



Government
of South Australia

23MIT8503

Office of the
Minister for Infrastructure
and Transport

Minister for Energy and
Mining

Level 14, 83 Pirie Street
Adelaide SA 5000

GPO Box 1533
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Tel 08 7133 1100

minister.koutsantonis@sa.gov.au

Mr Vincent Tarzia MP
Member for Hartley
hartley@parliament.sa.gov.au

Dear Mr Tarzia

APPLICATION UNDER THE *FREEDOM OF INFORMATION ACT 1991*

I refer to your application made under the *Freedom of Information Act 1991* (the Act), dated 28 June 2023 to the Department for Infrastructure and Transport.

Your application was transferred to our office on the 29 June 2023 and seeks access to:

“A copy of all correspondence (including but not limited to hard copy, emails, letters, minutes and any other form of correspondence) between the Minister and Determined2 between 28/12/2022 and 28/06/2023.”

An extensive search was conducted within this office. A total of 1 document was identified as answering the terms of your application.

I grant you access in part to 1 document; a copy of which is enclosed.

Please note that both media releases (NDIS and Belgravia Leisure) attached to the email are draft versions.

The third attachment entitled ‘Immersion Therapy Fact Sheet’ is publicly available on the Determined2 website and therefore I have not released.

Please note, in compliance with Premier and Cabinet Circular PC045 - *Disclosure Logs for Non-Personal Information Released through Freedom of Information* (PC045), details of your FOI application, and the documents to which you are given access, will be published in the agency’s disclosure log. A copy of PC045 can be found at the following address: <https://dpc.sa.gov.au/resources-and-publications/premier-and-cabinet-circulars>. Please visit the website for further information.

No fees and charges are payable for this application.

If you are unhappy with this determination you are entitled to apply for an internal review, in accordance with section 29 of the FOI Act. To make an internal review application, please either write a letter or complete *Application for Review of*

Determination form, to the Principal Officer of this agency, the Hon Tom Koutsantonis MP, within 30 (calendar) days after you receive this letter.

If you require any further information, please contact Vicky Cathro on (08) 7133 1100.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Carly McNeill', written in a cursive style.

Carly McNeill
Accredited FOI Officer

31 / 7 /2023

DIT:Minister Koutsantonis

From: pete@determined2.com.au
Sent: Wednesday, 28 June 2023 5:00 PM
To: DPC:Premier; DIT:Minister Koutsantonis
Cc: Trottman, Adam (ORSR); Baker-Finch, Ashley (ORSR)
Subject: Media Releases
Attachments: Ground-breaking deal is signed to offer innovative Immersion Therapy services across the country v2.docx; Immersion Therapy Media Release draft edit EC_KD.edit.docx; Immersion Therapy Fact Sheet V4.0.pdf

You don't often get email from pete@determined2.com.au. [Learn why this is important](#)

Attention Premier Peter Malinauskas and Hon Tom Koutsantonis,

My name is Peter Wilson, Managing Director of Determined2 and the founder of Immersion Therapy. I am writing to you after meeting with both Adam Trattman and Ashley Baker-Finch regarding the early closure of the Adelaide Aquatic Centre who passed on your details.

Firstly, I wanted to say that the announcement of the early closure came as a significant surprise as the Hon Lucy Hood had made an announcement shortly after the election to ensure everyone that the centre would remain open which came as a relief. I am not one to dwell on the situation rather get on with the job and make the most of whatever comes my way, you may not know this but I was nearly killed in a workplace road accident in 2007 and had to learn to walk again, it was this experience that has led me down the path to do what I am today.

As discussed with both Adam and Ash, the timing of this announcement is somewhat ironic as there are two very important media releases about to be circulated which I have attached in draft form for your consideration. One is from the NDIA regarding a significant research grant funded by the Lifetime Support Authority working with both senior clinicians from SA Health and the University of South Australia.

The other, is a signed agreement with Belgravia Leisure to expand Immersion Therapy right around Australia with Allied Health Professionals being flown into South Australia to be trained and the first venue in Melbourne by October 2023. the Adelaide Aquatic Centre was set to be the National Centre of Excellence as this is the only place in the world currently offering Immersion Therapy. If this goes well, there are plans in place to take the service international with our trademarks now registered in Australia, USA, EU and UK.

I am born and bred South Australian and so very proud of myself, our company, and our state. My only hope is that you are able to see the great opportunity ahead and the significant contribution we provide to our community and those we serve. We are only a very small business but bat well above our weight and always look to put our state on the map.

I do hope you get to read these two media releases and are willing and able to provide support to ensure our valuable contributions are able to continue.

I look forward to hearing from you.

Pete

Regards,

Peter Wilson

Managing Director **Determined2**® Founder **Immersion Therapy**

"The electric light did not come from the continuous improvement of candles." - Oren Harari

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Media Release

XX date, 2023

Adelaide Allied Health Provider partners with UniSA for clinical trials in Underwater Immersion Therapy following substantial research grant

A South Australian disability-led company that supports people living with disabilities and injuries to exercise underwater to help improve their physical, social, and mental health will soon begin clinical trials in partnership with the University of South Australia (UniSA) and leading health clinicians.

With an estimated cost of \$700,000, the trials will be the first of their kind in Australia to apply scientific rigour to test the health benefits of Immersion Therapy for people with significant disabilities caused by brain and spinal injuries.

The trials will be conducted by teams of experts, including UniSA exercise physiologists and researchers, and supported by specialists in Rehabilitation, Pain and Hyperbaric medicine.

Adelaide-based company and National Disability Insurance Scheme (NDIS) provider Determined2 announced the launch of the clinical trials, following the decision of South Australia's Lifetime Support Authority (LSA) to award the UniSA-led team a \$280,000.00 research grant.

The remaining cost of the study will be provided in-kind by leading academics, medical experts and the Determined2 leadership team.

"We are so grateful and excited to have this significant grant from LSA," Determined2 managing director and founder of Immersion Therapy, Peter Wilson said.

"Together with substantial in-kind contribution from project leadership, management, and advisory teams of academics, doctors, health professionals and participants, this gives us the opportunity to provide that crucial evidence base to support the work we've been doing for the past seven years."

Determined2 is a registered NDIS provider, which has won several disability sector and Telstra business awards for its innovative work supporting people with disabilities and life changing injury.

It developed and delivers Immersion Therapy at the Adelaide Aquatic Centre, with plans to expand the service nationally and internationally currently underway.

Participants with a wide variety of disabilities and injuries use scuba equipment to exercise underwater for up to 45 minutes with guidance from specially trained Accredited Exercise Physiologists.

Underwater, participants who find it difficult to walk on land can walk, swim and even dance. Many participants report improved movement, reduced pain and enhanced mental and social health after their sessions.

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UniSA Associate Professor in Clinical Exercise Physiology, Dr Kade Davison leads the research team at UniSA, which will oversee the clinical trials.

He has been studying the benefits of Immersion Therapy for the past five years.

“What has come through strongly in our observations is that participants have a positive physical benefit with reduced pain and greater mobility, but they also have benefits on their mental health, with managing anxiety and depression,” Dr Davison said.

“We have seen participants who suddenly were reporting great improvements in land-based measures like the distance they were able to walk and their walking speed.

“We want to measure these outcomes. To do that properly, we need a rigorous controlled study.”

Dr Davison says South Australians with recent brain or spinal injuries who are returning home after time in hospital will have the opportunity to take part in the randomised controlled trial.

“We are focusing on the time when patients are transitioning from inpatient to outpatient, which is a crucial part in people’s rehabilitation journey,” he said. “Therapy and support at this time can have a significant impact on someone’s future as they return to life in their community.”

Clinicians at South Australia’s Spinal Cord Injury Service (SASCIS) and Brain Injury Rehabilitation Service (BIRS) will support UniSA to recruit participants to take part in the trials.

Dr Adrian Winsor, who specialises in Rehabilitation Medicine, Pain Medicine, Hyperbaric and Diving Medicine, has worked closely with Determined2 from its inception to ensure the therapy was safe for all participants.

“There are a couple of things that make this therapy unique, one is the rigour around making it safe, the other is the process of inclusivity and ease of access for people with various types of impairment to go through medical clearances to participate,” Dr Winsor said.

“When you take gravity away, it allows people greater freedom of movement. They report feeling stronger and more able. It is another way of increasing people’s independence and allowing them to participate in society.

“I think these trials are very exciting for rehabilitation and very exciting for those unfortunate individuals and family and friends of people who do become injured. When we started out together seven years ago, this is what we dared to hope for.”

Participant Marie Johnson, 39, who lives with an acquired brain injury and is supported through the NDIS, will advise project management and leadership teams, based on her own lived experience.

Ms Johnson was injured in a motorbike accident which killed her fiancé and left her with chronic pain, mental health problems, and reduced mobility.

After being isolated at home for several years, she now lives with significantly less pain and is out and about in her community, attending public events.

Ms Johnson credits Immersion Therapy, which she started less than 12 months ago, with the biggest change in her health.

“I only wish I had known about this therapy years ago because I don’t think I’ve come across anything that helps me in so many different ways,” Ms Johnson said.

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"I'm excited to think people will be getting this therapy at the beginning of their rehab journey when they will get the most benefit out of it."

The 3-year study will measure and compare outcomes of controlled groups of participants who do Immersion Therapy weekly over a period of 16 weeks, with those who don't.

However, anyone who wants to take part in the trials and is not randomly selected to do the therapy during trials, will have the option to do the therapy when trials are complete.

"We don't want anyone to miss out on the opportunity to do the therapy," Dr Davison said. "It will be available to everyone who wants to try the therapy through various funding options."

N.B. The NDIS is now providing support to more than 573,000 Australians, with more than half receiving supports for the first time.

NDIA media contact:

0436 932 518 or ellen.carpenter@ndis.gov.au

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Press release
For immediate release

Ground-breaking deal is signed to offer innovative Immersion Therapy services across the country

Previously only available in Adelaide, a collaboration between Determined2 and Belgravia Leisure will make the world-first, award winning service of Immersion Therapy available in community leisure centres across Australia and beyond

Insert images

Date: When workplace road accident survivor Pete Wilson from Determined2 launched Immersion Therapy in Adelaide eight years ago, he dared to dream that this revolutionary program would be made available across every state and territory in Australia and beyond.

That dream has just become a reality with the announcement of a ground-breaking collaboration between leisure provider Belgravia Leisure and Determined2, which will make this innovative, award winning and in many cases, life changing service available to as many people living with disabilities and injuries as possible.

The collaboration with Belgravia Leisure, (which operates 160+ aquatic venues across Australia and New Zealand), will see Determined2's Immersion Therapy expand first into Melbourne's Watermarc facility, with plans to then expand into at least ten other aquatic facilities across the country and NZ over the next five years, with other international ventures then planned to occur.

This significant expansion will mean that for the first time, distance will no longer be a barrier for those living with an injury or a disability outside of Adelaide who require access to this novel allied health service.

With guidance from specially trained Accredited Exercise Physiologists, Immersion Therapy offers the freedom of movement within a weightless underwater environment using SCUBA equipment.

Underwater, participants with a wide variety of disabilities and injuries who find it difficult to walk on land can walk, swim and even dance, with participants (aged anywhere from eight upwards) reporting improved movement, reduced pain and enhanced mental and social health after their sessions.

The world first program has benefited people living with autism, anxiety, depression, MS, spinal cord injuries, amputations, soft tissue injuries and a range of other conditions.

Determined2's services in Adelaide have been funded by the NDIS, for people with workplace injuries (WorkCover), motor vehicle injuries, returned service personnel and people supported by an aged care package, with the intention that a similar setup will be available in other states and territories.

Determined2's Pete Wilson said that he was thrilled to find the right cultural fit with Belgravia Leisure to deliver this allied health service.

"The service from day one was designed to reach as many people as possible, and we looked for a long time to find the right people who not only had the capabilities but shared our values and passion for including everyone. I'm proud to say the amazing people at Belgravia Leisure are those people.

"With Immersion Therapy being delivered within Belgravia facilities by qualified allied health professionals, we truly believe they will now be able to include everyone in evidenced based physical exercise and activities, especially to those who for a long time have been excluded," said Wilson.

So compelling is the evidence that Immersion Therapy improves health-related quality of life for people of all ages, that the University of SA are spending seven years and \$1 million on research and clinical trials to determine why it has been so successful.

"Determined2, in partnership with the University of South Australia and leading medical experts have spent the past seven years researching the service to better understand how Immersion Therapy helps people," continued Wilson.

"This research is providing a growing evidence base to support the compelling anecdotal evidence provided by those accessing the service, and there are hopes to see even more research opportunities as the service becomes more widely available."

Dr Jeff Walkley, CEO of Belgravia Foundation and National Disability and Diversity Manager for Belgravia Leisure has worked closely with Determined2 to ensure the collaboration is one that benefits as many people as possible.

"Immersion Therapy enables things to happen that many participants thought impossible. To take gravity away and have the freedom to move, to jump, to dance when it's simply not possible on land is a beautiful thing that liberates the human spirit whilst using exercise as a treatment for the clinical condition. What's more, it gives people hope for the future, with strong evidence that the psychosocial impacts from Immersion Therapy are profound.

"Prior to this agreement, people who have experienced catastrophic impact of severe disability, injury or illness haven't truly been able to benefit from local community assets via programs curated based on evidence-based practice such as Immersion Therapy. This service makes a real difference in social, psychological and physical health outcomes," explained Dr Walkley.

"I'm therefore beyond proud that Belgravia Leisure, along with Determined2, are at the helm of a pivotal turning point whereby leisure centres are finally integrating into the health service system of Australia."

Training of Exercise Physiologists will begin in Adelaide in August, with the first participants expected to benefit from Immersion Therapy at Melbourne's Watermarc venue in October.

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About Belgravia Leisure

Formed in 1990, Belgravia Leisure is passionate about connecting communities to leisure. Working in partnership with Government, not-for profit and the commercial sector, Belgravia Leisure has a strong track record of delivering diverse, accessible and affordable health and wellness services across Australia and New Zealand. Currently partnering with more than 70 Local and State Government authorities, Belgravia Leisure adopts an economically, environmentally and socially sustainable approach to operations across all its sites, with a focus on healthy communities today and in the future. Belgravia Leisure employs more than 5,500 staff in 230+

swim, sports, fitness, health and wellness and leisure facilities, and is part of Australian company, Belgravia Group, which also owns Genesis Fitness Clubs, Jump Swim School, Belgravia Kids, Coaching Zone and Ninja Parc.

Media Contact at Belgravia Leisure

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