

PRESIDENT'S PIECE



As we move into July, I'm continually inspired by the dedication, innovation, and professionalism of Recreational Therapists across the country. July marks an important milestone for our profession, with momentum continuing to build around national recognition and sector-wide reforms.

Recreational Therapy recognised in Aged Care reforms

Following ongoing advocacy efforts, we are proud to see **Recreational Therapy officially recognised** as a therapeutic support under the **Support at Home reforms**. This is a significant step forward in ensuring that older Australians can access evidence-informed, person-centred care that supports their independence and wellbeing. This recognition strengthens our place in the **allied health** landscape and opens doors for greater involvement in aged care service delivery.

National Virtual Conference – Abstracts closed

Planning is well underway for the **ARTA National Virtual Conference**. With the theme centred around innovation, practice excellence, and the future of RT, this is a not-to-be-missed opportunity to connect, reflect, and grow. Abstracts are closed, with the program being finalised and to be released in the next couple of weeks.

We have our second keynote international speaker: **Professor Jerry Singleton PhD, CTRS**. Doctor Singleton is a Professor Emeritus who taught Therapeutic Recreation in the Recreation and Leisure studies department at Dalhousie University for 37 and a half years. Dr. Singleton's research focused on the area of Leisure and Aging. He also served on the National Council Therapeutic Recreation Certification Board (NCTRC) from 2018 to 2021, the Committee on Accreditation for Recreational Therapy Education (CARTE) Board Jan 1 to July 2025, and currently sits on the International Therapeutic Recreation Coalition. We are very excited to hear from Dr Singleton.



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Growing public presence

Our **outward-facing advocacy** continues through social media campaigns, stakeholder engagement, and media presence. We are actively working to **raise awareness** of the vital role of Recreational Therapists - not only in aged care, but across disability, mental health, and rehabilitation sectors. We would love to hear from **you**, RT's in the field. Would you consider being open to a short video that we can use on social media talking about what you do every day to better the lives of others through our professional practice? if so, please reach out to the office.

Member voices matter

Finally, I want to acknowledge the powerful contributions of our members. Whether you're mentoring a student, presenting at a conference, or advocating in your workplace, you are shaping the future of our profession. ARTA remains committed to **supporting you, elevating our collective voice**, and ensuring that Recreational Therapy continues to grow in reach and recognition.

Warm regards,

Renée Smith
ARTA President

Upcoming workshops July

Day/ Date	Duration	Topic
Friday 4th	12pm – 1pm	Therapeutic relationships conflict resolution
Wednesday 9th	9am – 10am	Positive emotion as a basis for treatment
Wednesday 16th	12pm – 1pm	Using ChatGPT: Benefits and cautions
Thursday 17th	12pm – 4pm	Intergenerational programming – Playgroup Australia
Friday 25th	9am – 1pm	Starting your own recreational therapy business Pt 1

If less than 4 people are registered for a workshop, it may be cancelled and rescheduled at another time.

We would like to gauge your interest in the education ARTA is providing. Could you please click onto the link and do a quick 5 minute survey to have your say. <https://forms.gle/UcJNx8LWRsxsqLQq6>


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WE NEED YOU



- to record a short video
- explaining why they are members of ARTA
- what being an RT means to them.

You can send them in via email link to
enquiries@recreationaltherapy.au.
 For use in promos on socials.



EDUCATION

Strengthened standards workshop is upcoming - this is an excellent opportunity to ensure you are in line with the changing requirements for aged care.

We have 2 representatives that have been invited to take part in CHC Aged Care, Disability, Leisure and Health Qualification Review. This was highly competitive with over 80 people putting in an expression of interest. This qualification review will be completed over an 18-month period. There are 18 people on this panel from across Australia.

DISABILITY

Lots of great discussion and ideas generated during the ARTA NDIS workshop (delivered by Charlise) this month. Members agreed to be involved to support ARTA's campaign for recognition of RT as a provider.

It was suggested the group can prepare a list of RT supporters (stakeholders that have seen our valuable work and impact) if we need to call on them to provide a testimonial.

It was discovered that Dance Movement Therapy (DMT) recently applied to be recognised as a profession under NDIS, will review their submission that was available on their website.

MENTAL HEALTH

CoP unable to meet recently due to member absences, looking to hold meetings bimonthly as alternative

Focus to develop MH RT competencies

CARE AND SUPPORT SERVICES

Drafted welcome letter to new Minister for Aged Care and Seniors Sam Rae, finalising this before also sending it to the Shadow Minister to increase our visibility.

Exploring contacting the Hon Andrew Giles MP, new Minister for Skills and Training to increase awareness of RT workforce education requirements/needs.

New strengthened standards introduction delayed to November (workshop date moved to August).

MARKETING

An ABC South Coast radio interview was conducted with one of our members, Jessica Mallinson. Jessica is a mental health RT. Visit the link to hear the interview: <https://www.abc.net.au/listen/programs/southeastnsw-breakfast/breakfast/105050362>

Kicked off our marketing campaign on support at home reform changes. Members, please continue to share this through LinkedIn and socials to increase our visibility.

If you see or post something RT related, please share it to/tag ARTA. We love to hear about and repost the great work our members and professionals are doing.

Exploring collaborations in preparation for RT Month 2026.

Student mentor campaign discussed and noted for future.

OFFICE NEWS

With the new financial year, please ensure you have already renewed your membership and uploaded your 20 hours of CPD for the last financial year

MEMBER REQUESTS

As a team of Diversional Therapists working in a NSW rural sub-acute rehab and assessment ward, we have been asked to access or develop procedures for use of aromatherapy. We are reaching out to any DTs who are currently utilising aromatherapy as part of their practice in any setting. In our local health district we have not been able to source any relevant policies or procedures specific to the use of aromatherapy. It would be greatly appreciated if any DTs working in any setting have got access to aromatherapy procedures could share their policies/procedures or advise of any relevant avenues for information on same. Additionally, guidance on appropriate resources such as safest aromatherapy burners would also be appreciated.

Contact: Jane Anderson (Diversional Therapist)
Mercy Care Centre Young (Mon, Tues, Thu & Friday)
0263828444 or janderson@mercy.com.au

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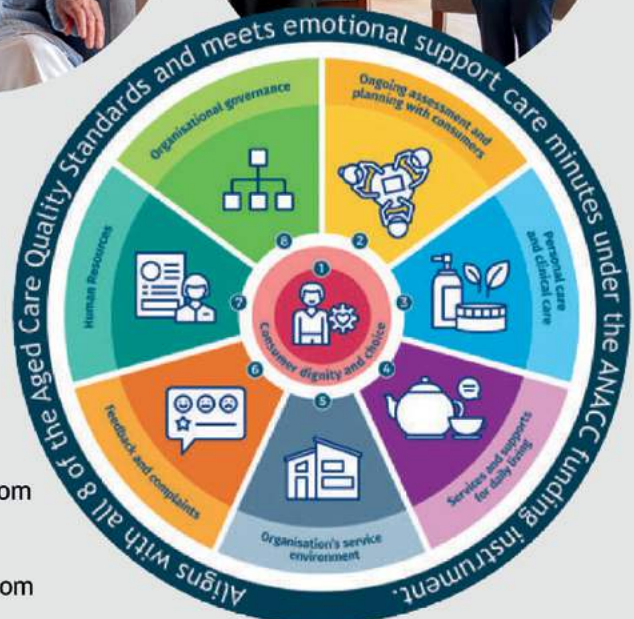
info@neuronsvr.com



1300 70 99 29



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STATE	GROUP NAME	GROUP LEADER	PHONE	EMAIL	FREQUENCY
NSW	Hospital Interest	Renee Rizzo	02 8738 5557	Renee.rizzo@health.nsw.gov.au	2 nd Wednesday of the month 2pm
NSW	Sydney Aged Care Interest	Rachel Askew	0420 526 909	artaagedcaresyd@gmail.com	1st Wednesday of the Month Hurlstone-Canterbury RSL club
NSW	The Hills	Mary Morris	0404 170 860	hillsdiversionaltherapygroup@gmail.com	2nd Tuesday of the Month
NSW	Penrith & surrounds	Danielle Anderson	0421 915 208	daniellea2288@gmail.com	TBC
SA	Adelaide	Sallie Shippies	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 Network Group	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)
ALL	Online Dementia Specific Group	Eira Steane	Zoom meeting	https://us06web.zoom.us/j/85447858183?pwd=zwFXGkziPEYQE9Ez1dQZx5xVuB2EQ1.1 Meeting ID: 854 4785 8183 Passcode: 851827	Zoom Meeting Second Wed of every month 6.30pm EST
ALL	Associate Member NG	Kim Bromley	Zoom Meeting	https://us06web.zoom.us/j/82336918415?pwd=r6bBs0S9RgDOjMULbn6uLbk4WRcBng.1 Meeting ID: 823 3691 8415 Passcode: 267385	Zoom meeting 1 st Wednesday every month 7.00pm EST

Do *YOU* attend your **Network Group?**

The purpose of network groups is to foster peer support and information exchange amongst ARTA members. Access to ARTA network groups are a membership benefit of Australian Recreational Therapy Association (ARTA). By attending network groups, members are able to use the ideas, skills, knowledge and resources of those members on a regular basis.

Only financial members of Australian Recreational Therapy Association are eligible to attend network groups.

The list of ARTA Network Groups is above – find the closest one to you and get in touch – they will warmly welcome a new member!

(Free with your membership!)