



# MERRY CHRISTMAS



**Australian  
Recreational  
Therapy  
Association**

Volume 90 • December 2023

# PRESIDENT'S PIECE



December marks a finalisation of a big year for Australian Recreational Therapy Association, it's members, our office team and the board.

I have reflected upon the last 12 months. It has been challenging, uplifting, and clear that we are continuing to grow.

The return of our face to face conference has been a highlight of a successful year. Over the past twelve months ARTA has provided workshops, increased member representation at both government and external stakeholder forums, and continued strengthening ARTA portfolios and communities of practice. I feel we are in good stead for an even stronger 2024.

As we wrap up 2023 and move into a new year, I extend my gratitude to the board, executive officer, office team and members who have supported the board on various working groups.

I extend also my warm wishes to members and wishing you all a very merry Christmas and happy new year, take your time to recoup, look after yourself and be safe with family and friends

We as a board look forward to the continued growth of ARTA and ongoing representation of our members.

Thank you all once again.

*Renée Smith*  
**ARTA President**

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# NEWS FROM THE OFFICE

## OFFICE CLOSURE

The Office will be closing from 22/12 to 29/1/24. Wishing you all a happy and safe holidays.

## RECREATIONAL THERAPY WEEK 2024

12 - 18th February 2024

More info to come so please visit our website and social pages

## CALL FOR SURVEY RESPONSE

This is your last chance to have your say in our ARTA survey. We would love to hear your feedback. The survey link will be in your emails.

**WE WANT TO HEAR FROM YOU!**



We want to hear about your experiences in the industry and share our member's stories. We would love to spread the word about our profession.

Email [enquiries@recreationaltherapy.au](mailto:enquiries@recreationaltherapy.au) if you are interested!

# ARTA SOCIALS/INVOLVEMENT

“We want to be more involved, but we don't know how?”

“We would like to see more social events”

We would love all our members to be actively involved with the association. There are a few ways to do this. You can volunteer for things like the conference committee, be involved in your network groups - these are a great opportunity to form social networks where you can communicate with like minded individuals and get support from peers. If you would like to organise your own social gathering with others in the field - let us know so we can advertise and help get you started!

## COMMUNITY OF PRACTICE

We are restating the communities of practice - these will be in marketing, governance, education, aged care, disability and mental health. Please let the office know if you would be interested in one of these communities of practice and we welcome Certificate IV and Diploma members to these. There is so much to do as an association and the members with the community of practice drive the changes they see as important in that group. You are also welcome to be involved on more than one community of practice to be a driver of change in our profession.

## SOCIAL EVENTS

Please keep an eye out on Diversional & Recreational Therapists Networking Group of NSW for updated events list.

## TOWN HALLS

Our next town halls will be scheduled in 2024

**WE WANT TO HEAR FROM YOU!**



We want to hear about your experiences in the industry and share our member's stories. We would love to spread the word about our profession.

Email [enquiries@recreationaltherapy.au](mailto:enquiries@recreationaltherapy.au) if you are interested!

# ARTA NETWORK GROUPS

STATE	GROUP NAME	GROUP LEADER	PHONE	EMAIL	FREQUENCY
ACT	Canberra Monaro	Denise Richens	02 6254 0423	richens.denise@gmail.com	Thursday Monthly
NSW	Hospital Interest	Renee Rizzo	02 8738 5557	Renee.rizzo@health.nsw.gov.au	2nd Wednesday Monthly 2pm
NSW	Sydney Aged Care Interest	Briony Kennedy	0407 972 697	artaagedcaresyd@gmail.com	1st Wednesday Monthly at Canterbury Hurlstone Park RSL Club
NSW	The Hills	Mary Morris	0404 170 860	hillsdiversionaltherapygroup@gmail.com	2nd Tuesday Monthly
QLD	Toowoomba	Chris Gauld Lynda White	0428 171 001 0422 789 327	Chris.gauld54@yahoo.com Lynda_c65@hotmail.com	1st Thursday Monthly 5.30pm EST
SA	Adelaide	Sallie Shippides	08 8389 5030 0419 933 203	marsal03@bigpond.com	TBC
SA	Lower North	Lisa Anders	0439 852 523	lisa.anders@sa.gov.au	TBC
TAS	Tasmania	Emma Preston	0452 070 875	epreston18@hotmail.com	Online Group
VIC	East Gippsland Remote	Dawn Sulley	0438 560 253	dawn.h.sulley@gmail.com	3rd Wednesday Tri-Monthly (Feb - Nov)
VIC	Inner Eastern	Lisa Moro	0400 025 567	lisamoro66@gmail.com	Online Group. 3rd Wed, every 2nd month 8pm-9pm (Jan - Nov)
ALL	Online Dementia Specific Group	Eira Steane	Zoom Link: <a href="https://us06web.zoom.us/j/88358937783?pwd=eDdTRU5lRmNUMjZkTmlB-Z3orT1ZNQT09">https://us06web.zoom.us/j/88358937783?pwd=eDdTRU5lRmNUMjZkTmlB-Z3orT1ZNQT09</a> Meeting ID: 883 5893 7783 Passcode: 095285		2nd Wednesday Monthly 6.30pm EST
ALL	Associate Member NG *Cert IV Specific Group	Kim Bromley	Zoom Link: <a href="https://us06web.zoom.us/j/86254592788?pwd=QU9xbFNYSm8wc2pvUDB-BRHRoaklMzZ09">https://us06web.zoom.us/j/86254592788?pwd=QU9xbFNYSm8wc2pvUDB-BRHRoaklMzZ09</a> Meeting ID: 862 5459 2788 Passcode: 590414		1st Monday every 2nd month 7.00pm EST 4th September 6th November

# UPCOMING WORKSHOPS AND EDUCATION

## Proposed Workshops 2023

### Full Day Online Professional Development Workshops (10am – 3pm)

Date	Topic
<del>Fri 4th Aug</del>	<del>Aboriginal Health – Mental Health, Disability, Aged Care &amp; Forensic</del>
<del>Thurs 12th Oct</del>	<del>Recreational Therapy services and programming for veterans</del>
<del>Fri 3rd Nov</del>	<del>Palliative and end of life care</del>
Fri 1st Dec	Starting your own private practice And Ethical dilemmas and supervision in Recreational Therapy practice

### Hour to Empower Online Professional Development Workshops (12pm – 1pm)

Date	Topic
<del>Fri 25th Aug</del>	<del>Cultural spotlight – Italian cultural overview, activities &amp; resources</del>
<del>Fri 1st Sept</del>	<del>Recreation reimaged. Save time, money, and stress by harnessing the power of AI (with Daniel Gray)</del>
<del>Wed 27th Sep</del>	<del>A Human Rights approach to leisure</del>
<del>Fri 20th Oct</del>	<del>Food in Recreational Therapy programs</del>
<del>Thurs 9th Nov</del>	<del>Creative activities</del>
Thurs 7th Dec	Time management techniques

# CONFERENCE SPONSORS

ARTA are incredibly grateful for an amazing range of sponsors for our conference. You will be hearing more from these sponsors throughout the year.

Our sponsors are:

- Carolyn from Box and Dice
- Meadhbh from Freedom Solution
- Aged Care Music Resources



[Link](#)



**Here at Box 'n' Dice, we have a large range of specialist dementia care products and resources to support memory care, fine and gross motor skills, engagement with others and the surrounding environment.**

**Located in South Australia  
Tel 1300 001 357**

**[www.boxndice.com.au](http://www.boxndice.com.au);  
[info@boxndice.com.au](mailto:info@boxndice.com.au)**

**PO BOX 34**

**Salisbury South DC SA 5106**

[Link](#)

freedom  
solutions  
australia

## Customised Assistive Technology

- Wheelchair modifications
- Mobility Aid adaptations
- Sports & Recreation Adaptations
- Personal Care
- Daily Living Aids
- Customised and modified bikes and trikes




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ARTA are incredibly grateful for an amazing range of sponsors for our conference. You will be hearing more from these sponsors throughout the year.

Our sponsors are:

Jacqueline Quirke from Southern Cross Care Living

Shane from Neurons VR.



**Southern Cross Care (NSW & ACT) is seeking highly motivated Recreation & Engagement staff.**

**ROLES AVAILABLE:**

Diversional Therapist: Turrumurra & South Coogee

Lifestyle Coordinator: Cootamundra & Moama

Lifestyle Officers: Greystanes, South Coogee, Turrumurra, Bateau Bay, Cootamundra, Moama & Young

SCC (NSW & ACT) has a long history of providing exceptional care that empowers older people to live life to the full. Our 'Care and Engagement Model' ensures all our programs and activities are resident-focused and resident-driven, from special interest groups, virtual quizzes, animal assisted therapy, and intergenerational activities to technology base- programs, social groups and creative pursuits.

**Why is SCC (NSW & ACT) a leader in Engagement and Purposeful Living?**

- ★ Diversional Therapy Advisors provide mentoring and support to each of our homes, and this is supported by the Engagement & Purposeful Living Manager.
- ★ Access to quality resources and innovative programs
- ★ Allocated monthly budget that enables the creation of high-quality engagement opportunities.
- ★ Regular professional development opportunities through an internal education series.
- ★ Opportunities to network with other SCC (NSW & ACT) Recreation and Engagement teams members.



Developed with  
Neuropsychologists  
Reducing Loneliness, Isolation & Anxiety

**Specialised VR Therapy for  
Aged Care & those living  
with Dementia**

**Reducing Loneliness and Isolation**

[www.neuronsvr.com](http://www.neuronsvr.com)



# JOURNAL ARTICLES

## THRIVING THROUGH STRESS

Thriving through stress: leisure satisfaction, hope, growth, and well-being during the COVID-19 pandemic

### ABSTRACT

Leisure can serve as a resource for managing stress and eliciting positive thoughts and emotions, which contribute to well-being. The purpose of this study is to examine the relationship between leisure satisfaction, hope, stress-related growth (SRG), and psychological well-being in the context of the COVID-19 pandemic. A total of 547 U.S. residents completed an online survey in July 2020. A series of path analyses were used to examine six hypotheses. The results showed leisure satisfaction positively impacts SRG and enhances hope. One surprising finding is the negative relationship between leisure and psychological well-being, which is worthy of further investigation. The study highlights the importance of leisure in generating positive emotions about the future, and the role of hope in mediating the relationship between pleasurable leisure experiences and SRG during periods of adversity.

### KEYWORDS:

Leisure satisfaction; hope; stress-related growth (SRG); psychological well-being.

### REFERENCE

Liu, H., Carotta, C., Lavender-Stott, E., & Garcia, A. (2023). Thriving through stress: Leisure satisfaction, hope, growth, and well-being during the COVID-19 pandemic. *World Leisure Journal*. <https://doi.org/10.1080/16078055.2023.2228753>

# JOURNAL ARTICLE: COVID IMPACT SPINAL CORD INJURY

Everything is awesome! Lego® Serious Play® (LSP) and the interaction between leisure, education, mental health and wellbeing.

## ABSTRACT

In this paper, we explore the use of Lego® Serious Play® (LSP) to support the mental health and wellbeing of children and young people (CYP) in an educational setting. It investigates how best to manage anxiety and facilitate a better understanding of the transition process whereby pupils move either between year groups, or to new schools. The study adopts a creative multi-sensory methodology whereby the focus is upon the Lego® and not the child. Data were collected in a UK junior school from four workshops, comprising sixty-four children, ranging between seven and eleven years old. Using the Lego® Serious Play® (LSP) method, preliminary results highlight four key overarching themes associated with child anxiety surrounding the school transition process. These are (i) places, (ii) pathways, (iii) programming and (iv) people. Wider implications for other age groups and other transition scenarios are explored. A series of remedies and solutions are proposed, and recommendations for further development of the method within an educational context are highlighted. In the leisure context, this study contributes to knowledge through a playful lens by using Lego® Serious Play® (LSP) as a creative methodology to highlight the unique interaction between leisure, education and mental health and wellbeing.

## KEYWORDS:

Leisure; Mental Health; Wellbeing; Education; Lego.

## REFERENCE

Shipway, R. & Henderson, H. (2023). Everything is awesome! Lego Serious Play (LSP) and the interaction between leisure, education, and mental health and wellbeing. *Leisure Studies*. <https://doi.org/10.1080/02614367.2023.2210784>

# SENIORS HAPPY LIFE



**LIVE**



**LOVE**



**LAUGH**

## *Seniors Happy Life*

**SENIORSHAPPYLIFE.COM.AU**



**CHECK US OUT**



Seniors Happy Life is a unique magazine style resource and among its aims, is to bring pleasure and enjoyment to those in aged care facilities. It helps overcome boredom, loneliness, low morale etc.

Seniors Happy Life is printed in **LARGE PRINT** and features no ads and no news or issues, just entertaining reading including inspiring stories, nostalgia, trivia, puzzles, jokes and more.

Please check out our website to see a full issue sample and to consider if people in your care would enjoy it. Residents in other facilities across Australia love it!

PICTURED: 93 year old Mona enjoying Seniors Happy Life

# DIARY DATES

## 1 December to 31 December – DecembHair

No stubble, no trouble. Head, legs, brows, chest – if it is hair – let it grow, or let it go! Create a Decembhair fundraiser by growing,



dyeing, trimming or waxing your hair, making or faking some luscious locks, or why not skip your next grooming appointment and let that hair go natural. If you are not ready to get hairy, support someone who is and encourage them to find out about bowel cancer and grow hair anywhere!

<https://www.bowelcanceraustralia.org/decembhair>



## 1 December – World AIDS Day

World AIDS Day brings together people from around the world to raise awareness about HIV/AIDS and demonstrate international solidarity. It has become one of the most widely recognized international health days and a key opportunity to raise awareness, commemorate those who have died, and celebrate victories such as increased access to treatment and prevention services.

<https://www.who.int/campaigns/world-aids-day>



## 3 December – International Day of Persons with Disabilities

When we secure the rights of persons with disabilities, we move our world closer to upholding the core values and principles of the United Nations Charter. The United Nations Disability Inclusion Strategy provides the foundation for sustainable and transformative progress on disability inclusion through all pillars of the work of the United Nations: peace and security, human rights, and development.

<https://www.un.org/en/observances/day-of-persons-with-disabilities>



## 5 December – International Volunteer Day

Volunteerism is one of the most vital delivery mechanisms for social, environmental and economic transformation, ensuring a lasting impact with its ability to change people's mindsets, attitudes and behaviours. The United Nations Volunteers (UNV) programme recognizes the shared universal values underpinning volunteerism – free will, commitment, equity, engagement, solidarity, compassion, empathy and respect for others.

<https://www.un.org/en/observances/volunteer-day>



## 5 December – World Soil Day

World Soil Day (WSD) is held annually on 5 December as a means to focus attention on the importance of healthy soil and to advocate for the sustainable management of soil resources.

<https://www.un.org/en/observances/world-soil-day>

## 10 December – Human Rights Day

The UDHR is a milestone document, which proclaims the inalienable rights that everyone is entitled to as a human being – regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.

<https://www.un.org/en/observances/human-rights-day>



## 12 December – International Universal Health Coverage Day

On 12 December 2012, the United Nations General Assembly endorsed a resolution urging countries to accelerate progress toward universal health coverage (UHC) – the idea that everyone, everywhere should have access to quality, affordable health care. International Universal Health Coverage Day aims to raise awareness of the need for strong and resilient health systems and universal health coverage with multi-stakeholder partners. Each year on 12 December, UHC advocates raise their voices to share the stories of the millions of people still waiting for health, champion what we have achieved so far, call on leaders to make bigger and smarter investments in health, and encourage diverse groups to make commitments to help move the world closer to UHC by 2030.

<https://www.un.org/en/observances/universal-health-coverage-day>

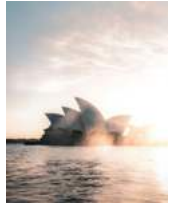


# DIARY DATES

## 18 December – International Migrants Day

The UN Migration Agency (IOM) defines a migrant as any person who is moving or has moved across an international border or within a State away from his/her habitual place of residence, regardless of (1) the person's legal status; (2) whether the movement is voluntary or involuntary; (3) what the causes for the movement are; or (4) what the length of the stay is. Regardless of the reasons that compel people to move, migrants and displaced people represent some of the most vulnerable and marginalized groups in society, and are often exposed to abuse and exploitation, have limited access to essential services including healthcare, and are faced with xenophobic attacks and stigma fueled by misinformation.

<https://www.un.org/en/observances/migrants-day>



## 20 December – International Human Solidarity Day

The Sustainable Development Agenda is centred on people & planet, underpinned by human rights and supported by a global partnership determined to lift people out of poverty, hunger and disease. It will, thus, be built on a foundation of global cooperation and solidarity. International Human Solidarity Day is:

- a day to celebrate our unity in diversity;
- a day to remind governments to respect their commitments to international agreements;
- a day to raise public awareness of the importance of solidarity;
- a day to encourage debate on the ways to promote solidarity for the achievement of the Sustainable Development Goals including poverty eradication;
- a day of action to encourage new initiatives for poverty eradication.

<https://www.un.org/en/observances/human-solidarity-day>



## 25 December – Christmas Day

Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration around the world. Christmas Day is a public holiday in many countries, and is celebrated religiously by a majority of Christians, as well as culturally by many non-Christians, and forms an integral part of the holiday season organized around it.



# WHAT'S IN THE NEWS



## Take us as we are – empowering neurodivergent and disabled experiences in the arts

Article by Satara Uthayakumaran | 17 Nov 2023 | Arts Hub

The arts industry has a long way to go in accommodating creatives and audiences who do not conform to dominant, ableist narratives. The experience of taking my younger sister into an art gallery for the first time showed how these barriers could create a stressful situation for both people with disabilities and their carers. Care had to be taken to prevent my sister from touching the art, as the eyes of the security guards consistently flicked in our direction; the sculptures in the middle of the room could have easily become a safety hazard if she had made a run for it.

Full video and image can be seen at: <https://www.artshub.com.au/news/features/take-us-as-we-are-empowering-neurodivergent-and-disabled-experiences-in-the-arts-2681298/>



## If special schools close, students with disability need more inclusive mainstream education, experts say

Article by Anna Kelsey-Sugg and Michele Weekes | 13 November 2023 | Life Matters

“There has to be a bigger investment in our [mainstream] education system. And this is an opportunity to do that, for it to be better for all.” Dr Armstrong says students with disability have a spectrum of needs — including high-level needs, temporary access needs (for example from a broken leg), or bereavement support. He believes a mainstream school should be able to support students across that spectrum. “I really welcome the report ... because it sets out mechanisms and teeth to make that happen.” Upskilling and more transparency are needed.

Full article and image can be seen at: <https://www.abc.net.au/news/2023-11-13/special-schools-mainstream-education-people-with-disability/103068054>

# WHAT'S IN THE NEWS



## **Maryborough Endeavour timber facility teaches people with disability skills to further their careers**

Article by Pat Heagney | 15 November 2023 | ABC News

Kirsten Drier is breaking barriers in more ways than one. Ten years ago, she was afraid her disability would be a barrier to getting a job. Now, Ms Drier is teaching others the tricks of the trade in an industry usually dominated by men. “People just don’t understand disability and how good we can be at things,” she said.

“It can be frustrating because we just need to be given an opportunity to prove we can be a really good worker.”

Full article and image can be seen at: <https://www.abc.net.au/news/2023-11-15/endeavour-helps-people-with-disability-gain-skills-for-jobs/103098134>



## **Double amputee Shona Muckert competes with able-bodied canoeing team at national sprints**

Article by Bree Dwyer | 18 Nov 2023 | ABC News

Bilateral amputee Shona Muckert competed in the outrigger National Sprints on Friday where she won a bronze medal with her team. All of Muckert’s teammates from the Mooloolaba Outrigger Canoe Club are able-bodied. She was the only woman with a disability to compete. “You always feel like you’re just another club member.”

Full article and image can be seen at: <https://www.abc.net.au/news/2023-11-18/shona-muckert-double-amputee-national-sprint-championships/103103560>

# POSITIONS VACANT

## **Disability Support Worker (Immediate Start)**

### **Little Blue Wren Services**

NSW > Tamworth & North West > Tamworth

Due to a rapid expansion across Northern NSW, Little Blue Wren Services is looking for forward thinking, creative and enthusiastic Disability Support Workers.

<https://www.seek.com.au/job/71794305>

## **Social Support Coordinator**

### **Eastern Health**

VIC > High Country > Healesville & Yarra Valley

Provide structured opportunity to meet new people and participate in social programs/activities in a fixed base facility or community based setting. Minimum: Cert IV Leisure and Health

<https://www.seek.com.au/job/71796555>

## **Dementia Consultant (Nursing and Allied Health Background)**

### **HammondCare**

VIC > Melbourne > Clifton Hill

Apply your expertise in assessment & biopsychosocial approaches, implement practical, innovative & non-pharmacological strategies to prevent behaviours related to dementia. Minimum: Cert IV Leisure and Health.

<https://www.seek.com.au/job/71794004>

## **Living Well (Leisure & Lifestyle) Team Member**

### **St Basil's Homes**

SA > Adelaide > Croydon Park

You will play a vital role in delivering individual and group activity programs designed to enhance our residents' physical, intellectual, emotional, cultural and social well-being. Minimum: Cert IV Leisure and Health

<https://www.seek.com.au/job/71694583>

## **Lifestyle Coordinator**

### **Regis**

WA > Perth > North Fremantle

You will be responsible for designing and implementing a high quality calendar of meaningful activities and events.

Minimum: Cert IV Leisure and Health

<https://www.seek.com.au/job/71340816>

## **Team Leader Activities**

### **Catholic Care**

NT > Alice Springs & Central Australia > Alice Springs

The Community Development Program (CDP) provides intensive case management support to Aboriginal people seeking work, proving opportunities that lead to positive social and economic outcomes for families and community.

<https://www.seek.com.au/job/71558471>

## **Diversional Therapist**

### **Department of Health - Queensland**

QLD > Toowoomba & Darling Downs > Jandowae

Design, deliver and evaluate tailored and innovative recreational and diversional programs for our residents. Your ability to interact and engage productively with our residents will be vital to ensure program initiatives and outcomes are successful.

<https://www.seek.com.au/job/71763072>

## **Leisure and Lifestyle Officer**

### **Calvary Administration Pty Limited**

TAS > Launceston & North East > Launceston

As a Leisure and Activities Officer you will ensure the design, development and implementation of special programs to meet the needs of our residents. Minimum: Cert IV Leisure and Health.

<https://www.seek.com.au/job/71800345>





Do you have any ideas you would like to share in our newsletter? Any resource reviews or articles? Email: [newsletter@recreationaltherapy.au](mailto:newsletter@recreationaltherapy.au) to have your say in the newsletter! Photos are always a great accompaniment - but please note that they must be high resolution!

#### Australian Recreational Therapy Association Contact Details

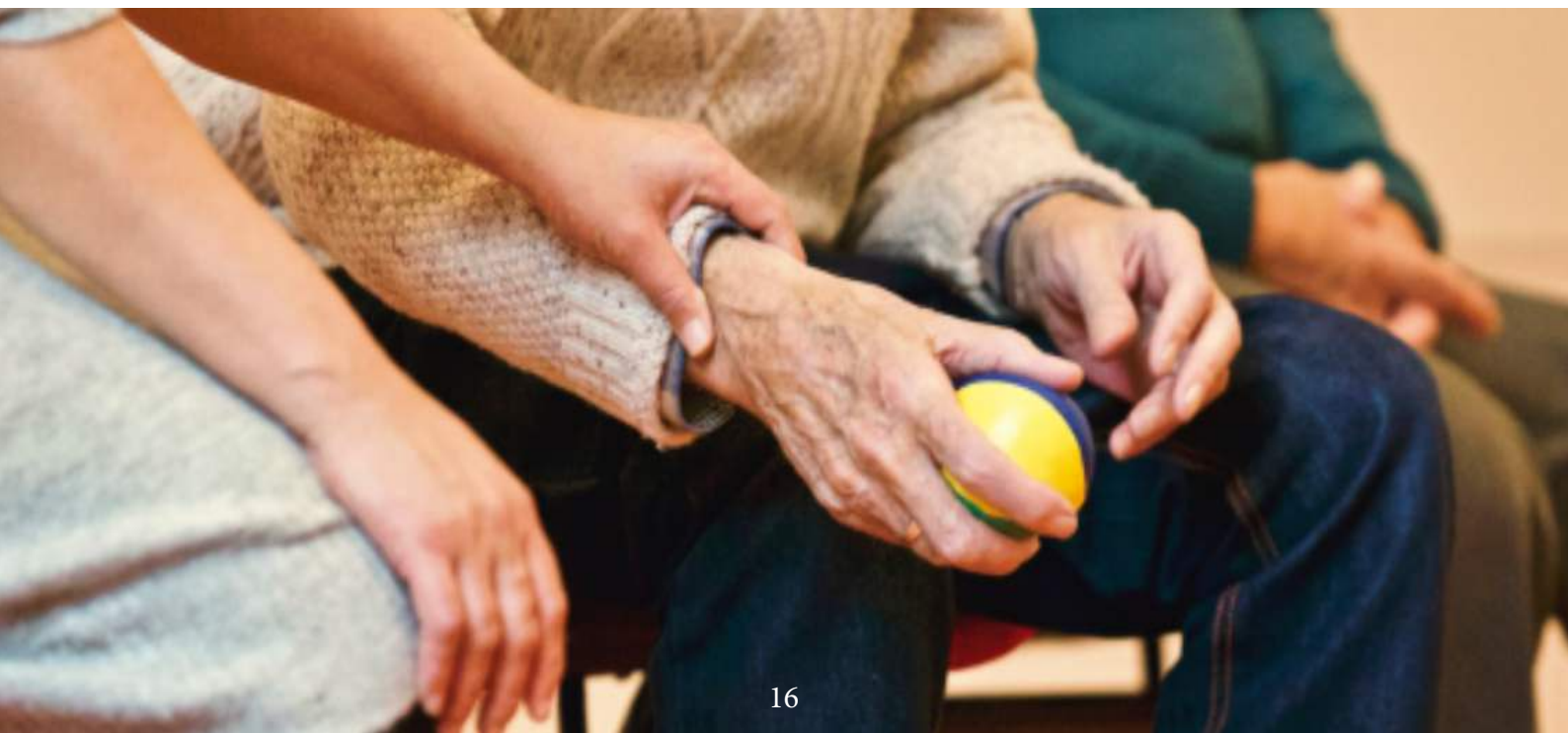
PO Box 83

North Ryde NSW 1670

Phone: 02 9887 2111

Email: [enquiries@recreationaltherapy.au](mailto:enquiries@recreationaltherapy.au)

Images are sourced from Pexels





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