

The Diversional Therapy Australia Board would like to extend their best wishes to all DTA members, their families and friends for a very Merry Christmas and a happy and safe holiday season.



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The DTA Office will be closed from 24th December and will reopen Tues 14th January 2015.

President's Piece

This year DTA has faced a year of change, development, embracing new ideas and also one of challenge.

For some time the Board of DTA have been aware that changes across several platforms, were necessary to ensure currency within the environment in which DTA functions. How DTA communicates with its members is one of these areas.

This year, we have been very fortunate that Katrina Vouri, has taken on the role of Network Group Liaison person. Katrina is passionate about members, and the support of network groups. Her role means that network groups do not need to feel as if they are operating in isolation, but have a direct go-to person for support, encouragement and advice, and I would like, on behalf of the Board, to thank Katrina for her commitment and passion.

We have also seen outstanding positive changes in how the newsletter is designed and delivered and in the new and improved DTA website. These are significant achievements. Building a website requires substantial effort over a considerable amount of time. For example, every piece of DTA documentation was reviewed and updated before being uploaded; every graphic carefully considered to ensure it reflected the breadth of DTA member's roles. Many hours were put into these weighty projects and I would like to make a special mention of the work which office staff Margie and Diana contributed, as well as Scott Holmes and his team of website developers, and Emma Preston, Newsletter Editor. Of course, as with any project, there have been many others who have contributed as well and I would like to thank them also.

How DTA and the role of the Diversional Therapist are perceived within allied health service delivery is another platform requiring continual review and evaluation. This is paramount to ensure that Diversional Therapy is identified and recognised as a major contributor to the wellness of the individual, across a variety of domains.

This year DTA have laid down new professional relationships, as you would be aware from regular newsletter reports and I would like to acknowledge the significant amount of commitment from the Board, Office Staff and Board supporters in their contribution to this development. However, these relationships must continue to be fostered and developed, and new connections investigated, established and cemented.

This leads to the next twelve months. DTA must anticipate a much stronger political and industry awareness, and a more financially stable position. A solid platform has been established over the past few years; DTA must now build on that. Time is running out for DTA, as a professional body, we must act to educate, inform, build, construct and shape the future of DTA. It must be noted that there are other professions out there which would swallow up the very specialised characteristics of the DT

role. This is a very real concern and is being witnessed already.

The Board met at the Adelaide conference to develop constructive strategies for the next 12 months, in progressing DTA as a more optimistic and confident stakeholder within the health service industry. The strategies developed are necessary and robust; they are vital to the continuation of DTA – your peak body, in establishing a better presence and better connectivity.

Some of the strategies which will be initiated and developed in the very short term are the implementation of the Executive Officer role, the implementation of the DTA Consultant Advisor role, the development of DTA Ambassadors roles, the re-implementation of the DTA Journal, the writing of position papers outlining the value and importance of the DT role, a successful Gold Coast conference, the development of a private practitioner support group, engaging with health based organisations and groups, for example Indigenous Allied Health Australia, exploring and developing contacts within the various disciplines where the DT role is found, and a full review of the DTA Course Recognition documents at the degree, and certificate 4 and diploma levels. This list represents only some of the tasks at hand. I would personally extend to each of you the opportunity to be part of this significant growth time for your peak body.

I have already mentioned some of the people who have supported DTA over the past twelve months. I would like at this point to further recognise the very hardworking office staff, Margie and Diana. They are the front line of DTA, fielding questions, directing queries, noting issues and generally keeping the everyday workings of DTA moving along.

AGM's are a time of change. It is with sadness that I recognise the stepping down of three State representatives, Sandra Reeve for Tasmania, Leon Earle from SA and Tracey-Anne Keenan from NSW. I would also like to recognise the work and commitment of Kate Noble who resigned from the VP2 role during the year. My warmest welcome and congratulations goes to our newly elected Board members; Lindl Webster VP2, Kylie Rice NSW Rep and Rosslyn Price SA Rep.

The role of the DT is unique and broad-ranging. The responsibility of the DTA Board is equally distinctive in representing this broad member base and in highlighting the extraordinary qualities of the DT role. Times change, philosophies develop and grow; DTA, out of survival necessity, must keep pace with these changes. I look forward with enthusiasm and excitement to the next 12 months, in leading and guiding your Board through the next evolutionary stage of professional identification and appreciation.

Regards,
Louise Absalom
President



AGM 2014

Treasurer's Report

The past year has been one of consolidation.

Our finances have been challenged on occasion when our Conference date was moved to later in the year. Extremely careful day to day management by our dedicated staff ensured the work of DTA progressed as required.

Our term deposit was required for a short time but has now been re-established at \$50,000.

Workshops have run successfully again this year and our thanks go to Steph and the volunteers who assist within each state. E-Learning is on our agenda for the future to allow members access to training Australia wide.

As anticipated, the website has been very positive. The majority of members are receiving their newsletter on-line which reduces our costs. Those requiring a paper copy have arranged this via the office.

Members and supporters have been working to promote and lobby for DTA and its work via committees and attendance at conferences, speaking opportunities and learning establishments over the year. Thank you to those who donate their time and energy to these tasks.

Our Conference was well supported and financially successful. We were honoured to host attendees from both Japan and New Zealand. Again, many thanks to the volunteers who made this event so memorable. South Australia did us proud with support from not only members, but their partners who provided activities for some of the men who accompanied their DT's to the Conference. This was a new feature of our conference but one I am sure will be repeated. The Gold Coast is on notice!

Judy Nolan,
Treasurer.

*If you would like to see the full financial reports please contact the office to have a copy either emailed or posted out if you do not have access to a computer, this also goes for minutes of the AGM - Ed.

Office Report

Submitted by Diana Tocknell (while Margie is away on holiday!)

It has been another very busy year here in the office with exciting new things keeping us on our toes.

Of course the biggest change has been to our website and our move from paper to electronic for a lot of our paperwork. The new website looks really fantastic and if anyone hasn't been on it yet - it is well worth a visit. Margie has spent many, many hours with our computer and website people getting the whole website business up and running. And along with that is the introduction of our e-newsletter and the phasing out of the paper copy. This benefits our members by cutting the costs of printing, paper & postage and at the same time enabling us to put up longer articles and wonderful photos. All the digital newsletters are on the website for any member to view at any time. There are currently only 30 people now receiving the paper newsletter.

One of the other benefits of the website is the online learning modules - especially beneficial for our more remote members who sometimes find it difficult to earn points. Although we only have 2 at the moment, we are working on uploading more as we get them completed. 35 members have already done both modules and received their e-certificates.

We had some teething troubles at first with some of the members' logins, but that was fixed and now everyone should be able to log onto the website, although we are still having a number of calls for help. At the moment 453 (just over 53%) people have registered on the website, although not all of those would have completed the log in process to access the members' only section.

We have been very busy with extra workshops this year - as usual, Steph has done a wonderful job of organizing them all. The conference was also very successful, although from the office point of view, we found that having it in Sept was still too close to renewal time which is why we will be having it a little later in Oct next year. Margie and I did want to say a Big Thank You to the Adelaide ladies who were so organised, efficient and helpful. They ran everything so smoothly and made our job so much easier!

At the moment we have a total of 858 members

Level 1 - 399

Level 2 - 309

Affiliates Students - 117 Retired - 13 International - 1

Life - 19

The breakdown by state is:

NSW	311	WA	17	VIC	232
ACT	7	QLD	182	NT	2
SA	87	NZ	2	TAS	17
Japan	1				

National Workshop programme news and updates with Steph

Hello everyone.

Well DTA Workshops for 2014 are done for the year and while it will be great to have a few weeks off I wouldn't say I'll be resting! In around planning my wedding for 20th December I am also getting a jump start on the workshops for next year.

Our first workshop on the 7th February here in Sydney follows on from our very successful Access to Leisure workshop held in Newcastle this year specialising in disability focused programming and ideas. I often get asked for workshops for our members who work in this specialised and rewarding field so put it in your diary and look out for the flyer soon if you work in the disabilities sector- want to or want to expand your education, knowledge and networking opportunities in this area. If you have any particular speakers or ideas you would like to have explored, or you would like to present on a topic specific to disabilities please contact me.

Perth Workshop - 15th of November

I flew - for the first time ever - to Perth. Our dedicated members there gave us a great welcome and it was an inspiring day with 5 Takeaway Café ideas put on the table by members after a very informative and educational day. Thanks Marie (for simple and effective craft ideas), Annemarie (for instructions on setting up a choir) and Susan (for the knitting loom demonstration). Dialysis and Kidney disease and how it affects a person's ability and energy to participate in leisure was first up, with Marianne Pastuch, an RN staying with us for the day who gave her input from a clinical point of view.

Ruth Wilson took us through the inspiring story of Evergreen Melodies - how two men have brought the recordings of lots of great old songs to life (and joined with the Ulvercroft

large print books in putting together a collection of CD's of all the blue and red songs books. If you'd like to hear about it I'm sure Ruth would love to tell you - email me stephania@diversionaltherapy.org.au and I will forward your details).

Sharon Grownow from Alzheimer's Australia got to catch up with some old friends as well as present on the benefits of Montessori influences to programming for clients with dementia as well as continuing the music theme with a YouTube video of Henry and his reaction to listening to the songs he loves (just type in Henry and Music and Dementia and you can watch this incredible transformation too, if you haven't seen it yet!)

Yoga for Seniors and those with a Disability was enjoyed as we did the practical and simple yoga based movements that can be added to a gentle exercise program to gain the benefits of Yoga.

Grief and Loss was next with an insight into the aspects of WH&S that should be considered when dealing with this aspect of our caring roles including how to address the client/resident that may be dying, their families and how best to assist other clients/residents at this time .

The Cat Haven- a great WA initiative finished up the presentations with how to bring a pet cat into a home environment and the benefits that they have found it brings to the residents (at no cost to the home) look it up on the website if you live in WA!

I'm really looking forward to my next trip west and catching up with all my new friends in WA at next year's workshops! Thanks Ruth and Gail Hall - it was delicious. Thanks too to the beautiful Little Sisters who give us such a great venue and to everyone that came along and made it such a successful day.





Sydney Workshop- 18th of November

We had 45 people attend the last workshop for the year and people travelling from as far away as Griffith and Wellington. The lecture shaped room took us back to our study days and provided great acoustics and visuals (the venue on the same grounds as our DTA office also provided us with a nice lunch and plenty of sweets to keep us energised and able to concentrate on the great presentations).

Brain Gym practitioner Maxine Bachmayer gave us some practical information on this practice aimed at enhancing the living and learning of people through the science of movement; particularly the cognitive benefits of crossing over the bilateral midline using simple movements. Ruth Van Herk- the only Honorary Women adopted into the Men's Shed Hall of Fame and who assisted in the setting up of the now internationally represented Men's Shed projects through UnitingCare was next up and was a passionate advocate for men's health and wellbeing.

Pam Davis from Alzheimer's Australia brought Winsome the puppet along to demonstrate innovations in dementia programming amongst other information and Lauretta Kauldor, an always supportive DTA member and advocate of adopting an activity to meet your client's needs (amongst other passions of diversional therapy) took us through

Activity Modifications and had some great resources on sale from her extensive publications.

Grief and Loss addressed the WH&S aspects of our caring roles and has been received well at many of our National workshops this year while Julie Austin from Parkinson's NSW received many positive comments in the evaluations as being from a Diversional Therapy background she had a great knowledge and respect of how these life affecting diseases and the medications that are used to treat them impact on people's ability to participate in leisure. The afternoon finished with a whirlwind 6 takeaway cafes that gave lots of great activity ideas to take back to the workplace. Thanks to everyone that supported this workshop and contributed to the great atmosphere and networking opportunities throughout the day.

So to finish up I would like to offer all DTA members a safe and happy end of year and all the fantastic people I have meet through the workshops, conferences and emails a little quote that may be the secret to your passion-

'In seeking happiness for others, you find it for yourself'
-Anonymous

Till next month

Steph

Proposed Workshop Dates 2015

6th February NSW-Sydney - Access to Leisure- Disability Focus

27th February SA- Regional -Mt Gambier

13th March QLD- Brisbane

27th March TAS- Hobart

17th April NSW -Regional -Coffs Harbour

1st May VIC- Regional-Bairnsdale

16th May WA- Perth

22nd May- Vic-Melbourne

29th May NSW - Regional -Orange

12th June QLD-Regional- Far North Queensland

26th June SA- Regional-Port Augusta

7th August TAS- Launceston

24th August VIC- Regional - Hamilton

4th September-ACT-Canberra

18th September VIC- Regional - Shepparton

October -National Conference workshop- Gold Coast

7th November WA- Perth

17th November NSW-Sydney/ North Ryde (on day of the AGM)

*These are subject to change

Nov 2014 AHPA Board Response

Submitted by Margie Kennard

The Commonwealth Department of Health, Primary Health Networks and Allied Health - building better communication.

As part of Allied Health Professions Australia (AHPA), we met with a number of people from the Commonwealth Department of Health this week. We were very pleased to get a commitment from the Commonwealth Chief Allied Health Officer in working toward good communication between allied health professions and the new Primary Health Networks (PHNs).

There is now agreement between AHPA and the Department of Health to facilitate engagement between the CEOs of the PHNs and AHPA. We expect the first meeting should occur as part of new national arrangements in the second half of 2015.

We were also pleased to hear that the Integration and Infrastructure Branch has been renamed to the GP and Allied Health Branch. This is a good sign as it reaffirms that while government sees general practice as the corner stone of primary care, the department also recognises the importance to the health outcomes of Australians of using the allied health workforce of around 200,000 professionals.

Can You help?

Japanese Study Tour

Are you interested in being part of a DTA working party to support the International Liaison portfolio in planning this Japanese Study Tour? If so please put your expression of interest into the DTA Office.

Also the DTA Board are seeking expressions of interest to go on the tour. So if you are interested can you please contact the DTA office to register your interest.

DTA Journal

Are you interested in resuming the DTA Journal? The Board are seeking expressions of interest for positions on the Editorial Board. Please forward your expression of interest to the DTA Office, outlining your experience in this field, or why you would like to be involved in this process.

DTA Portfolios

DTA are looking for volunteers interesting in participating in working in small teams on the following portfolios are Education, Marketing, International Liaison, and Membership Growth.

Each Portfolio is directed by a Board member, however, open to any member. Some projects each portfolio are involved in are short term and some are longer in duration, so there is the capacity for a member to be part of the portfolio for just a short term or longer term if they wish.

Please send your expression of interest to the DTA Office with the heading of which portfolio you are interested in.

DTA Private Practitioners NEW Network Group needs you!

DTA have recently been approached to support Diversional Therapists to move into Private Practice. This process has begun, however, if you are considering this move, or think you might in the future, you might also like to be part of a Private Practitioners Networking Group. There is a small core of practitioners who are interested in this opportunity to network, share and grow as private providers. Please send your name and contact details through to the office so Katrina Vuori, our national Network Group Coordinator can get started!

DTA is currently working on a simple and practical start up package to support people going into private practice - some essential documentation, business cards, etc. More on this exciting development in 2015!



AGM 2014

Introduction of new Board Members



Vice President 2 - Lindl Webster

I live in the beautiful Hunter Valley, NSW with my husband and two primary school aged daughters. My journey towards being a DT has involved several career changes, including a stint as a real estate property manager, and 16 years in the finance industry, managing at branch level and being a lender.

When the time came for career change number three, I gained my Cert III in aged care and started working as an AIN in an aged care facility. I did this for several years, with my focus always being completing my degree in Health Science with Charles Sturt, and gaining experience as a Recreational Activity Officer (RAO) at every opportunity. Fast forward to 2014, and I have been working as a DT with Adventist Senior Living for several years. I lead a group of 10 very dedicated RAO's and we all love our job. A highlight for me this year was definitely being announced as the 2014 Inaugural DTA Award for Excellence. I am very passionate about the difference we can make to the lives of our residents; we are in essence the 'bubbles' in their day.

I hope that my experience and enthusiasm brings something to the VP2 role with DTA. It is my pleasure and honour to be part of a peak body organisation full of dedicated professionals, all working towards meeting the needs of their residents and clients.



NSW Representative - Kylie Rice

I completed my Bachelor of Health Science (Therapeutic Recreation) at UWS and have been a member of the association since 2007. I have worked in my current role as Diversional Therapist at a mental health inpatient unit for the past 8 years specialising in child and adolescent. I have also had extensive experience working with disabilities including cerebral palsy and autism. I have had further education in the fields of Art Therapy and Sensory Integration, helping to improve the quality of life for many children and their families. I have had an active involvement with my local network group since starting in my current position and have been co-group leader since 2013. My involvement in the network group has greatly enhanced my knowledge, skills and networks both professionally and personally.

Since joining the DTA I have seen Diversional Therapy grow and develop as a professional body, and with my involvement on the board as the NSW state rep I can help to continue the improvements in the standard of Diversional Therapy practice and continue to raise our professional profile in the community. I have a passion and enthusiasm for education and believe that everyone should have access to ongoing education and professional development, and through this we can create a solid professional base for the future of Diversional Therapy.



SA Representative - Rosslyn Price

Qualifications: Cert IV in Community Services (Lifestyle & Leisure) from TAFE, Bachelor in Health Science (diversional therapy strand) from CSU, Almost completed Grad Certificate in Gerontology with CSU

I became a member of the DTA as a student in 2006. After completing by Cert IV, I was offered a job as a Lifestyle Coordinator and volunteer coordinator in a rural residential facility. I commenced work at the end of 2006 nearly 8 years ago.

My personal experience is as a daughter whose mother was diagnosed with early onset dementia at the age of 53 and who passed away in 2009 aged 67 and her journey and experiences. I assisted caring for her at home, before my father was unable to cope and being placed in a government mental health institution at 59 years old, which I would not wish on anyone. Other personal experience is supporting my father in law for the past 9 years who is 88 and living at home alone with macular degeneration and been legally blind for the past 15 years.

I have a passion to support all individuals to achieve all they can within their capabilities. Every person is a valued and unique individual, the only issue is finding the right key for the person to flourish and thrive in life. This is our role as diversional therapist. I would like to see our profession recognised within the health system particularly in South Australia and to have education opportunities available at South Australian universities for those desiring to improve their skills and knowledge.

Book Review with the Ed.

This month we have a guest book review by Aja Goddard and a review of Pam Bell's final two books - Ed.

'Cultural Life', Disability, Inclusion and Citizenship - Moving Beyond Leisure in Isolation

Disability is a complex multidimensional social construct where the type of disability and the level of support of individuals needs to be considered within leisure provision. In a leisure context, people with a disability often face a multitude of constraints to participation. However, when leisure is possible, the benefits are substantial and worth pursuing. While other marginalised populations have received a great deal of attention across disciplines and in the field of leisure and recreation, disability has received comparatively less attention and generally in isolation to the leisure context. This book concentrates on "disability citizenship in leisure".

The chapters focus on examining the leisure lives of people with different types of disability by supporting their leisure endeavours through innovations in technology, service provision and the imagination. Each chapter has a different social setting, involves different groups of people with disability, and challenges conventional wisdom about what is possible when ability is seen, nurtured and, then, flourishing with the opportunities provided.

Rather than leisure being seen in isolation, the context of this book explores leisure as part of everyday lives of people with disabilities whether that be part of promoting inclusive practices across University basis, invoking an innovative technology of Photovoice to allow people with intellectual disability to provide insight into their hopes and dreams of community living, maintaining mental health in refugees through innovative leadership programs or how people with traumatic brain injury can regain autonomy through the arts. We situate the book in the context of further challenging researchers to think beyond disability as a context in their research and engagement of the person as a citizen in leisure opportunities, as opposed to a disability.

This book was published as a special issue of Annals of Leisure Research.

Edited by Simon Darcy, Jerome F. Singleton

The book is available for purchase from this link:

<http://www.routledge.com/books/details/9781138809925/>

This month's book review was provided by Aja Goddard - Ed

Title: Knowledge and Fun of the Boomer Years

Author: Pamela Bell

Publisher: P.I. Bell

ISBN: 978-0-9579282-2-0

RRP: \$24.00 plus \$3.50 postage

Pam Bell wrote this book after discussing the possibility of a book that could be used as a resource manual for Diversional Therapists and Activity Officers. This book also acknowledges contributions from Pam's work colleague Jan McAuliffe.

The book is filled with quizzes based on information in the Baby Boomer years these include activities such as Who am I?, General quiz questions - technology around the home, advertisements and jingles, mind games, Australian quizzes and much more.

A simple and easy resource that can be used to set up a quiz competition, a fill in activity or even in an individual program with a client.

Title: Knowledge and Fun of the Boomer Years Book 2

Author: Pamela Bell

Publisher: P.I. Bell

ISBN: 978-0-9579282-3-7

RRP: \$24.00 plus \$3.50 postage

Pam Bell wrote this book as part of a four book series. This is a continuation of quizzes and mind games that are easy to use in most settings. In this book areas covered include games, outings, holidays, school days, sweets and treats, fashion and hair styles and much more.

Once again these two books are reasonably priced for a facility resource or to add to your own collection.

Pam can be contacted by phone on 02 9899 7996 or email p.i.bell@optusnet.com.au



Members Articles

Mental Health Week

Submitted by: Kylie Rice Diversional Therapist

Mental Health is an issue that touches us all, as we or someone close to us may suffer from a mental illness; 45% of the population will experience a mental illness at some stage in their lives. Mental illness is the 3rd leading cause of disability burden. In a 12 month period, 1 in 5 Australians will experience mental illness with 14% affected by an anxiety disorder and 6% experiencing a major depressive episode. One third of young people will have had an episode of mental illness by the time they are 25, and it is estimated that 85% of homeless people are mentally unwell. For those people affected they face stigmatization and discrimination due to their illness every day; and only half of those affected will actually receive professional treatment for their illness.

Every October across Australia we celebrate Mental Health Week (or in NSW – Mental Health Month), as part of a national mental health campaign that is centred around World Mental Health Day, celebrated each year on October 10. Mental Health Week is about raising awareness and understanding of mental illness in the community, reducing the stigma and discrimination surrounding mental illness and promoting positive mental health and wellbeing.

The theme for Mental Health Week this year was ‘be YOUUnique!’ This theme is about promoting acceptance and understanding the impact that being proud of who we are can have on our wellbeing. Recognising and embracing what makes us all different and accepting people for who they are. Let’s celebrate our strengths and differences and be ourselves! Encourage everybody to consider their strengths and challenges and nurture everyone’s ‘unique worth’, taking the opportunity to support the people in our lives and celebrate their individual qualities and what makes them unique.

Gna Ka Lun, the adolescent Mental Health Inpatient Unit, celebrated Mental Health Month by holding a morning tea for all staff and patients to attend. Staff were encourage to wear blue to show their support of World Mental Health Day (this was choose to help staff participate and get involved). Cake and fruit platters covered the tables that were surrounded by medical, nursing and allied health staff and the young people. During morning tea, everyone was encouraged to nominate one quality that made them ‘YOUUnique’ and write it down on a mental health postcard. These were placed on a wall in the unit for all to see and add to if they wished. During the month, the young people decorated the unit with posters and art work which they completed especially for Mental Health Month and World Mental Health Day.

Mental Health Week serves as a useful reminder for us all to think about the mental health of ourselves and those around us. It is a great opportunity to engage all member of the community in activities that can enhance their mental health and wellbeing.

For more information on Mental Health and services available, go to:

Mental Health Australia - <http://mhaustralia.org/>

Mental Health Association of NSW - <http://www.mentalhealth.asn.au/>

Department of Health Mental Health - <http://www.health.gov.au/mentalhealth>

Headspace - <http://www.headspace.org.au/>

Sane Australia - <http://www.sane.org/>



Pictures of the Postcards with what makes us ‘YOUUnique’ written on them.



The Postcards on which everyone’s ‘YOUUnique’ quality was written on.

Journal Watch



Title: Journal of Leisure Research

Authors: SAGAMORE PUBLISHING

Call for Papers, Special Issue: Leisure in Later Life

Deadline: February 15, 2015

Guest Editors: Galit Nimrod, Megan C. Janke, Douglas A. Kleiber

In 2000, McGuire synthesized and significantly questioned the state of knowledge and inquiry related to leisure and aging and then put forth a challenge for “deeper thought.”

Since then, the number of scholars from various disciplines studying leisure and aging has dramatically increased; new concepts have been developed; and exciting opportunities for dialogue among scholars, practitioners, and policy makers have been formed. Parallel to global demographic trends and “greying” of many countries, there is a growing interest in the extent to which leisure activities and experiences promote active and healthy aging. Despite this interest, McGuire’s call for a deeper thought is still relevant, and scholars must ask themselves what they do know and, more important, what they need to know to have a more complete understanding of leisure in later life.

To meet this challenge, the editorial board of the Journal of Leisure Research is pleased to announce a call for contributions for a special issue on Leisure in Later Life.

The aim of this special issue is to present original and innovative ideas, concepts, questions, and answers relevant to leisure and aging.

Contributions may include critical reviews, meta-analyses, theoretical articles, and empirical research papers related to topics such as

1. Leisure and well-being in later life
2. Later life transitions and leisure
3. Leisure and diversity in later life
4. Leisure services for aging individuals
5. Constraints negotiation among the aged
6. Inclusion, social capital, and aging
7. Older adults’ use of technology and e-leisure
8. Theoretical and methodological advances in leisure and aging research

You may direct questions to any of the coeditors. To submit an article, follow the guidelines for the Journal of Leisure Research (<http://js.sagamorepub.com/index.php/jlr/about/submissions#authorGuidelines>) and indicate in the letter of introduction your intention to submit to this special issue.

Web Watch



Australia Day is more than just a public holiday. Whether you’re in the city, on the coast or in a regional area, there are lots of events that celebrate everything that’s great about being Australian. The main link provided is based in NSW followed by all the relevant state and territory information.

<http://www.australiaday.com.au/>

Victoria - Australia Day Committee (Victoria)
austday@dpc.vic.gov.au Ph: 03 9651 5174

Queensland - Department of Premier and Cabinet
australiaday@premiers.qld.gov.au
Ph: 07 3405 5215 Fax: 07 3224 4065

Western Australia - Australia Day Council of Western Australia
info@ausdaywa.com.au Ph: 08 9325 9988

South Australia - Australia Day Council of South Australia Incorporated
admin@adcsa.com.au Tasmania - Department of Premier and Cabinet
australiaday@dpac.tas.gov.au Ph: 03 6270 5477

Australian Capital Territory - Special Events Unit Chief Minister’s Department Ph: 13 22 81

Northern Territory - Australia Day Council NT Incorporated
austdaynt@nt.gov.au Ph: 08 8924 4204

From The Editor

Once again we have a full newsletter for the last edition of the year. I challenge members to send in their Christmas and Holiday activity ideas with photos to share with your professional colleagues. Also take time out to think about those less fortunate than us, some whom we may deal with on a daily basis as a client, who will spend this time living in poverty and remember to ask people - R U Ok? As these three words just may help someone at this difficult time of year.

This edition provides members with the AGM reports. If you would like the minutes or the full financials please contact the office and they will organise a copy for you. We also welcome three new board members so please make them feel welcome if you see them out and about.

This month's Journal Watch provides you with a bonus to access the full article for free so please utilise this reading material as it is not always possible to find current full free articles to access. Web Watch provides everyone with access to relevant state and territory information on Australia Day.

Kylie Rice provides us with a members article on what she did during mental health month/week and has provided links for members to access further information.

We also have a basic craft activity that can really be used at any time of the year but for this newsletter it is for Christmas ornaments however in the past I have made with clients salt dough beads, baskets and false vases. There are also a few seasonal jokes to cheer up the clients where needed. The website provided also has lots of other jokes on different topics so if Christmas is not appropriate for your clients you may find something that is.

Also keep an eye out on the website over the next month or so as we put up some information about international liaison and representing DTA as the DTA Board have produced some guidelines/procedures and a relevant form.....so watch this space as they say.

Finally, I would like to take this opportunity to thank our wonderful DTA Board members both incoming and outgoing for volunteering their time on top of their everyday lives to allow us to continue moving forward professionally, to our wonderful office staff Margie and Diana who do so much more at times than just the general office workload and finally to the Newsletter and Website team who I hope to introduce in the New Year as we have spent a lot of time finding our feet this year with the changes from paper to electronic mode - Margie and Elke and of course our outside help Scott who has been involved with DTA now for a number of years whether it be printing brochures or conference satchel bags to helping set up our website, hard copy and newsletter in its current form and providing training to those who have needed it.

Finally, I have to try one last time this year please send in your book, movie or resource reviews, members articles, general programs and activity ideas, recipes etc. as the newsletter is only as good as what the membership makes it to be with their contributions to keep it going.

Enjoy your holiday break, keep safe and enjoy seeing in the New Year.

'Til 2015

The Ed

Corn Patch

Q. Why does Santa have three gardens?

A. So he can go HOE HOE HOE.

Q. Did you hear about the cracker's Christmas party?

A. It was a BANG!

Q. What did the monkey sing on Christmas day?

A. Jungle bells, Jungle bells...

Q. Why is Santa so good at karate?

A. Because he has a black belt!

Q. What do you get if you cross Santa and a dog?

A. Santa Paws!

Q. What do snowmen eat for breakfast?

A. Frosted Flakes

Sourced from: <http://www.squiglyplayhouse.com/JokesAndRiddles/Christmas.php>



Diary Dates

Australian Government Department of Health

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubs-calendar-index.htm>

NSW Health

<http://www.health.nsw.gov.au/calendar/pages/default.aspx>

WA Health

<http://www.whatson.health.wa.gov.au/month.cfm?month=7>

TAS Health

http://www.getmoving.tas.gov.au/__data/assets/pdf_file/0017/82403/2014_HEALTH_WELLBEING_TASMANIA_CALENDAR.pdf

Vic Health (Better Health Channel)

<http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/events?open>

QLD Health

<http://www.health.qld.gov.au/news-alerts/events/>

SA Council of Social Services

<http://www.sacoss.org.au/sites/default/files/public/documents/2014%20Awareness%20Weeks.pdf>

NT Health

<http://www.health.nt.gov.au/index.aspx>

ACT Health

<http://health.act.gov.au/home/>

Our Community

<http://www.ourcommunity.com.au/calendar/>

Australian Government Department of Social Services

<http://www.dss.gov.au/our-responsibilities/settlement-services/calendar-of-cultural-and-religious-dates>

and each states tourism websites.

* Please note when governments change department names may change or merge and therefore websites may also change.

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