

Media Release

IMMEDIATE RELEASE

April 2022



Kapara residents Ride for Wishes for sick children

The kilometres ticked over on the exercise bikes at ACH Group's Kapara Residential Care Home as a group of residents took part in making wishes a reality for children with critical illness.

Sixteen residents of Kapara rode or walked to raise funds for Make-A-Wish's fundraising campaign 'Ride for Wishes' held throughout March.

Mel, aged 92, rode 10 kilometres.

"In my younger years I did some competitive riding for a cycling club. I ride now to keep active," Mel said. "I worked for local government throughout my career and therefore was very connected to my community and was also involved in charities. I like raising money for charity."

Rose, 78, walked 20 kilometres. Markers were placed in the hallways of the Glenelg South care home for residents to record their distance.

Rose commented, "I like fundraising for children. When many people are involved in fundraising it can make a big difference."

ACH Group CEO Frank Weits said, "Ride for Wishes has supported residents to stay active and is an opportunity to give back to others, which residents are passionate about."

The team at Kapara had a fundraising goal of \$1000 and raised more than \$1100. To donate to the team and support Make-A-Wish visit <https://fundraise.makeawish.org.au/fundraisers/KeenKapara>

About ACH Group

ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people since 1952.

As well as accommodation options across Adelaide and the Fleurieu Peninsula, the group offers a range of health, wellbeing, respite, and support services, help at home and social activities.

Our 1800 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 Lauren Bobrige on 0417 856 361 or LBobrige@ach.org.au