



# SILVER SALTIES

Social Club   

**Objective** To promote social connections and other health benefits through fun light to moderate physical activities on the beach followed by food and drinks e.g. morning / afternoon tea, BBQ

## Duration

1hr+ per session

## Frequency

Once a fortnight

## Program

5+ sessions or ongoing

## Place



Beach and/or surrounds

## Intensity



Light to moderate. Suitable for all participants, regardless of mobility, fitness or skill

## Safety

### All participants should:

- Be sun-safe and wear comfortable clothes, socks and shoes.
- Check with GP before participating in physical activities.
- Bring any medications, asthma puffers, and water.

## A Typical Session

- Welcome, introductions, and group check in, by SLS Club Leader – 5min
- One or more fun beach activities e.g. one light intensity activity and one moderate intensity activity to cater for diverse participant group coordinated by SLS Club Leader – 25min
- Food and drinks e.g. morning / afternoon tea, BBQ – 30min+
- Any “other” fun social club activity (see table on next page).

### Fun “Light” Intensity Beach Activities

- Bocce
- Kite flying
- Sand darts
- Stone skipping
- Sandcastle competition
- Scavenger hunt
- Remote cars/boat race
- Slow group walks along beach
- Group card playing on beach rug

### Other Social Club Activities

Fun dress theme e.g.

- Hawaiian theme
- Boardshorts and wide brimmed hat
- SLSA colours – red, yellow and blue
- Wild Wacky Hats

Invite others e.g.

- Meet other SLS Club members
- Bring a friend or family member

### Food And Drinks

#### Morning / Afternoon tea options:

- Everyone brings a plate (and recipe) to share
- 2+ participants volunteer to cater and other participants pay/make gold coin donation to volunteers
- SLS Club organises discounted catering

#### BBQ (burgers, sausage sizzle, salad) options:

- 2+ participants offer to organise, and others pay \$5+ which goes back to volunteers
- SLS Club organises and charges minimal fee

### Fun “Moderate” Intensity Beach Activities

- Frisbee / Ultimate
- Cricket
- Touch
- Soccer
- Volleyball
- Badminton



In any given year, one in 10 people will experience a period of loneliness. Building and maintaining good social connections at any age is important, but as people get older, the risk factors for experiencing loneliness increase.



**ONE in TEN**



Social connections are closely tied to our physical and mental wellbeing. Having someone to talk to and support you is important. We know that older people who remain connected with others and have strong relationships are likely to:

- report better quality of life and satisfaction with their life
- have delayed progression of dementia and mental decline
- need less domestic support and enjoy greater independence.



Having meaningful contact with other people and being part of a community can help you feel more positive and avoid loneliness.