

Seniors Recreation Council
of WA Inc.

Annual Report



2017-2018



Healthy Ageing Through Activity



SENIORS RECREATION COUNCIL OF WA INC.

ANNUAL REPORT for 2017/18

SRCWA BOARD MEMBERS

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State President's Message



It is with great pleasure that I am able to provide the 2017/18 Annual Report on the programs and activities of Seniors Recreation Council of WA Inc. (SRCWA)

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

The Board of Management who oversee this organisation are to be congratulated for the support and development of the programs on behalf of Seniors in WA.

Congratulations to SRCWA Vice President, Phil Paddon, who was the Metropolitan Juniper Lifetime Achievement Award Winner in the 2017 WA Seniors Awards.

Leigh Davis, State Vice President has resigned from SRCWA due to health reasons, he remains as an Accredited Volunteer and is available should we need advice. Leigh joined SRCWA in 2002 and became Vice President in 2008, he was instrumental in developing the Risk Management Procedure manual required for most of our programs, he also represented SRCWA on the Seniors Ministerial Advisory Council. Through Leigh the Aged Care Games took part in the Fremantle Masters games competition which initiated a close working relationship with the City of Fremantle.

The LiveLighter Aged Care Games and LiveLighter Seniors Activity Information Days have again been very popular with Seniors enjoying a day out attending these programs.

Have a Go Day, a LiveLighter Event at Burswood Park celebrated its 25th Anniversary, it was an exciting event with thousands of Seniors attending and participating in a wide variety of 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 provides a valuable tool for rehabilitation by people who have suffered strokes and recovering from falls. Many agencies continue to enjoy Seniors Exergaming WA as a program for their members.

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 very popular and is gaining strength as pole walking groups are developed. The SRCWA Rockingham Branch introduced a second Pole Walking group into the Baldivis area and a pole walking group has now been established in Kelmscott as well as Armadale.

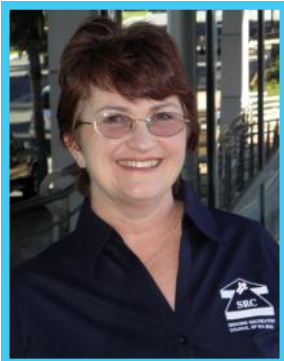
SRCWA is extremely proud of its programs conducted in both metropolitan and regional areas and continues to receive positive feedback and appreciation from participants and agencies for delivering these programs.

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

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

Hugh Rogers
State President

Executive Officer



Seniors Recreation Council of WA (SRCWA) is a volunteer driven organisation that is unique to WA and is very proud of the professional and first class delivery of programs and services to WA Seniors. The Accredited Volunteers who volunteer their expertise and time to deliver these programs are to be congratulated for all the effort they put into SRCWA's programs.

I am very proud to be a member of the team of staff and volunteers who work long hours and contribute a huge amount of effort to provide programs and services to WA Seniors. In the office it is our privilege to develop and present a variety of programs and to also assist the SRCWA Branches when required. It is a great honour to work alongside such dedicated volunteers throughout the year.

The SRCWA Branch Presidents and committee's are all registered 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 region. Branch reports received at the time of publication have been included in this Annual Report.

In December 2017 SRCWA farewelled Kate Chetwin who was employed as a project officer on a four-year funded contract which was unable to be renewed due to the economic climate. Kate came to SRCWA as a student in 2013 to work as part of the Have a Go Day team to complete her student practical placement prior to graduating with a Bachelor of Business, Major in Event Management & Major in Marketing. Kate was an integral and dedicated member of this organisation for four years and will be greatly missed. She has gone onto full time employment in event management but is still volunteering with SRCWA for which we are very grateful.

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

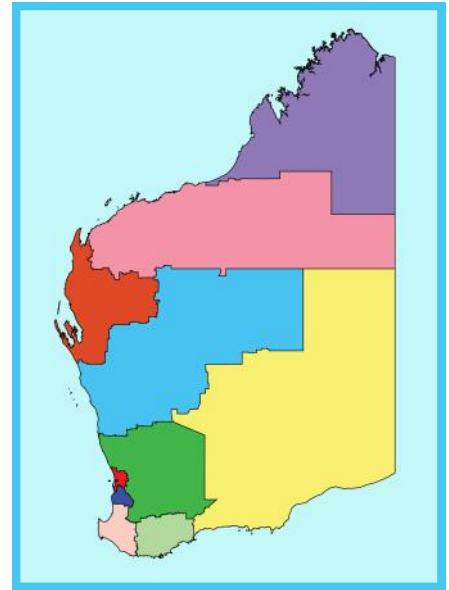
- Add Life to Your Years 20th edition - a directory of sport & recreation clubs/groups for over 50's
- Regional support - SRCWA currently has 11 Branches throughout Western Australia which conduct programs for Seniors in their region.
- Have a Go Day, a LiveLighter event, is held annually in Burswood Park. This event is SRCWA's flagship event and has been named the premier event of WA Seniors Week, in 2017 we celebrated 25 years in Burswood Park.
- LiveLighter Aged Care Games is one of SRCWA's most rewarding programs, providing Seniors in Care the opportunity to attend and participate in an adapted games event.
- LiveLighter Seniors Activity/Information Days are organised to give Seniors in local areas the opportunity to come together to take part in activities and gain access to local Senior specific information in a social setting.
- SRCWA Concert – This year SRCWA, under the direction of Phil Paddon and Terry Bennets from Red Dog Music, conducted two Mid Year Concerts and a Christmas Concert.
- Sports Management Pty Ltd provides support and advice to SRCWA along with assistance on program delivery, nominations and submissions.
- The Annual Seniors Ball theme in 2018 was "Enchanted Garden Ball", another capacity crowd attended.
- The Tech Savvy Seniors (TSS) computer training program continues to be popular, the program now includes, Scams workshops, digital device workshops and photo walks. Seniors Exergaming also falls under this banner.
- 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. Activities undertaken by SRCWA Branches include the following:-

Add Life to Your Years

Annual Seniors Camp

Art & Craft Exhibition

Calendar

ChiBall

Concerts

Double Dip Saltwater Exercise Program

Expos

Fishing Day Out

Fit & Flexi Winter Exercise Program

Forums

Have a Go Days

Indoor Bowls Tournaments

Information Seminars

Learn How To Series

LiveLighter Act/Info Days

LiveLighter Aged Care Games

Mini Putt Golf

Photographic Club

Photo Walks

Pole Walking

Pole Walking Groups

Quiz Night

Remembrance Day Walk

Sailing for Seniors

Seniors Dance

Seniors Exergaming WA

Seniors Expos

Seniors Luncheon

Seniors Surveys

Seniors Week Activities

Sports Ability Pack program

SRCWA Games Day

Strong on Your Feet

Support local Clubs & Groups

Swing Dance

Swing N Sway Dance program

Take the Plunge program

Tech Savvy Seniors

Tennis

Writing Life Memories

The Gopher Games

Trivia Quiz

Variety Concerts

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

LiveLighter Aged Care Games

The LiveLighter Aged Care Games were held on 1st March 2018 at the Northam Recreation Centre where teams of Seniors in Care, Carers and Volunteers had a wonderful time. This year 8 teams took part with participants playing seated hockey, seated passball, bean bag toss & skittles, the games were played with great enthusiasm and lots of laughter throughout the day.

Cr Chris Antonio, President Shire of Northam opened the games and a student, Caitlin Morris, sang the National Anthem unaccompanied and she sang it beautifully.

Phil Paddon SRCWA Vice President was MC at the event, he explained the rules of the games to the volunteers & scorers and ensured the games ran smoothly. Volunteers from SRCWA Avon Branch, SRCWA Perth & a team from Wooroloo assisted with the games, they set up the gymnasium, welcomed and assisted teams as they arrived, scored and packed down the event at the end of the day.

The entertainment was provided by Jim Drysdale and Jenny Cole who sang as everyone arrived and the provided some wonderful entertainment during the lunch break, everyone really enjoyed singing along with them.

Alan Eades a 74 year old Northam resident demonstrated inline speed skating during the lunch break, proving age does not need to be a barrier when doing an activity you love.

The Perpetual trophy & Gold medal winners with 352 points were Dowerin Companion Club, the Silver medal winners with 327 points were Dowerin HACC and the Bronze medal winners with 302 points were Killara Dragon Flies.

The winner of the Best Presented Plaque was Kalkarni Curlews.

The oldest competitor in these games was Anna Rakowski from Bethavon who is a sprightly 95 years old. Congratulations to all competitors for making the day memorable and everyone was presented with a medal and took home lots of fun filled memories.

Our thanks to all the volunteers who assisted on the day, without their support the LiveLighter Aged Care Games would not be possible.

We would also like to thank LiveLighter Healthway for sponsoring this event and the Northam Shire, Department of Local Government, Sport and Cultural Industries and Dept of Communities for their support.

Karen Ducat

Branch President



Bunbury Region Branch

As I put this report together for the Bunbury Branch of SRCWA it is with excitement and trepidation for our 2018 LiveLighter Seniors Activity & Information Day as it is gearing up to be bigger and better than 2017. I would like to sincerely thank our Branch Committee, their families, our supporters & friends for their ongoing support, especially in 2017, when they pulled together to organise 2 sausage sizzles to generate some funds and also to help us apply for grants.

Our Secretary Maria & Gary Fitzgerald hosted a successful supper AGM get together at their home in December, the chair was taken by Bunbury Councillor Murray Cook.

LiveLighter Seniors Activity Information Day -September 8th Bunbury, South West Italian Club 2017

This day was opened by Councillor Betty McCleary followed by the singing of the National Anthem accompanied by the Serenading Singers from the Bunbury Community Home Care Singers Club.

The LiveLighter Seniors Activity Information day was successful with around 550 people in attendance/ forty five metro & regional clubs and businesses/organisations provided information and activities for participants on the day. A big thank you to the South West Italian Club for their support throughout this event which was held at their facility. A wide range of activities were available to try zumba gold, carpet bowls, croquet, pole walking, and others, Bunnings organised a pot plant workshop which again proved to be very popular. Information on road rules from road wise and the Dept of Transport were on hand to provide up to date advice on current rules.

Thank you to the girls who kept the kettle boiling in the members bar and served light refreshments while the entertainment was going on.

A sincere thank you to Bunbury Regional Corrective Services, staff & trustees for their assistance with the setting up and packing down at this event and also at our LiveLighter Aged Care Games event. This event was sponsored by LiveLighter Healthway, City of Bunbury, Bethanie, South Western Times, Dept of Local Government, Sport and Cultural Industries and Dept of Communities



LiveLighter Aged Care Games, Bunbury 2018

On The 12th April 2018 SRCWA held the Bunbury Region LiveLighter Aged Care Games at the South West Sports Centre in Bunbury

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

The delightful Nola Marino MP, Member for Forrest welcomed everyone to the event with a short speech and then officially declared the games open. This followed by all singing the national anthem, the MC for the day was Phil Paddon from Perth who called umpires to explain the games before calling all teams to their playing areas.

The games played included seated hockey, seated pass ball, beanbag toss and skittles with the TAFE Students and carers competing in a fun event prior to the announcement of the winning teams.

The winners were Ingenia Gardens, Carey Park with 337 points, Village People Leschenault Retirement Village coming in second with 332 points followed by Pemberton HACC Autumn Club with 326 points. The best dressed team went to Dream Catchers, Opal Bunbury Gardens who also had the eldest participant 103 year young Mary Birch.

SRCWA Bunbury Branch sincerely thanks Councillor Betty McCleary who entertained all with Zumba Gold demonstrations during the lunch break and was very soon joined by participants from the teams and also the TAFE Students, everyone thoroughly enjoying the experience.

A big thank you to the Bunbury TAFE Students for all the assistance at the event and for their encouragement to the participants as they competed.

Congratulations to all the participants for coming and having a go - a big thank you to our tea ladies Jenny, Debbie, Jutta & Pat for keeping the kettle boiling, to all our wonderful volunteers especially our friends and staff from SRCWA travelling down from Perth for the day Hugh, Dawn, Martin, Phil & Pat from SRCWA State Office, Thank You Everyone.

Barbara Fleay

Branch President



Esperance Branch

It has been a quiet year but we are hoping to do a few more things in the New Year.

We tried a day at the Bowling Club and another day at the races but both were poorly attended.

Our main project was our annual concert which once again was very successful. A big thank you to Margo Siemer for directing the show and a big thank you to all who worked on the show to all the performers, the stage hands, the lights and all those who made the show a huge success.

This year we will be joining in with Senior Citizens for the annual bus trip to Ravensthorpe for their Annual Wildflower Show.

Ellen Saltmarsh
Esperance Branch President



Greater Geraldton Branch

2018 has been a good year for our Branch, this year with the LiveLighter Aged Care Games in May, Geraldton Branch took a lot more responsibility and also organised the Lunch for Volunteers. With only Phil and Pat coming up from Perth we rallied members and friends and plenty of helpers, the day went very well.

We have our Pole Walking every Wednesday morning and our numbers are growing steadily with about 15 people walking every week.

We even have one man who in the past walked using Pole Walking poles, he now comes with his walker to keep up with his social contacts.

Our group also sponsors a Seniors Week Walk and Breakfast with the assistance of the Hon Colin de Grussa, at this event we have poles available for people to try Pole Walking either before or after breakfast.

We have had one social Pole Walking morning down on the foreshore paths with social coffee after which was very well attended and attracted some interest and have another planed for September.

Chris Mullender

President

SRCWA. Geraldton Branch WA



Northampton Branch

The Northampton Seniors Recreation Council Branch has been active this past year and continues to be so in various ways.

Unfortunately, Lyn Brunke had to hand over the presidency due to illness and as Vice-President, I took it on, thankfully Lyn has come good.

Lyn has been very involved as Activities Officer, keeping the town aware of our activities and events, and along with Lucy Patterson (computers) and David Stinson (Ukelele) received awards for their efforts at the Town Volunteers Dinner.

Our continuing activities, which we have started, have grown: indoor bowls, pole walking, film nights at the museum, computing classes, ukulele group, visit to shows and films in Geraldton, and visits to historical places.

Attendance at our meetings has been fairly consistent (10-11 people) and I feel the SRCWA Northampton Branch is fulfilling a very useful need in Northampton.

I would like to thank Tony Boulton (Secretary), Pat MacDonald (Treasurer) and Lyn Brunke (Activities Officer) for their efforts in making this a very useful organisation.

Peter Harris

SRCWA Northampton Branch President



Peel Branch

Branch Committee

Our Peel Branch is now in its sixteenth year of operation and I'm pleased to present this report on behalf of our Peel Committee for financial year 2017/2018. Branch committee meetings were held each and every month, with the exception of January 2018. Two resignations, from Sandi MacFeate and Lee Groome, both in Treasurer's role, were received during the year, due to health reasons and work commitments. When taking over the position as our Branch Treasurer, from Sandi MacFeate, Lee Groome had undertaken to change the books from MYOB to Quick Books and it was deemed necessary on Lee's resignation too, to have the financial record books changed back again, to the MYOB program, which Lee kindly agreed to do to make it easier for the appointment of a new Treasurer to our Committee. I was extremely grateful also, in the interim period, when Colin Steer took on the position of Assistant Treasurer, being ably assisted by his wife Christine. I wish to sincerely thank Lee Groome for her volunteer work and Colin Steer who greatly assisted in making the transition possible.

Gail Shepherd, who was a previous Peer Leader with our Strong on Your Feet program before taking leave because of health issues, indicated her desire to take on a role with our Committee and was duly elected as our Peel Branch Treasurer at the April 2018 meeting. Colin Steer remains as our Peel Branch Vice President and Asst Treasurer. Gail has arranged for our financial records and books to be audited and we are hopeful of having this report for this AGM and our Branch Special General Meeting.

We are so fortunate in our Peel Branch to have a committee dedicated to their roles and who have the interest of our seniors at heart.

Programs

Double Dip Saltwater Aerobic & Exercise Program

This program ran from January 2018 with funding of \$4,000 and a program registration fee of \$25 per person. The program was extremely successful and ran throughout the months of January, February and March with an extension of three sessions into April 2018, because of extremely hot weather.

1316 attendances were recorded throughout the three months from 92 registered participants. There was a small drop on registration figures from the previous year, attributable entirely to the 'shark scare'. Lifeguards and Instructors were paid from both funding and registration fees. My grateful thanks go to Jean Beadle, Wendy Cole and Lifeguards and to Meagan Cox and Nicky Goodfellow, the Exercise Instructors who make this program what it is, a truly great summer seniors activity. Special thanks to Gavin Ranford and Ken Williams who assisted as volunteers.

ChiBall Program

ChiBall continued at Leslie St Sport & Social Centre Fridays with a 1-hour class. We had on average 25 to 30 seniors doing the session each week, and have met costs of hall hire and instructor fees in this financial year from registration and session costs. This is low impact

Exercise most suitable to seniors.

Strong on Your Feet Program

I signed off on an updated Memorandum of Understanding with South Metropolitan Health Service - Mandurah Community Health Centre this financial year. This program has been successfully run by our SRCWA Peel Branch since the first MOU was signed in 2013. It is to be noted that although we say we operate throughout Peel Regional areas, this does not include Serpentine Jarrahdale or Boddington which come under the jurisdiction of other Health Service areas. We have ten (10) classes of Strong on Your Feet program being held within the Peel Region.

Four new volunteers were assessed from training workshops held throughout the year and who were appointed to join our other Accredited Peer Volunteer Leaders for this program. Classes are now held at Mandurah Seniors & Community Centre x 2, Leslie Street Sport & Community Centre x 2, Pinjarra Uniting Church Hall x 2, Falcon E-Library x 2 and Waroona x 1. A new class at Lakelands Library & Community Centre commenced August 2nd. This program is highly successful with 20 participants in each class taking part each week.

My grateful thanks go to all our wonderful Peer Leaders and to Mandurah Community Health Centre and their physiotherapists Claudia and Tracey, who do the reassessments of our Leaders every six months, or whenever required, to enable our volunteers to pass skill levels to continue as Volunteer Peer Leaders of this program. Class costs were increased to \$3 per person from September 2017 to cover increases in hall hire costs and maintain equipment, and \$2 remained as morning tea cost. Socialisation after class is also a very important part of this program for seniors. Strong on Your Feet has met, and continues to meet budgeted costs, and remains a vital activity program of our SRC Peel Branch.

Walking Group Program

The Coodanup Group and the Tuesday Walk Group have had steady numbers participating each week. We would like to thank those volunteers who have assisted with walking group activity and to those who have opened their homes for morning tea sessions. Both Walking Groups participated in Walk Over October events throughout 2017-2018 financial years.

LiveLighter Aged Care Games 2017

This was held at the Murray Aquatic & Recreation Centre on 10th October 2017 and plans are in place for 2018 to be held at the Mandurah Aquatic & Recreation Centre on the 9th October 2018.

Thank you

I wish to sincerely record my grateful thanks to all our dedicated volunteers from Peel Branch committee members, to our Peel Peer Leaders of our Strong on Your Feet Program; our Activity Leaders and Lifeguards, volunteers from our Double Dip and Walking Group, to our Fit & Flexi and Chi Ball instructors; for all their support throughout this past year. My grateful thanks also to Head Office staff Hugh, Dawn Kate and Martin for their support which is so appreciated. Grateful thanks to all who have supported me as your Branch President, during this past financial year and all who have participated actively, one way or another to the success of our Peel Branch throughout 2017/2018.

Jan McGlinn
Peel Branch President



Rockingham Branch

Branch Committee:

The Rockingham Branch are in the 8th year of operation and this report is on behalf of our Rockingham Committee for the Financial of 2017/18. We have had a very successful year thanks to the hard working committee and our thanks also for the support from Head Office namely Dawn, Martin and Kate.

A number of committee members attended the AGM and were able to gather some more information to help us run things, also a few of us attend the Have a Go Day, a LiveLighter event at Burswood to help Eileen filling bags and answering questions.

I wish to record my grateful thanks to everyone who helped make all our functions a success and their support given to me as President this past financial year .



2017 Live Lighter Aged Care Games

The 2017 LiveLighter Aged Care Games held on 31st August were another huge success at the Baldyvis Recreation Centre, 7 teams took part and all the participants had a fun day. The place winners were 1st Rockingham Silver Chain, 2nd Banksia Park & 3rd Italian Stallions. I would like to thank the State Office for organizing the games and the volunteers who helped. We had a group of students from Kirana Education facility doing their certificate 3 in individual support who helped on the day, this gave them hands on experience with Seniors. Also thanks to the Dancers from Swing N Sway who put on a demonstration during the lunch break. The 2018 games are to be held on Thursday 30th August.

2017 Christmas Concert

Once again this was a huge sell out success thanks to the committee and family members who all worked tirelessly on the day. Edie Storm OAM did a terrific job again entertaining people and guest Opera Singer Gwenda Uren was a hit again. Our thanks go to Phil Paddon who made time in his schedule to be Father Christmas and to pose for photos with all, also to Martin Yates for his photography and donating one of his lovely bird prints.

The 2018 Christmas Concert will be held on Tuesday 4th December at the Gary Holland Centre .

2018 Have a Go Day , A Live Lighter Event

On Wednesday 18th April Rockingham Branch held its 8th Annual H.A.G.D at the Aqua Jetty , Warnbro despite overnight and early morning rain this was an even bigger success than last year, mainly due to all the hard work (chasing up stall holders) put in by our, Secretary Carole Overington, she gathered up a big variety stall holders including the Telstra NBN Van which I believe was a huge success. We also had Jenny Seaton and the outside Broadcast Van from Radio station Curtin 100.1fm broadcasting and interviewing people all day.

Some of the activities were Petanque, Croquet, Tai Chi, demonstrations were very well received from Simply Swing, Swing and Sway, Prime Movers, Sing Australian and more.

The hospitality tent was kept busy as usual serving tea, coffee, biscuits and bottled water throughout the day.

The official opening was by Hugh Rogers, SRCWA State President and Mayor Barry Samuels.

My thanks go to all who helped make this day a success, the Rockingham Branch organising committee, the hands-on Volunteers and family members who were roped into help. Catherine Sulc especially who took a day of work to learn from Kate Chetwin all about the outside plan and set up.

A big thanks to the Wooroloo Trustees who helped with the set up on the Tuesday and pack down at the end of the day on Wednesday and to Martin Yates once again who does all the photography for us .

Another big thank you to our sponsors who make this day possible. City of Rockingham, Aqua Jetty, Telstra Store, Have go News, Chelmsford Iga, Warnbro Pharmacy, LiveLighter Healthway, Dept of Local Government, Sport and Cultural Industries and Department of Communities.

Mid Year Melodies:

We decided to hold a Mid Year Concert at our local theatre, "The Castle", this concert was again a sell-out success with Edie Storm OAM singing for us accompanied by Kelly Green and George Boyer on keyboard. We served afternoon tea and everyone enjoyed themselves with much singing along and clapping, the only down side was the weather. Once again many thanks to the committee and family helpers.

Swing N Sway

This class is run on a regular basis out of the Port Kennedy Community Centre and has proved very popular. There are about 64 names on the list but this fluctuates at this time of year as they have a number of "Grey Nomads" who go on their travels. A general class will be anywhere between 30-40 people. We would like to thank the City of Rockingham for the continued funding to cover the hall hire for this program.

Pole Walking

Pole Walking-Rockingham group is a friendly, socially group of seniors who meet at the "Village Green" on Flinders Lane, Rockingham Beach every Tuesday morning 8-30am. We average about twenty participants each week, most of whom go to a nearby café afterwards, for coffee and a chat. We also have a walk in one of several other parks in the area on the first Thursday of the month.

We have all levels of walkers from distance walkers to people recovering from joint replacement surgery, and there is always someone of a similar pace to walk with. The walking poles are supportive and help with balance and ability to walk further and are good exercise for the arms too.

Pole Walking-Baldivis, this is still very successful in the Rockingham area celebrating their third year in operation. A pole walking group was established in the Baldivis area in 2017, this group is organized by Gerry Ligtermoet and walk on a Wednesday at Settlers Oval in Arpentuer Drive, it has 17 registered members with 5 to 11 turning up each week. Rockingham City Council has provided suitable walking poles for those who don't have their own.

Seniors and Carers Expo

This was held at the Mike Barnett Centre, run by the City of Rockingham. We had a stall there advertising our Christmas Concert and generally speaking to people about Seniors Recreation Council Rockingham Branch, we will be attending again in 2018.

My thanks go to all the hard workers, you know who you are, lets make 2018/19 better, as President of the Rockingham Branch I am very proud of what we have been able to achieve during this financial year.

Valma Sulc
Rockingham Branch President



Southwest Capes Branch

During the 2017/18 financial year, the Southwest Capes Branch staged two events: the LiveLighter Aged Care Games in September and the Christmas Quiz in December.

The LiveLighter Aged Care Games were held at the Margaret River Cultural Centre on 22nd September 2017. The usual events were contested by only two teams from Busselton (Ellenvale and Ray Village) and two from Margaret River (Mirrambeena and Silver Chain), with Ray Village taking home the gold, Mirrambeena the silver and Silver Chain the bronze.

As in previous years Phil and Pat Paddon came down from Perth to facilitate the event with the support of local branch members and numerous other volunteers who assisted with catering and scoring.

Mirrambeena was also presented with the State Winner's Trophy for 2016/17.

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

It is run in-house for the same establishments invited to participate in the LiveLighter Aged Care Games. The quiz comprises 25 questions on topics including Christmas, Literature/Arts/Music, Science & Technology, The World and Australiana put to each team under strictly controlled conditions and consistently scored. Five Supplementary Questions are included for the purpose of tie breaking. The team with the highest score is presented with a trophy, which they hold until the following year.

Eight teams participated, with Ray Village of Busselton winning by the narrowest of margins.

T.P. Barter

Branch President



SRCWA Have a Go Day 2017, a LiveLighter Event

Have a Go Day 2017, a LiveLighter Event was held on Wednesday 1st November in Burswood Park. This year SRCWA celebrated 25 years in the magnificent grounds of Burswood Park and the weather was awesome. It was a fabulous day and the reports coming in are hailing it as the best Have a Go Day ever. SRCWA was invited by Burswood Park Board to move Have a Go Day from McCullum Park to Burswood park in 1993 and the first event at Burswood Park was held at the sound shell near the lake. Have a Go Day has grown over the years to the magnificent event which was held this year celebrating 25 years in



Burswood Park with 230 site holders with 15,000+ seniors participating in a mixture of activity, information, health services and hospitality sites including canoeing on the river which was only possible with special permission from Public Transport Authority with support from Burswood Management Aquatic Group and managed by Sport & Recreation WA camps division. Thank you to our major partner, Healthway, promoting the LiveLighter message.

A wonderful team of volunteer coordinators work tirelessly for 12 months and spend 3, 12 hour days organising this amazing event, SRCWA would like to pay tribute to all those who have contributed in the development and presentation of Have a Go Day, SRCWA's flagship event. The coordinating committee organise the layout of the event, manage the transport, shuttle busses and parking, coordinate different areas around the grounds, manage set up and pack down and so many other jobs it would be impossible to name them all. Thank you also to the many volunteers who come on board on the day, volunteers from SRCWA, Have a Go News, SRCWA Branches, Sport & Recreation WA staff and general public who kindly assisted with the many jobs it takes to manage such a large event. The Hospitality tents, of which there are 3 manned on the day serve thousands of cups of tea, coffee and bottled water to help keep the participants well hydrated, the hospitality tents are one of the areas manned by volunteers who work long and hard throughout the day. SRCWA would also like to thank the Trustees from Wooroloo Prison who attended on Tuesday to help set up the event and on Wednesday afternoon to help pack down the event. Have a Go Day would not be possible without everyone who assisted with the planning and presentation of this magnificent event.

A big thank you to Lotterywest who supported Seniors' Recreation Council with a grant for Have a Go Day and we also thank Dept. of Local Government, Sport and Cultural Industries and Dept of Communities for their ongoing support.

We would also like to thank our Media partners for their wonderful support and promotion of Have a Go



Day, a LiveLighter event; Have a Go News, Channel 7, Channel Seven's Home in WA, 882am 6PR, Sport & Recreation WA & Curtin 100.1fm, we also thank Sterling New Life for their sponsorship of the entertainment stage.

The official opening was MC'd by Simon Beaumont from 882am 6PR and Hon Mick Murray MLA officially opened the day, the WA Police Pipe Band played the National Anthem and then followed Phil Paddon who led the official walk. The walking groups taking part in the Have a Go Day walk this year were from Over 55 Walking Association, Heart Foundation walkers, COTAWA Mall Walkers and many of the general public also joined in.

This year the entertainment stage sponsored by Sterling New Life, was located in the middle of the grounds in a perfect location accessible from all directions. The entertainment was MC'd by Terry Bennetts throughout the day and the entertainment line-up this year was excellent. Thank you to Laura Downing and Terry Bennetts who closed the event with a 50 minute concert and entertained audience member throughout the day. Also featured at the entertainment stage were WA Police Pipe Band, the Prime Movers celebrating their 30th anniversary, Rock n Jive, WA Bush Poets & Yarnspinners and Trinity School for Seniors Ukulele group. The crowds throughout the day enjoyed the entertainment line-up and participated when they were invited to take part in demonstrations by Prime Movers and Rock n Jive.

SRCWA wishes to express a huge thank you to all our valued Sponsors & supporters who provide the means with which to make Have a Go Day, a LiveLighter Event a success, our Sponsors are: Burswood Park Board, Lotterywest, Crown Perth, Have a Go Newspaper, Dept of Local Government & Communities, Dept of Sport & Recreation, Channel 7, LiveLighter Healthway, 882AM 6PR, Channel Seven's Home in WA, Studio TwentySix Photography, Telstra, Sterling New Life, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Scarboro Toyota & Sizzler.



Add Life to Your Years Directory

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

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

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

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

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

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

Since the printing of the 20th Edition in April of 2017 11,417 copies of that edition have been distributed, there has been an increase in Agencies requesting copies of the directory which they distribute on SRCWA's behalf.

Add Lift to Your Years is distributed through public libraries, Local Government Agencies, Heart Foundation, Diabetes Associations, Seniors Card Office, DSR metro & regional offices, doctor's surgeries and many more. Through advertising in 'Have a Go' News many individuals have requested copies to be mail out.

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

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



LiveLighter Aged Care Games

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

The participants are usually aged 60 to 100+, the oldest participant to date was 105 years old, they are dependent upon agency or carer support for care and any form of recreation or leisure activity. The teams go to a lot of trouble dressing up for the games in order to win the Best Dressed Team award. In the past teams have dressed up as hippies, Pink ladies, tigers, cowboys and cowgirls, construction workers, kings & queens, rabbits, cats, nuns & priests, clowns to name just a few of the variety of costumes used.



At the Metropolitan event in August 2017 we had the largest number of teams registered for some years, 20 teams registered with 250 participants taking part in the games. It was a pleasure to welcome the Hon. Mick Murray MLA to open the games along with other VIP visitors, the overriding comments from those who had not seen the games prior to visiting Belmont was that it is a fantastic event for Seniors in Care and they loved the atmosphere and enthusiasm that was evident on the day.

A major benefit of the LiveLighter Aged Care Games lies at the 'carers' level. Management, support workers and volunteers of the agency value the Aged Care games for some of the following reasons:

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

Number of Events Per Region Since the Inception of the Program	
11	Albany
9	Avon
3	Boddington
16	Bunbury
3	Greater Geraldton
10	Margaret River
29	Metropolitan (2 events per year)
13	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
6	Rockingham

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

At the end of the day the winners are announced with acknowledgement to our Sponsors, then participants are awarded Gold, Silver, Bronze and participation medals, trophies and plaques which highlight their achievements and these become treasured items.

Since the introduction of the Aged Care Games, Games in 2003 to end of June 2018, SRCWA has hosted 98 competitions in both metropolitan and regional areas and more than 172 care agencies have

participated. Collectively over the years the competitions have seen over 18,827 participants involved with the Aged Care Games with 1,562 participants taking part in the 2017/18 season.

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

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

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

Volunteers play a vital role in the presentation of these games, it would be impossible to provide the games without their support. The volunteers help set up the recreation centres with tables, chairs and playing fields, provide many cups of tea & coffee, assist the participants and carers to their designated areas then score and manage the games. The number of volunteers at each event can vary from 15 to 40 depending on the number of teams taking part. Volunteers come from a variety of sources; SRCWA, SRCWA Branches, Wooroloo Trustees, Alcoa, students – young and mature aged, walking groups, dance groups, regional clubs/groups, friends, family and general public.

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



LiveLighter Seniors Activity/ Information Days

The LiveLighter Seniors Activity/Information Days give SRCWA the opportunity to invite Seniors to come to a recreation or seniors centre and take part in a variety of activities with a wide selection of static displays offering Senior specific information which encourages seniors to link with appropriate social networks, community services and government agencies.

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

In 2017/18 the LiveLighter Seniors Activity Information days have seen an increase in the number of seniors attending those events. The static display organisation numbers have increased during this year and at one of the events there was 49 static displays in attendance. The organisations that attend these events appreciate the opportunity to discuss their products and services with the seniors. The provision of static displays has given the participants more confidence to discuss services that are available to them and organise appointments in a social setting.

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

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

Events in 2017/18 were held at: Bunbury, Cockburn, Furnissdale, Leederville and Mundaring .

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





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

Since the Aboriginal Seniors Activity/Information day started in 2004, 2917 Aboriginal Seniors have taken part in the events. With the expansion of the program to include all over 50's the number of participants attending has grown to 6532 by the end of June 2017. Participants are now joining clubs/groups in their areas which is a very positive outcome of this program.

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

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

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

“Enchanted Garden” Ball 2018

The 2018 Enchanted Garden Ball was sold out well in advance of the event with over 200 people attending, there was a great number of Ballroom Dancers this year which made the dance floor look spectacular from the opening dance.

SRCWA Vice President, Phil Paddon welcomed everyone and introduced the Hon. Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation who officially opened the Ball. The Minister and his wife, Anna

enjoyed the afternoon watching the many dancers along with other invited guests and participants.

When the music, played by “Satin Doll”, formerly “Offspring Band” began at 1pm the dance floor was crowded with ballroom dancers and others enjoying the live music, the dance program perfectly suited the wide variety of dancers during the afternoon.

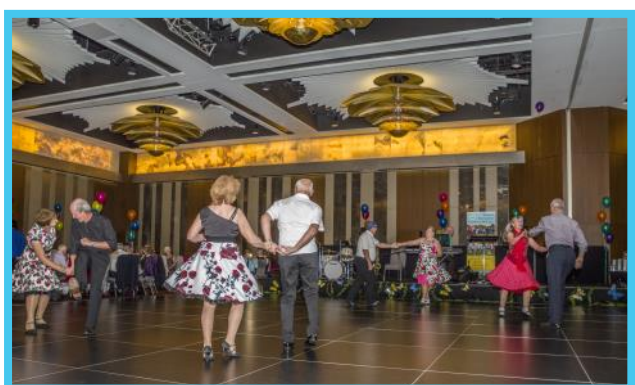
The afternoon tea which was 3 courses including sandwiches, hot food and sweets delivered by Crown wait staff was enjoyed by everyone and the floor show delivered during the afternoon tea break presented by the Rock n’ Roll Social Dance Club had the dancefloor full to overflowing at the interactive part of their show.

The table centers and ballroom decorations carried the theme of the Enchanted Garden with bright flowers, butterflies and fairies which looked great as everyone entered the ballroom. The photo studio also picked up the theme with lots of flowers and greenery as the backdrop, the printed photo’s presented in presentation covers were very popular this year.

We have received emails and phone calls congratulating SRCWA on a very successful Ball.

There were some lovely prizes won throughout the afternoon - overnight accommodation at Crown Metropol including breakfast, also a \$150 restaurant voucher – compliments of Crown Perth; 2 bottles of Moet Chandon Champagne compliments of Have a Go News; \$190 Travel Pass compliments of Casey Australia Tours and 4 spot prize packs compliments of Have a Go News, everyone who won the prizes were delighted to receive them.

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



Pole Walking

Since SRCWA launched Pole Walking in April 2006 there have been 623 presentations to an audience/participants of over 8662 Seniors.

Presentations have been 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 include Albany, Armadale, Bremer Bay, Burswood, Busselton, Coorow, Fremantle, Gosnells, Leederville, Mandurah, Melville, Mundaring, Northam, Peel, Pinjarra, Rockingham, Scarborough, Stirling and many others including regional areas.

The demonstration consists of;

A verbal presentation on the benefits of Pole Walking, using interpreters where necessary, including how beneficial this activity is to promote a healthy lifestyle and encourages socialisation which also improves emotional and physical wellbeing.

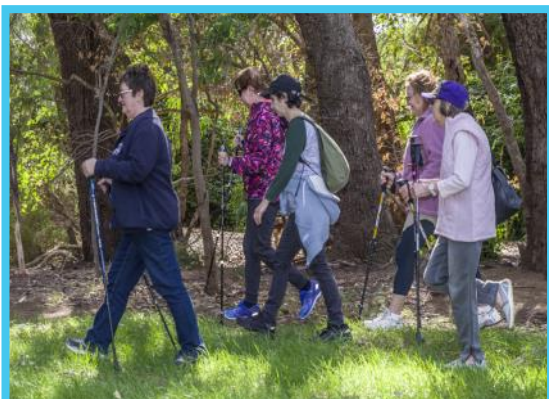
A practical demonstration includes an explanation on setting up the poles to the correct height and on the correct use of the poles to gain the best results.

Then, as a group or individually, the participants are given the opportunity to try pole walking.

If participants wish to purchase their own set of poles they are able to do so at the demonstration or by contacting the SRCWA office at a later date.

Seniors of Western Australia are taking up Pole walking in increasing numbers and since SRCWA introduced it at the launch in April 2006, 1387 seniors have taken up the exercise. The SRCWA Rockingham Branch Pole Walking group regularly has 22 to 28 people walking every Tuesday and a second group has been introduced in Baldivis on Wednesdays with 15 to 20 people Pole Walking each week, in addition to these groups in Rockingham, once a month there is a special come and try day which attracts around 20 people. Also the SRCWA Geraldton Branch has a Pole Walking group meeting at the QE11 centre each week at which 18 to 20 people regularly walk. The benefits that have been reported to SRCWA are the participants have a greater ability to exercise and are enjoying the outdoors and also the socialisation with the other members of the group. There are also groups of pole walkers that use the Armadale Visitors Centre as a base and meet a couple of times a week. A new group has been established in Kelmscott with a regular weekly walking group of between 8 to 10 members.

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 also burns 20% more calories than walking without poles so it supports the LiveLighter message.



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

The campers for the 26th annual camp at Quararup start to arrive, some stayed over from the previous camp, some came by car, the bus arrived late in the afternoon and friendships renewed catching up on the past year. Paul welcomed everyone, helped connect to the Wi Fi and explained about the wildlife i.e. the crows who have a liken for the windscreen wipers on vehicles, the campers then chose what activities they would like to try during their stay at the camp.

After tea, two ladies, Chris and Celia from the Albany Surf Club explained the workings of the Defibrillator and how it worked with our bodies, then it was down to business, trying the defibrillators out on the mannequins.

Tuesday morning, we were consumed by thick wet fog, canoeing is off, archery is one of the morning activity, some went for a bush walk, others checked in to the craft room to see what was on offer this year, they are going to make a decorative scarf. The long scarf is gathered on the ends with beads threaded into weights on each end, a lot of choosing and moving the beads to get it just right. The fog lifted and the afternoon activities included Line dancing with Stella, Dancing with Daryl to learn the dance moves in preparation for the Dress up night dance party, the table tennis was also under way. The camp has an App, Nature Play, that covers the features of the site, Alfie took a group on the walk using the app it was well received by the first timers and those who had been to camp and didn't know a lot about the site. After tea the Quiz Night with Delys was the first activity followed by a range of games, MaJong, Rummy-Kin, Scrabble and several card games.

Wednesday is the day off site, first we went to the Albany Entertainment Centre and were shown through the complex, the facilitator Corby was so animated about his roll at the centre, he showed us back stage, how the pullies that control the lights they are weighted for both safety and ease of movement, he also showed how the theatre could be set up for other functions. Next we went to a bridal museum at the Wesley church, this is a small museum with an amazing collection of Wedding dresses through the ages, christening dresses even practical street dresses with lots of other items of interest, the campers were most impressed. We had lunch at Eyre Park followed by in and out of the shops down York Street.

Thursday morning was beautiful, fine and sunny the canoeists were out paddling, the conditions were great, another session in the craft room was under way with Delys, this time they were creating felt hearts using lace, beads, antique script they were a work of art, quite clever. Jo & Rob came over for lunch and took a group for an ocean swim, some played a couple a rounds of indoor bowls, ladies knitted squares over winter and Jo crocheted them together 9 x 9 and then crocheted the edges, these blankets go to the Wheelchairs for Kids. Thursday night is dress up night we had Beach Belles, Al Capone & his Mole, naughty Forties followed by dances through the ages.

Friday, morning exercise before breakfast was followed by finishing off craft, another bush walk in a different direction, morning tea, then it is Zan's Picture show of last year's concert. After lunch we enjoyed Aroma Therapy Massage with Margo, Stella & Pam, Friday night is Concert night, it is opened with the Line Dancers, followed by poems, songs, skits and musical items, Zan with his Mandola and Rob playing the mouth organ, a very enjoyable night.

Saturday is an early start with final pack and cases out ready for Ian to take them up to the bus, Breakfast and goodbyes for those on the bus into Albany, another camp draws to a close with the theme already decided for next year and the day out to be booked. I can't thank the campers enough they really make great campers and great company.

Eileen Stark

Camp Coordinator



Project Officers, Sports Management Pty Ltd

What an honour, and a joy, it is to be able to be a part of this wonderful organisation which quietly provides such strong support to help keep Seniors in Western Australia physically, mentally and socially active.

When someone invites you to join an organisation which conducts an annual program of nearly 50 activities – including management (AGM plus 11 Board Meetings and 10 Have-a-Go Day Committee Meetings) – throughout Western Australia from Geraldton to Albany – you cannot help but be amazed that all this activity happens without you having been aware of it before!

We have been very pleased to support the Seniors Recreation Council and contribute to the excellent work they have been doing. We attend most of the activities and also represent SRCWA & seniors at meetings of the Vulnerable Road Users Advisory Group.

So why do we join with the volunteers and do this??

SATISFACTION! It is very satisfying to be able to assist in making these programs available to so many Seniors and seeing how much they enjoy the activity is contributing to their well- being!

ADMIRATION! We admire the dedication of everyone involved in the Seniors Recreation Council organisation – from State President Hugh Rogers who works quietly behind the scenes handling the management and financial issues, to Executive Officer Dawn Yates who is a magnificent manager, organiser and people person (a human dynamo!), to Martin Yates who is Program Manager for the Tech Savvy Seniors program which includes the Seniors Exergaming WA program and has provided programs to make hundreds of Seniors more comfortable with computers, telephones and all the technology they face every day, to the volunteers who attend the activities and make them happen, and last, but not least, the Seniors who attend the activities, enjoy them and appreciate them.(It is great to see even centurions participating in LiveLighter Aged Care Games and receiving what for many is the first medal they have ever received!!).

FRIENDSHIP! This is a friendly organisation! Not only do we develop friendships with the SRCWA personnel but there are many people and organisations who support the many programs through provision of services, volunteering their time and in other ways which support the well-being of our Seniors.

ENJOYMENT! It is a joy to work with people who are dedicated to such a worthy cause.

Mavis Owens and Malcolm Stokes - Sports Management Pty Ltd



SRCWA Concerts

SRCWA Mid-Year Country Music Concerts Morley & Mandurah

The Country music concerts held at Mandurah on Saturday 8th and Morley on Sunday 9th July 2017 were filled to capacity which meant that over 600 people enjoyed the fantastic shows. The Mandurah show was held at the Mandurah Seniors Citizen Centre and the Morley show was held at the Morley Sport & Recreation Centre. This was the fourth time the concerts have been presented by SRCWA, and with each concert the feedback from the audience has been that they thoroughly enjoyed the variety of artists and can't wait for the next one. These concerts featured Laura Downing from Queensland, Brian Letton from Tamworth, the Band of Mates:- Terry Bennetts, Evan Platschinda and Ginger Cox and Kingsley Day & Phil Rego. The artists were exceptional at both concerts and the audience clapped and sang along during the concert.



Thank you to everyone who helped at these events, in Mandurah to Jan McGlinn and the Peel Branch team and in Morley the SRCWA team which included the team from Wooroloo who made the setup at Morley so much easier. The raffles were very popular, thank you to everyone who donated prizes. Thank you to Pat Paddon and her team of volunteers for serving afternoon tea at both concerts which was no small job but done so well.

SRCWA Christmas Variety Concert

On Wednesday 6th December 2017 SRCWA held the Christmas Variety Concert at the Morley Sport & Recreation Centre the audience was treated to an afternoon of a variety of songs, music and comedy, and once again it was a great success. While people were coming in they were treated to guitar solo music by Ian Fletcher.

Each year we try to introduce a new artist to showcase their talents and this year was no exception with the introduction of Johanna Hemara from Queensland, the other artists were Justin Standley, The Band of Mates:- Terry Bennetts, Evan Platschinda & Ginger Cox, Kingsley Day, Phil Rego, Kate Hindle and Sarah Broome.

The audience laughed, sang and clapped as they enjoyed the artists throughout the afternoon and when it came time for the closing performances they didn't want to let the artists go, as everyone was leaving they gave very positive feedback on how much they enjoyed themselves.

Thank you to Pat Paddon who made enough Christmas cake to feed everyone and along with her volunteers managed to serve lots of cups of tea, coffee, cake and biscuits in a very short space of time.

Thank you to Phil Paddon and Terry Bennetts along with their team of supporters who put an enormous amount of time and effort into these concerts.



Seniors Exergaming WA

Seniors Exergaming WA continues to be well received as a low impact, fun filled social activity for seniors. July 2017 to June 2018 the Seniors Exergaming WA (SEWA) program continued being delivered by local SRCWA Branches in their regions. Wanslea Grand Carers are also utilizing the technology for their clients, and in the Bull Creek area we have a high school supporting a group of seniors in a intergenerational environment.

SEWA continued to present at SRCWA LiveLighter activity information days and other events in Northam, Peel, Bunbury, Rockingham, Midland, Geraldton & Leederville all supported by a group of dedicated SEWA volunteers. Throughout 2017-2018 we had an estimated exposure of SEWA to 2466 individuals, 1516 participants with 257 individuals indicating they would take up or reinstate the Xbox 360 Kinect technology in their homes.

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

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

During the year long time dedicated volunteers and supporters of the program Lynn Grey and Myfanwy Jones were not be able to offer as much support due to ill health. I would like to take this opportunity to thank them both for their much-valued input in making the Exergaming program a success. Your efforts have gone a long way in enriching the lives of seniors through your demonstrations of Exergaming technology.

Throughout 2017 – 2018 we continued to demonstrate Exergaming to Culturally and Linguistically Diverse groups. This proves to be very challenging having translators relaying our presentation in four different languages. Once the activity part of the demonstration commenced most of those at the presentations take part in the activity. There is an added benefit of groups who would not normally interact coming together and enjoying an activity.

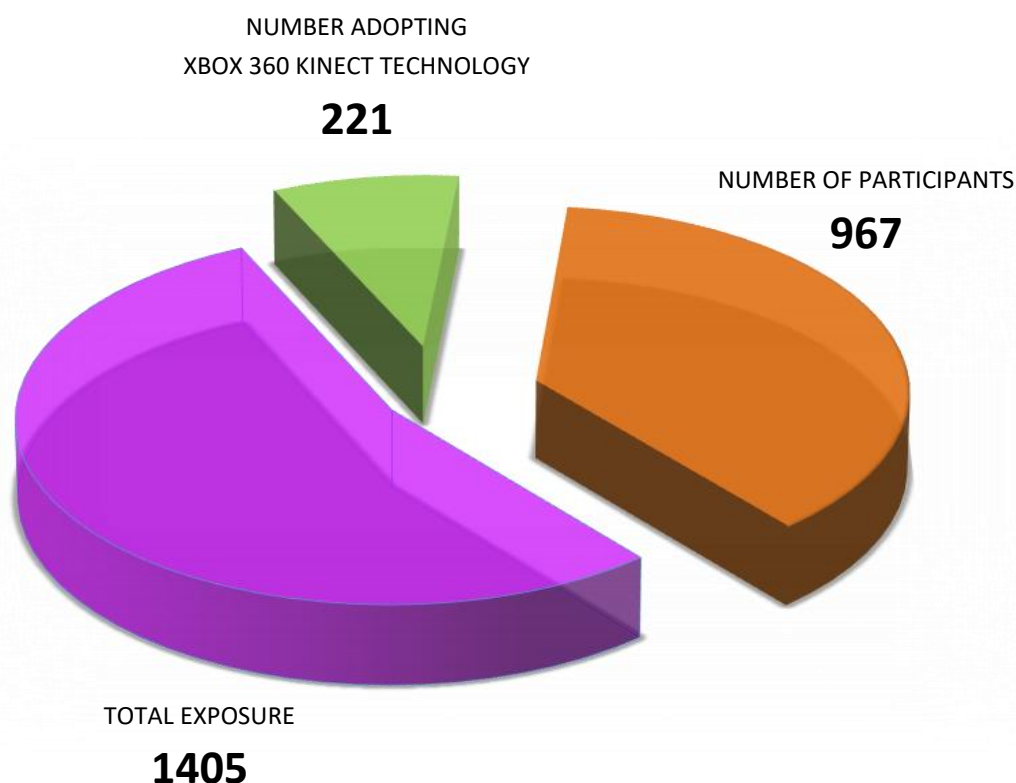


The competition side of the program has waned due in part to little interest from new groups joining in or wanting to only have Exergaming as an in-house activity. Other factors have been facilities not having staff/volunteer resources to support the activity. There has also been a reluctance to purchase "second hand refurbished equipment" as the Xbox360 Kinect is no longer in production. Looking at the format and how teams can compete over future years may need to be reviewed.

The highlight of the 2017-2018 year was being invited to the electorate of Hon. Mick Murray MLA Minister for Seniors and Ageing; Volunteering; Sport and Recreation to demonstrate Exergaming.

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

Martin Yates
Project Manager.



Tech Savvy Seniors

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

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

Throughout the 2017-2018 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. SRCWA Acknowledges and thanks The Department of Local Government, Sport and Cultural Industries, Department of Communities, LiveLighter Heathway 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. The metro areas are Harman Park (Belmont) WANSLEA Grand Carers Program (various Metro) Addie Mills Centre (Gosnells) Jewish Care (Yokine) and the new SRCWA branch at Northampton.

Digital Photography Workshops and Photo Walks

During the latter part of the year we held our first "Seniors Photo Walk". Nothing like getting active and taking in the fresh air. A small group of seniors joined us for the first SRCWA Photo Walk which proved a great way to enjoy nature, get some exercise and hone photo skills. The walk started at 9.30am at Lake Gwelup and finished around 11.00am. On this walk we saw White Faced Herons, Ducks Australasian Grebes and Swans. The Seniors Photo Walks have proved popular with people asking when the next one will be held. Thank you to the team at Camera Electronic for their ongoing support.

Telstra Tablet /Mobile Phone Workshops

Friday 16th January 2018 saw some 80 seniors welcomed by Telstra Area General Manager WA Boyd Brown to a Connecting Seniors –. Seniors at this free event learned about current connectivity options, an overview of smartphones and tablets, their benefits and relevance to everyday life. Around twenty Telstra Digital Ambassadors took small breakout groups for sessions where they could explore and ask relevant technology questions and received advice on personal phones or tablets which they brought to the event.

Friday 15th June 2018 saw more than 200 seniors attend a Seniors Recreation Council and Telstra Tech Savvy Connected Seniors event at the Loftus Centre in Leederville. The event presented by SRCWA in partnership with Telstra was a once again resounding success. People at the event had the opportunity to discuss their technology issues with more than 30 Telstra Digital Ambassadors, who volunteered for the day. Our MC for the day Boyd Brown Telstra Area General Manager WA, who opened the event introduced our guest opening speaker Jenny Seaton, she was followed by informative presentations by NBN Co, Telstra Health, Telstra Digital Ambassadors and SRCWA Tech Savvy Seniors Program Manager Martin Yates. At the start of the "Use of Digital Devices for Photography" presentation the "Roving Selfie Stick Man" – Michael Tan was invited to take a shot from the stage of himself the presenter and the crowd.

A huge vote of thanks goes out to Telstra, for their support at this event, to Boyd, Naomi and Jodi from Telstra than you for your enthusiasm and hard work making this event possible. To the wonderful volunteers and staff from SRCWA who helped with the setup, directed seniors, and manned the registration table, long time volunteers Pat and Mary served the Tea and Coffee thank you so much.

Thank you also to Matthew Kavanagh from the office of Hon Mick Murray MLA Minister for Seniors and Ageing; Volunteering; Sport and Recreation, the Communication Team at Sport and Recreation WA and Have a Go News for your ongoing support.

To our static displays NBN Co, Camera Electronic, Independent Living Centre WA, and Telstra thank you for your much-appreciated support. Camera Electronic donated a Digital Camera for the door prize, which was greatly appreciated by the luck winner.

Feedback from this event was very positive with people asking when will the next event will be. An issue highlighted from the event was "Where to from here? Where can I get help as I don't have children or family who can help me and services at our local library have ceased due to the volunteer leaving getting full time work." Many seniors asked for their sincere thanks to be passed on to SRCWA and Telstra for organising such a great event.

As an added bonus both events were featured in the media, Channel Nine 4.00 pm and 6.00 pm News 16th January 2018, and ABC 7.30 news 18th June 2018. These reports highlighted the digital divide and associated stress experienced by seniors in using technology as they are forced to communicate increasingly with Government services and providers online. Thank you to Claire Moodie ABC 7.30 and her team who spent considerable time and effort in producing a report which brought to light the dilemma a growing number of seniors face.

West Coast Eagles

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

Scams Workshops

Due to the prevalence of SCAMS targeting older citizens, SCAMS workshop continue to be delivered in partnership with the Department of Consumer Protection who provided a speaker and information on SCAMS. Throughout the year there were five SCAMS workshops facilitated in metropolitan areas. The seniors who attended were very appreciative of the opportunity to find out ways of protecting themselves when using technology as well as other direct scams. Thank you to the Community Education Team, Community Engagement and Regional Services, Consumer Protection, Department of Commerce WA team members Merinda and Teena who presented throughout the year, your contribution has been invaluable in helping to educate and protect seniors throughout Western Australia. 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.

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