

Strength for Life Newsletter

January to March
2023



Above: Trainer Debbie Copper with the instructors from the March Refresher Course.

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Notes from the Program Manager - Kairi

It's hard to believe it's already the end of March 2023!! Welcome to the first newsletter for the year!

While there may not seem like much is in the newsletter, I can assure you there has been heaps going on!

I have been getting out and about in the past 6 months doing audits on the sites. It's been fantastic to see you all. The audits have been going successfully and it's great to read the feedback from both the providers and the participants. Being able to have the feedback is wonderful and you can also see as providers just what a difference you are making in your participants lives. Although you may know you are, it's nice to hear it. I still have regional audits to do which I am hoping to get out and do soon.

I would like to draw your attention to the AUSactive website where there is an article featured on there with the 2023 Fitness Trends. <https://ausactive.org.au/news/the-2023-fitness-trends-are-here/>

This showcases the latest fitness trend being fitness programs for older adults with it taking out the spot for the first time. This is fantastic to hear and read about.

For this quarter we held an instructor and a refresher course. Our next instructor's course will be held in May. Please let me know if you have anyone who is interested or needing to attend.

I've attended 2 expos and have a few coming up over the next few months! These prove to be beneficial with marketing the SFL program.

COTA WA has been working on a range of guides for seniors. There is the At Home Guide, The Goodbye Guide, The Interruptions to Daily Living Guide, Understanding the Mistreatment of Older People and most recently we have launched our latest guide – Lets Make it Legal. This is a guide that outlines key information so seniors can get an understanding of their rights in areas that may affect their life. The guide was launched on the 21st of February 2023 on the steps of Parliament House with The Hon Don Punch MLA. These guides are available online and in book format. These are wonderful guides that help address issues that seniors maybe facing. All the guides can be accessed here: <https://www.cotawa.org.au/seniors-resources/>

World Elder Abuse Awareness Day is coming up in June. While I know June is a little bit away, it will come up really fast. The Understanding Mistreatment of Older People Guide is a wonderful guide which helps people to recognise signs of abuse and how they can get help. Here is the link to the guide that you are welcome to share with your participants. <https://www.cotawa.org.au/seniors-resources/cota-wa-understanding-the-mistreatment-of-older-people-guide/>

Well that's all from me from now, but have a wonderful and safe break over Easter and I shall be in touch soon!

Thanks so much!!

Kairi 😊

Visit to the Murray Leisure and Aquatic Centre

On Wednesday the 15th of February, I made the wonderful trip to Pinjarra and visited the Murray Leisure and Aquatic Centre.

They have been running the Strength for Life classes for many years now and have developed a wonderful program for seniors to come and enjoy.

Each participant had their own individual plans and were confident in using the equipment.

Instructor Taryn was wonderful with engaging with the participants and assisting them with their exercises if required.



The participants were very keen to speak to me about their experiences with the program.

Speaking with the participants I was able to see how the program has benefited them all. Having their individualised plans, they felt that they were getting the exercise that they needed for themselves rather than just following in a group.

The participants all spoke highly of their instructors and praised them for the hard work that they do to ensure that they are doing the exercise correctly and that they are progressing in building their strength.



The social aspect for the participants is a big plus for them as they all meet for tea and coffee – provided by the centre – after having exercised.



“A great program which helps a lot of people with a wide variety of health issues”

Welcome on Board Rejuven8 Health and Fitness in Wanneroo

I would like to welcome on board one of our newest providers Rejuven8 Health and Fitness Clinic, based in Wanneroo.

The clinic is owned and managed by Barb, who has a Master of Exercise Science and a Grad Certificate in Exercise Medicine – Oncology.

Barb has been in the industry since 1999. Initially she studied in the area of exercise science as she was a keen sports woman and was interested in learning more about the science behind sport and exercise.

Working with older Australians, Barb loves the intergenerational relationships that are built. She can see great improvements in older adults quicker than she can see in younger ages. Barb is a people person who shows lots of empathy and loves inspiring people to do be their very best.

Barb had heard about Strength for Life before, and now she has opened her new business, it's the perfect opportunity for her to run it!

Rejuven8 Health in Fitness is based in Wanneroo and offers both tier 1 and tier 2 sessions.



February Instructors Course

On the 18th of February 2023, we held our first Instructors course for the year.

This was also the very first time we trained only tier 1 instructors.

We had 8 new instructors trained, ready to deliver the SFL program!



March Refresher Course

On the 12th of March 2023 we held the very first refresher course for the year.

It was fantastic to catch up with the instructors on the course and also meet those whom I hadn't met yet.

The refresher course must be completed every two years by every instructor running SFL sessions, so it's wonderful to see these instructors refreshing their SFL skills.



City of Cockburn's Over 55's Ageing Well Event

On Wednesday 22nd March, I attended the City of Cockburn's Over 55's Ageing well Event held at the Cockburn Seniors Centre.

The event was a success with many people attending this wonderful event, with many people inquiring about Strength for Life in their area.



Seniors Recreation Council Have A Go Day - Rockingham

On Wednesday the 29th we attended the Seniors Recreation Council Have A Go Day, a Live Light Event in Rockingham at the Mike Barnett Sports Centre.

It was fantastic to get out into the community and talk about Strength for Life. It was great to see Aqua Jetty there too!





Seniors Recreation Council of WA

Healthy Ageing Through Activity

2023

LiveLighter Seniors Activity/Information Day

(Over 45 yrs.)

When:..... Wednesday 3rd May

Where:Belmont Oasis, Progress Way, Belmont

Time:.....10am till 1.30pm



**This event will provide recreational
ACTIVITIES and information to
Seniors, everyone is welcome.**

FREE event including refreshments & lunch

Participants will enjoy activities such as;

***Carpet Bowls, Mini Golf, X box Kinect,
Seated Hockey, Quoits, Pole Walking
and other activities***

STATIC DISPLAY REGISTRATIONS NOW OPEN

BOOKINGS ARE ESSENTIAL

For further information or to register your attendance contact:

Dawn Yates Seniors Recreation Council of WA 9492 9773

Email: dawn.yates@srcwa.asn.au





Seniors Recreation Council of WA

Healthy Ageing Through Activity

2023

LiveLighter *Seniors Activity/Information Day*

(Over 45 yrs.)

When:.....**Monday 15th May**

Where:**Vincent Community Centre,**
.....**99 Loftus St., Leederville**

Time:.....**10am till 1.30pm**



**This event will provide recreational
ACTIVITIES and information to
Seniors, everyone is welcome.**

FREE event including refreshments & lunch

Participants will enjoy activities such as:

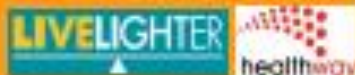
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CITY OF VINCENT



Important Updates

Information Forms

These are still required to be sent through to me. Please make sure you are sending these through monthly via email.

Refresher Course

Please let me know if you would like to put anyone on the waiting list. The certificates do have expiry dates on them so each instructor knows when they are due.



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