



## President's Jottings

# Seniors Recreation Council of WA Inc.



Hugh Rogers State President

## MAY 2020

To all our friends and colleagues, SRCWA has been relocated to working from home during these times of social isolation and we want to assure everyone that we continue to work for and on behalf of Seniors of Western Australia in planning our events, programs and services so that when the COVID-19 restrictions are lifted we will be ready to implement them and move forward.

SRCWA is also available to assist Seniors with advice or will attempt to locate answers to questions if we are able. During this time SRCWA continues to operate and serve WA Seniors, there may be delays in responding to your queries but if you call the office on 9492 9773 and leave a message we will return your call as quickly as possible.

Have a Go Day a LiveLighter Event, 11th November 2020 the event this year will focus on Remembrance Day, we are planning to have all the Remembrance Day observances as part of the event. Expression of Interest forms are now available to all clubs/groups, Not for Profit organisations and businesses who would like to attend as a site holder and promote everything they are involved in at this event. Of course whilst SRCWA is planning to hold the event as scheduled it will remain in the planning stages until the COVID-19 restrictions on mass gatherings are lifted. Please contact the office on 94929773 or email [dawn.yates@srcwa.asn.au](mailto:dawn.yates@srcwa.asn.au) to request further information or an Expression of Interest form to be emailed to you.

### POLE WALKING

Following on from the article Jen Merigan ran in the March edition of Have a Go News featuring Pole Walking we have had a lot of interest and requests for information and have been able to organise some Seniors to commence Pole Walking during this social distancing time, thank you to Have a Go News for all their efforts in providing outstanding new and information to WA Seniors..

### SCAMS TARGET SENIORS

Scams seem to have been around no matter what era we are in. Although scams seem a lot more sophisticated these days, they have in most cases done the rounds before in one guise or another. We have been taught to lock up our physical property like houses and vehicles, the same is advisable with our digital presence (on computers and the internet).

Some things we can do to make ourselves a little more secure online is to “lock” our computer by;

- Installing regular updates, allow the operating system to automatically update at regular intervals.
- Installing Antivirus software and regularly updating it. If you have a computer and don't know how to do this ask someone who may be able to help.
- Don't click on links in “unknown websites” you may see a notification when you visit some sites which state “Congratulations You Are A Winner, Click Here To Claim Your Prize!” this may be an invitation to allow malicious software to be installed on your computer. Malicious software can affect how your computer works it may also send every keystroke you make and data to a scammers computer. This information can then be used to access personal information without your permission..

***Always Remember:***

Financial institutions will generally not send an email requesting personal details.

- If you receive unsolicited communication from a service provider treat it with caution, call the provider on the phone number on your usual statement to confirm.
- If a deal or opportunity seems too good to be true it definitely is.
- If you feel uncomfortable at any time during a request let them know you will be getting some independent advice from a trusted adviser.

Keep yourself informed on current scam trends by signing up for WA Scam Net Alerts phone the Consumer Protection Advice Line : 1300 30 40 54

If you have any concerns please contact Martin at the SRCWA Office on (08) 9492 9774 (leave a message with your details) and we will get back to you

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**For details of events and programs run by Seniors Recreation Council of WA visit our website [www.srcwa.asn.au](http://www.srcwa.asn.au)**