

Seniors Recreation Council  
of WA Inc.

# Annual Report



# 2015-2016



Healthy Ageing Through Activity





## SENIORS RECREATION COUNCIL OF WA INC.

### ANNUAL REPORT for 2015/16

#### SRCWA BOARD MEMBERS

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GLEN MORLEY (DSR Liaison)

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## State President's Message



It is with pleasure that I am able to provide the 2015/16 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.

Have a Go Day, a LiveLighter Event at Burswood Park was an exciting event with many Seniors coming along and celebrating Remembrance Day during the Official welcome and taking part 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 Department of Sport & Recreation continues to fund "Seniors Exergaming WA" for which SRCWA is very grateful.

The Dept. of Local Government & Communities continues to provide additional funding for SRCWA to explore the possibility of expanding the network of SRCWA Branches. We welcome two new Branches to the SRCWA network one in Greater Geraldton and one in Northampton, both Branches are looking forward to introducing some of SRCWA programs into their regions. The expansion team, volunteers and staff visited Geraldton in May where we conducted a LiveLighter Aged Care Games event which was very successful. The expansion team is now conducting a feasibility study in to the areas of Gascoyne, Pilbara & Kimberley.

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 Pole Walking Group celebrated its 1st year anniversary this year and is going strong with increasing numbers.

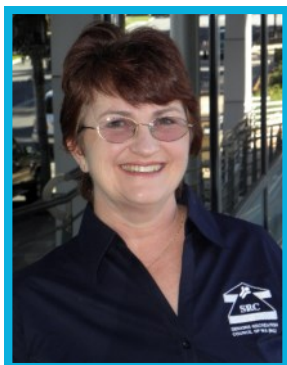
SRCWA is extremely proud of its programs conducted in both metropolitan and regional areas and continues to receive positive feed back and appreciation from participants and agencies for delivering these programs.

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

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

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

The 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 we were saddened by the passing of three wonderful people who were a big part of SRCWA, Derek Lewington, Accredited Volunteer Representative, Karl Jenal, Have a Go Day Coordinator and Judith Treby, Editor of Have a Go News and strong supporter of SRCWA, all of our friends will be greatly missed.

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

- Add Life to Your Years 19th edition - a directory of sport & recreation clubs/groups for over 50's
- Regional support - SRCWA currently has 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.
- LiveLighter Aged Care Games is one of SRCWA's most rewarding programs, providing Seniors in Care the opportunity to attend and participate in an adapted games event.
- LiveLighter Seniors Activity/Information Days are organised to give Seniors in local areas the opportunity to come together to take part in activities and also have access to local Senior specific information in a social setting.
- SRCWA Concerts – This year we conducted two concerts one was a Christmas Concert and one a Mid-Year Concert, both concerts were excellent and well attended with very positive feedback.
- 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 2016 was "Masquerade Ball". The Ball this year was filled to capacity.
- The Seniors Exergaming WA program uses the XBox Kinect gaming console for Seniors activities .
- The Tech Savvy Seniors (TSS) computer training program has been taken up by retirement villages and Seniors care facilities.
- Pole Walking is a program that continues to encourage Seniors to embrace the activity of walking using a pair of walking poles.

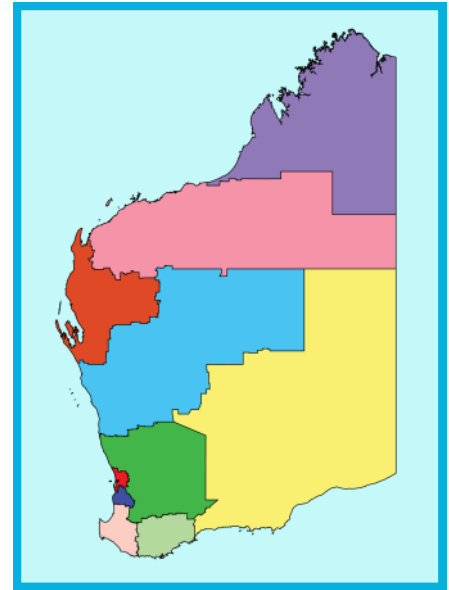
Executive Officer

Dawn Yates

## 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. New Branches in Greater Geraldton & Northampton have been formed and are already operating in their areas.

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

## Liveliighter 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.

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 Kinnect 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, Wooroloo Section 95 team and State Office who assisted with this event.

The Avon Branch will be attending the Silver Fair Seniors Event in Seniors Week on Tuesday 8th November 2016, 10am to 2pm at the Northam Recreation Centre.

We will be promoting all SRCWA information and also looking to recruit new members for the SRC Avon Branch.

Karen Ducat  
Avon Branch President





# Bunbury Region Branch Report

It has been quite an exciting year for SRCWA Bunbury Branch, the new committee was formed in time to develop and conduct a "Have a go day" at the Bi-Centennial Square in the heart of our City last November.

There were a number of static displays and lots of activities at the event with demonstrations:- CPR by St. Johns Ambulance – the correct way to negotiate roundabouts - snag golf – croquet - cross stitching and lots more.

This year we started with several new committee members who were keen to participate.

Our first venture was the LiveLighter Aged Care Games held in February at the South West Sports Centre. There were 10 teams participating and SRCWA Bunbury Branch were fortunate to have the assistance of the Bunbury Department of Corrective Services Access program with picking up and returning all the chairs & tables to and from the Scouts and Guides centres, also a big thank you to the Bunbury TAFE Students who helped setup and pack down the event. It was an excellent day with all the Seniors in Care having a great time. Thank you to my team from Bunbury and also all those who came down from State Office to conduct the games.

It was then decided to conduct a LiveLighter Seniors Activities and Information day at the South West Italian Club in September. The South West Italian Club proved to be a great venue with plenty of room, there were a few little hiccups, but as this was our first activity day held inside I am sure we learnt something for our next one. We planned for 20 + stalls and finished up with closer to 40 with others indicating an interest for next year, also some new committee members put their names down. A sincere thank you to the team from SRCWA who came and organised the activities and also assisted in other ways, also to the South West Italian Club for their fantastic support from the time we started planning to our local committee and supporters especially Peter on the day and also to Bunbury Regional Prison for their great support- we look forward to an even better year in 2017.

Regards Barbara Fleay  
Bunbury Branch President



# Esperance Report

After many months in recess a meeting was called in April 2016, 14 people attended. It was resolved at the meeting that this would be our AGM.

## Office Bearers were elected:

Ellen Saltmarsh, President

Marlene Salvage, Vice President

Leslie Higson, Secretary

Glad Patroni, Treasurer

## Variety Concert

We have continued to support our Variety Concert at the Bijou Theatre with our Super Troupers group, a group of seniors who enjoy putting the show on. We have done this for many years. It has been the only activity we have done for quite a while.



In conjunction with our Esperance Senior Citizens Centre committee, we are arranging a bus day trip to Ravensthorpe for their annual Wild Flower show.

We now have a bigger committee and hope to do more activities in the future.

Ellen Saltmarsh

Esperance Branch President

0402 272981

30 August 2016

## Great Southern Report

On the 26th of November 2015 the LiveLighter Aged Care Games in Albany were held at the Albany Leisure and Aquatic Centre.

Eight 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 Red Back Spiders, Mexicans and Rabbits 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 280 points they took home the perpetual trophy and Gold medals, second place was won by Bethal Banditos with 258 points they received Silver medals and a plaque, Third place was won by Albany Community Care Centre with 257 points they received Bronze medals and a plaque and Annie Bryson Lodge, Red Back Spiders 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

After a rocky start a new Committee was elected on the 7th January 2016.

Since then the Geraldton Branch in conjunction with SRCWA State Office conducted a LiveLighter Aged Care Games event on 24th May at the Geraldton QE11 centre. 6 teams took part in the games and it was great to see those teams have such fun. The winning team was Juniper Hillcrest, second place went to Northampton Kalbarri Health Centre 2, third place went to Geraldton Community Care 2 and the best presented team was Geraldton Community Care 1, the oldest participant on the day was Audrey Clifton who was 95 years young.

The Branch has acquired xBox Kinect Games equipment and donated funding to purchase 3 more sets of Walking Poles.

A fun afternoon event is planned on the 22nd August 2016 using the Walking Poles & playing xBox Kinect games.

We will have a "Have a Go" afternoon in conjunction with the Seniors Action Group during Seniors Week in the second week of November 2016



On behalf of President Chris Mullender

Kind Regards

Diana

SRCWA Greater Geraldton Branch Secretary

## Mid West Branch

### LiveLighter Seniors Activity/Information Day, Coorow

SRCWA Mid West Branch held an activity/information day in Coorow on 22nd October 2015 at Maley Park the event was attended by 50 people from around the Mid West region. Presentations included information on activities to keep you active and diabetes prevention including healthy eating habits.

Activities were carpet bowls, shuttle ball, cup & ball catching, darts, Xbox Kinect activities & pole walking which everyone enjoyed.

Thank you to the volunteers for assisting on the day and also providing a delicious lunch which everyone enjoyed.

LiveLighter Seniors Activity/Information Days are Sponsored by LiveLighter Healthway and supported by Department of Sport & Recreation and Dept of Local Government and Communities.

Betty O'Callaghan President

Midwest Branch S.R.C





## Northampton Branch

The SRCWA Northampton started in May 2016, with 15 keen volunteers, all of us enjoying life and good company, many of whom wanted to become tech savvy seniors, some wanted to be active in a group, others wishing to work for a cause.

We have combined with Kalbarri for a monthly bus trip to Geraldton, enabling non drivers to have a day out, Kalbarri is 140klm's and Northampton is 50klm's from Geraldton. We can go to the Art Gallery or Museum, see a movie, shop in department stores, a great day out.

Thanks to our headquarters, Martin, Dawn & Kate we are now running computer classes for beginners, with the help of some local people to teach. Our shire does not supply internet so we approached a local politician who generously agreed to assist us with this cost, we are now on Wi Fi.

Christmas in July was held at Kalbarri, who coordinated the day, with 20, from Northampton seniors, 18 from our Never too old group (HACC clients) 18 from Geraldton seniors, and a very enjoyable day was had, good food and company.

SRCWA Northampton, are coordinating the QE2 knitters (Geraldton) gifts to hospitals and other needy groups, they knit, we send off.

We have a monthly calendar of activities:

1<sup>st</sup> Monday in the month, committee meeting

Every Tuesday: Gentle Gym at hospital hall with Physiotherapist \$2.00

2<sup>nd</sup> Wednesday in month, bus to Geraldton, \$10pp

Every Thursday 10am computer class, in rooms.

3<sup>rd</sup> Friday in month active outing

4<sup>th</sup> Friday in month, card and board games in rooms, gold coin donation

This calendar is open to change as our group grows and want to do more.

This week we went to walk among the wild flowers in our area and had a picnic lunch at our towns environmental groups echo hut, we are so privileged to be able to do these activities.

Northampton show is on September 10<sup>th</sup> and we will have a display to encourage new volunteers and let others know what we are doing. Putting more life into living! While ageing well, by being active.

Lynette Brunke

Northampton Branch President



# Peel Branch Report

## Branch Committee

Our Peel Branch is now in its fourteenth year of operation and I present this report on behalf of our Peel Committee for the year 2015/2016. Branch committee meetings have been held each and every month, with the exception of January 2016. The support we have received this past year from Head Office namely Hugh, Dawn, Martin, Kate, Mary, and Project Officers has been so appreciated.

Four new members were appointed to the Peel Branch Committee during the past financial year, those being Colin Steer, Jill Grant, Lee Groome and Rae Platt. Jill Grant resigned from the Committee in early July 2016 because of personal reasons. I wish to sincerely record my grateful thanks to our dedicated Peel Branch committee members, and Activity Program Leaders and volunteers and our wonderful Peer Leaders of our Strong on Your Feet Peel Program for their dedication and support of the many activities and programs run by our Branch, and for the support they have given me as President, during this past financial year.

## Finances

I wish to record special thanks to Dorothy Best, our Treasurer, who has managed the finances of our Branch with the new MYOB system and new computer and delivered the books in a timely manner to our Auditor. My thanks also to Sandi MacFeate for the support she has given to Dorothy when required.

## Programs

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

This program ran from January 2016 until end of March 2016 during the summer months with funding of \$4,000 by SRCWA/DSR. Registration fee of \$15 per person applied. The program was extremely successful in the 2015-2016 financial year with 116 registrations and ran according to budgeted figures. Our Branch Committee sincerely thanks Wendy Cole and Jean Taylor our Senior Lifeguards/Senior First Aid Instructors and all other lifeguards who participated in this Program.

I wish to make special mention of Ken Williams and David Doust, our volunteers, who did an amazing job for us throughout the summer months. Unfortunately Ken has advised that due to travel plans and family commitments that he will not be participating in our 2016-17 Double Dip program as a swim volunteer. We hope to be able to continue this program into the 2016-2017 summer season.

### *ChiBall Program*

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

### *Strong on Your Feet Program*

This program of Strong on Your Feet runs successfully with Volunteer Peer Leader support in Mandurah, Pinjarra and Waroona with seven classes held weekly throughout the Peel Region.



This year's report to the South Metropolitan Population Health Unit has been completed and is supportive of the work we have done since taking over this Program under a Memorandum of Understanding with Mandurah Community Health and SMPHU. Thank you to Claudia Zimmerman and to Tracey Legg for their assistance with Peer Leader assessments during this past year. 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 to attain relative certificates.

### *Walking Group Program*

We thank volunteers Tony Button and David Doust who have assisted this program. The Coodanup Group continues well with good numbers attending and the Tuesday Walk Group also has had steady numbers participating each week. We would also like to thank those volunteers who have opened their homes for morning tea sessions, a special mention and thank you to Ray & Hazel. Both Walking Groups participated in Walk Over October events throughout 2015-2016 financial year and we hope to continue this into 2016-2017 year.

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

Our Active Ageing in Peel Calendar remained self supporting through sales and donations by people buying our calendar which sold this year for \$4 per calendar, thus taking into account the increases associated in printing costs. Currently our Peel Branch is in the throes of producing the 2017 calendar for sale in the latter months of 2016.

We sought help from local Peel Sporting Groups to supply photos, and I would like to particularly mention Robyn Lister, David Doust and Preston Suikdendorp who once again came to the fore and helped with superb photos which made the past edition of the calendar memorable. We thank all volunteers who have assisted with this project, albeit with photos supplied, or with sales of the calendar at the various locations.

### *LiveLighter Aged Care Games 2015*

The Livelight Aged Care games were held on Tuesday October 13<sup>th</sup> in 2015 at the Shire of Waroona at the Waroona Recreation Centre. SRCWA volunteers and staff, Alcoa Volunteers and our Branch volunteers all assisted to make these games the success they were. Plans are in hand to have the 2016 in the Serpentine Jarrahdale Shire. Unfortunately we have been advised that this year we will not be able to obtain a grant from Alcoa due to current financial restraints.

### *In Summary*

2015-2016 has been a very successful year for our Peel Branch! My grateful thanks go to all volunteers, committee persons, Shire 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 2016-2017 and the many positive steps we plan in taking on behalf of our Peel Branch SRCWA. Grant application was submitted for our Senior Sports Combo Project with Dept of Sport & Recreation and this will be phased into activities for 2016.

As Peel Branch President I have been particularly proud of what we have been able to achieve during the 2015-2016 year. Thank you again for any assistance rendered to our Branch throughout the past year.

Jan McGlinn

Peel Branch President





# Rockingham Branch Report

## Branch Committee:

The Rockingham Branch committee are in their 5<sup>th</sup> year of operation and this year we welcomed a new Branch President Frances Cheney taking over in October 2015. It has been a very exciting year for the Branch, with a new programme and celebrating a first birthday for another programme. I would like to take this opportunity to thank the committee and volunteers for all their continuous support of the branches programmes and myself as Branch President.



## LiveLighter Aged Care Games:

The 2015 LiveLighter Aged Care games were a huge success being held on the 2<sup>nd</sup> September 2015, at the Baldivis Recreation Centre, 12 teams came along and participated on the day for the opportunity to take home the perpetual trophy. Our oldest participant this year was 97 years old! The games are scheduled to be held on the 7<sup>th</sup> September at the Baldivis Recreation Centre. I would like to thank SRCWA State office for all their assistance with organising these games, and to thank all the volunteers that attend on the day.



## 2015 Christmas Concert:

The 2015 Christmas Concert was held on the 8<sup>th</sup> December at the Gary Holland Centre, and was a sold-out event! With the Entertainers on stage they had everyone in the audience joining in and singing along. The 2016 Concert is booked for the 7<sup>th</sup> December, with a new feature artist.

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

On Wednesday 13<sup>th</sup> April 2016, the 7<sup>th</sup> Annual Have a Go Day was held at the Aqua Jetty, Warnbro. It was an excellent day which showcased club/groups from Rockingham and surrounding areas and the activities on the day were Xbox Kinect, Fair Maids of Perth, Swing dancing, Petanque, Swing N Sway, Pole Walking and much more. The free Hospitality tent manned by volunteers was very busy providing many cups of tea and coffee and bottled water to participants during the day. At the opening those present were addressed by The Mayor of Rockingham, Barry Sammels & Paul Papalia CSC MLA and Councillor Joy Stewart acted as MC for the opening and throughout the day. A big thank you goes to all the volunteers who helped make this day a success from the Rockingham Branch organising committee to the hands on volunteers who worked to ensure an excellent event.

Also thank you to the Trustees from Wooroloo who helped to pack down the event at the end of the day. This event would not have been possible without the magnificent sponsorship of; ALCOA, City of Rockingham, Aqua Jetty, Telstra, Have a Go News, Stockland, Betta Electrical, Kennards Hire, IGA, LiveLighter Healthway, Dept of Sport & Recreation and Dept of Local Government & Communities.

### Pole Walking:

We celebrated the first birthday of our Pole Walking group on 19<sup>th</sup> May 2016, members from the group came down to the Rockingham Foreshore to go on a walk together and then join in for a morning tea to play some games and have a casual catch up. A few of the ladies and myself came dressed as a fairy or clowns. The Pole Walking group has an average of 25 walkers attend weekly on Tuesdays, with one week having 37 attend. After everyone has finished walking we head to the local Dome for a cup of coffee.

### 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.

Frances Cheney  
President Rockingham Branch



## Southwest Capes Branch Report

During the 2015/16 financial year, the Southwest Capes Branch staged 2 events:

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

The LiveLighter Aged Care Games were held at the Margaret River Cultural Centre on 25<sup>th</sup> September 2015

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

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

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

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

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

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

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

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



T.P. Barter  
(Branch President)



# SRCWA Have a Go Day 2015, a LiveLighter Event

On 11<sup>th</sup> November, Have a Go Day, a LiveLighter Event, held in the beautiful grounds of Burswood Park was once again a huge success. Thousands of seniors attended participating in activities and visiting many sites to collect information, pens, bags, magnets and many more give aways.

Have a Go Day is managed by volunteer coordinators who work tirelessly for 12 months to put together this amazing event and SRCWA would like to pay tribute to their dedication on behalf of the Seniors who attended this event. Also SRCWA would like to thank the many volunteers who came on board for the day, volunteers from SRCWA, Department of Sport & Recreation, Have a Go News and SRCWA Branches who kindly assisted with the many jobs it take to manage such a large event. SRCWA would also like to thank the Wooroloo Prison team who came out 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 every one of the volunteers who assisted at the event.

Have a Go Day, a LiveLighter Event celebrated Remembrance day as part of its theme for 2015, at the Official Welcome. All the remembrance day acknowledgements were observed with the support of the Vic Park RSL sub-branch and the 10<sup>th</sup> Light Horse Troop from Kelmscott/Pinjarra. A monument was constructed to represent the memorial at the Vic Park RSL which helped bring a focus to the welcome. Adam Shand from 882am 6PR was the MC with Hon Tony Simpson MLA officially opening Have a Go Day. Wreaths were laid by Minister Simpson, Hugh Rogers, Kelvin Liddiard & 10<sup>th</sup> Light Horse Troop.

There was a wide variety of activities available; group walk, climbing wall, WCE kicking cube, Telstra Technology Van, Alzheimers memory van, SRCWA Exergaming, Pole Walking, TSS computer station and many forms of dance and music based activities. There were also a wide variety of static displays available with information relevant to over 45 year olds.

The entertainment this year was provided by WA Bush Poets & Yarnspinners, Swinging Years Show – Gary Lynn, Prime Movers, Jim Sings Country & the WA Police Pipe Band, the participants all enjoyed the entertainment whilst they relaxed after visiting sites and having a go at activities.

The volunteers manning the hospitality marquees were kept very busy rehydrating the participants at Have a Go Day. Thank you to Have a Go News, Channel 7, 882am 6PR & Phoenix Insurance for sponsoring the hospitality tents & thank you to Telstra for Sponsoring the thousands of bottles of water that were given away at the event.

Thank you to Crown Perth, Have a Go News, Telstra, Channel 7 Perth, Sizzler Australia and Event Cinema Innaloo for generously supplying the prizes for the free raffle which was drawn at the event.

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

## VALE:

This year SRCWA lost two long standing volunteers who dedicated many hours of their lives to volunteering through SRCWA and other organisations. Derek Lewington and Karl Jenal were both very involved with organising and delivering Have a Go Day, a LiveLighter Event and other SRCWA events, these gentlemen will be greatly missed.



# Add Life to Your Years Directory

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

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

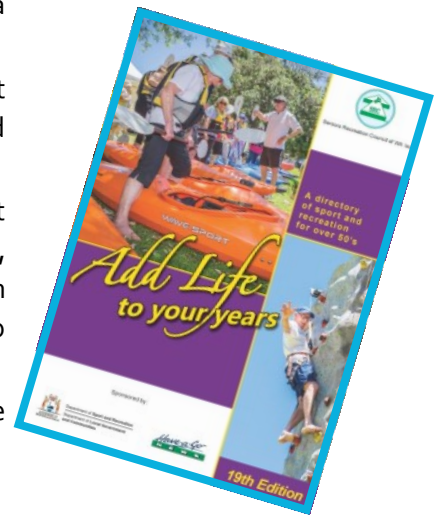
The Add Life to Your Years directory consists of 3 sections, Metro, Regional and State Sporting Associations. The Metro listings are divided into individual activity types while the Regional listings are listed in regional location sequence. With the project officers travelling to more regional areas 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



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

## LiveLighter Aged Care Games

The LiveLighter Aged Care Games is a unique program designed to provide an opportunity for people in 'care' situations to, once again, experience team participation, social interaction and light competition in a facility which gives them the opportunity to take part in an event away from their own centre.

The participants are aged 60 to 100+ years of age and are dependant upon agency or carer support for care and any form of recreation or leisure activity.



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

Staff within the centres use the games activities as part of their daily therapy and recreational sessions.

Clients practice as a team to develop skills including throwing, standing, communicating and socialising.

A sense of belonging is fostered through the making of 'team' attire such as hats, shirts, banners etc.,

The participants build a sense of anticipation as the event draws nearer and the carers are provided with a challenging project that meets the needs of daily and weekly activity sessions.

On the day of the events participants are awarded Gold, Silver, Bronze and participation medals, trophies and plaques which highlight their achievements and these become treasured items.

Since the introduction of the LiveLighter Aged Care Games, in conjunction with the Fremantle Masters Games in 2003, SRCWA has hosted 81 competitions in both metropolitan and regional areas and more than 169 care agencies have participated. Collectively the competitions have seen more than 16,578 people taking part.

| Number of Events Per Region Since the Inception of the Program |                                                           |
|----------------------------------------------------------------|-----------------------------------------------------------|
| 10                                                             | Albany                                                    |
| 6                                                              | Avon                                                      |
| 1                                                              | Boddington                                                |
| 14                                                             | Bunbury                                                   |
| 1                                                              | Greater Geraldton                                         |
| 7                                                              | Margaret River                                            |
| 27                                                             | Metropolitan (2 events per year)                          |
| 11                                                             | Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale) |
| 4                                                              | Rockingham                                                |



The program reaches many people categorised as disabled but it also captures a number of groups who provide specifically for ethnic and Aboriginal Seniors.

Two additional games were included in this years round of LiveLighter Aged Care Games, these games were held at Boddington & Greater Geraldton. It is exciting to watch new groups take part in the games for the first time and the feedback was very positive.

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

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

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

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

## LiveLighter Seniors Activity/ Information Days

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

The activity days were initially developed specifically for Aboriginal Seniors to encourage them to take part in activities organized in Recreation Centres and Seniors Clubs/Groups. Since the first Activity/Information day in 2004 many organisations and individuals have attended these events. In 2008 SRCWA opened the Activity/Information day up to all Seniors and the events have had higher attendance numbers and helped make Aboriginal Seniors feel more included.

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

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

Events in 2015/16 were held at: Armadale, Cockburn, Coorow, Mandurah, Meadow Springs, Mundaring – Camp Leschenaultia.

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

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

Since the Aboriginal Seniors Activity/Information day started in 2004 more than 2615 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 5459 by the end of June 2016. Participants are now joining clubs/groups in their areas which is a very positive outcome of this program.

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



"To LiveLighter, eat well and be physically active"



## West Coast Eagles “Eagles in Their Prime”

SRCWA conducted two activity/information days this year in partnership with the West Coast Eagles “Eagles In Their Prime” this year. One was held in partnership with RSL and Rosewood Care Group which was a intergenerational day where WCE Seniors brought along their grandchildren and shared the activities with them. This event was very popular and a wonderful way to encourage younger participation with the older generation. The second event was conducted with the WCE Seniors and was fully booked within 10 days of being offered to the Seniors. These events were held at Domain Stadium in the WCE players warm up room.

### WESTCOAST EAGLES GRANDPARENTS DAY 21.4.16.

SRCWA partnered with WCE’s, Rosewood Care Group and RSL to present an intergenerational activity/information day, it was timed to coincide with ANZAC day during the school holidays.

On the day there was a photo booth provided by Martin from Studio Twenty Six which gave everyone the opportunity to have their photo taken dressed in period costume provided by RSL and the pictures were supplied in a presentation folder.

The RSL provided 2 activities; slouch hat making and wreath making which were very popular with both kids and grandparents. WCE provided face painters for the kids so we had lots of little people running around with blue and gold painted faces.

All the activities were very popular and everyone had lots of fun playing together, the atmosphere was great and it was lovely to see so many grandparents and grandchildren interacting together.

SRCWA facilitated the event and provided the volunteers and activities, WCE provided the venue and morning tea and the RSL provided activities and enough large ANZAC biscuits for one to be given to everyone and Rosewood Care Group co-sponsored the event. All in all I think this was one of the best activity/information days we have had at the WCE.

### WEST COAST EAGLES ACTIVITY INFORMATION DAY

The fourth “Eagles in their Prime Activity Information Day” a joint event run by Seniors Recreation Council and the West Coast Eagles (WCE) was held at Domain Stadium on 22nd of June 2016. Around 80 seniors were treated to a range of activities and information stalls in the West Coast Eagles team warm up room. The activities on the day included; Seated Hockey, Carpet Golf, Quoits, Giant Darts, Skittles, Bob (Table Billiards), Exergaming and Pole Walking. Pole Walking Proved to be extremely popular with people walking around the boundary of the oval. Eddie the Eagle WCE Team Mascot participated in the activities and posed for photos with WCE Members.

At this event there was a free door prize raffle for WCE merchandise, a quiz for a WCE signed team football and a free raffle of a Samsung Tablet from Telstra Subiaco. Thanks to all the static displays which included, West Coast Eagles, Seniors Recreation Council of WA, Breast Screen, Australian Hearing, Telstra Subiaco, NE Solutions and Kings Tours and Travel. SRCWA acknowledges all the hard work and support from its dedicated volunteers as and staff as well as the West Coast Eagles support staff who makes these events possible.



## “Masquerade Ball” 2016

The 2016 Seniors Masquerade Ball was a sell out with over 200 people in attendance. Our Special thanks go out to our sponsors Crown, Have a Go News, Dept. of Local Govt. & Communities, Dept. of Sport & Recreation, and Casey Australian Tours.

The Theme “Masquerade Ball” was embraced by almost all who attended the ball and quite a few wore their masks all day. The table centres and balloons helped to brighten up the ballroom and followed through with the theme.



SRCWA State Vice President, Phil Paddon welcomed everyone and introduced the Hon. Tony Simpson MLA, Minister for Local Government; Community Services; Seniors & Volunteering; Youth who addressed the audience and officially opened the ball.

An outstanding afternoon floor show was performed by the Simply Swing dancers who had the dancefloor full to overflowing at the interactive part of their show. Thank you Markus, Tracey, Michelle & Amy from Simply Swing for the floorshow.

Once again our dance music by the "Offspring Band" was a perfect compilation of dance music played throughout the afternoon, thank you Mark, Alan, Roger and Tony.

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

The SRCWA Annual Ball is an opportunity to thank the SRCWA volunteers and partners for their support in a social setting and it gives seniors who live on their own the opportunity to participate in a group function which addresses the social isolation and socialisation issues which affect some seniors.

Once again SRCWA thanks the hard work of its volunteers and staff who made this event so successful.





## Pole Walking

Since SRCWA launched Pole Walking in April 2006 there have been 510 presentations to an audience of more than 5860 Seniors.

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

The SRCWA Rockingham Branch Pole Walking group celebrated its 1st Birthday in May this year with a party and Pole Walking in the Park. This group regularly has up to 22 pole walkers every Tuesday and they have added a Thursday walk once a month. The Pole Walking group in Armadale coordinated by the Armadale Visitors Centre walks twice a week with between 12 to 15 participants.

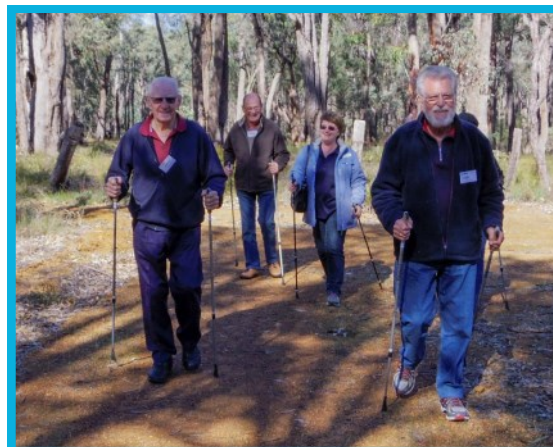


Pole Walking demonstrations to groups consist of a verbal presentation on Seniors Recreation Council of WA's programs, a detailed presentation on Pole Walking and a practical demonstration on the use of the poles. Then, as a group or individually, the participants are given the opportunity to try pole 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 Quararup Report

Monday 1<sup>st</sup> February 2016 the campers start arriving, some stayed after the COCOA camp, some come by car, checking the lists to find their rooms, then the bus arrives much excitement old acquaintance renewed and the first timers are introduced and shown their rooms, making them very welcome. The time goes quickly, a cuppa, name badges, choosing activities. Ian Spriggs welcomes everybody with a reminder on the evacuation procedure and the WIFI code. The siren goes, it is time for tea, Phil & Pat Paddon, Rob & Jo Lucas have joined us tonight for the presentation of a park bench in memory of Frances Laws, talking of the fun times we had with Frances at camp, years of great memories.

46 participants, numerous activities on offer, fun exercises as a morning starter before breakfast, Jo Lucas takes the walkers on a bush walk down to the beach and up the hill to Possession Point, others chose canoeing, craft or just time out, Belly dancing before lunch followed by table tennis, archery and craft, afternoon tea, boot scooting, the night was the battle of the tables Quiz.

Wednesday a day off site visiting the Old Farm at Strawberry Hill with a Devonshire morning tea, the group broke into three groups with National Trust Guides to show and tell us about the Heritage garden, the cottage and house, there was so much to see and hear about, some could have stayed much longer, lunch at Eyre Park, then into town for the usual amble through Albany unique shops. The night activity was "Who said what?"

Thursday a little out of the norm, we had been asked if some students from TAFE could join us, they are studying Allied Health this unit covers working with seniors, 13 student and the lecturer joined in the activities, Table Tennis, Archery, Craft followed by Belly dancing they also talked with the campers about what they do when not at camp. The lecturer said what they achieved in that time he could not achieve in the whole semester.

Friday the table tennis finals, with more activities, Alfie took the walkers, with more canoeing minus the wind, archery and craft. The Quararup concert, belly dancers and boot scooters show their talent thanks to Pam Gatt, there was no shortage of funny stories, funny skits and musical acts. Zan records it all ready for next year's movie session, at great night all round.

A camp doesn't happen without a lot of help, the SRCWA Office staff who coordinate the applicants, Ian Spriggs and his staff, the kitchen staff with meals that you couldn't fault, looking great, taste even better, and the special meals, nothing was too much trouble; a very big thank you. Rob and Jo Lucas the bus driver who makes life easy, getting everyone to and from camp and making the day out a breeze, Jo our bush walker extraordinaire (who managed to break her collarbone at the surf club on Tuesday night) our best wishes while it mends. Delys who looks after craft, plus 70 knitted blankets donated to Wheelchairs for Kids and 40 beanies to KEMH, Brian the Table Tennis, Rob & Alfie who looked after the rec room, Dale put together the prizes and gifts and all those who helped make this such camp a success.

Thank you  
Eileen Stark  
Camp Coordinator



# Project Officers, Sports Management Pty Ltd

## Introduction

It has been another busy year for SRC and our role as Project Officers continues to provide opportunities to contribute to SRC in a variety of ways. We enjoy the camaraderie of all SRC personnel and believe the work we undertake adds value to SRC. The SRC ethos "healthy ageing through activity" is paramount in all our considerations. The feedback SRC regularly receives indicates SRC is held in high regard in the West Australian community and is a positive reflection on SRC staff and personnel.

## Programs

Throughout the year we have attended and contributed to many programs conducted by SRC (State and Branches) including Have A Go Days, Activity/Information Days, Aged Care Games, the Seniors Ball, Concerts, Scams and Telstra Workshops and West Coast Eagles Grandparents days. These have been held in metropolitan and country locations (Bunbury, Rockingham, Baldivis, Northam, Geraldton, Margaret River, Lake Leschenaultia, Joondalup, Belmont, Armadale and Furnissdale). All programs have been highly successful and contribute to the well-being of residents from whichever community is involved in the particular program.

## SRC Nominations

Nominations were again submitted this year for awards to acknowledge the contribution that SRC and SRC personnel makes to Western Australia:

**Community Services Excellence Award** ..... Nominee: SRCWA  
(Small Organisations)

**Volunteer of the Year** ..... Nominee: Dawn Yates  
(The West Australian Excellence in Volunteer Management Award)

**Volunteer of the Year** ..... Nominee: Hugh Rogers  
(The West Australian Lifetime Contribution to Volunteering Award)

## SRC WA Regional Branch Expansion Project

**SRC Greater Geraldton Branch & SRC Northampton Branch**- It is pleasing to note that Geraldton is successfully conducting programs and a new Northampton Branch has been established.

**Karratha and Carnarvon** – These are two regional areas that SRC in consultation with the Department of Local Government and Communities have identified as potential areas to develop SRC Branches. Initial discussions have commenced and the New Year should see this progressed.

## Vale

It is sad to record that throughout the year four valued contributors to SRC passed away. Judith Treby, Derek Lewington, Karl Jenal and Meg Rogers each supported SRC in different ways and they are sadly missed.

## SRC 2017-2020 Strategic Plan

This document guides SRC as it develops programs, activities and branches. The document format is well laid out and easy to comprehend, with sections identifying "Objectives and Strategies; New Programs and Initiatives; Partnerships and Relationships; and Structure and Sustainability". It follows on from the previous Strategic Plan and also identifies strategies to "Measure Success".

## Conclusion

It has been a pleasure to be involved with SRC this past year and working with Dawn, Kate, Martin, Mary and Hugh always provides good 'vibes'. SRC is fortunate to have such dedicated and competent people at the helm.

Mavis Owens and Malcolm Stokes  
Sports Management Pty Ltd



# SRCWA Concerts

## SRCWA CHRISTMAS VARIETY CONCERT

The Christmas Variety Concert was held at the Morley Community Recreation Centre on Monday 14th December 2015, 350 people attended and were treated to an afternoon of songs, music and comedy, according to feedback from the audience the concert was; excellent, fantastic, best yet and when is the next one, letting us know this was just what they wanted.

Laura Downing, the star attraction, is an all-round polished artist, her performance at the concert was wonderfully entertaining. Laura has won yodelling competitions all round the world but her ability to captivate an audience with her comedic story telling was excellent, I haven't laughed so much in years.

The "Band of Mates" Terry Bennetts, Evan Platshinda, Ginger Cox and the Mark Donahue thoroughly entertained the audience with some classic songs, instrumentals and Australian ballads. Kate Hindle, a young country singer also entertained the audience with her range of country and classic songs. Eight members of the Musicantes team were also featured during the Concert and delighted the audience with a wide range of operatic songs and music. Thank you to Pat Paddon who made enough Christmas cake to feed everyone and along with her volunteers managed to serve 350 cups of tea and coffee, cake and biscuits in a very short space of time.



## SRCWA COUNTRY MUSIC CONCERT

Three hundred and seventy seniors packed in to the Morley Recreation Centre for the SRCWA Country Music Show on Sunday 19th June 2016. This was the third concert presented by SRCWA and with each concert the demand for tickets has increased and the concert was sold out before the event. The feedback from the audience was that they thoroughly enjoyed the variety of artists and can't wait for the next one. This concert featured the multi-talented balladeer and yodeller Laura Downing from Queensland. Renowned Artist Balladeer Brian Letton from Tamworth and his close mate Rob Breese. Band of Mates Terry Bennetts, Evan Platschinda and Ginger Cox Talented Guitarists and Country Balladeers, and local crowd favourite Kate Hindle with a special guest appearance by Kingsley Day & Phil Rego.

Thank you to all the volunteers who helped set up for this event especially the team from Wooroloo who made the setup so much easier. The raffle was very popular and nearly everyone bought tickets, thank you to everyone who donated prizes.

A big thank you to Phil Paddon and Terry Bennetts of Red Dog Music who put a lot of time and effort in making these concert such a success.



The 2015-2016 reporting period saw an expansion of the SEWA program into two new regional areas Peel and Geraldton. Thank you to SRCWA branch presidents Jan McGlinn (Peel) and Christine Mullender (Greater Geraldton) and their dedicated volunteers for supporting and promoting the SEWA program in their areas. Without your support expansion into these areas would not be possible.

At the time of this report the SEWA 2016 competition is underway with seven teams taking part. The 2016 competition has been modified to meet the requests of participants in line with the program being responsive to the audience. Instructions for the new activity were developed, added to the manual and hard copy updates were made available to participating teams. The completion still comprises three rounds which are, King Pin Bowling, Stack Em Up and the final round is King Pin Bowling. A presentation event is conducted at the end of the competition and all teams are invited to attend a presentation to the winning team, seven teams participated this year.

We continue our relationship with the National Stroke Foundation which is a great source of anecdotal benefits of the program following is a letter from the partner of a stroke survivor.

### Karens Story

*"My partner Joe had a stroke in 2011 and as a result of this he developed muscle weakness on his right side and now has to battle with Aphasia. As many stroke survivors would know, once you have been sent home from hospital you have a huge task ahead of you trying to get your life back on track. For some - speech, movement, motivation, extreme exhaustion, depression, empathy and social acceptance are barriers that seem insurmountable. We were fortunate to hear about the stroke support group held at the Armadale Hospital and it was through this that we were present at a talk given by the Seniors Recreation Council and found out about the Xbox Kinect.*

*We purchased one of these and I have seen firsthand the benefits Joe has received from using it – apart from now being able to beat me at many of the games.*

*Joe initially had difficulty in socialising and talking, especially with his grandchildren. They found it hard to reconcile this now quiet man with the Nonno that used to be extremely talkative and full of energy.*

*By playing the bowling game it did not involve difficult speech or awkward body movements. When a strike was made nothing more than doing a silly dance or a whoop of joy was required to have his grandchildren rolling on the ground in laughter. It soon developed into who could do the silliest dance. It was also the first time I had heard Joe really laugh for years. It soon also developed into a competition between the adults of our family with much hilarity. By playing the Xbox games it has improved his hand eye co-ordination, balance, mental focus and determination. As there are a great range of games available on each disc, he is experiencing different forms of exercise each time and has to also mentally think about what he is doing as well as doing the physical hand or foot movement that is involved. We now have a lot of laughter back in our house as we compete against each other and all done in a safe happy environment. None of the games are strenuous – except as you try and stop your sides splitting from laughter. As the Xbox transverses all ages and generations and provides mental and physical stimulation I would recommend the Xbox Kinect to anyone who needs something different to add to their enjoyment of life. As it can be operated by hand movements and a difficult remote or hand control is not necessary, it is very user friendly."*

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

Thank you to the Department of Sport & Recreation (DSR) for their foresight in supporting and funding Seniors Exergaming WA program. Without DSR's continued support this program would not have become a reality. I would also like to thank the Seniors Exergaming Team who have worked tirelessly to ensure this program is as successful as it is.

Martin Yates

Project Manager.



# Tech Savvy Seniors

Seniors Recreation Council of WA Inc.(SRCWA), Tech Savvy Seniors “Introduction to Technology” course, aims to gently introduce seniors to the benefits of modern technology.

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

- What is a Computer and its associated equipment?
- Basic introduction on how to use a computer.
- Internet Use – Email, Browsers, Security and Scams.
- Facebook introduction how we can connect with our families and friends.
- Skype Introduction - How to make free local and international video calls.
- Digital Camera – What to do with all those pictures, saving and sharing them.

Throughout the 2015-2016 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. Discussions are in place with Silver Chain Mandurah to establish the program at their Mandurah Day Centre.



## Telstra Morning Teas And Tablet Ipad Workshops

Throughout 2015/16 year our sponsorship relationship with Telstra provided for four (4) Connected Seniors Sessions. Each session covered a highlighted area of expertise these included Security for your device, Saving and Sharing our Memories in a Digital World and Understanding the Impacts and Benefits of the NBN, on each occasion morning tea and lunch was provided. These events prove to be extremely popular and illustrate the worth of providing the programs. At one of the workshops one Joy Houghton with the help of a Telstra digital ambassador managed to set up Skype (a free internet video call service) on her electronic device. Joy had only spoken to her son on a telephone and had not seen him for five years and was extremely excited to see him face to face for the first time in five years and Skype” has now become a much more regular means of communication for her.

## West Coast Eagles

Courses tailored to the requirements of the West Coast Eagles Senior Members continue to be well received. Each group we have run has been at capacity with people on a waitlist for the course. Delivery of the course is facilitated by the Tech Savvy Seniors 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 was 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 Community Education Team, Community Engagement and Regional Services, Consumer Protection, Department of Commerce, Western Australia 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 Sport and Recreation  
Department of Local Government  
and Communities







**Seniors Recreation  
Council of WA Inc.**

# Have a GO Day

A LiveLighter Event

**Wednesday 9th November 2016**

Burswood Park 9.00am to 3.00pm, Great Eastern Highway

Official Welcome: 10.30am

*Free Activities and Information day for over 45's*

*Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies*

For more information contact

Seniors Recreation Council of WA Inc.

**08 9492 9771**

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

Free tea, coffee & bottled water available all day  
Food Vendors in attendance



## SPONSORS





**Seniors Recreation  
Council of WA Inc.**

# **Christmas VARIETY CONCERT**

*presented for your enjoyment by:*

**Phil Paddon and Red Dog Music**

**Wednesday 14th December 2016**

**12-30 pm - 5-00 pm**

**Morley Sport and Recreation Centre**

**Corner of Wellington Rd and Mangini St Morley**

## **Band of Mates:**

Terry Bennetts - Perth, Evan Platschinda - Victoria and Ginger Cox - Broome  
Talented Guitarists and Country Balladeers

## **Kingsley Day**

"Keyboard Extraordinaire" accompanied by local drummer Phil Rego

## **Sharon Heaslip**

Singer, Songwriter and one of Australia's leading female vocalists of Australian Bush Ballads and country songs.

## **Justin Standley**

Most popular balladeer 2016 (ICMA), APRA/TSA New Songwriter Award 2015,  
Toyota Star Maker Finalist 2014 X Factor Finalist 2012

## **Amber Reid**

Local talent studying at WAAPA, has performed at Disneyland - California, Crown Theatre and Perth Concert Hall.

**Tickets \$30 each available from Seniors  
Recreation Council WA**

**Phone: 9492 9771 (No Door Sales)**

**Refreshments at Interval Included**



**Band of Mates**



**Kingsley Day and Phil Rego**



**Sharon Heaslip**



**Justin Standley**



**Amber Reid**