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Seniority

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MATTERS**

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Age Concern Wellington Region is a registered charity. Around half our funding comes from local and central government, with the remainder from grants and donations. Our individual supporters play a very important role in helping us deliver our services and programmes across the Region.

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to find out how you can support us.**

From the CEO



Welcome to the winter issue of Seniority. A key focus area of our mission is to encourage and facilitate social connection. In this issue, we look at the impact of staying socially connected. You'll read about our Connect Hubs and

learn about our amazing phone friend volunteer SockHwee. Carol Bradnock, one of our social connection volunteers in Lower Hutt has an amazing story too, and you will soon see why we've nominated her for a Hutt City Civic Award.

The value of social connection cannot be understated. Research has proven that social isolation, living alone and loneliness increases the risk of early mortality. Social isolation poses as serious a risk to health as well-established risk factors such as smoking and obesity.

That's why it's so important to stay connected. This has been our major drive during the pandemic as we launched a range of initiatives, including some online, for those concerned about going out. Now, with more than 12,300 seniors living alone across the whole Region, it's never been more important to reach out and create opportunities for social connection.

You can help with this. We're always looking for new volunteers to help us ensure our Region's seniors stay connected. Visit our website for more information: www.acwellington.org.nz

Stephen Opie

Age Concern Wellington Region CEO

Sometimes we need to remind ourselves that today is the tomorrow we worried about yesterday, all is well.... So why worry! If you are feeling blue and don't know what else to do, think of someone else who might be as lonely as you. Pick up the phone and dial! You'll brighten another person's day, and yours too!

Winter Fire Safety Tips and Free Home Fire Safety Visits from Fire and Emergency NZ

This winter be toasty, but not toast! Winter can bring a unique set of fire dangers to your home that you need to be aware of. Follow these fire safety tips to keep yourself safe, no matter the season!

- Make sure you have working smoke alarms. Press the test button to sound the alarm (use a broom handle if you can't reach the button)!
- Have an Escape Plan to get out of your house safely in the event of a fire. We recommend having 2 exits from every room, and a safe meeting place outside to call 111 from.
- Remember to keep flammable materials at least 'a metre from the heater' and away from any other heat sources.
- Worn and old electric blankets can cause fires and we recommend you replace them every 5 years. Make sure it is rolled to store it, not folded, and that the controls and cords are not twisted or caught between the mattress or the bed. Twisted cords are a common cause of electric blanket fires. And of course, always turn it off before you go to sleep!
- Don't leave the room when cooking, remember to 'switch off before you walk off'. Unattended cooking is the leading cause of house fires in our communities.
- Fire moves fast. For more safety tips you can visit our website www.fireandemergency.nz

Our local Community Readiness and Recovery team is happy to support you check your home is fire safe with offering our FREE Home Fire Safety Visits for anyone across the Wellington Region! During your free Home Fire Safety Visit, a member of Fire and Emergency will visit your home at a time that suits you and provide helpful information on what to do in a fire. We can

work with you to make your home fire safe and support you to create a 3-step Escape Plan. We can check your smoke alarms for you as part of your free Home Fire Safety Visit and ensure they are working and positioned in the right places! If your smoke alarms are not in working order, you may also be eligible for free replacement smoke alarm that we will also install for you. We are happy to continue to provide these free visits safely in our community and following our Covid-19 protocols and guidelines.

To book your free Home Fire Safety Visit today – you can go to

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to book online,**

or you can call 0800 693473

**or your local fire brigade
to book over the phone!**

To find out more information you can also speak to the Wellington Community Readiness and Recovery Senior Advisor, Mirren Allan, by calling 027 249 2373 or emailing mirren.allan@fireandemergency.nz



Walking at 94 Years Old



In recent years, Gordon Stuart Sutherland has had a few falls. At 94 years old, Gordon is strong and active, but his balance increasingly fails him. "I fell in the garden a few weeks ago when I was taking some recycling outside. I called for help, but no one heard me. All the neighbours are at work during the day. I scooted to the carport and luckily I was able to use some steps to help me get up."

Gordon is independent and doesn't like to ask anyone for help, but as he became less able to walk on his own, he was referred to Age Concern's Companion Walking Service. He was matched with volunteer Julie, and the two have been going out for walks since March 2021. "Julie's just lovely. Walking helps me stay fit, and it helps fill my days. It's something to look forward to. We stop at a café down the road sometimes."

Volunteer Julie has nothing but praise for Gordon. Julie takes his arm and they go for long walks together when Gordon feels up to it. At other times, they drive part way and just take a short walk together. "He's always pleasant. Despite hip pain, macular degeneration and balance issues, he never grumbles. He's had such an interesting life, and we enjoy our walks together. Sometimes we bump into neighbours and it's good for Gordon to stop and chat with them. When we walk around the neighbourhood, it often triggers memories and we talk about the past."

Gordon was born on Armistice Day, nine years after the end of the First World War. He arrived early, and his grandfather said he looked like a little crow because of his Aquiline nose. Gordon smiles at the recollection. "I nearly died when I was eight because of an abscess on my lungs. I was so weak I fell off my horse while moving cattle with my dad. Hospitals were different then. But after eight months in the hospital, I came out stronger than ever." When he was 12, the Second World War broke out. Gordon and his brother were sent to help on the neighbour's farm for two years as the farm hands had gone to war. His father said: "You help people. Don't you dare ask for money."

As a young man, he was part of the expansion work of the RNZAF Base Ohakea, near Bulls, where pilots were trained. Not long after, he was part of the Korean War. There, Gordon witnessed the horrors of napalm. He was on a hill, with the enemy on the next hill. They could see each other's faces. They heard the American planes come up behind them, and then the planes dropped napalm bombs on the enemy. There were huge balls of fire. Gordon felt sorry for the enemy. He realised they were fellow humans. "The news about Ukraine has brought it all back to me," he sighs and goes silent for a moment. "I was stationed in Japan after that, and I met my first wife there. She was in the office next door, and we spent a long time looking at one another. We married in Japan." Gordon brought

his new wife back to New Zealand and they had three boys. It was a difficult marriage which ended after 20 years.

Gordon worked in the stock and station industry. First with cattle and meat in Levin, then with wool. When he was asked to move to Stevenson's head office in Wellington, he was disappointed. "In those days people didn't say very nice things about Wellington," he says apologetically. "But when I arrived, I knew this is where I needed to be. There's so much beauty here. It's like being in the country and the city at once." Gordon bought one of the first houses in Churton Park, and still knows he's exactly where he needs to be.

His favourite place to sit is in the sunroom at the back of the house. The sunshine streams into the room and warms him on this cool day. Barefoot, white hair carefully brushed over the top of his head, he smiles as he thinks back on his life. There's an exercise machine on the edge of the room, and Gordon demonstrates his daily routine. "I try to do 300 steps a day," he says as he walks towards the machine. He nearly falls backwards but manages to climb onto the step machine and perform a few vigorous steps. His hips are sore, but he's convinced that walking and exercise are what keeps the arthritis away. His pale eyes don't see much anymore, but his ears still work well. "I've spent some very good years in this house," he says. Gordon eventually remarried. Pauline was the love of his life.

He had three more children, two boys and a girl. His last child was born when Gordon was 60 years old. "My second wife, Pauline, brought me so much happiness. I do miss Pauline." Gordon was widowed a decade ago, but his youngest son still lives with him.

"I'm happy to live here, I never get bored." Life hasn't always been kind to Gordon, but he has learned to find laughter and happiness everywhere he can. "I expect Julie will be calling tomorrow, maybe we'll go for a walk," he says with a smile.

"Gordon is a bridge to many generations in some ways," says volunteer Julie. "He has so many interesting stories." When Julie first heard about the Companion Walking Service, she liked the idea of walking with an older person. Her own father had died three years earlier and she had often walked with him. Julie feels there's something special about the kind of interaction people can have when they walk together. It's not face-to-face, so maybe people feel freer to communicate. "We unfortunately haven't been able to walk much in the last few months because of Covid, but I look forward to seeing how our walks progress post-Covid. I really enjoy my walks with Gordon." Julie believes that the Companion Walking Service provides a valuable service to older people, and she's pleased to be part of it.

Lorna Harvey | Communications Coordinator



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Phone Connections



Connection brings a sense of wellbeing full of positive implications: fulfilment, belonging, happiness, even oneness with the world around us... But what happens when life circumstances disconnect us?

“We all need connection to other humans,” SockHwee says gently.

When humans become disconnected from others, their sense of wellbeing often fades and their overall health is more likely to decline. The Covid-19 pandemic, combined with the ever-increasing globalisation and digitalization, has broken some of the bonds of human connection for many.

SockHwee has been an Age Concern volunteer for two years. She began volunteering in early 2020 when whispers of the pandemic first reached New Zealand. SockHwee, originally from Singapore, was matched with a client who spoke hardly any English. Government announcements of lockdowns and social distancing rules failed to reach this client. Through limited knowledge of Cantonese, SockHwee was able to help and connect with the client through a difficult time. SockHwee’s husband speaks more Cantonese, and he befriended the isolated client as well.

SockHwee also helps with Age Concern’s Connect Programme, a community outreach initiative which brings coffee groups and connection to seniors in Council Housing settings. “I’ve made many new friends there. It’s such a privilege hearing older people’s stories, what has shaped them. Their different cultural backgrounds and experiences form part of history.”

A couple of months ago, Age Concern matched SockHwee to another client, but this time as a Phone Friend. For some isolated older people, this service is more suitable. They may have housing issues, anxiety problems, health restrictions or a myriad of other reasons which would make a visitor coming to their house

unsuitable. The Phone Friend Service is similar to the Visitor Service: a volunteer is matched with an older isolated client, and they connect on a weekly basis.

At first, Vesna* and SockHwee spoke of each other’s lives and gained a feel for each other. They built a rapport, and the weekly conversations became more relaxed and chatty. Through the long conversations, Vesna slowly regained a small connection with the world.

SockHwee hopes the chats not only bring Vesna a sense of comfort, but also something to look forward to. SockHwee enjoys learning about Vesna’s past and her fascinating work experience. They share recipes and household tips. Their friendship is growing, and SockHwee looks forward to calling Vesna each week.

“The phone cannot replace face-to-face contact,” SockHwee says. “The facial expressions and body language are missing. I have to listen more carefully with the phone. I would welcome meeting Vesna and visiting with her for a couple of hours each week, but I respect that the time isn’t right for that.”

SockHwee is also a Health Psychology Masters’ student at Victoria University. Her thesis focuses on migration and ageing. She’s well placed to understand the importance of connection for our health, and she’s chosen to help people whenever she can. SockHwee seems to be particularly gifted at making beneficial connections with people.

“I encourage others to use the Phone Friend Service,” SockHwee says. “It could be for a short period even. If you feel your life needs connectivity, this is worth a try. Age Concern’s services are helping many people by linking them.”

If you or someone you know would benefit from the Phone Friend or Visitor Service, please contact Age Concern Wellington Region for more information.

Lorna Harvey | Communications Coordinator

*name changed for privacy reasons

Meet Our Patron - Lady Susan Satyanand



A Patron plays an important role for a charity. A Patron is a person of mana in the community who can speak on behalf of the organisation and its mission. We are very fortunate to have Lady Susan Satyanand as the Patron of Age Concern Wellington Region.

Originally from Sydney, Susan lived in Mt Eden, Auckland, from the age of 8. She married Anand Satyanand who she met working in the law. They have been married for 52 years. When Anand became a District Court Judge in the 1980s, they moved to Palmerston North with their three children, returning to Auckland 3 years later. For the last 27 years they have lived in Wellington and thoroughly enjoy the community, central location, and good air.

Sir Anand held the Office of Governor-General of New Zealand from 2006 to 2011 and they were privileged to experience a greater understanding of New Zealand, its civic structure, beautiful country, and people. In the role, they were also privileged to travel overseas.

In Wellington, Susan has been involved with the Citizens Advice Bureau, Victoria Bridge Club, the Rotary Club of Wellington, Mary Potter Hospice, Royal NZ Ballet Foundation, and the Institute of International Affairs.

Susan says it’s an honour to be the Patron of Age Concern Wellington Region. She greatly admires what the team has achieved in gaining such a remarkable level of support for older people like herself.



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Editorial supplied by Courtenay Hearing Centre

Getting Back Together



With the relaxation of government rules on scanning, vaccine passes, gathering limits, and vaccine mandates, New Zealanders can theoretically get back to more normal patterns of social interaction. Unfortunately, it's not that simple. Getting back together will involve significant challenges. The team of five million is no longer the united entity that it became during the early part of the pandemic. A change of government rules is unlikely to result in a herd-like change of behaviour across the population or heal the divisions that have emerged between people with opposing views and beliefs.

The traffic light system allows a greater degree of personal choice about how much individuals socialise than the previous alert levels. The red (or orange) setting has allowed us to continue to see friends, attend social gatherings, dine out and go to bars. This hasn't prevented hospitality venues from reporting devastating losses as many customers exercise caution and choose to stay away. This is not surprising when the peak of the wave saw over 20,000 new infections and multiple deaths per day, and public comments about the 'mild' effects of Omicron are balanced by warnings of potential serious illness and long-term effects.

The level of interaction and risk that individuals within family, friend, and workgroups find acceptable varies widely. This is likely to persist since daily case numbers are predicted to remain in the thousands even after the Omicron wave subsides. The recent relaxation of rules is adding to Covid anxiety amongst disabled and immunocompromised New Zealanders. For community organisations like Age Concern,

Covid anxiety and caution continue to impact the delivery of normal services and activities. A March 2022 survey of 450 older people conducted by Age Concern Wellington found that over two-thirds of participants were going out as little as possible, and that only 30% were attending social activities. Added to pandemic-related losses of volunteers this suggests that our road back to business as usual is likely to be bumpy.

2022 has also seen new levels of social division and unrest relating to the vaccination itself, and to vaccine passes and mandates. Unvaccinated people are in the minority, but it is a vocal and committed minority. At the extreme end these views have led to people sacrificing jobs and taking part in violent protests. For others, it has meant missing out on contact with vaccinated family and friends and being excluded from hospitality venues, sports facilities, and public buildings. The scenes outside parliament were shocking but were also a wake-up call to the dangers of misinformation and deteriorating social cohesion. Whilst the actions of some protesters were appalling, the hurt, sense of social exclusion, and vaccine fear expressed by many were very real.

Recent sharp increases in the cost of living will now be adding to the challenge of repairing trust in government for those feeling themselves to be on the margins. Many New Zealanders based overseas have also felt shut out of the team of five million, and Aucklanders have faced greater isolation and disruption than other New Zealanders during much of the pandemic.

Social connection matters. It affects our health and wellbeing, our happiness and even our productivity, and there is evidence that loneliness and isolation in New Zealand have increased during the pandemic. So, it's important that we find ways to come together and rebuild our social muscles and fabric as we learn to live with Covid in our communities. There are things that we can all do to make that happen.

Firstly, we can work on ourselves. This is a

good time for some reflection on how two years of pandemic have altered our habits and our thinking. If you've managed to remain your best self over the past two years, I take my hat off to you. For myself, I know that during the first lockdown in 2020, I was scared, but the novelty of it was motivating. I went for long walks, had distanced conversations with strangers on the street, tried new recipes, cleaned the pantry, wrote a journal and part of a novel, crocheted a blanket, and took time to appreciate the solitude, the peace, and the birdsong. I'm now in my fourth (or is it fifth?) period of working from home, and I re-read that journal last week. It was a little like reading a diary from my teens. Who was that naïve and ridiculous person? I now feel jaded, and more than two years older. This time around, I still go for walks, but those creative activities have mostly been replaced with Netflix, Youtube, and news scrolling, my social energy is reserved for close friends and family, I'm easily annoyed by noise in the street, and my lifelong love of travel feels like something from a distant past. In short, I'm not certain that this is how I want to live for the rest of my life, so I need to make some changes.

Overcoming Covid anxiety and building bridges between people with differing views and pandemic experiences will not be easy, but small steps and actions can make a difference. Wellington-based clinical psychologist Karen Nimmo writes about pandemic-induced social anxiety and how to overcome it and begin rebuilding our atrophied social muscles. Some of us will have pulled back from face-to-face contact with family, friends or colleagues who hold different views and have made different choices about vaccines and mandates. Those on opposite sides may never agree about the facts, so getting together again will involve showing respect for personal choice, acknowledging the emotions behind those choices, and seeking to understand how people with different pandemic experiences have been affected. If we've become estranged from someone we care about, a first step can be

letting them know that we miss them and would like to see them again.

Amongst my own family and friends, I can see a new etiquette emerging as we learn to live with Covid. Pre-pandemic, getting together used to involve working out what, when, and where. Those conversations now include discussions about how to manage risks so that everyone feels safe enough to meet. Some are unworried about catching Covid or have had it. Others only feel comfortable with precautions in place, whether that be wearing masks, social distancing, meeting outside, or continuing to meet online. It will be important to keep having those discussions, respectfully and without judgement, if we are to rebuild our social confidence whilst living with Covid and make our worlds bigger again one step at a time.

Louise Rees | National Manager Social Connection Services – Age Concern New Zealand



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The Social Connection

Social connection, that feeling that you belong to a group or generally feel close to others, is just as important as nutritious food and exercise if you want to stay healthy. Age Concern Wellington Region has services which cover most of these requirements for older people with the Companion Walking Service, Accredited Visitor Service and Steady as You go exercise classes. But there is an added extra.

With funding from Wellington City Council, Kirsten Blyde established the **Pop-up Connect Hubs for Seniors** to provide older people with another opportunity to connect in warm and friendly circumstances. The Age Concern Connect Hubs operate monthly in three separate communities (soon to be four) to provide a light lunch and education or entertainment. These Hubs are free, with a cup of tea and a bit of a chin wag thrown in.

The aim is to provide a nice venue and a great reason for people to get together and learn something new and different. Anyone over 65 is welcome to attend.

The sessions can be quite varied with speakers on the digital services at the library or a seasonal reminder on fire prevention and safety, or even a class to demonstrate the delicate art of beading.

The sessions are normally held in:

- **Seatoun Village Hall** on the first Tuesday of the month at 12 noon to 1.00pm

- **Linden Community Centre** on the second Tuesday of the month at 1.00 to 2.00 pm
- **Vogelmorn Hall** on the fourth Tuesday of the month at 2.00 to 3.00 pm

In June, The Connect Hubs will be expanded into the Hutt Valley for the first time, with an event at Koraunui Stokes Valley Community Hub, thanks to funding from the Hutt City Council.

What most attendees find, though, is that the Hubs provide that all important date to look forward to and the chance to meet and catch up with friends and acquaintances. There is plenty of evidence to suggest that just meeting with others can do you the world of good.

A recent article in Science magazine on “Social Relationships and Health” reported that a lack of human connection can be more harmful to your health than obesity, smoking and high blood pressure. Connecting with others can lower anxiety and depression, helps regulate emotions, and leads to higher self-esteem and empathy.

There is even some evidence to suggest that strong social connection strengthens our immune system, helps us recover from disease faster, and may even lengthen our life. That may be quite useful in this Covid pandemic.

If you're feeling lonely, know you're not the only one. But you don't have to live in isolation. Get along to the next Age Concern Connect Hub.

Mick Calder | Office Support Volunteer



The Retirement Villages Association (RVA) has recently completed a national programme of meetings with retirement village residents to share its *Blueprint for the Future*.

The blueprint, which was launched last year, includes providing residents with a stronger voice, strengthening the complaints process and working with the Te Ara Ahunga Ora – Retirement Commission (formerly the Commission for Financial Capability) to monitor re-licensing times so best practice standards can be developed.



The forums in Tauranga, Wellington, Christchurch and Auckland were chaired by former Seniors Minister and MP the Hon Tracey Martin, who has recently stepped down as an independent member of the RVA's Executive Committee.

RVA Executive Director John Collins said the meetings were extremely positive and excellent progress was being made with the industry collaborative approach aimed at addressing residents' concerns and issues. “We understand that a review of any legislation as proposed by the Retirement Commission is appropriate at some time but we have always felt that more pressing issues currently exist for government,” said Mr Collins.

“The growth of our sector, the fact more than 100 Kiwis are choosing to move into a retirement village every week and the overwhelming satisfaction levels among residents clearly demonstrates we have struck the right balance between robust regulatory oversight and effective self-governance.

“However, we accept there is always room for improvement and refinement around certain practices as our sector and our offering evolves. The blueprint sets out the tangible and definitive steps we will be taking to achieve that goal.”

The Blueprint for Change addresses weekly fees (fixed or a predictable increase, ceasing when a unit is vacated), commits to making sure operators re-licence vacant units as quickly as possible, pledges to ensure the terms around transfers to care are transparent, and addresses and perceived or real “unfair” clauses in Occupation Right Agreements (ORAs).

Mr Collins and RVA president Graham Wilkinson attended all forums to give presentations and answer questions.

A frequent question was around the role of Statutory Supervisors – who monitor the financial position of a

village and the security of residents' interests. “There appears to be a lack of clear understanding over the legislative role of the Supervisor and the RVA will explore how we can improve awareness and understanding of this,” said Mr Collins.

Other points included the use of ‘re-licensing gains’, transparency around the business income and outgoings and greater ability to negotiate terms of ORAs. Mr Collins and Mr Wilkinson addressed all points, providing details wherever possible on where residents could access the information they required. “We agree there is a role for continuously educating operators and residents about the re-licensing process and to encourage best practice including dealing with potential drawn-out re-licensing times,” said Mr Collins.

Ms Martin said the RVA has committed to exploring what more could be done to support a more streamlined transfer to care both inside the sector and where they could with the Ministry of Health and Ministry of Social Development. “The retirement villages sector agrees that the move to care should be transparent. The RVA is identifying where improvements can be made, and will work with operators and regulators to ensure the process around the move is as transparent as possible. “It was also acknowledged by both the RVA and residents at the meeting that there could be some more clarity on wording in the ORAs around “intentions” to provide care facilities.”

Ms Martin said that following each forum she enjoyed informal discussions with residents. “There were very few who were not happy with their village and none who wished to leave their village. “At the Auckland forum, a member of the residents spontaneously asked all those residents who felt that their village had kept them safe during Covid to raise their hands. Almost the entire room raised their hands. Residents attending again and again verbalised how happy they were in their villages.”

The RVA recently commissioned research into retirement village residents' degree of vulnerability. “The research covered almost 1,700 residents across 105 member villages. It showed that there was a very small minority of residents who might be considered vulnerable,” said Ms Martin. “Nevertheless, the RVA is launching a trial with Fairway Resolution across 11 Auckland villages with a confidential service to allow residents to discuss any problems no matter how small, with a skilled person.”

Due to other commitments, Ms Martin is stepping down from her RVA role with former MP and former Senior Citizens Minister Hon Jo Goodhew taking on the position.

editorial supplied by The Retirement Villages Assn.

A Unique Opportunity For You To Help Age Concern Wellington

Ron Jobson, 91-year-old painter from Strathmore, is donating 75% of the proceeds from sales of his amazing paintings to Age Concern Wellington Region.

A two bedroomed state house in Strathmore is an unlikely repository for a substantial collection of art works. But there they are, not only arrayed on the walls but many are stacked up to three deep on the furniture.

The artist is 91-year-old Ron Jobson, a retired prison officer who worked mostly at Mount Crawford where conditions, and the pay, were fairly rough. Ron, a Geordie, was used to the rough stuff having lived through the air raids on Newcastle on Tyne during WW2. He and his wife moved to Australia in the early 1960s but decided that New Zealand offered them a better future.

Ron had a natural talent for drawing, starting off at primary school with a pencil and then moving to Indian ink. He remembers many of his drawings being tacked up around the walls of the classroom, much to the chagrin of the top scholar who could not draw.

He took up painting again as a hobby in the 1970s and began using oils on canvas, but soon switched to acrylics on canvas, or hardboard, or anything useful that he could paint on. He likes using acrylics as they dry faster which means he can correct the bits he is not satisfied with.

Ron's range of subjects is extensive – from landscapes, townscapes, ships, planes (particularly WW2 warplanes) painted from the original and occasionally from memory, to copies of photographs or film posters – you name it. But he also has a flair for emulating

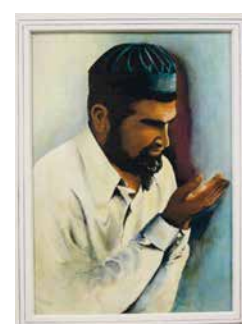


“He remembers many of his drawings being tacked up around the walls of the classroom, much to the chagrin of the top scholar who could not draw.”

the style of old masters with a particular liking for Vermeer, with some extras in the Vermeer style conjured up from his imagination.

He has lost count of the number of paintings and is now worried that his sons will have difficulty sorting through them all. He has previously donated some to charity and sold some through galleries. However, as he no longer drives and has no internet, he relies on word-of-mouth. The sales, at very reasonable prices, fund his ongoing need for art supplies.

Age Concern Wellington Region is very pleased to announce that we will be selling 13 of Ron's paintings on his behalf, with 75% of the proceeds going to Age Concern to help fund our work. Ron retains 25%, which he says will fund even more art supplies! We are grateful for Ron's generosity and his contribution to help Age Concern reach more seniors through this unique opportunity.



1. Deep in Prayer 2. Island Bay/Shapes and
42 x 51cm **\$460** Remains 40.5 x 51.1cm **\$200**



3. Buildings of the Past
45.5 x 60.5cm **\$360**



4. Endeavour
(Framed)
26.5 x 36.5cm **\$350**



5. Pure Imagination (Ship)
34.5 x 50cm **\$300**



6. Bamburgh Castle (Framed)
30 x 48cm **\$320**



7. Vases (Still life)
39.5 X 49.5cm **\$200**



8. German Coastal Cutter
(Framed) 27.5 x 35cm **\$390**



9. Dormant Quiet (Scene)
26.5 x 65.5cm **\$400**



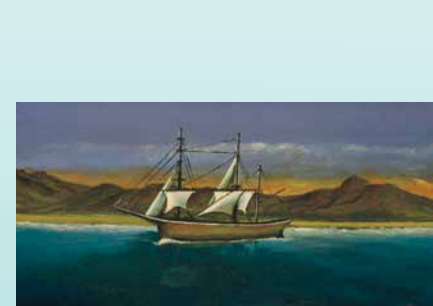
10. Near Taupō 30 x 40cm
\$200



11. Fox Glazier
39.5 x 68.5cm **\$850**



12. Church and Mountains
(Framed) 17 x 11cm **\$170**



13. Replica of the Endeavour
38 x 76 **\$410**

See the paintings online and register your interest at our website:

www.acwellington.org.nz/ronjobson

You can also **call** or **email** us and we will organise the sale with you.

Phone: (04) 499 6648

Email: ceo@acwellington.org.nz

Keeping Connected

So you have retired, or decided to wind down from the frantic schedule of activities of earlier years, which means you have a little more time on your hands to do something completely different.

It is pleasing to know that according to some research conducted by Caralee McLiesh, Chief Executive of Treasury, the well-being of the elderly in New Zealand compared well with other countries.

McLiesh commented in a recent article in the Dominion Post by Tim Pullar-Strecker, "On average, over-65s are more satisfied with life, have a higher sense of 'belonging', are less lonely, have more social support, experience fewer negative emotions, are more politically engaged, volunteer more and have more leisure time."

Be that as it may, one of the issues you may notice after stopping work is that the opportunities for social connections reduce dramatically; but that problem can be alleviated if you put your mind to it.

In Wellington we are spoiled for choice in the number and variety of organisations and clubs catering for older people seeking social connections, and even for those who are possibly not aware that they would benefit from such organisations.

So where do you start?

The most obvious is **Age Concern Wellington Region** (ACWR) which is "committed to promoting the rights, wellbeing, and quality of life for older people in our region. Our vision is for our older people to be a thriving, respected and engaged part of our community."

They do this through providing high-quality services like the Companion Walking Service, Accredited Visitor Service and Steady as You Go falls prevention classes. They also conduct social connection hubs aiming to get people better connected with their communities and to reduce

isolation among older people. All these initiatives strengthen communities through increasing participation and engagement.

Interestingly, a report by Miriam Stoppard in the Mirror reported on a collaboration between UK universities to research whether a "buddy scheme" could help improve the mobility in older adults. They are investigating whether volunteers, who are themselves over 55, can support people getting out and about, being more active, and increase and maintain their mobility.

Called ACE (Active, Connected and Engaged), the new volunteer buddy scheme will pair people 65 and above with a volunteer for six months. Together, the pair will try out local activities such as exercise classes, dancing, a choir or just a walk over the first three months.

More recently ACWR started "Curious Conversations" in conjunction with Probus Central Wellington. These events are fortnightly Zoom micro-conferences featuring interesting people presenting their views on a wide range of topics including art, culture, media and science.

Find out more on the website: www.acwellington.org.nz or call 04 499 6646 for more information.

Probus New Zealand and **Friendship New Zealand** clubs both offer similar attractions based on the idea of friendship and fun in retirement. They are associations of retired or elderly people (men and women, and not necessarily business or professional) who come together in "non-political, non-sectarian, non-profit, autonomous clubs which provide regular opportunities for members to meet others in similar circumstances, with similar levels of interest, make new friends, and maintain and expand their interests."

Both organisations base their activities on a monthly meeting which can last up to two hours, with a guest speaker and refreshments or lunch to follow. These options were curtailed during the Covid restrictions but are hopefully being reintroduced. However, these meetings have spawned other activities such as walking and/

or fitness, book, cinema and wine appreciation, and even computer groups, plus lunch and dinner options as well as travel arrangements. All this for a very modest annual subscription.

There are several clubs for both Probus and Friendship in Wellington with information available on the web.

U3A (or University of the Third Age) is similar but puts more emphasis of continuing education for those in their post working years (the third age), but it is not a university in the accepted sense. Their aims are:

- to share knowledge and continue the education of people of the Third Age
- to provide activities and interests for people of the Third Age to enhance their wellbeing
- to encourage members to form interactive groups, both to share knowledge and to pursue active involvement in new fields.

In Wellington, U3A runs twice weekly lectures on Tuesdays and Fridays either in the Embassy Theatre or via Zoom as required. Weekly email invitations noting the venue or Zoom link are sent to members. Additionally, there are numerous Interest Groups ranging from antiques and art history to walking groups (easy to more strenuous). All the information is available on their web site u3awellingtoncity.org.nz/

Those are just the tip of the iceberg. There are others which are more web oriented such as **Grown Ups** which has a "Find Friends" feature on its web site to enable you to meet people with common interests, or a new friend to share your passions or hobbies. A quick Google search revealed at least 60 other support groups in the Wellington Region. Go to www.meetup.com/topics/support/nz/wellington/

So, if you are looking for social connections, or you know someone who might benefit from meeting like-minded people, there are untold treasures to be found in and around Wellington. It's just a matter of looking!

Mick Calder | Office Support Volunteer

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Our Hutt City Civic Award Nominee, Volunteer Carol Bradnock

As a child, Carol Bradnock liked to help seniors because they often looked sad and she wanted to help make them happy. Perhaps it's because she has a lot to live up to (her grandfather founded the Rātana movement and her grandmother was Iriaka Rātana, the first woman to represent Māori in the New Zealand Parliament), or perhaps Carol was just born with boundless energy – but either way, she has dedicated most of her life to helping others. Her father always said, “You can't help the whole world, but you can help one person at a time,” and Carol still firmly believes this at 63 years old.

Carol does a little more than help one person at a time though. Her diary is full enough to keep two or three ‘regular’ people very busy. She volunteers with Age Concern Wellington Region, where she has been matched with three different clients. She spends an hour with each a week, and volunteers for the Read and Recovery programme at the Konini School in Wainuiomata as well. She also volunteers at the local Salvation Army Family Store, Child Cancer collections, Meals on Wheels, Community Patrols, Mary Potter Hospice, Daffodil Day, Guide Dog Foundation, Heart Kids Wellington Committee, Pink Ribbon Day, as a driver for the Cancer Society, and the list goes on.

“Everyone needs someone you can moan to sometimes,” Carol says, “and I don't mind listening. One of the ladies I visit has children in Australia, and although she speaks with them often over the phone, it's not the same as having someone on the ground that

you can speak to face-to-face.”

“I know that I am, for that moment, making a difference. I may not have money to give away, but I can help people in other ways,” she says. “When I pick-up someone to take them to a cancer treatment appointment, I like to tell them how nice they look or ask how their day has been. Their faces light-up, it makes me feel so good to see that. If I'm driving someone to an appointment and they're a little sad or grumpy, I put oldies on the radio and they soon soften-up.”

Carol's diligent organisation has enabled her to find creative multi-tasking solutions as well. On Sundays for example, she picks-up a friend who doesn't have a car and takes him to visit his mother-in-law in a retirement home. On the way, they stop and pick-up Carol's Age Concern client Edna, and they go have an ice cream while Carol's friend visits his mother.

Carol began volunteering with Age Concern in 2019. She was matched with Shirley. “We have a good chat and a cuppa once a week. Carol is a good, kind-hearted soul,” Shirley says. They also have TV programmes they like to watch together. “She is more of a friend now,” Shirley adds.

A year later, when Carol heard that Age Concern was short of volunteers in the Hutt Valley, she

agreed to be matched with another client, Edna. “Carol came to visit me in Wainuiomata, and we just clicked. She has done lots for me. She takes me out, we go out for drives, she has taken me shopping... We're great friends. She cheers me up when I'm a bit down. It helped that she was visiting me when I moved into a retirement village. Sometimes I don't know what I would have done without her,” says

client Edna. “She has been really good to me. She is such a cheery, kind lady.”

Carol is also a live-in carer for an older family friend, and works a few hours a week at the Toy Library in Brooklyn. She spends a lot of time with her family as well; she especially loves spending time with her grandchildren.

Carol's husband was sadly lost at sea 22 years ago. “He was able to hold our first grandchild before he died. Now I have 13 mokos (mokopunas) and my family to love so I have a lot to be thankful for,” Carol says, although she admits there were some difficult years when she was bringing up her children alone. She's proud of who her four children have grown to be.

Carol's mother was cared for by Mary Potter Hospice in the last weeks of her life. Carol remembers rushing there after a late-night phone call. Although this was four years ago, she recalls her heartbeat rushing as she arrived at the reception desk, worried the news would be bad. The receptionist's calm and reassuring welcome steadied Carol. “These people are so grounding, so kind and helpful. I wouldn't have expected it. Even though they are volunteers, their role is crucial. They helped settle my nerves before I went in and see mum.”

“I get a kick out of volunteering,” Carol says when asked why she volunteers. “I love sitting back and watching someone gain a little happiness. It's like watching someone open presents at Christmas; it's a bit like being Santa sometimes.”

When Age Concern Wellington Region asked Carol if she would agree to being nominated for the Hutt City Civic Award, Carol was surprised and a little embarrassed by the attention. “I'm just happy to help,” she said humbly. Carol's impact on so many lives doesn't go unnoticed and Age Concern is incredibly thankful for all the fantastic work she does.

Lorna Harvey | Communications Coordinator

Supporters of Age Concern Wellington Region



On email?

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

You can subscribe through our website
www.ageconcernwellington.org.nz
or email us at
news@acwellington.org.nz

DEAR JOHN...

**Dear John**

I wonder if you could offer me some advice. I used to have quite an active hectic social life, but over the last two years what with Covid and everything, I have tended to stay mostly home. Many of my friends feel the same way, but of course we keep in touch by phone. However, I don't feel as well or confident as I used to and continue to be concerned about the possibility of catching Covid.

What words of wisdom would you offer?

Gill, Khandallah.

Hello Gill

Your comments are very typical of how many of us are feeling at the moment. I trust you have had your two vaccinations and booster, and that you wear a face mask if you do venture out and about? A recent survey by Age Concern Wellington Region found that 2 out of 3 older people preferred to stay home.

However, new research from a US University found that social isolation and loneliness increases the risk of developing dementia by 50%, heart disease by 29% and the possibility of having a stroke rises by 32%.

I think you need to consider what would be safe to do. Age Concern is continuing to offer the Accredited Visiting Service, the Companion Walking Service and of course the Steady as You Go falls prevention programmes. All these activities follow safety guidelines with everyone vaccinated, suitably distanced and wearing masks.

I know safety is a high priority, but you need to be working on your mental health too – I am sure you could join one of these groups, or perhaps offer to be a volunteer as this may be very beneficial for you. Perhaps you should consider just getting out of the house, if only to get some fresh air, and you may meet some like-minded person smelling the roses. You will soon find that you start to feel more energetic and mentally-active – all so very good for your overall health.

I hope this helps – even a little.

John Te Aro

The Joys of Present Day Banking

This older lady handed her bank card to the teller and said, "I would like to withdraw \$10." The teller told her "For withdrawals less than \$100, please use the ATM." The older lady wanted to know why..... The teller returned her bank card and irritably told her "these are the rules, please leave if there is no further matter. There is a line of customers behind you."

The older lady remained silent for a few seconds and handed her card back to the teller and said, "please help me withdraw all the money I have." The teller was astonished when she checked the account balance. She nodded her head, leaned down and respectfully told her "you have \$1,300,000 in your account but the bank doesn't have that much cash currently. Could you make an appointment and come back again tomorrow?"

The older lady then asked how much she could withdraw immediately. The teller told her any amount up to \$3000. "Well please let me have \$3000 now." The teller kindly handed \$3000 very friendly and with a smile to her.

The older lady put \$10 in her purse and asked the teller to deposit \$2,990 back into her account.

The moral of the story is
Don't be difficult with older people, they spent a lifetime learning the skills of how things should be done!

If you're a former Spark customer and paid for a service called 'wire maintenance' whilst on a fibre or wireless connection, you may be owed a refund.

Wire maintenance is an older Spark service designed to cover the cost if something goes wrong with your internal wiring. It was created at a time when customers were predominantly connecting via copper, which required maintenance at times. In more recent years, it was made available on fibre connections and while some fibre customers have benefited from the wire maintenance service, it was not applicable for the majority.

It was also identified that a small number of wireless broadband customers were charged for wire maintenance because of separate historical system errors.

Since then, Spark has stopped offering wire maintenance as a service on fibre and has also processed a refund for all Wire Maintenance payments customers made while on a fibre or wireless connection. They have contacted all customers who are owed a refund; however, some former customers may have changed their contact details since then.

To ensure all customers can claim what's owed to them, Spark are encouraging customers who used to be with Spark and believe they paid for a Wire Maintenance service while on a Fibre or wireless connection to check if they are owed a refund by visiting <http://www.spark.co.nz/refund-check> or by calling 123.



Are you a former Spark customer?
Did you pay for a service called
'wire maintenance' whilst on a fibre
or wireless connection?

YOU MAY BE OWED A REFUND

Call 123 to check or visit
<http://www.spark.co.nz/refundcheck>

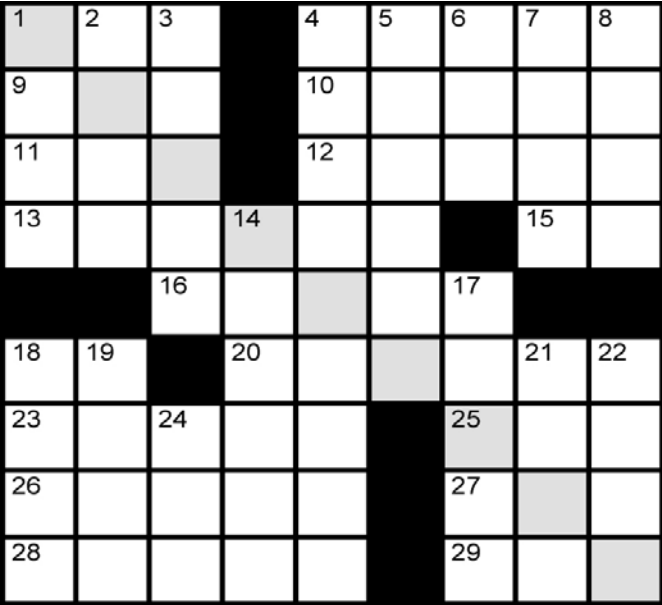
Who remembers



the first search engine?

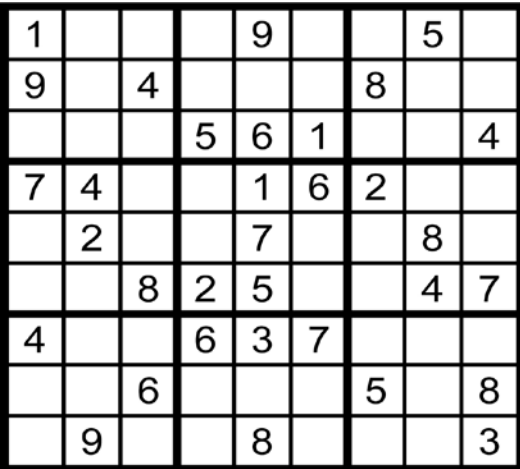
In life we do things. Some we wish we had never done. Some we wish we could replay a million times in our heads. But they all make us who we are, and in the end they shape every detail about us. If we were to reverse any of them we wouldn't be the person we are. So just live, make mistakes, have wonderful memories, but never ever second guess who you are, where you have been, and most importantly where it is you're going.

Investors Delight



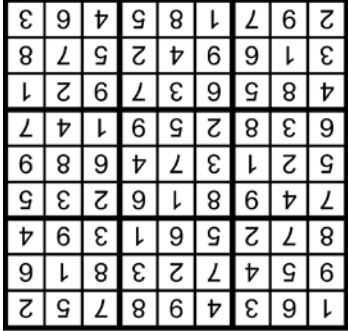
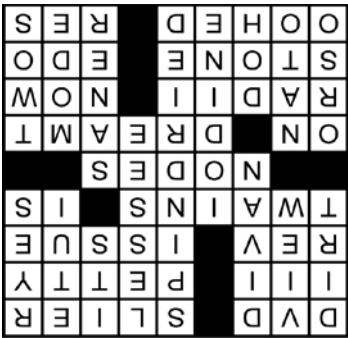
- Across
- 1. Netflix rental
 - 4. More artful
 - 9. "Rocky ____"
 - 10. Minor
- Down
- 11. Gun, as an engine
 - 12. It's debatable
 - 13. Mark and Shania
 - 15. Exists
 - 16. Bumps

- | | | |
|-------------|---------|----------|
| BAHN MI | FISH | PO BOY |
| BARBECUE | GATSBY | POCKET |
| BLT | GYRO | RACHEL |
| CLUB | HERO | REUBEN |
| CORNED BEEF | HOAGIE | SAUSAGE |
| CRISP | HOT DOG | SLIDER |
| CUBAN | ITALIAN | SOUVLAKI |
| DELI | MARMITE | SUB |
| DENVER | MELT | TAVERN |
| EGG SALAD | PANINI | TEA |
| ELVIS | PIMENTO | WRAP |
| FINGER | CHEESE | |



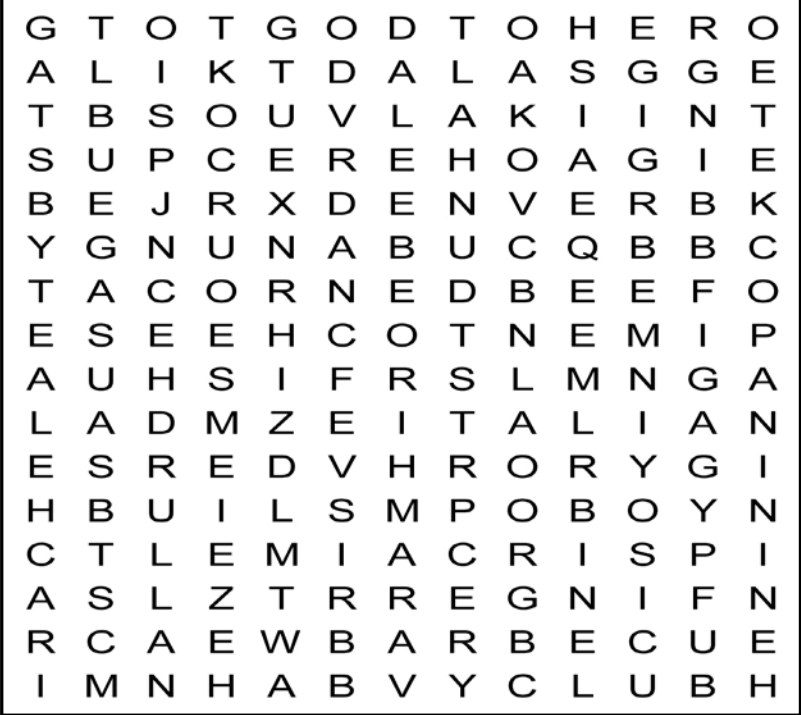
18. Atop
20. Imagined
23. Arm bones
25. "____ what?"
26. Backgammon piece
27. Old name for Tokyo
28. ____ and aahed
29. ____ publica

- Down
- 1. Gossip
 - 2. Penthouse feature
 - 3. Couch
 - 4. Like clothes in a washer
 - 5. Rent payer
 - 6. "____ alive!"
 - 7. Needle case
 - 8. Bakery selections
 - 14. First-aid item
 - 17. More rational
 - 18. Approximately
 - 19. Alliance acronym
 - 21. Fashion
 - 22. Deuces
 - 24. Play-____



The title is a clue to the word in the shaded diagonal.

SANDWICHES



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.

Chocolate Brownie in a Mug – a 5 minute dessert

Ingredients

- 4 tbsp flour
- 4 tbsp sugar
- 2 tbsp cocoa
- 2 tbsp water
- 2 tbsp canola oil
- 1 tsp vanilla

Instructions

1. Mix together all ingredients in a ramekin or other oven or microwave safe dish.
2. Microwave for 1 minute.
3. Bake in oven at 350 for 20 minutes or until toothpick comes out clean.

Recipe and images from www.forgetfulmomma.com



If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

It could save lives!



From now until 31 August 2022, the Total Mobility subsidy will increase to 75%.

Your Total Mobility card still works the same way. Give it to the driver at the start of each trip, or you will be charged the full fare.

Total Mobility will return to the usual 50% subsidy from 1 September 2022.

Talk to your local Age Concern co-ordinator, or contact Metlink on 0800 801 700 for more information.

Our Customer Terms & Conditions are still the same. Learn more at Metlink.org.nz/getting-started/accessibility-guide/total-mobility



Age Concern Wellington Region Services and Programmes: *

Please note: special measures and some restrictions are in place to enable services and events to run during the pandemic.

Companion Walking Service



Would you like to go out more but find it difficult to go out on your own? If you'd like to go for a walk in your community, to the park, local café or shops, then we can help. Our carefully chosen and trained volunteer walking companions are keen to support you.

Accredited Visitor Service



Our Accredited Visitor Service (AVS) provides companionship to people over 65 who are lonely and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests.

If you're feeling lonely or if you know someone who would like a visitor, then contact us and one of our AVS Coordinators will be in touch.

Staying Safe Refresher Driving Courses

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with Waka Kotahi (NZTA). The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile.

Please call 04 499 6648 for upcoming course dates

Steady as You Go Exercise Classes

Steady as You Go Falls Prevention Exercise Classes are designed to improve strength and balance and help prevent a fall. The classes improve balance and leg strength, flexibility, general fitness and wellbeing, and are a great way to meet new people. Classes consist of a combination of sitting, standing and walking exercises, and take around an hour. Gold coin donation.

Please see back page for a list of classes.



Phone Friend

Do you feel a little lonely but not sure you would like a visitor in your home? Would you enjoy a weekly friendly phone call? We may be able to match you with a Phone Friend volunteer. Call 04 499 6645 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 Lower Hutt and Porirua. Please email info@acwellington.org.nz or call 04 499 6648.

Please see our website for information on how you can support our work or return this slip to the address below.

I wish to support the work of Age Concern Wellington Region by:

(Please tick the relevant boxes)

- ☐ Making a donation of \$.....
- ☐ Making a regular donation of \$.....
- ☐ Becoming a Member (\$25 single, \$30 couple) \$
- ☐ Volunteering

Note: Donations of \$5.00 or more are tax deductible

☐ Please tick box if you require a receipt

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Pay online with name as reference

Age Concern Wellington Inc.

Forward this form or contact us with your address. Age Concern Wellington, PO Box 11-108, Manners Street, Wellington 6142 or phone (04) 499 6646.



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Many thanks



Did you enjoy reading this copy of Seniority?

If you enjoyed reading this copy of Seniority and would like to receive it regularly, you can join Age Concern

for only \$25 and receive your copy every quarter in the mail!

Steady as You Go Classes

* Please visit our website or call **04 499 6648** for updates on classes before attending for the first time. Some of these classes may be on hold due to the evolving Covid-19 situation

DAY	TIME	LOCATION	ADDRESS
Monday	10.30 am	Karori Community Centre	7 Beauchamp St, Karori
Monday	1 pm	Island Bay Community Centre	137 The Parade, Island Bay
Monday	1.30 pm	Walter Nash Centre	20/22 Taine Street, Taita
Tuesday	11 am	St Barnabas Church	35 Box Hill, Khandallah
Tuesday	11 am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd, Stokes Valley Lower Hutt
Tuesday	11 am	Upper Hutt Library	844 Fergusson Drive, Upper Hutt
Tuesday	10.30 am	The Dowse Art Museum	James Coe 2 Room, 45 Laings Road Hutt Central, Lower Hutt
Tuesday	1 pm	Vogelmorn Hall	Mornington Rd, Brooklyn
Tuesday	1 pm	Johnsonville Uniting Church	16 Dr Taylor Terrace, Johnsonville
Wednesday	9.30 am	Live Online Class	Zoom
Wednesday	11 am	Knox Church	574 High St, Boulcott, Lower Hutt
Wednesday	12 pm	All Saints Church, Hataitai	90 Hamilton Road, Hataitai
Wednesday	12 pm	Eastbourne Community Hall	Tuatoru St, Eastbourne, Lower Hutt
Wednesday	1.30 pm	Walter Nash Centre	20/22 Taine Street, Taita
Thursday	10.30 am	Thistle Hall	Cuba Street, Wellington
Thursday	11 am	Bob Scott Retirement Village	25 Graham St, Petone, Lower Hutt
Thursday	12 pm	Tawa Community Centre	5 Cambridge Street, Tawa
Thursday	1 pm	Koauunui Stokes Valley	184 Stokes Valley Rd, Stokes Valley Lower Hutt
Friday	10 am	Johnsonville Community Centre	3 Frankmoore Avenue, Johnsonville
Friday	11.00 am	Seatoun Village Hall	22 Forres Street, Seatoun
Friday	1.30 pm	Loaves & Fishes, Wellington Cathedral of St Paul	2 Hill Street, Thorndon