

Seniors Recreation Council
of WA Inc.

Annual Report



2018-2019



Healthy Ageing Through Activity



SENIORS RECREATION COUNCIL OF WA INC.

ANNUAL REPORT for 2018/19

SRCWA BOARD MEMBERS

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State President's Message



It is with great pleasure that I am able to provide the 2018/19 Annual Report on the programs and activities of Seniors Recreation Council of WA Inc. (SRCWA)

SRCWA'S focus for Seniors in WA is to encourage them to continue and/or become physically, socially and mentally active this is achieved through the magnificent efforts of the Accredited Volunteers and staff who coordinate and produce a wide range of programs.

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

VALE:- Quentin Smythe—15/10/1935-31/12/2018

It was a very sad time in December 2018 when SRCWA lost its valued friend Quentin Smythe, he was a foundation member of SRCWA. During his time with the Council he held the roles of Board Member, Vice President, Treasurer, Mentor, friend and supporter. Quentin was involved in the planning and development of many of SRCWA's programs and services including, Have a Go Day, Club Management Awards, Activity Information Days and LiveLighter Aged Care Games. Quentin through Have a Go News (Concept Media) was also a major sponsor of everything that SRCWA has produced and organised over the years. Quentin was a true Gentleman and was loved and appreciated by everyone, he will be greatly missed and will always live on in the hearts of the SRCWA family.

We welcomed our new Treasurer Michael Thomas to SRCWA in February 2019 and look forward to working with him over the coming years.

The LiveLighter Aged Care Games and LiveLighter Seniors Activity Information Days have increased in popularity with all those who attend the events.

Have a Go Day, a LiveLighter Event at Burswood Park celebrated its 26th Anniversary in 2018, it was an exciting event with thousands of Seniors attending and participating in a wide variety of activities and visiting all the information sites.

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. The Scams workshops have increased in number demonstrating the growing need for Scams awareness in this digital age.

I would like to especially thank the Branch Presidents and committees for their dedication to SRCWA and its programs as they work to encourage Seniors in Regional areas to become more active both physically and mentally.

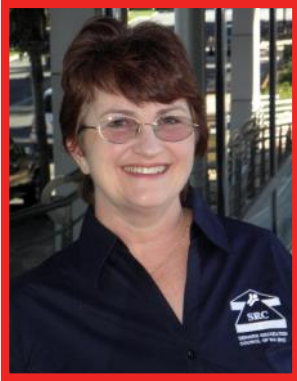
SRCWA is extremely proud of its programs conducted in both metropolitan and regional areas and continues to receive positive feedback and appreciation from participants and agencies for delivering these programs.

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. I would like to thank Mary Kelly, Kay Klass and Kate Chetwin for their

voluntary support in the SRCWA office throughout the year, it is very much appreciated.

This year SRCWA was invited to develop and present the Healthy Lifestyles Expo at Melville Sport & Recreation Centre in partnership with City of Melville, City of Fremantle and City of Cockburn. The event was very well attended and popular with local residents, a full report is included in this Annual Report.

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 may travel great distances to provide programs in the regions.

Comprehensive reports received at time of publication are contained in this Annual Report;

- Add Life to Your Years 20th edition - a directory of sport & recreation clubs/groups for over 50's
- Branch reports - presented for and on behalf of SRCWA Branches.
- Regional support - SRCWA has 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 2018 we celebrated 26 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.
- 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 2019 was "Winter Wonderland 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.
- Pole Walking is a program that continues to encourage Seniors to embrace the activity of walking using a pair of walking poles.
- Healthy Lifestyles Expo - conducted at the Melville Recreation Centre in March 2019.

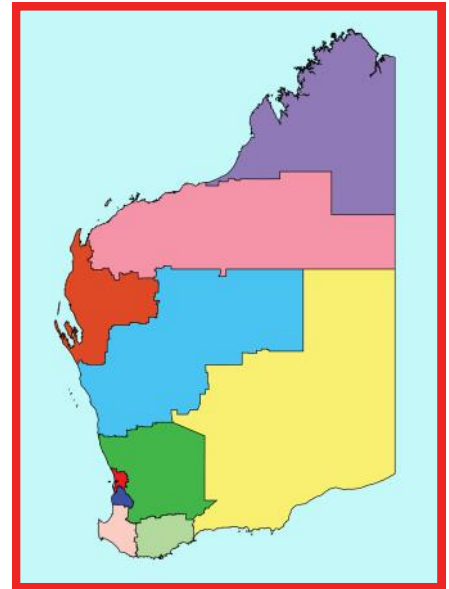
Executive Officer

Dawn Yates

Regional and Branch Support

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

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 - Avon

The LiveLighter Aged Care Games were held on 7th March at the Northam Recreation Centre where teams of Seniors in Care, Carers and Volunteers came together for an exciting games event. This year 9 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.

Cr Chris Antonio, Northam Shire President, opened the games with Caitlin Morris, a student from Northam Senior High School, singing the National Anthem unaccompanied, Caitlin sang beautifully. Phil Paddon SRCWA Vice President was the MC and explained the rules of the games to the volunteers and ensured the games ran smoothly. Volunteers from SRCWA Avon Branch, SRCWA Perth & a team of Trustees 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.

Entertainment during the lunch break was provided by Rum Jungles' Mark Schelfhout, he sang and played the guitar which had the participants singing and some dancing, everyone enjoyed his performance. Speed Skater Alan Eades amazed all those at the Games with a demonstration of his sport In-Line Skating, proving age does not need to be a barrier when doing an activity you love.

The Perpetual trophy & Gold medal winners with 356 points were Dowerin Gentle Gym, the Silver medal winners with 345 points were Killara Dragon Flies and the Bronze medal winners with 341 points were Dowerin Companion Club.

The winner of the Best Presented Plaque was Kalkarni Curlews.

The oldest competitor in these games was Patricial Messenger who is a sprightly 93 years young.

Congratulations to all competitors for making the day memorable and all the participants were presented with a medal and took home lots of fun filled memories.

Our grateful thanks to all the volunteers who assisted on the day, especially the team of trustees from Wooroloo Prison Farm, volunteers from Northam and Perth without their support the Avon 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 Industry and Dept of Communities for their support.

Karen Ducat
Branch President



Bunbury Region Branch

As I put this report together we are only 6 weeks out from our Annual Seniors LiveLighter Activity & Information day being held in September. Stall holder applications are coming in and we are considering capping the number at 45. This year I would sincerely like to thank our Branch Committee, their families, our supporters & friends for their ongoing support and to our secretaries Maria & Zunique who also filled in as treasurer.

LiveLighter Seniors Activity Information Day -September 14th Bunbury, South West Italian Club 2018

The Bunbury Branch committee was very pleased with the outstanding result of our LiveLighter Activity Information day held in September using a theme for the first time "Put a Spring in your Step". Most site holders decorated their stalls and some dressed up themselves– there was a wide variety in attendance. The day was opened by Don Punch MLA for Bunbury who was followed by the singing of the National Anthem accompanied by the serenading singers from Bunbury Community Home Care singers club. The event was very successful with nearly 60 stalls registered and an estimated 1000 people attending throughout the day.

A wide range of activities were available for people to try and also to glean information from including gardening with Bunnings- gardening clubs- animals- home care info- intergenerational activities– Red Cross –St Johns– Village Life– Southwest Sports Centre- Zumba– Croquet-Pole Walking with the Dept. of Transport kept very busy with inquiries for advice on current rules and Roadwise giving the opportunity to use road use scenarios on a demo roundabout– Martin Yates was kept very busy with computer/ internet inquiries and so many more.

The South West Italian Club is a great venue we thank them for their continued support, also to the staff of Bunbury Regional Corrective Services and workers for their assistance with the setting up and taking down at this event and also at our LiveLighter Aged Care Games.

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 2019

On The 11th April 2019 SRCWA held the Bunbury Region LiveLighter Aged Care Games at the South West Sports Centre in Bunbury

The atmosphere was electric full of Seniors all dressed in team colours plus carers and supporters,



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

I would like to thank my Bunbury Branch volunteers along with the volunteers and staff from Perth head office for helping to make this event possible. Students from the Bunbury regional TAFE and their instructor volunteered on the day which was greatly appreciated and the staff of Bunbury Regional Corrective Services and workers for their assistance with the setting up and packing down.

The games were officially opened by Federal Member for Forrest, Western Australia, Ms Nola Marino MP. Our lunch time entertainment was provided by local councillor Betty McCleary who had people moving and shaking to Zumba Gold.

The games were played in great spirit and included seated hockey, seated pass ball, beanbag toss and skittles. The carers game at the end of the day had representatives from each team competing in a fun event which was enjoyed by everyone.

Best Presented team was awarded to "Community Home Care Collie", third place "Bethanie Super Force", second place "Community Home Care Collie" and first place "Community Home Care Donnybrook". Our oldest competitor was 98 year old Bob Bowlden from the "Bethanie Super Force" team.

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

Most of the year has been fairly quiet for the Esperance branch of Seniors Recreational Council. However, from early February to late May the Super Troupers are very busy preparing for their annual concert. Approximately twenty people take part putting all their effort into learning songs, skits, dances, etc. Along with this goes the organising of costumes, and we are very grateful to the Bijou Theatre for their assistance with these. Shirley Clark is a phenomenal person when it comes to sewing costumes. We are very fortunate to have two good young pianists who play for us during rehearsal and for the performances. Most years we have three performances, one Friday night and matinees on Saturday and Sunday. Most performances are almost booked out.

Each year we also do a bus trip to Ravensthorpe in September for their fabulous wildflower display. We hire a bus and driver. Leaving Esperance at 9.00am we travel to Ravensthorpe which takes about two hours. When reaching there, everyone is welcome to go their own way, doing whatever they like. Most people congregate at the local Hotel for lunch which supplies a wonderful homemade soup or Devonshire Teas (or both if you are that way inclined).

This year the group also visited the Lolly Shop which is new to town. You may have seen on TV where they have just been noticed for their biggest lollypop in Australia. After lunch it is back on the bus and then the driver took them to a new craft shop which is situated on a farm not far from Hopetown then to a spot which is prolific with wildflowers growing in the wild. Approximately half an hour we arrive in Hopetown where most people enjoy an ice cream. Then we head back to Esperance arriving about 5.00pm. Everyone enjoys the day tremendously, although there are some tired bodies by the time we get home.

In November, in conjunction with the Esperance Senior Citizens group we will be hosting Seniors Week. There will be displays and demonstrations and the week will finish with a fun game's night.



Greater Geraldton Branch

Our small, but dedicated group still meet regularly and is very much active.

Unfortunately the LiveLighter Aged Care Games did not happen in Geraldton this year but we, had our own mini LiveLighter Aged Care Games which involved the large Balance Gym class at QEII, that seemed to work quite well.

Our Pole Walking is still on every Wednesday morning. Our numbers are down a little at the moment, but this year has been very cold, also some have bought their own poles and walk more regularly in their own areas.

At the end of 2018 the Belly Dancing at QEII finished and Jean suggested Zumba Gold (a bit slower and gentler for the older person!!). Jean and I approached Rosetta and Fred at QEII and with the assistance of the Council we had a very successful trial which has turned into an on going program with 20+ people each week.

Also again this year, with the help of Colin de Grussa, MLC, we will be sponsoring the Walk and Breakfast in Seniors Week.

Christine Mullender
President
Geraldton Branch SRCWA



Northampton Branch

This year has been enjoyable with a varied programme of activities quite well attended by members:-

Our regular activities of : Computer Classes on Thursdays
Carpet Bowls on Mondays
Tai Chi on Fridays
Pole Walking in cooler weather and
Our Ukulele group on Thursdays continue

We have been entertained by Morning Melodies at OPT with excellent attendances every 2nd monthly all year. The programmes have been lovely

Some of the other activities have been a Wildflower Tour last spring to see the stunning natural displays around Northampton, lunches at Horrocks, visits to Nanson Pioneer Museum and the Cathedral in Geraldton, the Tin Heads collection in Geraldton.

Congratulations and thanks must go to our Entertainment Co-ordinator, Lyn Brunke, whose efforts have been much appreciated.

Thank you's must also go to car-pool drivers for activities.

A special Thank you to Tony Boulton, our Secretary for his services and Barbara Boulton for typing up minutes

Thank you, also to Pat MacDonald for looking after the money.

Thank you to Peter Harris for being available as Vice President and for his good information on the area.

We are a varied group who get along well together, what better way to be in our advancing years?

Thank you for your company and cheer

Gail Livingston (President 2018-19)



Peel Branch

Branch Committee

Our Peel Branch is now in its seventeenth year of operation and I'm pleased to present this report on behalf of our Peel Branch Committee for the financial year 2018/19. During the year our Branch committee meetings were held each and every month, with the exception of January 2019. Two resignations were received from long serving members Gail Shepherd, (Previous Peer Leader and Treasurer) and from John Hunt from our general committee. Both had provided many years of volunteer work with our Peel Committee and left with our gratitude and best wishes for their future. With sadness we report that Gail Dennert who was appointed to our Committee last year passed away.

I was extremely grateful also, in the interim period, when Colin Steer took on the position of Assistant Treasurer as well as Vice President. Two new members were co-opted to our Peel Branch committee throughout the year, those being Doreen Upfield and Gavin Ranford. Our financial records and books are being audited by Cox Accounting firm in Mandurah and hopefully will be finished in time for their report to be given at our Special General Meeting organised for the 27th September 2019 at the Leslie St Sport & Social Centre.

We are so fortunate in our Peel Branch to have committee members and Peer Leaders dedicated to their roles and who have the interest of our seniors at heart. Financially we are doing well, meeting our budgets and being able to purchase several items required for our programs throughout the year.

Programs

Double Dip Saltwater Aerobic & Exercise Program

This program ran from January 2019 with funding of \$4,000 and a program registration fee of \$30 per person. The program was extremely successful and ran throughout the months of January, February and March with 23 sessions. Three sessions cancelled because of inclement weather and one Lifeguard Challenge. 1431 attendances were recorded throughout the three months from 97 registered participants. There was a small increase with registration figures from the previous year, Lifeguards and Instructors were paid from both funding and registration fees. Our grateful thanks go to Wendy Cole, Jean Taylor, other Lifeguards and to Meagan Cox the Exercise Instructor, who all made this program a great summer seniors activity.

Special thanks to Doreen Upfield for her assistance throughout the season and also to City of Mandurah's Adrian Timms for his co-operation and support of Wendy, Jean and lifeguards and being involved throughout those three months.

We intend to run the program again during 2020 season.

At the conclusion of the Double Dip Program a Special Function was held to present the David Doust Active Participation Award to Maxine Dorrius for 2019. Very successful event with special fun certificates also being presented during the afternoon.



ChiBall Program

A change of Instructor for ChiBall happened in 2019 and we welcomed Tim Henworth, and experienced instructor to take over from Karen Nurse who continues to assist when required. Classes were held at Leslie St Sport & Social Centre Fridays with a 1 hour class. We had on average 25 to 30 seniors doing the weekly sessions held in 2018/19 and have met costs of hall hire and instructor fees during the financial year from registration and session costs. This is low impact exercise most suitable to seniors and is held weekly on Fridays at 1.30pm at the Leslie Street Sport & Social Centre.

Strong on Your Feet Program

My grateful thanks go to all our wonderful Peer Leaders and to the Mandurah Community Health Centre and their physiotherapists Claudia and Tracy, who completed all reassessments of our Leaders each six months or whenever required, to enable our volunteers to pass their skill levels to continue as Volunteer Peer Leaders for this program. Class costs remained at \$3 per person this financial year and have covered increases in hall hire costs and maintenance of equipment, and \$2 remained as morning tea cost. Socialisation after class is 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. Within this past financial year we opened another location at Lakelands.

All Strong on Your Feet locations have had good attendances throughout the year and it is pleasing to note from the figures that 6,182 attendances overall resulted from the following and attributable to the wonderful work that our volunteers with this Program do.

Mandurah - Seniors & Community Centre - 2 Classes	1,164 attendances
Dudley Park - Leslie St Sport & Social Centre - 2 Classes	1,365 attendances
Pinjarra - Uniting Church Hall - 2 Classes	1,412 attendances
Lakelands (New Class) commenced August 2018 - 1 class	507 attendances
Waroona - Senior Citizens Centre - 1 Class	412 attendances
Falcon - E Library - 2 Classes	1,322 attendances

An agreement has been reached with the Mandurah Community Health Centre that no more classes will be opened as we are at capacity for the Physiotherapists.

Training

Our branch funds of \$1380 were used for the training of all Peer Leaders in Senior First Aid classes and some committee members at classes held at the Mandurah Aquatic & Recreation Centre. Batteries and Pads were replaced in our Defib Unit at a cost of \$118.

Move & Groove

This was held this year and based on the Fit & Flexi class of last year. Funding was received from City of Mandurah and covered the instructor fees for Robyn Ackroyd. The class proved popular with 32 people registering and participating over a three month period. The program met the budgeted figure for 2017/18 financial year. We are endeavouring to run this program again in 2019.

LiveLighter Aged Care Games 2018

This was held at the Mandurah Aquatic & Recreation Centre. Special thanks to City of Mandurah's Adrian Timms who negotiated and waived the hire fees for our LiveLighter Aged Care Games. We also obtained a grant from Alcoa who also provided management volunteers to help with the event and continue to support our organisation which we are grateful for.



Scams Workshop

"Don't Get Ripped Off" seminar was held in Pinjarra.

Seniors Expo

We participated in Serpentine Jarrahdale Seniors Expo with demonstrations of Strong on Your Feet, Exergaming and Chair Hockey. We secured money to hire a bus to take participants to the venue.

LiveLighter Seniors Activity/Information Day

An Activity Information Day was held at the Furnissdale Masonic Hall with 14 displays and support from SRCWA Head Office personnel and the Mandurah Lions Club and showed very good attendance numbers for this event.

BIG THANKYOU

I wish to sincerely record my grateful thanks to all our dedicated volunteers from Peel Branch - my Committee members, our Strong on Your Feet Peer Leaders; our Activity Leaders and Lifeguards and all volunteers from our Double Dip and Walking Group, to our Move & Groove and Chi Ball instructors; for their support throughout this past year.

My grateful thanks also to Head Office staff Hugh, Dawn 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 2018/2019 financial year.

HEALTHY AGEING THROUGH ACTIVITY

Jan McGlinn

Peel Branch President



Rockingham Branch

Branch Committee:

I would like to thank my Rockingham Branch Executive team and wonderful Committee members, Volunteers and helpers for their hard work this year, a Huge Thank You.

2018 Live Lighter Aged Care Games

The 2018 SRCWA Rockingham LiveLighter Aged Care Games were held at the Baldivis Recreation Centre. Eight teams enthusiastically took part in a range of games developed specifically for seniors in care.



Local member for Baldivis Reece Whitby MLA welcomed all participants and officially opened the games. After some fierce competition, third place went to Dalmacia (Villa Dalmacia Aged Care), Second place going to The Loveables (Bethanie Waters) and first place was taken out by The Terminators (Silver Chain Rockingham).

The best presented team award went to The Happy Hippies (Banksia Park). This year our oldest competitor, was 97 years young Nesta Reed, of the Italian Stallions. The participants were treated to a dance show performed by Swing and Sway at the lunch break, thank you Swing and Sway for a most enjoyable performance.

Thank you to the Rockingham Branch committee and volunteers, the Team from Wooroloo, SRCWA State volunteers and staff and those who helped to make this event a great success.

2018 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 and Kelly Green did a terrific job again entertaining everyone.

2019 Have a Go Day , A Live Lighter Event

On Wednesday 17th April 2019, an estimated 850 seniors were treated to a lovely day out at the 9th SRCWA Rockingham Branch Have a Go Day, a LiveLighter Event. There were more than 80 sites and activities spread across the main hall and the grassed area showcasing Clubs, Groups, Agencies and Businesses from the Rockingham and surrounding areas.

The Official Opening commenced at 10.30am with introduction by SRCWA Executive Officer Dawn Yates, who introduced the Leader of the opposition Hon. Dr Mike Nahan. Barry Sammels, City of Rockingham Mayor officially opened the day and Cr. Joy Stewart did a fantastic job as MC.

Activities included, Curtin FM 100.1 Radio Broadcasting, Dance Floor Programme, Petanque, RAD Walkers & Heart Foundation, Sing Australia Rockingham, Specsavers – Hearing Tests, SRCWA Rockingham Pole Walking, Step Forward Orthotics – Free Foot Assessments and Tai Chi – Rockingham Taoist Tai Chi Society. Aqua Jetty Zumba, Janies Boys Choir, Simply Swing, Swing n' Sway & Prime Movers entertained the crowd at the outdoor dance floor.

Thanks to the hard work of the SRCWA Rockingham Branch committee and volunteers the day was a resounding success and ran extremely smoothly. We also thank the crew from Wooroloo who's hard work was invaluable in making this a great event.

This event would not have been possible without the magnificent sponsorship of; City of Rockingham, Aqua Jetty, Have a Go News, Kennards Hire, IGA, LiveLighter Healthway, Government of WA, Simply Swing, Telstra Warnbro, and Cockburn Party Hire.

Mid Year Melodies:

Our Mid Year Concert with Paul Ewing was again a great success, Paul kept the Seniors busy and up dancing and having a wonderful time.

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. 2018 finished with 74 registrations with 2019 to date having 56 registrations which is very good for half way through the year.

Swing 'n' Sway participated in The Have a Go Day in Warnbro by holding a general class for participants and entertained the participants at the LiveLighter Aged Care Games during their lunch break.

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 continues to be very popular with groups meeting weekly at the "Village Green" and in Baldivis and once a month at different locations. All levels of walkers from distance walkers to people recovering from joint replacement surgery enjoy walking with the group. The walking poles are supportive and help with balance and stability. 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 2019.

My thanks go to all the hard workers, you know who you are, lets make 2019/20 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



Mid West Branch

A few members travelled to Morawa for a social day of bowls and games which helped to raise money for a family in Morawa and provided a wonderful day out for all those who attended and participated in the event.

The Mid West Craft group is going well and everyone enjoys getting together for our social gatherings.

The Mid West Craft group and the CWA are conducting a morning tea café in the Local CWA rooms for the spring season.

Thank you to all the Mid West Volunteers and participants who have taken part in the activities throughout 2018/19 year.

Regards

Betty O'Callaghan

Mid West Branch President.



SRCWA Have a Go Day 2018, a LiveLighter Event

On 14th November, Have a Go Day, a LiveLighter Event, was held in the beautiful grounds of Burswood Park and was a huge success. The theme this year was "Age is No Barrier" which was embraced by Thousands of seniors participating in activities and visiting many sites, enjoying everything the exhibitors had to offer. Thank you to our major partner, Healthway, promoting the LiveLighter message.

The amazing Have a Go Day team work tirelessly for 12 months and spend 3, 12 hour days putting together and presenting this event, SRCWA would like to pay tribute to their dedication on behalf of the many Seniors who attended. The coordinating committee organise the layout of the event, manage the transport, shuttle busses and parking, coordinate different areas around the grounds on the day, manage the set up and pack down and so many other jobs it would be impossible to name them all.

SRCWA would also like to thank the many volunteers who came on board on the day, volunteers from SRCWA, Sport & Recreation WA, Have a Go News, SRCWA Branches and general public who kindly assisted with the many jobs it takes to produce such a large event. SRCWA would also like to thank the Trustees from Wooroloo Prison who attended on Tuesday to assist the coordinators with setting up the event and on Wednesday to assist where needed and in the afternoon to pack down the event. Have a Go Day would not be possible without all of the volunteers who assisted at the event.

SRCWA would like to thank Burswood Park Board & Crown Perth for their support and assistance for this year's event.

We would also like to thank our Media partners for their wonderful support and promotion of Have a Go Day; Have a Go News, Channel 7, Home in WA, 882am 6PR, Sport & Recreation WA & Curtin 100.1fm.

A big thank you to Lotterywest who supported Seniors' Recreation Council with a major 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.

The Official Welcome was MC'd by Simon Beaumont from 882am6PR and it was a pleasure to have the Hon Mick Murray MLA, welcome everyone to the event. A moving Welcome to Country was conducted by Mort Hansen who invited everyone to have a great day and then played the didgeridoo, much to everyone's delight. The WA Police Pipe Band played the National Anthem and at the conclusion of the welcome the band escorted the Over Fifty Five Walking Assn, The Heart Foundation walkers and participants as they led the official Have a Go Day walk through the grounds.

This year participants were encouraged to have a go at activities on the day which included; having a photo taken with the 2018 AFL Premiership Cup at the WCE tent, silent disco, canoeing, walking, riding on a Trishaw, Laser Pistol Shooting, Pole Walking, climbing wall, walking football, Petanque, disc golf, metal detecting, square dancing, ballroom dancing, Morris dancing, tap dancing, line dancing, Tai Chi, breathing exercises, cooking demonstrations and competitions and much more. Everyone was treated to free tea, coffee and bottled water at the hospitality tents assisted by a large team of volunteers and compliments of Have a Go News.



There was a wide variety of information and display stalls for everyone to look at including clubs/groups, MG Car Club, Classic Speedway, Antique bikes, Collectable displays, gemstone display, many of the sites included information and give aways and so much more. Health checks were also available at different locations around the grounds.

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

MAJOR PRIZE DRAW WINNERS:

1st Prize donated by Crown Perth - \$2,000 Crown Towers Experience: C.Vanderstroom

2nd Prize donated by Have a Go News and Kings Tours and Travel - \$500 Coles/Myer voucher: Michael Tan

3rd Prize donated by Telstra Australia – Samsung Tablet & pre-paid sim card: Nell Mills

4th Prize donated by The Camfield - \$500 Gift Voucher: K Lovell

5th Prize donated by Sizzler Australia - \$200 Gift Card: Lyn Bayens

Congratulations to all our prize winners and thank you to the organisations who provided the wonderful prizes won at this years event.

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, Sport & Cultural Industries, Dept. of Communities, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, Studio TwentySix Photography, Telstra, The Camfield, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, The Hire Guys, 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 13,521 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 Mafia, rainbows, road workers, dolphins, warriors, hippies, 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 2018 we again had the maximum number of teams registered, 20 teams took part with 280 participants taking part in the games. It was a pleasure to welcome Cassie Rowe 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	
12	Albany
10	Avon
3	Boddington
17	Bunbury
3	Greater Geraldton
10	Margaret River
31	Metropolitan (2 events per year)
14	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
7	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 Executive Officer and the MC verbally acknowledges our Sponsors; LiveLighter Healthway, Department of Local Government, Sport & Cultural Industries & Dept. of Communities thanking them for their support. During lunch and before the games commence entertainment is organised for the enjoyment of the participants and carers.

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 including Best Dressed team, which highlight their achievements and these become treasured items.

Since the introduction of the Aged Care Games in 2003 to end of June 2019, SRCWA has hosted 105

competitions in both metropolitan and regional areas and more than 172 care agencies have participated. Collectively over the years the competitions have seen over 20,357 participants involved with the Aged Care Games with 1,530 participants taking part in the 2018/19 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, Aggreko, 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 2018/19 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 60 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 LiveLighter Activity/Information days, 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 2018/19 were held at: Bunbury, Brown Park, Furnissdale, Leederville and Mundaring .

In this report is a list of SRCWA partners, static displays and activities involved in the LiveLighter Seniors Activity Information Day Program.



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

Since the Aboriginal Seniors Activity/Information day started in 2004, 3010 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 7944 by the end of June 2018. 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 Local Government, Sport & Cultural Industries and Department of Communities for their continued support of these events.

“Winter Wonderland” Ball 2019

The SRCWA Annual Seniors Winter Wonderland Ball was a sell out once again with over 200 people in attendance. The floor show was performed by a “WA Police Pipe Band Piper and 3 Scottish Dancers”, thank you for a captivating performance. Our live dance music was presented by “Satin Doll” Thank You, a perfect compilation of dance music was enjoyed by all. The dancefloor was filled with wonderful dancers as soon as the music commenced and they continued dancing right through to the close of the day.



SRCWA State Vice President Phil Paddon welcomed everyone and introduced Mr Matthew Hughes MLA who addressed the audience on behalf of the Hon Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation. Thank you to the volunteers and staff who made this event so successful, a special thank you to Pat Paddon who made 22 snowmen that featured on the tables at the event and everyone wanted to take them home. Also so everyone had a little something to take away with them SRCWA organised little ceramic ornaments hand crafted and coloured to reflect the winter wonderland they were;- fairy wren, lady bug, echidna, mushroom and owl.

The prizes won during the afternoon were Overnight Accommodation package donated by Crown Club; Crown Gift certificate donated by Crown Perth; Travel Pass for two donated by Casey Australia Tours; 2 bottles of Moët Chandon Champagne donated by Have a Go News; A hand crafted Wooden Platter donated by MC Cabinets and a Canvas donated by Studio Twentysix Photography.

The photo booth was again very popular this year with everyone taking home printed copies of their ball photo's.

Our Special thanks go out to our sponsors Crown Perth, Have a Go News, Department of Local Government, Sport and Cultural Industries , Department of Communities, Casey Australia Tours, M.C. Cabinets and Studio Twenty Six Photography.



Pole Walking

Since SRCWA launched Pole Walking in April 2006 there have been 645 presentations to an audience/participants of over 8690 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.

Seniors of Western Australia are taking up Pole walking in increasing numbers and since SRCWA introduced it at the launch in April 2006, 2322 seniors have taken up the exercise. The 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 once a month there is a special come and try day which attracts around 20 people. 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 Quaranup Report

Monday 4th February, 2019, 27th Camp at Albany, the lists are up, the names on the dorms, the campers start to arrive, they are welcomed by Alfie and Rob, it is not long and the Bus arrives, long-time friends are greeted and the new campers introduced and made feel welcome, 39 campers in total. The luggage is sorted and everyone finds a bed. We assemble in the dining room for a quick cuppa and Ian welcomes them all to explain the risk management, the need to keep the gates closed and sorts the WiFi. Previous campers greet old friends Jo and Rob, who ran the camp previously came for tea and provided the Defib instruction and revision, we are grateful to the Albany Surf Life Saving club for supplying the instructors.

Tuesday morning starts with the tried and proven exercise session, each camper shares a routine followed by breakfast, with the duties complete it is time for the activities to start, the weather is great so canoeing is on, bush walking, craft and the jigsaw is underway, belly dancing before lunch and half a day is done. The afternoon program includes the camp discovery walk with Alfie to find the treasures and history of Quaranup, the table tennis is up and running, and boot scooting before tea, the evening activities include the Quiz Nite then a wide range of table games, Cards, Rummy-kin, Scrabble and UNO.

Wednesday is a change from the usual, at camp all morning. Exercises before breakfast, Craft, this year it is personalising a Coles printed Hessian bag, the bags are looking good, more work to make it your own, another bush walk in another direction, pole walking, dancing with Daryl and Belly dancing. The afternoon starts at Darryl Radcliffe's, a Chainsaw Sculptor, he uses chainsaws of varying sizes to carve the creations from tree logs, stumps, any form of bush timber, a very clever artist, who started to perfect his craft only 18 yrs ago, his eye for detail is second to none, some of the best executed work in any median. While there Channel 7's, Mark Gibson and a film crew arrive to record material for the Today Tonight program, the campers are invited to be part of the filming. Shopping in Albany, then on to the Big 4 Caravan Park at Emu Point, we had borrowed chairs from camp, quickly setting up for tea on the lawn in front of the KRAKEN food van, the best local Fish & Chips prepared and cooked by Heather who opened especially for us. We arrive at the Field of Lights at dusk the campers make their way up the drive to where they are comfortable, as the sun set, the darkness descends, and the light show begins, it is truly amazing, another brilliant artist, you have to see it to realise what has been created and we got to share the experience.

Thursday, today Jo returns and takes a group on the walk, more dancing, got to get the routines right for the concert, Archery after lunch followed by aromatherapy and boot scooting, Zan's movie of the previous year always provides lots of laughs, one of the new campers said this was a very crafty way of keeping everyone on the move, every couple of hours another form of movement. Tonight is Welcome to the Enchanted Forrest, well, we had a herd of Baby Unicorns, a Mushroom, a Big Black Spider, Red Riding Hood & the Wolf, a collection of the most beautiful Fairies, a very large dancing Unicorn, so many clever creation, while the judges decide on the winners the campers demonstrate their dance skills, a great night.



Friday, Pam Gatt turns Eighty today, Pam has been coming to camp for many years, teaching the belly dancing, boot scooting and helped many campers have a great camping experience, a birthday surprise was planned and we were lucky it all went to plan. Friday is concert night the belly dancers are the opening act followed by Pam Ayres, originals by Ray Webb created at camp about camp, more action from the Red Lion Pub, Owens rendition from Evita, after interval the line dancer got it right, poems from Banjo Patterson, Zan & Rob entertained us with the Mandola & Harmonica, the concert concluded with the camp singalong. Thanks to Daryl for getting the music mix on cue.

Saturday morning is here to soon, Brett arrives with the trailer, loads all the luggage, the traveller's board the bus and all too soon the camp has ended. Travel safe, have a healthy, happy year and hope to see you all in 2020.

A very big thank you for all the assistance I receive from Dawn and Martin in the office, the Staff at Quaranup, the Southern Bus Charters were amazing Brett loaded and unloaded the trailer with both the luggage and the chairs, Ian and the staff are so helpful and caring with the campers, it was much appreciated, the campers so obliging, great company, thank you.

Eileen Stark
Camp Coordinator



Project Officers, Sports Management Pty Ltd

2019 has been another outstanding year for Seniors Recreation Council of WA whose network, influence and standing continues to grow in the WA community. As Project Officers it is a privilege to be involved with this organisation.

During the year we have contributed to many of the activities conducted by SRCWA – both in the planning and implementation stages. These include but are not limited to:

- Have A Go Day – SRCWA's flagship event
- Live Lighter Aged Care Games – metropolitan and regional
- Live Lighter Seniors Activity/Information Days – metropolitan and regional
- Annual Ball
- Tech Savvy Senior Presentations
- Healthy Lifestyle Expo

All of these events have been most successful and in many instances with record attendances and a waiting list for hopeful participants - indicators of the popularity of these programs. It is pleasing to note that with the astute management of SRCWA and in particular Executive Officer, Dawn Yates, there is never any crisis and everything goes smoothly. Dawn has established an outstanding rapport with all personnel she needs to liaise with for the conduct of these events – including venue and aged care facility managers, local and State government agencies, etc. SRCWA is always welcomed back.

SMPL has represented SRCWA at various functions throughout the year and is a regular member of the Vulnerable Road Users Group – a State Government Transport initiative designed to identify and implement strategies to improve road safety. Statistics indicate Seniors are specifically identified as vulnerable road users.

SMPL has also worked on updating the SRCWA Strategic Plan 2020-2023. This is a valuable tool to guide SRCWA for the coming years.

Recognition should be made of the outstanding rapport that SRCWA has established with its many sponsors both large and small. In particular it should be noted the excellent working relationship SRCWA enjoys with Department of Local Government, Sport and Cultural Industries. This is primarily through the interaction of Dawn with this government agency and her ongoing commitment to improving the lifestyle and wellbeing of Seniors in Western Australia. Mention should be made of the sponsorship which Martin has procured and fostered for his various Tech Savvy Senior programs - many of which would not survive without these sponsors. Martin also provides SRCWA with expertise in the graphics and development of brochures, flyers etc. His workload has increased significantly since the departure of Kate Chetwin and it is always pleasant working with Martin.

Throughout the year we have lost our long-serving Treasurer, Quentin Smythe. Quentin was proprietor of "Have A Go News" which provided outstanding sponsorship in many forms to SRCWA. He is sadly missed.

Our sincere thanks to Hugh Rogers, Dawn and Martin Yates and Board Members for their support and friendship throughout the year.

Mavis Owens and Malcolm Stokes – Sports Management Pty Ltd



Healthy Lifestyles Expo 55+

On 29th March 2019 SRCWA in partnership with the City of Melville, City of Cockburn & City of Fremantle conducted the Healthy Lifestyles Expo 55+. There were 93 exhibitors at the event ranging from clubs, not for profit and commercial entities with information and activities being the focus.

Approximately 750 people attended throughout the day with many commenting on how much they enjoyed the event and the hospitality.

The catering through Culleys was excellent they even delivered about 8 trays of sandwiches complimentary which was a bonus, the sandwiches and fruit were very well received by everyone and the site holders were especially impressed with being provided lunch and tea and coffee throughout the day.

A vote of thanks and congratulations to everyone on a job very well done and an excellent event.

The signage was well received and promoted the event on the day and the advertising in the Have a Go News and Community Newspapers was a good way to promote the event to local residents.

People were very interested in pole walking at the event and some indicated that they would like to take it up as an activity.

I felt the set up and pack down went extremely well with using Widdesons Hire company as the contractor and having the Wooroloo Trustee team of guys assisting getting all the site holders in and packing up was a bonus.

Everyone was tired at the end of the day but all very happy with the event, a credit must go to the tea ladies they served hundreds of cups of tea and coffee over the course of the event and always with a smile.

Thank you to the City of Melville, City of Cockburn & City of Fremantle for Sponsoring the event and to Department of Local Government, Sport & Cultural Industries and Department of Communities for their support.



Seniors Exergaming WA

Seniors Exergaming WA continues to be well received as a low impact, fun filled social activity for seniors. July 2018 to June 2019 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 Peel, Bunbury, Rockingham, Midland & Leederville all supported by a group of dedicated SEWA volunteers. Throughout 2018-2019 we had an estimated exposure of SEWA to 2683 individuals.

Demonstrations were conducted by SRCWA Peel Branch volunteers in the Mandurah/Peel region, further demonstration of the benefits and enjoyment to be had from SEWA were also held throughout the year.

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.

Throughout 2018 – 2019 we continued to demonstrate Exergaming to Culturally and Linguistically Diverse groups. This proves to be challenging having translators relaying our presentation in 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 to 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.

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 2018-2019 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 year we held a "Seniors Photo Walk". Nothing like getting active and taking in the fresh air. A small group of seniors joined us for the 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 the Secret Garden and finished around 11.00am. On this walk we were fortunate enough to have two young ladies sit for a themed photo shoot. 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.

Be Connected—Get Online Week Seniors Tech Expo

Friday 19th October 2018 saw some 80 seniors welcomed to an excellent and exciting event where 70 seniors (participants) were invited to #try1thing at the SRCWA Seniors Tech Expo, part of the world wide movement "Get on Line Week" 15-21 October, held in the Department of Local Government, Sport and Cultural Industries building in Leederville Western Australia. Through the Good Things Foundation we were fortunate enough to secure a Be Connected Grant which enabled SRCWA to run a very successful event. The Event opened at 10.00am with a presentation on Seniors Exergaming WA (using the Xbox 360 Kinect console a seniors application) and included presentation to the "Seniors Exergaming WA 2018 Competition" Metro Champions "Harman Park Fliers". There were 9 exhibitors on hand to help and advise those in attendance, they included: After each exhibitor gave a short presentation on their products and services participants were invited to #try1thing. On trying one thing participants received an entry into the draw to win a \$100 gift card.

- Telstra
- Samsung
- Camera Electronic
- Department of Local Government, Sport and Cultural Industries
- Be Connected
- Consumer Protection WA
- Guardian Safety Pendants
- NBN Australia
- My Health Record
- Have a Go News

The winner Jeff was very appreciative of his prize and had visited the Telstra stand where he was able to recover his email account.

Participants were treated to a healthy and delicious lunch as well as tea coffee and water at the event.

Our grateful thanks go to the organisations and government departments who supported this event which helped introduce and encouraged the participants to the wonders of being online.

A big thank you to the SRCWA staff and volunteers who worked very hard to facilitate this event.

This event would not have been possible without the support we received from Be Connected and the Good Things Foundation Australia.

Crown Life

On Tuesday 19th February 2019, we partnered with Crown Perth to deliver a Tech Talk, as part of the Crown Life Program. The main topic of the tech talk was email and security with a few questions from those in attendance. The main message being "Think Before You Click!" We have all done it before clicked on a link in an email without checking where the link may lead you. Simply placing your cursor over a link in an email can display the link for you to check, a feature on computers many are not aware of. Clicking on links in phishing emails (scam emails) may lead you to fake websites. These sites are made to look like a financial institution where you will be instructed to enter your credit card details. There may even be a phone number to ring for help displayed on the fake site.

Do not follow these instructions, always refer to an original source of truth such as your statement and contact your financial institution to verify any requests. Check the website address for https:, any financial transaction online the institutions website should start with https: (S is for Secure) if you are unsure seek advice. Another issue raised was telephone scams, a call to your number with the person making a request or demand. As with email scams always refer to an original source of truth such as your statement and contact your financial institution or the department they claim to represent. The general rule is "Maintain a Healthy Level of Scepticism", never cave in to demands, and never call back on the number the caller gives you to verify their authenticity.

Scams Workshops

Due to the prevalence of SCAMS targeting older citizens, SCAMS workshop continue to be delivered in partnership with the Consumer Protection - Department of Mines, Industry Regulation and Safety 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 Mines, Industry Regulation and Safety WA team members 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

Tech Savvy Seniors 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:

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