

## Leadership Change for Rainbow Hub Advisory Group



The Rainbow Hub Advisory Group has undergone significant changes in recent times.

Cris Davis, our inaugural Chair since 2018, stepped down in December 2022 but will continue to actively participate as a member. We sincerely thank Cris for her extraordinary contribution in leading the Rainbow Hub.

Advisory Group member Pam Price says, "Cris' enormous integrity, intelligence and compassion has shone through and ensured that the Rainbow Hub has grown in a positive and strategic direction".

"We feel privileged to have worked closely alongside Cris through these years."

Peter Jones has enthusiastically stepped into the role of Chair and we warmly welcome Peter's leadership going forward.

Peter says that his life's mission has been to look out and advocate for the ordinary person.

"I come from a background in education. I taught in primary schools across South Australia for 40 years before retiring nine years ago," he says.

"The Rainbow Hub is a team of people with lived experience who volunteer our time and want our community to be seen, acknowledged and valued."

Other changes include the resignation of Jenny Scott and Syd Farrell. We thank them for all they've contributed to the Rainbow Hub Advisory Group, while also welcoming Jess Evans, an active member of the trans community.

### JOIN US

- Attend LGBTI+ lunches and events
- Read our free newsletter
- Be supported to access aged care services
- Be part of our visitors program
- Access aged care inclusivity training

Visit the Rainbow Hub section of the COTA SA website for more information.

## The Plug-in. How older people are influencing the future

Since the start of 2023, COTA SA's consumer insights arm The Plug-in, has been busy with a number of projects focusing on health and wellbeing. We extend our thanks to everyone that has participated in these so far and generously shared their insights!

Two of our recent projects were undertaken on behalf of Office for Ageing Well and Wellbeing SA, to investigate:

- How older people, especially those in regional South Australia, make and maintain meaningful social connections.
- Experiences of navigating major change events — such as natural disasters, pandemic, technology and social changes — and what is needed to support older people to adapt.

## The Plug-in.

Both projects are now complete and the findings are available for you to view on our website at [theplugin.com.au](http://theplugin.com.au)

We have created some content for you to view and share with others to help them to put into practice the recommendations that we heard from our participants. Please check out our Guiding Principles for Creating Meaningful Social Connections and our video report of Navigating Change.

In February, The Plug-in also worked with Flinders University to explore older people's needs and preferences for urgent health care. Three workshops were held over two days with more than 12 people in each. The thoughts and experiences that were shared with us will be used to inform a larger project that is designing an urgent care service specifically for people aged 65+.

Additionally, The Plug-in has recently been investigating app design for older people who have experienced mild traumatic brain injury. We had a high level of interest in taking part — thank you to all who registered!

The workshop was conducted at the end of March and our Influencers provided us with valuable insights into how older people who have experienced a mild brain injury, or their carers, would prefer to have app support during the recovery process.

There will be many other opportunities for being part of research throughout the remainder of 2023. If you would like to become part of The Plug-in's community of influencers and be the first to find out about research opportunities as they arise, you can register with us online at [theplugin.com.au/connect](http://theplugin.com.au/connect) or over the phone on 08 8232 0422.

## From strength to strength



### Transforming fitness and building friendships at Turramurra

Strength for Life is undoubtedly COTA SA's most popular initiative — transforming the health and wellbeing of more than 5,000 participants aged 50+ through 500 sessions every week across metropolitan Adelaide and regionally.

In Adelaide's northeast and the heart of Tea Tree Gully is Turramurra Recreation Centre - the home of the City of Tea Tree Gully's Strength for Life program where more than 600 people come together every week to enhance their physical health in a social and supportive environment.



Pat joined Strength for Life 15 years ago to get fit and has never looked back. She says it has completely transformed her body and that she especially enjoys the variety of equipment available.



"We support each other away from classes, go out on bus trips, have coffee after class once a month, and we all get together for Christmas dinner," she says.

Also a regular participant at Turramurra, John has been attending Strength for Life for six years and agrees he gets as much out of the social interactions as he does the fitness aspect.



"I enjoy the Strength for Life program for exercise and I go twice a week. It's also good for the social aspect. Once a month the Wednesday group go out for coffee, and once a year the instructor gets us all together for an outing — we have had a picnic the last few years."

Jenny Szabo, facility manager of Turramurra, is responsible for the delivery of Strength for Life classes at the centre and has every reason to be proud of the program's long history and ongoing success in the City of Tea Tree Gully.

"Strength for Life first launched in Tea Tree Gully in 2008 with approximately eight classes per week," Jenny says.

"We now offer 42 classes every week and welcome more than 600 people aged 50+ who regularly enjoy the wide-ranging benefits of building strength and improving their fitness."

Starting out in a modest facility in nearby Hope Valley, Strength for Life classes were relocated to the Turramurra Recreation Centre in 2017 following a significant redevelopment.

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