

SUMMER 2022 QUARTERLY NEWSLETTER

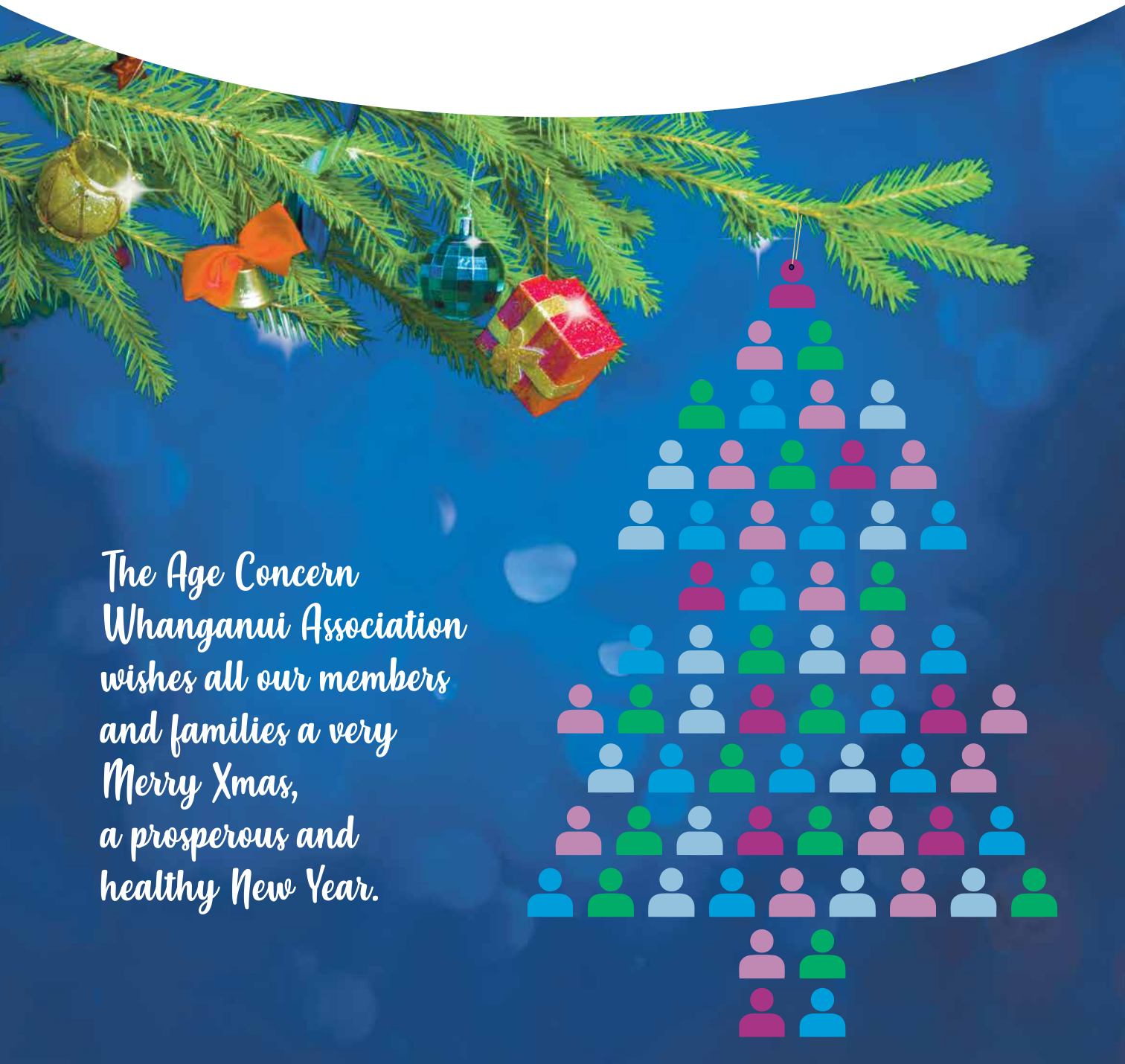
www.acwhanganui.org.nz

Age Concern Whanganui



**AGE
CONCERN
WHANGANUI**

He Manaakitanga
Kaumātua Aotearoa



*The Age Concern
Whanganui Association
wishes all our members
and families a very
Merry Xmas,
a prosperous and
healthy New Year.*

For advertising phone Sam 027 872 6629 or email samanta@kiwipublications.nz

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Contact Information

Phone: (06) 345 1799
Email: info@acwhanganui.org.nz
Address: 164 St Hill Street, Whanganui 4500

OFFICE HOURS

8.30am - 4.30pm Monday to Thursday

Board Members

- Chairperson:** Josh Chandulal-Mackay
Deputy Chairperson: Mike Russell
- Members:** Louise McFetridge
 Therese Zimmerman
 Meryl Parsons
 Liam Graham
 James Forrest
 Jim Berry
 William Pati
 Louise Rose



Staff

- Manager:** Michelle Malcolm
Administrator: Michelle Fisher
**Volunteer Coordination/
 Steady As You Go:** Janet Lewis
Social Worker: Lorraine TePou
**Wellbeing Officer - Council Flats
 Whanganui & Rangitikei:** Lisa Buchanan
**Age Concern Visiting Service/
 Health Promotion:** Clare Fearnley
Social Worker: Karen Kitson
Community Connector: Becky Stanley

Disclaimer: Views and opinions expressed in our newsletter are not necessarily those of Age Concern Whanganui. Our newsletter contains information from external sources / websites that are not provided or maintained by Age Concern Whanganui. Please note, we cannot guarantee the accuracy, relevance, timeliness, or completeness of any information at the time of distribution.

Tena koutou

How are you?

It's hard to believe it is almost Christmas, where has the year gone. It has been a very busy year and on reflection I would have to say, it is the busiest we have been since I have been working at Age Concern.

As you would have seen in our last newsletter, we have had a change in our logo. We have new signage on our cars and our building, and I have to say we love the new logo. We have also purchased another car; we now have a fleet of 2! Thank you again to the fundraising committee of the Old Age New Age Charity Auction, who did an amazing job raising \$16,000 for us.

Our Secret Santa Gift initiative has begun – we are collecting gifts until the 8th of December with parcels being delivered the week before Christmas. If you would like to donate you can drop off the unwrapped gift into our office or we can come and collect if you give us a ring. Last year we delivered 308 presents to older people in our community.

Our annual survey will be running from the beginning of December until the middle of January – this will give everyone plenty of time to complete the survey. It will be available online as well as hardcopy at the office.

The Tech Sessions with the Whanganui City College were a great hit for both old and young students. We will be resuming the sessions at the beginning of term 2 next year. I will put another reminder in our March newsletter.

Just a thought for next year's newsletter, having a spot for gardening tips for the seasons. If you have any great tips for autumn and winter gardening let me know and I will put them in our March newsletter.

I would like to acknowledge and thank our wonderful volunteers – they make Age Concern the organisation it is today. They give up their valuable time to support us, which we greatly appreciate. Our organisation would not be the same without you all!

Our members – thank you for your ongoing support – we are so very lucky you have chosen our organisation to support.

To the staff - you are a great team and thank you for your dedication to the work you do. You go over and above for the people we are supporting. Thank you for your hard work over the past year.

To the Board – thank you for your guidance and support - your dedication to our community is commendable.

Our office is closing at lunchtime on Thursday 22nd December, and we will re-open at 8.30am on Monday 9th of January 2023

The festive season can be a very lonely time for older people in our community, please check in on your neighbours. Take care and keep safe – be kind to others.

I hope everyone has a very **Merry Kirihimete** and a **Festive New Year**. If you going away for the Christmas break take care and safe travels.



Nga mihi

Michelle | Manager

**Are you befuddled by new technology?
 Did your family give you a device and leave
 you with minimal instructions?**



We provide options for people to help you unlock a whole new world.

Our volunteer Judy can provide one on one tuition free of charge. As a retired educator, Judy is patient and a wonderful teacher.

You will be up and running with emails, texts, internet banking and social media in no time.

**To register, contact
 Age Concern Whanganui 06 345 1799.**

Age Concern Christmas/New Year Hours

**Age Concern Whanganui
 will be closed from midday
 Thursday 22nd December 2022
 re-opening on
 Monday 9th January 2023 at 8.30am**

To contact the Elder Abuse Response Service over the Christmas period please ring **0800 326 6865**

The Transport, Supermarket & Grocery Shopping Service will not be available until after 9th January.

*Age Concern Whanganui Board
 and Staff wish you a very
 Merry Christmas
 and festive New Year*



Age Concern Whanganui Membership

Membership is a way the community can support the work we do on behalf of the older people in the Whanganui Region. Becoming a member of Age Concern Whanganui is a way to show your support and help us to assist older people to stay independent and connected with their local community

Membership is only \$20 per year and as a member you will receive:

- A copy of the quarterly Age Concern Whanganui newsletter posted to your home
- Invitations to gatherings, seminars and events
- Discount on the assessment fee when applying for the Total Mobility Scheme

If you would like to know more about the work we do, the services we provide and want to be involved with an organisation that works to achieve wellbeing, rights, respect and dignity for older people, contact us and become a member



The Services we provide

Support & Advocacy

We can provide support, assistance and liaise with other community agencies.

Elder Abuse Response Service

Our social workers are available to confidentially discuss and respond to situations where an older person / kaumatua's safety or wellbeing is at risk

Age Concern Visiting Service

Our co-ordinator trains and supports volunteers who visit those living alone and socially isolated in the community.

Steady as You Go (SAYGo) Falls Prevention

A unique community-based strength and balance exercise programme for men and women. Classes in Whanganui, Rangitikei and the Waimarino.

Housing (Whanganui) and Community Housing (Rangitikei)

We provide support to tenants of the Whanganui District Council Housing and for the Rangitikei District Council Community Housing

Senior Driving Programmes:

We provide a range of programmes

- Staying Safe

Improve safe driving practices and increase your knowledge of the current Road Code. Classroom based.

- CarFit

Our trained technicians highlight your car's safety features and check the 'fit' of your vehicle to maximise comfort and safety

- Hanging Up the Car Keys

Planning for life after driving. Learn about the options available in Whanganui for those no longer able to drive themselves.

Health Promotion

Seminars and forums organised on a range of topics relevant and interesting to older people.

Information

Contact us for a wide variety of information on available services. Call in or phone to speak with our reception volunteers or staff.

Supermarket Shopping (Whanganui Only)

Volunteers take those who have no transport to the supermarket, assist with shopping and return them home. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

Grocery Shopping (Whanganui Only)

We can provide this service on a short term basis, which is subject to criteria and there is a charge for delivery.

Transport (Whanganui Only)

Volunteer drivers help those who have no transport by taking them to medical and other essential appointments. The service is subject to criteria and an assessment fee applies. A donation to the driver for petrol is required.

Total Mobility Scheme

We complete the Horizons Regional Council Assessments to access subsidised taxi fares. An Assessment fee applies.

Volunteer Opportunities - all volunteers are given training and support

A number of volunteering opportunities are available:

- Meals on Wheels delivery
- Transport & Supermarket Service
- Visiting Service
- Reception

Membership and donations to Age Concern Whanganui are appreciated and accepted. Donations of \$5 or more are tax deductible.

Please contact us at:

164 St Hill Street, Whanganui 4500

Phone: (06) 345 1799

Email: info@acwhanganui.org.nz

www.acwhanganui.org.nz

ABBA-SOLUTE HIT SHOW RETURNS TO NZ!

Dancing Queen: A Tribute to ABBA Touring New Zealand, Nov-Dec 2022

New Zealanders will be able to dance their way into the festive season this year when Dancing Queen: A Tribute to ABBA tours from 4th November to 19th December.

Direct from Australia, the well-travelled show returns for its first NZ performances since 2020 and will stop at a mammoth 33 venues in 46 days.

The show brings new cast member Brit Jess Driver - in the role of 'Agnetha' - to perform alongside Australian Zac Coombs as Bjorn and South Africans Giselle Bouwer as Anni-Frid and André Behnke as Benny.

Producers Showtime Australia used the forced 'downtime' during the recent pandemic to revamp production on the show so even repeat attendees will find the show fresh and fun.

"Abba is famous for having those catchy classic tunes that never get old so it's a hard show to get sick of!" says vocalist Bouwer.

The show promises over two hours of Abba's biggest hits each night, all performed live on stage by a hand-picked 8-piece international cast, with world-class

production and visuals to accompany. Tracks such as Mamma Mia, Dancing Queen, Waterloo, Knowing Me Knowing You, Money Money Money, Super Trouper, SOS, Fernando, Voulez-Vous, Gimme Gimme Gimme, Chiquitita, The Winner Takes It All and Thank You for the Music have all made the set list and are bound to turn each event into a joyous singalong.

Tickets for all events are available now, but selling quickly. To book, visit your venue's website or box office, or go to dancingqueen.com.au for more information.



PERFORMED BY **ABBASOLUTELY FABBAULOUS**

DANCING QUEEN

A TRIBUTE TO ABBA

LET'S ABBA PARTY!

SUN 20 NOV | DANNEVIRKE TOWN HALL
SAT 10 DEC | WHANGANUI, ROYAL WHANGANUI OPERA HOUSE
MON 12 DEC | WAIPAWA, CHB MUNICIPAL THEATRE

BOOK NOW! VISIT YOUR VENUE BOX OFFICE OR WEBSITE TO PURCHASE. FOR FURTHER INFORMATION GO TO www.dancingqueen.com.au



Over 65's Hub



MSD, Age Concern and Woven Whanau have come together to enable over 65's to connect and seek advice. You can connect with just one of them or all of them

Starts: Friday 4th Nov - 1st Fri of every month
Time: 10am - 12pm
Where: 65 Hakeke St, W.East

www.hakekest.org.nz



Wanganui Branch 60's Up

We meet at St Andrews Church Hall (formally at the Function Centre) the first Monday of each month at 2.00pm for entertainment, speaker/music, and raffles and afternoon tea. We also have a monthly lunch.

You do not have to be 60plus to join we welcome any age group.

If you are interested in joining us, come along or contact Christine 343 669 or Dot 345 4701.

Getting older sucks. I used to wake up feeling like a million bucks, but now it's more like a bounced chek.



It is now illegal to ignore "do not knock" stickers



Changes to the Fair Trading Act mean door-to-door traders who ignore a 'Do Not Knock' sticker risk fines of up to \$30,000. In addition to imposing fines, the courts can also order the cancellation or variation of a sales agreement, as well as compensation if an uninvited seller ignores a sticker or a direction not to enter a property. "This is a great win for consumers," said Jon Duffy, Consumer NZ Chief Executive. "We have been calling for these changes to the Fair Trading Act since 2014, when we first launched our campaign. Since then, we have distributed more than half a million stickers to consumers to keep unwanted sellers away," he said. "Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don't want or need. In some cases, people have even purchased products just to get rid of the seller. "We've also heard stories of sellers ignoring the stickers, so it's great ignoring a 'Do Not Knock' sticker or instruction to stay away will now have serious financial implications for the trader on the doorstep."

You don't need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they're told for two years. If they don't do as they're told, or they ignore your sticker, you can complain to the Commerce Commission.

Age Concern has stickers in the office – please call in and pick one up

Scoop Independent News August 2022

Here is the puzzle. Good luck!

			7	3	1	9	8	6
		9						7
	7		5		2	1		3
6					9			
	3	8	6		7	4	5	
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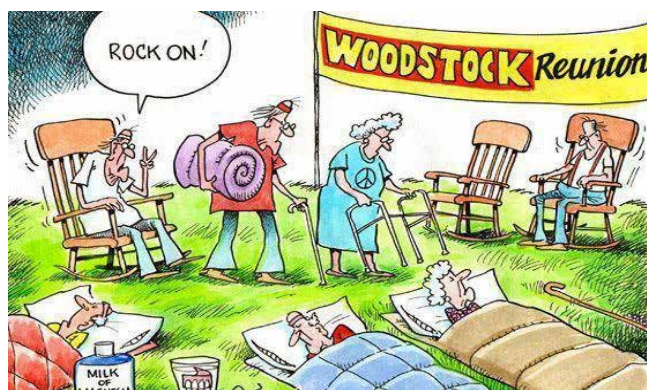
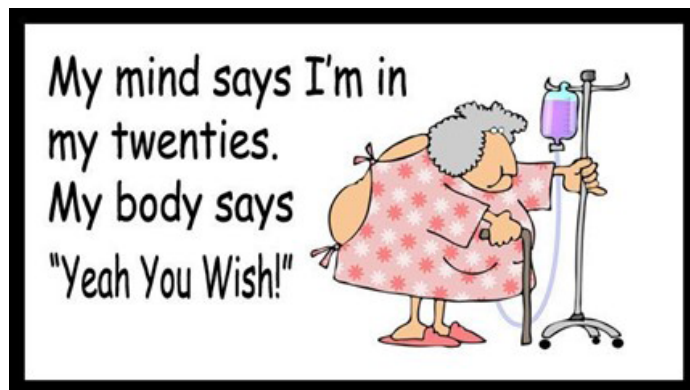
Enjoy life with Enliven

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

- Kōwhainui Home, Otamatea
- Kōwhainui Village, Otamatea
- Abingdon Village, St John's Hill

retirement villages | rest home | hospital | short term respite | health recovery | day programmes

Free phone 0508 ENLIVEN
www.enlivencentral.org.nz




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06 348 7792
Complete Foot Care and Treatment

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- Heel & Arch Pain
- Orthotics/Insoles
- 3 D Foot scanning
- Foot Care Product Range

THE FOOT CENTRE
 CAROLYN GROVES
 PODIATRY

Individual Christmas puddings



Ingredients

Melted butter to grease	750g mixed dried fruit
80ml (1/3 cup) brandy	80ml (1/3 cup) orange juice
200g butter, at room temperature	120g (2/3 cup lightly packed) brown sugar
2 eggs, at room temperature	2tsp mixed spice
115g (3/4 cup) plain flour	
105g (1 1/2 cup) fresh breadcrumbs	
100g dark chocolate, finely grated	

Brandy cream

250ml (1 cup) thin cream	1tbsp icing sugar
2tbsp brandy	

Method

1. Preheat oven to 150°C. Brush eight 250ml (1-cup) capacity muffin pans with melted butter to lightly grease.
2. Place the mixed fruit in a large bowl. Place the brandy and juice in a small saucepan over low heat. Cook for 2 minutes or until heated through. Pour over the fruit and stir to combine. Set aside for 30 minutes to soak.
3. Use an electric beater to beat together the butter and sugar in a bowl until pale and creamy. Add the eggs, 1 at a time, beating well between each addition.
4. Sift the flour and mixed spice over the butter mixture. Add the breadcrumbs, chocolate and fruit mix, stir until combined.
5. Divide the mixture evenly among the prepared muffin pans. Use the back of a spoon to smooth the surface. Cover each pudding with a disc of non-stick baking paper. Bake in oven for 35-40 minutes or until a skewer inserted into the centres comes out clean. Set aside in pan for 10 minutes before turning onto a wire rack to cool slightly.
6. To make the brandy cream, use an electric beater to whisk together the cream and icing sugar in a small bowl until soft peaks form. Add the brandy and stir to combine.
7. Divide puddings among serving plates. Top with brandy cream to serve.

This recipe can be made to the end of step 4 up to 2 days ahead. Store in an airtight container. Continue from step 5 just before serving. To reheat, place on a large microwave-safe plate and cook on medium/500 watts/50% for 1-2 minutes or until heated through.

Help! Help! Help!

We are urgently looking for volunteer drivers to deliver meals around Whanganui. Meals on wheels supports older / ill / disabled people who would otherwise struggle to provide a healthy meal for themselves. We need volunteer drivers to deliver hot meals and stop for a friendly chat.

Most drivers deliver meals once every 2 – 4 weeks.

Drivers are required for approximately 1 1/2 hours around lunchtime meeting at the hospital kitchen at 11.15am.

- You will need your own vehicle
- Valid full drivers' licence
- Ability to pass a NZ Police vetting check

Apply now to make a difference in your community.

Contact Janet Lewis
volunteers@acwhanganui.org.nz
or call 345 1799

WhanauProtect: a home protection service offered through Womens Refuge.

WhanauProtect is a 6-month service for high risk victims only, those that are experiencing repeat family violence. It is designed to enable victims to remain living safely in their current homes with a reduced risk of family violence re-victimisation.

Eligibility for our service is not means tested. The two key service criteria when looking at applying or referring for the service are:

1. The victim must be separated & living separately from the perpetrator, intending to remain living separately.
2. The victim fears further revictimisation from the perpetrator could result in serious physical injury.

Whanau Protect service helps the whānau who are at high-risk of family violence, to continue living safely in their home, by implementing practical safety measures like:-

1. A monitored safety alarm is provided to the victims within their current homes, for a duration of six months.
2. Home safety improvements that act to delay the entry of the offender until the police arrives. A Home Safety Improvement is provided which includes securing a safe room within the home, security lights, solid doors, window latches and changing locks.

Here is a link with some further information regarding Woman's Refuge, and this also has a link to our online Initial Referral Form - <https://womensrefuge.org.nz/about-us/whanau-protect/>



Secret Santa Gift Appeal

WE ARE
COLLECTING
GIFTS TO SHARE
THE CHRISTMAS
SPIRIT.



CHRISTMAS CAN BE A LONELY TIME FOR MANY OLDER PEOPLE IN OUR COMMUNITY SO HELP US TO MAKE SOMEONES CHRISTMAS SPECIAL.

IF YOU WOULD LIKE TO DONATE, PLEASE DROP UNWRAPPED GIFTS INTO OUR OFFICE MONDAY TO THURSDAY AT 164 ST HILL STREET OR RING US ON 34 51 799 AND WE CAN PICK UP.

COLLECTING GIFTS UNTIL 08/12/22

CHRISTMAS ISN'T A SEASON.

IT'S A FEELING.

EDNA FERBER



Upcoming Free Senior Drivers' Events

More Confidence and Safety

We have been successfully providing events for senior drivers for decades. Our next three events will be in February/March. Pop your name on our waitlist and Clare will call you in the new year!

Age Concern Whanganui supports older drivers to stay safe on the road and to make good choices. Our free events enable senior drivers to keep up to date with the road rules, become more aware of your driving, be more comfortable and safer in your car and know the alternatives for when it is safer to stop driving.

New Zealand Transport Agency Waka Kotahi have an online self-assessment and tips, resources and safety videos for senior drivers.

Staying Safe senior drivers' refresher course

Staying Safe is a free classroom based, senior driver refresher course delivered by a very experienced driving instructor and educator. The course aims to build the confidence of older drivers and update your knowledge of how ageing affects driving, the current road code, licence renewal for 75+, and safe driving practices. It is for older drivers who want to keep driving safely for as long as possible.

The four-hour Staying Safe course also provides a very informative booklet and lunch.

To refresh and improve your safe driving practices – including planning trips and responding to hazards, to check out your abilities, and to increase your knowledge of legal and safe driving – register with us!

CarFit: learn your safest & most comfortable fit in your car

Is your safety and comfort maximised in your car? Do you know how to make correct adjustments? CarFit offers older drivers 20-minute free check and guidance by trained technicians so that you know how to have:

- clear lines of sight
- a well-positioned steering wheel and seat
- properly adjusted head restraints and seatbelts
- an understanding of the safety features of your car

Hanging Up the Car Keys: planning for a life beyond driving

We host an annual Hanging up the Car Keys free panel

of experts, including a geriatrician and driver educator. This is for senior drivers and their families to learn about the medical and safety aspects of driving safely, and alternative transport.

These three events will be in February/March 2023. To register your interest, phone Clare on 06 345 1799 or email hp@acwhanganui.org.nz

Our centre also has information resources for senior drivers. Pop in Mondays-Thursdays 8.30-4.30.



Greetings. My name is Clare Fearnley.

This is my sixth year at Age Concern Whanganui. Part of my work is organising successful, free events for senior drivers – see

elsewhere in this newsletter for details. I spend most of my week co-ordinating our Age Concern Visiting Service. I am very fortunate, in both roles, to work with some wonderful volunteers!

The Visiting Service provides a volunteer visitor for folk living alone in the community who are housebound and without local family or friends. Prospective volunteer visitors are interviewed, police record checked, have two references taken, and complete a two-hour training. Each visitor sees their special person for about an hour a week, chatting and sharing interests. For example, some of them put the world to rights, others have craft or other creative projects on the go or play cards or Scrabble or do the crossword together. These visits bring a lot of joy and connection to everyone. If any difficulties come up, I provide information and support. Our team is happy to say that a recent survey of our Visiting Service showed high satisfaction.

If you know someone who may benefit from this service or if you'd like to be a visitor, you're welcome to contact me on 06 345 1799 extension/option 7 or avs@acwhanganui.org.nz



Safe medication practices vital to ensure safety and wellbeing of older people



The Aged Care Commissioner Carolyn Cooper is calling for patients, families, whānau, caregivers, communities, healthcare workers, and providers to show their commitment to safe medication practices for older people. "Older people are significant users of high-risk medications. Many medications have associated risks that need to be managed and mitigated with good medication management policy and staff training," says Ms Cooper.

The World Health Organization's call for action to KNOW, CHECK, and ASK to ensure medication safety is simple. Before giving medication, healthcare workers and providers should KNOW the medication, CHECK for the right patient, medicine, route, dose, and time, and ASK the patient if they understand. Ms Cooper says it is critically important that aged residential care facilities have appropriate systems in place to ensure nursing staff administer all medications correctly, and for medication errors to be identified and followed up quickly.

Above our new car

Many thanks for the fundraising committee of Old Age New Age Charity Auction and Whanganui Car Centre

Don't miss out on life because of poor hearing



Simply Hearing has some great options to suit your lifestyle and budget.

We're Whanganui's only independent and locally owned hearing clinic. We provide a full range of hearing services designed to help everyday people like you.

- Comprehensive hearing tests
- Hearing aids and recreation moulds
- ACC assessments and claims
- War pension support
- WINZ funding applications
- Insurance claims
- Specialist referrals
- Repairs, batteries and accessories

Call or book your appointment online today

phone: (06) 345 9799
 web: simplyhearing.co.nz
 email: info@simplyhearing.co.nz
 35 Dublin Street, Whanganui 4500



Regular and Monthly Events: December 2022 – March 2023

Club GOLD (Growing Old, Living Dangerously) is a friendly senior walking group who meet every Tuesday and Thursday morning at 9am at Sport Whanganui, Springvale Park. This group walks various routes for approximately one hour and returns to the Sport Whanganui. Everyone is welcome – all levels of fitness. For more information or to register please contact Deb Byers on 06 349 2325 or deb@sportwhanganui.co.nz

PETANQUE: Wanganui East Club. Tuesday 1.15pm, Thursday 10.45pm, or Sunday 12.45pm.

Louise: 021 250 6415, or Ann: 021 067 9912

PETRE 60's UP: Social gathering - 3rd Wednesday of every month, 2pm, St Andrews Hall, 9 Bell St, \$2. Alternating Musical Entertainment & Guest Speakers, with afternoon tea. **Betty: 06 344 2976**

Regular Steady As You Go (SAYGO) throughout the week in various locations. Contact the office for a class near you.

Book Explorers Club – Last Monday of every month 10.30 am Hakeke St Community Centre and Library, Whanganui East. **Margaret: 027 2277 957**

Tuesdays

Arts Group Hakeke St Community Centre and Library, Whanganui East, 10-12pm - Arts Group. **Guy: 021 282 9886**

SIT FIT WITH CARLA – cardio group from 1.30pm, St Andrews Hall, 9 Bell St. \$5 Ph 021 165 8961

Wednesdays

Eastside craft group Hakeke St Community Centre and Library, Whanganui East, 10am -1pm

TAI CHI Traditional style. 12:30-2pm, \$10. 9 Bell Street St Andrews Hall. Matt Dutton 06 343 6692

TAI CHI: 9-10am. Gonville Health Community Room. Gold Coin.

Thursdays

Grandparents Raising Grandchildren. 10-12, 48 Alma Road, Gonville (during the school term)

Rachel: 027 355 9411

ARTHRITIS WATER BASED CLASSES: 11am, Splash Centre Hydrotherapy Pool. 06 349 0113.

Chair Yoga Combo Hakeke St Community Centre and Library, Whanganui East, 1.15pm -2.15pm - Koha

Marian: 021 073 1802

Fridays

Age Concern Hub Hakeke St Community Centre and Library, Whanganui East, 10am- 11.30am

DECEMBER 2022

7th December – **Topic Talks** - 10am Age Concern Office
Christmas Crafts

11th December – Coffee & Candy Canes Pride Whanganui Christmas Celebration. 1pm – 3pm. Jolt Coffee House.

FEBRUARY 2022

1st February – **Topic Talks** - 10am Age Concern Office
Stats NZ

15th February - Age Concern and Pride Whanganui Rainbow afternoon tea - Community House, 3pm

MARCH 2022

1st March – **Topic Talks** - 10am Age Concern Office
Chiropractor

15th March - Age Concern and Pride Whanganui Rainbow afternoon tea - Community House, 3pm

All dates valid as of 1st November 2022 but due to Covid events may be postponed or cancelled. Please ring Becky Stanley Community Connector at Age Concern Whanganui for further details and if you would like an event added.



65 HAKEKE ST,
WHANGANUI EAST

FOR ALL ENQUIRIES

CELL: 022 689 2459

HAKEKESTCOMMCENTRE@GMAIL.COM

CELL: 022 096 5673

HAKEKESTCOORDINATOR@GMAIL.COM

WWW.HAKEKEST.ORG.NZ

WEDNESDAY

EASTSIDE CRAFT GROUP
10am - 1pm
facilitated by Erica
022 3938 791

www.hakekest.org.nz
Open: Mon - Fri
9am - 1pm

MONDAY

KIDS STORYTIME
Every Mon
from 10am

BOOK EXPLORERS CLUB

Last Monday of every month
10.30am
with Margaret
027 2277 957

TE REO CLASSES
Every Mon
5.30-7.30pm
facilitated by Jennifer
027 295 9008

THURSDAY

CREATIVE WRITING GROUP
Every Thurs
10am - 11.30am
call 022 096 5673

SIGN LANGUAGE
Every 2nd Thurs
11.30am - 12.30am
facilitated by Tracey
see our facebook page for dates

CHAIR COMBO YOGA
Every Wed
1.15pm - 2.15pm
Cost: Koha
facilitated by Marian
021 073 1802

TUESDAY

EASTSIDE CARD GROUP
Tues 10am - 1pm
call Erica
022 3938 791

SENIOR NET TECH TALKS
Every 2nd Tues
facilitated by Grace
Bookings essential
022 096 5673

see our facebook page for dates

ART GROUP
Tues 10am - 12pm
facilitated by Guy
021282 9886

STEADY AS YOU GO
Every Tues 1-2pm
facilitated by Erica
022 3938 791
\$3 per class

CUP STACKERS
Last Tues of month
3.15pm - 4.15pm
Call or txt
022 3938 791

FRIDAY

TE KURA
Every Fri
10.30-12.30pm
facilitated by Te Kura

Over 65's Hub
First Fri of the month
10am - 12pm
with MSD, Woven Whanau and Age Concern
call 022 096 5673

LIFE TUBE could save your life!



A Life Tube could save your life in an emergency.

The Life Tube contains vital health information and important emergency information. It is kept in a prominent accessible place such as fridge or glove box of the car and is easily

identified by the red sticker that is included in the tube. To have this information available if the person concerned is unable to communicate may be and has been, a life saver.

In the event of an emergency, the Police, ambulance, friend or neighbour will be alerted by the red sticker and know that important information is inside the Life Tube.

If you have a life tube and your information needs updating, call in for a new (free) information sheet and if you have purchased a new fridge.....a new sticker! Life Tubes are endorsed by St John Ambulance, Neighbourhood Support and Police. They are available at our Age Concern office at 164 St Hill Street, Whanganui or phone us 06 345 1799.

There is a \$2 donation. Sticker and notification card inside the Life Tube. Make sure you collect your Advance Care Plan forms when you pick up your Life Tube



Go to www.facebook.com/ageconcernwhanganui/ to follow us on Facebook.

Steady As You Go[®] Strength & Balance Programme

There is room for new participants in the following groups:



MONDAY

Christ Church Community Centre

10am - 11am
11.15am - 12.15pm
1.30pm - 2.30pm

Rapanui Mowhanau Community Hall

1.30pm - 2.30pm

TUESDAY

Parkinsons group, Rivercity Boxing, Springvale
1.30pm - 2.30pm.

THURSDAY

Castlecliff Club - 10am - 11am

Churton School Hall, Aramoho 11am - 12noon

MARTON - TUESDAY

Marion Friendship Hall 10am - 11am

HUNTERVILLE - TUESDAY

St Andrews Church Lounge 10.45am - 11.45am

OHAKUNE - TUESDAY

10am - 11am

BULLS - WEDNESDAY

Bulls Friendship Hall 10am - 11am

To join a group or for more information please contact Janet Lewis, Steady As You Go Coordinator (06) 345 1799. Email saygo@acwhanganui.org.nz



We really appreciate your support as members of Age Concern Whanganui

Annual membership fees for the financial year 31st March 2022 to 31st March 2023 are due and can be paid by cash / internet / EFTPOs.

Our bank account is Westpac account 03 - 0791 - 0454649 - 00
If you are making an internet payment, please email your details to: info@acwhanganui.org.nz

Thank you for your support



Form of Bequest

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

"I give and bequeath the sum of

\$_____ (or) _____% of my estate, (or) residue of my estate, (or) property or assets as follows:

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



MEMBERSHIP FORM



Name:

Address:

Phone:

Email:

Ethnicity:

- NZ European
- NZ Maori
- Pasifika
- Other

Age Group:

- 49 & below
- 50 - 59 yrs
- 60 - 69 yrs
- 70 - 79 yrs
- 80 - 89 yrs
- 90 - 99 yrs
- 100 + yrs

Individual Member: New Renew \$20.00

Total Mobility Assessment & Membership: \$25.00

Corporate Member: \$100.00

Donation: \$_____

TOTAL: cash/internet/eftpos \$_____

Please tick if you require a receipt:

Westpac account - 03 - 0791 - 0454649 - 00

If you are making an internet payment please email your details to: info@acwhanganui.org.nz

or post this form to:

PO Box 703, Whanganui, 4540

Your Membership fee is for a financial year - 1st April - 31st March.

OFFICE USE:

- Receipt issued
- Database updated
- Deposit date

Supporting people who go missing



Are you, or someone you know, concerned about getting lost or going missing when out and about in the community? The good news is you are not alone, and there are lots of things you can do to reduce the risk of going missing, while still maintaining your freedom to live a healthy active life in the community.

The Safer Walking Framework, an initiative delivered by Land Search & Rescue New Zealand, aims to support, educate and reduce the risk of people getting lost or going missing due to cognitive impairment.

The Safer Walking website has a wealth of information, including different tools, ideas and strategies that

can be tried to reduce this risk, from completing a Safer Walking Profile to things you can try in the home environment. The website also includes links to relevant websites and organisations that you may find helpful to contact for support and advice.

Land Search & Rescue has also produced a video series of New Zealanders telling their own stories of going missing. The stories show how having plans and making use of technology, like Global Positioning System (GPS) location devices, can enable people at risk to be out and about, while providing peace of mind for their whānau if they go missing.

Give it a go!
Walking Netball
Laird Park Netball Courts
Monday's @ 1:30pm



FREE
Everyone welcome
Great for injury
recovery



Just show up and split into teams. Gear
can be borrowed at each session.

Please contact
netball@netballwhanganui.co.nz with any
questions.

**Walking
Netball**
- give it a go!

Don't worry about your
fitness and play the game you
love! Available to
Male / Female, no age limit.

All are welcome.

Walking Netball is also
available to play on
Thursday nights at 5.45pm