

Seniors Recreation Council
of WA Inc.

Annual Report



2020-2021



Healthy Ageing Through Activity



SENIORS RECREATION COUNCIL OF WA INC.

ANNUAL REPORT for 2020/21

SRCWA BOARD MEMBERS

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EX-OFFICIOs

DAWN YATES (Executive Officer)

GLENN MORLEY (DLGSCI Liaison)

ADDRESS:

246 Vincent Street, LEEDERVILLE WA

POSTAL:

PO Box 8349, Perth Business Centre, WA 6849

TELEPHONE

08 9492 9773

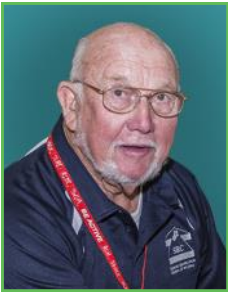
FACSIMILE

08 9492 9775

EMAIL: info@srcwa.asn.au

WEB: www.srcwa.asn.au

Phil Paddon, State President's Message



It gives me great pleasure to present the 2020/21 Annual Report on the programs, events 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 Board of Management, Accredited Volunteers and Staff who coordinate and produce a wide range of programs.

SRCWA was once again required to postpone or put on hold some of its events and programs and continue to move its office base to staff and volunteer's homes due to COVID-19 lockdowns. This has affected all West Australians and can be confusing at times. WA has been very fortunate, so far, to have managed the spread of the virus and we hope that continues. Most of SRCWA's activities and programs have continued with minimal disruption and for that we are very grateful. 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. We also would like to thank the WA Government for having faith in SRCWA and enabling this organisation to continue to conduct its programs and activities.

Thank you to Mavis Owens who has taken on the portfolio of SRCWA Vice President and to Colin Steer, who has taken on the portfolio of SRCWA Treasurer.

In 2021 SRCWA was greatly saddened by the loss of its past State President Hugh Rogers & the loss of Greater Geraldton Branch President Christine Mullender.

VALE:- Hugh Rogers 11/08/1935—18/05/2021:- Hugh joined SRCWA in 1992, during his many years with the Council he held the roles of State President, Treasurer, Board Member, Mentor and friend. Hugh was involved in the planning, development and implementation of many of SRCWA's programs and services. These included branch expansion, Have a Go Days, LiveLighter Aged Care Games, LiveLighter Activity Information Days, Pole Walking, Tech Savvy Seniors, Add Live to Your Years, Annual Seniors Ball and many more. Hugh was also instrumental in developing the organisations' constitution and provided this service to clubs and groups over the years. Hugh's tireless leadership, combined with his personal vision, creativity and innovative thinking helped him carefully guide the Council to a position of influence and high standing. He will be greatly missed and will always live on in the hearts of the SRCWA family.

VALE:- Christine Mullender 16/11/1949 —22/01/2021:-Christine was a founding member and President of the Greater Geraldton Branch of SRCWA. During her time with the branch she encouraged many seniors to participate and reap the benefits of engaging in an activity. Christine's enthusiasm and contribution to the Greater Geraldton Region will be sadly missed by all.

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 for delivering these programs.

Thank you to all the Accredited Volunteers, Staff, Mentors, Sponsors and supporters, your dedication to SRCWA and WA Seniors enables us 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 unique to WA and we are 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. 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 is exemplary especially in these trying times.

This year was difficult on many levels but the most difficult thing we had to cope with this year was the passing of Hugh Rogers, SRCWA past State President and my father. His passing is a great loss to the organisation and to our family. I would like to thank everyone for their support and words of comfort during this time, it meant a great deal to me and my family. His funeral was a wonderful celebration of his life and achievements and I know he will be greatly missed by everyone.


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 when facing all the issues and added responsibilities relating to COVID-19.

Due to COVID-19 lockdowns SRCWA State and Branch meetings, programs & events have been interrupted and some events were cancelled and some postponed. The Annual Camp at Quaranup was one event that was cancelled which was very unfortunate and all the camp attendees were disappointed to miss the camp but in true seniors style the camp is on again in 2022 and registrations have begun.

Following last years AGM over 70 people came together to celebrate Hugh Rogers's retirement as State contributions to SRCWA over the 29 years he dedicated to the organisation as he retired as State President. Speeches and presentations were made to Hugh remembering all the wonderful times throughout the years including a wonderful pictorial tribute. The Hon Mick Murray also spoke acknowledging Hugh's contributions over the years and he also made an acknowledgement speech in Parliament as well. It was wonderful to see so many current and past friends at the luncheon and I know Hugh really enjoyed it.

In partnership with the Town of Cambridge who conduct their Cambridge Living Well with Dementia Program we have developed a Pole Walking group. The program received funds to conduct this pole walking program with SRCWA training their trainers and assisting with demonstrations. This program was scheduled to commence just as the COVID-19 restrictions began so the program was put on hold. The program commenced in July 2020 with the first group session and Train the Trainer session held at Lake Monger, there were 12 people in attendance with 8 of them putting up their hands to become Pole Walking leaders. The group sessions and train the trainer sessions have now been completed and the pole walking group is growing in numbers and the pole walking leaders trained by SRCWA are leading weekly group walks. Thank you to Jessika Wallis, Community Development Officer, Town of Cambridge for facilitating this wonderful program.

It was great to see the Metropolitan LiveLighter Aged Care Games which in August 2020 only had 6 teams take part was increased to 14 teams in August 2021, showing the dedication of the Aged Care agencies to support the program and how much the participants love the event.



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.
- The Annual Seniors Ball in June 2020 was postponed due to COVID-19 but was held on 16th September 2020 & then held on schedule on 2nd June 2021.
- 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 grow encouraging Seniors to embrace the activity of walking using a pair of walking poles, this is the one

Executive Officer

Dawn Yates

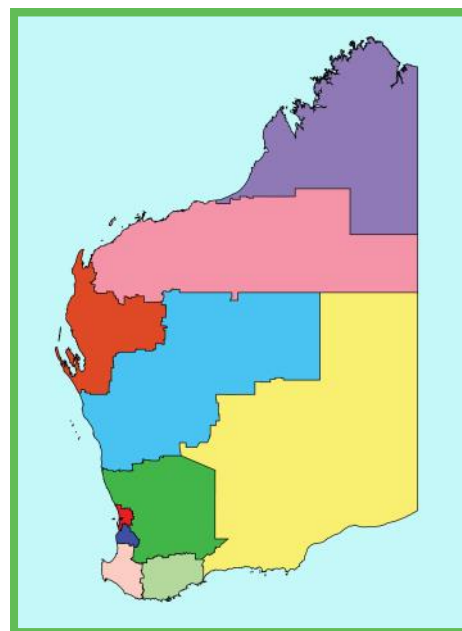
Regional and Branch Support

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

Art & Craft Exhibition

Concerts

Double Dip Saltwater Exercise Program

Expos

Fishing Day Out

Fit & Flexi Winter Exercise Program

Forums

Have a Go Days

Indoor Bowls Tournaments

Information Seminars

Learn How To Series

LiveLighter Act/Info Days

LiveLighter Aged Care Games

Move & Groove exercise program

Photographic Club

Photo Walks

Pole Walking

Pole Walking Groups

Quiz Night

Remembrance Day Walk

Sailing for Seniors

Scams workshop

Seniors Dance

Seniors Exergaming WA

Seniors Expos

Seniors Luncheon

Seniors Surveys

Seniors Week Activities

Sports Ability Pack program

SRCWA Games Day

Strong on Your Feet

Support local Clubs & Groups

Swing N Sway Dance program

Take the Plunge program

Tech Savvy Seniors

Tennis

Writing Life Memories

Trivia Quiz

Walking groups

Yoga

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.

LiveLighter Aged Care Games - Avon

The LiveLighter Aged Care Games were held on 25th March 2021 at the Northam Recreation & Aquatic Centre. Teams of Seniors in Care from the Avon region, dressed in their team colours or theme along with Carers and Volunteers came together for an exciting games event. The games played were seated hockey, seated passball, bean bag toss & skittles, there was much enthusiasm and lots of laughter throughout the day. The Seniors in Care practice these games throughout the year and on games day they all enjoy the atmosphere of competition once again.

Cr Chris Antonio, Northam Shire President, attended and opened the games, congratulating SRCWA on being the first event that had to be re-scheduled after the Northam floods to be held. He encouraged all the teams to have a great time and may the best team win. Caitlin Morris, sang the National Anthem unaccompanied, she sang beautifully.

Phil Paddon, SRCWA State President Announced the Champion of Champions winner for the round of games held during 2019/2020 round of events. The winning team was Cunderdin Health Centre "WAGS" with the highest score of 353 points. Unfortunately this team was unable to attend the games so the trophy was presented to Cr. Chris Antonio on their behalf. Congratulations to Cunderdin Health Centre on winning this trophy.

Phil Paddon was MC for the day 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 along with their beautiful rendition of the many songs they sang. 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 soup, sandwiches, fruit and muffins.

The Perpetual trophy & Gold medal winners with 339 points went to Goomalling Twilight Club, the Silver medal winners with 323 points Dowerin Home Care, Gentle Gym and the Bronze medal winners with 299 points were York All Stars. All remaining participants were presented with a participation medal for taking part in the games, some participants hang these medals in their rooms or homes as they are so proud of being presented with a medal. The winner of the Best dressed team Plaque was York All Stars who were all dressed as the Mighty Ducks, with the mascot Sir Quack a Lot, it was very bright and colourful. The oldest competitor in these games was Adelaide Kothstein 94 years young from the Northam Over 60's Group.

Congratulations to all participants for making the day so memorable filled with so much fun. 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 our partner LiveLighter Healthway, the Shire of Northam and Department of Local Government, Sport and Cultural Industry for all their support.

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 the State Office team for all their assistance during the year and offer condolences on the passing of our past State President, Hugh Rogers, who passed away in May, he will be missed.

Karen Ducat
Branch President

Bunbury Region Branch

This has once again been a challenging year for the Bunbury Branch with the ongoing management of COVID-19 lockdowns and disruptions. The LiveLighter Seniors Activity Information Day which is usually held mid September was postponed to Mid November and we have changed the venue to the Stirling Street Arts Centre, Bunbury. We are currently taking bookings for the event.

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 was extremely sad at the passing of Hugh Rogers and acknowledge his amazing contribution to this organisation.

LiveLighter Aged Care Games—Bunbury,

The South West Sports centre came alive, after a twelve-month break due to COVID, for the annual SRCWA Bunbury LiveLighter Aged Care Games on April 22nd 2021. The atmosphere was electric full of seniors all dressed in team colours competing, and cheering from carers and supporters.

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. Thank you also to the staff of Bunbury Regional Corrective Services and a team of workers for their assistance with the setting up and packing down all the chairs and trestles for the event.

The games were officially opened by local councillor Betty McCleary who also provided our lunch time entertainment. Betty had people up out of their seats 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.

At the end of the day local member for Collie-Preston electorate Ms Jodie Hanns MLA, who represented the Minister for Seniors and Ageing Hon. Don Punch MLA, presented the plaques trophies and medals to; Best Presented team "South West Community Care", third place "South West Community Care", second place "Community Home Care Collie" and first place "Ocean Star Superstars". Our oldest competitor at the games was 93 year old Ursula Eaton from the "Ocean Star Superstars" team.

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

Barbara Fleay

Bunbury Branch President



Greater Geraldton Branch

Another year has gone and still Covid 19 lingers.

Things are slowly getting back to some normality.

In January our President Chris Mullender passed away she is greatly missed. I Val Brown am trying my best to keep Chris's work up. It is all new to me.

We had a walk on the foreshore on April 14th, members stayed and had coffee at a nearby Café. We hope to have another walk on 18th September, when the weather is much warmer.

Numbers have been down for the last couple of Wednesday's at the centre, the weather hasn't been very nice here.

Hope to have a Christmas morning tea for the last Wednesday before the Centre closes for the Christmas Break then we will be back in January 2022.

Val Brown

President



Mid West Branch

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

Great news we are back bowling so Carpet bowls are held each Wednesday morning from 9.30am.

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!

It was very sad to hear about Hugh Rogers's passing he was a tireless worker in the community and especially with SRCWA, he will be missed.

Betty O'Callaghan OAM

Mid West Branch President



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.

Northampton is looking green again and we are looking forward to a great wild flower season.

we have been busy, our seniors bowls now has 20 members who enjoy coming together to play bowls on a regular basis.

The swimming group of around 5-7 each week enjoy their activity and we have been running quizz afternoons which our members really love, April Poad is our quiz master and our vice president.

During the year we have been on bus trips to Kalbarri and the sky walk, we also visited Geraldton for films and Morning melodies which everyone really enjoys.

Last week on our bus trip we went to a school production of "Alice in Wonderland" which was absolutely wonderful.

Thank you all so much for your support.

Lyn Brunke,
Northampton Branch.



Peel Branch

Branch Committee

Peel Branch is now in its nineteenth year of operation and I am pleased to present this report on behalf of our Peel Branch Committee for the financial year 2020-21. During the year, our Branch Committee meetings were held on the first Wednesday of each month, with the exception being Covid-19 dates coinciding with lockdowns and mandatory mask wearing, throughout months January, February and during June 2021. Sad to report that David Doust a member of our Committee passed away. Dorothy Best relinquished her position as Treasurer and later resigned from our Branch Committee and Colin Steer, then appointed to the dual position of both Vice President and Treasurer. It was a pleasure to have Robyn Ackroyd also join our Peel Branch Committee.

Financial

A decision was made to appoint Christine Steer as our SRCWA Peel Branch book-keeper and also to offer the position of Temporary Treasurer to new volunteer Maree White to keep things flowing smoothly during Colin's holiday absence. Peel Branch had their 2019-20 financial books audited by firm Moroney & Associates. Dower St Mandurah in 2020 and a healthy financial position was reported at the Peel Branch Special General Meeting held 18th September 2020.

Activities

Double Dip Saltwater Aerobic & Exercise Program

Double Dip Water Aerobic Program 2020-21 ran from January to March 2021 and was a great success. Wendy Cole, Jean Beadle doing aerobics sessions and lifeguard duties and Doreen Upfield and Gavin Ranford helping with required volunteer duties. 93 seniors were registered participants in this three-month program. A function was successfully held after the completion of the Double Dip program for this financial year.

Meagan Cox who had completed years of instruction work with our Peel Branch with Double Dip and Fit & Flexi programs advised she was going into her business full-time and would not be available for future work.

ChiBall Program

After the decision of Karen Nurse, ChiBall instructor to retire as instructor we appointed another instructor, but unfortunately he did not return after the Christmas break, and with no other instructor being available, it was decided to end this particular activity.



Yoga

This program commenced on the 2nd October 2020 with Carol Dawson as the Yoga instructor. It has been a great success to date with regular attendees numbering 23 to 25 weekly. Eleanor Venables is a volunteer who has filled in as instructor. Both instructors Carol and Eleanor have now received their qualifications as Chair Yoga instructors. The Yoga program is held at the Leslie Street Seniors & Community Centre weekly with between 20-25 seniors attending regularly.



Strong on Your Feet Program

This program has ten classes running within the Peel Region. This last financial year has certainly had its difficulties, with Covid-19 shutdowns, special cleaning requirements and taking of temperatures before classes



commence. Two classes are held weekly at Mandurah Seniors & Community Centre, two classes at Falcon, two classes at Pinjarra, two classes at Leslie Street Centre and one at both Lakelands and Waroona. Class costs have been kept at a minimum of \$5, which includes morning or afternoon tea. All Peer Leaders assessed regularly by a Physiotherapist from Mandurah Community Health Centre as required. Most classes have 20 registered in each class and feedback is so positive from those attending. Peer Leaders have been doing this voluntary role for eight to ten years now and several will be leaving in the next financial year.

Grants

Several grants were obtained throughout the year for our Programs. \$1500 obtained from Alcoa Australia for Move & Groove \$800 (changed to Fit & Flexi) and for \$700 towards Peel Liveliighter Aged Care Games consumables. A Targeted Participation grant from DLGSR for \$5,000 was obtained to commence a Yoga for seniors program, including Chair Yoga qualifications for two of our instructors.



LiveLighter Aged Care Games 2020

This was held at the Pinjarra Recreation & Aquatic Centre on Tuesday 13th October.. Special thanks to the Shire of Murray 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, walking group and State Office who assisted on the day.

Volunteers

I wish to sincerely thank my Peel Branch committee members, instructors and volunteers and attendees who have helped to make this 2020-21 the year it was and hope you all stay safe in the future.

Thank you also to the Staff and volunteers from the State Office for all their help and assistance throughout the year.

Peel Branch was greatly saddened to hear of the passing of Hugh Rogers SRCWA past State President this year. Hugh was a great help to the Peel Branch till he passed.

Conclusion

Overall, a very successful year, despite the setbacks caused by the Covid Pandemic. We look forward to continuing Healthy Ageing Through Activity programs for our seniors within our Peel Regional areas.

HEALTHY AGEING THROUGH ACTIVITY

Jan McGlinn

Peel Branch President



Rockingham Branch

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.

I have enjoyed working as Branch President and although due to COVID some of our programs had to be postponed or cancelled it has still been an exciting although somewhat challenging year.

Aged Care Games

Due to COVID-19 Rockingham Branch had to cancel our LiveLighter Aged Care Games which was to be held in August 2020 at the Baldavis Recreation Centre. We are happy to announce our Swing N Sway and Pole Walking programs & our Concerts are once again up and running. We are also planning our Christmas Concert and events for 2022.

It is with great sadness we remember our Past President Hugh Rogers who passed away in May and applaud his many years of dedication to SRCWA and his support of the Rockingham Branch.

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

Have a Go Day a LiveLighter Event 2021

The 2021 Rockingham Have a Go Day a LiveLighter Event was very successful and attracted an estimated 900 seniors who were treated to a lovely day out. This was the 10th Rockingham Have a Go Day, a LiveLighter Event which was held for the first time held at the Mike Barnette Sports Complex in Rockingham. There were more than 80 sites and activities spread across the main hall showcasing Seniors' Clubs, Groups, Agencies and Businesses from the Rockingham and surrounding areas.

The Hon. Don Punch MLA Minister for Seniors and Ageing opened the event at 10.30am. This was the first official engagement for Minister Punch in his portfolio of Seniors and Ageing, he encouraged seniors to "Have a Go" at one of the many activities on offer or visit one of the many clubs groups and services at the event. Then City of Rockingham Deputy Mayor Deb Hamblin spoke on behalf of Mayor Barry Samuels. Activities and entertainment included, Swing n' Sway, Janie's Boys Choir, Indoor Bowls, Pickle Ball, Hart Sports Equipment, Quoits, Game of Bob, Seated Air Soccer, Cycling Without Age – Tri Shaw, Exergaming, Carpet Golf, and Silver Chain VR experience. Thanks to the hard work of the SRCWA Rockingham Branch volunteers and the assistance from the SRCWA State Office the day was a resounding success and ran extremely smoothly. The Lions Club of Rockingham provided a Sausage Sizzle to all participants and volunteers on the day which complimented the free tea, coffee and bottled water on offer from the SRCWA Rockingham Branch volunteers, thank you all for your hard work. We also thank the crew from Wooroloo and the local Clubs and Groups who's hard work was invaluable in making this a great event. Thank you also to Cockburn Party Hire who set up and packed down the event. Thank you to SRCWA Official photographers Martin Yates and Richard Dermody who were our photographers on the day. This event would not have been possible without the magnificent sponsorship of; City of Rockingham, Have a Go News, LiveLighter Healthway, Government of WA, IGA Chelmsford Ave, Kennards Hire and Cockburn Party Hire.



2020 Christmas Concert.

Wednesday November 18th 2020 Rockingham was rocking to the dulcet tones of Moira J. Scott and Wayne Pride at the Rockingham Branch Christmas Concert. We had a full house of 210 seniors enjoying the wonderful show and afternoon tea. Thank you to the Rockingham team of volunteers who worked hard setting up and packing down the venue, serving tea & coffee and delivering the afternoon tea to the tables. Also a big thank you to those who took care of the raffle on the day. There were people dancing in the isles and tapping their feet to the beat at the Gary Holland Centre where the concert is held each year.

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 take part in this activity.

Swing 'n' Sway provides entertainment during the lunch break at our LiveLighter Aged Care Games.

We would like to thank the City of Rockingham for the continued funding to cover 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.

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

I wish to sincerely thank all our dedicated volunteers from Rockingham Branch - Committee members and Activity Leaders, for their support throughout the year. Also I would like to thank Dawn and Martin and the State Office for all their help and assistance during the year, their advice and support has been invaluable.

Carole Overington
Rockingham Branch President



SRCWA Have a Go Day 2020, a LiveLighter Event

Have a Go Day 2020, a LiveLighter Event; 11th November, Remembrance Day at Burswood Park.

We were surprised by the thousands of Seniors and participants who attended Have a Go Day as we felt that due to COVID and the restrictions it may have affected the number of attendees, this was not the case.

This year we partnered with the Victoria Park-South Perth RSL sub-branch to include Remembrance Day observances as part of the event.

Thank you to our major partner, Healthway, promoting the LiveLighter message.

Congratulations to the Have a Go Day team who work tirelessly for 12 months and spend 3, 12 hour days putting together and presenting the event, their dedication presented such a professional and amazing event for and on behalf of WA's Seniors. The coordinating committee organise the layout & management of the event and this year that was made even more difficult with two days of rain and windy weather hampering their efforts but true to their magnificent form they were all on board at 5.30am on Wednesday to present the polished event.

This year was particularly difficult in the lead up to the event with all the uncertainty of COVID and the extra requirements needed to present a safe and well planned event. There was a lot of COVID specific signage around the grounds and in the toilets. Also provided throughout the event were 15 touchless hand sanitizer stations and every site holder brought a bottle of hand sanitizer and disinfectant wipes to use on the day. We have had many positive comments about the adherence to COVID requirements at the event. Many volunteers came on board this year from SRCWA, Dept of Local Government, Sport & Cultural Industries, Have a Go News, SRCWA Branches, family, friends and general public who once again amaze us by assisting 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 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 882am 6PR and it was a pleasure to have the Hon Mick Murray MLA, welcome everyone to the event and compliment SRCWA on such an amazing event. A moving Welcome to Country was conducted by Mort Hansen who invited everyone to have a great day. The WA Police Pipe Band played the National Anthem and at the conclusion of the Official 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. SRCWA was very appreciative of the Victoria Park-South Perth RSL sub-branch for their partnership in taking care of all the Remembrance Day Observances at the event. During the official opening the RSL organised the laying of wreaths by Hon. Mick Murray MLA, Phil Paddon SRCWA State President & Ron Baker from Vic Park-South Perth RSL, the bugler, Luis Lim, who called everyone to silence for one minute around the whole ground and then the wonderful fly past with two planes and poppies dropped over the grounds, many of the poppies were returned to the RSL tent where prizes were also given. The Remembrance Day inclusions in this years event added to the wonderful atmosphere that was felt around the grounds throughout the whole day.

There was a wide variety of activity and information sites where participants were encouraged to have a go and collect information from. 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. Health checks were also available at different locations around the grounds.

This year the entertainment stage was Sponsored by Ingenia Gardens who also ran activities throughout the day, thank you Ingenia Gardens for your support.

The entertainment/activity this year was MC'd by Jim Drysdale & Jenny Cole with the entertainment line up including: WA Bush Poets & Yarnspinners, Jazz Club of WA, WA Police Pipe Band, Jim Sings Country and Terry Bennetts with Sally Jane rounded off the fabulous entertainment line up just prior to the Major Prize Draw – 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.

SRCWA wishes to once again express a huge thank you to all our valued Sponsors, Partners & supporters who provide the means with which to make Have a Go Day, a LiveLighter Event, a success, they 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, Ingenia Gardens, Studio TwentySix Photography, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Telstra, The Hire Guys & Scarboro Toyota.



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 current Edition of Add Life to Your Years is regularly updated, in the online directory.

The Add Life to Your Years online 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. This proved successful with people travelling throughout the State being able to access information specific to the region to which they are travelling.

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.

Since the printing of the 20th Edition 14,150 hard copies of that edition have been distributed.

The information regarding Add Life to Your Years is distributed through public libraries, Local Government Agencies, Heart Foundation, Diabetes Associations, Seniors Card Office, DLGSC metro & regional offices. Through advertising in 'Have a Go' News many individuals have requested information 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 past sponsorship from Lotterywest, the continuing support of Departments of the WA Government and Have a Go News, all of which helps to make the information in this publication available to Seniors across the State. 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.



SRCWA TV

SRCWA commenced production of short video's featuring clubs and groups to assist them to promote their activity as well as instructional videos. Martin Yates visits a Club or Group who request his assistance in this manner and spends the morning or afternoon recording during the club meet time. Then the video is edited to produce the finished product which is uploaded to YouTube.

Moving into digital delivery of information about activities such as Pole Walking, Tech Bytes, Clubs and Groups became necessary as the community emerged from COVID lockdown. This initiative was implemented as a pilot as a means for individuals to engage with clubs and groups. The videos are also available for the club or group to use to promote their activity and are freely available via a YouTube Channel.

The infrastructure to make this new program possible has been made available through Studio Twenty Six Photography and we appreciate their support.



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.

2020/21 has been challenging once again, trying to contend with the issues of COVID-19. This year has attracted an increase in team number however we have not achieved the number of teams that we were at pre COVID.



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 2020 the 18th annual Metropolitan event was held at Belmont, due to the onset of COVID we had 6 teams participating in the games but we were grateful to have been able to conduct the game at that time. It was a pleasure to welcome Cr Phil Marks, City of Belmont Mayor, 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.

The Joondalup LiveLighter Aged Care Games was the 17th event held in the Joondalup area and was held on Monday 7th September 2020 at Bouncer Sports Centre. 4 teams competed at the event with everyone having a wonderful time with lots of good competition. Phil Paddon our new State President opened the games and was the MC throughout the event. 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.

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

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 2021, SRCWA has hosted 119 competitions in both metropolitan and regional areas and more than 172 care agencies have participated. Collectively over the years the competitions have seen over 23,426 participants involved with the Aged Care Games with 704 participants taking part in the 2020/21 season. The number of participants was dramatically reduced due to COVID-19 reducing the number of events and teams.

The LiveLighter Aged Care Games 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. Even though COVID 19 impacted on the games events during the year it did not impact on the facilities playing the games in house which has been reported to SRCWA.

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

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

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 2020/21 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 2020/21 were held at: Belmont and Leederville but unfortunately due to COVID-19 lockdowns some LiveLighter Seniors Activity/Information days had to be postponed and will be held at a later date. We were very fortunate to have been able to hold the two events I on schedule and I was postponed due to lockdown but both event were very successful and popular.



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, 3190 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 9501 by the end of June 2021.

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.

“High Society” Ball 2020



The “High Society Seniors Ball” was held at Crown Perth in the Astral Ballroom on Wednesday 16th September.

Despite having been postponed due to Covid-19 the Ball was well attended with 190 people dressed beautifully ready to enjoy an afternoon of dancing and entertainment. Seniors who attended the event were appreciative to have such a beautiful venue to come together and enjoy themselves. SRCWA acknowledges the hard work and commitment of the McGowen Government in getting our community to the position where we are able to facilitate events like the Annual Seniors Ball during Covid-19.

SRCWA State President Phil Paddon welcomed everyone and introduced Mr Brad Jolly, Assistant Director General Dept of Communities who addressed the audience on behalf of the Hon Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation.

Our Special thanks go out to Crown Perth and its staff who ensured all the requirements specific to Covid were maintained and provided a lovely three course afternoon tea served individually to all participants.

During the afternoon tea break we were treated to a floor show by “Moira J. Scott – Patsy Cline Tribute”, Moira was a wonderful entertainer, thank you, Moira for a captivating performance.

Our live dance music was once again presented by “Satin Doll” Band, Thank You! a perfect compilation of dance music throughout the afternoon and giving the spot prizes donated by Have a Go News.

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 Moet Chandon Champagne donated by Have a Go News and a Canvas donated by Studio Twentysix Photography.

Thank you to our sponsors, Crown Perth, Have a Go News, Government of Western Australia, Casey Australia Tours, and Studio Twenty Six Photography without your continuing support the High Society Ball would not have been possible.

SRCWA thanks its volunteers and staff for all their hard work in making these successful events possible. Thank you to Sarah, Kate and Danni for manning the Studio Twenty Six Photo booth and Martin our photographer who provided everything to enable the photo prints to be free at the event.



“Under the Sea” Ball 2021

The SRCWA “Under the Sea Ball” was held on 2nd June 2021 at Crown Perth in the Astral Ballroom, it was a huge success with 245 people in attendance, this is the highest number of attendees for years. As soon as the music started the dance floor was filled with ballroom dancers looking magnificent in their beautiful attire, it was a picture to behold. The dancing throughout the afternoon was wonderful to watch as part of the audience so if you weren't a dancer there was something to keep everyone happy.



The official opening commenced with SRCWA State President Phil Paddon welcoming everyone and then introducing the new Minister for Seniors and Ageing, The Hon Don Punch, who addressed the audience and officially opened the event. Minister Punch stayed and enjoyed moving around the room talking to attendees, he really enjoyed the afternoon. The live dance music was presented by “Satin Doll Band”, Thank You! a perfect compilation of dance music which kept everyone on the dance floor all through the afternoon and also the line dancers who made good use of any available space to dance in the ballroom.

The ballroom was decorated with under the sea themed balloons and table centres that volunteers and staff put together and decorated following the theme. Everyone loved the chocolates and the pens supplied by Crown & SRCWA.

During Crown's delicious afternoon tea break a floor show was performed by “Klassworks Entertainment”, a wonderful singing duo who also had the attendees dancing to their tunes including a Bollywood number, thank you so much.

SRCWA thanks the hard working volunteers and staff who made this successful event possible. Thank you to Sarah and Kate for manning the Studio Twenty Six Photo booth and Martin & Richard our photographers who provided their photographic services.

Our appreciation goes to the Crown Perth event manager and staff who looked after everyone throughout the afternoon, nothing was too much trouble and everyone had a really great time.

Thank you to Crown Perth for providing a \$500 & \$150 gift card as prizes and to Have a Go News for providing a lovely bottle of Taitinger Champagne and chocolates plus 4 spot prizes also given away at the ball also thank you to Studio Twenty Six for donating a beautiful canvas. Everyone who won the prizes were very happy and excited to receive them.

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 and Studio Twenty Six Photography.



Pole Walking

Since SRCWA launched Pole Walking in April 2006 there have been 890 presentations to an audience/participants of over 10,460 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 Armadale, Bremer Bay, Burswood, Bunbury, Cambridge, Coorow, Fremantle, Gosnells, Leederville, Mandurah, Melville, Mundaring, Northam, Peel, Pinjarra, Rockingham, Scarborough, Stirling Swanview and many others.



Pole Walking demonstration 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.

Due to COVID-19 some of the group walks were cancelled during the lockdown periods other than that 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. There has been very positive feedback regarding the pole walking video and many who come in for a demonstration and to try the activity have already seen the video and said it encouraged them to contact SRCWA to take up pole walking.

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, 2630 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 be 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 group in Kelmscott have a regular weekly walking group of between 8 to 10 members. During the year in partnership with the Town of Cambridge and the Cambridge Seniors Centre a group of around 15 seniors took up pole walking. SRCWA provided the initial

group training session and also trained Pole Walking leaders specifically for this group. The group meets weekly and sometimes twice a week and are enjoying this outdoor exercise.

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.



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.

Throughout the 2020-2021 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 led to a monthly newsletter and information videos being developed, created and implemented.

During intermittent lockdown phases of COVID-19 the SRCWA Office had to relocate to an offsite location. Fortunately equipment utilized by the TSS program was once again sufficient to allow the SRCWA office to remain functioning.

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, Telstra and NBN in helping to make the Tech Savvy Seniors program the great success it has become. Please accept our thanks for your continuing support.

Tech Savvy Seniors Affiliate Centres

We have 3 stand-alone centres in metro and regional areas each having a volunteer delivering Tech Savvy Seniors material. The areas are Carnarvon, Northampton and the new SRCWA TSS branch at Kojonup. Sue Bilney continued to support the SRCWA TSS program in Kojonup at the start of the 2020/2021 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 four “Seniors Photo Walks Meetups” were facilitated at Tomato Lake Belmont, South Perth Foreshore, Burswood Park and North Beach.

A small group of over 55’s attend an evening photography support group for novice photography enthusiasts on Thursday nights. 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

Due to the outstanding efforts of WA Government, Health Workers and the Community at large, we were able to run the Get Online Week SRCWA Seniors Tech Expo on Friday 23rd October 2020. At the Expo, we reminded Seventy-six seniors that, “now is the time to get online”.

The Expo held in the Department of Local Government, Sport and Cultural Industries building in Leederville Western Australia was part of the worldwide “Get on Line Week” movement 19th -25th October.

Through the Good Things Foundation, we were fortunate enough to secure a Be Connected Grant, which enabled SRCWA to run a very successful event.

SRCWA Executive Officer Dawn Yates officially opened the Expo at 10.00am, which included an introduction to each of the exhibitors. Exhibitors gave a short presentation on their products and services and explained how they can be of help to seniors in their day-to-day life.

There were 10 exhibitors on hand this year to provide help and advice to those in attendance, they included:

- WAPHA – WA Primary Health Alliance virtual doctor’s appointments demystified and My Health Record
- Telstra – CallADoc service bridging the gap for regional West Australians and mobile phone issues.
- NBN Australia – What is the state of the internet infrastructure at your address what are the options and how to access one on one digital literacy support.
- Camera Electronic – Cameras, accessories and options for seniors, why cameras may be a better option than mobile phones
- Be Connected Network Partner SRCWA TSS – log on and learn more about using the Be Connected free learning resources or find a Be Connected Partner near their home.
- Seniors Housing & Consumer Protection WA – how to use the online portal to research housing options for the over 55’s.
- Guardian Safety Pendants – Pendants with a built-in mobile phone and fall detection to help elderly stay at home longer
- Sofihub – Technology enabling seniors to live longer at home
- Have a Go News – Digital newspaper editions, how to view them online.
- Wikimedia Australia – How seniors can use, contribute to and be a part of the world largest online encyclopedia.

On exploring, the benefits of getting online participants received an entry into the draw to win a \$100 gift card. The winner Geraldine was very appreciative of her prize and had visited the Seniors Housing stand where she was able to use the internet to explore housing options for seniors. Our second prize a Google Nest Mini and Chrome Cast bundle won by Julia who managed to learned how to regain access to her MyGov account. Participants enjoyed 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 to 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



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 six SCAMS workshops facilitated in metropolitan areas and as far south as the Peel Region, generally sessions attract more than 50 individuals. The seniors who attended all of the SRCWA TSS Scams sessions are 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 scepticism” 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.

Online Banking

On Friday 14th May 2021 Seniors were able to explore Internet Banking at a Free Information Session at our Leederville Office.. Special Guests speaker Leah from the ANZ Australia Customer Care Team helped those in attendance allay their fears around using the internet to manage their financial affairs.. Leah shared a great word to remember when working online from the ANZ website "PACT".

- Pause before sharing your personal information.
- Activate two layers of security.
- Call out suspicious messages.
- Turn on automatic software updates.

More information can be found at <https://www.anz.com.au/security/>

Thank you to ANZ Australia and NBN Australia for their input and support of this event.

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, thank you to SRCWA State President Phil Paddon who has continued to support the TSS program. I wish to acknowledge SRCWA Past State President Hugh Rogers who sadly passed away. 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 your wisdom and direction will be sadly missed.

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:

Supported by

