

SPRING 2018 QUARTERLY NEWSLETTER

Phone (06) 759 9196 | www.ageconcern.org.nz



Age Concern Taranaki

Serving the needs of older people



FREE NEWSLETTER TARANAKI WIDE

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OFFICE HOURS

10.00am - 2.00pm Monday to Friday

BOARD OF AGE CONCERN TARANAKI

Chair Person: David Gibson

Vice Chairperson: Alison Howie

Treasurer: John Albers

Board Members:

Elisabeth Albers and Pat Rowe

PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.

COVER PHOTO

Spring is upon us for 2018 and these twin lambs were photographed near Okato enjoying a day in the Taranaki sunshine.



Quality Care In Your Home

Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

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A word from the Executive Officer's Desk...

Hi All,

I am really enjoying working at Age Concern Taranaki, the staff are great at what they do, providing information and putting on a variety of social and exercise events each week. The members and

volunteers I've met all have a positive attitude and are great ambassadors of Age Concern Taranaki. I had the pleasure of being able to recognise one of Age Concern Taranaki's valued volunteers, Adrienne Wooldridge.

Adrienne received a Dignity Champion award from Age Concern New Zealand Chief Executive Stephanie Clare, Pauline and I were at the July Warm up Wednesday to present the award and then back at the office we presented her with the prize pack of Tomorrow's Meals. She reports that they are delicious.

Looking ahead, Age Concern Taranaki are pleased to continue to coordinate Accredited Visitor Service (AVS), social connection programmes, strength and balance programmes (SAYGo and Aqua Exercise) and Elder Abuse Response Service. Staff will also be training later this year to deliver Confident Driving and Life Without a Car programmes. Phone our office to express interest in any of our services and events.

We appreciate and require grants, donations, sponsorships and bequests to provide the level of service that we do. David Gibson, Chairperson and I are both happy to discuss funding opportunities.

I am looking forward to Spring in our lovely region, blossom on the trees, sunshine and warmer weather. Say hi to me if you see me out and about or drop into the office, I am always happy to receive feedback and suggestions.

Keryn Roderick
Executive Officer



Pictured (L-R): Keryn Roderick (Executive Officer), Adrienne Wooldridge (Volunteer) and Pauline Julian (Community Worker).

Maintaining your independence

Keeping your independence is something this is very important to most people; they value being able to go about their daily life without feeling like they're being a burden on family members or friends.

When your independence is compromised through disability or loss of your license, this can make life less enjoyable to begin with. However, there's no reason that you can't still remain in control of your life and do what you want to do at a time that suits you.

Furthermore, studies have shown the importance of social interaction for maintaining optimal health and wellbeing. That can be as simple as a trip to the supermarket or coffee with friends. Sometimes, it can be more adventurous and include trips further afield, as the heart desires.

Total Mobility Scheme

In order to encourage social interaction and independence, the government created an initiative called the Total Mobility Scheme, which is delivered locally by your regional council. The Scheme is designed to assist clients with long-term impairments to access appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern, they are happy to help you find out if you are eligible and advise you how to apply.

Once you've been accepted, you can access discounted travel with many providers in your region and throughout New Zealand, including with Driving Miss Daisy who is an accredited Total Mobility Scheme provider. Driving Miss Daisy provides assistance to help you to maintain your independence, and always aims to put the joy back in the journey. Your independence is key to us and we love knowing that we're making a difference in our clients lives.

Driving Miss Daisy will take you wherever you want to go, at a time that suits you. Remember - you're in charge!

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy - we're there for you!



Driving Miss Daisy is your safe, friendly and reliable companion driving service.

We can help with:

- Transporting you to your appointments
- Grocery shopping
- Airport pick-ups
- Companion outings
- Taking children to outings
- Transporting your pet!

Total Mobility cards accepted and an ACC approved provider.

Bookings are essential – call Mel today and make your next outing a pleasure!

New Plymouth West

Ph: (06) 215 4282 Mob: 021 769 529

New Plymouth East

Ph: (06) 751 0209 Mob: 027 773 3268



Driving Miss Daisy®

www.drivingmissdaisy.co.nz



Notice of AGM

**Wednesday 19 September 2018
at 10.00am**

Venue:

**De Burghs Adams Lodge
9 Lawry Street, New Plymouth**

***A light lunch will be provided
at the end of the AGM***

Guest speaker Lance Girling-Butcher

For enquiries phone 759 9196

All Welcome

**Be a flamingo in a
flock of pigeons!**



**INTERNATIONAL DAY
OF OLDER PERSONS
MONDAY 1ST OCTOBER 2018**

Disclaimer: The information contained in this newsletter is not necessarily the view of Age Concern Taranaki. While it is believed to be correct, readers should consult their own advisers.

Volunteering - Shopping and Visiting Services

Volunteers: Paul and Erin

We enquired to volunteer for Age Concern's shopping or visiting services at the beginning of this year. Our motivation for volunteering was two-fold:-

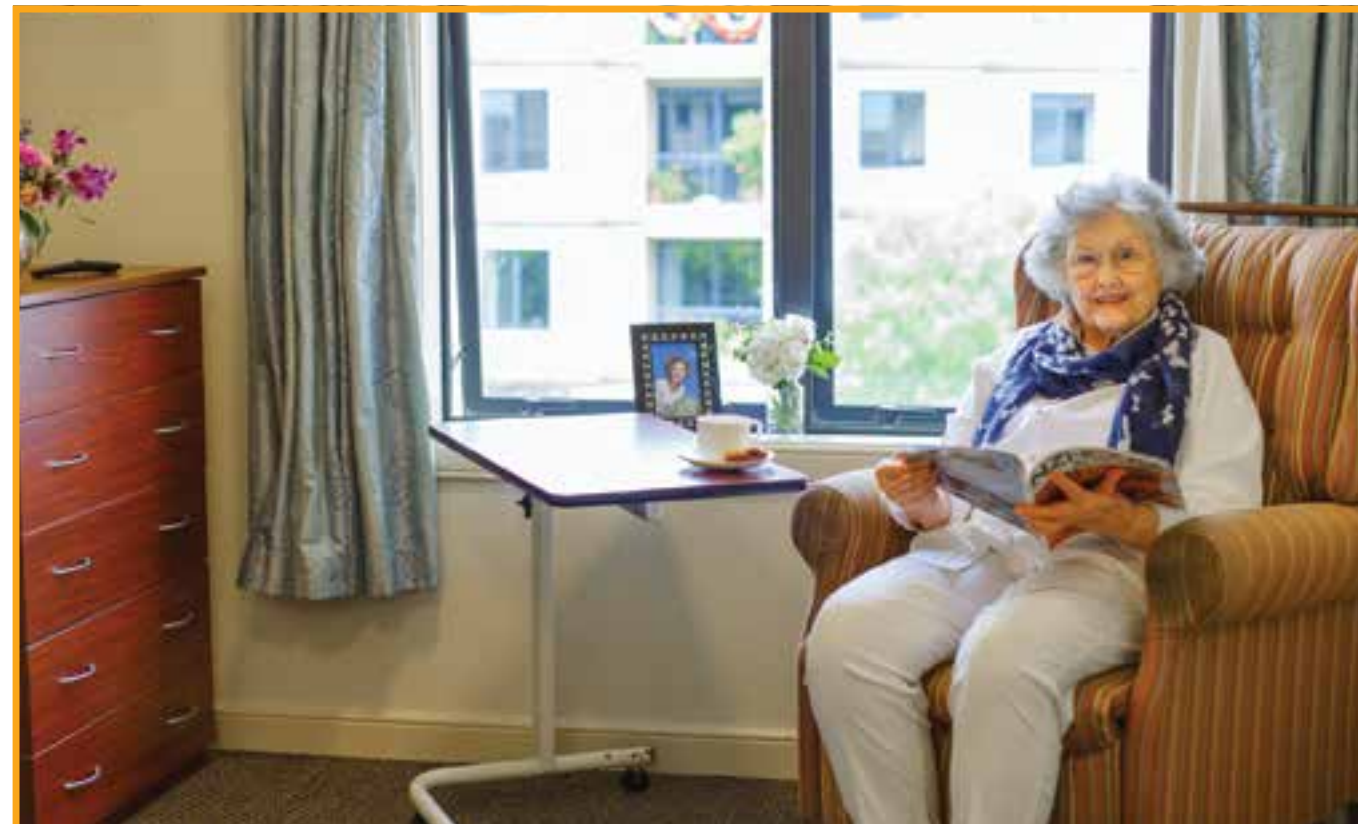
Firstly, since retiring we had more free time and wished to make a useful contribution to our local community. We were familiar with the great benefits of Age Concern's visiting service which Paul's father had made use of during his later years.

Secondly, the fact that we were approaching our mid-sixties, made us well aware that in the not-too-distant future, we may need to make use of such services ourselves.

We were contacted by Age Concern's Shopping Service Coordinator, Marguerite Burr, who arranged for us to meet a client who was in need of the shopping service for a short period while recovering from an operation that had resulted in reduced mobility. Once sufficiently recovered our client no longer required the shopping service, however expressed interest in Age Concern's visiting service.

As we had got to know and enjoy working with our client, we made enquiries with Age Concern about changing our volunteering service from shopping to visiting. This transition went really smoothly and we soon commenced visiting with our client. These visits are usually done once a week for just over an hour per session, which is a very reasonable time commitment. Our client however, chose fortnightly visits. We usually have a chat over a cup of tea and on occasions may go on a short outing which our client enjoys.

Although we have not been volunteering with Age Concern for a long period, we have found it most rewarding for ourselves and we are sure, beneficial for our client. We would encourage anyone who is thinking about volunteering with Age Concern, to give it a try with the knowledge that it is easy to switch from once service to another if required, as we have done.



Respite care *available now!*

If you're planning a break and want your loved one to receive the best possible care while you're away, or they need temporary care after surgery, we offer respite care.

Did you know you can also use your carer support allowance?

Right now the very best of respite care is available in one of our beautifully appointed serviced apartments, resthome or hospital rooms.

At Jean Sandel Retirement Village enjoy a warm stay and delicious hearty meals made fresh on-site daily by our own village chef.



For more information please
call Izak on 06 751 4420
71 Barrett Road, New Plymouth



Elder Abuse Response

Greetings from the Elder Abuse Response Service!

The service has been continuing to work alongside older people and their families who are suffering from the many complex forms of Elder Abuse. In this newsletter the focus will be on Elder Abuse Awareness.

The 15th of June is ‘World Elder Abuse Awareness day’ and many people/agencies throughout Taranaki promoted the message that Elder Abuse is not OK. This occurred by people wearing the iconic purple ribbons to represent elder abuse awareness. The Taranaki Safer Families Trust helped to design and distribute an ‘Elder Abuse Bookmark’ throughout the community and Age Concern Taranaki put together a ‘Luxury Winter Pamper Pack’ and sold raffle tickets with proceeds going towards signage for the organisation - this was a huge success! However, the big day was held on the 14th of June here at Age Concern Taranaki. This involved many of our members, staff and professionals in the community coming together for a purple themed morning to recognise the issue of Elder Abuse.

Pauline Julian - Community Worker for Age Concern Taranaki organised the seating, food and decorations for the day. I delivered a talk on ‘What is Elder Abuse?’, ‘How do I recognise it?’ and ‘What should I do if I see it?’ Members etc. were then encouraged to ask questions. We also had prizes for best dressed male/female as well as songs/dance.



It was really great to see staff, members, other professionals and the general public come together to promote and raise awareness for such an important issue that impacts so many people within the Taranaki area.

Lastly, a friendly reminder to ‘check in’ on elderly loved ones and keep one another safe. Being supported is one of the most important things we can ask for.

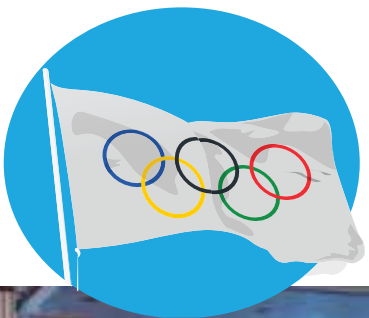
Kindest Regards,

Sinead Thomas
Elder Abuse Social Worker



Community Worker - Pauline Julian would like to thank everyone who contributed to a super surprise fantastic birthday party that was secretly organised for her by Age Concern Taranaki members, guests, colleagues, volunteers and friends, held in June at The Tasman Club New Plymouth. A great day was had by everyone.

Mid-Winter Olympics in Waitara



On Wednesday 4th July 2018 - 37 Age Concern Taranaki members, guests and friends took a trip out to Waitara where we had a fantastic meal at the Town and Country Club. For this outing I planned and prepared with the Staff of the Club to use the facilities available such as the indoor bowling mats, pool tables, darts boards and tables for playing cards, along with an area to play the game of Coits.

I organised to open the Olympic Games with a ceremony which included local leisure marching ladies delivering a spectacular display of marching routines then followed closely behind by our members waving New Zealand flags and even an Olympic torch.

After an hour of some tough competition and lots of fun and enjoyment the results were collected in and medals were presented to those deserving sports men and women. Finishing off of course with everyone singing our national anthem.

Everyone was a WINNER on the day and I have had many requests to make these mid-winter games an annual event.

Pauline Julian
Community Worker



Age Concern Taranaki (Inc) thanks the following organisations for their support and sponsorship



“What we love about MiLife Bell Vista”



“I can relax, knowing that Mum is happy in a safe, friendly village.”



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All occupation licences for units at the village are secured by a first-ranking mortgage over the village land in favour of the Statutory Supervisor.



A big **THANK YOU** to our sponsors and to everyone who supports "Warm Up Wednesday" singalong and social occasion held on the second and fourth Wednesday of the month at De Burghs Lounge, 9 Lawry Street, Moturoa, New Plymouth. 10.00am to 12.30pm, gold coin donation.

- Taurima Rest Home
- Moturoa 4 Square
- Blagdon 4 Square
- Mason Appliances

This is a great morning to socialise, make friends, tell stories and have fun with singing those "good old songs". Come and enjoy the morning

Pauline Julian

Warm up Wednesday - Service Coordinator

WARM UP WEDNESDAY SINGALONG SONG

(written by Pauline)

WEDNESDAY MORNING, UP WITH THE SUN
COME TO SINGING AND HAVE LOTS OF FUN
HEY HEY HEY IT'S A BEAUTIFUL DAY

chorus

HEY HEY HEY LETS WARM UP ON WEDNESDAY
THIS IS OUR, OUR OUR BEAUTIFUL DAY AY AY
WHEN WE SING, CLAP, SWAY, WE ARE ALL HAPPY
OH OH OH
HEY HEY HEY THIS IS OUR HAPPY DAY

WE START OUR MORNING, WITH COFFEE OR TEA
MAKING FRIENDS, IT'S GREAT COMPANY
HEY HEY HEY ITS A BEAUTIFUL DAY
GUITAR, PIANO AND UKULELES
TAMBOURINES AND SHAKERS YOU'LL SEE
HEY HEY HEY IT'S A BEAUTIFUL DAY

chorus

HEY HEY HEY LETS WARM UP ON WEDNESDAY

LUCKY PRIZES, ARE FUN FOR THIS GROUP
THEN THERES ALWAYS DELICIOUS HOT SOUP
HEY HEY HEY ITS A BEAUTIFUL DAY
SINGALONG IS SO GREAT FOR YOU
BRINGING BACK A MEMORY OR TWO
HEY HEY HEY ITS A BEAUTIFUL DAY



Aylene Hall - AVS Coordinator enjoys folding Origami Cranes at the Stratford Social Morning last week.

News from the South

As many of you may already know, our lovely South Taranaki coordinator, Sheba, is no longer working for Age Concern Taranaki - we wish her well for the future.

Sinead Thomas, our Social Worker and Elder Abuse Response Coordinator, and I are currently looking after the programmes in Central and South Taranaki. Sinead is focusing on community work and running the Hawera social morning every 1st Thursday of the month; whilst I'm coordinating the Accredited Visiting Service (AVS) throughout Taranaki and looking after the Stratford social hour on the 3rd Friday of the month.

Please do come along to these events, and while you're there make sure you let us know the types of speakers and the kinds of activities you'd like to see take place during these mornings. These are your events so we want to ensure that what's on offer are the kind of things that interest you.

Also a reminder that SAYGO in Stratford, Eltham, Hawera and Opunake continues each week. This is a great initiative that builds strength, balance and confidence through gentle exercise carried out at your own pace.

You will find further details about all our events on the What's On and social activities page of this newsletter.

If you would like to contact us please ring 0800 243 625, or email: info@ageconcerntaranaki.org.nz and someone will be in touch promptly.

I look forward to catching up with you all over the coming months,

Aylene Hall

Everything is figureoutable.

Freedom Drivers New Plymouth is expanding its service

Diana de Jong and Elaine Demaine offer a kind and friendly service with a fleet of spacious wheelchair accessible vehicles (WAVs) at the ready.

"We recently added a new WAV to our fleet due to demand," says Diana. "We offer vehicles of varying sizes accommodating manual or power chairs as well as our standard passengers. Our flexible service covers a wide area outside main centres and we also cover evenings and weekends to enable customers to attend those important social and family events."

Freedom prices are comparable to a standard taxi but with lots of extras. We are ACC and Total Mobility (TM) registered. Service is personalised with a convenient pick up and drop off at your front door and we personally escort you to their destination.

Call Diana today on 027 585 2019 or toll free on 0800 956 956 to find out more.

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Provider



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companion driving

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Email: mobilityandmore@xtra.co.nz
www.mobilityandmore.co.nz



CALL US AND WE WILL COME TO YOU!



For more information email:
info@ageconcerntaranaki.org.nz
Phone our Office (06) 759 9196
or 0800 243 625

ELTHAM

SAYGO > Steady As You Go Falls Prevention Class held on a Thursday 10.00am. All Saints Church, 88 King Street, Eltham.

HAWERA

Social Mornings > Held on the 1st Thursday of the month - 10.00am. St John's Church Hall, 35 Argyle Street, Hawera.
 August 2nd, September 6th, October 4th, November 1st and December 6th.

SAYGO > Steady As You Go Falls Prevention Classes are held weekly on a Tuesday at 10.00am at 35 Argyle Street, Hawera.

NEW PLYMOUTH

Aqua Walking > This is held weekly on Monday mornings at The Aquatic Centre at 10.15am. Gold coin donation. Please phone our office (06) 759 9196 to register for Aqua Walking.

Drop In Cafe > This cosy Drop in Cafe is held on the first, third and fourth Thursdays of the month. Come along and join us at 10am for a cuppa and great company at 28 Young Street, New Plymouth.

Social Morning > Our Social morning at 28 Young Street is held on the second Thursday of the month. We have Guest Speakers who provide the group with relevant information, health education and other interesting topics. Starting with morning tea at 10am.

Warm Up Wednesday > This fun filled morning of Singalong continues every second and fourth Wednesday of the month. Come along and enjoy a great singalong, morning tea, fun, music and make friends. A light lunch is served at the conclusion of the morning. 10am - 12.30pm. Gold coin donation.

Monthly Outing > The first Wednesday of the month is our Outing. A great day out incorporating lunch and a visit to a place of interest. Please phone Pauline to express your interest.

SAYGO > Steady As You Go, Falls Prevention Strength and Balance Classes are held in New Plymouth. Tuesdays at 10.30am at St Mary's Complex Lounge, 37 Vivian Street, \$3 per class and on Fridays 11am at Disabilities Citizens Rooms, 83 Hine Street \$2 per class.

OPUNAKE

SAYGO > Steady As You Go Falls Prevention Class held on a Monday 10.00am. Tainui Day Centre, 142 Tasman Street, Opunake.

STRATFORD

Social Hour > 3rd Friday of the month - 11.00am. St Andrews Hall, Regan Street, Stratford.
 August 17th, September 21st, October 19th and November 16th.

SAYGO > Steady As You Go Falls Prevention Classes are held on a Friday at 10.00am at St Andrews Presbyterian Church Hall, Regan Street, Stratford.



Advance Care Planning

Advance Care Planning (ACP) encourages you to think about, discuss and document your wishes regarding the type of medical care you would want to receive if you were unable to speak for yourself. Anyone can complete an ACP, however, it is especially important if you have a long term condition or frailty that may impact on your ability to communicate your wishes.

Here in Taranaki we use a *Summary of My Advance Care Plan* form, and when this is completed it is uploaded to your electronic medical record and available to treating doctors and nurses within New Plymouth and Hawera hospitals. Its serves not only as a letter of introduction but more importantly clearly expresses your end of life wishes and how you would like to be treated in any circumstance where you are unable to speak for yourself.

ACP packs are available from your GP and numerous health agencies, and for residents in South Taranaki assistance with completing ACP plans is available at Patea Health Centre
 Contact: Merry Adams on (06) 273 8456 or email: Merry.Adams@pateadoctors.co.nz

For further information about Advance Care Planning please contact or visit:

Advance Care Facilitator

Kym Noske
 Email: Acp.admin@tdhb.org.nz
 Phone: (06) 753 6139 ext 7083 or 027 7777852

Health Quality & Safety Commission

www.hqsc.govt.nz

Taranaki District Health Board

www.taranki.org.nz/services/acp

Central Audiology Taranaki

Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. With over 20 years of experience working in the Taranaki region, we know and value our customers and community.

We're the only 100% independently owned and operated audiology practice in the region with the largest supply in the latest hearing aid technology. This means we are able to tailor your hearing needs to suit you.

We're a primary provider to the Taranaki District Health board, and you can visit us whether you're referred by your GP, or want to approach us directly. At Central Audiology we want to ensure that you're not missing out on the important sounds of life.

Call us today on 0800 and book a FREE hearing check at one of our clinics. We're here to help.

Taranaki's hearing, caring specialists



- Hearing health checks
- Hearing aid advice and fittings
- Expert knowledge to manage tinnitus

Central Audiology
 TARANAKI

Visit our website www.centralaudiology.co.nz
 Clinics in New Plymouth, Stratford and Hawera
FREEPHONE 0800 751 000

Back to School

New Plymouth Boys School Group Class representing Syme House invited members of Age Concern Taranaki to attend an interactive school project held in the school library on August 1st 2018. This was a great opportunity for members including our three past NPBHS pupils who attended to talk with the students, watch individual and group performances, share stories and take a small tour of the school as it is today. We were also served a generous afternoon tea.

I would like to thank everyone involved in this group for their hospitality and for sharing information, skills and talents with us – Pauline Julian.



Pictured with the boys from Syme House are three Age Concern Taranaki members who attended New Plymouth Boys High School in various years ranging between 1948, 1950 and the 1960's.

Chalmers Home

Chalmers Home is special; it's more than just a rest home. That means as well as providing daily living support we ensure residents have choice and control in their lives. We take every opportunity to bring companionship, fun and meaningful activity into the lives of elders.

enliven
Positive Ageing Services
PRESBYTERIAN SUPPORT CENTRAL

Rest home | Hospital level care | Respite | Health recovery

For more information phone 06 758 5190 or visit www.enlivencentral.org.nz

Budget Delivers Cheaper Doctor Visits



The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget. This will give up to 540,000 people access to low-cost GP visits - making it around \$20 to \$30 cheaper.

Seniors who have either a combined SuperGold and Community Services Card or a Community Services Card should also see a reduction in the cost of visiting their GP by 1st of December 2018.

General practices can choose whether or not to provide the new low-cost visits so please check with your doctor later this year to see whether they have chosen to opt in.

Under the changes, people receiving the Accommodation Supplement or living in public housing will also get a Community Services Card, giving them access to cheaper doctors visits.

To find out more about these changes, go to www.health.govt.nz and search for 'primary health care subsidies'.

If you're not making mistakes, then you're not making decisions

Sudoku

Each row, column and 3 x 3 square should contain the digits 1 - 9

9	7	8						2
6						3		
			8		2	7		
	9				8			4
2			5		7			3
8			1				5	
		9	2		1			
		6						5
5						8	2	7



FORM OF BEQUEST

Take or send to your Legal Advisor for incorporation in your Will.

"I give and bequeath the sum of \$_____ (or) _____% of my estate, (or) residue of my estate, (or) property or assets as follows:

free of all charges, to Age Concern Taranaki. The official receipt of the Executive Officer or other authorised officer of the Board shall be a sufficient discharge to my executors".



Falls Prevention
Exercise Classes

- Monday 10.00am**
Tainui Daycare, 142 Tasman St, **Opunake**
- Tuesday 10.00am**
Presbyterian Church, 35 Argyle St, **Hawera**
- Tuesday 10.30am**
St Marys Complex, 37 Vivian St, **New Plymouth**
- Thursday 10.00am**
All Saints Church, 88 King Edward St, **Eltham**
- Friday 10.00am**
St Andrews Church, 88 Regan St, **Stratford**
- Friday 11.00am**
Disabled Citizens Society, 83 Hine St, **New Plymouth**
- Contact Age Concern Taranaki Coordinators**
Marguerite or Pauline on 0800 243 625 or
(06) 759 9196.



Opunake SAYGO Participants in action



The Opunake Committee



Ranjit putting on his weights ready for the next exercise

Tainui Day Centre - One
Year Old

Chairs, Laughter, Exercise. People over 65 years.
Monday July 9th 2018.

Well what lay ahead for us was the question, I asked myself, who would have thought, a year later here we are and loving it.

Beneficial exercise, companionship, fun and games.
JUST WONDERFUL!

Our morning teas are always inviting, our activities are interesting. Indoor Golf and Bowls, Rummykub and other games keep us amused after eats and drinks.

We try to bring in interesting speakers/ representatives from The Fire Brigade, Police, Lavender Farm Lady, Weaving (our own Ian Baker) Opunake Yarn Bombing, with ladies from the Lakeside Lions to name just a few.

We had Dinner one Friday evening at the Cape Egmont Light House with a chance to climb the stairs to the top. A movie at our local theatre, which was wonderful.

We have had two Fish & Chip lunches, (our Tainui programme pays).

We have an average 18/20 most weeks, (with us five from the committee).

When a public holiday occurs, many of our exercisers still want to come, but I have had to say no.

All this is possible because of the volunteers, namely Glenys Clark, Maureen Martins, Rev Ian Sargent, Sheryl Roach and Sylvia Klenner. I couldn't wish for a better team of helpers.

Thanks to Rev Peter Barleyman and Andrew Brock for "enlightening" my life in such a wonderful way. I honestly go home smiling each Monday, feeling so happy that all these lovely guests have enjoyed themselves, so much along with us five.

Jenny Cavaney
Coordinator

PLEASE RENEW YOUR MEMBERSHIP
ANNUAL SUBSCRIPTIONS ARE NOW DUE FOR YEAR ENDING 30 SEPTEMBER 2019

Please complete the following and post with payment to: Age Concern Taranaki, PO Box 15, Taranaki Mail Centre, New Plymouth 4340.

Name:
Address:
.....
Phone:
Email:
Ethnicity Origin (or race) (please tick):
☐ New Zealand European
☐ Maori
☐ Pacific Peoples
☐ Other Ethnicity
Please specify:.....

Subscriptions (please tick):
☐ Single \$15.00 ☐ Couple \$15.00
☐ Corporate \$45.00
Paid by: ☐ Cash ☐ Cheque ☐ Direct Credit
Bank account: 15-3953-0717362-00 (Ref: Your name)

Donations Bequests and Legalities
Please help our work by including a donation (tax deductible over \$5).
You can make a donation at any time.

Leave a gift to Age Concern Taranaki in your Will and create a lasting legacy. If you would like to know more about how to bequest or leave a legacy contact your legal advisor.

Nothing is particularly hard if you divide it into small jobs.

Life Tubes

(Endorsed and promoted by the New Zealand Police)

A Life Tube can speak for you when you can't. A special tube contains vital personal information for emergency services in case of accident or illness.

Age Concern Life Tubes are small sealable plastic containers with a red label. Inside, you'll find a form you can use to communicate and medical conditions, medications, doctor, next of kin, and contact numbers to be used by emergency services coming to your aid in a medical or civil emergency.



This container is kept inside your refrigerator, with a red sticker to alert emergency personnel. They are trained to look inside your fridge for a Life Tube. (If there are changes to your medications, we advise you to add a dated note advising the changes.)

Why the refrigerator?

It has a good chance of surviving earthquakes or floods. It's distinctive and hard to miss, it can usually be found in the same place, and almost all homes have one. It's the humble fridge - your emergency information storage vault!

Where are these Life Tubes available?

Life Tubes can be purchased for \$5 each from our Office at 28 Young Street, New Plymouth or phone (06) 759 9196 or 0800 243 625.

Extra Forms

Should you need additional forms or wish to update your original forms - these are available for free from our office.

For the MOST important decisions of your life see us

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