

WINTER 2020 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concerns in Hawkes Bay

Serving the needs of older people



For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

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Contact Information

AGE CONCERNS NAPIER AND HAVELOCK NORTH

Phone: 0800 243 266 (0800 AGE CON)

Email: napier@ageconcernhb.org.nz or
info@ageconcernhb.org.nz

Addresses:

98 Taradale Road, Onekawa, Napier 4110

34 Te Aute Road, Havelock North 4130

Office Hours: 8.30am - 3pm Monday to Friday

AGE CONCERN FLAXMERE

Phone: (06) 879 7003 **Fax:** (06) 879 7023

Email: ageconcernflax@nowmail.co.nz

Address: 38 Bristol Cres, Flaxmere, Hastings 4120

Office Hours: 9.30am - 2.30pm Monday to Friday

AGE CONCERN WAIROA

Phone: (06) 838 3307 **Fax:** (06) 838 3309

Email: acwai@xtra.co.nz

Address: Age Concern Centre, 8 Lahore Street,
Wairoa 4108

Office Hours: 8.30am - 12.30pm Monday to Friday

AGE CONCERN CENTRAL HAWKES BAY

Phone: (06) 858 9158

Email: agecon.rail@xtra.co.nz

Address: 3 Porangahau Road, Waipukurau 4200

Office Hours: 9.00am - 3.00pm Tuesday to Friday

AGE CONCERN HASTINGS

Phone: (06) 870 9060

Email: ageconhast@xtra.co.nz

Address: 415 Heretaunga St East, Hastings 4122

Postal Address: PO Box 185, Hastings 4156

Office Hours: 9.00am - 3.00pm Monday to Friday

**See page 14 for more information about
some of the many services each Age Concern
provide.**

ACCREDITED VISITING SERVICE



A Befriending service that matches older people who are lonely or socially isolated with volunteers who are keen to spend time with them. Some visits take place in the clients home, and some involve going out together. If you know of someone who would like more company, or if you are interested in becoming a volunteer, contact Christine at Age Concern **Napier telephone 842 1346** or email sw@ageconcernhb.org.nz

Throughout Hawkes Bay local Age Concern Branches are delivering health promotion programmes and education workshops on a variety of issues that older people face as they age

With the resource materials and presentations provided by Age Concern New Zealand, NZ Police and New Zealand Transport Authority. Programmes are available in your area, contact your local Age Concern branch for details.



Lean on Me

The words of this popular song come to mind when thinking about you all and our Driving Miss Daisy community at the moment.

Lean on me when you're not strong
I'll be your friend
I'll help you carry on
For it won't be long

As an essential service we have been at the frontline with the most vulnerable people during these extraordinary times. To be acknowledged and trusted by the Government has enabled us to continue supporting our elderly clients utilising our gold standard health and safety procedures.

Your Daisy can help you live independently by doing those essential errands for you while you remain safe in your bubble. We are able to do your grocery shopping, collecting and delivering prescriptions and get you to your medical appointments and safely back into your bubble. We can make this time more bearable by picking up a magazine, or a fresh bunch of flowers. We have received heart-warming thanks and appreciation for helping you in this time of need.

Whilst the future is unknown, we do know that the current situation will not be forever. If the lockdown has been getting you down, we can get you out and about in our Driving Miss Daisy car bubble. Nature is putting on a beautiful autumnal display at the moment, enjoy it at its best with a trip to your local park or the beach with us, we could even pick up a coffee on the way.

Going forward the core Driving Miss Daisy commitment is to empower you, giving you the freedom to live independently by offering a companion driving service that is trusted and affordable. Safe as well, we follow Ministry of Health hygienic and social distancing guidelines.

Don't forget a Daisy Experience gift voucher is an ideal treat for you or for a friend.

We have always been there for you and we will continue to be by your side in the community especially during this period, post COVID-19. Stay safe, be kind, let's support each other.

Melanie
Co-founder DMD

We're your bubble on wheels



**Free at Last! Get out and about,
safely and hygienically, with
Driving Miss Daisy**

We can drive and accompany you to:

- Medical and personal appointments
- Grocery shopping
- Deliveries - e.g. take home meals
- Airport drop-offs and pick-ups
- Companion outings
- Or even transporting your pet!

**Total Mobility Scheme cards accepted
and ACC contracted supplier.**

**Bookings are essential - call today
and make your next outing a pleasure!**

Havelock North
Hastings
Taradale
Napier

Ph: (06) 877 8476
Ph: (06) 878 5029
Ph: (06) 844 0620
Ph: (06) 835 5010



Driving Miss Daisy®

Disclaimer: The views expressed in this newsletter are not necessarily those of the Age Concerns in Hawkes Bay. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

You cannot save people, you can just love them.

Steady As You Go®

These groups continue to grow and there is always a lot of laughter heard as they are taking themselves through their programme. Many have expressed how much their balance and walking has improved through attending these classes.

Hastings class 10am on Mondays and Wednesdays at the Age Concern Building opposite New World.

Raureka class 10am on Fridays at the Community Station Church, Gordon Road. Sometimes they go off to have a cuppa at a café, after the class.

Waipukurau class 9.30am on Tuesdays at the Woburn Hall, Waipukurau.

For more information please phone:

Age Concern Hawke's Bay Inc.
Hastings Office: Phone: 870 9060
Waipukurau Office: Phone: 858 9158

Napier - 1.30pm on Mondays and Tuesdays at Age Concern Napier, 98 Taradale Road, Onekawa. 1.30pm and 2.30pm on Thursdays at Taradale Senior Citizens, White Street.

Havelock North - 1.30pm on Wednesdays at Waiapu House, 10 Danvers Street, Havelock North. 10am on Thursdays at the Lusk Centre

For more information please phone:

Age Concern Napier: Phone: 842 1346.

Wairoa - 12.30 - 1.30 on Thursdays at Age Concern Wairoa, 8 Lahore Street.

For more information please phone:

Age Concern Wairoa: Phone: 838 3307.

Flaxmere - 10.45am on Fridays at 38 Bristol Cres, Flaxmere, Hastings.

For more information please phone:

Age Concern Flaxmere: Phone: 879 7003.



Steady As You Go®

Sour Cream Lemon Syrup Cakes



- | | | | |
|-------|--|-------|---------------|
| 125 g | Butter | 150 g | Caster sugar |
| 200 g | Plain flour | 1 tsp | Baking powder |
| 3 | Eggs | | |
| 125 g | Sour cream, or natural yoghurt | | |
| 1 | Lemon, large, finely zested, plus 1 Tbsp juice | | |

Lemon syrup

- 100 ml Lemon juice
- ½ cup Caster sugar
- 100 ml Water

Directions

1. Heat the oven to 160C. Grease and flour 8 ramekins or one 20cm cake tin (lined with baking paper).
2. Using your hands, rub together the butter, sugar, flour and baking powder until pale crumbs form. Make a well in the middle and mix in one egg at a time until incorporated.
3. Stir through the sour cream or yoghurt. Then the lemon and lemon zest.
4. Pour into the ramekins or cake tin and bake for 30-40 minutes until a skewer comes out clean.
5. For the lemon syrup, put the lemon juice, sugar and water in a small pot and simmer until thickened (coats the back of a spoon). As soon as the cakes come out of the oven, spoon over the syrup. Serve with freshly whipped cream.



Napier Libraries – supporting our community through lockdown and beyond

The pandemic lockdown was challenging and unsettling for many members of the community, a time when they could no longer access important services offered by facilities such as Napier Libraries.

Napier Libraries eased many of their worries by removing fines and extending borrowing times. They actively communicated with members through emails, by phone and on social media, to help them access the facility's many free digital services.

Staff were delighted to welcome so many new and returning members too. To be able to connect was such a positive thing during such a stressful time.

The lockdown also drew attention to the isolation felt



by those without internet access. In partnership with Digital Inclusion Alliance Aotearoa and Spark Foundation, the library is offering Skinny Jump subsidised broadband available to people who currently don't have home internet access.

The criteria has recently been broadened to now include seniors, people living in social housing, those with disabilities, migrants and refugees with English as a second language, and Maori & Pasifika youth. The cost is \$5 per month using pre pay vouchers for 30GB, with a modem included.

To support this Napier Libraries are once more offering free classes to help people understand and use digital technology. They are great for people who lack confidence in using devices, or just want to know the basics.

For more information phone 834 4180 or email info@napierlibrary.co.nz



What do you think about our Annual Plan?
Have your say by 16 July 2020.
It's easy! visit sayitnapier.nz



AGE CONCERN

DELIVERING ESSENTIAL SERVICES COVID-19

At the beginning of level 4, Age Concern Napier and Havelock North were invited to be part of the Civil Defence Welfare Group, with a proposal for both branches to deliver essential services to seniors in the Hawkes Bay community. A decision was made for both branches to temporarily restructure into one office , with Havelock North integrating into the Napier office. An 0800 number (0800 243 266) was set up, with inward telephone lines amended. Many thanks to NOW for the quick response time of 5 hours to amend our telephone system.

Providing a supermarket shopping service was the first challenge we encountered. With older people required to stay at home, with no access to their bank accounts or no internet banking, paying for their groceries was problematic. Through the Ministry of Social Development essential services grant fund we were able to purchase supermarket vouchers, enabling our volunteers to contactless shop.

Contacting Eftpos NZ, who responded very quickly to our request, we ordered 6 mobile eftpos terminals, which then enabled the client to immediately reimburse us upon delivery of shopping. During level 4, an average of 145 clients utilised our shopping service weekly.



Clients who normally paid utility accounts in cash/ over the counter contacted us for assistance. Using the mobile eftpos , we took payment and onward paid the service provider by online banking.

Adhering to level 4 restrictions we provided hospital transport for pre arranged out patient appointments. Transport was provided in our van, with one client being transported at a time, ensuring level 4 restrictions were adhered to. We were fortunate to have Adam, a volunteer from the Taradale Volunteer Fire Brigade and Karl, a NZ Army Reserve, offer their services to assist with this transport.

Frozen meal provision continued throughout , with home delivery only available, and eftpos facility available for payment.



The community hub office was kept very busy. Civil Defence welfare group referred all welfare issues pertaining to older people across the Hawkes Bay region to us. Many phone calls were received from families outside of Hawkes Bay with concerns over their older relatives, and were very relieved and grateful to hear of the services we were offering. We established social worker support for Hastings and Napier for any issues that required onward referral. At the beginning of level 4 the office was receiving over 150 calls per day, we provided 7 day a week coverage for calls and referrals from the Civil Defence Emergency Team.

Emergency Food parcels were held in our office, available on referral or request, distributed across the region.



Volunteers were an essential part of our operation – 52 volunteers assisting with supermarket shopping, many completing multi shops per day, and home based teams making well-being telephone calls to around 1000 older people.

With level one now in place, the demand for our shopping service has greatly decreased. However we have recognised the value of this service , it has been added to our support service programme on a permanent basis. We envisage it will be utilised on a short term basis when an older person is unwell, discharged from hospital , or the wet cold winter weather makes them reluctant to venture out.

AGE CONCERN VOLUNTEERS COVID-19

With the establishment of the supermarket shopping programme recruitment of a team of volunteers was required.

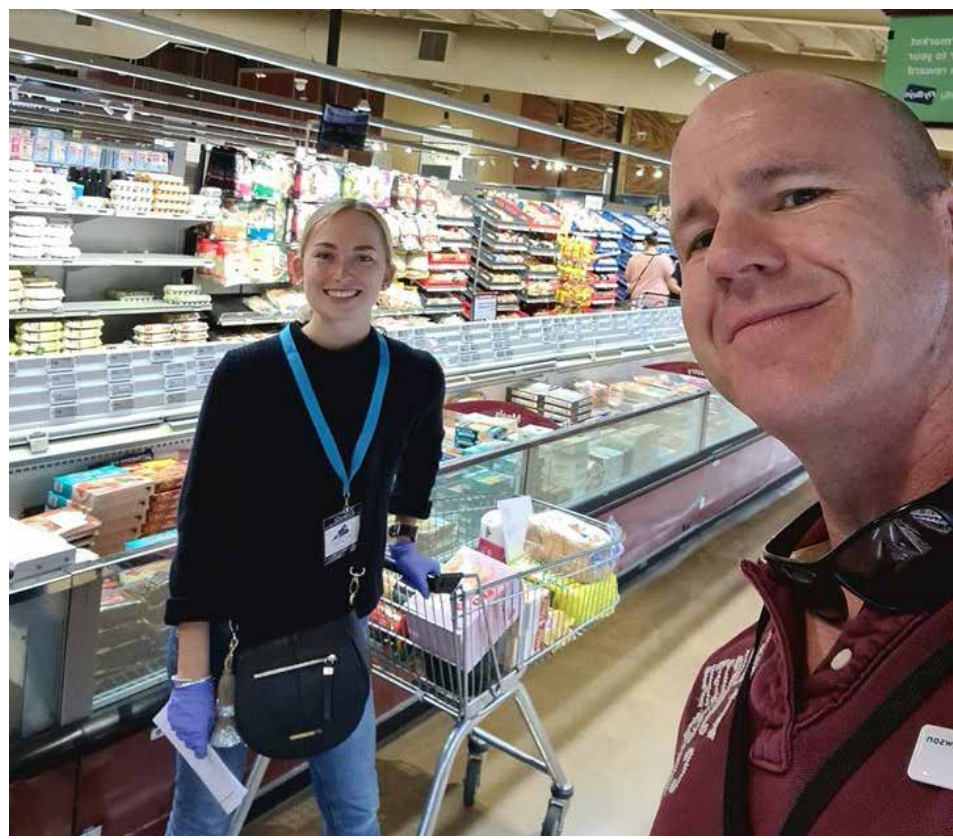
The response from the community was overwhelming, with so many offers of assistance .

The Napier City Council kindly offered some of their staff who were remaining at home. At the height

of level 4 an average of 150 shops per week were completed.

This programme is now a permanent established part of our support services and will be available in the Napier and Hastings districts.

Phone: 0800 243 266 to enquire.



Left: Two of our shopping volunteers – Greg Mawson, Napier City Councillor and Sam.

Meet Sam.
I saw Sam briefly at Age Concern Napier as I was leaving for a shopping trip for two elderly today. I saw her again at the supermarket. Sam is a flight attendant and with that industry being hit hard, found herself with some additional time so chose to volunteer her time to help others. You're an awesome young lady Sam! Great stuff and all the best for the future!



BRINGING PEOPLE TOGETHER TO SHARE HOMES

Would you like someone in the house at night?

Do you have a spare room?

Are you looking for accommodation?

The Let's Share Programme offers:

- Police vetting of participants • Reference checks • Lower than market rent
- Ongoing contact with both parties • No cost to the householder
- Interview prospective householder / homeshare and match them



Further information please contact:

Tanya at Age Concern Hawkes Bay 06 870 9060 ext 3 or email letsshare@extra.co.nz



What is Let's Share?

Let's Share is based on an exchange in which a Householder provides accommodation in their home to a Homesharer. In turn, the Homesharer provides about ten hours of help each week, and the assurance that someone will be there at night. The Homesharer continues their usual occupation or activities during the day.

The Let's Share Co-ordinator finds out what the Householder needs and proposes a suitable Homesharer. All Homesharers are Police Checked. Homesharers are selected very carefully, after interviews and reference checks by the Co-ordinator. Applicants are matched on the basis of compatibility and introductions are made with the assistance of the Co-ordinator.

No two arrangements are alike. Householders' needs vary and so do the skills that Homesharers have to offer. Some people ask only for company in the house at night; others need help with cleaning, cooking, laundry, shopping, care of pets etc. Cooking and sharing meals are often an important part of the arrangement. The Homesharer is not able to do any personal cares eg showering or toileting.

If after a meeting and spending some time together the Householder and the Homesharer want to proceed, a trial period of 2-4 weeks is commenced and Let's Share will help draw up an Agreement, setting out what the Homesharer will do and what the Householder will provide, and how living costs will be shared. Help and advice will be available throughout the Let's Share arrangement.

Only when the Householder and the Homesharer are both happy do arrangements go ahead. The Householders family may want to be involved at every step for peace of mind.

Let's Share is about two people helping each other. This type of Programme has been very successful for many, many years in various countries and we believe now is the time for Hawke's Bay to benefit, especially with our accommodation crisis and with our growing number of older people wishing to stay in their own homes – they have extra space, they just need a little bit of help. This may be the answer. This may be you or someone you know.

I look forward to hearing from you

Tanya 06 8709090 extn 3 or 022 194 1543
letsshare@extra.co.nz

Gentle Touch Funerals offers a service that is fitting for you and your family. We believe in the value of a funeral, and take time to listen and create with you a meaningful and beautiful farewell that reflects and honours the person that has passed.

From the first call through to the aftercare, our directors are there to help and guide our family's through all of the processes. We take care of any requests and to help those left behind with exceptional care and support.

Gentle Touch Funeral Services arranges a variety of funeral, including full funeral services for cremation, burial and eco-burial private family gatherings, memorial services and simple direct cremations. These services can be conducted at a place of your choice, or at our venue.

Our funeral directors are here for you and your loved one 24 hours a day, every day of the year.

www.gentletouch.co.nz



At Gentle Touch we know arranging a funeral is a daunting task at a very sad time.

That's why we offer a friendly, personal service, to help guide you through the process with transparency and respect.

Our services include:

- ✦ Full cremation & burial service
- ✦ Affordable options & plans
- ✦ Simple direct cremation
- ✦ Pre-arranged & pre-paid funerals



Call us today 06 876 7942

Heretaunga St West, Stortford Lodge, Hastings

Helping families in Hastings, Havelock Nth & Napier

Editorial supplied by Gentle Touch Funeral Services

Bold Bubbles

The strange journey and superpowers of soap

According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing. Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing

- Soap.

Humans have been using soap for at least 5,000 years, but it isn't an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat. The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat.

But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were poured into the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye water that

leached out from the bottom. Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water. Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses. Soap molecules are pin-shaped crowbars. Their tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and destroying it. Fancy science for some glop that once rolled down a hill.

Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn't changed much from the recipe used by Romans or ancient Egyptians. It's still ancient science.



Senior Students from Taradale High School contacted Age Concern Napier wishing to contribute home baking to older people in our community, but did not know how to address the distribution. The baking was delivered to our office, which we individually bagged and delivered with our frozen meal deliveries.



Thank you to the students for this wonderful gesture and thoughtfulness.

Live Stronger for Longer?

The Live Stronger for Longer brand represents the collaborative effort between HBDHB, MoH, ACC, Enliven, community exercise providers, carers and health professionals to reduce the number and severity of falls in our region through Community Strength and Balance classes. The objective of the programme is to increase the number and availability of approved classes which provide opportunities for older adults to improve their strength and balance therefore, maintain their independence.

Do I need to attend a Strength and Balance class?

- ✓ Have you slipped, tripped or fallen in the last year?
- ✓ Do you have to use your hands to get out of a chair?
- ✓ Are there some activities you've stopped doing because you are afraid you might lose your balance or fall?

If you have answered yes to any of the above questions? Time to find a Strength and Balance class.

Contact Enliven and they will assist you to find a class.

Editorial supplied by Enliven



JOHN EGAN
TOTAL DENTURES
www.totaldentures.co.nz

Are your dentures healthy?

Gold Card Discount Enquire today!

PH 834 4329

10 Porter Drive, Havelock North Village (beside New World)
27A Gloucester St, Greenmeadows (opp Greenmeadows Four Square)



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks



LIVE STRONGER FOR LONGER
PREVENT FALLS & FRACTURES



Falls are not part of the ageing process.

Join a Strength and Balance group to remain

STRONG & STEADY

Find out about classes by phoning
0800 436 548
livestronger.org.nz

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

In our last article we had a look at what happens when a resident couple separates or divorces. This time we'll have a look at the opposite – when a new person in a resident's life wants to move into the village.



We noted that all residents have signed an Occupation Right Agreement (ORA) that sets out the terms and conditions of their right to live in a unit and enjoy the village's amenities. The ORA is personal to the resident and is usually non-transferrable. So moving a new person in is not as simple as it might be in a conventional freehold property.

A typical scenario is as follows. He was 94, widowed and living in a village, she was just 74. The relationship started a year after he moved to the village and a year later she moved into his unit. The existing resident needs to decide what rights he wants his new partner to have in relation to his unit. The two principal options are:

- The new partner has no financial interest in the unit and no right to remain there after the original resident dies or terminates the ORA. In this situation, operators might use an "additional resident consent" giving the new partner the right to live in the unit for as long as the original resident continues to live in the unit, but with no financial entitlement. An additional resident consent document recording the terms that the new partner may live in the village may be required.
- The new partner becomes a party to the ORA, and,

depending on the residents' intention, may or may not have a right to receive the termination proceeds. Contractually, the surviving resident will usually be entitled to the termination proceeds, and if the residents want the termination proceeds to be paid to any specific person, this will normally be documented as between the residents.

The resident's family might want the village to add her to the existing ORA. The village could refuse this, but may offer three options to accommodate the new partner's right to live in the unit or in the village:

- Amend the ORA to record that the new partner can live in the unit but has to leave within three months should the existing resident go into care or die. The new partner would not have any financial interest in the ORA;
- Consent to the new partner living in the unit for so long as the original resident wishes the new partner to live there. In addition, the operator may offer the new partner an option, on the death of the existing resident or when the existing resident terminates his ORA, to buy either the unit or another in the village at the then market price;
- The existing resident surrenders their ORA and a new ORA is issued in the name of both the original resident and the new partner at the unit's then market value with a new deferred management fee (DMF) to be paid (although offered at the same rate as when the original resident moved into the village rather than the new higher rate). In this case, the original unit price was \$600,000 and the current market value was \$950,000. So while this is an expensive option, the new partner gets to stay in the village without any restrictions should the original resident die or go into care.

These are just some of the approaches an operator may take. Where residents are of a similar age operators are more likely to agree that a new resident can be added to the ORA with no change to the DMF. This may be achieved by terminating the original ORA and issuing a new ORA in both residents' names, or by a variation of the ORA. As with the scenario regarding divorce, the operator will require both residents to have separate independent legal advice prior to signing of any documentation to give effect to a change.

Next time we'll look at dependent adults or grandchildren in a village.

editorial supplied by Retirement Villages Association

Frozen Meals



We continue to offer our frozen meals which are readily available and an easy and nutritious alternative to cooking. All of our meals come with vegetables and they come in two sizes, standard for \$6.70 and large for \$8.80. There are 12 different meals to choose from with the latest additions being Meatballs and Gravy a Vegetarian option which is vegetables sliced and roasted then layered with either a pumpkin or cauliflower puree/sauce, Devilled Sausages which comes with mashed potatoes and veges, and a Thai Green Curry Chicken with comes with rice and veges.

For Hastings and Napier, orders must be in by 12pm on a Wednesday with delivery to us being the following Tuesday afternoon. We then deliver to you on Wednesday.

For CHB, orders must be in by 2pm on Tuesday with delivery the following Tuesday.

Delivery options are available depending on location – please ask for a quote on the price for this as it does vary depending on location.

If you would like more information, or would like to place an order then please phone

Hastings Office – (06) 870 9060 ext 0
Waipukurau Office – (06) 858 9158
Napier Office - 0800 246 266

The range of meals available are:

- *Roast Chicken
- * Roast Lamb
- * Roast Beef
- * Roast Pork
- * Beef Casserole
- * Curried Sausages
- * Lasagne
- * Cottage Pie
- * Sausages and Onion Gravy
- * Macaroni Cheese
- * Smoked Fish Pie
- * Meatballs and Gravy
- *Vegetarian
- *Devilled Sausages
- * Thai Green Curry Chicken



A Wise old man was talking to a boy and said, There are two wolves always fighting inside me.
One is filled with anger, hate, jealousy, shame and lies,
the other wolf is filled with love, joy, truth and peace,
this battle rages inside of you and all men".
The boy thought for a moment and asked "Which wolf will win"
The old man answered: "The one you feed"

SUPPORTIVE SERVICES - AGE CONCERNS IN HAWKES BAY

FLAXMERE

Age Concern Flaxmere enjoys the support of the other local Age Concerns to enable access to such services as Elder Abuse support and the Accredited Visitor Service. We also offer advice, wisdom of the sages, and advocacy support with various agencies and organisations.

Our 2020 offerings are:

- Fun social days and outings to local eateries (We are going to Te Papa this year).
- Craft and Mahi Toi / Raranga
- Indoor Bowls / Men's Pool
- Total Mobility Assessments / Taxi Chits
- Falls Prevention Programmes - Steady as You Go®
- Support Services to assist with independent living
- Informative guest speakers
- A lovely little Op Shop

NAPIER & HAVELOCK NORTH

SOCIAL SERVICES: working with older people in the community, offering case management, information, support, advocacy and interagency referrals.

ACCREDITED VISITING SERVICE: is a befriending service that matches older people who are lonely or socially isolated with a volunteer to share conversation and activities.

Total Mobility Assessments

Support Services: transport available for supermarket and general shopping, medical and hospital appointments. Handyman services and light garden assistance.

Educational Workshops: Life Without A Car, Staying Safe Theory Driving Course.

Health Programmes: Tai Chi, Sit and Be Fit, Falls Prevention (Napier and Havelock North)

Regular Social Activities and outings.

WAIROA

Age Concern Wairoa offers support and guidance to our elderly/Kaumātua and their families/whānau by providing a range of services that are accessible, relevant and responsive to community need.

Key Areas;

Health

- Sit and Be Fit (twice weekly)
- Tai Chi (weekly)

Social Activities include

- Morning Tea (monthly)
- Crafts Group BYO (fortnightly)
- Special Outings (as arranged)
- Dinner and movie evening (monthly)
- Dementia Carer Support Groups (monthly)
- STROKE Recovery Support Groups (monthly)

Our Core Services include

- Provision of Information
- Connection to the Elder Abuse Response Service 0800 EA NOT OK (0800 32 668 65) 06 838 3307
- Volunteering Opportunities

CENTRAL HAWKES BAY & HASTINGS

Age Concern Hastings and Central Hawkes Bay provide support and education to older people. Included in our staff of seven, we have three Social Workers and a Health Promotion Coordinator who work with older people and their families. We have a vast number of services, these include:

- Social Support Services
- A variety of regular Social Activities
- Elder Abuse Response Service for all of Hawkes Bay
- Regular Health Promotion courses e.g. Confident Driving, Staying Safe, Life Without a Car
- Total Mobility Assessments
- Let's Share - Shared accommodation



Life Without a Car

Is there Life Without a Car?

We provide information about keeping mobile when we are no longer driving. Not driving doesn't have to limit our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence and freedom.

Our Life Without a Car course:

- highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community
- suggests many options to keep involved and enjoying activities
- gives valuable insights into adapting our lifestyle
- encourages living positively without driving



Staying Safe A refresher course for older drivers over the age of 65



COURSES AVAILABLE IN YOUR LOCAL AREA FOR SENIOR DRIVERS OVER THE AGE OF 65

CONTACT

AGE CONCERN NAPIER & HAVELOCK NORTH
for courses in Napier, Havelock North and Flaxmere
Telephone 0800 243 266

AGE CONCERN HAWKES BAY
for courses in Hastings and Waipukurau
Telephone Hastings 870 9060
Telephone Waipukurau 858 9158

What is this course about?

This course gives strategies to assist us to keep ourselves and others safer on the roads by:

- recognising the effects of adverse driving conditions around us
- raising awareness about driving behaviour
- understanding the effects of ageing on driving
- making safer driving decisions
- improving driving confidence on busy roads

CONTACT YOUR LOCAL AGE CONCERN FOR BOOKING ENQUIRIES:

AGE CONCERN NAPIER & HAVELOCK NORTH
for courses in Napier, Havelock North and Flaxmere
PH: 0800 243 266

AGE CONCERN HASTINGS: PH: 870 9060

AGE CONCERN WAIPIKURAU: PH: 858 9158



STEADY AS YOU GO®

(SAYGo Preventing Falls)

Falls are the most common cause of injury in older people.

One third of people over the age of 65 fall each year.

Half of people over 80 fall each year.

Falls in older people are almost always associated with weakened leg muscles and poor balance.

**Falls are not a natural part of ageing.
Falls ARE preventable!**

You could save yourself from a fall by attending a SAYGo class and improving your strength and balance.



DESIGNED FOR MEN AND WOMEN

SAYGo improves;

- Balance and leg strength
- Flexibility
- General fitness and wellbeing

Three simple tests carried out in the first week and at 10 weeks check improved strength and balance

SAYGo has been shown to provide continuous improvements in strength and balance over time in 56 much-loved community based ongoing Peer led classes

Classes available in your area contact your local Age Concern

NAPIER and HAVELOCK NORTH contact Age Concern: PH: 0800 243 266

HASTINGS contact Age Concern Hastings: PH 870 9060

FLAXMERE contact Age Concern Flaxmere: PH 879 7003

WAIROA contact Age Concern Wairoa: PH 838 3307

CENTRAL H.B. contact Age Concern Waipukurau: PH 858 9158