

Seniors Recreation Council
of WA Inc.

Annual Report



2023-2024



Healthy Ageing Through Activity



SENIORS RECREATION COUNCIL OF WA INC.

ANNUAL REPORT for 2023/24

SRCWA BOARD MEMBERS

STATE PRESIDENT:

GRAHAM BENNETT

VICE-PRESIDENT

MAVIS OWENS

VICE-PRESIDENT

TBA

TREASURER

COLIN STEER

BRANCH PRESIDENTS Rep

JAN McGLINN OAM

ACCREDITED VOLUNTEER Rep

EILEEN STARK

MEMBERS

RICHARD DERMODY

MICHAEL NAISBITT

MICHELLE BOELEN

EX-OFFICIOs

DAWN YATES (Executive Officer)

GLENN MORLEY (DLGSCI Liaison)

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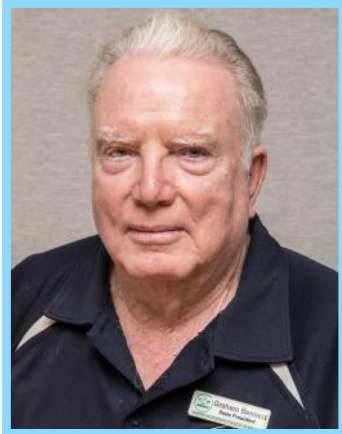
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State President's Message



It is an honour to have been elected by the SRCWA Board of Management in February 2024 to fill the position of State President. I have been a member with SRCWA since 2009 and been Vice President since 2019, I have served on the Board of Management and Have a Go Day committees, and am looking forward to being part of the further development of this organisation. I accepted the role of State President following the retirement of Phil Paddon who has done an amazing job in this position.

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 range of programs.

It gives me great pleasure to present the 2023/24 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.

Thank you to the Board of Management for their support and dedication throughout the year and I look forward to working together to develop new programs and expanding our Branch network further.

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 this organisation and WA Seniors enables SRCWA to continue providing the excellent programs it has developed.

Remember to LiveLighter, eat a rainbow of food in each meal and be active for 30 minutes every day.

Graham Bennett

State President

Retired State President's Message



I would like to express my thanks and appreciation for the wonderful time I have served this organisation as State President and Vice President. It has been an honour to serve the West Australian Seniors during that time. With the strong support of the SRCWA Board of Management and Accredited Volunteers this organisations has grown and expanded into the network of Branches currently serving WA seniors. Also during this time it was immensely satisfying to see how SRCWA's programmes, events and services have grown and developed. SRCWA's ethos is "Healthy Ageing Through Activity" and this has always been the driving mantra through all my years serving as a member of this organisation. I would like to commend the Board of Management, Executive Officer, Staff and Volunteers for all the dedicated hard work that has been done and is being done over the years to bring this

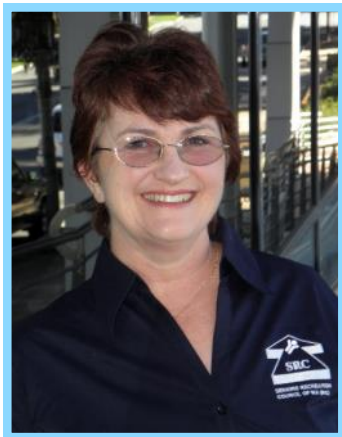
organisation to the high regard in which it is held.

Also I would like to commend and congratulate Graham Bennett on taking on the role of State President and wish everyone the very best for the future.

Phil Paddon

Retired 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 a 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 as a result of moving our office base from DLGSC in Leederville to our current office in Cloverdale has seen many challenges and changes be dealt with. The SRCWA office is now self sufficient and we run all our programs and services out of the Cloverdale office. The venue is ideally situated opposite a beautiful park and close to a the seniors hub based under the City of Belmont offices. We appreciate the continued support from DLGSC and the assistance of the City of Belmont. A huge thank you to Martin Yates who with his excellent technology and property management skills makes any issues regarding technology and issues with the property well handled. Thank you to the assistance from Danni McMahon and the office volunteers who continue to ensure all programs and services are coordinated to have all events and program run extremely well. Thank you to DLGSC for supporting our organisation by continuing to house our SRCWA vehicle in secure parking and providing storage for all our Have a Go Day equipment.

- 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 a Branche network in Western Australia.
- Have a Go Day, a LiveLighter event, is held annually in the beautiful grounds of Burswood Park. This event is SRCWA's flagship event and in 2023 we celebrated 31 years in the 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 discuss issues with static displays.
- The Tech Savvy Seniors (TSS) computer training program, the program 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.
- Camp Quarunup—Annual Seniors Camp held in Albany. Thank you to Eileen Stark, Camp Coordinator for all her hard work.

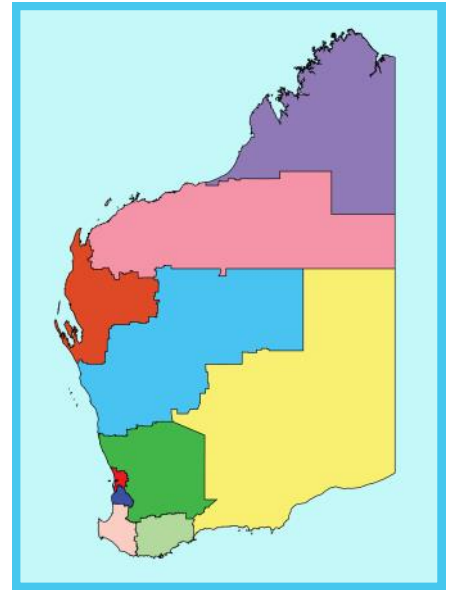
Dawn Yates
Executive Officer

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
- Wongan-Ballidu

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
Art Group
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
Seated Yoga
Seniors Dance
Seniors Exergaming WA
Seniors Expos
Seniors Luncheon

Seniors Surveys
Seniors Week Activities
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.

Avon Branch

LiveLighter Aged Care Games - Avon

The LiveLighter Aged Care Games were held on 22nd February 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 event. The games played were seated hockey, seated pass ball, bean bag toss & skittles, there was much enthusiasm, friendly competition 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.

Graham Bennett, SRCWA's new State President welcomed everyone to the games and invited Cr Chris Antonio, Northam Shire President, to open the games. Cr Chris congratulated SRCWA on an excellent event and he encouraged the teams to have a great time and may the best team win. Julie Paul sang a beautiful rendition of the National Anthem unaccompanied to get the event underway.

Graham Bennett and Phil Paddon shared the role of MC for the day and ensured the games ran smoothly. Volunteers from SRCWA Avon Branch, SRCWA Perth & Fresh Start assisted with the games. The volunteers welcomed all the players and assisted teams as they arrived, scoring, set up and packed down of the event.

Entertainment was provided by Kevin Bennett who entertained everyone before the games and during the lunch break and had the participants singing along, Volunteers enjoyed a healthy lunch of fresh sandwiches and fruit.

The Perpetual trophy & Gold medal winners were Northam Over 60's, the Silver medal winners were Narembreen CRC and the Bronze medal winners were York All Start team 1. all remaining participants were presented with a participation medal.

Narembreen CRC were presented with the Best presented team Plaque.

The oldest competitor in these games was Darcy Dann 91 years young from York All Stars.

Congratulations to all participants for making the day so memorable and filled with so much fun.

Our thanks and appreciation to all the volunteers who assisted on the day.

We would like to thank our naming rights partner LiveLighter Healthway, the Shire of Northam, Office of Mia Davies MLA and Department of Local Government, Sport and Cultural Industry for all their support.

The challenges that COVID-19 have presented us all with are continuing to prove 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 Aged Care Games—Bunbury 18th April 2024

It was a fabulous sunny day when 12 teams competed at the 2024 Bunbury LiveLighter Aged Care Games at the South West Sports Centre. The teams came together from Nursing Homes, Aged Care Facilities and Day Centres in the region to compete in games specifically designed for people in care.

The games were officially opened by Hon Nola Merino MP, Member for Forrest who took time out of her busy schedule to attend, thank you for your continuing support Nola.

The games were played in great spirit and included modified 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. Lunch time entertainment was an energetic demonstration of Zumba Gold provided by Betty McCleary and her Zumba Gold team, with some participants joining them thank you Betty.

SRCWA would like to thank SRCWA Bunbury Branch president Barbara Fleay and her team of dedicated volunteers along with the volunteers from South Regional TAFE and staff from Perth head office for helping to make this event possible. Also thanks goes to the Bunbury Regional Prison for to the team who came in and assisted with set up and pack down of the event.

SRCWA State President Graham Bennett and Bunbury Branch President Barbara Fleay presented the trophies plaques and medals for:- Best Presented Team “Belong at Home Collie Miners”, First Place, winning Gold Medals, perpetual & replica Trophy “Dream Catchers, Bunbury Gardens”,.. Second Place winning Silver Medals and plaque, “Belong at Home Blue Wrens 1” & Third Place winning Bronze Medals and Plaque “Belong at Home Blue Wrens 2” with our oldest competitors at the games 99-years young, Daisy Reading 99 Bethanie Fields/Jean Sattell 99 Bunbury Gardens both ladies turn 100 later this year. Congratulations to all participants, carers and volunteers for their outstanding support of this event.

Thank you Martin Yates our photographer for the day.

Thank you to our naming rights partner LiveLighter Healthway and Sponsors Government of WA for their support for the LiveLighter Aged Care Games.

Thank you to the State Office for all their support and assistance with the planning and delivering of the LiveLighter Aged Care Games and in assisting with developing our events program for 2024/25.

Barbara Fleay
Bunbury Branch President



Esperance Branch

Most of the year has been quiet for the Esperance branch of Seniors Recreational Council. However, from early February to late May the Super Troupers are very busy preparing for the annual concert.

On the 17th – 19th of May, 2024 the Esperance Super Troupers presented their annual seniors concert "Do You Remember?"

Usually the concert is held at the Bijou Theatre but this year they were unable to do so. Instead it was held at the Esperance Civic Centre. Great assistance was given by the Tami and Justin to make this a success. It was made doubly difficult by the fact that the centre also had other shows to present in between our rehearsal times.

A cast of fifteen performed songs and humorous skits and five dancers performed twice. The singers were ably supported by their voice coach, Maggie, and their pianist, Irene.

Due to the different venue it took some time for members to adjust but being the super troupers that they are it all came together in the end. Our cast numbers were down a little this year so members often had to double up in their roles.

Audience numbers were lower than usual and it is not known whether that was because of the change of venue or the fact that it was not held on the Mothers Day weekend as normal. However those who did attend showed great appreciation.

Organising of all the music and songs and most costuming was brought together by Shirley Clark as the director of the show. Many people assisted in bringing everything together in regard to publicity and printing of flyers and programs and all of the things that go on behind the scenes.

Well done to the Super Troupers.

In the past the branch has taken a bus trip to Ravensthorpe in September for their fabulous wildflower display but last year the wildflowers in and around Esperance were wonderful and we enjoyed visiting the flowers in the area whilst they were in bloom.

Thank you to the Esperance branch committee and volunteers for all their hard work.



Greater Geraldton Branch

Another year has gone by, and fortunately we have managed to have some new members join the Geraldton Branch, and it is pleasing to see that we are attracting new members.

During the year we have held two (2) Saturday morning walks and coffee, most stay come for both the walk and coffee, however we have four (4) people just come to the walks.

This year our Treasurer, Diana Keighran relocated to Mandurah, however we are pleased to advise that Jean Steer will take on the Treasurer role until we can elect a new person for the position.

Moving forward we have planned the following events for the second half of 2024:

- We aim to have another Walk and Coffee Morning in September, hopefully the weather will be nice by then.
- 15th August, we are going to have our poles at Menshed Big Breakfast.
- We are looking to hold a Seniors Breakfast in November, a date to be confirmed.
- Our Christmas breakup will be held in November.

Wishing you and your team all the best and hope that you have settled into the new office.

Thank you.

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.

Carpet bowls are in recess due to lack of numbers.

But on the brighter side our Craft Group are back in full swing. We meet monthly in the Banksia room of the Coorow hall, 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.

Betty O'Callaghan OAM

Mid West Branch President



Northampton Branch

Northampton Active Seniors have ongoing weekly activities.

Indoor Bowls

A general fun Quiz afternoon that includes a short "Card" Bingo session

Art Hub - Painting, Creative Mosaics

Events that were organized were several Luncheons at various venues in Geraldton and surrounding areas.

Arranged a Wildflower tour of the district using the Shire bus.

A boat trip (local) was organised, however, due to inclement weather, it had to be cancelled.

We attended a music recital by the Nagle College students.

Members enjoyed a visit to our local pub for a "Thursday Steak Night".

Travelled to the Walkaway Markets and lunched at the local hotel.

Visited the Geraldton Museums with lunch at the Wintersun Hotel.

Our organized outings and events are well patronised and we occasionally hire the Shire bus, however, car pooling is our usual method of transport.

I anticipate many of these outings will be arranged again in the future with members actively looking for a variety of events to occupy us and keep us fit in body and mind.

Lyn Brunke,
Northampton Branch.



Peel Branch

Branch Committee

Peel Branch is now in its 22nd year of operation and I am pleased to present this report on behalf of our Peel Branch Committee for the financial year 2023-24. During the year, our Branch Committee meetings were held in Mandurah on the first Wednesday of each month, with the exception of January 2024. Our thanks to the Dept of Local Government Sport & Cultural Industries in Peel for allowing our Branch the use of their meeting room for our monthly meetings. My grateful thanks go to my committee members and volunteer Peer Leaders for their help throughout this past year.

Financial

Bookset Accounting Services have audited our SRC Peel Branch financial books for the 2023-24 year. My grateful thanks to Colin Steer, our Treasurer and Vice President, to Maree White, our Assistant Treasurer, and to Christine our bookkeeper, who have all excelled and contributed to the banking and financial reports for our Peel Branch meetings. Our Branch is in a good financial position and continues in covering activities and several functions for our volunteers throughout the year.

Activities

Double Dip

Our Double Dip Ocean Water Aerobics 2023-24 program ran from January to the end of March 2024 successfully, after some earlier hiccups trying to source a new leader. Registrations of 71 persons this year were down a little, I believe, because of recent shark scares. We appointed a new leader, Angelina Zimmerman, with Jean Beadle organizing the lifeguards for each meeting, with the help of Anne Maree Kerr and/or Wendy Cole filling in occasionally. Our grateful thanks to Angelina and Jean from the City of Mandurah who assisted in helping our Peel Branch to get this program underway during the year after some trying times when our recruitment of a new leader earlier failed suddenly. We are hopeful that this program will run again in 2025. The David Doust Memorial Trophy for Active Participation was presented to Sue McGuire at a Sundowner Function held at the conclusion of the program at the end of April 2024.



Fit & Flexi

The Fit & Flexi program ran each Thursday morning at Bortolo Park Hall in Mandurah over three months July to September with Instructor Robyn Ackroyd. We had 42 registrations and 460 attendances throughout this 3-month period. All expenses of Trainer and hall hire were covered with the help, once again, with Community Grant Funding through the City of Mandurah.

Yoga for Seniors

This program runs each Friday afternoon with Instructor Carol Dawson. 30 seniors registering saw 826 attendances throughout the year with registration of \$25 per person and \$5 cost per session. After Instructor and venue hire payments, we incurred a loss of \$920 throughout the year, with this loss covered via part of the Three Year Community Grant Funding previously obtained through the City of Mandurah.

Chair Yoga for Seniors

This program is held every Tuesday morning with Instructor Eleanor Venables. 33 seniors are registered for this program and showed attendances of 648 throughout the year. Registration cost of \$25 applied to Chair Yoga with \$5 cost per session, payable by attendees.

This program occurred a loss of \$1400 for the year, which was covered also by the three year Community Grant Funding obtained several years ago through the City of Mandurah.

Strong on Your Feet

Our program of Strong on Your Feet (STOYF) had 10 classes operating throughout Peel Regional areas. The year showed attendances totaled 6,547 with classes held weekly. As class numbers are limited to 20 persons, this has been a very pleasing result. This year we ran to budget and were able to keep our fees at \$5 per person, per session, with, attendees paying for any classes missed, with the exception being hospitalization. Our budget covered all expenses, including uniforms, training, and subsidizing attendees at their annual Christmas Party, and in providing several functions for volunteers throughout the year in recognition of their valued contribution. Grateful thanks also to Tracy Legg, our Physiotherapist, doing our Peer Leader assessments, in line with our Memorandum of Understanding with the Mandurah Community Health Centre. (Yes, we do welcome enquiries from people wishing to train as Peer Leaders, and will endeavor to attract more volunteers for this role.)

LiveLighter Aged Care Games

We ran a successful Peel Aged Care Games 2023 held at the Murray Aquatic & Recreation Centre in October 2023 and our budget, along with Alcoa funding, contributed \$1037 to supply luncheon meals for volunteers from the Alcoa Volunteer Management Team and our SRCWA Head Office and Peel Branch.



Peel Branch

Grants

Several grants were obtained throughout the year, which have helped significantly.

The Year Ahead 2024 - 2025

As we continue with programs throughout this new financial year we will be holding our Peel Special General Meeting on Friday 28th September, two days from now. At this meeting Colin Steer and Christine will retire as our Branch Treasurer and Book-keeper after doing exceptional work for our Branch. Colin will remain on the State Board of Management SRCWA.

After due consideration and some on-going health issues, I have also decided the time is right to reduce my volunteer workload and will be resigning as Branch President of our Peel Branch. I intend to stay on as a volunteer on our Peel Committee as Coordinator of the Strong on Your Feet Program, a program I feel is essential to the well-being of seniors from our Region. It has been my pleasure over the past 20 years volunteering with the Peel Branch SRCWA, two years as Secretary and 18 years as Branch President with several terms on the State Management Board.

I have been so blessed to have the support of many volunteers and Committee Members in helping to achieve the success of our Peel Branch SRCWA. The support I have had over the years from Hugh Rogers OAM (dec), Phil Paddon, Dawn Yates our CEO, Martin and Danni and our Peel Branch Committee has been invaluable, and I sincerely thank them all.

Jan McGlinn OAM
SRCWA Peel Branch President



Rockingham Branch

SRCWA would like to sincerely thank Mary Browner for all her years of hard work as Rockingham Branch Treasurer since 2013 & more recently also as caretaker of the Branch especially looking after the finances of the Branch. Unfortunately due to ill health Mary has had to retire as Treasurer of the Branch.

LiveLighter Aged Care Games 2023

The "SRCWA Rockingham LiveLighter Aged Care Games" were held at the Baldivis Recreation Centre on Thursday 24th August 2023, thanks to our naming rights partner LiveLighter Healthway. Six teams took part in a range of games developed specifically for seniors who may require care.

City of Rockingham Deputy Mayor Hayley Edwards welcomed all participants and opened the games. Thank you, Hayley, for your support of this unique fun event for seniors.

After some fierce competition, First place was taken out by "The Has Beens – Silverchain, Second place going to "The Shoalwater Penguins" and Third place went to "The Card Sharks – The Oaks Brightwater".

The best presented team award went to the "Shoalwater Penguins" dressed in black and white. This year our oldest competitor, was 101 years young Maxine Campbell.

SRCWA thanks and acknowledges the hard work of SRCWA staff and volunteers. SRCWA is thankful for the support from Department of Justice who provide a group of Trustees and Staff from Wooroloo Prison, who help with the setup, pack down and throughout these events.

Thank you to our naming rights partner LiveLighter Healthway and Government of Western Australia. Your contribution helps to make this event extremely enjoyable for the participants and a great success.



Have a Go Day a LiveLighter Event 2024

The 2024 Rockingham Have a Go Day a LiveLighter Event was held on Wednesday 1st May and was a very successful event. This was the 12th Rockingham Have a Go Day, a LiveLighter Event which was held at the Mike Barnette Sports Complex. There were more than 75 sites and activities spread across the main hall showcasing Seniors' Clubs, Groups, Agencies and Businesses from The Rockingham Area.

The Official Opening, introduced by SRCWA State President Graham Bennett commenced at 10.00am Cr Dawn Jecks, City of Rockingham officially opened the event by welcoming everyone.

Activities and entertainment included, Swing n' Sway dance group, Square Dance Society, Handbells in Peel, Ukulele Group, Indoor Bowls, Hart Sports, Hover Soccer, Carpet Golf, Walking Football and more.

Thanks to SRCWA Head Office and the team of volunteers assisting with the event, especially our tea ladies who supplied the free tea, coffee and bottled water also distributed sandwiches to the static displays, the day was enjoyed by all. Also a huge thank you to the Wooroloo Trustees team who assisted with the set up, and pack down and throughout the day. Thank you to all the SRCWA volunteers 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 for their assistance at the event. This event would not have been possible without the magnificent sponsorship and support of LiveLighter Healthway, Have a Go News, Government of WA and Cockburn Party Hire.

SwingNSway Dance Classes

This class is run regularly at Port Kennedy Community Centre and has proved popular with participants that take part weekly. Thank you to the City of Rockingham for their support of 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. Rockingham City Council has provided suitable walking poles for participants to use.

Thank you to all our dedicated volunteers and Activity Leaders, for their support throughout the year.

Wongan-Ballidu Branch

Servicing multiple districts, 2024 is the second year of the Wongan-Ballidu branch of the Seniors Recreation Council, we have around 60 members currently and what a year this has been, we are still learning and are encouraged by our members. Due to the generous support of our local Shire Council we are currently housed, still in the Lesser Hall which has been a great help but we still have hopes and dreams of relocating to our own dedicated facility, which the Shire is working towards.

We now have a regular program and with assistance we have established new programs which are going great guns.

Our mobility classes which are run by Tweak Physio are so well supported we have around 20 members attending weekly.

We have a few regular activities now such as mah-jong ladies and line dancing has just commenced, of course bingo is still a favourite played fortnightly.



Our community supports the seniors, we have a marvelous couple who on a semi regular basis come in and cook delicious meals as a way of giving back to the community, The meals are always well attended.

We held a Christmas lunch with over 30 members attending, it was a great success and one we will continue doing on an annual basis.

Also our free BBQ's which are held ad hoc have a great turn out.

GRANTS

In collaboration with the Shire, who were successful in obtaining a grant on our behalf, we were able to hold a quiz afternoon with the grant paying for the quiz masters to come from Perth, the Shire paid for the food and we provided the prizes that were donated by all the businesses in town. There were caravanners in town that came along and made the day even more successful, it was a fun day thoroughly enjoyed by one and all

BUS TRIPS

Due to the generosity of the Shire we have been able to commence monthly bus trips to various local towns for lunch. This has also been well supported as we even had a community member donate the use of a second bus due to the large number of our seniors going out for the day.

SPEAKERS

We have been fortunate to be able to engage some marvelous speakers

We have had our local intern pharmacist come along and explain to the attendees about the roles and responsibilities of pharmacists and how our pharmacy supports the surrounding towns that are not fortunate enough to have their own chemist.

We had Joseph Fitch Community Engagement Specialist – Northern WA, nbn® Local come and talk to the seniors about telephone safety regarding scam calls etc.

Wongan-Ballidu Branch

Not to forget our lovely Lynette Page – Regional Coordinator – Wheatbelt, Carers WA who comes and visits us monthly. Lynnie has been able to assist a great many carers and explain to others the role of Carers WA

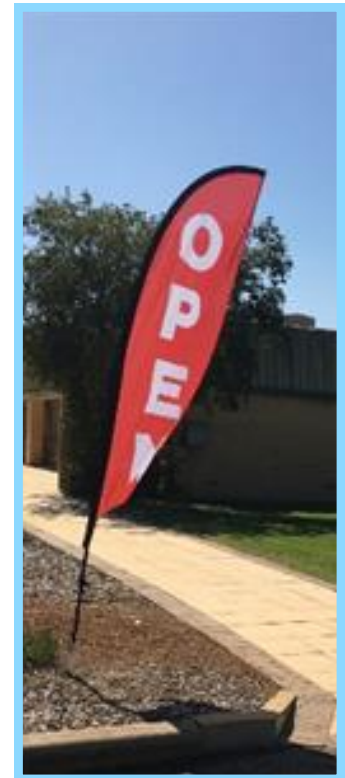
ROLL CALL of thanks

More thanks once again goes to the Council of Wongan-Ballidu for ongoing practical support, Shire CEO Stuart Taylor for his patience, understanding and compassion, IGA the many many others that have contributed.

This year has been a busy one, with rapid progress, some setbacks, some frustrations and hope for the future. The next year should be even better, with plans for a dedicated facility, more activities and events as we begin to appreciate and understand just how important a Seniors Recreation Centre is to the entire district.



Figure 1 The Shire of Wongan-Ballidu



SRCWA Have a Go Day 2023, a LiveLighter Event

Have a Go Day 2023, a LiveLighter Event; held in the beautiful grounds of Burswood Park

On Wednesday 15th November, Have a Go Day, a LiveLighter Event, was held in the beautiful grounds of Burswood Park and was an outstanding success. The weather on the day was perfect for the many thousands of participants who came along and enjoyed the opportunity to get out and take part in activities and gather information from the many Exhibitors 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. Our thanks and appreciation goes to volunteers both past and the current team who through their dedication presented a professional and amazing event for and on behalf of WA's Seniors. The coordinating committee were at the event from 6.00am on Monday, Tuesday and 5.00am on Wednesday to ensure a polished event. Other jobs included; coordination of different areas around the grounds, transport management - shuttle busses and parking, man and coordinate the hospitality tents where thousands of teas, coffees & bottled water were served, manage the set up and pack down of the event and so much more.

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, Wooroloo, Telstra, SRCWA Branches and general public who once again amaze us by volunteering their time to assist with the many jobs it takes to produce such a large event. SRCWA would also like to extend their gratitude and thanks to the large 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 cannot express enough its gratitude to all those who have been a part of this event for over 31 years. The Wooroloo Trustees team have been an integral part of the set up and pack down for the past 11 years and their assistance with the event is invaluable. Around the grounds this year were large signs depicting photographs and Have a Go Day committee members from across the years.

SRCWA would like to thank Burswood Park Board for hosting 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. The assistance with the infrastructure due to the fencing around the event was very much appreciated, we look forward to having the new cycle path in use next year providing relief for pedestrians using the footpath along the river.

Thank you to Crown Perth for providing sponsorship towards the event and also providing the VIP morning tea 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 and supporter since Have a Go Day began, Radio 6PR, Channel 7, & Curtin 100.1fm.



Healthy Ageing Through Activity"

SRCWA Have a Go Day 2023, a LiveLighter Event

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 the ongoing support of SRCWA in general.

The Official Welcome was MC'd by Steve Mills from Radio 6PR and it was a pleasure to welcome the Hon. David Templeman MLA Minister for Sport and Recreation who welcome everyone and complimented SRCWA on an amazing event and congratulated the organisation on 31 years producing the event. The Hon Don Punch MLA and Hon Shane Love, Leader of the Opposition also attended and enjoyed the 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 welcome the band escorted the Over Fifty Five Walking Assn and participants on the official walk.

At lunch time it was a pleasure to welcome the Premier Hon Roger Cook MLA to the event and have the opportunity to show him around, he visited the hospitality tents and some of the sites in between. He was very complimentary about the whole event especially as it was designed specifically for seniors.

This year participants were encouraged to have a go at activities on the day which included; seated volleyball, canoeing, walking, riding on a Trishaw, Laser Pistol Shooting, Petanque, 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.

The entertainment stage was Sponsored by Juniper who also gave away sliders throughout the day, thank you Juniper for your support. I would like to thank Karina Klass who did a great job as MC of the Juniper entertainment stage this year. The entertainment line up included: WA Classical Musical, WA Bush Poets & Yarnspinners, WA Police Pipe Band, Klassworks Entertainment Kevin Bennett and Moira J Scott who entertained everyone throughout the day, culminating with the Major Prize Draw – participants all enjoyed the entertainment under shade in front of the main stage with many dancing and relaxing after visiting lots of sites and having a go at activities.

MAJOR PRIZE DRAW WINNERS:

1st Prize donated by Crown Perth - \$1,500 Crown Towers Experience: Andrea Burns

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

3rd Prize donated by SRCWA – 1 pair of Pole Walking Poles: Jeff Knock

Thank you to Crown Perth, Kings Tours & Travel & Have a Go News and SRCWA for providing the wonderful prizes for the Major Prize Draw at Have a Go Day and Congratulations to all our prize winners.

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, Radio 6PR, Juniper, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Telstra, Classic Hire & Scarborough 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.

The information regarding access to the directory "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 mailed out.



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 directory available to Seniors across the State. The directory is very popular with the over 50's.

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 was introduced during COVID and is continuing as an avenue to promote activities in a visual manner. 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 Chefs, Farmers, Miners, tigers, cowboys and cowgirls, construction workers, kings & queens, nights, devils, warriors, clowns to name just a few of the variety of costumes used.

In August 2023 the 20th annual Metropolitan event was held at Belmont, we had 12 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 Robert Rossi, City of Belmont Deputy Mayor, to officially open the Games, Phil Paddon was MC for the day and Kevin Bennett provided the a wonderful array of entertainment at the event.

The Joondalup LiveLighter Aged Care Games was the 20th event held in the Joondalup area and was held on Monday 4th September 2023 at Bouncer Sports Centre. Teams competed at the event with everyone having a wonderful time with lots of good competition. Emily Hamilton MLA, Member for Joondalup opened the games and Graham Bennett SRCWA Vice President was the MC throughout the day. Moira J Scott provided wonderful entertainment throughout the lunch break.

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	
15	Albany
13	Avon
3	Boddington
22	Bunbury
3	Greater Geraldton
10	Margaret River
41	Metropolitan (2 events per year)
19	Peel (Mandurah, Waroona, Pinjarra & Serpentine/Jarradale)
12	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 naming rights partner LiveLighter Healthway and Sponsor Government of Western Australia thanking them for their much appreciated 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 2024, SRCWA has hosted 139 competitions in both metropolitan and regional areas and more than 189 care agencies have participated. Collectively over the years the competitions have seen over 26,659 participants involved with the Aged Care Games with 1271 participants taking part in the 2023/24 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 30 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. Without the amazing support from all our volunteers the LiveLighter Aged Care Games events would not happen. We especially thank the team of Trustees that come from Wooroloo Prison Farm for their amazing support with setting up, assisting at the event and packing down the events they attend.

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 2023/24 the LiveLighter Seniors Activity Information days that were held saw an increase in the number of seniors attending those events as seniors are increasingly more confident to attend events in the post COVID era, they are still being careful and where necessary wearing a mask but in general most are no longer wearing masks. 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.



LiveLighter Seniors Activity/ Information Days

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	Dept. of Commerce	Exergaming
Department of Local Govt., Sport & Cultural Industries	Enrich Living	Fit & Flexi program
Department of Communities	Health Navigator	Game of Bob
LiveLighter Healthway	Independent Living Centre	Health Checks
Shire of Mundaring	Kings Tours & Travel	Indoor Bocce
Shire of Northam	LiveLighter Healthway	Move & Groove
Shire of Wagin	Mens Shed WA	Outdoor activities
South Metro Health	Mercy Care	Pole walking
	NBN Co.	Quoits
	NSC Legal	Seated exercise
	Seniors Card Centre	Seated hockey
	Silver Chain	Shuttle ball
	Sonder Legal	Skittles
	South Metro Health Unit	Sticky darts & balls
	Southern Dist. Support Assn	Strong on Your Feet
	Stay on Your Feet	Table tennis
	Telstra	Warm up activities
	The Rise	
	Umbrella Multicultural Care	
	WA Community Health Svc	
	WA Retirement Village Assn	

Events in 2023/24 were held at: Bunbury, Corrigin, Leederville & Serpentine Jarrahdale all events were very successful and popular with seniors appreciating the information supplied by diverse static displays.

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, 3406 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 12,236 by the end of June 2024. 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 our naming rights partner LiveLighter Healthway for Sponsoring the LiveLighter Seniors Activity/Information days and to Government of Western Australia, City of Vincent and Have a Go News for their continued support of these events.

Pole Walking

Since SRCWA launched Pole Walking in April 2006 there have been 1024 presentations to an audience/participants of over 16,655 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, Floreat, Fremantle, Gosnells, Kings Park, Leederville, Mandurah, Melville, Mundaring, Northam, Peel, Pinjarra, Rockingham, Scarborough, Serpentine Jarrahdale, 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.

Group walks that were cancelled due to COVID are now continuing with increasing numbers and Pole Walking continues to be very popular with increased requests for demonstrations. SRCWA has developed a Pole Walking instructional video which is 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 for training.

The 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 3035 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.

Healthy Lifestyles Events “Maximise your quality of Life”

The Healthy Lifestyles Events have been developed to deliver a scaled down version of the Activity/Information day events to Lifestyle Villages, Retirement Villages and senior centres that wish to expose their members/clients to an event that delivers informative presentations, activities and services specific to their needs. The events include morning tea and/or healthy lunch with the opportunity to try a range of activities and listen to senior specific presentations.



SRCWA in partnership with Dept of Local Government Sport & Cultural Industries present these events at various venues in partnership with Local Governments and retirement villages.

The events are well attended and enjoyed by participants, static displays & organisers.

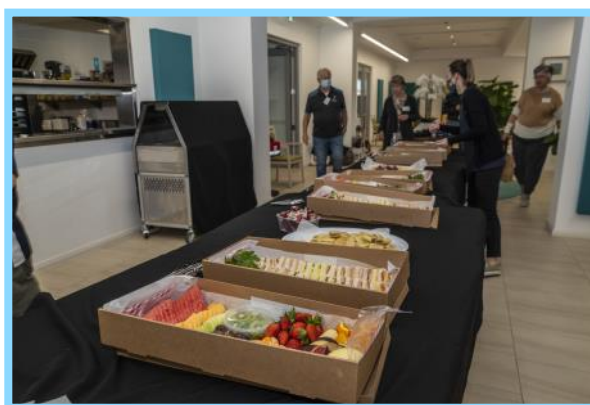
Presentations at these events are delivered by invited speakers who present on topics relevant to seniors and to impart information and advice to assist in everyday challenges. Typically the presentations address issues on Scams, Technological advances, lifestyle choices and other topics as needs arise.

Static Displays at the events range from:- Advocare, ANZ Bank, Bold Park/Wembley Golf Course, Cambridge Seniors, Community Development - disability access, Camera Electronic, Community Safety & Rangers, Consumer Protection, Council on the Ageing, Daily living products, Diabetes WA, First Aid Kits WA, Floreat Salvation Army (55+ program), Friendship Force of Perth, Guardian Safety Pendants, Hearing Australia, Injury Matters, Innogreen Technologies, Northern Suburbs Com Legal-Older Peoples Rights Service, Seniors Recreation Council/LiveLighter Healthway/Cricut, St John First Aid, ToFC library Services/ Bold Park Aquatic, Transperth (journey planning - smart devices), UnitingWA, Financial Wellbeing Svcs & Waste Management Services. As the participants enjoy the events there was a lot of laughter, fun and discussion when visiting the displays.

The events commence with morning tea and concluded with a delicious lunch of sandwiches, hot food and fruit platters which were very well received. Some events are for morning only and include a delicious morning tea but conclude at lunch time.

Thank you to the team of volunteers and SRCWA staff who help setting up the venues and packing them down at the end of the event.

SRCWA is appreciative of the magnificent support from DLGSC, LiveLighter Healthway, Local Councils and all the volunteers for these wonderful events.



Healthy Lifestyles Events “Maximise your quality of Life”

Fairway the Green Gngalara

The event at Fairway the Green Community Centre was well attended by around 80 seniors. The presentations at the event were by Ashley Merrett, nbnCo on Digital Legacy's which was very informative and the other presentation was by Camera Electronic on enhancing the use of digital cameras. Both presenters were very well received and complimented on their presentations.

The morning commenced with morning tea which was followed by the presentations and then participants were invited to visit all the static displays and gather the valuable information that was on offer. Also some of the static displays offered advice and the opportunity to explore how technology could enhance their lives and help them maximise their quality of life. The event concluded with a delicious lunch of sandwiches, hot food and vegetable & fruit platters which were very well received.

Thank you to Graham Bennett SRCWA's State President and his wife Helena and the team of volunteers from the Green for setting up the venue, assisting with morning tea and lunch and packing it down at the end of the event. Thank you also to SRCWA's volunteers and staff for facilitating this event and managing the event.

SRCWA is appreciative of the magnificent support from DLGSC, LiveLighter Healthway, and all the volunteers for this wonderful event.

Serpentine Jarrahdale Community Recreation Centre

The day commenced with Seniors arriving at the Kingia Function Centre at Serpentine Jarrahdale Community Recreation Centre in Byford. Participants had the opportunity to visit static displays and discuss any queries and issues with those in attendance, the event was opened by Graham Bennett, SRCWA State President. The Serpentine Jarrahdale Zumba Gold and Keep Fit groups came along and demonstrated their classes and invited all the participants to take part, this was enjoyed by everyone. This was followed by a healthy morning tea and then Informative presentations were made by Martin from SRCWA Tech Savvy Seniors on Artificial Intelligence and Justine Edmonde from nbnCo on the digital legacy's both presentations were very well received.

Static Displays in attendance were Advocare, Audika Hearing Clinic, Baptist Care – Byford, Consumer Protection,

Council on the Ageing, Diabetes WA, Energy Ahead, G & P Medical, Halo care and Support, Injury Matters, Meningitis Centre Australia, SJ Community Resource Centre, SJ Mobile Library, Switch Your Thinking, WA Seniors Card Centre, YMCA. Participants also enjoyed trying activities eg; Zumba & Keep fit, Pole Walking, Hover Soccer, indoor archery, bean bag toss, cup and ball toss, shuffle ball and sticky darts.

Thankyou to the Shire of Serpentine Jarrahdale, LiveLighter Healthway, Have a Go News, Telstra and Government of Western Australia for their support of this event. Thank you to all the staff and volunteers who worked tirelessly to ensure was a great success.



SRCWA Camp Quararup Report

The Annual Seniors Camp at Quararup in Albany was held on Monday 5th February 2024 to Saturday 10th February 2024. A group of 23 campers, some long timers, some newbies had a great week.

During the camp participants took part in numerous activities such as bush walks, archery, canoeing, craft, line dancing, low impact exercise, table tennis, a Quiz night and a camp concert. Wednesday's excursion destination was Denmark which was enjoyed by all. The quiz night questions produced some very exciting conversation.

SRCWA would like to thank camp Coordinator Eileen Stark and her assistant Marilyn van Sambeeck and their group of dedicated volunteers and helpers, also thank you to the Camp office, catering and kitchen staff for all their hard work in making the SRCWA Camp Quararup an event all enjoyed. Thank you to Southern Bus Charters for providing excellent service.

Unfortunately due to reducing attendee numbers and the inevitable increasing costs SRCWA will no longer be running the annual camp in Albany. We are hoping that the camp attendees who still wish to attend a camp in Albany will join with Come out Camping Older Adults who run a camp in Quararup the week after SRCWA's camp was run.

SRCWA thanks the staff at Camp Quararup for their valued assistance, and the campers for their generous contributions of their time and participation to making the camp a success. Thank you.

Thank you especially to Eileen Stark for being Camp Coordinator from 2015 to 2024 all her dedicated time and effort was really appreciated by all those who attended the camp over the years. Prior to Eileen the camp coordinator was Frances Laws who took over the Camp in 2009 and ran it till 2015.



SRCWA State Over 60's Mixed Pairs Lawn Bowls

Eighty One teams took part in the 2024 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 Friday 12th April 2024.

The semi-finals and final were very competitive games with close scoring ends played in ideal weather conditions at the beautiful Leeming Bowling Club venue.

Congratulations to Jenny Bruce (Busselton) and John Goddard (Osborne Park) who won Thursday's final over Julie Savell (Osborne Park) and Daryl Radford (Kardinya). Semi- Finalists on the day were: Debbie & Graeme Smith and Irene Kozak and Graham Miller. SRCWA acknowledges Bowls WA President Doug Kelly, Bowls WA Staff and all those involved for running a great event. SRCWA Executive Officer, Dawn Yates & Martin Yates attended the final with Dawn 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 5 weeks at a group's venue.

Throughout the 2023-2024 financial year the program has built on the previous year's milestones and demand still runs high.

Support

Support of the program has been invaluable in expanding the reach to a greater number of seniors throughout the Western Australian Metropolitan area. SRCWA Acknowledges and thanks The Government of Western Australia, Department of Local Government, Sport and Cultural Industries, LiveLighter Heathway, Telstra and nbnCo 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

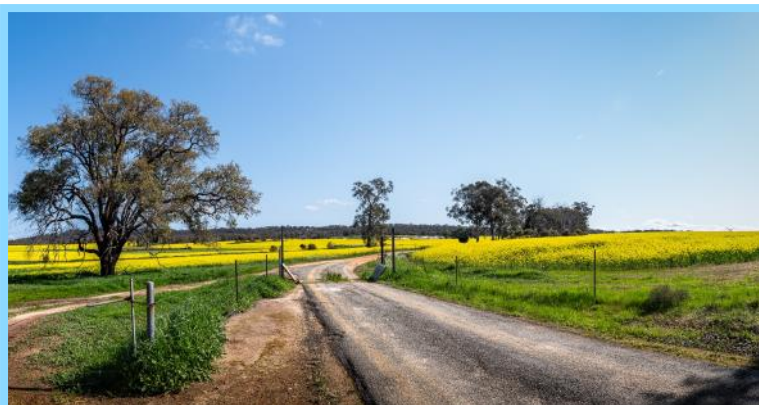
We have 3 stand-alone centres in metro and regional areas each having a volunteer delivering Tech Savvy Seniors material. The areas are Carnarvon, Northampton and SRCWA TSS branch at Kojonup. Sue Bilney continued to support the SRCWA TSS program in Kojonup. All was running very well with support being given by 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. 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 City of Belmont, Lake Gwelup, South Perth Foreshore, Burswood Park and North Beach.

A small group of over 55's attended 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 and continues to be a regular occurrence.

We had the opportunity to work intergenerationally with The Base Belmont (YMCA) situated next door to SRCWA's Office. The workshop gave young people the opportunity to explore photography and its benefits from an older persons perspective. The young people and staff worked in small groups and took portraits of each other and learned how to interact with their model (each other). Future collaborations to work intergenerationally will be explored in the future.



Canola Fields



Mistletoe Bird

Tech Savvy Seniors

Be Connected—Get Online Week Seniors Tech Expo

The SRCWA Be Connected Get Online Week Seniors Tech Expo, now in its sixth year, is part of the world-wide “Get on Line Week” movement 16th –20th October 2023.

Once again we partnered with The City of Vincent who provided the venue The Vincent Community Centre in Leederville Western Australia to present this year’s Expo on Friday 20th October 2023. Through the Good Things Foundation, we were fortunate enough to secure a Be Connected Grant, which enables SRCWA to once again 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. Martin Yates – TSS Program Manager talked about redundancy and what to do in a power outage to keep digital devices operational. Our guest speaker for the event was nbn Local’s Ashley Merrett Community Ambassador – South West WA. Ashley presented on “Your Digital Legacy”, an important topic and could help your loved ones manage your online accounts after you pass

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

- Innogreen Technologies – 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.
- Injury Matters – Online resources to “Stay on Your Feet” and Online Community Connect Program
- ANZ Bank – Digital literacy support for online banking and account management.
- City of Vincent Library – using the Be Connected Network Free Digital literacy lessons.
- Camera Electronic – Cameras, accessories, and options for seniors, how to digitise old photos and share them.
- Live Up – a free healthy ageing online platform to help older Australians stay independent for longer.
- SRCWA Cricut – How technology can be used for crafting.
- WA Seniors Card – the Safety and Security Rebate. Technology to help keep you safe at home and how to enter the Golden Lens Competition.
- 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.
- Telstra – all things 3G 4G and 5G check your device.



Tech Savvy Seniors

On exploring, the benefits of getting online participants received an entry from the sites they interact with into the draw to win a \$100 gift card. The winner John was very appreciative of his prize and had visited the Innogreen stand where he was able to explore video doorbell technology and plans to implement it at his place of residence. Remember to visit the WA Seniors Card website to find out about the Safety and Security Rebate.

Our second prize a Camera Electronic Store Card won by Tina who visited the Camera Electronic site and learned the benefits of a dedicated camera as opposed to a smart phone.

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 and encouraged them to "Try One Thing". A big thank you to the SRCWA staff and volunteers who worked very hard to facilitate this event.



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SCAMS Workshops

Due to the prevalence of SCAMS targeting older citizens, "SCAMS" workshops 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 from other direct scams. Our main objective is to instill "a healthy level of skepticism" empowering seniors to make informed decisions about their personal affairs in the digital age. Thank you to the Community Education Team, Community Engagement and Regional Services, Consumer Protection, Department of Mines, Industry Regulation and Safety WA team members who presented throughout the year, your contribution has been invaluable in helping to educate and protect seniors throughout Western Australia.

SRCWA Volunteers & Mentors

A big thank you to the many SRCWA Accredited Volunteers, Mentors and other volunteers. You all work tirelessly throughout the year donating your time and expertise to enable programs organised by SRCWA to be executed to such a professional standard.

SRCWA is an organisation which cannot survive without this support, we are constantly reminded, when in conversation with other organisations that don't have such a strong support base, that SRCWA is very blessed to have such a dedicated team willing to work for and on behalf of WA Seniors.

SRCWA Sponsors &, Supporters

None of the Programs/Activities/Services carried out by Seniors Recreation Council of WA would be possible without the support, both financial and 'In Kind' from our Sponsors, Partners and Supporters:

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