



## GOLD Moves Australia

**Chew the Fat # 1**  
**10am-12pm Monday 20 January 2020**  
**State Library of Queensland – Meeting Room 4A**

### AGENDA

1. Welcome
2. Acknowledgement of Country
3. Attendee introductions – brief
4. Others interested
5. Aim/s of Chew the Fat
6. Additional agenda items or ideas for Chew the Fat (today and/or future)
7. Attendee's current/planned future practice - delving a bit deeper
8. What are the pressing issues/challenges – for the field and/or for individuals
9. Sharing days
10. Any other ideas
11. Moving forward
12. Close
13. Optional lunch at the SLQ café

### Attendees:

Gail Hewton (GMA & RIPE Dance), Julie Chenery (GMA & Life Moves Counselling), Dr Barbara Snook (Research Fellow, Uni of Auckland), Jan Dwyer (Independent Teacher - Dance for Seniors), Jamie Crawford (Diversional Therapist, St Vincent's Care Services), Katrina George (Independent Teacher – Dance for Seniors and young people performing in aged care settings), Kristy Crome (Primary School Dance - Rainworth SS), Leisa Stock (Dance Teacher – Dance for Seniors, Love Dance), Sharon Porter (Pilates Instructor & Director of The Body Revolution, Grovolution Dance for Seniors), Wendy Magill (Dance Teacher, Primary/Secondary/Special Needs)

### OTHERS INTERESTED:

Local (Brisbane)	Regional Qld	Interstate
Anja Ali-Haapala Avril Huddy Erica Rose Jeffrey Jean Tally Kathy Harrison Kylie March Lisa Wilson Sue Fox	Andrea Berchtold Bronwyn Claassen Caroline Mcdonald Christina Monneron Sue-ann Barry	Carol Wellman Kelly Jacqui Simmonds Katrina Rank Kym King Leisel Fitzgerald Philip Piggin

### AIMS

GMA is keen to build a dynamic global and connected community of collegial practitioners working or interested in working in dance for older people in order to grow the field and develop our individual and group skills and knowledge.

We propose to bring practitioners together in person and/or via virtual means for semi-informal gatherings, to converse, share, exchange, discuss, debate, question, learn, listen and network. We welcome

*GOLD Moves Australia – Progressing Dance for Older People*

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all, whether your work or interest is in leading dance classes, workshops or activities; creating performances; facilitating community projects; producing events; conducting research, etc, - any dance involving older people.

We envisage offering opportunity for reflective practice, boosting motivation, supporting momentum, retaining excitement and providing a safe environment to share and discuss challenges (for the field & individually); ask questions; seek advice or feedback on ideas for teaching approaches, class content, projects and events, marketing and promotion, etc.

While this initial offering is a local in person event in Brisbane our future view is to offer virtual connection so regional, national and international colleagues can participate.

We will remain open to other ideas for Chew the Fat – we would like to see Cooperative Leadership within the field.

We aim to keep gatherings FREE or low cost in order to cover expenses if any eg venue hire

### **Outcomes of discussion:**

#### Key Issues raised

- Need for awareness raising of dance for older people
  - Get the idea of dance for older people and its benefits out there
  - Connect on large public events eg RIPE Dance initiated Noosa's involvement in the global One Billion Rising event and for Seniors Week 2016 &17 Noosa's Biggest Seated Dance Class attracting over 100 participants gaining TV coverage from all local outlets and press coverage; and around specific weeks eg Seniors Week, Dance Week, Women's Week, etc
  - Promotion to health, arts, government
    - Possible strategy developing a promotional package that includes promo video; summary of relevant research and anecdotal evidence from our classes/activities; benefits; testimonials from participants/family/carers and health workers;
- Need for data gathering with respect to
  - Summaries of research
  - Participant feedback
  - Facilitator feedback
  - Host organisation feedback
- Accessing funding – knowledge of what is available and how to apply
- Demonstrating credibility of practitioners in this field
- Possibility of GMA being an umbrella brand – need to develop criteria and processes in order to use GMA brand
- Work for a strong connection between dance practitioners and other allied colleagues such as health practitioners and carers of older people
  - Is it possible to buddy up with health professional to both inform our practice and theirs
- Need for strategies for getting people out of their homes and into classes/activities

#### Discussion points and offerings from the floor

- Barb indicated interest in assisting with gathering data
- GMA currently investigating development of promotional video
- GMA currently investigating potential collaboration with Institute of Health Research at Uni of Sth Australia on benefits of dance for older people
- GMA has begun connecting with regional Qld regarding provision of professional development for interested dance and health workers
- RE getting folk to classes
  - Presenting to local seniors organisations/clubs eg National Seniors
  - Connecting with local care organisation eg Anglicare etc – including assistance with transport to classes

- Develop link workers/buddies from your own participants/community
- Can GMA
  - establish a closed Facebook page for sharing ideas, asking advice, etc
    - GMA reminded group not everyone on facebook – perhaps look at email discussion boards
  - establish a directory/register of practitioners and classes/activities on their website (yet to be built) for GP to access – register of relief teachers available to assist when required
  - If we want this field to grow we all need to participate in promotion, – this can include presenting at local, national and international conferences, forums, networking events, etc. So will be very helpful to have a promotional package including templates for media releases, info about dance for older people, powerpoint slides, video etc, - can GMA create this for others to use
- Brisbane based Golden Carers was suggested as an ideas resource for activities for Seniors (not specifically dance) [www.goldencarers.com](http://www.goldencarers.com)
- Possibility of TAFE accreditation
- Attendees who participated in GMA's professional development workshop days spoke of the benefits and detailed information shared and recommended others consider
  - GMA indicated next 1 day workshop is on Sunday 1 march – Leading Dance for Older People with Mobility Issues for Health & Wellbeing – keep your eye out on GMA Facebook page
- Sharing days – people interested in occasional opportunity to come together to share dance material – potential to video material shared for others to access – in addition some people may choose to share material on the GMA's facebook closed page
- Question re suitability of young people as facilitators of seniors' dance – discussion followed – in general it came down to the individual and their capacity, knowledge and skills
- Can we be providers for NDIS packages to enable participation
- The question was asked how often we would like these gatherings to occur – quarterly seemed to general agreement.

### **Post gathering:**

GMA would like to thank everyone for their generous and enthusiastic participation. It was wonderful that so many stayed on for lunch continuing varied conversations. If our ongoing interactions continue in this vein we are sure to get Dance for Older People centre stage and front page!

GMA has created a closed Facebook page called GMA Chew the Fat (separate to GOLD Moves Australia page) – please join and start interacting. Please share with your like-minded colleagues.

For future gatherings perhaps interested participants can send in questions or topics of interest for discussion prior to meeting. All announcements of future events will be posted on the GOLD Moves Australia Facebook page.