

Recreation Access Programs

Meeting people, learning new things: accessible programs increase wellbeing

Fostering community and social connectedness is a vital component of our work at SPCC. To this end, the centre holds a Monday Drop In and Women's Activity Group, as well as five weekly exercise, yoga and wellbeing workshops, which are targeted at local residents who live with disabilities, have mental or other health issues, and/or who are socially isolated. These accessible programs provide a happy and safe place where people can enjoy a meal or activity whilst learning life skills and developing friendships. They encourage participants to actively participate in society, and promote understanding and positive attitudes towards people of all abilities.

In 2019-20, an average of 77 participants per week attended a RAG program.

Women's Activity Group

Women coming together to share and connect

In March 2020, the Women's Activity Group transitioned online and now meet fortnightly via Zoom. Initial one-on-one support was needed – staff helped each participant to download Zoom and to become comfortable with using the platform.

A **Women's Activity Group Facebook Page** was also created, and participants have connected through this, as well as contacting each other to offer emotional support. Between March and June 2020, over 450 one-on-one contact sessions were provided.

Monday Drop-In Group

Linking people in with community

Due to challenges with information technology access and use and preferences by participants, the Monday Drop-In Group has not been able to transition online. However, staff have made weekly phone contact with individual members – in the March - June 2020 period, over 300 contacts were made with participants. We have referred group members to relevant services and linked them in with other activities, and have also followed up with individual case workers when required.

Accessible Exercise and Wellbeing

During the 2019-2020 period, over 50 exercise, yoga and wellbeing workshops were provided, with over 750 participants. A range of specialised classes are provided, including Exercise for All Ages', 'Stretch', 'Barre/Core Strength/Hips and Balance' assist participants to focus on certain types of strengthening and balance of age-related and mobility issues. All classes are accessible to all abilities including wheelchair users. All of these programs went online in at the start of the COVID Pandemic in March 2020 and remain online with excellent attendance.