RDNS and Bowls Australia team up to provide health education across the country

Thousands of people in all states will be able to access health and wellness sessions from RDNS nurses and educators courtesy of a unique partnership with Bowls Australia.

Not-for-profit aged care service provider RDNS has partnered with Bowls Australia, the governing body for the sport of bowls in Australia, to share with bowlers and the broader community information on key health issues including skin care, first aid and CPR, nutrition and positive ageing.

The innovative alliance will see RDNS visit bowls clubs in every state, talking with groups to promote better health and wellbeing.

Australian bowls is one of the largest sports within Australia’s sport and recreation industry, with over 600,000 regular participants annually and 180,000 playing members across 1,927 clubs around the nation.

“This is a unique way to share important health information with people in a relaxed environment outside the formal health system,” said RDNS Executive General Manager Dan Woods.

“It is a massive sharing-of-knowledge initiative, designed to help people learn how to stay healthy, look after the people around them, and continue to get the most out of life as they grow older.”

Initial session topics include Feed Your Brain, Fuelling Your Body, First Aid and CPR, Mastering Your Mind, Positive Ageing and Are You Drinking Enough Fluids?

Bowls Australia CEO Neil Dalrymple said the sessions would represent great opportunity for members, players and other community members keen to stay healthy and be better informed – not just for themselves but in some cases for those in their care.

“More than 600,000 people play bowls regularly around Australia each year and more than half of those are aged over 60,” Mr Dalrymple said.

“Bowls Australia wants them to be fit and healthy for years to come.

“Participating in sport is a great first step but there are lots of other things we can do to stay in good shape. By implementing this RDNS partnership and the health and wellness training sessions, I hope there will be a greater understanding about the importance of keeping healthy and active as we age.”

RDNS’ Dan Woods said the information in the sessions had the potential to enrich people’s lives – mentally and physically. Each session will be packed with practical advice and everyday strategies to maximise health knowledge and support participants to get the most out of life.
“We will offer a session on skin health, which is so important for those of us who spend time in the sun. The session will talk about how skin changes over time and how to prevent and manage skin tears,” Mr Woods said.

“Other sessions will cover nutrition, positive ageing, bladder health and how to maintain a fit brain. Research shows brain games can help ward off dementia, so we’ll look at the sort of activities that can keep us staying sharp as we age.”

The innovative partnership will be formally launched at Broadbeach Bowls and Community Club on 29 October 2015.

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About RDNS: RDNS (Royal District Nursing Service) is celebrating its 130th birthday this year. As such it is Australia’s oldest home nursing and aged care provider. RDNS delivers services across the continent and in New Zealand. The organisation has a world-class health call centre, a collaborative research institute and a suite of tailored education and consultancy services.

About Bowls Australia: Bowls Australia (BA) is the national sporting organisation responsible for the leadership, development and management of lawn bowls in Australia. BA is a not-for-profit organisation governed by a voluntary board that provides the strategic direction for the sport and the strategies that are implemented by the staff at the national office. BA’s members are the nine state and territory bowls associations. There are over 1,900 clubs and over 602,000 participants nationwide. BA is affiliated with World Bowls and the Australian Commonwealth Games Association where it is a core sport in the Commonwealth Games held every four years.