

WHITTLESEA SENIORS LINK UP (SSIP) PROJECT

COMMUNITY MEMBER – DOMINIC'S STORY

Dominic is 69 years old. He stays home often and has few friends and participates in no social activities or groups. He occasionally goes for a walk around Redleap Reserve in Mill Park. In November 2017, he was walking and saw participants of the Whittlesea U3A Walking Football Program exercising and kicking a soccer ball on the oval. Dominic was welcomed into the group by Gerry, program volunteer. He joined in.

By chance, the program was held outdoors on this day because the usual venue (Mill Park Basketball and Netball Stadium) was booked out for a schools sports day.

Dominic now attends the weekly Walking Football Program, participated in a friendship competition with other groups in North Melbourne, an exhibition game at the Whittlesea Community Festival and saw Melbourne City play Western Sydney Wanderers at AAMI park as part of a group outing.

Dominic has also attended the weekly LEAP Seniors Golf Program at the Growling Frog Golf Course in Yan Yean. A Walking Football participant has encouraged him to try golf and offered to take him to the program.

At first Dominic had no golf equipment and not played golf before. Bob and Simon, our Volunteer Community Connectors at the Golf Program welcomed Dominic, organised a coaching lesson, provided some loan equipment and played a round with a group.

A neighbour of Dominic's was throwing out some old golf clubs, bag and buggy. He was offered these and now brings them along to the golf.

Dominic has been attending the Walking Football Program every Thursday and the Golf Program every Tuesday. He has also made some new friends and is doing regular exercise.



**Middle: Dominic with Simon, left: Volunteer Community Connector
LEAP Seniors Golf Program**