



AUSTRALIAN
CAMPS ASSOCIATION
GREATGETAWAYS®
Outdoor programs for people over 55

Outdoors
QUEENSLAND
Live life outdoors



JOINT PROJECT

Aligned Missions:

The Australian Camps Association develops, supports and promotes the delivery of camp experiences that provide positive community, social and personal outcomes.



OQ's primary purpose is to raise the profile, capacity and opportunity for outdoor recreation in Queensland and to encourage more people to participate in outdoor recreation activities.



Positively Ageless

Queensland Seniors Strategy 2010–20



Tomorrow's Queensland:
strong, green, smart, healthy and fair

Toward **2**
Tomorrow's Queensland



**Alignment
with Federal
and State
Government
Policy**

SOME STATS

In 2018 there were proportionally more people in Queensland over 55 than under 55. This is increasing.

(Queensland Government Statistician's Office, 2019).

Nearly a quarter of Queensland's population will be 65 years or older by 2031.

(Queensland Treasury statistics)

Nationally, this equates to 8.1M people >65 by 2050 - double 2010 figures.

(Australian Government 'Australia to 2050: future challenges', 2010)

While life expectancy is increasing, so is the portion of that life spent in less than good health.

THE NEED

7 in 10 older Australians are overweight or obese.

(Australian Institute of Health and Welfare)

Less than half of older Australians report being sufficiently active : >30 mins x 5 days / week.

(Australian Bureau of Statistics)

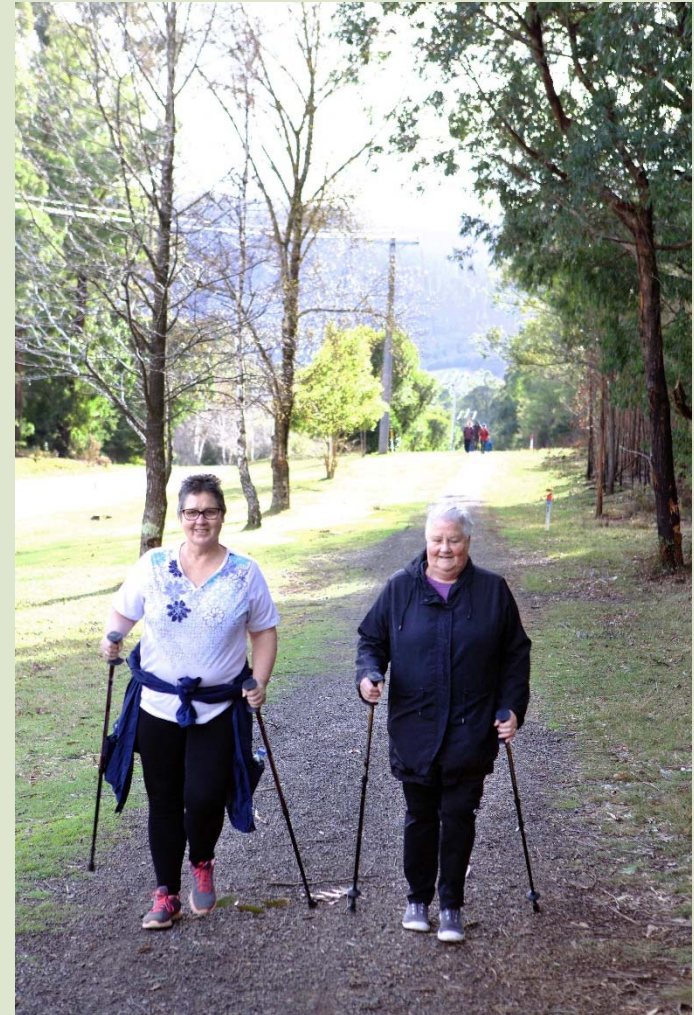
Loneliness and social isolation increases the likelihood of an earlier death by 26%.

(Swinburne University, Melbourne)

Regular physical activity can help reduce risk of injury from falls.

(Ageing with Vitality Guide, Queensland Health)

BEING PHYSICALLY ACTIVE AND FEELING CONNECTED TO OTHERS
IS ASSOCIATED WITH IMPROVED MENTAL HEALTH, AGEING WELL
AND INCREASED LEVELS OF HAPPINESS



CAMPING

CONNECTIONS

NEWSLETTER OF THE CAMPING ASSOCIATION OF VICTORIA INC.
INCORPORATING THE NEWSLETTERS OF THE CAMPING ASSOCIATIONS OF
SOUTH AUSTRALIA, TASMANIA AND QUEENSLAND.

June 1993

FUN AND FRIENDSHIP CAMPS FOR THE OVER FIFTIES

by Dennis Love,
Queensland Camping Association Secretary
and Department of Tourism, Sport and Racing.

The First Fun and Friendship Camp (over fifties) was inducted by the Department of Tourism, Sport and Racing in March, 1985. Sixty five campers participated in the four night five day program at a cost of \$65.00. Their average age was 64 years.

The Tallebudgera concept is based on providing very low cost camp for pensioners generally from Brisbane. Initially a departmental staff member attended the camp to ensure all went well. Ultimately the only DTSR staff involvement was based on providing organisation and promotional support.

Three "older adult" leaders were identified to supervise everything from when campers arrived at the bus terminal on their way to camp, to when they returned to the bus terminal after the camp.

The camp program consists of very basic camp activities including:

- Mini Olympics
- Aqua Aerobics
- Canoeing
- Concert
- Trip to the poker machines



Queensland's
Fun and Friendship Camps
— a growing market

Since that time 27 camps have been conducted at Tallebudgera. The cost of these camps are currently \$117.00

Regional staff began organising Fun and Friendship camps in 1986. Since that time around 80 such camps have been conducted Statewide contributing well over 10,000 camper nights to the Department Camp statistics.

When Fun and Friendship Camps were considered for Gold Coast residents, the first thing determined was that participants wanted to travel to other camps as opposed to spending a week at the Gold Coast where they lived.

It was also discovered that the majority of potential participants wanted a little more adventure than the Tallebudgera Camps offered and they were happy to pay a little more for the experience.

The first Gold Coast camp was planned for the Lake Perseverance Recreation Lodge to coincide with the Annual Carnival of Flowers Festival in Toowoomba, Queensland in September.

This camp cost \$195.00 for six days and five nights and included all accommodation, meals, leaders, transport (Coach stayed on camp), day trips, all entrance feed to attractions, prize gardens etc.

>>> continued on page 3

IN THIS ISSUE

- ❖ What's On The Table 4
- ❖ CAV Conference Details
and Application Form 6-8
- ❖ Camp Horsemanship 9
- ❖ Kumbayah 1994 12-14
- ❖ Camping Association
of South Australia Inc. 16-17



- ❖ Camping Association
of Tasmania Inc. 18
- ❖ Queensland Camping
Association 19
- ❖ National Recreation Industry
Training Advisory Body 20
- ❖ Camp Tawingo Workshops 24

Nothing
new!



VICTORIAN
PILOT
RESEARCH
2018-19



CO-DESIGN



INITIAL FINDINGS

Our research, co-design workshop and initial pilot program feedback indicates that the following were the most highly rated motivators:

- Improving physical fitness
- Enjoy nature, be in a natural setting
- Social security (being with considerate and respectful people)
- Nostalgia (pleasant memories, reflections on positive experiences)
- Being with people with similar interests

People were more interested in 'adrenaline' activities than the more passive activities.

- Benchmark actual vs perceived flexibility, strength and endurance
- Encourage long term change
- Form social connections with 'like minded' people
- Visit beautiful parts of our country
- Enjoy time outside
- Try adventurous activities

GREAT GETAWAY AIMS

(what's in a name?)

INDOOR COMFORT
OUTDOOR FUN



www.auscamps.asn.au



Promotion

Expos



 **Australian Camps Association**
Admin · Published by Jessica Hough [?] · August 22, 2018

Well, we had an absolute blast on our Marysville Great Getaway at [OEG Camp Marysville](#) and we're thrilled that we have a short video to show everyone!

Huge thanks to Chris Gillard at [FunSearch](#) for putting this video together for us - we love it.

So, if you joined us on our Marysville Getaway please enjoy the memories. If you've been considering joining us but have wondering what the Great Getaways are all about, this is it - time outdoors, making friends and enjoying a variety of activities!

(Thanks to our Marysville Getaway Participants for creating the awesome soundtrack to this film!)



17 5 Comments 10 Shares Seen by 64

Like Comment Share

View 1 more comment

 **Patricia Leung** Awesome! 好玩啊! 1
Like · Reply · Message · See Translation · 1y

 **Alan Bull** A fun time was had by all. Bring on the next Getaway
Like · Reply · Message · 1y

 Write a comment...    

FACEBOOK

Two-thirds of Australians over 65 (67%) use social media, and almost a quarter (24%) use it at least once a day.

THE Senior QUEENSLAND



JEAN KITTSO

PARENTAL GUIDANCE ADVISED

PAGE 12

THE SECRET GARDEN COOKBOOK

PAGE 16

WIN

THE SKILL OF FLOWER ARRANGING PAGE 15

COVID-19: WHAT YOU SHOULD KNOW PAGE 3

Senior Traveller

CHANNEL ISLANDS HISTORY & CHARM

LIFTOUT

Stimulus packages benefit millions

Battlers' respite

BY EILEEN WOOD

THE first \$750 stimulus package payment should be flowing into pensioners' bank accounts in the next few days, if it hasn't already arrived.

About 6.5 million age pensioners, social security, veteran and other income support recipients will get the tax-free payment from

March 31. It is anticipated that by mid-April 90 per cent of people will have the payment, which will not count as income for Social Security, Farm Household Allowance and Veteran payments.

The Jobseeker Payment (Newstart) has almost doubled through a temporary coronavirus supplement (see Page 5).

A further \$750 payment will be made from July 13 to age pensioners and eligible concession card holders, except those who are receiving the coronavirus supplement.

The payments are part of the government's attempts to shore up the economy as we deal with the significant challenges posed by the spread of coronavirus (COVID-19).

At the time of going to press, the government had committed \$189 billion including \$90 billion from the Reserve Bank.

Prime Minister Scott Morrison said the focus was on "cushioning the blow" and providing hope to every Australian that we will get through this and come out

the other side together".

"The next few months are going to be a difficult journey but we all have a role to play to adapt to the changes we're facing, to cushion the impact of what is happening and to pull together so we can bounce back when we get to the other side," he said.

Some retirees with bank-based savings will benefit

from cuts to the deeming rates - from 1 per cent to 0.25 per cent on savings of \$51,800 or less (\$96,200 for a couple) and 3 per cent to 2.25 per cent for savings over these amounts.

The cuts follow the Reserve Bank twice slashing interest rates in March from 0.75 per cent to 0.25 per cent.

Pension rise - Page 5.



Award winning funeral insurance with an insurer you can trust

- ✓ Get covered quickly and easily in a single phone call with no health checks
- ✓ Choose a cover amount from \$3,000 up to \$15,000
- ✓ Guaranteed cover for Australian residents aged from 18 to 79

Call 1300 450 346 or visit realinsurance.com.au



Cover for accidental death only in the first 12 months, cover for any cause thereafter. If you change your cover your premium will be affected. If your policy is cancelled prior to age 75, no benefit is payable. There is no premium refund after the cooling off period. This is general information only and does not take into account your financial situation. Please consider the Product Disclosure Statement available from realinsurance.com.au before you decide to purchase. This offering is provided by Real Insurance, a trading name of Real Insurance Services Pty Ltd ABN 62 128 452 884, AFSL 343077. Real Insurance is a member of the Real Insurance Group. Real Insurance is a member of the Real Insurance Group. Real Insurance is a member of the Real Insurance Group. Real Insurance is a member of the Real Insurance Group.

Targeted
advertising
and editorial

BROCHURES



VAAP eNews

Edition 11 – June 2019



Networks



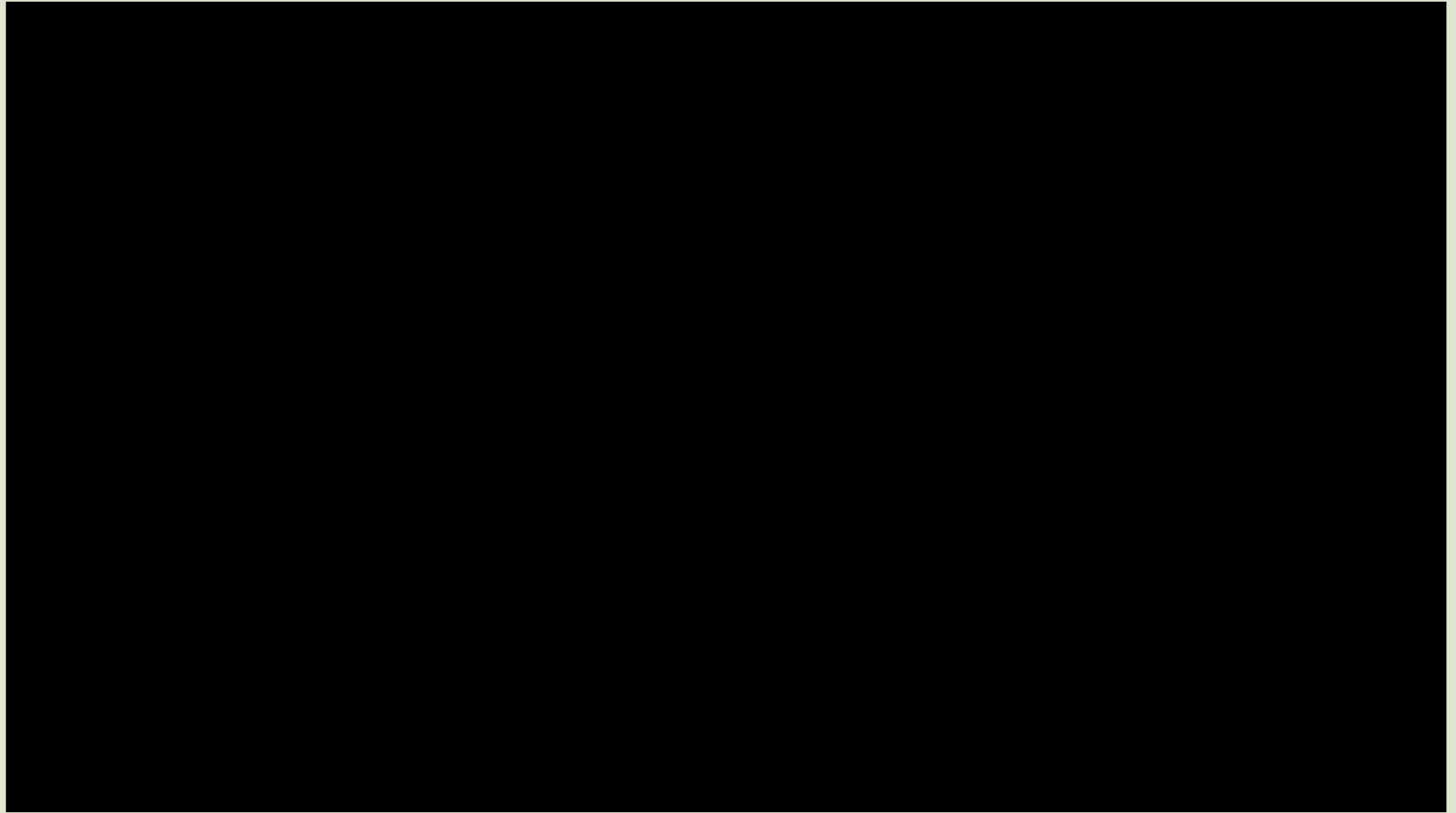
Great Getaways - Indoor Comfort, Outdoor Fun

Post-camp evaluations consistently show that there is a range of beneficial outcomes experienced by 'Great Getaway' campers.

[READ MORE](#)

Research Update

GREAT GETAWAYS





Exercise programs including strength and balance can reduce falls rates in older people by 17%.

(World Health Organisation, 2010)



“Great support for older people being active and doing challenging activities.”



“I have better balance than I thought, but I need to be fitter. Those hills killed me!”

NOT ALL 'ADVENTURE'



“Loved sharing the weekend with other like minded fun loving people. So much laughter, great for the soul.”



WHAT IS WORKING WELL?



WHAT IS WORKING WELL?

- Duration – including day activities
- Activity mix – catering for all abilities
- Funding – not reliant on grants
- Having a leader – point of contact
- Return campers and word of mouth – activities and friendship
- Age mix
- Natural surrounds
- Connection with local community
- Increased activity and social networking
- Achieving goals – people are more confident in their abilities, are willing to try new things and more willing to challenge themselves.

WHAT CAN BE IMPROVED?



WHAT CAN BE IMPROVED?

- Accommodation options
- Staff interaction – camp culture
- Gender balance
- Access for financially challenged people
- Access to those who need the program most

Preparing for camps with older adults

1. Camp staff mindset
2. Program planning
3. Program facilitation
4. Marketing and communications
5. Camp facilities
 - Accommodation
 - Trails and pathways
 - Amenities



MORE RESOURCES

[HTTPS://AUSCAMPS.ASN.AU/ABOUT/LATEST-NEWS/2020-INCLUSION-GUIDE-AND-SELF-ASSESSMENT-RESOURCE](https://AUSCAMPS.ASN.AU/ABOUT/LATEST-NEWS/2020-INCLUSION-GUIDE-AND-SELF-ASSESSMENT-RESOURCE)

[HTTPS://OUTDOORSQUEENSLAND.COM.AU/RESOURCES/LINKS-MASTER/SENIORS-OUTDOORS/](https://OUTDOORSQUEENSLAND.COM.AU/RESOURCES/LINKS-MASTER/SENIORS-OUTDOORS/)



**2020
INCLUSION GUIDE & SELF-ASSESSMENT RESOURCE**
for Camps and Outdoor Activity Providers



WHAT NEXT?



industry@oq.org.au

