

Seniors Recreation Council  
of WA Inc.

# Annual Report



2019-2020



Healthy Ageing Through Activity





## SENIORS RECREATION COUNCIL OF WA INC.

### ANNUAL REPORT for 2019/20

#### SRCWA BOARD MEMBERS

STATE PRESIDENT:

HUGH ROGERS

VICE-PRESIDENT

PHIL PADDON

VICE-PRESIDENT

GRAHAM BENNETT

TREASURER

MICHAEL THOMAS

BRANCH PRESIDENTS Rep

JAN McGLINN

ACCREDITED VOLUNTEER Rep

EILEEN STARK

EX-OFFICIOs

DAWN YATES (Executive Officer)

GLENN MORLEY (DLGSCI Liaison)

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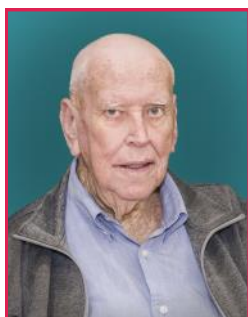
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## Retired State President's Message



I would like to express my thanks and appreciation for the wonderful 19 years I have served this organisation as State President and prior to that in my other capacities as member of SRCWA. It has been my privilege and honour to serve the West Australian Seniors during that time. With the strong support of the SRCWA Board of Management and Accredited Volunteers I have seen this organisation grow and expand to the network of Branches currently serving WA seniors. Also during this time it was immensely satisfying to see how SRCWA's programmes, events and services have grown and developed in keeping with current changes and developments over the years. It was also a privilege to represent SRCWA at the many conferences, meetings and round table forums using those opportunities to further develop and strengthen our position in the senior demographic. SRCWA's ethos is "Healthy Ageing Through Activity" and this has always been the driving mantra through all my years serving as a member of this organisation. I would like to commend the Board of Management, Executive Officer, Staff and Volunteers for all the dedicated hard work that has been done and is being done over the years to bring this organisation to the high regard in which it is held. Also I would like to commend and congratulate Phil Paddon on taking on the role of State President and wish everyone the very best for the future.

Hugh Rogers

Retired State President


## Phil Paddon, State President's Message



It is an honour to have been elected by the SRCWA Board of Management in August 2020 to fill the position of State President and I would like to introduce myself to those of you who don't know me. I have been a member with SRCWA since 2004 and been Vice President since 2007, I have served on the Board of Management and Have a Go Day committees, assisted at almost all the State events and some Regional events, developed and produced the Concert program and acted as MC at many events, I am looking forward to being part of the further development of this organisation. I accepted the role of State President following the retirement of Hugh Rogers who has done an amazing job in this position over the past 19 years growing this organisation to the current high standing in the senior community it currently holds. Hugh was instrumental in developing the Branch network, Have a Go Day, LiveLighter Seniors Activity Information Days, LiveLighter Aged Care Games, Pole Walking, Tech Savvy Seniors, Seniors Exergaming WA and supporting the development of many other programs, events and services that are now held in high regard.

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 Board of Management, Accredited Volunteers and Staff who coordinate and produce a wide range of programs.

SRCWA was required to postpone or put on hold its events and programs and move its office base to staff and volunteer's homes in March 2020 due to the COVID-19 pandemic. This affected all West Australians and was a confusing and at times frightening period especially for Seniors who were ordered to remain in their homes. WA has been fortunate, so far, to have managed the spread of the disease to



the extent that from July 2020 we moved into the recovery phases and SRCWA was able to recommence many of the activities and programs that had been on hold. During the lockdown period SRCWA continued to operate offering advice via the phone and video link to many seniors, it developed instructional videos, managed the day to day business and developed plans for post COVID-19 programs. SRCWA would like to commend the WA Government for its hard work throughout the pandemic in keeping WA safe and enabling clubs and group to reconnect with their members in a timely manner during the recovery phases. We also would like to thank the WA Government for having faith in SRCWA and enabling this organisation to begin its programs in a timely manner.

On behalf of SRCWA I would like to congratulate Jan McGlinn OAM on receiving an Order of Australia Medal, it was presented to Jan for services to Seniors through well-being programs. She has been working for and on behalf of Seniors in the Peel Region for many years including during her working life prior to joining SRCWA as a volunteer and Branch President. Jan has always held Seniors as a priority, the OAM award is well deserved, congratulations Jan.

Annual Seniors Ball - due to the Covid 19 pandemic the SRCWA Annual Seniors ball was postponed from its original date of 3rd June and rescheduled to 16th September. The Ball was held and was a resounding success and many of the participants were very happy to have had the opportunity to come together and enjoy the afternoon in such a high class setting.

In October 2019 SRCWA was greatly saddened by the loss of one of its past Vice Presidents Leigh Davis;

VALE:- Leigh Davis—16/03/1944-03/10/2019

In 2002 Leigh became a member of SRCWA, during his time with the Council he filled the roles of Board Member, Vice President, representative on Seniors Ministerial Advisory committee and friend. Leigh was involved in the development of SRCWA's Risk Management Policy and supported the development of many of SRCWA's programs and services. Leigh will be greatly missed and will always live on in the hearts of the SRCWA family.

It gives me great pleasure to present the 2019/20 Annual Report on the programs, events and activities of Seniors Recreation Council of WA Inc.(SRCWA)

I would like to thank and commend 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, eat a rainbow of food in each meal and be active for 30 minutes every day.

Phil Paddon

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 would like to especially thank Hugh Rogers, retiring State President, for all the years of being a role model and mentor, and for all the assistance and advice he has provided during his time as President of SRCWA. His guidance during the time we have worked together has molded me into who I am today. His vision and dedication to SRCWA over the years has seen the organisation grow and

develop into what is now a highly regarded and respected entity. Hugh has been a tower of strength during all the challenges that SRCWA has faced and overcome during that time. His dedication was such that he worked in the SRCWA office everyday he was State President and my appreciation and the appreciation of the team who work closely with him knows no measure.

I congratulate and welcome Phil Paddon as our new State President and would like to offer my appreciation to him for taking on this role. The SRCWA office team and I look forward to working with Phil going forward into the future.

This year SRCWA was fortunate secure additional funding from Dept. of Local Government, Sport and Cultural Industries that enabled SRCWA to employ a part-time office assistant which has been extremely helpful in managing the workload in the office. Amy Ng commenced working with SRCWA toward the end of 2019 and was a great addition to the office team, unfortunately due to family commitments Amy moved down to Mandurah in February and was unable to continue in the office. SRCWA was fortunate to have been able to immediately engage Danni McMahon to take Amy's place and join the office team along side myself, Martin Yates, Mary Kelly & Kay Klass.


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. The staff consider it a privilege to develop and present a variety of programs and to also assist the SRCWA Branches when required. Thank you to the team of volunteers and office staff whom I have worked with during the year. Your support and dedication to SRCWA is exemplary especially in these trying times.

The SRCWA Branch Presidents and committees 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. This year has been especially challenging for the Branches and I commend them for their dedication during this time of uncertainty in facing all the issues relating to COVID-19. Late in 2019 SRCWA was approached by the Shire of Carnarvon asking advice on how to engage with the seniors in that region. As a result of those discussions SRCWA was able to provide the seniors in Carnarvon a range of equipment for activities and also provide support and advice on using the activity equipment. We were also able to provide them with four second hand laptop computers and workbooks so that the seniors would be able to use the computers. The computer side of the assistance was organized by Martin through the Tech Savvy Seniors Program. The Carnarvon Seniors were very grateful for all the support and assistance SRCWA was able to offer them.

I would like to congratulate Jan McGlinn OAM, Peel Branch President on receiving the Order of Australia Medal in June 2020 for services to Seniors in well-being programs. This is a well deserved award for all the work she does and program she runs for Seniors in the Peel Region.

In February 2020 Malcolm Stokes and Mavis Owens, Sports Management Pty Ltd, concluded their





contract with SRCWA. Over the years Sports Management P/L have offered their expertise, guidance, assistance on program delivery, award nominations and submissions. Their help in these areas has been invaluable and we are very grateful for all their assistance and we are extremely pleased that they will both be continuing as Accredited Volunteers with the organisation.

Due to the COVID-19 Pandemic all SRCWA State and Branch meetings, programs & events were postponed from 20th March to 30th June, in compliance with Government recommendations.

Also during that time the SRCWA office in Leederville was relocated to both staff and volunteer homes which involved packing up the entire office and moving it to my home and then setting up computer stations in two other homes to enable SRCWA to continue working through the lockdown phase of the pandemic. For most organisations and workers working from home was expected to be for a short period of time however due to the COVID-19 Pandemic Response Team moving into the Leederville offices the period of working from home was extended to early June when we were given permission to move back into the office in Leederville. Moving everything out of Leederville office and then back into the office was very challenging especially as we were all adhering to the social distance rule but it was achieved with as minimum amount of disruption as possible to the ongoing work of SRCWA. Thanks especially to Martin who was first-class in managing the technical side of this move – and saving SRCWA considerable expenditure as it was not necessary to engage IT specialists to set up the office.

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 2019 we celebrated 27 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 in 2020 was postponed due to COVID-19 but was held on 16th September 2020.
- The Tech Savvy Seniors (TSS) computer training program continues to be popular, the program now includes, Scams workshops, digital device workshops, photo walks and club/group and instructional videos. Martin has also been instrumental in developing workbooks used with various courses.
- Pole Walking is a program that continues to encourage Seniors to embrace the activity of walking using a pair of walking poles.
- Camp Quararup - an annual seniors camp held in Albany.

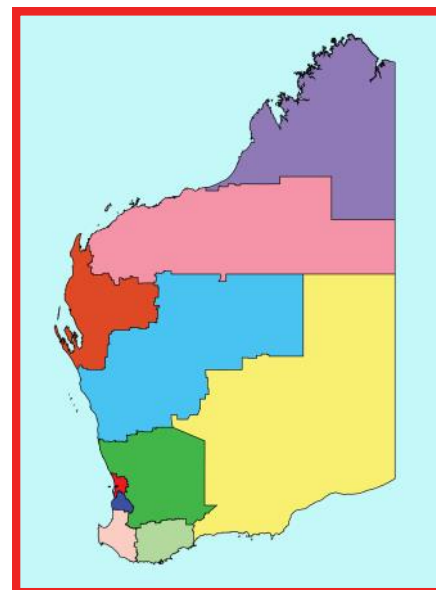
Executive Officer  
Dawn Yates



## 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

Annual Seniors Camp	Photographic Club	Take the Plunge program
Art & Craft Exhibition	Photo Walks	Tech Savvy Seniors
ChiBall	Pole Walking	Tennis
Concerts	Pole Walking Groups	Writing Life Memories
Double Dip Saltwater Exercise Program	Quiz Night	Trivia Quiz
Expos	Remembrance Day Walk	Walking groups
Fishing Day Out	Sailing for Seniors	
Fit & Flexi Winter Exercise Program	Scams workshop	
Forums	Seniors Dance	
Have a Go Days	Seniors Exergaming WA	
Indoor Bowls Tournaments	Seniors Expos	
Information Seminars	Seniors Luncheon	
Learn How To Series	Seniors Surveys	
LiveLighter Act/Info Days	Seniors Week Activities	
LiveLighter Aged Care Games	Sports Ability Pack program	
Move & Groove exercise program	SRCWA Games Day	
	Strong on Your Feet	
	Support local Clubs & Groups	
	Swing N Sway Dance 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 5<sup>th</sup> March 2020 at the Northam Recreation & Aquatic Centre. Picture the hall with 12 teams all dressed up along with Carers and Volunteers enjoying an exciting games event.

Cr Chris Antonio, Northam Shire President, attended and opened the games he encouraged all the teams to have a great time and may the best team win. Caitlin Morris, a student from Northam Senior High School, sang the National Anthem unaccompanied, she 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 group of volunteers from Fresh Start assisted with the games. SRCWA was very grateful to the staff at the Northam Recreation Centre for all their assistance in setting up the event. The volunteers welcomed all the players and assisted teams as they arrived, scored and packed down the event at the end of the day.

Entertainment was provided by Jim & Jenny's Country who entertained everyone before the games and during the lunch break and had the participants singing and dancing along. Speed Skater Alan Eades again amazed all those at the Games with a demonstration of his sport, In-Line Skating.

Lunch was provided by Avon Branch and Earth Solutions and it was a lovely healthy lunch of sandwiches, fruit and muffins.

The Perpetual trophy & Gold medal winners were Cunderdin Health Centre, WAGS team, the Silver medal winners were All Stars York team 2 and the Bronze medal winners were Goomalling Twilight Club, all remaining teams were presented with a participation medal. The winner of the Best dressed team Plaque was York All Stars Combined teams who were all dressed as blue or gold Minions. The oldest competitor was Roma Leers 97 years young and from Moora Frail Aged Lodge. Congratulations to all participants for making the day so memorable. 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, the Northam Shire and Department of Local Government, Sport and Cultural Industry for their support of this event.

The challenges that COVID-19 have presented us all with are proving to be at times difficult and frustrating but as always we are rising up and working through each and every one of them, thank you to the dedicated band of volunteers and friends in the Avon area.

I would like to thank Hugh Rogers who has retired as SRCWA's State President for the many years he has dedicated to SRCWA and for the support he has given to myself and the Branch over the years. Also congratulations to Phil Paddon on taking on the role of SRCWA's State President and look forward to working with him.

Karen Ducat  
Branch President



## Bunbury Region Branch

This has certainly been a challenging year for the Bunbury Branch with the onset of COVID-19 our LiveLighter Aged Care Games in April had to be postponed and the LiveLighter Seniors Activity Information Day which was to be held mid September 2020 was also postponed as the challenges of planning and delivering these events was unable to be addressed by the Branch. My health has also been suffering this year which has added to the difficulties faced at this time.

I would sincerely like to thank our Branch Committee, their families, our supporters & friends for their ongoing support and dedication during this time.

The Bunbury Region Branch would like to thank Hugh Rogers for his dedication to SRCWA and the office of State President, what a wonderful contribution he has made and we appreciate all that he had done for the Bunbury Branch. We would also like to congratulate Phil Paddon on stepping into the role of State President and look forward to work well into the future with him.

### LiveLighter Seniors Activity Information Day -September 13th Bunbury, South West Italian Club 2019

The LiveLighter Activity Information Day for Bunbury was held on Friday 13th September 2019 at the South West Italian Club with an estimated 900 people in attendance. Around 50 metro and regional businesses/organisations provided information and activities for those who attended. A big thankyou goes out to the South West Italian Club who supported the event which was held at their facility. A wide range of activities were available to try out including, Zumba Gold, Heart Sports, gardening workshop and Pole Walking to name a few. After a few songs from the "Serenading Singers" Mr Don Punch MLA for Bunbury officially opened the Event, thank you Don for your continuing support. Sol y Sombra – Spanish Dancer Nicole Kostezky sponsored by South West Women's Health and Information Centre wowed the crowd with her Flamenco dancing. Local Zumba legend Betty McCleary ran a few pop-up Zumba classes and the Rusty Nails Band provided entertainment throughout the day.

SRCWA thanks and acknowledges all the hard work of, the SRCWA Bunbury Branch under the guidance of Branch President, Barbara Fleay with her team of dedicated volunteers who made this event a great success. Special mention to the MC for the day Fiona Hinds, thank you to Bunbury Regional Corrective Services staff and trustees for setting up and packing down the event and to the Southwest Italian Club, City of Bunbury, Red Cross & Bunnings for their valuable support for this event.

Our thanks and appreciation goes to LiveLighter Healthway, South Western Times, Bunbury City Council for Sponsoring this event and to Government of WA for their continued support.

Barbara Fleay  
Bunbury Branch President





## Greater Geraldton Branch

Our year has been greatly disrupted by this COVID-19 thing and because of this the QEII Centre was closed for some weeks. All activities were suspended while the Centre was closed. Slowly things are returning to the Centre with our Pole Walking being one of the first things back. Our regular walkers have returned plus 2 new walkers. Wed July 15 was our first meeting since the Centre opened.

Our pole walkers have decided as the weather is warming up that we will have a walk and coffee day possibly down near the beaches as there is a choice of cafes in that area now.

Zumba started soon after the Centre opened with lower numbers but have increased slowly. The 2 instructors brought along celebration balloons to the first session to celebrate the first year of the group as this should have been celebrated in March.

Geraldton Branch would like to congratulate Hugh Rogers on 19 years of working as the SRCWA's State President and thank him for all his support for the Branch over the years.

Christine Mullender  
President



## Great Southern Branch

The LiveLighter Aged Care Games in Great Southern were held on Thursday 28th November at the Albany Leisure and Aquatic Centre.

A huge vote of thanks to our Vice President Phil Paddon and his wife Pat who made the trip from Perth to facilitate the games with assistance from a variety of volunteers. Five teams took part in a range of games which have been modified especially for seniors in care. It was great to have the facilities staff who enthusiastically support the participants and theme their teams for the day. The teams were very competitive on the day and there was also lots of laughter, cheering and shaking of hands amongst the teams. State Vice President Phil Paddon welcomed the teams and introduced City of Albany Deputy Mayor Greg Stocks to open the Great Southern LiveLighter Aged Care Games. Entertainment was provided by "The 2 Premiers" who provided a medley of songs throughout the event. In third place was Denmark Health Service "Blue Wrens, second place Bethel Aged Care and in first place Walpole Stars. Best dressed team was Bethel Vikings our oldest competitor on the day Yvonne McVeigh who is 99 years young.



## Northampton Branch

As part of Seniors Recreation Council of W.A. Northampton Branch, we have enjoyed many different activities, throughout the year.

Our Senior numbers have fluctuated with different activities and Covid 19 restrictions.

We are now enjoying weekly Indoor Bowls again, thanks to the generosity of our local hospital. They allow us to use their equipment, usually running 2 mats with 12- 14 players, 9am-12md. Morning tea supplied \$2.00 to cover costs. Always adhering to Covid 19

Tai Chi is practiced on Wednesdays, with social distancing. We have the use of the RSL Hall, being free to community groups. We have a very patient teacher (He needs to be), a fee of \$3.00 pp paid to cover costs. A Tai Chi workshop was held June 17 , with' several new people attending, enjoyable but tiring.

Aqua aerobics was started in February with good support from the community, travelling to Geraldton by Shire bus, but had to cease in March, still on hold.

In September we enjoyed a bus trip to Walkaway Museum and Greenough Wildlife Park, a beautiful sunny day, we had lunch at Greenough, visiting Greenough river mouth.

A fun sports day was held at Horrocks. Thanks to the generous use of their lovely new hall. We played Quoits, Croquet, Bocce and Horse Shoes, all part of the fun. Morning tea provided by seniors, and fish and chips were enjoyed for lunch.

Thanks to a Community Grant, Seniors Week in November 2019 saw a full bus of seniors travelling to Kalbarri, with a fabulous morning tea, and then off to Rainbow Jungle Bird Park, which is both spectacular and interesting. We enjoyed lunch with Kalbarri Seniors and visited some points of interest on way back home.

Monthly meetings have kept all seniors informed and new ideas discussed. Thanks to our hard-working committee.

An article in our monthly newspaper lets all seniors and community know what is happening in our Active Seniors activities and dates of upcoming events.

I feel that Active Seniors has offered some new activities for seniors in Northampton and I am excited to be a part of that. We are able to continue organizing our various activities due to the further generous support from the SRCWA.

John Reed, President



# Peel Branch

## Branch Committee

Our Peel Branch is now in its eighteenth year of operation and I'm pleased to present this report on behalf of our Peel Branch Committee for the financial year 2019/20. I had several months break from my volunteer duties owing to shoulder surgery and subsequent infection. Peel Committee members stepped up and things continued well. Not only did we have this, but then the Covid-19 Pandemic hit causing closure of Centres and venues where most of our activities took place.. Our Branch meetings, as well as all activities ceased over a period during March, April, May and June 2020. I am pleased to report that overall our Peel Branch recorded an operating profit of \$3766 as reported by our new Auditors Moroney & Associates in their Audit Report of our Finances. Our audit costs year was \$600.

## Programs

### Double Dip Saltwater Aerobic & Exercise Program

This program ran from January 2020 with funding of \$4,000 and registration fee of \$30 per person had 106 registered participants at the Town Beach within the Dolphin Marina complex... This program continues the success from previous years and ran throughout the months of January, February and the start of March, ending six sessions short for the season, due to Covid-19. 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, and other Lifeguards and to Meagan Cox, Exercise Instructor, who all made this program a great summer senior's activity. Special thanks to Doreen Upfield for her assistance throughout the season we intend to run the program again during 2021 season.

At the conclusion of the Double Dip Program a Special Function is normally held to present the David Doust Active Participation Award, but this had to be cancelled because of Covid-19 concerns. (Awarded to Wendy Haywood later in the year).





## ChiBall Program

Over most of the year, ChiBall was successful although our audit report shows that with 27 registered participants a loss was recorded of \$251. The instructor appointed in 2019 did not return from holidays to resume these classes. Accredited Chi Ball instructors are in the minority and hard to find. Peel Branch committee decided to cancel this program to the disappointment of the program participants and our Committee hope to find similar replacement activity in the near future.

## Move & Groove

The class proved popular with 34 people registering and participating over a three month period.

## Strong on Your Feet Program

My grateful thanks go to all our wonderful Peer Leaders, Strong on Your Feet volunteers, and to the Mandurah Community Health Centre and their physiotherapist Tracy Legg, 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. The seven Strong on Your Feet locations with 10 classes operating have had excellent attendances throughout the year and it is pleasing to note from the audit figures that 4,555 attendances were recorded.

Mandurah - Seniors & Community Centre - 2 Classes .....	897 attendances
Dudley Park - Leslie St Sport & Social Centre - 2 Classes .....	1,057 attendances
Pinjarra - Uniting Church Hall - 2 Classes .....	919 attendances
Lakelands (New Class) commenced August 2018 - 1 class .....	379 attendances
Waroona - Senior Citizens Centre - 1 Class.....	338 attendances
Falcon - E Library - 2 Classes.....	965 attendances

The agreement remains with the Mandurah Community Health Centre that no more classes being opened as they are now at capacity for their Physiotherapist.





## LiveLighter Aged Care Games 2019

This was held at the Waroona Recreation Centre/ on Tuesday 8<sup>th</sup> October.. Special thanks to the Shire of Waroona and Alcoa who supported the Aged Care Games and continue to support our organisation which we are grateful for. Thank you also to the volunteers from our Branch and walking group who participated on the day.

### THANK YOU

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, Lifeguards and all volunteers from our Double Dip and Walking Group for their support throughout this past year. Many extra hours have been put in with Covid-19 cleaning requirements and temperatures being taken of participants prior to classes and as we are all in this together, faced it full-on. Stay safe!

Grateful thanks to our CEO Dawn Yates, Martin and Head Office staff for their support which is very much 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 2019/20 financial year. To President Hugh Rogers we give special thanks and our best wishes in his retirement as SRCWA State President,

**Jan McGlinn OAM**  
**Peel Branch President**



## Rockingham Branch

I would like to thank the Rockingham Branch Executive team and wonderful Committee members, Volunteers and helpers for their hard work this year.

Due to ill health Valma Sulc has retired as Branch President and we sincerely thank Valma for all her hard work with the Rockingham Branch. I have taken up the position of Branch President and look forward to working with the committee going forward with planning and producing our programs.

Due to COVID-19 Rockingham Branch had to postpone our Have a Go Day which was to be held at the beginning of March in the Mike Barnett Sport Centre. All our programs and events were put on hold between March and end of June. We are happy to announce our Swing N Sway and Pole Walking programs are once again up and running. We are also planning our Christmas Concert in on 18<sup>th</sup> November 2020 and events for 2021.

I realise this year would not have been an easy year for any Branches and wish them all well for the coming year.

### LiveLighter Aged Care Games Rockingham

The 2019 Rockingham LiveLighter Aged Care Games were held at the Baldivis Recreation Centre off Fifty Road on Thursday 29<sup>th</sup> August. Despite the inclement weather, eight teams enthusiastically took part in a range of games developed specifically for seniors who may require care.

The Hon Pierre Yang MLC Government Whip and Member for South Metro Region officially opened the games, Pierre was impressed with the event and the participants enthusiasm. Graham Bennett the games MC took the volunteers through the rules and managed the teams throughout the games he invited all team to take their positions at the fields, shake hands and begin playing. The games were played with a lot of cheering and excitement from all the teams and supporters throughout the day. The participants were treated to a dance show performed by Swing N Sway during the lunch break, thank you Swing N Sway for a most enjoyable performance and for supporting the Rockingham Branch.

The results were- third place went to "Waters Warriors"- Bethanie Waters, Second place going to "The Stirrers" (Silver Chain Rockingham) and first place was taken out by Dalmacia (Villa Dalmacia Aged Care). Medals, trophies and plaques were presented by MC Graham Bennett & Rockingham Branch President Valma Sulc.

The best presented team award went to Warriors (Fremantle Social Centre Silver Chain) dressed as a tribe of American Indians. This year our oldest competitor, was 97 years young Nancy Bourne, of the Warriors.

A huge thank you and acknowledgment to the Rockingham Branch committee and volunteers, the Team from Wooroloo Prison Farm, SRCWA State volunteers and staff and those who helped to make this event so enjoyable for the participants and such a great success.

Thank you to the Supporters LiveLighter Healthway and Government of Western Australia.





## SRCWA Rockingham Branch Christmas Concert.

On Wednesday 4th December, the Rockingham Branch held their 2019 Christmas Concert at the Gary Holland Community Centre, a full house was treated to an afternoon of Christmas Carols and entertainment. During the concert the audience enjoyed a delightful afternoon tea and had great fun winning all the raffle prizes.

Congratulations to Valma Sulc and the Rockingham Branch committee and volunteers for an excellent Christmas Concert.

## Swing N Sway

This class is run on a regular basis out of the Port Kennedy Community Centre and has proved very popular, with around 56 participants that taking part in this activity.

Swing 'n' Sway participated provided the entertainment during the lunch break at the LiveLighter Aged Care Games in Baldivis.

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 continue 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. Unfortunately due to COVID-19 our weekly programs were forced to take a break during the lockdown stage.

Rockingham Branch would like to thank the City of Rockingham for their continued sponsorship and support of this Branch especially the support we have received during Covid-19 with postponed programs supported once they begin again.

I would like to thank Dawn and Martin and the State Office for all their help and assistance during the year and congratulate Hugh Rogers retiring as State President after 19 years for all the work he has done over the extensive time he has been with SRCWA.

Carole Overington  
Rockingham Branch President



## Mid West Branch

### 2020

This has been a challenging year for us all. Fingers crossed, sanitised, social distanced are the order of the day.

Here in Coorow we have sadly had to put our Carpet bowls on hold due to lack of numbers.

But on the brighter side our Craft Group are back in full swing. We meet monthly, make beautiful cards, coasters, calendars etc.

As from the end of July the Craft group combined with the local C.W.A. to run a café for morning teas which will run during the wildflower season. Any profits are divided between the Craft, seniors and The Coorow C.W.A.

We have been lucky in obtaining a Grant through the Coorow Shire to upgrade our facilities at the C.W.A. rooms. Yippee a new Coffee machine among other things!

Our sincere thanks go to Hugh for all his dedication to the S.R.C. over the years and wish him all the best for his retirement.

Betty O'Callaghan OAM  
Mid West Branch President



## SRCWA Have a Go Day 2019, a LiveLighter Event

On 13<sup>th</sup> November, Have a Go Day, a LiveLighter Event, was held in the beautiful grounds of Burswood Park and was a huge success. Even though it was a very warm day this year, Age was definitely No Barrier to the thousands of seniors who came along to enjoy and participate in everything that was on offer. Thank you to our major partner, Healthway, promoting the LiveLighter message.

Seniors Recreation Council of WA has an amazing Have a Go Day volunteer team who work tirelessly for 12 months and spend 3, 12 hour days putting together and presenting the event. SRCWA pays tribute to both past volunteers and the current team who through their dedication present such a professional and amazing event for and on behalf of WA's Seniors. We especially remember Quentin Smythe one of SRCWA foundation members who passed away late last year and Leigh Davis who passed away this year both people were heavily involved in past Have a Go Days. 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, man and coordinate the hospitality tents, 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 this year, volunteers from SRCWA, Dept of Local Government, Sport & Cultural Industries, 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 extend their gratitude and thanks to the team of Trustees from Wooroloo Prison who attended on Tuesday to assist the coordinators with setting up the event and on Wednesday to assist where needed throughout the day and then 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 for hosting Have a Go Day in the beautiful grounds of Burswood Park, for providing all the support in the lead up to and at the event, the grounds staff do an amazing job with the park and in supporting SRCWA at the event.

Thank you to Crown Perth for providing sponsorship towards the event and also providing free parking in the high rise parking complex and the first prize in the major prize draw for the day.

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

A big thank you to Lotterywest who once again supported Seniors' Recreation Council with a major grant for Have a Go Day and we also thank the Government of Western Australia for their ongoing support for Have a Go Day.

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 Vivienne and 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; boomerang throwing, walking hockey and football, canoeing, walking, riding on a Trishaw, Laser Pistol Shooting, Pole Walking, climbing wall, Petanque, disc golf, metal detecting, exercise to music, 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. The bottled water was supplemented by 3 large refill tanks and due to the hot weather these were put to good use.

There was a wide variety of information and display stalls for everyone to look at including clubs/groups, Model Boats, land yachts, 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.

This year the entertainment stage was Sponsored by Nicheliving for which we were very grateful. 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, The Haze Band, Wayne Pride - Entertainer and Terry Bennetts – Entertainer, the participants all enjoyed the entertainment under shade in front of the main 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: Mr S. Esmond

2nd Prize donated by Have a Go News and Kings Tours and Travel - \$500 Visa Card: Darren Roberts

3rd Prize donated by Telstra Australia – iPad: Margot Helbie

4th Prize donated by Sizzler Australia - \$200 Gift Card: Jenny Mc Caughan

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 once again 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, Government of Western Australia, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, NicheLiving, Studio TwentySix Photography, Telstra, 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 20th Edition of Add Life to Your Years is in the process of being updated, the updating process takes considerable time, it consists of updating multiple computer listings, the contact details, the directory and the online directory.

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.

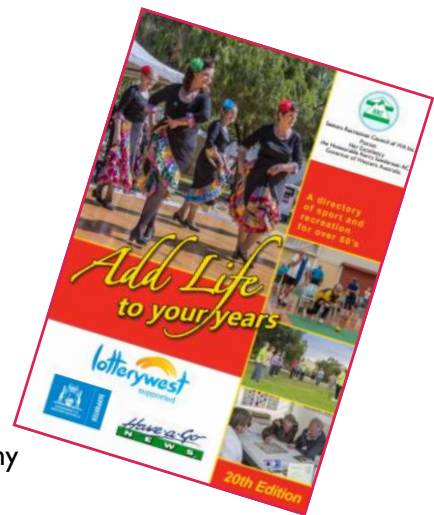
The website details are updated monthly to help keep the contact information current. There are approximately 15 updated entries requested each month.

Since the printing of the 20th Edition 14,150 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 program is an event that SRCWA is very proud of it was 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 facility.



2020 has been a challenging year with the arrival of COVID-19 which meant that a couple of our regular games Bunbury & Rockingham had to be postponed/ cancelled and those events held once we were in the recovery phase of COVID-19 attracted less teams due to Aged Care agencies going in to lockdown and the participants were unable to leave their facilities. Some of the facilities conducted their own version of the games so the residents didn't completely miss out. We are looking forward to things getting back to the new normal over the coming months

Participants are usually aged 60 to 100+, the oldest participant to date has been 105 years old, they are dependent upon agency or carer support for care, 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 August 2019 the 17th annual Metropolitan event was held, we again had the maximum number of teams registered, 20 teams took part with 315 participants participating in the games either by being part of the team or being one of the support crew cheering on their team mates. It was a pleasure to welcome Hon. Matthew Swinbourn MLC member for East Metropolitan Region to officially open the Games with Phil Paddon as MC for the day and Jim Drysdale & Jenny Cole provided the a wonderful array of entertainment at the event.

Then the winner of the LiveLighter Aged Care Games Champions of Champions trophy for 2018-2019 was announced and presented with a trophy, the winner was Aegis Balmoral, "Balmoral Royals" congratulations to the winning team for 2018/19. The Champion of Champion trophy is awarded to the

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

team that has the highest score of all the games through out a season.

The Joondalup LiveLighter Aged Care Games was the 16th event held in the Joondalup area and was held on Monday 9th September 2019 at Bouncer Sports Centre. 14 teams competed during the event with everyone having a wonderful time with lots of good competition. The Local Member for Joondalup Ms Emily Hamilton MLA opened the games with Graham Bennett as MC for the day. Jim Drysdale and Jenny Cole provided some wonderful entertainment throughout 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 the unique benefits it provides.

On the day of the events, 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 2020, SRCWA has hosted 111 competitions in both metropolitan and regional areas and more than 172 care agencies have participated. Collectively over the years the competitions have seen over 21,722 participants involved with the Aged Care Games with 1,365 participants taking part in the 2019/20 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.

Thank you to the LiveLighter Aged Care Games Sponsors; LiveLighter Healthway, Department of Local Government, Sport & Cultural Industries & Dept. of Communities





## 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 2019/20 the LiveLighter Seniors Activity Information days that were held saw an increase in the number of seniors attending those events. The organisations that attend 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 2019/20 were held at: Bunbury, Mundaring and Leederville but unfortunately due to the onset of COVID-19 2 LiveLighter Seniors Activity/Information days that were scheduled to be held in May/June were postponed and will be held at a later date.



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	

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

Since the Aboriginal Seniors Activity/Information day started in 2004, 3130 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 9150 by the end of June 2019.

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.

## Pole Walking

Since SRCWA launched Pole Walking in April 2006 there have been 765 presentations to an audience/participants of over 9940 Seniors.

Presentations have been held at Senior Centres, Clubs, Activity days, Multicultural Groups, Have a Go Days, Probus Clubs, Retirement villages, many Seniors activity centres including regional areas & at the SRCWA Office for individuals.

Pole Walking demonstrations consist 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.

Unfortunately due to COVID-19 all pole walking group activities had to take a break from March to end of June 2020 however during that period the calls and interest in Pole Walking had a dramatic increase. It was noted that Pole Walking was one exercise people could continue during the lock down period due to the nature of the exercise being easily done by individuals. SRCWA has developed a Pole Walking instructional video which was made during the lock down period and is now available on the SRCWA web site. Also during this period a pole walking manual was developed to assist pole walking trainers in the delivery of the program. SRCWA in partnership with Town of Cambridge and the Cambridge Seniors Centre have developed a training program in enable pole walking groups to be established, unfortunately this program's commencement was delayed by COVID-19 but the program is now underway.

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, 2570 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.

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.





# Camp Quararup Report

## SRCWA 28<sup>th</sup> Annual Seniors Camp at Camp Quararup –

The Camp was held on Monday 3<sup>rd</sup> February 2020 to Friday 7<sup>th</sup> February 2020. A group of 30 campers arrived for the SRCWA 2020 Camp Quararup in Albany. The camp is the ideal forum where old friendships are renewed, and new ones made. Sadly, one of our long-term campers Rosalie passed away, her contribution will be sadly missed.

During the camp participants took part in numerous activities such as bush walks, archery, craft, line dancing, low impact exercise, defibrillator instruction and revision, table tennis, exercise programs, a movie night and a camp concert. Unfortunately, due to inclement weather the canoeing activity was cancelled. On Wednesday the camp participants were treated to a day out at the Great Southern Museum for an Antarctica Experience, a virtual reality adventure. We explored Antarctica from the Helicopter Cockpit, had penguins waddle past at our feet, we saw the Southern Lights and met the researchers at the Davis Station it was so unreal, you really felt as if you were there in person. Lunch at Eyre Park followed and then it was time for the compulsory shopping expedition and bargain hunting in Albany. The day was rounded off with the testing your knowledge real or trivia quiz night.

The theme for this year's dress up night was Movie or TV personalities; we believe Ben Cartwright from the Ponderosa (Bonanza TV Series) made an appearance.

SRCWA would like to thank camp Coordinator Eileen Stark and her group of dedicated volunteers and helpers, also thank you to the Camp office and kitchen staff for all their hard work in making the SRCWA Camp Quararup an event many look forward to annually. A huge thank you to Southern Bus Charters for providing excellent service to all the campers.

Eileen Stark  
Camp Coordinator



# Project Officers, Sports Management Pty Ltd

We are pleased to provide this, our final report, to the 2019-2020 AGM of the Seniors Recreation Council of WA (SRCWA).

Sports Management Pty Ltd (SMPL) advised SRCWA in February 2020 that we were de-registering the company and thereby formally ending the contract between SRCWA and SMPL which commenced in August 2010. Initially the contract was for three years, with opportunity to extend, subject to both parties satisfaction.

During this period we have undertaken whatever duties were required of us diligently and enthusiastically and we have thoroughly enjoyed our involvement with SRCWA. These duties have included, but are not limited to, award nominations, sponsorship applications, research projects, Strategic Plan updates, representing SRCWA at meetings/functions, regularly attending SRCWA programs and contributing to the successful conduct of the SRCWA flagship program “Have a Go Day”. It has been a truly mixed bag!

2020 has been a most unusual year with the onset of the Covid-19 pandemic. Completely unpredictable, this pandemic caused significant disruption to everyone and everything. SRCWA was not immune from its impact and the additional workload required of the staff, in relocating twice, was huge.

SRCWA is a unique organisation, contributing to the wellbeing of Seniors in WA in a variety of ways. Hugh Rogers has led the organisation with great aplomb and much of its success can be attributed to his leadership. His resignation heralds a new challenge which I am sure will be successfully met under the guidance of Phil Paddon, together with the very capable staff of Executive Officer, Dawn Yates, Martin Yates and Danni McMahon.

We thank all those we have worked with over this 10 year period and wish the organisation all the very best for the future. We are happy to continue our involvement as accredited volunteers.

Mavis Owens and Malcolm Stokes  
Sports Management Pty Ltd





## 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 generally runs for 2 hours per session one day a week over 6 weeks at a group’s venue. During the year we were able to run an introduction to MS Word session for a group of 8 seniors who used the program for their hobbies and or group newsletters.

Throughout the 2019-2020 financial year the program has built on the previous year’s milestones and demand still runs high. Due to COVID-19 lockdown, some of the course availability had to be cancelled, this lead to a monthly newsletter and information videos being developed , created and implemented. The videos and newsletters around various hints and topics are available on the SRCWA website and are being utilized as an ongoing resource by various groups and individuals.

A number of decommissioned laptops were donated to the SRCWA TSS Program by the Department of Local Government, Sport and Cultural Industries. These laptops allowed for older surplus equipment to be passed on to other organisations who were exploring seniors technology support and training (e.g. Carnarvon and Kojonup).

The lockdown phase of COVID-19 required the SRCWA office space to be utilized by the pandemic coordination team, which resulted in the SRCWA Office having to relocate to an offsite location. Fortunately equipment utilized by the TSS program was sufficient to allow the SRCWA office to remain functioning with a few small equipment purchases.

### Support

Support of the program has been invaluable in expanding the reach to a greater number of seniors throughout the Western Australian Metropolitan area. A new partnership was formed with NBN who have sponsored larger gatherings around SCAMS. SRCWA Acknowledges and thanks The Department of Local Government, Sport and Cultural Industries, Department of Communities, LiveLighter Heathway, Telstra and NBN 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 WANSLEA Grand Carers Program (various Metro) Addie Mills Centre (Gosnells) Jewish Care (Yokine), Northampton and the new SRCWA TSS branch at Kojonup. Sue Bilney implemented the SRCWA TSS program in Kojonup at the start of the 2019/2020 year. All was running very well with support being given to the local Be Connected Network provider, refurbished laptops allocated to Sue at TSS Kojonup allowed for support and training to be supplied in the local area. Unfortunately due to the rise of COVID the program was suspended in accordance with government requirements. Sue is heavily involved with the Kojonup Historical Society and provides support and training for the local community on how to research and catalogue items of personal or local historical significance. Thank you Sue for all your dedication and hard work in furthering the reach of the TSS program in Kojonup and surrounding areas. Computers and resources were also made available for a group in Carnarvon who are now using the TSS model to deliver services to the local Carnarvon community.

### Digital Photography Workshops and Photo Walks

During the year two “Seniors Photo Walks” were planned and had to be postponed due to COVID.

One group workshop “How to Take Better Photos” was facilitated at RAFFA Bull Creek with 14 seniors in attendance. Once restrictions had eased during COVID a small group of over 55’s I commenced a evening photography support group for novice photography enthusiasts. The evenings include taking photographs and post processing of digital files and fellowship has become a regular occurrence.

## Be Connected—Get Online Week Seniors Tech Expo

Seventy-six seniors (participants) were invited to #try1thing at the SRCWA Seniors Tech Expo Friday 18th October 2019, part of the world wide movement “Get on Line Week” 14-20 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 Expo was officially opened at 10.00am by Hon Pierre Yang MLC Legislative Council Government Whip and Labor Member for South Metro. Thank You for your support Pierre

There were 12 exhibitors on hand to help and advise those in attendance, they included:

- Telstra – 5g what it means and Telstra Platinum 24 x 7 support for your device.
- Camera Electronic – Cameras, accessories and options for seniors planning a trip, why cameras may be a better option than mobile phones
- Trails WA – How to digitally plan your trips to and along one of the many trails throughout Western Australia.
- Be Connected Network Partner SRCWA TSS – log on and learn more about using the Be Connected free learning resources.
- Independent Living Centre WA – Technology Advice, Aids, and Options for seniors with a disability.
- Consumer Protection WA – your rights with electronic items SCAMS and how to avoid them.
- Guardian Safety Pendants – Pendants with a built-in mobile phone and fall detection to help elderly stay at home longer
- NBN Australia – What is the state of the internet infrastructure at your address what are the options.
- Robot Buddy – how robots are helping people in care and supported care at home remain active.
- Have a Go News – Digital editions and how to view them.
- Silver Chain Group VR – Google Earth VR demo and virtual experiences.
- Wikimedia Australia – How seniors can contribute to and be a part of the world largest online encyclopedia.

In addition to the above statics we had Luke Walsh from Bank West who was on hand to talk to seniors about the merits and issue of online banking.

Each exhibitor gave a short presentation on their products and services and how they help seniors in their day to day life, then participants were invited to #try1thing. On trying one thing participants received an entry into the draw to win a \$100 gift card. The winner Renate was very appreciative of her prize and had visited the Smart Care Silver Chain stand where she was able to visit her childhood home in Meriden via Google Earth in a virtual environment.

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. This event was highlighted nationally on the Be Connected Network Get Online Week grant page, and has resulted in SRCWA advising Be Connected Partners throughout Western Australia.

A big thank you to the SRCWA staff and volunteers in particular Dawn, Amy Mary, Marilyn and Kay who worked very hard to facilitate this event.

## 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 eight SCAMS workshops facilitated in metropolitan areas, with the largest audience being 160 people at the True North Church Seniors morning in Mullaloo, generally sessions attract more than 50 individuals. The seniors who attended all of the SRCWA TSS Scams sessions were very appreciative of the opportunity to find out

ways of protecting themselves when using technology as well as other direct scams. Our main objective is to instill “a healthy level of skepticism” empowering seniors to make informed decisions about their personal affairs in the digital age. 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. Ashley Merrett from NBN approached SRCWA TSS to partner in presenting information to seniors around SCAMS. Our first event at Scarborough was a great success with around 80 seniors in attendance, thank you NBN and Ashley for your support and helping to raise the level of awareness in the seniors community. Due to COVID new way of delivering content was explored via Microsoft Teams, NBN invited myself to speak via the online medium, this is developing at the moment.

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. In particular I wish retiring SRCWA State president Hugh Rogers all the best for the future. I thank him for his guidance, initiative and trust in me to make Tech Savvy Seniors the much needed and popular program it has become. Thank you Mr Rogers.

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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