



# Media Release

1 May 2018

## **Bridging the generation gap at Healthy Lifestyles Expo for 50+**

The importance of bridging the generational age gap will be highlighted at the 2018 Healthy Lifestyles Expo for 50+.

The joint event between the Cities of Cockburn, Melville and Fremantle will be held at Cockburn Integrated Health in Success on 16 May.

For the first time since the annual event began in 2013, Playgroup WA will be among exhibitors at the come-and-try expo.

Cockburn Seniors Centre Coordinator Julie McDonald said various international studies over several years had proven positive outcomes for older and younger generations who spent time together playing or co-operating to complete projects.

Playgroup WA members are also involved in regular intergenerational playgroup activities in these communities and at nursing homes and aged care facilities.

Julie said Cockburn Seniors Centre had hosted various intergenerational activities over the years including board game and card-making sessions during school holidays.

“Something magical happens when children and young people get together with the older generations. Even though we always hear about the generation gap, they also have an unspoken bond,” she said.

“They seem to share a sense of adventure, curiosity and fun that helps prevent isolation for older people and promotes a greater understanding and appreciation for older folk in our youngsters.”

This year’s Expo will also include a stall by local volunteer group Pets of Older Persons (POOPS WA).

It provides a no-fee service for older pet owners with temporary and permanent mobility or health issues that may prevent normal levels of care for their beloved pets.

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The volunteers provide a range of services including home visits, dog walking and transport to/from vet clinics or boarding kennels, specifically for people over 65 years of age – or palliative-care patients of any age – without relatives or friends willing or able to take responsibility for their pets in times of need.

## THE ESSENTIALS

**WHAT: 2018 Healthy Lifestyles Expo for 50+**

**WHERE: Cockburn Integrated Health, 11 Wentworth Parade, Success**

**WHEN: 10am-2pm Wednesday, 16 May**

**COST: Free**





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***Pic caption:*** Cockburn Seniors Centre volunteer Karel Paul enjoys a board game with grandson Ethan Paul (15) at the Spearwood centre.

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