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STOCKLAND PARTNERS WITH BOWLS AUSTRALIA TO SUPPORT HEALTHY AGEING IN SENIORS

Stockland and Bowls Australia have partnered for a fourth year to help boost the health and wellbeing of more than 12,000 residents living in Stockland retirement villages across the country.

Research from the Australian Bureau of Statistics shows that people aged 65 and over have the lowest participation rate in physical activity nationally, at 47 percent, as well as the lowest rate of involvement in organised sport, at 17 per cent.* Stockland and Bowls Australia are working together to improve this record – one bowls game at a time.

Stockland retirement living residents will be invited to participate in lawn bowls coaching clinics with Australian Jackaroos players as well as health and wellbeing seminars, which will encourage seniors to become more active through bowls, light exercise and wellness education. The partnership will also see free coaching clinics offered to the wider communities.

Amy Hogan, National Manager of Sustainability, Stockland, said: “We want to encourage happier, healthier and more active residents across all 65 of our retirement villages.

“Research has shown that regular physical activity for retirees is important in maintaining good health and may be an effective way to improve emotional wellbeing. These coaching clinics and seminars offer great opportunities for residents to meet some of the sport’s elite and make new friends with other like-minded seniors.”

To celebrate the renewed partnership, Stockland and Bowls Australia will join residents at Cameron Close Retirement Village for a free coaching clinic on Monday 14 October led by dual Commonwealth Games gold medallist Carla Krizanic. Residents will receive professional tips on how to sharpen their skills and improve their bowls technique.

Bowls Australia CEO, Neil Dalrymple, said: “Involvement in the sport of bowls can offer improved health, wellness and social outcomes for all individuals, particularly for senior Australians, who this partnership is targeting to become more active through regular physical exercise.

“Bowls encourages a full breadth of muscle movement, while still being accessible to people of all physical abilities, and encourages socialisation in a group environment, leading to increased physical and mental health benefits for social and competitive players.

“Bowls Australia are proud to extend our relationship with Stockland to offer opportunities for older Australians to be active and healthy.”

Ms Hogan continued: “One of the most common reasons for retirees moving into a Stockland retirement village is for the sense of community and social contact that a village may offer.

“We also know that over 80 per cent of Stockland residents are less likely to call an ambulance or visit the emergency department, require 96 per cent fewer mental health consultations and stay out of aged care for five years longer than the national average. These are significant findings that instill us with confidence that we are offering services to residents that are making a profound impact on their mental and physical health.”

Stockland has dedicated Wellbeing Coordinators across many of its villages who work with residents on programs to keep them healthy and active. Many residents also have access to state-of-the-art clubhouse complexes, heated pools, gyms and bowling greens, and have exclusive access to a Benefits+ program which offers discounts across health services, shopping, travel and more.

Stockland continues to improve village services and offerings in all facets of its retirement living business to ensure older Australians enjoy a fulfilling retirement.

ENDS

Notes to the editor:

*Australian Bureau of Statistics study on ‘Participation in Sport and Physical Recreation’ was conducted in 2013-14 and can be [found here](#).

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About Stockland: Stockland (ASX: SGP) was founded in 1952 and has grown to become Australia’s largest diversified property group – owning, developing and managing a large portfolio of shopping centres, residential communities, logistic centres, business parks, office assets and retirement living villages. Stockland is rated as one of the most sustainable real estate companies in the world by the Dow Jones Sustainability World Index (DJSI). Stockland is also an Employer of Choice for Gender Equality, as recognised by the Workplace Gender Equality Agency www.stockland.com.au