

Seniors Recreation Council  
of WA Inc.

# Annual Report



2021-2022



Healthy Ageing Through Activity





## **SENIORS RECREATION COUNCIL OF WA INC.**

### **ANNUAL REPORT for 2021/22**

#### **SRCWA BOARD MEMBERS**

STATE PRESIDENT:

PHIL PADDON

VICE-PRESIDENT

GRAHAM BENNETT

VICE-PRESIDENT

MAVIS OWENS

TREASURER

COLIN STEER

BRANCH PRESIDENTS Rep

JAN McGLINN OAM

ACCREDITED VOLUNTEER Rep

EILEEN STARK

MEMBERS

RICHARD DERMODY

MICHAEL NAISBITT

MALCOLM STOKES

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

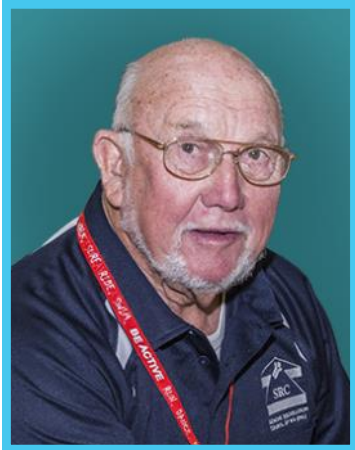
**TELEPHONE** 08 9492 9773

**EMAIL:** [info@srcwa.asn.au](mailto:info@srcwa.asn.au)

**WEB:** [www.srcwa.asn.au](http://www.srcwa.asn.au)



## State President's Message



It gives me great pleasure to present the 2021/22 Annual Report on the programs, events, activities and services of Seniors Recreation Council of WA Inc.(SRCWA).

SRCWA'S ethos is Healthy Ageing Through Activity and its focus for Seniors in WA is to encourage them to become physically, socially and mentally active this is achieved through the huge effort 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. This has affected all West Australians and can be confusing at times. Once again 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 as we work through this pandemic. 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 the Board of Management for all their support and dedication throughout this past year and I look forward to another year working together. This year we have been fortunate to have Richard Dermody and Michael Naisbitt join the Board of Management, welcome to you both and hope you enjoy being part of the Board.

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.

This year we are celebrating our 30th Anniversary of Have a Go Day a LiveLighter Event in the beautiful grounds of Burswood Park on Wednesday 9th November 2022. We hope you will all join us at this event to help celebrate this mile stone.

SRCWA is developing a new program Healthy Lifestyles Events which will be delivered in Lifestyle villages, Retirement villages and other small venues. The Event will include static displays, activities and presentations on relevant topics.

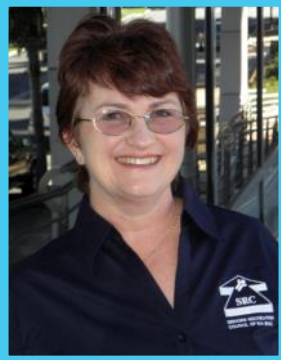
SRCWA is also proud to announce that DLGSC and SRCWA have signed a 3 year agreement for ongoing funding to cover our programs and services that are delivered to Seniors of WA.

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 very much appreciated.

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 once again been 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 SRCWA State and Branch programs & events have been interrupted and some events were cancelled and some postponed.

Bowls WA conducted the 2022 SRCWA State Over 60's Mixed Pairs Lawn Bowls. Seventy-Six teams took part in the tournament held at various bowls clubs throughout the Perth Metropolitan area. The tournament culminated with the finals played at the Manning Bowling Club on Thursday 7th April 2022. SRCWA acknowledges Bowls WA Board, CEO Ken Pride, and all those involved for running a great event. Comprehensive reports received at time of publication are contained in this Annual Report;

- Add Life to Your Years - 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 2021 we celebrated 29 years in the beautiful grounds of 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 2021 was postponed due to COVID-19 but will be held on 14th September 2022.
- 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.
- 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 program which continued to flourish during COVID
- Camp Quarunup—Annual Seniors Camp held in Albany. Thank you to Phil Paddon & Marilyn van Sambeeck for stepping in on behalf of Eileen Stark Camp Coordinator when she was unable to attend the camp due to injury.

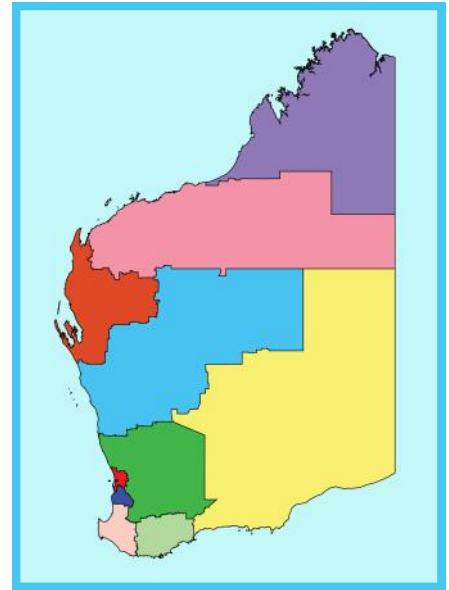
Dawn Yates

Executive Officer

# Regional and Branch Support

SRCWA has Branches throughout Western Australia:

- Avon
- Bunbury
- Esperance
- Great Southern
- Greater Geraldton
- Mid West
- Northampton
- Peel
- Perth
- Rockingham
- Southwest Capes



The objective of SRCWA's Regional Branch Development is to promote the benefits of physical, social and mental activities and a healthy lifestyle in regional areas. Activities undertaken by SRCWA Branches include the following:-

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

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 25<sup>th</sup> March 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.

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.

Karen Ducat

Branch President





# Bunbury Region Branch

## LiveLighter Seniors Activity Information Day —Bunbury

2021 saw a change of venue for our annual SRCWA Bunbury Branch LiveLighter 'Information and Activity' day. It was held at the Bunbury Stirling Street Arts centre, which is in the heart of the city, on Remembrance Day November 11th, 9:30 to 2pm. We had a combination of inside and outdoor stalls and activities. A great day was had by all, the sun was shining, the birds were singing, and we had fantastic entertainment provided, with the financial assistance of SW Women's Health.

We had great support from local organisations and community groups, with over 40 stalls participating. As always, we had few new ones, this year we had the opportunity to have a go at croquet which was at the back of the arts centre. The venue but terrific but unfortunately parking provided a bit of a headache. We would like to thank the Bunbury City Council for provided the funding for the venue, it was very much appreciated. A sincere thank you to our sponsors-assistance from SRCWA Head Office, Dawn, Martin and Danni, and last but by no means least a huge thank to our committee, family, friends and supporters as without your help this event would not have been possible.

## LiveLighter Aged Care Games—Bunbury

The South West Sports centre came alive with the LiveLighter Aged Care Games in Bunbury on 28th April 2022 with teams competing in a COVID safe environment. The seated hockey was replaced with a hockey goal shoot game to adhere to COVID protocols. Teams were sad that they could not play the seated hockey game as it adds to the atmosphere but the health and well being of the participants was paramount in this decision. Congratulations to the Bunbury Branch President, Barbara Fleay and her team of dedicated volunteers along with the volunteers and staff from Perth head office for helping to make this event possible. The games were officially opened by Hon Nola Marino MP Member for Forrest who took time out of her busy schedule to attend. The games were played in great spirit and the carers game at the end of the day had representatives from each team competing in a fun event which was enjoyed by everyone. SRCWA State President Phil Paddon & Bunbury Branch president Barbara Fleay presented the trophies for Best Presented team "Village People – Leschenault Retirement Village", third place "Collies Minors – CHC Collie", second place "Village People – Leschenault Retirement Village" and first place "South West Community Care". Our oldest competitor at the games was 91-year-old Joe Ryan from the "Collies Minors – CHC Collie" team. SRCWA would like to thank our naming rights partner LiveLighter and Govt. of WA for all their support of this event.

Barbara Fleay  
Bunbury Branch President



## Greater Geraldton Branch

Another year has gone and still the dreaded Covid 19 is raging here, numbers have been down for the last few months.

We have decided to do try flyers in shops, chemists and many other places also we will be putting photos in the monthly magazine to encourage new members.

We tried to have a social walk on Saturday 26th March, along the Marina but rain kept us in our cars.

We are hoping to on the 10th September conduct a social walk and coffee morning.

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

Our Branch sends congratulations of Hugh Rogers's family on his award.

Thank you to the State Office for all their assistance especially the administration support \$500.00

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.

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!

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 we play in the RSL hall due to Covid restrictions at the hospital hall.

The swimming group of around 5-7 each week enjoy their activity. We are also running Quiz afternoons each Monday afternoon, organized by our vice president, which many seniors enjoy.

19 of Our seniors went on a nice outing last Sunday, to Chapman Valley Fish Farm, by bus, weather was off but inside venue for nice lunch.

Lyn Brunke,  
Northampton Branch.



## Branch Committee

Peel Branch is now in its twentieth year of operation and I am pleased to present this report on behalf of our Peel Branch Committee for the financial year 2021-22. During the year, our Branch Committee meetings were held in Mandurah on the first Wednesday of each month, with the exception being Covid-19 dates coinciding with lockdowns. Our thanks to the Dept of Local Government & Sport & Cultural Industries in Peel for allowing the use of their meeting room.

## Financial

Our Peel Branch SRCWA financial books are with our appointed Auditors, being Bookset Accounting Services. My grateful thanks to Colin Steer, our Vice President and Treasurer and to Maree White, the assistant treasurer and also Christine Steer our book-keeper, who all excelled in doing banking and attending to financial reports for all our Branch meetings.

## Covid-19

Yes, Peel Branch SRCWA were affected by Covid-19 in having the effect in reducing numbers most weeks in all our activities. Peel Branch closed several weeks as the virus numbers spread. Strong on Your Feet, Yoga for Seniors and Chair Yoga activities had all participants having their temperatures checked before entering classes and were asked to use hand sanitizer on entry to the various venues.

## Activities

### Double Dip

Our Double Dip Water Aerobic Program 2021-22 ran from January to March 2022 and was successful. Wendy Cole and Jean Beadle shared duties as aerobics instructors and organised extra lifeguards and lifeguard duties to protect and assist our seniors attending the sessions. Doreen Upfield, Gavin Ranford and I helped with volunteer duties. 83 seniors were registered participants in this three-month program. a small drop of 10 registrations over the previous year, but due I believe to the pandemic. A function, although smaller than previous years, was successfully held after the completion of the Double Dip program. The David Doust Memorial Perpetual Trophy for Double Dip, was awarded and presented to Maxine Lovelle once again, having been awarded this in 2021 too.



## Peel Branch

### Fit & Flexi

This program was held early 2021, with support from the City of Mandurah Community Funding enabling the three monthly program to be conducted by Robyn Ackroyd. These sessions were intended for those people wishing to exercise in a more energetic way, and gave them the opportunity of doing so. Good registration numbers and class attendance resulted in a successfully run program for our Peel Branch.

### Yoga for Seniors

The Yoga for Seniors program was held at the hired venue of Leslie Street Seniors & Community Centre weekly with between 15 to 20 seniors attending regularly. Carol Dawson instructor has provided good instruction and those attending have, I believe, enjoyed the sessions.

### Chair Yoga for Seniors

Chair Yoga is held each Tuesday morning in the hired Leslie Street Seniors & Community Centre. Numbers growing steadily, saw 15 to 18 regular seniors attending. Eleanor Venables takes these sessions and is doing excellent work in encouraging further participation. We plan on doing more advertising for both Yoga sessions in this coming financial year.

### Strong on Your Feet

This program has ten classes running still 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 at Mandurah Seniors & Community Centre, two classes at Falcon, two classes at Pinjarra, two classes at Leslie Street Centre and one class at both Lakelands and Waroona were held. Class costs were kept at a minimum of \$5, which included morning or afternoon tea. All Peer Leaders were assessed regularly in line with our MOU with the Mandurah Community Health Centre and we sincerely thank Tracy, their Physio, who has been doing the assessments for them. Most classes have the limit of 20 persons registered in each class and feedback received has been positive from those attending. Peer Leaders have been doing this voluntary role for the past eight to ten years now and several have decided to retire for various reasons. New volunteer Peer leaders were undergoing training, and it was disappointing that three of those prospective leaders had to resign as volunteers, midway through their training, because of family commitments and/or illness.

Note: A recent sms from a relative of an elderly person from one of our classes, who had been seriously ill in hospital, stated, and I quote "The Physio ladies were astounded at her progress and paid tribute to her past exercise with your group" end of quote. A wonderful testimony to the benefits of exercises of our Strong on Your Feet program.





## LiveLighter Aged Care Games

This was held at the Murray Aquatic and Leisure Centre on Tuesday 12th October 2021. It was a great day filled with laughter and fun with lots of bright coloured costumes worn by the participants. The event was opened by Robyn Clarke MLA, Member for Murray-Wellington who commented that it is such a great event for seniors in care and the Shire of Murray are happy to support the event.

Special thanks to the Shire of Murray and Alcoa who supported the LiveLighter 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.

## Grants

Several grants obtained throughout the year, helped significantly, one from the City of Mandurah and the other from Shire of Murray, assisted our various programs.

## Volunteers

I wish to sincerely thank my fellow Peel Branch committee members, instructors and all our volunteers and attendees who have helped to make this 2021-22 the year it was. Our Peel Branch also held several functions throughout the year to recognise and thank our Peer Leaders and other volunteers. I also wish to thank sincerely our CEO Dawn, Martin and Danni from HO for their help, advice and assistance.

Overall, a 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.

I do hope you all stay safe in the future.

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. 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 and exciting although somewhat challenging year.



### LiveLighter Aged Care Games 2021

It was wonderful to once again come together at the LiveLighter Aged Care Games in Rockingham after it was cancelled last year due to COVID. The Games were held at the Baldivis Recreation Centre on Thursday 26th August.

Despite the weather, seven teams enthusiastically took part in a range of games developed specifically for seniors in care.

Rockingham Mayor Barry Sammels welcomed all participants to the games and officially declared the 2021 Games open. Thank you, Barry, for your support of this unique fun event for seniors. The participants were treated to a dance show performed by Swing N Sway at the lunch break, thank you Swing N Sway for a most enjoyable performance. SRCWA thanks and acknowledges the hard work by the SRCWA Rockingham Branch committee and volunteers, SRCWA State volunteers and staff and those who helped to make this event so enjoyable for the participants and such a great success.

### Have a Go Day a LiveLighter Event 2022

Unfortunately due to Covid 19 the Have a Go Day a LiveLighter Event 2022 had to be cancelled, we are looking forward to putting it on again in 2023 at the Mike Barnett Sports Centre.

### Rockingham Branch Concerts.

On Thursday 19<sup>th</sup> August 2021 Rockingham Branch held a Mid Year Melodies concert at the Gary Holland Centre featuring Paul Ewing – One Man Band. All the audience thoroughly enjoyed listening to Paul throughout the afternoon and enjoyed a lovely afternoon tea.

On Wednesday December 8th 2021 Rockingham enjoyed the wonderful entertainment by Born to Sing at the Rockingham Branch Christmas Concert in the Gary Holland Centre. A full house of 210 seniors enjoyed 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.

### 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.

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.

Carole Overington,  
Branch President

# SRCWA Have a Go Day 2021, a LiveLighter Event

On Wednesday 10<sup>th</sup> November, Have a Go Day, a LiveLighter Event, was held in the beautiful grounds of Burswood Park and was a outstanding success. The weather on the day was perfect for the many thousands of participants who came along to enjoy the opportunity to get out and take part in activities and gather information from the many static displays in attendance. 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. This year was particularly difficult in the lead up to the event with all the continuing uncertainty around COVID and the extra requirements needed to present a COVID safe event. SRCWA pays tribute to the WA Government, Premier Mark McGowan, WA Health Workers and all West Australians for their dedication in observing all the COVID recommendations and to those who have received the COVID inoculations that go a long way to keep WA safe and healthy during these difficult times. Our thanks and appreciation goes to past volunteers and the current team who through 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 even with some challenging weather conditions. The team were at the event from 5.30am on Wednesday to ensure a polished event. Other jobs included; transport management - shuttle busses and parking, coordination of different areas around the grounds on the day, man and coordinate the hospitality tents and as it was a cooler day serving thousands teas, coffees & bottled water, manage the set up and pack down of the event 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 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 assist at the event.

SRCWA would like to thank Burswood Park Board for hosting the 29<sup>th</sup> Have a Go Day in the beautiful grounds of Burswood Park and for providing so much support in the lead up to and especially at the event, the grounds staff do an amazing job with the park and in supporting SRCWA.

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.



# SRCWA Have a Go Day 2021, a LiveLighter Event

We would also like to thank our Media partners for their wonderful support and promotion of Have a Go Day; Have a Go News – our major media partner, Channel 7, Home in WA, 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 and also for SRCWA with additional funding enabling this organisation to once again employ a part-time administration assistant.

The Official Welcome was MC'd by Simon Beaumont from 882am 6PR and it was a pleasure to have the Hon Don Punch MLA, welcome everyone to the event and compliment SRCWA on an amazing event. A moving Welcome to Country was conducted by Neville Collard who invited everyone to have a great day. 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 and participants as they led the official walk through the grounds.

This year participants were encouraged to have a go at activities on the day which included; boomerang throwing, canoeing, walking, riding on a Trishaw, Laser Pistol Shooting, climbing wall, Petanque, Croquet, pickle ball, disc golf, metal detecting, many forms of dancing, Yoga, 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 compliments of Have a Go News. The bottled water was supplemented by 3 large refill tanks.

There was a wide variety of information and display stalls for everyone to look at including clubs/groups, Model Boats, 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 once again 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, Musical Mayhem Band, WA Police Pipe Band, Jim Sings Country Klassworks Entertainment and PJ Anderson entertained everyone throughout the day, culminating with 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, Classic Hire & 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 were established to provide an opportunity for people in 'care' situations to experience team participation, social interaction and light competition in a facility which gives them the opportunity to take part in an organised event away from their own centre.

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

In August 2021 the 19th annual Metropolitan event was held at Belmont, we had 14 teams participating in the games making it an exciting and fun filled event with a lot of laughter and cheering. It was a pleasure to welcome Cr Jenny Davis, City of Belmont representing Cassie Rowe MLA, to officially open the Games, Phil Paddon was MC for the day and Jim & Jenny sings country provided the a wonderful array of entertainment at the event.

The Joondalup LiveLighter Aged Care Games was the 18th event held in the Joondalup area and was held on Monday 6th September 2021 at Bouncer Sports Centre. Teams competed at the event with everyone having a wonderful time with lots of good competition. Phil Paddon our State President opened the games and was the MC throughout the day. Jim Drysdale and Jenny Cole provided 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 some of the following reasons:

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

Number of Events Per Region Since the Inception of the Program	
14	Albany
12	Avon
3	Boddington
20	Bunbury
3	Greater Geraldton
10	Margaret River
37	Metropolitan (2 events per year)
17	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
9	Rockingham

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

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

# LiveLighter Aged Care Games

Since the introduction of the Aged Care Games, Games in 2003 to end of June 2022, SRCWA has hosted 126 competitions in both metropolitan and regional areas and more than 174 care agencies have participated. Collectively over the years the competitions have seen over 24,368 participants involved with the Aged Care Games with 942 participants taking part in the 2021/22 season.

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

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

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

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

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



## LiveLighter Seniors Activity/ Information Days

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

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

In 2021/22 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 2021/22 were held at: Belmont and Leederville but unfortunately due to COVID-19 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 some events on schedule and 1 was postponed due to COVID but all events were very successful and popular.





## LiveLighter Seniors Activity/ Information Days

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

Above 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, 2917 Aboriginal Seniors have taken part in the events. With the expansion of the program to include all over 50's the number of participants attending has grown to 10,822 by the end of June 2022. Participants are now joining clubs/groups in their areas which is a very positive outcome of this program.

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

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

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

## “Under the Sea” Ball 2021

The SRCWA Annual Seniors Ball was a sell out once again with over 245 people in attendance at the “Under the Sea Ball”.

SRCWA State President Phil Paddon welcomed everyone and introduced The Hon Don Punch Minister for Seniors and Ageing who addressed the audience and officially opened the event. 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.



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. 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 934 presentations to an audience/participants of over 11,680 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 2780 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.



## Camp Quaranup Report

Despite COVID restrictions and Eileen the camp coordinator breaking her arm one week before the annual seniors camp "Camp Quaranup, went ahead as scheduled. Camp Quaranup is a picturesque place to hold a camp and it provides the perfect launch-pad for regional excursions in the Great Southern in unique heritage accommodation. Set in a Class A nature reserve on the Princess Royal Harbour, with panoramic views across to Albany, the natural coastal bushland and the pristine beach environment present a fantastic venue for recreation.

Fortunately SRCWA State President Phil Paddon was pleased to attend Camp Quaranup as coordinator for 2022, for which we were very grateful. Phil picked up Eileen who was able to go to camp for the Monday registration and help with set up. Eileen then came back to Perth on the Bus on Tuesday for medical appointments. SRCWA volunteer Marilyn Van Sambeeck attended the camp. From Tuesday to assist Phil which was very much appreciated. People arrived throughout Monday with and were settled in by dinner time, there were 18 new attendees at camp this year with an overall attendance of 33 people.

The camp was great and the DLGSC camp supervisor Paul was very helpful and attentive, the catering was excellent and loved by all the camp attendees. Camp activities Bush Walking, Craft, Concert, Tea party, Archery and many others were very well attended. On Wednesday participants were treated to a day out where they visited the Sandalwood Factory, had a picnic lunch and concluded with a spot of shopping in the afternoon. Many of the past camp attendees helped with the activities along with Phil & Marilyn. Unfortunately canoeing did not go ahead due to prevailing weather conditions and other issues. Feedback from this year's campers has been very complimentary, with many asking to be included for the next Camp Quaranup scheduled for 30th January 2023.

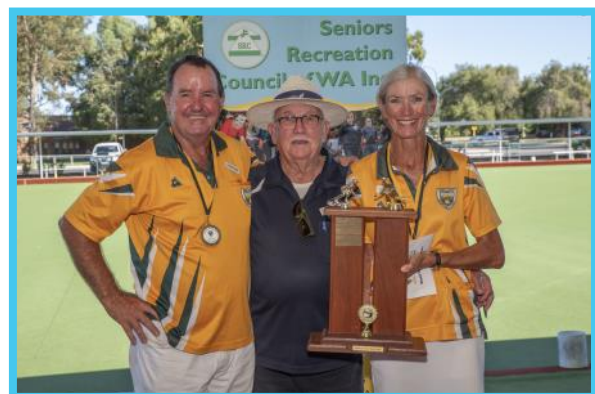
The Board expresses a vote of thanks to Phil and Marilyn and hoped that Eileen recovers from her broken arm quickly and appreciated her being the camp coordinator over the past 6 years. SRCWA thanks all the campers who adhered to COVID protocols and helped to make Camp Quaranup a resounding success.



## SRCWA State Over 60's Mixed Pairs Lawn Bowls

Sixty two teams took part in the 2022 Seniors Recreation Council State Over 60's Mixed Pairs Lawn Bowls tournament. The games were held at various clubs throughout the Perth Metropolitan area and the tournament culminated with the finals played at the Manning Bowling Club on Thursday 7th April 2022. The semi-finals and final were very competitive games with close scoring ends played in ideal weather conditions at a beautiful venue. Congratulations to Fred and Judy Flanagan (Binningup) who won Thursday's final over Geoff and Sue Hinge (Warwick). Semi- Finalists on the day were: Bruce Eagles and Lee Bunney (Sorrento) and Lee Poletti (Mosman Park) and Kim Cross (Wonthella).

SRCWA acknowledges Bowls WA President Ken Pride, Bowls WA Staff and all those involved for running a great event. SRCWA State President Phil Paddon, Dawn Yates & Martin Yates attended the final with Phil presenting the trophy, medals and prizes to the winning teams.



# 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 2021-2022 financial year the program has built on the previous year's milestones and demand still runs high. Due to COVID-19 some of the course availability had to be cancelled, this led to a monthly newsletter and information videos being developed, created and implemented.

## 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 2021/2022 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.



# Tech Savvy Seniors

## 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 22nd October 2021. At the Expo, we reminded Eighty seniors to, “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 18th -24th 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 State Vice President Graham Bennett 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. Our guest speaker for the event was Bev and Tennille Perth Hearing and Tinnitus Clinic – How Hearing Technology can help stave off dementia, improve your standard of life, and can help alleviate the symptoms of Tinnitus.

There were 9 exhibitors on hand this year to provide help and advice to those in attendance, they included:

- Perth Hearing and Tinnitus Clinic – How Hearing Technology can help stave off dementia, improve your standard of life, and can help alleviate the symptoms of Tinnitus.
- 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, how to digitise old photos.
- 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.
- WA Seniors Card – the Safety and Security Rebate. Technology to help keep you safe at home.
- Sofihub – Technology enabling seniors to live longer at home
- Innogreen Tech – Technologies for end-to-end smart home solutions as well as training and support with the goal of improving quality of life and technological inclusiveness.
- SRCWA Cricut – How technology can be used for crafting.
- Have a Go News – Digital newspaper editions, how to view them online.

On exploring, the benefits of getting online participants received an entry into the draw to win a \$100 gift card. The winner Patricia was very appreciative of her prize and had visited the Be Connected stand where she was able to explore the various topics on using technology on offer. Our second prize a Google TV bundle won by Jeff who managed to learned how technology such as video doorbells can help to keep you safe at home.

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, thank you to Richard Dermody for the photographs.



## 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 in still "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.

## Community Connect and e-learning Workshop

Thursday 16th June 2022 was the day to learn about Online Learning at the Free Tech Savvy Seniors event run in partnership with Injury Matters at the Loftus Recreation Centre. The event opened by SRCWA Vice President Graham Bennett saw presentations from Injury Matters – Community Connect Program, SRCWA Tech Savvy Seniors – Online Learning program, and Stay on Your Feet – Falls Prevention eLearning program. The seniors in attendance really enjoyed the presentations and having the opportunity to discuss relevant matters with representatives at the static displays in attendance. Static displays on hand included:

- Injury Matters / Stay on Your Feet – Community Connect Program and Falls Prevention.
- Innogreen Tech – Home security products
- WA Seniors Card – Information for Seniors
- COTA WA – Strength for Life and Elder Abuse information – Understanding the Mistreatment of Older People Guide
- SRCWA – Programs, events and services including information on clubs and groups activities
- LiveLighter – shopping guides, cook book & reference material.

Those who attended were treated to a delicious morning tea provided by Injury Matters and SRCWA. At the conclusion of the event everyone gave very positive feedback and requested more events like this one.

Thank you to the team of SRCWA Volunteers and Staff and all those who helped to make this event the great success it was.





# Tech Savvy Seniors

## Telstra Community Connect Event

The SRCWA and Telstra Seniors Tech Workshop was held on Friday 17th September 2021 at the Loftus Recreation Centre. More than 130 seniors came and learned more about:

- Telstra Health Community Health Solutions, how technology can be used to communicate between Doctors and Patients
- Telstra IOT (Internet of Things), with Cruzr the Humanoid Robot, how the robots are being used even in COVID situations at hospitals.
- Telstra Plus Retail Presentation, benefits of being a Telstra customer.
- SRCWA Digital security solutions at home a real life story of how video doorbell technology deterred criminal activity. WA Seniors Card Safety and Security Rebate Scheme.
- DPIRD Pantry Blitz 2022 Including live demonstration how technology and a simple app is helping to maintain bio security of our crops.
- Exhibitor Wandering Microphone introduced static sites from – . ANZ Bank, Camera Electronic/ Wanderlust Perth, Guardian Safety Pendants, Sofihub, Consumer Protection WA WA Scamnet, WA Seniors Card, Have a Go News.

A big thank you to our MC for the day Eva Colic Regional Engagement Manager Telstra who did an amazing job. The event was officially opened by Hon Kyle McGinn MLC Parliamentary Secretary to the Minister for Disability Services; Fisheries; Innovation and ICT; Seniors and Ageing Region will address the seniors on behalf of Minister for Disability Services; Fisheries; Innovation and ICT; Seniors and Ageing, Hon. Don Punch MLA.

Attendees at the event had a great time hearing from all the presenters and were especially impressed with Cruzr the humanoid robot. The robot led the audience in some dance moves and exercise routines, it was wonderful and everyone had a good laugh.

Lunch was a variety of sandwiches, hot food and fruit which was enjoyed by all and the morning tea was served by SRCWA volunteers.

These events would not be possible without the ongoing support we receive from Boyd Brown Regional General Manager WA and the team at Telstra, the organisations and businesses attending and the magnificent work of SRCWA's hard-working volunteers. The Good Grocer Leederville IGA supported and provided our catering for the lunch thank you once again for an amazing spread. Thank you to the City of Vincent for your support with parking arrangements to accommodate our event, and to our long standing supporter Have a Go News thank you for your continuing support. Our door prize donated by Saul from Camera Electronic and Wanderlust by Camera Electronic was won by Peter Francis. A huge thank you to all those who helped to make this event the great success it was.

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

