

Grey Medallion is back

Over-50s get skilled up for emergencies

MANY of us retire here with our dreams of throwing a line, relaxing by the pool and going out on a kayak in the calm waterways.

We have such easy access to enjoy beautiful water environments and creeks, dams and lakes.

Many older Australians are also carers over the holidays for their grandchildren.

Even at home, we are all likely to have accidents from time to time.

But do we know what to do in an emergency?

So, how does the Grey Medallion fit in with this?

It's a Royal Life Saving Society award, run nationally, specially designed for the over-50s.

Course facilitator Patricia Barry said the Grey Medallion was about more than just water safety.

You don't have to be able to swim or even be fit to do it," Ms Barry said.

"The two-day course teaches people how to deal with emergency situations, undertake CPR, use a defibrillator, and undertake



LIFE SKILLS: Grey Medallion teaches essential emergency response skills to over-50s.

PHOTO: CONTRIBUTED

what we call 'dry rescues', where you don't need to even get into the water.

"We also include a section on water familiarisation for those who look after littlies.

"Accidents happen, so the course covers emergency procedures, some basic first aid and how to deal with

marine stings that we can get on the beach here."

Ms Barry said access to community funding has made the course more accessible for participants.

"We are thrilled that once again this course has been funded by the Council of the Ageing and sponsored by

BreakFree Resort in Caloundra so Ithaca Caloundra City Life Saving Club can offer it free," she said.

The free, two-day weekend Grey Medallion course will be held during Seniors Week on Saturday, August 26 and Sunday, August 27 at Grand

Pacific BreakFree Resort in Caloundra.

This course has been very popular in previous years, and places are limited, so pre-enrolment is essential.

To book, fill in the online enrolment form at www.caloundracity.org.au or call Patricia on 0402 454 644.

Connecting our seniors

SUNSHINE Coast seniors are invited to participate in a knowledge, conversation and skills sharing experience with USC students through the genXchange program to be launched on August 1 at council's Maroochydore Library.

The genXchange initiative is the brainchild of Charlotte Mellis who, in partnership with Sunshine Coast Libraries, USC and the Maroochydore Neighbourhood Centre, will bring the program together locally.

Sunshine Coast Libraries will be the central meeting place for 20 of USC's occupational therapy students who will gain credit for their participation in the program by exchanging skills, passion and friendship with Coast seniors.

Seniors interested in participating in the genXchange program are encouraged to register via council's library website or by talking to the friendly Maroochydore Library staff before the end of July.

Registered seniors are invited to attend the genXchange Launch Party at Maroochydore Library from 11am-3pm Tuesday, August 1.

Enjoy a catered lunch, fun networking activities, and the opportunity to register for weekly projects.