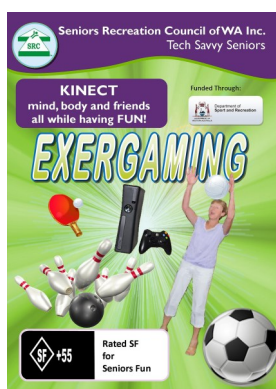




# Seniors Recreation Council of WA Inc.

HEALTHY AGEING THROUGH ACTIVITY

## Annual Report 2012/2013





## SENIORS RECREATION COUNCIL OF WA INC.

### ANNUAL REPORT for 2012/13

#### SRC BOARD MEMBERS

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EX-OFFICIOs

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PHIL BADOCK (DSR Liaison)

JOHN SLATTERY (Strategic Advisor)

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## State President's Message



It is with pleasure that I am able to provide the attached report on the activities of Seniors Recreation Council of WA for the year 2012/13.

The Strategic Plan for 2013 to 2016 has been adopted and forms part of this report and an implementation committee has been appointed by the Board to monitor the progress.

The foray of the Council into technology based programs is continuing, as reported last year SRCWA instigated a pilot project "Exergaming WA" this project was very successful and subsequent to the completion of the pilot project the Department of Sport & Recreation has funded "Seniors Exergaming WA" for a further two years.

SRCWA will introduce a new technology program in July 2013 called "Tech Savvy Seniors" -it will be an introduction to basic computer use, internet, Facebook, Skype and digital cameras. This program has attracted a great deal of interest from Seniors Centres and Local Government Authorities.

SRCWA is also becoming familiar with using Facebook to promote and report on events held during the year. This is an ideal tool to further raise the profile of SRCWA to the wider community. Our new Facebook page can be accessed through the SRCWA website at [www.srcwa.asn.au](http://www.srcwa.asn.au). Take a look, like the page and write a comment.

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

Members will be aware that subsequent to the State Elections in March 2013 the Department for Communities was merged with the Department of Local Government. We welcome Hon Tony Simpson to the portfolio and look forward to the same happy working relationship we enjoyed with the previous Minister Robyn McSweeney.

There were a number of awards that SRCWA was nominated for and received recognition as a finalist or winner: Bethanie Medallion Awards, SRCWA is proud to announce it won the Medallion Award for our Aged Care Games program and won the Medallion Award as overall winner of the Outstanding Volunteer Organisation

HESTA Aged Care Awards which is a national award and SRCWA was a finalist which gave our Executive Officer, Dawn Yates the opportunity to go to Sydney and attend the award presentation on behalf of SRCWA.

WA Seniors Awards, Jan McGlenn, SRCWA Peel Branch President was a finalist in the Community Award category for her work in the Peel Region.

Awards like these maybe presented to SRCWA as an organisation but it is the volunteers who actually earn the awards, so congratulation to everyone for their hard work, it is great to be recognised..

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

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

Hugh Rogers

State President



## Executive Officer



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


As Executive Officer I consider myself honoured to be working with such a dedicated team of volunteers, and when challenges occur it is through working as a team we achieve such a high degree of success. Thank you to Mary my assistant, our project officers and mentors who are always on hand to help and give advice when required.

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

SRCWA has adopted its updated Strategic Plan for 2013 to 2016 the strategic plan will continue to evolve with the growth of the organisation. A sub-committee has been formed to work on issues relating to the implementation of the strategic plan

Comprehensive reports on the following programs are contained in this Annual Report; Add Life to Your Years 2012/2014, a directory of sport & recreation for over 50's, this directory continues to be very popular with WA Seniors. 15000 copies were printed in July 2012 and to date 11951 have been distributed.

- Regional Support, SRCWA currently has 9 Branches throughout Western Australia that conduct programs for seniors in their region. The Branches are supported by State Office with funding, advice and when required brochure & flyer development and printing. Some branches are more active than other but each one plays an important role in helping to keep WA seniors active.
- Have a Go Day is an Annual event held in Burswood Park, this event is SRCWA flagship event and has been named the premier event of WA Seniors Week. Each year an estimated audience of 14000+ attend this event with 200+ sites occupied with everything a senior may wish to experience and find out about. The purpose of Have a Go Day is to "have a go" which is why we have a balance of activities, services and information sites available.
- Be Active Aged Care Games is one of SRCWA's most rewarding programs, it gives Seniors in Care (the forgotten demographic) the opportunity to attend and participate in an event specifically designed and organised to enhance their lives. Over the years since 2003 when the first games were held as part of the Fremantle Masters games, thousands of seniors in care have taken part in the games. To date our oldest competitor has been 103, what an awesome age to still be taking part in activities.
- Seniors Activity/Information Days were initially implemented to offer Aboriginal seniors the opportunity to come together to take part in activities and have a shared meal. These days now include all Seniors being invited to share activities information and a meal in a community setting.



Sport Management Pty Ltd project officers, Malcolm & Mavis continue to provide support and advice to SRCWA along with assistance on program delivery and nomination submissions.

The Annual Seniors Ball in 2013 was “Seniors in Wonderland”, it was a very successful afternoon with many of the participants dressing up in costume making the ballroom a visual spectacular.

The Seniors Exergaming WA program which evolved from a pilot program is up and running and is proving to be a very popular.

Pole Walking is a program that continues to encourage Seniors to enhance the activity of walking with the use of a pair of adapted walking poles. This year we held demonstrations in metro and regional centres as well as for individuals at the DSR offices using the Leederville oval.

Executive Officer

Dawn Yates

# Add Life to Your Years Directory

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

15000 copies of the 2012/14 edition of Add Life To Your Years was compiled and Printed in August 2012. Funding was provided by Lotterywest, Dept of Sport & Recreation & Dept of Local Government & Communities. The directory is very popular with the over 50's as a reference book. The number of contacts in the book is approximately 750, with the Regional entries increasing in number. Since this edition was printed 11,740 copies have been distributed.

The current format of the directory is popular especially with the Regional listings broken up into areas and then into specific organisations, clubs & groups. This proved successful with people travelling throughout the State as they are able to look up an particular area and see what is available.

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

The production of the directory takes considerable time and prior to the 2012/2014 edition all the clubs/groups in the directory were contacted to confirm contact. The new edition will be a condensed booklet with the focus on the contact details with the written information being kept to a minimum. This will reduce the size of the printed copy saving on printing costs and allow more clubs/groups to be included without increasing the size of the book.

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

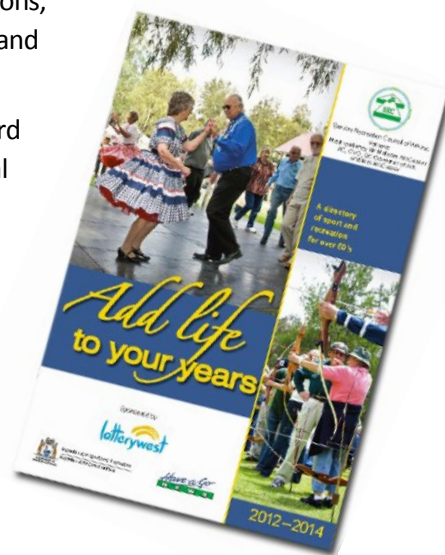
With the number of Clubs/groups requesting entry, the book is growing each year which clearly demonstrates the great need for a resource such as this.

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

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

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

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



# Regional Support

SRC 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 and mental activities and a healthy lifestyle in regional areas. Through these branches SRCWA is conducting the following Sport & Recreational Activities for Seniors:

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

New programs and forums are conducted through the Branch network one of these program is the Strong On Your Feet program which is now run by SRCWA Peel Branch in the Peel Region.

This program was initially coordinated through Mandurah Community Health Centre and handed over to SRCWA Peel Branch in 2012. *Strong on Your Feet* is a falls prevention exercise program for older people who live independently in the community. The program had been operating under the administration of the MCHC Physiotherapy Department with support for promotion and evaluation provided by SMPHU.

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

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

## SRC Have A Go Day 2012

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

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

The WA Police Pipe Band played Advance Australia Fair at the Official Opening by SRC's Patron, His Excellency Malcolm McCusker, AC CVO QC Governor of Western Australia accompanied by Mrs. Tonya McCusker. The Governor said "It is encouraging to see the enormous number of active community groups, sports, hobbies and diverse activities available at one location including a wide variety of senior specific information sites available". It was great to have Steve Mills from 882am 6PR as MC, with the 10<sup>th</sup> Light Horse Bunbury Troop also in attendance.

Other activities around the grounds were Archery, canoeing, geocaching, golf, tennis, ChiBall, a new addition to Have a Go Day and much more. The Exergaming tent again proved very popular, participants were invited, to 'have a go' at activities involving the use of Xbox kinect gaming consoles. The activities included, golf, tenpin bowling, brain training and instruction on the installation of machines. All the dance activities eg: Square Dancing, Ballroom Dancing, Swing Dancing, Belly Dancing and many more were very popular including Zumba Gold a very active and challenging activity.

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

Have a Go Day would not be possible without the support of the Burswood Park Grounds staff who under the guidance of Sam & Steve do a fabulous job of preparing the grounds prior to the day. SRC appreciates their assistance during the preparation and execution of this event. There are a lot of changes happening to and around Burswood Park, Resort Drive being redirected, a multi story car park under construction and a temporary car park on Burswood Park. All these changes will have to be taken into consideration with the planning and layout of the grounds in 2013

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

With the dedication to excellence the SRC Have a Go Day coordinators and committee practices one can only imagine what will be presented next year. The feedback from participants and attendees was very positive stating that Have a Go Day is an event that they look forward to attending each year.

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

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





# Be Active Aged Care Games

The Be Active Aged Care Games were established to provide an opportunity for people in 'care' situations to, once again, experience team participation, social interaction and light competition in a facility which gives them the opportunity to take part in an organised event away from their own centre. The participants are usually aged (60 to 100+ years of age) and they are, of course, 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 Be Active Aged Care Games lies at the 'carers' level. Management, support workers and volunteers of the agency value the Aged Care games for some of the following reasons:

- Staff within the centres use the games activities as part of their daily therapy and recreational sessions.
- With their clients, they practice as a team to develop skills including throwing, standing, communicating and socialising.
- A sense of belonging is fostered through the making of 'team' attire such as hats, shirts, banners etc.,
- The participants build a sense of anticipation as the event draws nearer and the carers are provided with a challenging project that meets the needs of daily and weekly activity sessions.

On the day of the event, 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 Be Active Aged Care Games, in conjunction with the Fremantle Masters Games in 2003, SRC has hosted 54 competitions in both metropolitan and regional areas and more than 154 care agencies have participated. Collectively the competitions have seen over 11600 people taking part.

Number of Events	Regions
7	Albany
5	Avon
10	Bunbury (2 events per year)
4	Margaret River
19	Metropolitan (2 events per year)
8	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
1	Rockingham



2012 was the inaugural year for the Rockingham games which were held at the Mike Barnett Sports Centre. Rockingham volunteers were very excited to be able to offer the games to agencies in their region and had 7 teams take part.

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

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

Volunteers play an vital roll 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, 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 Be Active Aged Care Games are sponsored by Healthway, Dept. of Sport & Recreation, Dept for Communities and Have a Go News.

# Seniors Activity/ Information Days

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

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

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

The static displays that attend the 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 participant more confidence to discuss services that are available to them

As part of the activity/information day participants are provided with morning tea and lunch.

Seniors Recreation Council has developed working relationships with:

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

Static Displays such as:

- Aboriginal Legal Services
- Advocare
- Australian Hearing
- Breast Screen
- Dept. of Commerce
- Derbarl Yerrigan Health Service
- Independent Living Centre
- Seniors Card
- Seniors Recreation Council of WA
- South Metropolitan Health
- Veterans Affairs



Due to the success of the activity/information days more events have been held and requests have come from other Local Governments authorities to provide them in their areas:

Since the Aboriginal Seniors Activity/Information days started in 2004 at the Mirrabooka Herb Graham Centre over 2100 Aboriginal seniors have taken part in the activities. With the expansion of the program to include all over 50's the number of participants attending grew to 3020 by the end of June 2013. Participants are now joining clubs/ groups in their areas which is a very positive outcome of this program.

Thank you to all the volunteers who's 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 such support these event would not be possible.

# Project Officers, Sports Management Pty Ltd

## *Introduction*

Sports Management Pty Ltd has been engaged by Seniors Recreation Council of WA (Inc) as the Project Officer for the past three years which has seen Mavis Owens and Malcolm Stokes involved in supporting many different SRC projects and activities.

## **1. *Current SRC Programs Supported***

**1.1 Have A Go Day 2012.** Attended all coordinators, stakeholders and site meetings throughout the year. Assisted with set-up on November 12 and 13, and attended the event on November 14 with responsibility for the “green area”.

**Have A Go Day 2013.** Attended monthly coordinators meetings to date. Retained responsibility for green area coordinator role.

**Rockingham SRC Branch Have A Go Day.** Attended this event on May 1.

**1.2 Be Active Aged Care Games.** Attended events at Joondalup, Albany, Bunbury & Belmont.

**1.3 Seniors Exergaming WA.** Attended a forum and demonstration on February 19.

**1.4 Seniors Activity/Information Day.** Attended Cockburn and Camp Leschenaultia events.

**1.5 Seniors Ball.** Assisted with teapot supply and attended this successful and enjoyable event on 19 June.

**1.6 SRC Board.** Provided monthly reports and attended monthly Board meetings.

**1.7 SRC Strategic Plan 2013-2016.** Prepared and presented analysis and summary of responses to the SWAT exercise conducted at the 2012 SRC Annual General Meeting. Incorporated recommendations to the Strategic Plan and presented updated Strategic Plan to the February Board meeting which adopted the amended Plan. An Implementation Committee comprising Leigh Davis, John Slattery, Dawn Yates, Mavis Owens and Malcolm Stokes was appointed by the Board and met on July 10, 2013.

## **2. *SRC Nominations***

### **2.1 2012 Regional Achievement and Community Awards:**

Community Group of the Year – Peel Branch  
Leadership & Innovation Award – Jan McGlinn  
Volunteering Award – Jan McGlinn (semi-finalist)

### **2.2 2013 Regional Achievement and Community Awards:**

Community Group of the Year – Peel Branch  
Leadership & Innovation Award – Jan McGlinn

### **2.3 WA Seniors Awards:** Community Award – Jan McGlinn (finalist)

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- 2.4 **2012 Act-Belong-Commit Awards:** Dawn Yates (finalist)
  - 2.5 **The Orange Seed Project:** Seniors Recreation Council of WA
  - 2.6 **2013 WA Multicultural Community Service Awards:**  
Engaging the Community Innovation Award – Seniors Recreation Council of WA (Inc)
  - 2.7 **2013 Hesta National Aged Care Awards:** Seniors Recreation Council of WA (finalist)
  - 2.8 **AMA/Healthway Healthier WA Award:** Nominated SRC in two categories – Strong on Your Feet and Exergaming.
  - 2.9 **2013 Australia Post Our Neighbourhood National Community Partners:** Seniors Recreation Council of WA (Inc).
  - 2.10 **2013 WA Seniors Awards – Active Ageing Leadership Award:** Seniors Recreation Council – assisted Dawn with submission for this award.

### 3. ***Falls Prevention Program.***

Attended two seminars presented by the Injury Control Council on 10 and 17 June, 2013.

### ***Appreciation***

The Seniors Recreation Council of WA (Inc) is a wonderful organisation managing a terrific agenda of programs for Seniors with a great team of people including all the volunteers and the dedicated officers and staff. It is a pleasure being included as members of this team.

**Mavis Owens and Malcolm Stokes**

**Directors**



## “Seniors in Wonderland Ball” 2012

The SRCWA, “Seniors in Wonderland Ball” was held on Wednesday 19<sup>th</sup> June 2013, in the Astral Ballroom, Crown Perth.

230 Seniors attended, many dressed up in costume, ie Queen of Hearts, Mad Hatters, Alice’s, White Rabbits and others with a wide variety of Hats.

The Band “Offspring” were very well received as was the afternoon’s entertainment and afternoon tea.

Attendees came from Ballroom dance groups, Red Hat groups, St Ives Murdoch, People Who Care, City of Canning, Have a Go News and general public.

The tables were decorated with a wide variety of colourful teapots and balloons, also each place setting had a large red Whistlers chocolate heart adding to the atmosphere.

The Ball was officially opened by Dr Karin Mac Arthur, Executive Director, Community Engagement, Dept for Communities on behalf of Hon Tony Simpson, Minister for Local Government and Communities. Dr Mac Arthur said “ the Ball gave seniors the opportunity to take part in an activity and share an afternoon with friends in a beautiful setting”.

Photographs were taken throughout the afternoon by Martin from Studio Twenty Six Photography who donated his time and took some stunning photos. The photo booth was very popular having been set up as the Mad Hatters tea party.

Prizes for best dressed and best hat were bottles of MOET Champagne donated by Have a Go News.

The major prize was donated by Crown Club Bus Program, second prize was donated by Crown Perth and Third prize was donated by Margaret Quirk MLA Spot prizes were donated by Have a Go News and Whistlers Chocolate.

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

Sponsors for the Seniors in Wonderland Ball were: Crown Perth, Crown Club Bus Program, Have a Go News, Whistlers Chocolates and Studio Twentysix Photography SRCWA really appreciates all the generous support given by it’s Sponsors.



# Seniors Exergaming WA

## Kinect mind, body and friends all while having fun!

Seniors Exergaming WA (SEWA) is a 2 year project run by Seniors Recreation Council of WA Inc. (SRCWA) in partnership with the Department of Sport and Recreation (DSR), funded by the State Government. SEWA follows the successful 2012 Tech Savvy Seniors Exergaming Pilot Project which compared the XBOX Kinect and Nintendo Wii gaming consoles, this provided an outcome based on surveys completed by participants to recommend the use of the XBOX Kinect for future Exergaming Projects.

The project objectives for the next two years are:

- Introduce Exergaming activities to seniors within Local Government Agencies (LGA) Retirement Villages, Seniors Groups and/or centres.
- Educate participants, deliverers, LGA's and key stakeholders of the positive outcomes associated with exergaming including improved coordination, balance, mental and physical wellbeing.
- Develop and trial a manual for all abilities allowing exergaming programs to be implemented across the state and delivered to a variety of participants.
- Build the capacity of staff and volunteers within retirement villages and recreation facilities to provide a positive exergaming experience.
- Develop strategic partnerships with stake holders who are able to promote, provide or sponsor the SEWA Project beyond the two year expansion period.

In order to achieve the project objectives we started the year by inviting LGA's to attend a Forum and Demonstration of SEWA, the Forum was well attended and attendees particularly enjoyed trying out the games. As a result we have attended and presented SEWA to four LGA Senior Groups and attended eight SRC Activity days obtaining leads for future bookings, volunteers and participants at each event.

SEWA has recruited four volunteers too date who attend fortnightly training, provide feedback, test the manual and deliver the program at Activity/Information Days, Short Course and Exergaming Competition Program bookings.

Our branding has been developed with the name "Seniors Exergaming WA." The slogan "Kinect mind, body and friends all while having fun!" is the title and key wording for our DVD, Promotional Flyers and Booking Forms, which have been produced this year.

We are currently developing the following Programs and Resources:

Short Course, four week Program, where participants will be taught how to set up the Xbox console, trouble shoot and how to use hand signals to move through the system and play games. Participants may then like to establish a group and compete against other groups, challenge their grandkids or maybe even purchase their own console for home.

Exergaming Competition, ten week Program, which includes the Short Course Program followed by 6 weeks of competition. If the organisation then decides to implement the Program, we will help train staff and source required equipment.

Ongoing competitions managed by SRCWA throughout the year with SEWA participants competing either against groups within their LGA/Organisation or against other LGA/Organisations.

Resource Manual with the help of a Volunteer sourced by the DSR.

Leanne Novatscou Project Manager



## Pole Walking

Since SRC launched Pole Walking in April 2006 there has been 430 presentations to an audience of over 4630 Seniors.

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

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

Seniors of Western Australia are taking up Pole walking in increasing numbers and since SRC introduced it at the launch in April 06, 687 seniors have taken up the exercise.

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

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





## Avon Branch Report

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

The Have a Go Day held in Toodyay on 14th November was a great success. SRCWA Avon Branch was an integral part of the organizing committee that put the day together and given that we had 7 weeks to organize the event it went very well.

The weather was perfect and the site holders and activities that participated all appreciated being given the opportunity to take part.

It was wonderful to see participants taking part in the activities and gathering material from the static displays.

The Be Active Aged Care Games were held in Northam on 23rd May, a great day was had by all.

110 participants converged on the Northam Recreation Centre, a great new venue, thank you to Shire of Northam for providing venue at no cost, we can fit another 10 teams in next year.

Great refreshments supplied by Face book friends and lunch by Federals Football club ladies for Staff and volunteers.

All teams competed well with Dowerin Companion Club taking home the trophy, again. I heard there will be some great competition next year.

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

Volunteers from the community and Recreation Centre Staff and NSHS Students played a big part in scoring and assisting with the games.

Thank you to SRC Staff and Volunteers from Perth and to the teams that travelled great distances to be part of a fun day, the teams were from Quairading, York, Dowerin, Tammin, Wundowie & Northam.

The raffle was won by a very excited lady, no way anyone was going to carry her cumbersome prize out to the bus, so on the walker the planter went and she staggered out to bus.

We are in the process of organising a LiveLighter Activity/Information Day, this event is proposed for 28<sup>th</sup> July and I am negotiating with Shire of Northam to enlist their support.

Karen Ducat

Avon Branch President.





# Peel Branch Report

Grateful thanks go to all volunteers who have assisted with our SRC Peel Branch Programs and a special thank you to Hugh, Dawn and staff of SRCWA. With resignations of Ken Williams, Bill Pangler and subsequent retirement of Joy Jeffes at 90 years of age and Stan Richards because of health problems, the Peel Branch Committee, held a Special General Meeting in Mandurah to elect four new committee members on the 26<sup>th</sup> August. At this meeting two were duly elected, Angela Hosford and Phyllis O'Shea and Kay Williams is to be co-opted to the committee at September meeting.

Monthly Peel Branch meetings were held at the Dept of Sport and Recreation Office in Mandurah on the first Wednesday of each month throughout the 2012/13 year. As DSR Peel Office has recently changed their office location to the Mandurah Marina and are currently undergoing renovations, Peel Branch will resume meetings at DSR Peel Office from October 2013, this year. Peel Branch participated in the Connect Inclusion program run by the City of Mandurah and are currently organising a Walk Over October event in partnership with the Friends of Coodanup group.



## ***Falls Prevention Program – “Strong on Your Feet”***

A Memorandum of Understanding (MOU) was signed with South Metropolitan Public Health Unit during the year for our SRCWA Peel Branch to take over the administration, and leadership of this Program. This has gone particularly well with Trained Peer Volunteer Leaders assisting the Branch in conducting classes. This program was expanded from two Mandurah classes at Ac-cent Centre to include two classes at the Leslie St Social & Sport Centre weekly. Future plans include expansion of this program to the Murray and Waroona areas next year. Training of new Peer Volunteers is already underway with three new trainees currently engaged in being mentored by experienced Peer Leaders of the Program.

## ***Throughout 2012/13 the following took place***

Saltwater Aerobic & Exercise Program 2012/13 completed Active Ageing in Peel Calendar 2013 completed.

Peel Be Active Aged Care Games Serpentine Jarrahdale 2012 completed

SRC Coodanup Monday Walking Group - continuing program

SRC Tuesday Walking Group - continuing program

Recognition of volunteers

Two sessions ChiBall weekly 1 hour classes – continuing program.

Four sessions Strong on Your Feet Program 1 hour classes held weekly – continuous program and administration and training organised.

Peel Live Lighter Seniors Activity/Information Day in Murray

Active Ageing in Peel Calendar 2014 currently being compiled.

Aged Care Games 2013 to be held 8th October 2013 Murray Shire

## Financial

Grateful and sincere thanks to Doris Somerville for the well kept book keeping system she operated since the Branch was formed as part of the SRCWA Regional Development Plan and to our past Auditor Peter. Doris has taken on the Vice Presidency of Peel Branch. Financial reporting changed to a MYOB Accounts Right Operating System under the guidance of our newly appointed Branch Treasurer, Sandi MacFeate.

All projects and programs run throughout the year were within budget and we are grateful for the funding provided by the following throughout 2012/2013 budget year.

DSR/SRCWA Double Dip Swim Program 2012/13 \$4,400  
Shire of Serpentine Jarrahdale Grant - Aged Care Games 2012 \$500  
Alcoa Aged Care Games 2012 - \$500  
City of Mandurah CAG Strong on Your Feet 2012/13 \$1,000  
Mandurah Murray May Day – Strong on Your Feet Program 2012/13 \$1,000.



## Saltwater Aerobic & Beach Exercise Program

113 registrations. Program ran from December through to March 2013 each Tuesday and Thursday morning. Two sessions were cancelled because of inclement weather causing dangerous conditions. The beach walk, exercises and swimming sessions were well supported throughout the season. A break-up dinner was held April with 81 attending.

### Walking Group

Walking Group met each week throughout the year under the guidance of Walk Leader Bill Pangler and other volunteers.

## Active Ageing in Peel Calendar

A quality Active Ageing in Peel 2013 calendar was produced with the support of many volunteer., This calendar was sold through various outlets and supported by Bunnings and Spud Shed allowing us to sell calendars to the Peel Community. Through generous volunteer support we managed to collect \$5,791.05 through sales and donations covering complete costs for printing and other admin expenses and making a small profit from donations. 2014 edition is currently being compiled and will be printed next month.

### Chi Ball

61 registered participants this year and reasonable attendances maintained throughout the year.

## Conclusion

2012/13 was a very productive year for our Peel SRCWA Branch.

Jan McGlinn – Peel Branch President



# Perth Branch Report

In this past year Perth Branch again concentrated their efforts and man power by helping at every event organised and run by SRCWA Head Office. Perth Branch know that their expertise and help in these events serves their committee members and SRCWA admirably.

## *Camp 2013*

After a frantic few months of lobbying and letter writing in an attempt to keep the Quaranup camp open, finally the 2013 camp went smoothly with 51 campers enjoying all that Quaranup has to offer. Our grateful thanks to DSR for their efforts to keep the camps status quo. The organisation for camp 2014 is now well underway with all the (old) campers sending in their forms very early. I think that shows a real need for this type of camp in the general community.

Last month we held the usual get together to sew knitted squares into knee rugs which are then donated to Wheelchairs for Kids. Squares are knitted both at home and at camp and this year we have finished almost 70 knee rugs. We will also be donating to King Edward Memorial Hospital 80 small beanies for premmie babies. One of our ladies who was at camp Quaranup 2013 sent 60 of the beanies back to Australia from her home in Belgium.

## *Alzheimer's workshops*

These are not working as well as expected, we do not seem to get the support and interest from the Alzheimer Association. We may have to look at this again next year.

## *Exergaming*

Perth Branch has purchased an Xbox Kinect gaming console which will be used at camp Quaranup and will be available for committee members to borrow for their own use.

My thanks to all Perth Branch committee members for their input and help with Branch activities and also the valuable time that they spend helping SRCWA in General. My thanks to Hugh, Dawn, Mary and Martin for all that they contribute to SRCWA.

Frances Laws  
Perth Branch President.





# Rockingham Branch Annual Report

Our committee has worked very hard over the last year assisting with Rockingham Branch Events. Our biggest event was the Rockingham Have a Go Day on May 1st 2013, we also held a Christmas Concert as well as a mid year concert in 2013. These concerts are to raise money for our Have a Go Day.

We are pleased to say that we have accumulated \$9,081.76 over the last year. The Rockingham Council are very supportive with grants for the Rockingham HAGD and the LiveLighter Aged Care Games. We were successful in obtaining a grant from Alcoa for \$3,000 towards more outside marquees. Our treasurer Irene Byron resigned due to pressure of work earlier this year and Mary Browner agreed to take over, she is doing a wonderful job.

I must thank my Vice President Lesley Robson for her hard work on the concerts. The themes are all her idea and she has spent a lot of time ensuring that they run smoothly. Also I must thank our secretary Frances Cheney for taking over secretarial duties at short notice.

With an extra three committee members joining us we hope to go from strength to strength sharing the workload.

As I am away for the September meeting we will be re electing officers at the October meeting.

Finally I must thank Dawn for all her support and advice over the last year along with Hugh, and Mary. We value your support. I must not forget to thank Martin for his expert computer skills in helping us with our flyers, programmes, and tickets for all our events.

**Denise Benison** - Rockingham Branch President

## LIVELIGHTER AGED CARE GAMES 2013 – ROCKINGHAM BRANCH

Our Rockingham Branch conducted their second 'LiveLighter Aged Care Games' on 17<sup>th</sup> July in the Warnbro Community Hall located at the Aqua Jetty, Warnbro.

Due to the positive publicity from our inaugural Games, there was an increase from 7 to 12 teams registered to represent our local nursing homes & aged care day centres. As it has been requested that these Games become an annual event, we have booked a larger venue for 2014.

The atmosphere for the day was enhanced by many of the groups having a thematic approach to the Games by dressing up & decorating their tables appropriately. The Banksia aged care PIRATES received the best dressed team award.

Rockingham City Mayor, Barry Sammels, opened the Games and expressed our City Councils' interest in continuing to support this annual event. We were also fortunate to have Councillor Joy Stewarts' presence and assistance with the presentation of trophies & medallions to both winners and participants. These participants were extremely 'competitive' and entered into the spirit of the day with great enthusiasm. The winning team was Bethanie Kwinana KINGFISHERS. Joys feedback on the day was very complimentary and she has requested that all Councillors receive an official invite in 2014.

On behalf of our hard working committee, I sincerely thank our City Council, all the dedicated staff and members of our State Branch (especially Dawn) and our wonderful volunteers. You all enhanced to the success of the day.

I have enjoyed the last year and value our committee for their friendship and support

**Lesley Robson** — Acting Rockingham Branch President





## Southwest Capes Branch

During the 2012/13 financial year, the Southwest Capes Branch staged 2 events:

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

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

The Be Active Aged Care Games were held at the Margaret River Cultural Centre on 28<sup>th</sup> September.

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

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

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

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

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

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

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

This keenly contested event is usually close (with tie-break questions occasionally being required) but the *Silver Foxes* (Margaret River Silver Chain Day Centre) ran out convincing winners on this occasion.



T.P. Barter

(Branch President)

## 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

