed, produced and performed by the local seniors group Super Troupers. Some of the past themes have been Horsin' Around, Cest La Vie, From the Sublime to the Ridiculous, Pearls from the Sea, Esperance Remembers (ANZAC Tribute) and the Swinging 60's. This year the group did Magic Carpet Ride and for the first time, many of the songs were sung in foreign languages i.e.: Afrikaans, Dutch, Italian, Maori, Scots and French.



Ellen Saltmarsh  
Esperance Branch President  
0402 272981



## Great Southern Report

On the 1st December 2016 the LiveLighter Aged Care Games in Albany were held at the Albany Leisure and Aquatic Centre.

Ten teams competed for the Perpetual Trophy, Gold, Silver & Bronze medallions and the Best Presented Team plaque.

The whole day was a fantastic tribute to the energy of over 120 seniors in care in the Great Southern Region. The participants competed in Seated Hockey, Seated Pass Ball, Bean Bag Toss & Skittles which were all played with enthusiasm.

Participants dressed up as Country Bumpkins, Clowns and Olympians with other teams decked out in flowers and sparkles to brighten up their costumes.

The entertainment was provided by the Albany Memory Lane group who entertained everyone as participants arrived and during the lunch break, the participants enjoyed dancing and singing to the music that was played.

Thank you to the Albany Over 50's Recreation Association volunteers who assisted with the games, without their help the games would not be possible. The volunteers helped set up the gymnasium, escorted and assisted the participants to their team area, scored the games and assisted with the pack down.

The winning team was Walpole Stars with 264 points they took home the perpetual trophy for another year and Gold medals, second place was won by Bethel Olympians with 254 points they received Silver medals and a plaque, Third place was won by Baptistcare– Annie Bryson Dominoes with 242 points they received Bronze medals and a plaque and Baptistcare– Westcoast Emu's won the best presented team award.

We thank LiveLighter Healthway, Department of Sport & Recreation and Dept. for Local Government and Communities for their wonderful support of the LiveLighter Aged Care Games.





## Greater Geraldton Branch

SRCWA Greater Geraldton Branch's first full year has been very interesting and providing programs for the Seniors in the Geraldton region is very rewarding.

Our Pole Walking program has been very successful, we meet every Wednesday morning at the QEII centre and then go for a walk around the area. Those who have taken part in the pole walking have noticed benefits from the pole walking.

We will also be showcasing Pole Walking at two venues on the Wednesday of Seniors Week, one being at the Walk @ Breakfast and one down on the Foreshore at 10am, we are looking forward to both these exciting opportunities.

Unfortunately Our Xbox program has not been so successful.

The Aged Care Games was enjoyed by all participants, we didn't have many teams this year but have come up with some other groups which may be interested in participating.

We have a very small group but everyone is working hard to promote membership so I am sure we will progress in the future

Thank you to all the committee members and volunteers for their assistance and hard work on behalf of the Seniors in the Greater Geraldton region.

Chris Mullender  
Branch President





## Northampton Branch

Our first year has been interesting and exciting.

I would like to thank you all for your ongoing support. In some ways SRCWA Northampton Branch has been slow in growth, but we will continue and hopefully grow.

Thanks to:

Heidi and David we now have a happy Ukulele group enjoying the opportunity to come together to play the Ukulele.

Tony for his unflagging secretarial role and his assistance in organising activities and Barbara for producing our monthly minutes.

David for all the time you spend keeping our books balanced.

Gail for taking on the Pioneer Lodge activities and to Lucy for running the computer classes.

Pat for assisting with the computer classes and organising our film nights.

Due to illness I have not been able to help or attend recently but feel I am on the mend.

The computer classes have been a great success and will resume in September as will Indoor Bowls.

As Barbara says you have to get out!

I feel that the association with the Senior's groups in Kalbarri and Geraldton are important and occasional visits would benefit us.

So let us keep on being active and lead healthier lives.

Lynette Brunke

SRCWA Northampton Branch President





# Peel Branch Report

## Branch Committee

Our Peel Branch is now in its FIFTEENTH year of operation and I present this report on behalf of our Peel Committee for the 2016/17 Financial Year. Branch committee meetings have been held each and every month, with the exception of January 2017. Jill Grant resigned from the Committee in July 2016. A Special General Meeting was held on the 30th September 2016 with Guest Speaker Rhonda Parker CEO of Alzheimer's WA. The support we have received this past year from Head Office namely Hugh, Dawn, Martin, Kate, and Project Officers Malcolm & Mavis and Phil Padden has been so appreciated.

I wish to sincerely record my grateful thanks to our dedicated Peel Branch committee members, and our Peel Peer Leaders of our successful Strong on Your Feet program, and our Program Instructors and volunteers for their dedication and support of the many activities and programs run by our Peel Branch, and for their unwavering support given me as President, during this past financial year.

## Finances

Sandi MacFeate and Lee Groome both assisted Dorothy Best through holidays throughout the past financial year. Dorothy Best resigned her position as Treasurer of our Peel Branch, and Sandi MacFeate was duly elected to the position for several months, but owing to health and travel commitments with her husband, has seen the need for her to resign the position of Treasurer, and to take on the role of Assistant Treasurer. Lee Groome was then elected to the position of Treasurer for our Peel Branch which has resulted in a smooth transition for them both.

Peel Branch is in a good financial position, meeting all or within budget requirements.

Grants obtained this financial year were as follows and were subsequently acquitted.

\$1833 from City of Mandurah Community Association Fund for Exergaming Extension.

\$2000 from Pinjarra Junction Shopping Centre for Strong on Your Feet Pinjarra Program.

\$4000 from Dept of Sport & Recreation for Seniors Activity Combo 2016-2017.

\$2000 from Mandurah Murray May Day for Equipment ie Ankle Weights, Heavy Gauge Shelving.

## Programs

### *Strong on Your Feet Program*

Our program of Strong on Your Feet has run successfully with Volunteer Peer Leader support in Mandurah, Pinjarra, Waroona and a class in Falcon commencing on 7th March 2017. We held eight classes weekly throughout the Peel Region during the financial year, and with the possibility of another class being added by the Falcon group in the 2017-18 financial year, which will then be nine classes being held within the Peel Region by our SRCWA Peel Branch. When taking over this program in 2013 we have been extremely pleased with the response from seniors and are especially grateful for the support of our wonderful Peer Volunteer Leaders.



This year's report to South Metropolitan 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 in 2013. Thank you to Claudia Zimmerman and to Tracey Legg, the local Physiotherapists, for their assistance with Peer Leader assessments during the past year. All training assessments have been completed and Peer Leaders assessed accordingly, Senior First Aid Courses were conducted with assistance from the City of Mandurah and Peer Leaders fulfilled this requirement in obtaining their relative certificates.



### *Double Dip Saltwater Aerobic & Exercise Program*

This program ran two days per week from January 2017 until end of March 2017 in the summer months with funding of \$4,000 by SRCWA/DSR. Registration fee of \$20 per person applied. The program was again successful with 80 registrations and ran according to our budgeted figures. The figures for registration were down from the previous year and can be attributed to the shark scares in this and previous year, but the program still ran successfully through 2016-2017 financial year. Our Branch Committee sincerely thanks Jean Taylor and Wendy Cole our Senior Lifeguards/Senior First Aid Instructors and all other lifeguards who participated in this Program. Ken Williams did volunteer to assist lifeguards throughout the season in helping seniors into and out of the water and I sincerely thank him for his contribution.

### *ChiBall Program*

We have met the costs of our budgeted figure for ChiBall and continue the program with one class being held at Leslie St Sport & Social Centre on Fridays. We have now 40 registered for the program, with between 20 to 25 seniors averaged attending each week. Registration fee of \$20 per person applied this year which helped with any shortfall in the weekly costs of hall hire and instructor fees. I sincerely thank Karen Nurse, our Chi Ball instructor, for her commitment to the participants and sessions held.

### *Walking Group Program*

Thank you to volunteers Tony Button, David Doust, Ray Hannett and Hazel Chapple who have assisted these programs. The Coodanup Group continues well with good numbers attending and the Tuesday Walk Group also has had steady numbers participating each week. Both Walking Groups participated in Walk Over October events in 2016 and we hope they will participate again in the event being held later in 2017.

### *Active Ageing in Peel Calendars 2016 Project*

Our Active Ageing in Peel Calendar did not fare so well in 2016-2017 financial year. Although sales and donations by people buying our calendar were taken into account and the increases associated in printing costs, the cancellation of some sale dates, really affected the outcome. As a result of a loss of \$627, and impending uptake by seniors using more laptops and smart phones, and more free calendars being handed out to business customers, our Branch Committee passed a motion to cease our calendar project for 2018. This was conveyed via our local papers, thanking past supporters and those who had helped significantly with sales or for photos used. The Active Ageing in Peel Calendar project did complete ten years, first being produced by our Branch in 2007, a worthwhile project over many years. I wish to sincerely thank everyone for the support received in the past for this project. I myself will miss the calendar as I have used it extensively throughout the past ten years.





### *Seniors Exergaming WA*

Colin Steer, Lee Groome and Jan Newman were appointed as the Sub Committee for new Exergaming Project for our Branch. Three Kinect machines were sold to Peel organisations and many demonstrations were held throughout the year, as part of the Seniors Activity Combo and the Extension of Exergaming Project with support from DSR and City of Mandurah respectively. This activity is part of an on-going project for 2017-18.

### *LiveLighter Aged Care Games 2016*

This event was held at the Serpentine Jarrahdale YMCA on October 11th 2016. 12 teams competed with Alzheimer's winning the Trophy, with Bedingfeld and Brightwater the Cove taking second and third place respectively. Grateful thanks were extended to Alcoa and SRCWA volunteers for their support, along with Head Office staff and Board members who assisted on the day.

### *Seniors Activity Combo 2016*

Classes in Tai Chi and Chi Ball were held in Pinjarra and Frisbee Golf training took place.

### *LiveLighter Seniors Activity Information Day 2017*

A successful LiveLighter Seniors Activity Information day was held at the Masonic Hall in Furnissdale Thursday 22nd June 2017. 75 Seniors attended in spite of the rain and enjoyed the morning of activities and information sharing. There was a large number of static displays in attendance and also the Hearing van from Australian Hearing conducted hearing tests on the day. The lunch was provided by SRCWA Peel Branch volunteers and the Mandurah Lions Club.

### *In Summary*

2016-2017 has been a very successful year for our Peel Branch! My grateful thanks go to all volunteers, committee persons, Head Office personnel and others who have contributed in one way or another to the success of our Branch activities this past financial year.

We look forward to this current financial year 2017/18 and the many positive steps we intend to take on behalf of our Peel Branch SRCWA within our local community.

As the Peel Branch President I have been particularly proud of what we have been able to achieve during this past financial year.

Jan McGlinn

Peel Branch President





# Rockingham Branch Report

## Branch Committee:

The Rockingham Branch are in their 7<sup>th</sup> year of operation and this year I was elected and welcomed as the new branch president in May 2017. I would like to thank Francis Cheney for her hard work as past president and also the volunteers for all their continuous support for the branches programs and myself as branch president.

## LiveLighter Aged Care Games:

The 2016 LiveLighter Aged Care Games were another huge success on the 7<sup>th</sup> September 2016, at the Baldivis Recreation Centre, 12 teams in attendance has the hall at capacity. Our oldest participants on the day were a draw at 96!. The games are scheduled to be held on the 31<sup>st</sup> August 2017 at the Baldivis Recreation Centre. I would like to thank the State Office for all their assistance with organising these games, and to thank all the volunteers that attend on the day.



## 2016 Christmas Concert:

The concert was held on 7<sup>th</sup> December 2016 and was a huge success, Eddie Storm OAM did wonderful job keeping people entertained, many sang along to popular songs. Plus, his surprise guest performer Opera singer Gwenda Uren did a marvelous job. The Garry Holland Centre has been booked for Tuesday December 5<sup>th</sup>, 2017 with Eddie again and we look forward to another successful day.



## 2017 Have a Go Day, a LiveLighter Event:

On Wednesday 12<sup>th</sup> April 2017 the 7<sup>th</sup> Annual Have A Go Day was held at Aqua Jetty, Warnbro. It was an excellent day that show cased clubs/groups from Rockingham and surrounding areas. Some of the activities on the day were X Box Kinect, Swing and Sway, Simply Swing, Prime Movers demonstrations, Pentanque, Pole Walking, Sing Australia, Tai Chi and much more. The hospitality tent was manned by volunteers and was again busy providing many cups of tea, coffee and bottled water to participants during the day. The official opening was by Hugh Rogers, SRCWA State President and Barry Sammels, Mayor of Rockingham, Reece Whitby MLA also attended. Chris Elliott did a terrific job as MC for the day.

A big thank you goes to all the volunteers who helped make this day a success. The Rockingham Branch organising committee the hands-on volunteers who all worked hard to make this day so successful. A big thank you to the Wooroloo Trustees who helped set up and pack down the event at the end of the day. To Martin who does all the photography and Kate and Dawn whose help we couldn't do without.

Another, a big thank you to our sponsors who made this day possible. Alcoa, City of Rockingham. Aqua Jetty, Telstra, Have a Go News, Stockland, Kennard's Hire, Chelmsford IGA, Live Lighter, Healthway, Department of Sport and Recreation and Department of Local Government and Committees, Warnbro Pharmacy.



## Pole Walking:

Pole Walking is still very successful in the Rockingham Area with the Rockingham Pole Walking Group celebrating their second year in operation. The group is run by Ginette Pierson 8.30 am Tuesday from the City Park– Westralia Gardens. The group has on average 25-30 regular walkers. Pole Walking was such a popular exercise that a Pole Walking group was established in February 2017 for the Baldivis area this group is organised by Gerry Ligtermoet 9am Wednesday at Arpentueur Park the group currently has 10 weekly walkers. Once a month at various locations both groups will combine and go for a walk.

## Swing n' Sway:

The Swing n' Sway programme commenced on the 18<sup>th</sup> August 2015 after many enquiries about the dance group from our Have a Go Days. The class runs on a regular basis out of the Port Kennedy Community Centre. We have been receiving very positive feedback from the participants. We would like to thank the City of Rockingham for the funding to cover the hall hire and look forward to continuing the programme in future years. We would also like to thank Elly Burnham and her team for being so dedicated to the programme. The class has an average of 30+ ladies who attend on a regular basis. The Swing n' Sway dance class attends both our LiveLighter Aged Care Games as lunchtime entertainment and our Have a Go Day, a LiveLighter Event showcasing the classes efforts.

## Information Forum

I would like to thank Dawn and Kate from head office for coming down and running this for us in March 2017. We had a really positive turn out recruiting five new committee members and gaining a fantastic contact with the local VET Teacher from Kirana Education whose students are in the process of completing their Certificate III in Individual Support. This relationship will allow the students to volunteer at future events to get hands on experience with Seniors in the Rockingham Community.

Valma Sulc  
Branch President





## Southwest Capes Branch Report

During the 2016/17 financial year, the Southwest Capes Branch staged 2 events: the Aged Care Games in September and the Annual Christmas Quiz in December.

The Live Lighter Aged Care Games were held at the Margaret River Cultural Centre on 23<sup>rd</sup> September 2016.

Teams from William Carey Court and the new Ellenvale Aged Care facility (Busselton) travelled to Margaret River to compete against the home team (*Mirrambeena Movers*), who came out on top for the first time in the history of the event. Unfortunately Augusta HACC was a late withdrawal from the competition.

Once again Phil and Pat Paddon travelled down from Perth to facilitate the event with the support of local branch members and numerous other volunteers.

As usual, everyone had a great time and participants departed in high spirits.

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

It is run in-house for the same establishments invited to participate in the Aged Care Games. The quiz comprises 25 questions on topics including Christmas, Literature, Arts/Music, Science & Technology and General Knowledge put to each team under strictly controlled conditions and consistently scored. Five Supplementary Questions are included for the purpose of resolving tiebreaks in this keenly contested event.

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

Seven teams participated, with the William Carey Court "Wizards" running out winners by a single point.



T.P. Barter  
(Branch President)



## SRCWA Have a Go Day 2016, a LiveLighter Event

On 9th November, Have a Go Day, a LiveLighter Event was held in the beautiful grounds of Burswood Park. Have a Go Day, a LiveLighter Event is the peak event during Seniors Week and was once again a huge success. SRCWA is proud that Have a Go Day, a LiveLighter event, has grown from its humble beginnings at McCallum Park with attendances of approximately 500 seniors to this years attendance of 15000+ with 220 sites. Seniors attended participating in activities and visiting many sites whilst they enjoyed everything the site holders had on display on the day. Have a Go Day continues to make seniors aware of the importance of exercise, socialisation and both physical and mental activity which was in keeping with the theme for 2016 "Socialise, Have a Go, Live Longer" which also supported the LiveLighter message.

A wonderful team of volunteer coordinators work tirelessly for 12 months and spend 3, 12 hour days putting together and presenting this amazing event, SRCWA would like to pay tribute to their dedication on behalf of the many Seniors who attended. The coordinating committee organise the layout of the event, manage the transport, shuttle busses and parking, coordinate different areas around the grounds on the day, manage set up and pack down and so many other jobs it would be impossible to name them all. This year was particularly challenging as the event was re-designed for the first time since its conception and required additional planning around roadworks which were still in place come the event day. Instead of the event being spread across what will be a high traffic road it was run along the river which enabled people to try canoeing on the river for the first time. SRCWA would also like to thank the many volunteers who came on board on the day, volunteers from SRCWA, Department of Sport & Recreation, Have a Go News, SRCWA Branches and public who kindly assisted with the many jobs it takes to manage such a large event. SRCWA would also like to thank the Trustees from Wooroloo Prison who attended on Tuesday to help set up the event and on Wednesday afternoon to help pack down the event. Have a Go Day would not be possible without all the volunteers who assisted at the event. The feedback from participants and attendees was very positive stating that Have a Go Day, a LiveLighter event is an event they look forward to attending each year.

SRCWA would like to thank Burswood Park Board, Crown Perth & Downer Construction for their support and assistance for this year's event. we also welcomed a new Sponsor this year in Sterling New Life who sponsored the entertainment stage.

It was a pleasure to welcome the Hon Colin Barnett, Premier of WA and Hon Paul Miles, Minister for Seniors & Volunteering to the Official Welcome which was MC'd by Simon Beaumont from 882am6PR. Welcome to Country by Shaun Nannup. The WA Police Pipe Band played the National Anthem and at the conclusion of the welcome the band escorted the Over Fifty Five Walking Assn, The Heart Foundation, Mall walkers and participants as they led the official Have a Go Day walk through the grounds.





This year participants were encouraged to have a go at activities on the day which included; canoeing, walking, giant chess, giant jenga, Exergaming, Pole Walking, climbing wall, Segways, Petanque, disc golf, blind golf, metal detecting, square dancing, ballroom dancing, Morris dancing, tap dancing, line dancing, Tai Chi, breathing exercises, cooking demonstrations and competitions and much more. Everyone was treated to free tea, coffee and bottled water at the hospitality tents assisted by a large team of volunteers who serve thousands of cups of tea and coffee on the day, compliments of Have a Go News. There was a wide variety of information and display stalls for everyone to look at including clubs/ groups, MG Car Club, Classic Speedway, Antique bikes, Collectable displays, Duyfken display, gemstone display, many of the sites included information and give aways and so much more. Health checks were also available at different locations around the grounds.

The entertainment/activity this year was MC'd by Jim Drysdale and provided by: the Frank Sinatra Tribute Show, WA Bush Poets & Yarnspinners, Prime Movers, Jim Sings Country & the WA Police Pipe Band, the participants all enjoyed the entertainment under shade in front of the new stage whilst they relaxed after visiting lots of sites and having a go at activities.

Next year Have a Go Day will celebrate its 25th Anniversary in Burswood Park on Wednesday 1st December and that will be the focus on the day, 2017 is actually the 27th Have a Go Day event held in the Metropolitan area.

SRCWA wishes to express a huge thank you to all 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, Healthway, Dept of Sport & Recreation, Dept of Local Government & Communities, Channel 7, 882AM 6PR, Sterling New Life, Telstra, Studio TwentySix Photography, Phoenix Insurance Brokers, Kings Tours & Travel, Curtin Radio 100.1fm, Scarboro Toyota, Sizzler Australia and Event Cinema Innaloo .





# Add Life to Your Years Directory

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

The "Add Life to Your Years" is a directory of Sport and Recreation for older adults containing the contact details of Seniors clubs/groups, Agencies and senior related information organisations'.

The directory was updated in early 2017. All contacts were sent their previous advertisement information and a request for updated contact details. The updating process takes considerable time, it consists of updating multiple computer listings, the contact details, the directory and the online directory. While most of the Updates were returned many had to be followed up with an email or phone call. The process of updating the information, editing the book and preparing the directory for publishing took 4-5 months. The Add Life to Your Years Directory is now available FREE through the state office.

The Add Life to Your Years 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.

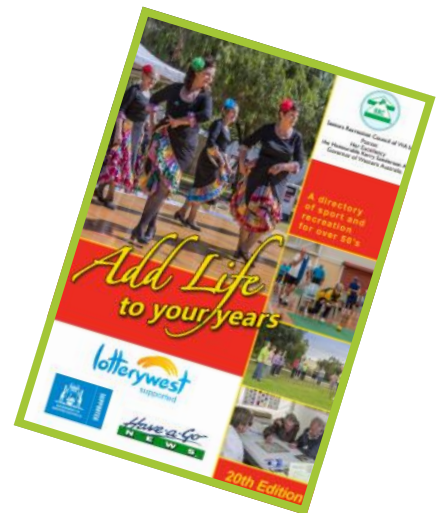
SRCWA receives requests daily to send the directory to various Seniors and health care agencies that then pass the directory onto their clients. With the increased number of clubs/groups requesting entry, the book is growing each year - clearly demonstrating the great need for a resource such as this.

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

Add Lift to Your Years is 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 advertising in 'Have a Go' News many individuals have requested copies to be mail out.

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

The council is greatly appreciative of the sponsorship from Lotterywest, the support of Departments of the State Government and Have a Go News, all of which helps to make the publication and delivery of this directory free to Seniors state-wide. The directory is very popular with the over 50's as a reference book and the number of contacts in the book is approximately 700.





# LiveLighter Aged Care Games

The LiveLighter Aged Care Games were established to provide an opportunity for people in 'care' situations to 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+, the oldest participant to date was 104 years old, they are dependent upon agency or carer support for care and any form of recreation or leisure activity.



The teams go to a lot of trouble dressing up for the games in order to win the Best Dressed Team award. In the past teams have dressed up as tigers, cowboys and cowgirls, cats, nuns & priests, clowns to name just a few of the variety of costumes used.

A major benefit 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; seated hockey, seated pass ball, beanbag toss & skittles 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 ie: hats, shirts, banners etc,.
- The participants build a sense of anticipation as the event draws nearer and the carers are provided with a challenging project that meets the needs of daily and weekly activity sessions.

On the day of the event at the official opening the National Anthem is sung and the games are opened by an invited official guest or SRCWA State President and the MC verbally acknowledges our Sponsors; LiveLighter Healthway, Department of Local Government & Communities and Department of Sport and Recreation thanking them for their support.

Number of Events Per Region Since the Inception of the Program	
11	Albany
7	Avon
2	Boddington
15	Bunbury
2	Greater Geraldton
8	Margaret River
29	Metropolitan (2 events per year)
12	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
5	Rockingham



At the end of the day the winners are announced with acknowledgement to our Sponsors, then 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 Aged Care Games, Games in 2003 to end of June 2017, SRCWA has hosted 91 competitions in both metropolitan and regional areas and more than 172 care agencies have participated. Collectively over the years the competitions have seen over 18,265 participants involved with the Aged Care Games with 1,687 participants taking part in the 2016/17 season.

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 LiveLighter Aged Care Games provides seniors with the opportunity to enhance their social, emotional and physical wellbeing by being given the opportunity to come together with other seniors in one facility to enjoy companionship that would otherwise be restricted to the group they are constantly engaged with.





One of the major benefits to seniors in care is the opportunity to be involved in an event produced specifically for care facilities with the aim to engage seniors in care throughout the year in activities. The feedback from participants and care givers is very positive and reflects the success of the event in meeting the needs of seniors who attend.

Volunteers play a vital role in the presentation of these games, it would be impossible to provide the games without their support. The 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 then 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. Volunteers come from a variety of sources; SRCWA, SRCWA Branches, Wooroloo Trustees, Alcoa, students – young and mature aged, walking groups, dance groups, regional clubs/groups and general public.

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 of the games.





## 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 which encourages seniors to link with appropriate social networks, community services and government agencies.

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

In 2016/17 the LiveLighter Seniors Activity Information days have seen an increase in events and in the number of seniors attending those events. The static display organisation numbers have also increased during this year and at one of the events there was 19 static displays in attendance. The organisations that attend these events appreciate the opportunity to discuss their products and services with the seniors. The provision of static displays has given the participants more confidence to discuss services that are available to them and organise appointments in a social setting.

As part of the Activity/Information day, participants are provided with morning tea and lunch to help ensure everyone has a good time.

Volunteers once again played a vital role in the presentation of the activity/information days, it would be impossible to provide these events without their support. Volunteers help set up the recreation centres , provide many cups of tea & coffee throughout the event, organize and/or assist with the provision of lunch. The volunteers come from a variety of sources; SRCWA, SRCWA Branches, Wooreloo Trustees, Alcoa, students – young and mature aged, walking groups, dance groups, regional clubs/groups and general public to all the volunteers, we owe a huge vote of thanks for your support.

This year we were invited by the City of Belmont and the City of Vincent to introduce their Local Seniors to our LiveLighter Seniors Activity/Information days. Both these events were very popular with participants and static displays, in fact, it was at the Belmont event that 19 static display organisations attended. Both the Councils were very impressed with the events and have requested SRCWA to conduct them again in 2018.





# LiveLighter Seniors Activity/ Information Days

Partners	Static Displays	Activities
City of Armadale City of Belmont City of Mandurah City of Vincent Cockburn Seniors Centre Department of Local Govt. & Communities Department of Sport and Recreation LiveLighter Healthway Shire of Mundaring Shire of Northam Shire of Wagin South Metro Health	Active Ageing Network Aboriginal Legal Svc Advocare Alzheimer's WA Apia AVIVO Australian Hearing Breast Screen Clubs and Groups Curtin FM 100.1 Dept. of Commerce Health Navigator Independent Living Centre KinCare Kings Tours & Travel LiveLighter Healthway Mercy Care NE Solutions NSC Legal Seniors Card Centre Silver Chain Sonder Legal South Metro Health Unit Southern Dist. Support Assn Stay on Your Feet Telstra The Rise Umbrella Multicultural Care WA Community Health Svc WA Retirement Village Assn	Activity dice Beanbag toss Carpet bowls Carpet golf Cup balls Exercise dice Exergaming Fit & Flexi program Game of Bob Health Checks Indoor Bocce Outdoor activities Pole walking Quoits Seated exercise Seated hockey Shuttle ball Skittles Sticky darts & balls Strong on Your Feet Table tennis Warm up activities

Events in 2016/17 were held at: Armadale, Belmont, Bunbury, Cockburn, Furnissdale, Leederville, Mundaring and Northam .

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

Since the Aboriginal Seniors Activity/Information day started in 2004, 2720 Aboriginal Seniors have taken part in the events. With the expansion of the program to include all over 50's the number of participants attending has grown to 6532 by the end of June 2017. Participants are now joining clubs/groups in their areas which is a very positive outcome of this program.

The social, emotional and physical wellbeing of seniors is enhanced by this program specifically due to the opportunity they are given to come together and enjoy activities and socialisation throughout the event and the static displays provide a valuable link to senior specific agencies and clubs/groups.

The feedback from participants and site holders is always very positive and there are requests for the LiveLighter Activity Information days to be held more often.

Thank you to LiveLighter, Healthway for Sponsoring the LiveLighter Seniors Activity/Information days and to Department of Sport & Recreation and Department of Local Government and Communities for their continued support of these events.



# SRCWA Expansion Project

For the last 4 years Malcolm Stokes, Mavis Owens and Kate Chetwin have been researching into regional areas of Western Australia to extend the SRCWA Branch Network. The trio travelled to Kalgoorlie, Geraldton and Pilbara to develop interest in SRCWA .

The Expansion Project worked very closely with Department of Sport and Recreation (DSR) Staff in the regions to assist with the establishment of new Branches.

The first expansion trip was to Kalgoorlie in May 2014, we met with local agencies for a morning meeting and to further develop our knowledge in the region, the outcome of the meeting was really positive with many attendees wanting to support a branch establishment. We then held an afternoon meeting for the general community and, while the participation was low, there was still a lot of positive feedback. Based on the positivity of all those we had met with it was decided we would come back and hold an Activity Information Day. This was done September 2014 and this event was a great success, receiving 15+ expressions of interest in joining a branch committee. Unfortunately, due to communication issues and the departure of the key personnel, a branch was never established and the interest faded.

The second area of the expansion was Geraldton, where we had been encouraged to go. We held a Video Conference with the DSR Mid-West Manager who pointed us in the direction of Rosetta Finlay—Manager of the QEII Seniors and Community Centre. Rosetta was thrilled to have SRCWA come to Geraldton and introduce our programs in the area. After a community forum on the 25th June 2015 The Greater Geraldton branch was established. The branch is now very successful having just completed their second LiveLighter Aged Care Games and introducing other programs to their Seniors. As a result of the establishment of the Greater Geraldton Branch interest was forthcoming from Northampton and after further investigation the SRCWA Northampton Branch was formed. This branch is implementing some of the SRCWA programs and encouraging their seniors to be more active.

The last area of expansion was requested to be remote regional WA where there was nothing already established in the area for seniors. After a lot of research into population , employment and volunteering figures and consideration of organisations in the area, Port Hedland was chosen. The expansion team travelled to Port Hedland in May 2017, staying in the Town of Port Hedland, and held a Community Forum at Lotteries House, South Hedland. Although the forum didn't have as positive an outcome as the previous areas the expansion team was contacted, after they had returned home, by Silver Chain wanting to establish a Pole Walking Group, conduct a Seniors Exergaming WA program, and adapt the LiveLighter Aged Care Games to be included in their Seniors Games. We are currently in the process of developing this relationship and having the programmes rolled out into the Pilbara.





## “Swinging Years” Ball 2017

The 2017 Swinging Years Seniors Ball was a sell out with over 200 people in attendance. Participants came from dance groups, social groups and general public. It was wonderful to see so many of the attendees come dressed to reflect the theme “Swinging Years”.

SRCWA State President Hugh Rogers welcomed everyone and introduced the Hon. Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation who addressed the audience.

The afternoon tea was enjoyed by everyone and the afternoon floor show was performed by the Simply Swing dancers who had the dancefloor full to overflowing at the interactive part of their show.

The table center pieces and decorations carried the theme of the Swinging Years ie black, gold and silver throughout the ballroom which looked great as everyone entered.

Once again our live dance music was presented by "Offspring" band who produced a perfect compilation of dance music.

SRCWA received very positive feedback and congratulations on a very successful Ball from the those in attendance.

Throughout the afternoon spot prizes were given to lucky dancers, thanks to the donation of prizes from Have a Go News.

Near the end of the Ball the major prize raffle was drawn many participants were excited to receive prizes from Crown Perth, Have a Go News and Casey Australia Tours.

Thank you to the hard work of our volunteers and staff who make these successful events possible.

Our Special thanks go to our sponsors Crown Perth, Have a Go News, Department of Sport and Recreation, Department of Local Government & Communities and Casey Australia Tours.





## Pole Walking

Since SRCWA launched Pole Walking in April 2006 there have been 576 presentations to an audience of more than 6270 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, Port Hedland and many others.

The SRCWA Rockingham Branch Pole Walking group expanded in February 2017 and now runs a group in Baldivis which walks every Wednesday. The Rockingham Pole Walking group has an average of 20-30 people each week. The Pole Walking group in Armadale coordinated by the Armadale Visitors Centre walks twice a week with between 12 to 15 participants.

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, 1214 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.





# Camp Quaranup Report

Monday 6<sup>th</sup> February 2017, the 25th camp at Camp Quaranup. 35 campers settled in, old friendships renewed, the proposed program perused, activities chosen, it doesn't take long for the campers to get in the groove. Following tea, 2 members of the Albany Surf Lifesaving Club (Christine & Celia) ran a Basic First Aid Class teaching the campers using the defib machine and Annie (the dummy) we had a hands on experience of what to do in the case of emergency. Some campers commented that the next time they see first aid courses offered they will take one so they have the confidence to help if the need arises.

Tuesday starts with the morning exercise program then breakfast, and activities. First was a visit from the Department of Fisheries (Taryn) explaining the roll the Dept. takes in protecting this valuable resource, after much discussion on licenses, catches, the responsibilities of fishers and the penalties incurred we enjoyed Morning Tea. Taryn then took a group to the jetty where they had a fish, caught some whiting, which were released, others went hiking and some began craft. Later in the morning the belly dancers started to learn their new dance routine for the Friday night concert. The weather saw a change to the program, canoeing off and archery on, followed by aroma therapy with Margo, wonderful foot and shoulder rubs continued as they queued for tea, Delys prepared and ran the Quiz night.

Wednesday was the excursion to the Gap, the wind blew and the waves crashed what a great way to view nature's performance, the new innovation was well designed and executed, money well spent. We all enjoyed morning tea in the protection of the Middleton Beach Tearooms and Lunch at Ayre Park, this included rides on the Aerial Runway lots of pushing and pulling, what a great playground, the shopping in Albany is a must. Then, at camp, the tables are set, the decorations in place, giving the dining room a new look. Ian DSR camp manager, Rob & Jo Lucas camp organisers from 1993 to 2012 were invited to share tea and memories of the previous camps. Pre dinner drinks and canapes were served, followed by tea, including a celebration cake cut by Dorothy, Elsie and Norasah who have been attending camp for 20 years, many memories were shared. A DVD of the first camp held in 1992 was shown, to get to the camp was one day travelling by bus from Perth to Albany, sleep over and then bus out to the camp the next day. The 1992 camp program included a very windy sailing cruise on the Princess Royal Harbour, they also abseiled at the Gap and used a flying fox, how things have changed.

Thursday the bush walkers set off with Alfie, the table tennis play offs began, more craft (birds created using a Dry Felt Needle Technic), belly dancing and boot scooting. In the evening it's dress up night "Rock 'n Roll 50/60's" is the theme, Daryl gave the history of the era, the music and a dance, we had KISS by 2 and a band of 5, Tiny Tim, the fashion we wore and lots of dancing, another great night, so much laughing.

Friday more walking and craft, 10 knitted knee rugs completed for Wheelchairs for Kids, Cathy knits the squares over winter and the craft group ladies sew them together and crochet the edges. The table tennis finals, Rob wins the Men's and Rosalie won the Ladies. Zan's movie from the 2016 camp is always entertaining, the camera work is great. The concert night items presented are amazing, the skits and readings found or created by the campers, so clever, poem from Banjo Patterson, Robert on his ukulele and Pams dancing ladies make a fun night.

Thanks to the SRCWA State Office, Camp and Kitchen staff, who help put the camp together without them it would not happen. Rob, nothing is ever a problem he gets us to and from camp and everywhere else we need to go. Delys coordinates the craft, Brian the table tennis, Dale for the prizes, Daryl the Dress up Night, Betty for the album of photos of previous camps and Dorothy's souvenirs and photos, Alfie & Robert who set up the Rec Room & Dining Room and Zan for the Camera work capturing the pictorial for the last 10 yrs.

A very big thank you to the campers what a great group of people to work with thank you.

Eileen Stark  
Camp Coordinator





# Project Officers, Sports Management Pty Ltd

It is very rewarding to be members of a team of people who work very hard to implement the ethos of Seniors Recreation Council of WA Inc. (SRCWA) – “Healthy Ageing Through Activity”.

This report endeavours to illustrate the very professional management and the commitment of SRCWA volunteers and management who have developed and maintain strong and well respected relationships throughout the Western Australian community.

Sports Management has represented SRCWA at the following events with the organisations involved –

City of Vincent - Service Provider Age Friendly Workshop 8 December 2016

City of Armadale – Age Friendly Community Plan Survey 17 May 2017

Age Friendly WA Workshop 20 July 2017

Vulnerable Road Users Advisory Group (a Committee of the Road Safety Commission) – 2 November, 16 December and on-going.

SRCWA has developed a ‘suite’ of activities which address the physical, mental and social well-being of senior citizens.

Sports Management has assisted in the conduct of the following SRC activities –

## **LiveLighter Aged Care Games**

Belmont 4 August, Baldivis 7 September, Joondalup 15 September, Margaret River 23 September, Northam 2 March, Bunbury 6 April.

## **LiveLighter Activity/Information Days**

Northam 7 July, Peel 25 August, Bunbury 9 September, Cockburn 15 March, Leederville (Loftus) 22 March, Belmont 25 May, Furnissdale 22 June.

## **Annual Seniors Ball**

7 June

## **Have a Go Day 2016, a LiveLighter event**

8 Coordinator Committee Meetings (Feb-October), Site Meetings 26 April, 19 October, Set-up days and event 7, 8 & 9 November, Evaluation Meeting 16 November, Appreciation Morning Tea for Sponsors and Volunteers 25 November.

## **Management**

Sports Management provides a Report to every monthly SRCWA Board Meeting and attends these meetings as observers.

## **Development – SRCWA Regional Branch Expansion Project**

Sports Management has worked with other members of the Expansion team and the departments of Local Government & Communities and Sport & Recreation to investigate the potential for an SRCWA Branch in the Port Hedland area. After several Teleconferences with relevant personnel Kate Chetwin and Sports Management personnel arranged and attended a Public Meeting to be held in Port Hedland on 9 May 2017 to make the community aware of the benefits of SRCWA programs and to assess the potential for the establishment of an SRCWA Branch in Port Hedland. The response was not considered to be of sufficient strength to enable a new Branch to be established at this time but the situation will continue to be monitored.

We look forward to continuing to support the ‘healthy ageing’ programs developed over 26 years by SRC and helping more Seniors to enjoy healthy ageing through these activities.

Mavis Owens and Malcolm Stokes - Sports Management Pty Ltd



# SRCWA Concert

## SRCWA 2016 Christmas Variety Concert

On Wednesday 14th December SRCWA held the 2016 Christmas Variety Concert at the Morley Community Recreation Centre where 300 people were treated to an afternoon of a variety of songs, music and comedy, and once again it was a huge success. While people were coming in they were treated to guitar solo music by Ian Fletcher.

The concert opened with a classical young entertainer Amber Reid who is studying at WAAPA.

The "Band of Mates" Terry Bennetts, Evan Platshinda & Ginger Cox thoroughly entertained the audience with some classic songs, instrumentals and Australian ballads. There was a special guest appearance by Elvis (Evan), Charlie Pride (Ginger) and Hank Marvin (Terry).

Sharon Heaslip from Mackay QLD, one of our feature artists, brought her easy listening style and had the crowd singing along with her, bringing back the sing-a-long community style concert.

The audience laughed and sang along with feature artist Justin Standley, an all-round polished artist, voted Most Popular Balladeer in Australia in 2016 by the Independent Country Music Awards in Tamworth. His comedic style had everyone in stitches and his vocal range was amazing.

During the intermission the crowd was treated to a performance by Patsy Cline, (Moir J Scott) who had people up and dancing.

Kingsley Day keyboard master was so professional and so entertaining he just loves what he is about and the people love him, he was ably assisted by Phil Rego on drums also highly regarded.

Thank you to Phil Paddon and Terry Bennetts along with their team of supporters who put an enormous amount of time and effort into this concert. Thank you to Pat Paddon who made enough Christmas cake to feed everyone and along with her volunteers managed to serve 300 cups of tea and coffee, cake and biscuits in a very short space of time.

It was a truly awesome experience and one that will be remembered for a long time, can't wait for the next concert.





# Seniors Exergaming WA

Seniors Exergaming WA continues to be well received as a low impact, fun filled social activity for seniors. July 2016 to June 2017 was a year of firsts for the Seniors Exergaming WA (SEWA) program. Highlights included the program being delivered by local SRCWA Branches in their regions, Wanslea Grand Carers utilizing the technology and a high school supporting a group of seniors in the Bull Creek local area.

SEWA continued to present at SRCWA LiveLighter activity information days and other events in Northam, Peel, Bunbury, Rockingham, Midland, Geraldton & Leederville all supported by a group of dedicated SEWA volunteers. Throughout 2016-2017 we had an estimated exposure of SEWA to 2466 individuals, 1516 participants with 257 individuals indicating they would take up or reinstate the Xbox 360 Kinect technology in their homes.

Demonstrations were conducted by SRCWA Peel Branch volunteers in the Mandurah/Peel Area in February 2017 attended by a total of 41 people. Further demonstration of the benefits and enjoyment to be had from SEWA were also held throughout the year in the Peel region.

I would like to take this opportunity to thank branch President Jan McGlinn and branch volunteers Colin, Jan and Lee for their enthusiasm and efforts in promoting this unique program in the Peel area.

Early June 2017 a total of eight demonstrations were booked for "Wanslea Grand Carer Groups" throughout the Metropolitan and Peel regional areas. During these demonstrations many people mentioned they currently had Xbox Kinect technology in their home, and were not aware of the benefits and how much fun Exergaming is. They also said they would be setting up their Xbox Kinect for their personal use as entertainment as well as a means to break down barriers when initiating conversation with grandchildren in their care. The Peel regional demonstration provided an opportunity for SRCWA Peel branch members to come along and experience how SEWA present the program.

April 2017 a saw a demonstration at Ishar Multicultural Women's Health Centre where 40 women attended who were from a diverse range of ethnicities. This proved very challenging having translators relaying our presentation in four different languages. Once the activity part of the demonstration commenced most of those at the presentation took part in the activity.





Those in attendance were clapping and cheering for each other, this event demonstrated how the “fun” factor of Seniors Exergaming WA transcends the language barrier.

The competition side of the program continued throughout the year with interest from new groups joining in. As this competition is run over three rounds and is across the year, it prohibits new teams joining in the completion while interest is strong. Looking at the format and how teams can compete over future years may need to be reviewed.

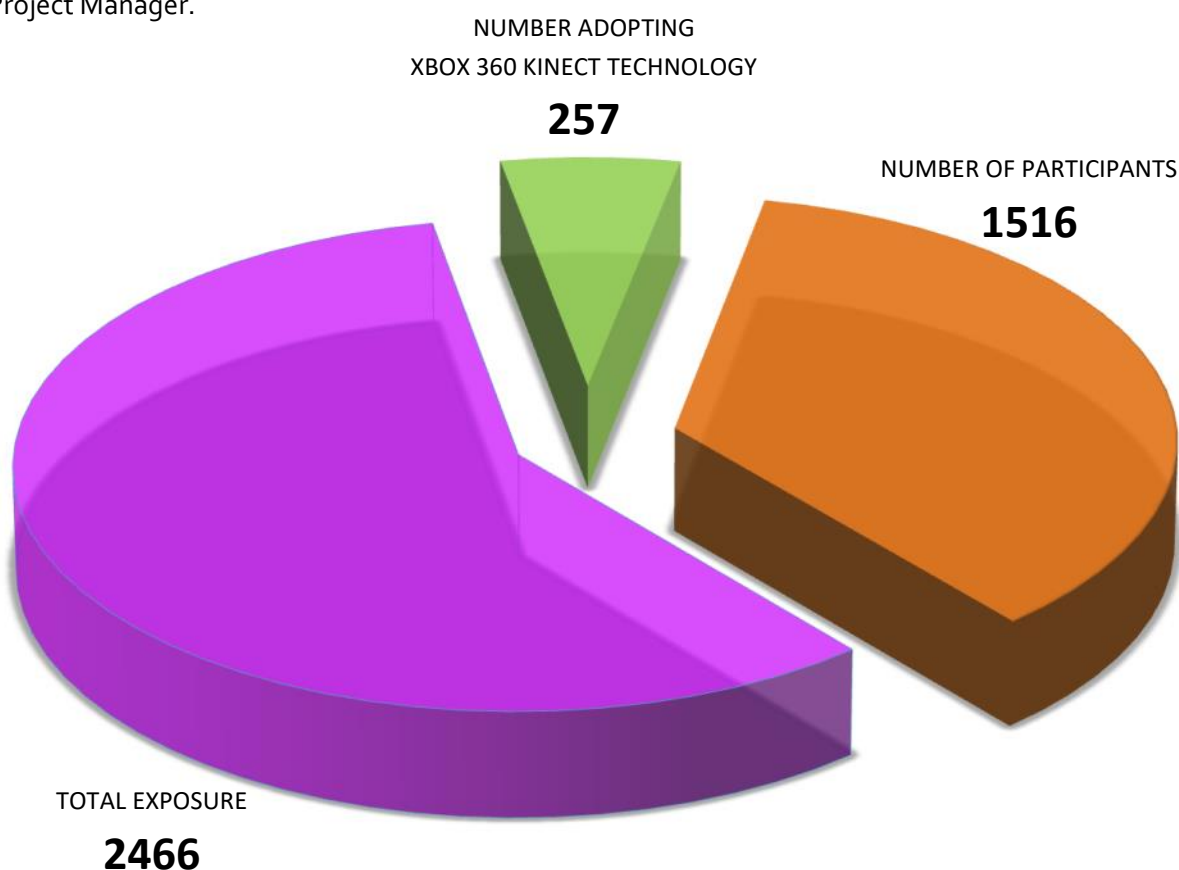
The Greater Geraldton SRCWA branch trialed SEWA with a small group at the QEII Seniors & Community Centre and are looking at joining the competition. This is being facilitated by QEII Centre Manager, Rosetta Finlay and SRCWA Geraldton Branch members, once again thank you to Rosetta and Branch Members for their enthusiasm and efforts in promoting this unique program in the Greater Geraldton area.

The highlight of the 2016-2017 year was a new venture with RAAFA Bull Creek, All Saints College and SEWA has seen a large group of high school student volunteers (8) supporting and encouraging seniors in our program. Training for the students and Bull Creek coordinator was facilitated by SEWA, it was a wonderful experience to see the interaction between generations with a lot of laughter and respect. At the end of the session the students and Bull Creek residents shook hands and enjoyed afternoon tea. All of the seniors were extremely grateful to have such a wonderful group of children support and interact with them.

Thank you to the Department of Sport & Recreation (DSR) for their foresight in supporting and funding the 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 WA Team who work 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 (TSS) "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 lack of knowledge can lead to social isolation and a lack of mental stimulation. The TSS 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 2016-2017 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, The Department of Sport and Recreation provided refurbished equipment which allows the program to now be delivered to twelve seniors in each class as opposed to six. 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 The Department of Sport and Recreation and Telstra in helping to make the Tech Savvy Seniors program the great success it has become.

## Tech Savvy Seniors Affiliate Centres

To date we have five stand-alone centres in metro and regional areas each having a volunteer delivering Tech savvy Seniors material with discussions in place for a sixth centre. The metro areas are Harman Park (Belmont) WANSLEA Grand Carers Program (various Metro) Addie Mills Centre (Gosnells) Jewish Care (Yokine) and the new SRCWA branch at Northampton.

## Digital Photography Workshops

Thanks to SRCWA Official Photographer Martin Yates and One Sky Photography's Garry Wilcox a group of enthusiastic seniors were treated to a free introduction to Digital Photo Workshop on Friday 14th October 2016. The aim of these workshops is to encourage seniors to get out and be active with their cameras and start taking photos.

One participant said "I thoroughly enjoyed it and learnt a lot of very valuable stuff, and it has reinvigorated my interest in photography." All participants received information and giveaways from our friends at Camera Electronic. Laptops provided by Telstra for the Tech Savvy Seniors Program allowed seniors to learn how to download images from their camera or mobile device.

Seniors Recreation Council thanks and acknowledges the continued support of all those who made this event possible by their contribution, LiveLighter Healthway, Department of Sport and Recreation, One Sky Photography, Telstra, Studio Twenty Six Photography, Camera Electronic and SRCWA staff.



*"I thoroughly enjoyed it and learnt a lot of very valuable stuff, and it has reinvigorated my interest in photography."*



## Telstra Morning Teas and Tablet /Ipad Workshops

Tuesday 24th January 2017 saw some 60 seniors welcomed by CEO of Telstra Andrew Penn to a Connecting Seniors – Afternoon Tea run in partnership with Telstra and Seniors Recreation Council of WA Inc, we were also joined by AMANA Living and Bethany. Seniors at this free event learned about current connectivity options, an overview of smartphones and tablets, their benefits and relevance to everyday life. Around twenty Telstra Digital Ambassadors took small breakout groups for sessions where they could explore and ask relevant technology questions and received advice on personal phones or tablets which they brought to the event. On behalf of all those who attended, Seniors Recreation Council of WA Inc. would like to thank Telstra for their continued invaluable support in helping to break down the barriers many seniors may have moving into the digital age.



## West Coast Eagles

Tech Savvy Seniors (TSS) courses tailored to the requirements of the West Coast Eagles Senior Members continue to be well received. Each group we have conducted has been at capacity with people on a waitlist for the course. Delivery of the course is facilitated by the TSS Program Manager and West Coast specific material being expertly delivered by West Coast Eagles staff members Shauna Upton and Ryan Jackman thank you for a job well done. I would also like to thank Rachel Parnaby, Deborah Patino, Deane Pieters and the West Coast administration for their continued support.



## 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 five 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. Thank you to the Community Education Team, Community Engagement and Regional Services, Consumer Protection, Department of Commerce WA team members Merinda and Teena who presented throughout the year, your contribution has been invaluable in helping to educate and protect seniors throughout WA.

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 **Local Government,  
Sport and Cultural Industries**  
Department of **Communities**



**Scarboro Toyota**

