

# Media Release

**IMMEDIATE RELEASE**  
**October 2018**



## All welcome at Port Elliot Beach Access Day

**WHAT:** Beach Access Day

**WHEN:** Monday 15 October, 10.30am to 2pm

**WHERE:** Horseshoe Bay, Port Elliot

Strollers, wheelchairs, prams and sand don't normally mix – but they will at Port Elliot this month at a one-of-a-kind community event.

Beach Access for All is a free community day that aims to give people of all abilities a day out at the beach.

ACH Group's three new Mobi-Mats – 30 metres of portable pathways – will be rolled out at Horseshoe Bay, providing a path to the sand and water for people who rely on wheels or mobility devices.

Organised as part of ZestFest, the day will bring together residents of West Park, staff, family, friends, community groups and anyone who wants to celebrate and share a love of the beach.

ACH Group became the first aged care provider in Australia to buy beach pathways for residents of its West Park residential home at Goolwa in April this year, thanks to a \$10,000 grant from the Foundation for Older Australians.

ACH Group's Jane Young, who instigated the project, said the mats enabled people who grew up near the beach to share a summer ritual that many of us take for granted.

"For people who haven't had the chance to visit the beach for 20 years or more, it is a real thrill," she said. "We're looking forward to getting out and about this summer and sharing our mats on this community day."

Volunteers from local Rotary and Lions clubs will cook a barbecue on the day, which will run from 10.30am to 2pm.

The Port Elliot Surf Lifesaving Club will be there to offer trials of its beach wheelchair, permanently stored on site.

Research around the world has shown that people who are active and socially connected are happier and have a better sense of wellbeing and overall health, regardless of age or health status. All ACH Group residential care homes embrace a unique 'Healthy Ageing' approach to make it as easy as possible for residents to choose to be active, remain connected and engage in what they love to do every day.

*NOTE: This event is subject to conditions. Please keep an eye on the ACH Group events page for updates. <https://achgroup.org.au/events/>*

**\*End Media Release\***

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## **About The ACH Group Foundation for Older Australians**

The Foundation has funded a range of initiatives since its inception in 2002. Each project promotes healthy ageing, independence and wellbeing for older people. Recent projects include The Brain Health Scholarship, awarded to an ACH Group employee working to support people living with dementia, Swing Fit, a golf program for people living with younger onset dementia, a Men's Shed at Port Noarlunga and outdoor gyms at Yankalilla and Rostrevor.

## **About ACH Group**

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952. As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities. Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

**For further information or comment, please contact Anna Randell on (08) 8159 3482, 0400 580 924 or [ARandell@ach.org.au](mailto:ARandell@ach.org.au).**

**For further information on Mobi-Mats or Accessible Beaches, contact Shane Hryhorec on 1300 721 328.**