

SPRING 2021 QUARTERLY NEWSLETTER  
www.ageconcernwellington.org.nz



# Age Concern Wellington Region

*Serving the needs of older people*

COMPLIMENTARY COPY

## Seniority



**Chinese Mission Hall**

**Busy Volunteers**

**Caring Kaitiaki in Wellington**

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Wellington 6142

### OFFICE HOURS

9am - 4pm Monday to Friday

## Chief Executive Report



As I write this, I have come to the end of another working day in our second lockdown. It's a strange time for everyone - but perhaps not so strange for some seniors. After the level 4 lockdown last year, I recall some seniors saying,

"I didn't notice much difference. That's what life is like for me anyway!"

There's nothing like a lockdown to highlight the issue of isolation and loneliness. I am so thankful for our visitor and walking services that match friendly volunteers with older people. As you will read in this issue of Seniority, great friendships develop, which is a huge help during tough times like lockdowns. Even though our volunteers couldn't visit their clients, or take them for walks, they were keeping in touch by phone. And we know that our Steady as You Go falls prevention class volunteer leaders were keeping in touch by phone with their groups too. What a wonderful thing community is!

We often say that volunteers are our lifeblood. This is because without them, our small staff team would only be able to do so much. But with our team of over 250 volunteers, we can reach

into every part of the Wellington Region and make a huge difference in the lives of hundreds of seniors. Thanks in large part to our volunteers' fantastic work, Age Concern Wellington Region recently received the Health and Wellbeing Runner Up award for the Wellington Airport 2021 Regional Community Awards!



Enjoy this issue of Seniority, which highlights the amazing impact our volunteers have. If you'd like to partner with us in this work, give us a call!

**Stephen Opie**

CEO, Age Concern Wellington Region



Go to [www.facebook.com/ageconcernwellington/](https://www.facebook.com/ageconcernwellington/) to follow us on Facebook.

**Cover photo: Ian beats volunteer visitor Ken at chess.**

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

## Best Friends in Wainuiomata

"Checkmate," Ian says.

"Hang on, oh yeah," Ken laughs. "Again. You beat me again!"

Ken has been visiting Ian for about two years as part of the Age Concern Wellington Region Accredited Visitor Service.

When Ken, a doctor from the Philippines, moved to New Zealand a little over two years ago, he looked for a volunteering opportunity with seniors. His medical practice in the Philippines catered to many seniors, and he wanted to keep that connection in his new country.

Ian was widowed about three years ago. He fell and broke his hip a few months later. When it came time to discharge Ian from the hospital, he was referred to Age Concern's visiting service since the hospital staff thought he would likely be lonely when he returned home. Although Ian has a son and grandchildren who live locally, more companionship was welcome.

Ken and Ian have become best friends, almost like family. They meet at Ian's house regularly to play chess, watch The Chase, or just chat over a cup of tea. Sometimes Ian gets stuck with a computer issue like sending photos to his son in Australia, and Ken helps him. They've even spent

the day together at Ian's bach on the beach a few times. Ken looks forward to introducing his wife and children to Ian when they move over from the Philippines.

Ian worked for the railway for four decades, starting as a turner on a lathe before progressing to other roles including training apprentices. He looks timeless – he could be 60, or perhaps 90. He wears a plaid shirt and walks with a stick. His home is tidy and part of a new retirement village development in Wainuiomata. An ancient cactus nearly as tall as the ceiling brings a burst of colour to the muted colours of the warm living room.

Ian has prepared tea and biscuits, and Ken and Ian sip their tea thoughtfully as they examine the chess board. Muffin, Ian's ginger and white cat, watches the men carefully as though he too understands the game.

A grandfather clock stands guard over the chess game and suddenly chimes loudly just as Ian says checkmate. The two men laugh. It's clear they truly enjoy each other's friendship.

If you would like to know more about Age Concern Wellington Region's Accredited Visitor Service, please call 04 499 6648 or email [info@acwellington.org.nz](mailto:info@acwellington.org.nz)

~ Lorna Harvey





# SERVICES and UPCOMING EVENTS

**Pop-Up Hubs for Seniors**

Join us for these free events, where there will be a light lunch, a cuppa and some friendly chats:

**SEATOUN**

**When:** Call Kirsten for the next monthly hub date: 04 499 6645  
**Where:** Seatoun Village Hall next to St Christopher's Church, 22 Forres Street, Seatoun

**LINDEN**

**When:** Call Kirsten for the next monthly hub date: 04 499 6645  
**Where:** Linden Community Centre, 10 Linden Ave, Tawa

**VOGLEMORN**

**When:** Call Kirsten for the next monthly hub date: 04 499 6645  
**Where:** Voglemorn Hall, 13 Vennell Street, Brooklyn

Call 04 499 6645 for more information.

**SPEAKERS WANTED** - We are looking for speakers to provide expert advice or information at our pop-up hubs. If you have knowledge of a topic that would be of interest to a diverse group in a presentation lasting not more than 30 minutes, we would be pleased to hear from you. Please call: 04 499 6645

**STAYING SAFE WORKSHOP FOR SENIOR DRIVERS**



Staying Safe is a classroom-based refresher workshop for senior road users. The workshop aims to maintain and improve safe driving practices and increase knowledge of other transport options available to help senior road

users remain safely mobile.  
**Please call for the next course dates.**  
Call 04 499 6648 for more information.  
**Companion Walking Service** - One to one assistance for people who would like to enjoy fresh air, light exercise and companionship in their community.  
**Accredited Visitor Service – Perfect Pair**  
Our volunteer visitors spend an hour a week with someone who's feeling lonely, which makes a real difference in their lives! Please call 04 499 6645 or email avswgtn@acwellington.org.nz for more information.

**Volunteers Welcome** - If you have a little spare time and would like to volunteer with Age Concern Wellington Region, we'd be happy to hear from you. We have a particular need for volunteers in Wainuiomata and Porirua. Please email ea@acwellington.org.nz or call 04 499 6648.

**Gallery Tour** - Age concern Wellington Region offers regular guided tours followed by afternoon tea. Call Kirsten on 04 499 6645 or email connectwell@acwellington.org.nz for dates and more information on the latest scheduled tours.

**Tea & Tech** - Baffled by technology? Want to learn how to do Internet banking? Need to connect with the Grandkids on WhatsApp? Come to our free Tea & Tech workshop, held in partnership with ANZ. Bring your digital device and get help from some friendly volunteers.

**Come to Tea & Tech if you need help with:**

- Getting connected with friends and family online (WhatsApp, Facebook, etc.)
- Doing online banking (any bank, not just ANZ)
- How to watch TV on the Internet
- Doing your grocery shopping online
- Using email and visiting websites

Call 04 499 6648 or email info@acwellington.org.nz for upcoming workshop dates and to register.

# RYMAN PIONEERS

*Together*

"That's what it's all about – being there to help. We do that all the time."  
Joy, a Ryman resident

## A VILLAGE WITHIN YOUR VILLAGE

They say 'it takes a village'. At Ryman we've been creating vibrant communities for more than 35 years, allowing you to enjoy a village of like-minded others within your wider village of family and friends. It's a great way to stay connected and socially active. And it's another example of how we're pioneering a new way of living for a new retirement generation.



**Enquire about our one bedroom and studio serviced apartments at your local village.**

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\*Some conditions apply

- There are five Ryman villages in the Wellington region:**
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  - CHARLES FLEMING VILLAGE**  
112 Parata Street, Waikanae 04 293 1390
  - MALVINA MAJOR VILLAGE**  
134 Burma Road, Khandallah 04 478 3422
  - RITA ANGUS VILLAGE**  
66 Coutts Street, Kilbirnie 04 387 7625
  - SHONA MCFARLANE VILLAGE**  
66 Mabey Road, Lower Hutt 04 567 8725

[rymanhealthcare.co.nz](http://rymanhealthcare.co.nz)





## Eva Dugaro – Volunteering in Her Spare Time



If the saying is true - if you want a job done well give it to a busy person - then that person is Eva Dugaro. Eva is Croatian by descent but born and raised in Ottawa, Canada and now living in Wellington. It might be her upbringing, but she throws herself into everything

with more gusto than is usual.

It wasn't enough for Eva to earn her real estate license and keep it up to date by attending regular training courses; she also volunteers for Age Concern in her spare time. Here again she goes beyond the call of duty as she volunteers for three different services provided by Age Concern – the visitor, shopping, and walking services. Eva started volunteering because of her interest in people, particularly older people who generally have lots of local knowledge and history as well as personal stories to tell.

Eva visits \*Hortense on a regular basis at her rest home accommodation but when the call went out last year for someone to visit \*Annie, she put up her hand. During their chats, Annie, who had trouble moving about and no immediate family to help her, said she was concerned that she would not be able to get to a polling station to vote in the upcoming election. Eva went to work looking into the procedures for obtaining the correct voting papers using the information in the voting pack, supplying the required ID forms and following the procedure advised by the electoral officer.

Annie voted and told Eva that she was thrilled that she had been able to play her part. The democratic system still worked for her. Annie has since moved to live with family in Northland but Eva still recalls the satisfaction of helping her to play her part in the election.

Being a walking volunteer for \*Bill each week is another spare-time activity for Eva. He has just had surgery and needs someone to walk with him to regain his confidence. Eva found that he is not only a good listener, but has a wealth of stories to tell. She also occasionally does the shopping for another Age Concern client – just to keep her busy, before she goes back to work selling real estate for Ray White.

~ Mick Calder

*\*some names have been changed to protect privacy*

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Isn't it time you enjoyed this chapter of your life?  
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**Eva Dugaro**  
Licensed REA Act 2008  
**022 401 2358**  
eva.dugaro@raywhite.com





**Kindness is Free;  
Lets pass it on.**

## Walking Service

Are you starting to feel your walking days are coming to an end? Do you worry that your age or disabilities are discouraging you from enjoying our lovely waterfront or Wellington's interesting attractions? Well, with Age Concern's Companion Walking Service, there is no need to be missing out.

The Companion Walking Service aims to improve the lives of older people, especially those living alone who may seldom get out of their homes. This may be because they have a medical condition that makes them feel unstable walking alone; they may simply have lost confidence in their walking ability; they may want to go further afield but are afraid it will be too much for them; or they may just enjoy having someone to talk to.

The Companion Walking Service started in 2019 and Wellington is currently the only place in the country that is running this service. Over 60 people use the Companion Walking Service at the present time, with much the same number of volunteer companions. The latter have received full training and have passed police vetting. They must attend a training session on Health and Safety and are encouraged to attend several support/information sessions each year as well.

If your volunteer comes by car, then you may drive to many spots in Wellington where an attractive walk begins – Wellington's world is your oyster. If no car, then a good map from Wellington Information Centre will show a surprising number of walks nearby. If the weather is bad, then a museum or gallery may be the choice to visit.

For many years, I have enjoyed tramping, then walking from my apartment in Oriental Terrace. But a medical condition was discouraging me from much walking. I missed it – until I met my companion walker. We have driven round to Massey Road and walked to Scorching Bay plus the necessary coffee.

We have admired the tulips in the Botanic Gardens plus the necessary coffee. We have strolled along Petone's beachfront plus (you get the picture) and planned to see the Van Gogh exhibition in the TSB Arena.

*Only \$5 is requested by Age Concern for each walk to help cover the costs of the programme. But a donation to Age Concern is always welcome, of course, to help with their wide range of activities for older people.*

~ Judith Doyle



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## Like Family

### – Janice and Vinny (and Molly)

Janice walked quickly towards me with a large brown and white dog trotting by her side. The beast, Molly, looked like the kind of dog you wouldn't want to meet in a dark alley – but she wagged her tail when Janice greeted me. If Janice said I was ok, then we could be friends. Janice is a volunteer visitor with Age Concern Wellington Region. Her 'client', Vinny, waited impatiently for my arrival as Janice led me down the long drive to his house.

A mobility scooter was parked neatly by the front door. Inside, some of the curtains were drawn and the television was on, bringing a cosy feeling to the living room. It reminded me of my grandparents' home. Vinny had probably been tall some decades ago. His slightly shrunken figure shuffled towards me as I entered. He smiled broadly. Molly wagged her tail harder.

"There are cupcakes for you," he said as Janice made coffee in the kitchen. "I took a long time... choosing them," he continued.

Janice laughed. "I thought you were going to say you took a long time baking them!"

Molly looked longingly towards the cupcakes.

Janice comes from Yorkshire, just a few miles from Liverpool where Vinny was born. Their accent is similar (although I'm guessing they wouldn't agree). They have many serendipitous links like having visited some of the same places, and the military – a member of Janice's family and Vinny used to be in the military.

Janice looked like she felt at home there. She made herself comfortable in the chair next to Vinny's. She had just come from work and she seemed stressed. As she sat and sipped her coffee, her worries seemed to leave her.

"It's like we've never not known each other, like we've always been friends", Janice said. Vinny nodded. "It's like I have a new family member", she added.

"I'm her favourite uncle", Vinny said proudly.

Age Concern Wellington Region paired Vinny and Janice through the Accredited Visitor Service. Vinny's wife passed away a few years ago and

he was lonely. Although Vinny has a large family, none live in the Wellington Region.

As Janice spoke, Vinny smiled and added a few words of approval. When Vinny spoke, Janice listened attentively. Vinny said his family had made the best decision when they emigrated to New Zealand. For his children's future, for everything. It was just sad now that his relatives couldn't visit anymore. Janice felt the same about her own family. They shared jokes, went quiet for a few moments when they spoke of Vinny's late wife; they also played with Molly the dog.

What struck me the most was how much they both enjoyed being friends. It wasn't just a volunteer and client relationship anymore: it was a fast friendship akin to family. They understood each other, and the time they spent together each week clearly enriched both their lives.

If you would like to know more about Age Concern Wellington Region's Accredited Visitor Service, please call 04 499 6648 or email [info@acwellington.org.nz](mailto:info@acwellington.org.nz)

~ Lorna Harvey



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Level 2, 15 Courtenay Place | (04) 385 9144

#### WAIKANAЕ

In the mall 10/2 Mahara Place, Waikanae | (04) 293 4170

#### LEVIN

SeeHear, 174 Oxford Street | (06) 368 0130

#### PARAPARAUMU

8A Ihakara Street | (04) 385 9144

[info@courtenayhearing.co.nz](mailto:info@courtenayhearing.co.nz)  
[www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz)

## Courtenay Hearing Centre Serving the Kapiti area since 1993

We are pleased to announce that **Courtenay Hearing Centre** has purchased Kiwi Hearing, a well-respected, local, independent hearing clinic in Waikanae. This means that our Waikanae clinics have merged, and all services will now be provided in the walking mall, Shop 10, 2 Mahara Place, across from the library and two doors down from ANZ. This will also mean that we will be staffed 5 days per week. We look forward to seeing you there!

We still have our clinics at Paraparaumu and Levin.

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre at a location near you, for caring, professional advice

**Visit our website [www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz) for more information.**

*Editorial supplied by Courtenay Hearing Centre*



DEAR JOHN...

**Dear John**

I wonder if you could clarify something for me. My sister-in-law, Glenys, tells me she has just completed something called an Advanced Care Plan. I told her I have done the same thing, though it is called an Enduring Power of Attorney. Are these two different things?

Frances, Island Bay.

**Hello Frances**

These are quite different. The Enduring Power of Attorney is done through a solicitor and is for when you cannot make decisions for yourself, whether it being for personal care, or for legal and financial aspects of your life. It is a legal document giving someone you trust (your attorney) the power to manage your health and welfare if you're unable to because of illness, an accident, or an age-related disease.

The Advanced Care Plan has to do with the decisions you make for yourself, about how you want to spend your final days. Many people find it difficult to have these important conversations. Basically, it is about your wishes in the final days of your life – you may choose to consider what is important to you; for instance, where you want to be, or what interventions (if any) you want. Most importantly, it is a conversation between you and your family about what you ultimately want. Once completed, it is lodged with your GP and the hospital, and it is a binding document - which means the medical staff will follow your wishes.

Age Concern Wellington Region has pamphlets on this, and is available to offer advice. Telephone Age Concern Wellington on 04 499 6648 if you want further details.

**IMPORTANT TELEPHONE NUMBERS**

- **COVID-19 Healthline**  
0800 358 5453
- For emergencies dial **111**
- For non-emergency police matters dial **105**
- If you are feeling anxious or just need someone to talk to call or text **1737**
- **Age Concern Wellington**  
04 499 6646
- **WellElder:** a counselling service for older people, or those supporting an older person. Wellington Region: 04 380 2440 (Tuesday - Thursday)
- **Lifeline:** qualified counsellors and trained volunteers: 0800 543 354 or free text 4357
- **Samaritans:** confidential support, empathetic listeners: 0800 726 666
- **The Continence NZ Helpline**  
0800 650 659
- **Elder Abuse Wellington Helpline**  
04 805 0880
- **Dementia Wellington** 04 972 2595
- If you need to discuss your entitlements phone the **MSD Senior Services** line 0800 552 002
- **Wellington City Council:**  
wellington.govt.nz or 04 499 4444
- **Hutt City Council:**  
huttcity.govt.nz/ or 04 570 6666
- **Porirua City Council:**  
porirua.govt.nz/ or 04 237 5089
- **Upper Hutt City Council:**  
upperhuttcity.com/ or 04 527 2169

**Friends of the Emergency Department**

I have been a volunteer for St John for about 15 years now, first as a Caring Caller and for the last 4 years or so as a FED (Friends of the Emergency Department) at Hutt Hospital.

St John provides the Caring Caller service for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is ok. This free service is fully funded by donations.

As a FED, I work a four-hour shift every week (10am to 2pm) assisting where I am needed. In times of distress, people need more than just treatment; they also need information, comforting and support. Because emergency departments are always busy, staff often don't have time to give patients and their families the support and reassurance they're looking for. That's when St John volunteers involved with Friends of the Emergency Department can make a real difference.

I find the service very interesting as I meet many different people (patients) and their support people; I make them a cuppa, answer their questions when I can, chat about various current subjects and generally keep them company.

When patients leave the department, I clean and re-make beds, stock the linen cupboard, assist in the waiting room and generally help where I can. St John needs six people for three shifts a day from 10am to 10pm.

Enquire about joining Friends of the Emergency Department or Hospital Friends if you're interested in volunteer work with Friends of the Emergency Department or Hospital Friends: call St John toll free on 0800 785 646 or search the following link: <https://www.stjohn.org.nz/what-we-do/community-programmes/friends-of-the-emergency-department/>

~ Carol Farr

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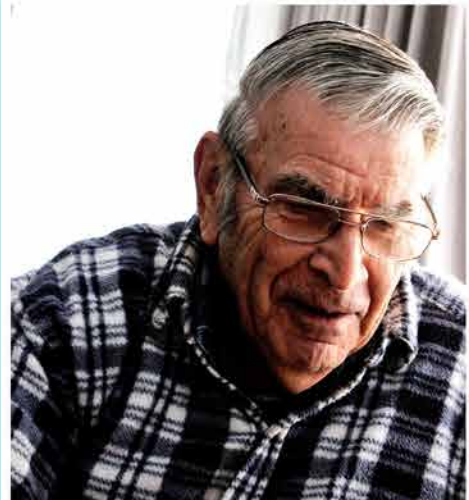
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## Around our Region

From top left, clockwise: Tea & Tech in Lower Hutt, Age Concern Wellington Region staff and volunteer meeting over Zoom during lockdown, Ian playing chess, Steady as You Go exercise class participants from different classes, and a pretty special meeting took place when Age Concern paired a client and volunteers recently.





## Val – Caring Kaitiaki



Val is the kind of person who brings people together. She's in her late eighties, and lives in Council Housing in Wellington. When she sees someone on the bus that she might have seen around her apartment building, she makes a point of stopping and speaking with them. When she hears one of her neighbours is struggling, she sees if she can help. When she knows an important birthday is coming up for another neighbour, she tries to make sure someone will be there to help them celebrate. She doesn't come across as forward or pushy though – she's more of a gentle, smiling, caring presence. Val's short grey hair frames kind eyes, and she is softly spoken.

Val was born in the country and finished high school early because of the Polio epidemic. She found a job in an office, where she worked until she was married. "In those days, it was normal to stop working when you got married," Val says quietly. In the 1950s, Val and her husband moved to Porirua where they built a house.

When her third child was a baby, Val began to have a series of mental health issues. She was in and out of hospital several times until the 1970s when she was able to go into a half-way home. Unfortunately, her marriage broke down during that time.

During her stay in the half-way home, Val had a job in a shop, paid rent, and tried to rebuild her life. She met Conrad there, and eventually

moved into an apartment with him. It was nearly Christmas, and everything seemed magical. Life was looking more positive again, and one of her sons even came to help her move into the new apartment.

Val and Conrad lived there for about four years until they found a council housing flat which was perfect for their needs. They lived there for 38 years. Conrad sadly passed away and not long afterwards, all the building's tenants were told they would have to move as the building was slated for demolition after earthquake damage.

Val has made a new home once again, this time in a ground floor apartment of another Council housing flat. She enjoys living here and feels content. She's had help along the way from various people and organisations, and she likes to help others when she's able.

In 2020, the Covid-19 lockdown was a positive experience for her: people helped by bringing weekly groceries – she would usually sit by the open window and have a cup of tea and chat with the girls who brought the groceries. Amigos, the mental health group she belongs to, kept in touch with her through the phone. One of her neighbours offered to share a pizza with her – they each ordered their pizza and ate it in their separate apartments – but they felt less lonely at the thought that they were sharing the same experience. They've since made it a regular event to actually share a pizza each week. A monthly coffee group was also started in her building by Age Concern Wellington Region shortly after lockdown.

Val has championed these coffee groups and brought many seniors in her building together through these events.

"I'm 88 and I go out a lot. ... It keeps me active for my age. I couldn't just go for a walk – but if I have something to go to, I'm happy to go. I enjoy going to people and inviting them to join us. I enjoy the social interaction: it's nice to meet others and speak about different things." Val knows some seniors who prefer not to join

some of the events despite Val inviting them. She knows they're likely isolated and lonely, but she can't force them to come.

When Val was coming home from shopping with her granddaughter recently, she came across someone she recognised from the apartment and invited him to the next group. "Sometimes they come, sometimes not," Val says, "but I try to include everyone. This person didn't come. I hope he's alright..." She feels he would be better off coming out. Making the effort to go out means getting up, having breakfast, having a shower, getting dressed and ready for the day. "It keeps me motivated and keeps my brain going," she says.

Val feels positive that she's overcome so much, especially her mental health challenges. Perhaps having gone through so many challenges has enabled her to have more empathy for others, and to be a more understanding and caring

person as a result.

Val is interested in art and many other things. She's open-minded to new things, and especially to people from all walks of life. When Val first lived in Council housing, her neighbours were mostly working families. Although there's quite a different mix of people around her now, she respects and cares for them all.

Val is a kaitiaki for her apartment building. She acts as a liaison between the Council and the tenants. If there are issues or needs, she can let the right people know. Kaitiakis in the Wellington City Council housing flats act as the ears and eyes for the complex. People can go to them if they have concerns or issues, and the kaitiakis can also relay any issues to the Council. Kaitiakis are traditionally custodians, caregivers, stewards. They are there to provide a wise balance and promote unity – and this sums Val up well.

~ Lorna Harvey



## Enjoy life with Enliven

Enliven creates elder-centred communities where individuals are recognised and valued – a place where everyone can enjoy companionship, meaningful activity and fun.

- Huntleigh Home and Apartments, Karori
- Woburn Home and Apartments, Woburn
  - Cashmere Home, Johnsonville
  - Cashmere Heights Home, Johnsonville
  - Longview Home, Tawa

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## Wednesdays is Age Concern Day for Allan

After working in the printing industry for over forty years, Allan had a serious arm injury. He went through a series of operations, and he is still recovering from the nerve damage that he has been left with.

With time on his hands, Allan became involved in several walking groups, and also increased his involvement in the voluntary Community Patrol. He knew he could help more people though, so he researched local organisations and came across Age Concern Wellington Region. After the initial paperwork and training, he was matched with a lonely senior. Each week, Allan spent time with his 'client', but each week he was more convinced that his client didn't actually want the help. Allan felt like he had let-down his 'client'. Visitor Service Coordinator Kirsten reassured him that it was clear the client didn't want the help and that it wasn't Allan's fault.

Some people might have stopped trying to help at this point, but thankfully Allan persisted. Kirsten quickly found another client who needed help. Allan knew he needed to keep busy and have a sense of purpose, and volunteering was one of the best ways to do this.

This new match was much smoother. Now Allan not only visits someone each week, he also volunteers with the Companion Walking Service - taking an older man walking each week.

"Wednesdays is my Age Concern day", Allan says. "It takes a good couple of hours to go for a walk with Frank\* - by the time we get ready, walk



for over an hour together, and I take him back to his house." Frank, who is in his 80s, has some memory loss. When Allan arrives, Frank is always pleased and even seems more alert by the time Allan brings him home.

In the afternoon, he visits another older gentleman who is in a rest home. Allan enjoys volunteering with Age Concern. He gets satisfaction from knowing the two people he visits each week truly appreciate his help. A bond has formed with each, and he learns many things from them. They have some similar interests, but they also speak about anything that might be on their minds.

He finds it therapeutic to think about what one has to do to help somebody else. He is humbled when he looks at the people he tries to help, and realises his own issues aren't that bad after all.

Allan feels that the boost each client gets from connecting with their visitor is making a huge difference in their lives - even significantly contributing to keeping them in their homes rather than having to be moved into care. Social connection helps both with physical and mental wellbeing, and the impact this makes in people's lives shouldn't be underestimated.

But Allan's service to Age Concern doesn't stop there! Once a month, he also helps run Age Concern's monthly pop-up hub for seniors at the Linden Community Centre. "It makes Kirsten's job a little easier, and I get the satisfaction of knowing I'm helping out doing something", Allan says.

Thank you Allan for all you do to help seniors thrive in the Wellington Region!

If you would like to volunteer with Age Concern Wellington Region, please email [info@acwellington.org.nz](mailto:info@acwellington.org.nz) or call 04 499 6645.

*\*some names have been changed to protect privacy*

~ Lorna Harvey



### On email?

Subscribe to our regular email newsletter to keep up-to-date with news and events for over 65s in the Wellington region.

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### Covid-19

The Covid-19 situation is ever-changing, but vaccination is a huge step in fighting the pandemic. If you haven't already had your vaccine, please consider booking an appointment. You don't need an invitation to book. Go to [BookMyVaccine.nz](http://BookMyVaccine.nz) or phone the

Covid-19 Vaccination Healthline on 0800 28 29 26.



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## A little bit of History:

### Chinese Mission Hall, Frederick Street

If you wander around with your eyes open you come across a myriad of old and interesting establishments in the Aro flat area within spitting distance of Courtenay Place. One such building which roused my interest is the rather unprepossessing Chinese Mission Hall in Frederick Street. It looks a little forlorn now as it has been vacant for some time. It is regarded as a building of cultural significance to the Chinese Community.

Frederick and Haining streets were the centre of early Chinese settlement in Wellington; the area had small houses, narrow alleys with a dubious reputation associated with pakapoo gambling dens and the opium trade; it was known as Chinatown.

*(Pakapoo gambling: a pakapoo ticket is bought which contains rows of characters from the Thousand Character Classic, an ancient poem in which no two words are repeated. The master ticket is kept hidden and is marked by the organiser of the game. The player marks a number of characters on their ticket. The ticket closest to the master ticket wins.)*

The Chinese Mission Hall is a tangible reminder of the work that the Anglican Church undertook in the Chinese community in Wellington. In the 1880s, with the goldfields no longer offering substantial finds, many Chinese who had originally settled in New Zealand as miners began to move to the cities.



The foundation stone of the Chinese Mission Hall was laid in 1905. The inscription reads: "To the glory of God and the spread of His kingdom among the Chinese in this diocese this stone was laid by Frederick, Bishop of Wellington, December 6th, 1905."

The architect was Frederick de Jersey Clere, a noted designer of ecclesiastical buildings whose motto was: "Designed in beauty, built in truth." In 1883 he was appointed Diocesan Architect of the Anglican Church.

Recognising the danger posed by earthquakes and fire, Clere attempted to minimise these risks by designing the church as a wooden skeleton

surrounded by brick.

After fifty years of occupancy, the Anglican Chinese Mission moved from Frederick Street. The building was sold by the Chinese Mission Trust in 1956 to the Murdochs, who operated an Anglo-Indian chutney factory

next door; but it has not seen much business since that time. Then the mysteriously named "Frederick Street Sound and Light Exploration Society" moved in and used the hall, renamed "Fred's", for music gigs from 2009; but they seem to have left the premises in about 2012. It is presently vacant, but refurbishment is proposed as part of the current hotel development next door.

Other buildings in the area with connections to the Chinese community are the Tung Jung Association building, also in Frederick Street,

which was sold in 1991 and the association moved to Webb Street and then to Torrens Terrace. The Seyip Clansmen's Library was set up in 1929, but the Association is now formally housed in Vivian Street. Finally, the Poon Fah Association is located at 150 Vivian Street.

Each of these associations are based on the location of their ancestral village in Guangdong province of Southern China. They were established to provide welfare and support for the single men, and later families when the Chinese faced loneliness, hardship and discrimination, and were not allowed in many public buildings.

They are all still active in their own right, but are also all members of the NZ Chinese Association established in 1934.

~ Mick Calder



The Tawa Steady as You Go group having a little fun



## Walking in Lower Hutt

When Jeanette first volunteered with Age Concern Wellington Region for the Companion Walking Service, she didn't really know what to expect. She looked forward to meeting her new walking companion, and hoped there would be a connection between them. She also knew there may not be a connection, and she tried to convince herself that would be fine too. Helping someone, anyone, to go outdoors and enjoy a little nature was enough for her.

Age Concern Wellington Region coordinators matched Jeanette with Mable. Jeanette's client, or walking companion, is a very sweet lady. "There's a wonderful connection between us," Jeanette says. "Mable is kind and very appreciative. She's shy, but we've learned to lean on each other for friendship as well as for walking stability. It's a wonderful match – I never expected to enjoy this as much as I do."

Jeanette often walks the route before picking-up Mable, just to make sure there are no obstacles along the way. She searches local tourism brochures and the Internet to find new walks to take Mable on. Their favourite walks are along the Hutt River or the Esplanade in Petone.

"When I met Mable, she hadn't been out for a walk for months – except for doctor's visits. She says she'd forgotten what the sea smells like. I'm so glad I was able to help her enjoy nature again." Jeanette not only brings much joy to Mable each week through their shared walks, but she is contributing to Mable's overall wellbeing. Mable's physical and mental health improves with every walk.

Many of the clients who benefit from this service are not confident about their walking and are often a little shy about it. Sometimes they have some cognitive impairment, but most of the time they're just unable to walk safely without a little assistance. Age Concern Wellington Region is pleased to provide this service to seniors around the Wellington Region, including Lower Hutt. If

you or someone you know might benefit from the Companion Walking Service, please call 04 499 6646 for more information.

~ *Lorna Harvey*



## Build your confidence for Public Speaking

Have you ever thought of trying out public speaking but haven't quite got around to it?

You're not alone. Public speaking routinely ranks at the top of surveys of our greatest fears, and many of us actively avoid it.

Toastmasters was set up nearly a century ago to help people of all ages overcome this fear and build the confidence they need to stand up and talk in public, whether it be to give a speech, make a presentation, or a wedding toast.

Wellingtonians are spoilt for choice when it

comes to Toastmasters clubs: there are more than 20 in the central city, and over 14 in the suburbs. Most of them welcome guests at their meetings, so I went along to the Wadestown club's recent open evening to see what it was all about.

Fast paced, was the first thing I noticed. The meeting chairman kept things moving along at a clip, with the agenda timed down to the minute, and largely adhered to. After a welcome speech by the club president (five minutes), we learnt about the role of the timekeeper, which is to let speakers know when they are approaching and have passed their allotted time, via a desktop set of traffic lights (two-minute speech). Another club member then gave a presentation on the benefits of Toastmasters – many, including increased confidence (seven minutes), after which there was another speech of six minutes on the topic of "Keeping it Kiwi".

Each speech was then evaluated by a different club member (two-three minutes), who provided positive feedback on the strengths of each speech and areas for improvement.

Before we knew it, it was time to break for tea, coffee, cake and wine, and when the meeting resumed, we guests – about six of us – were in for a surprise. We were invited to get up and speak too, in a segment called "Table topics", where everyone speaks for one to two minutes on a designated topic, with no preparation time. The topic this particular evening was songs, with speakers drawing a song title from a drawstring bag and launching straight into their speech. We newbies had the option of telling the meeting a bit about ourselves, or pulling a (possibly unfamiliar) song title out of the bag.

Thinking that talking about myself would be the easier option, I launched into an explanation of why I was at the meeting – to get out of my comfort zone and tackle my fear of public speaking. The audience couldn't have been kinder. They listened attentively and clapped enthusiastically at the end. While it was a relief

to return to my seat, I realised that with the encouragement and support of a club like this, speaking in front of an audience would be easier the next time and the next, and would most likely become an enjoyable experience.

The Wadestown club has about 15 members and meets fortnightly on Thursday evenings at St Luke's Anglican church in Wadestown. Members range in age from 20s to 70s, and those I spoke to said that as well as gaining better public speaking skills, they also had increased confidence and enjoyed the social aspect of the club.

Like most clubs, the Wadestown group allows guests to attend three meetings for free. Thereafter there is a joining fee of about \$20, with ongoing membership fees varying from club to club, depending on overheads. New members are able to request a mentor, who is there to encourage and guide you.

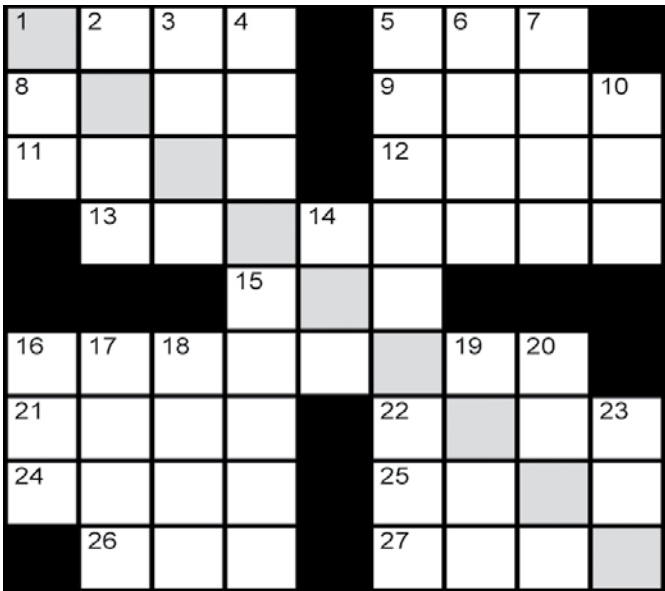


For more information about Toastmasters, go online to [www.toastmasters.org.nz](http://www.toastmasters.org.nz), or email [info@toastmasters.org.nz](mailto:info@toastmasters.org.nz). For more information on the Wadestown club and meeting times, contact Paquita on 021 176 0458.

~ *Kate Simpkins*

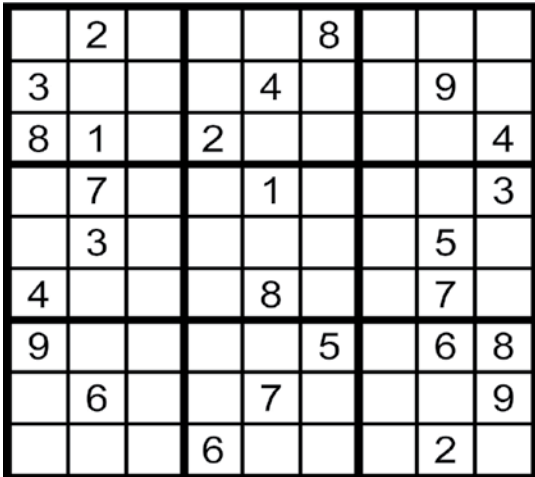


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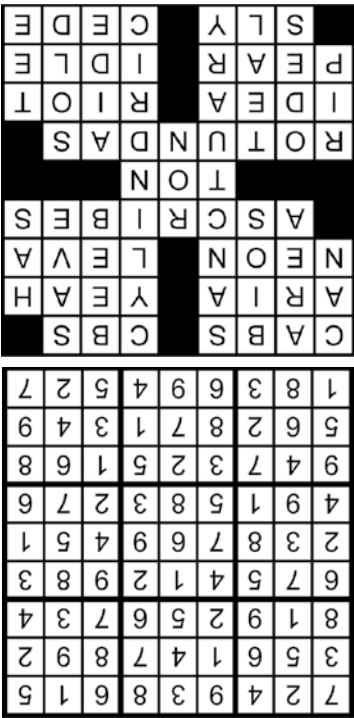
- Across
- 1. Street fleet
  - 5. "60 Minutes" network
  - 8. "Tosca" tune
  - 9. Slangy assent
  - 11. It's a gas
  - 12. Bulgarian currency
  - 13. Attributes
  - 15. Elephant's weight, maybe
  - 16. Domed buildings
  - 21. "The very \_\_\_!"
  - 22. Brawl
  - 24. Juicy fruit

- |          |           |           |
|----------|-----------|-----------|
| Carpals  | Mandible  | Scapula   |
| Clavicle | Manubrium | Stapes    |
| Coccyx   | Maxillae  | Sternum   |
| Cranium  | Nasal     | Talus     |
| Femur    | Palatine  | Tarsals   |
| Fibula   | Patella   | Tibia     |
| Humerus  | Phalanges | Ulna      |
| Hyoid    | Pubis     | Vertebrae |
| Ilium    | Radius    | Vomer     |
| Incus    | Ribs      |           |
| Malleus  | Sacrum    |           |



- 25. Not busy
- 26. Like a fox
- 27. Formally surrender

- Down
- 1. Is able
  - 2. Length x width, for a rectangle
  - 3. Life stories, for short
  - 4. Refuge
  - 5. Shaped like a rounded tube
  - 6. Network on the telly
  - 7. Bank
  - 10. Possesses
  - 14. Howard of "Happy Days"
  - 16. Tear
  - 17. Praiseful poems
  - 18. Blue shade
  - 19. Auxiliary
  - 20. Auctioneer's closing word
  - 23. Kicker's aid



BONES



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

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"You don't stop laughing when you grow old, you grow old when you stop laughing."  
~George Bernard Shaw



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## Steady As You Go Classes 2021 - For more information please call 04 499 6646

DAY	TIME	LOCATION	ADDRESS	NOTES & INFO
Monday	10.30am	Karori Community Centre	7 Beauchamp St, Karori	
Monday	11.00am	Quaker Meeting Rooms	7 Moncrieff St, Mt Victoria	FULL
Monday	12.00pm	Johnsonville Community Centre	3 Frankmoore Ave, Johnsonville	FULL
Monday	1.00pm	Island Bay Community Centre	137 The Parade, Island Bay	From 3 May 2021
Monday	1.00pm	Tawa Community Centre	Cambridge Street, Tawa	FULL
Monday	1.30pm	Walter Nash Centre	20/22 Taine Street, Taita	
Tuesday	11.00am	St Barnabas Church	35 Box Hill, Khandallah	
Tuesday	11.00am	Seatoun Village Hall	22 Forres Street, Seatoun	
Tuesday	11.00am	St Mary's Church Hall	69 Discovery Drive, Whitby	FULL
Tuesday	11.00am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd, Stokes Valley, Lower Hutt	
Tuesday	11.00am	Upper Hutt Library	844 Fergusson Drive Upper Hutt	
Tuesday	11.00am	Titahi Bay Superannuitants Club		Closed group
Tuesday	11.30am	Dowse Gallery	45 Laings Road, Lower Hutt	NEW. From 17 August
Tuesday	12.00pm	Linden Community Ctr.	10 Linden Avenue, Tawa	
Tuesday	1.00pm	Vogelmorn Hall	Mornington Rd, Brooklyn	
Tuesday	1.00pm	Collective Community Hub	33 Johnsonville Road	From 4 May 2021
Wednesday	11.00am	Knox Church	574 High St, Boulcott, Lower Hutt	
Wednesday	12.00pm	All Saints Church, Hataitai	90 Hamilton Road, Hataitai	
Wednesday	12.00pm	Eastbourne Community Hall	Tuatoru St, Eastbourne Lower Hutt	
Wednesday	12.00pm	Walter Nash Centre	20/22 Taine Street, Taita	
Wednesday	12.00pm	Karori Community Ctr.	7 Beauchamp St, Karori	FULL
Wednesday	1.30pm	Newlands Community Ctr.	9 Batchelor St, Newlands	
Wednesday	1.30pm	Churton Park Community Centre	75 Lakewood Avenue Churton Park	
Thursday	10.00am	St Peters Church (garden room)	Willis Street, Wellington	
Thursday	10.30am	Thistle Hall	Cuba St, Wellington	Chinese Group
Thursday	11.00am	Bob Scott Retirement Village	25 Graham St, Petone Lower Hutt	
Thursday	12.00pm	Tawa Community Centre	5 Cambridge Street, Tawa	From 18th February
Thursday	1.00pm	Koauunui Stokes Valley	184 Stokes Valley Rd Stokes Valley	
Thursday			Thorndon, Wellington	Dementia Group -by Referral only
Friday	11.00am	Miramar & Mapuia Community Centre	27 Chelsea St, Miramar	NEW. From 19 August
Friday	11.30am	Island Bay Community Centre	137 The Parade, Island Bay	FULL
Friday	11.00am	Seatoun Village Hall	22 Forres St, Seatoun	From 21 May 2021 *this is a time change from 11.30am
Friday	1.00pm	Johnsonville Community Centre	3 Frankmoore Avenue Johnsonville	FULL
Friday	1.30pm	Loaves & Fishes	Wellington Cathedral Cathedral	NEW. From 13 August