



Greek Leisure, Recreation and Entertainment

Culturally appropriate leisure and recreational activities and entertainment will assist in maintaining quality of life for Greek- speaking people. Below is a list of relevant points to consider when organising culturally appropriate activities for Greek- speaking people:

- Aim to maintain links with family, friends, social clubs and churches- help them stay connected to the wider community through activities planned
- Activities need to be relevant to cultural and linguistic tastes; preferences and physical capabilities- maintain quality of life
- Greek people prefer to be in the company of others. Generally they are very sociable people. Group activities like bus trips with other residents are highly enjoyable
- Something simple like sitting down to a cup of coffee and just chatting is also a highly enjoyable. In Greece, people can spend their whole day at little cafes, chatting
- If clients are displaying limited participation, this may reflect the lifestyle habits they may have had. It is important not to assume this as unwillingness to participate
- Because Greek people are very family orientated, it is important to include family members, when possible, in activities and consult with them on activities that might be enjoyed by the client
- As well as family members, staff can also contact the Greek community directly regarding any community events and activities that the client could participate in.

Activity and Leisure suggestions:



- Tavli- the Greek version of backgammon, usually played by Greek men over a cup of coffee
- Cards- usually played over a cup of coffee
- Other board games
- Listening to Greek music- for more information, see Greek music fact sheet included in this kit.
Many older Greek speaking people would have a very limited level of education and literacy even in their own language. Listening to the radio would be a highly appropriate way for them to know about goings on in the world around them without having to read the newspaper
- Participating in food preparation- particularly on special days. This activity would be more appropriate for Greek women whose primary role in the house might have been to prepare food for the family on a daily basis
- Arts and crafts- Many Greek women would have some skills in crocheting, knitting and tapestry
- Bus trips including lunch or afternoon tea
- Walking
- Fishing

- Gardening: many Greek people, both men and women, put a lot of effort and hard work into their gardens and take great pride in them. It is important to a lot of Greek people that they have a space and the resources to grow their own garden.
- Cultural special day Activities: designating a day of activities, performances, games and presentations that relate to the Greek culture. This will make the client feel special as well as provide other residents who are non-Greek speaking with cultural knowledge to improve understanding and increase cultural sensitivity. This can improve communication and rapport between Greek and non- Greek residents with opportunities for relationship building



Entertainment:

Television: Most Greek-speaking people enjoy watching Greek TV and Greek movies, particularly old Greek movies. Greek programs regularly show on SBS or can be viewed through the Greek Channel ANTENNA on cable TV. Greek films can also be borrowed out from a local council libraries- The West End City Council Library has a large variety.

Radio: The easiest way to access Greek music and Greek community news and events in Brisbane is to tune into 4EB 98.1FM Ethnic Community Radio. You can access the program of the station by going to this link: <http://www.4eb.org.au/node/66> to find out when Greek is being aired. Greek music and news can also be accessed through SBS radio on 93.3FM.

Newspapers: Many Greek people like to read the newspaper, usually over a cup of coffee. In Brisbane, there are a number of Greek newspapers that are available that can be purchased from selected newsagencies. Some libraries may also supply Greek/Australian newspapers. The website www.AusGreekNet.com, is useful resource for access Greek/Australian newspapers and newsletter online and that can be downloaded and printed. Some of the more popular newspapers include NEOS KOSMOS and TO VEMA. For more information please contact the Greek Community of St George directly on 3844 3669.



Sources:

Greek Care Website: www.greekcare.org.au

'Caring for Australian- Greek Resident in Aged Care Facilities Manual',
Developed by the Australian Greek Welfare Society Ltd. Melbourne Australia,
(2001).

Greek Culture Profile, Diversicare, Townsville (2006)