



SILVER SALTIES

Wisdom & Wellbeing



Objective To promote knowledge and wisdom about physical, social and mental wellbeing, as well as beach safety and protecting coastal environments

Duration

1 hour per session

Frequency

One session a week/fortnight

Program

10 weeks (or ongoing)

Place



SLS Club clubhouse (or other suitable venue with wheelchair access)

Intensity



Light. Suitable for all participants, regardless of mobility or fitness. While guest speaker presentations will enable participants to sit down, movement will also be encouraged e.g. chair stretches, standing up etc

A Typical Session

- Welcome and group check in by SLS Club Leader – 5min
- Group stretch by SLS Club Leader – 3min
- Introduction of Guest Speaker and topic by SLS Club Leader – 2min
- Presentation by Guest Speaker (See Guest Speaker topics) – 20-30min including opportunities to:
 - Reflect, discuss and share
 - Move when needed e.g. chair stretches or stand up
- Questions from the audience – 5min
- Thank you to the guest presenter and summary of key points from presentation by SLS Club Leader – 2min
- Morning/afternoon tea – Participants can choose to stay and enjoy a coffee/tea at the clubhouse and chat informally to the guest speaker, SLS Club representatives and other Silver Salties participants – 10min+

Guest Speaker Topics

Guest speakers may be SLS Club reps, Silver Salties participants or external experts organised by SLS clubs.

Wellbeing Topics

1. Physical wellbeing

- Benefits of good nutrition
- Benefits of physical activity
- Healthy alcohol consumption
- How to manage your weight
- All about vaccinations, vitamins and good living!

2. Social and community engagement

- Getting involved in group activities:
 - Interest groups e.g. Sing Australia, Gardening Australia, University of the Third Age
 - Clubs e.g. Seniors Australia
 - Conversation hubs e.g. Probus, Men's Shed, Telechat and Teleyarn.
- Supporting your community through volunteering e.g. Surf Life Saving, Rotary, Lions, Volunteering Australia
- Connecting safely with online communities (e.g. Facebook, Skype, GreyPath, U3A online)

3. Mental wellbeing

- What is Positive Psychology and the PERMA model?
- Mindfulness resources e.g. Smiling Mind
- Strategies to deal with stress
- Support programs e.g. Beyond Blue, Home and Community Care (HACC) etc.

Surf Life Saving Knowledge

1. Beach safety. Information about rip currents, marine stings, Beach Safe App, sun safety, waves, inland waters, supervision of children, flags, alcohol and swimming.
2. Coastal Environments. Information about the coast and waterways, sustainability, climate change, feral and native animals, natural hazards, pollution, trees, weeds and bushland.

Over 1 in 7 Australians are aged 65yr+ (15%)

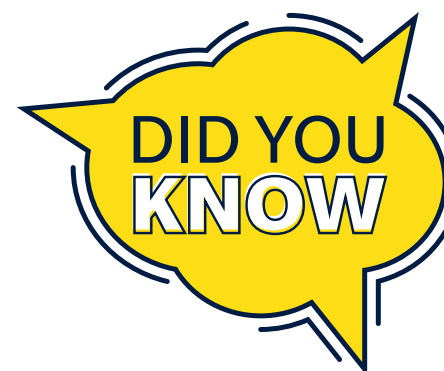


Social connections can increase physical and mental health and wellbeing



Only 8% of people aged 65yr + eat the recommended serves of fruit (2) and vegetables (5) per day

One organisation that reinforces the goals of the Wisdom and Wellbeing Club is **The University of the Third Age** – an international movement whose aims are the education and stimulation of mainly retired members of the community, those in their third 'age' of life. It is referred to as U3A.



1 in 5 Australians will experience a mental health illness



Lifelong Learning

Lifelong Learning is the ongoing, voluntary, and self-motivated pursuit of knowledge for either personal or professional reasons.

Source: https://en.wikipedia.org/wiki/Lifelong_learning viewed 13/08/19.



7 in 10 older people are overweight or obese