



PRESIDENT'S PIECE

September was a milestone month for ARTA with the success of our National Virtual Conference. I want to extend my deepest thanks to all of our presenters, both nationally and internationally, for the calibre of their

presentations. Your expertise, innovation, and generosity in sharing knowledge have uplifted, inspired, and strengthened our profession.

To all who attended, thank you for your energy, engagement, and commitment. It was wonderful to see so many of you participating and contributing to the conversations that continue to shape recreational therapy. Together, we are Recreating the Recreation Revolution!

A very special thank you to our valued sponsors and trade partners for your generous support, which helps make events like this possible:

- Neurons VR
- Queensland Community Care Network Inc
- Graeme Pope – Aged Care Music Resources
- Resparke
- Brain Trainer Plus
- SiVR Adventures
- Wisdom Activities

I also want to acknowledge the ARTA Board, Executive Team, and Office for their dedication in bringing together such a high-quality and meaningful event for our members.

Looking ahead, we are preparing for our Annual General Meeting (AGM) in October. Nominations for board positions are still open, and I encourage



**Australian
Recreational
Therapy
Association**

members to consider putting themselves forward. This could be your time to play an active role in shaping the future of ARTA and our profession. Your voice, ideas, and leadership are what drive us forward.

Thank you again for your continued support and commitment. Together, we are building a stronger, more visible future for recreational therapy.

Warm regards,

Renée Smith
ARTA President

UPCOMING WORKSHOPS FOR THE REMAINDER OF THE YEAR

We have needed to readjust what we are offering for education due to low uptake. For the rest of the year the following workshops will occur.

October

Day/ Date	Duration	Topic
Thursday 2nd	9am – 3pm	Reablement Workshop (Free for Members)
Thursday 23rd	9am – 3pm	Starting Your Own Recreational Therapy Business

November

Day/ Date	Duration	Topic
Monday 3rd	12pm – 1pm	The role of Cultural Competency
Monday 10th	12pm – 4pm	Managing Staff and Services
Friday 14th	9am – 1pm	Events Planning for the Following Year
Wednesday 26th	1pm – 3pm	Leisure Education (Free for Members)

December

Day/ Date	Duration	Topic
Thursday 4th	1pm – 2pm	Strengths Based Approaches in Relationships

EXECUTIVE OFFICER

Comparisons of digital platforms are being completed.

Role to be absorbed by the board after the AGM.

Preparing for AGM with changes in the board make up and roles and onboarding.

EDUCATION

Preparing 2026 Calander options for incoming board and also different mechanisms for delivering education.

CARE AND SUPPORT SERVICES

Letter to Hon Sam Rae, Minister for Aged Care sent. We have yet to receive a response.

The New Aged Care Act and Strengthened Standards are due to commence on November 1st. coming. The Board members are monitoring and observing the impact this may have on our members.

Renee S has been in contact with other representatives to try and get in touch with government via a different route.

MENTAL HEALTH

CoP are writing Recreational Therapy competencies and have been working hard to streamline the governance documents. A huge thank you to Jeanette and Kelsey for their assistance.

GOVERNANCE & PROFESSIONAL SCOPE

Collaborating with other CoPs for input on governance documentation to provide further refinement and editing.

MARKETING

Award of excellence have been discussed with agreement and production of their certificates.

Board member certificates have been agreed upon and generated to acknowledge service.



Award of Excellence Winners



Award of Excellence Finalists



Best Presenters



Dear ARTA members,

Each year, our Annual General Meeting gives us a chance to reflect on where we've come from and who will help steer our Association forward. This October, we have several Board positions becoming vacant, and I'm writing to encourage you to consider standing for nomination.

A little about my own journey — not to boast, but to show what's possible. I joined ARTA as a student member in 2000. Over the last 25 years, I've supported the then-NSW board, chaired the amalgamation of the national association, stepped away from board roles for personal reasons at times, and most recently served three years as President. Those chapters were different, but connected by the same purpose: to move our profession forward. Many current board members have followed similar paths — joining, contributing, pausing, and returning at different stages of life and career. That variety of experience is exactly what keeps ARTA strong.

Now it's your turn to consider whether this is the moment you step forward. If you have knowledge, lived experience, or a passion for advocacy and innovation in recreational therapy, your voice would be a valuable addition to the board. New faces bring fresh ideas, new priorities and energy — all of which help us better represent our profession and advocate for change.

Nominations for the October AGM have been emailed to members this week. If you'd like to know more about what board service involves, or would like to talk through whether standing for nomination is right for you, I'm very happy to chat. Please contact Diana or Jodie at the office, and they'll connect us, or let me know, and I'll reach out.

This isn't about prestige — it's about participation. Consider how you might shape our future.

We'd love to see your name in the mix.

Warm regards,

Renee

President, Australian Recreational Therapy Association (ARTA)

Notice of AGM and Board Vacancies 21 October 2025

Our AGM will be held online on Tuesday October 21 at 7.30pm AEDT remembering daylight savings will have started in some states by then. We would like to invite Certified Members to consider joining the ARTA board for a three-year term. There are four executive Board positions, all of which will be declared vacant.

There is one additional position on the board as director, which will also be declared vacant.

Under the new constitution: To be eligible to hold the office of Director a person must hold a degree or higher in a relevant field pertinent to Recreational Therapy..... As a board member you will be expected to attend monthly board meetings and take a leadership role in driving both the profession and association forward. While there are currently various portfolios which are supported by our board members, these areas may change depending on the board make up and direction.

Accounts, Budgets, Purchases and Account Keeping
Care and Support Services
Disability and Mental Health
Education and Training
Governance and Professional Scope
International/Global Connections and External Liaison
Marketing and Promotion
Media and Communications
Network Groups, Membership and Internal Liaison

If you would like to join the Board, please complete the nomination form and email it to the office by the COB on Friday 17th October.

Just as a reminder for those members who do not have a degree membership; as promised you will always have opportunities to contribute to your association by attending network and interest groups, by being involved in the Communities of Practice, as well as coming to consultation town hall meetings throughout the year; there is also a portfolio representing all members, in addition you can always email the office with any concerns that will come to the board for consideration and response.

SILVER SPONSOR



Queensland Community Care Network

*One-on-One Volunteer
Visits for Residents
at no cost*



Australian
Recreational
Therapy
Association

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.



GOLD SPONSOR



Developed with
Neuropsychologists
Reducing Loneliness, Isolation & Anxiety

Therapy for Aged Care & those
living with dementia
through virtual reality (VR)

**Clinical Integration –
Enhancing Resident Care Plans**



**Memory Support –
Addressing Behavioral and
Psychological Symptoms of
Dementia (BPSD)**



**Lifestyle & Resident Wellbeing –
Facilitating Meaningful
Engagement**



NeuronsVR
encouraging movement



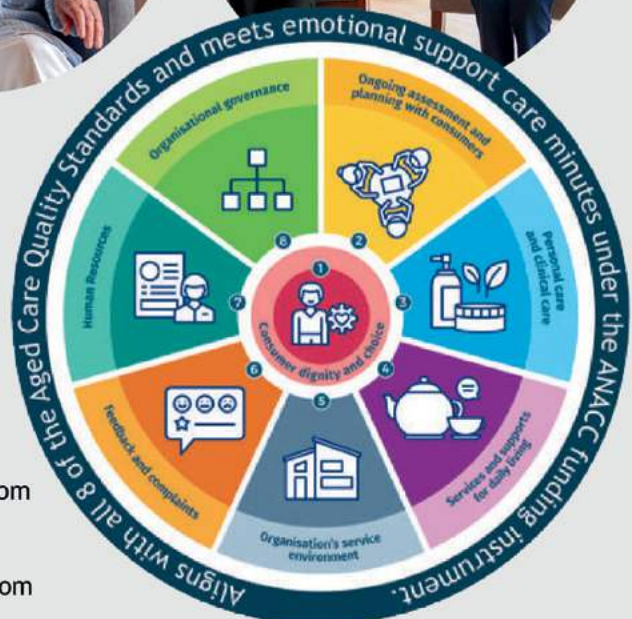
info@neuronsvr.com



1300 70 99 29



www.neuronsvr.com



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!)