

ISSUE 02, 2024



AGE
CONCERN
TARANAKI

He Manaakitanga
Kaumātua Aotearoa

Age Concern Taranaki



www.ageconcerntaranaki.org.nz

Contact Information

Phone: (06) 759 9196 or 0800 65 2 105

Email: info@ageconcerntaranaki.org.nz

Address: 33 Liardet Street, New Plymouth

Postal Address: PO Box 15, Taranaki Mail

Centre, New Plymouth 4340

OFFICE HOURS

9.30am - 1.30pm Monday to Friday

Board Members:

Chairperson: Sam Bennett

Vice Chairperson: Alison Brown

Treasurer: Peter Ertel

Board Members: Bobbi Milne,
Marianne Pike, David Gibson,
Annabel Dennett

Disclaimer

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Appreciation

A huge thank you to Merrilands New World for donating 500 Chocolate Fish. There's another 500 coming later in the year allowing us to be generous and community spirited as they certainly are.



As we build our visibility and capacity at Age Concern Taranaki it was important that we had an icon or a symbol that was both meaningful and recognisable to our people. We have chosen the chocolate fish for the following reasons.

Tradition and familiarity:

The chocolate fish is a classic New Zealand treat that evokes nostalgia and warm memories for many people. It represents a sense of tradition, connecting older generations with their past. This familiarity aligns with Age Concern's mission to support and honour older adults, celebrating their experiences and contributions.

Recognition and Positivity:

The chocolate fish is often associated with rewards and positive reinforcement, commonly given as a prize or treat for a job well done. As a Charitable Organisation we can't reward our speakers and visitors with gifts, however our gift of chocolate fish is often well received.

Community and Inclusivity:

Sharing a chocolate fish can symbolize togetherness and community spirit. Age Concern Taranaki aims to foster a sense of belonging and inclusion for older adults, and the image of a shared treat reflects this goal.

Kindness and Generosity:

Giving someone a chocolate fish is a simple act of kindness.

This can reflect the compassionate and caring nature of Age Concern Taranaki's work. We usually give away 2 fish; one for the recipient and one for them to give away, paying our generosity forward.

Connection Across Generations:

The chocolate fish, as a familiar and well-loved treat, can be a bridge connecting different generations. This connection is crucial for Age Concern, as its work often involves fostering understanding and solidarity between younger and older members of the community.

Richard Anderson - Executive Officer



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Chairperson Update – ACNZ Conference

Investing in ongoing Professional Development is critical to enable our hard working passionate and dedicated staff and board members are kept on top of our game with a committed future focused lens. Richard, Bex, Sinead, David, Bobbie and I travelled to Te Whanganui-a-Tara Wellington 17th-19th April 2024 for the annual pilgrimage to the Age Concern New Zealand AGM, Conference and Practice Day. As the Chairperson of Age Concern Taranaki, I fully endorse and support staff and board members alike attending the annual conference.

This is the one key annual opportunity that Age Concern Taranaki can proactively and prudently invest into our staff and board members to be in the same space and network with our like-minded colleagues from across Aotearoa New Zealand. The annual conference is an opportunity for our staff to engage with an operational focus on the services that the various Age Concern's deliver across country and to see what other

Continued on page 4



Continued from page 3

branches are doing and how they are delivery their respective services. It's an opportunity to share thoughts and ideas and to learn off each other's failures and successes.

Equally our own board members get the opportunity to engage with other boards members which is an excellent time to check in with our Age Concern Taranaki Vision Mission and Goals which ultimately sets the strategic direction for our organisation and the generations to come. I believe that Age Concern Taranaki can be very proud of our local organisation and the services we deliver to our people and regional community. When we compare ourselves with other branches we are in the words of our Executive Officer Richard Anderson 'punching above our weight!' I love that however that statement is not said lightly and is the direct result of the of hard work of our staff and the prudent governance of our board. When all is said and done - He Waka eke noa (We are all in this together). Amongst all the positive aspects of the work of Age Concern New Zealand across the country, and there are many, I believe the most significant challenge for all branches in the foreseeable that was highlighted at conference by ACNZ CEO Karen Billings-Jensen will be the uncertainty of future funding streams from Central

Government and MSD. It will take some time for the Coalition Government to settle into their work and confirm how they will fund and support Age Concern services for our elderly population. There are no guarantees when it comes to funding so it's watch this space with



an observant eye to see what our future will look like under the Coalition. In the meantime, we here at Age Concern Taranaki will forge on with our local mahi (work) with a positive and can-do attitude – I would expect nothing less from Taranaki people that are resilient and view challenges as opportunities.

Ehara toa I te toa takitahi engari he toa takitini – Our success is not that of a single person, but instead the strength of many.

Sam Bennett

Chairperson, Age Concern Taranaki



Elder Abuse Response Service (EARS)

Kia Ora readers!

As winter approaches us all, the EARS team look forward to Elder Abuse awareness day (15th June) and Elder abuse awareness week (15th-22nd June).

We take this opportunity each year to raise awareness for the huge issue that is elder abuse.

My team and I, as well as the wider organization at Age Concern Taranaki will be facilitating social mornings, giving talks and doing activities around the Taranaki community to raise awareness on Elder Abuse issues & prevention. The purple ribbon is the iconic symbol we proudly wear and giveaway each year as a reminder to look after our beloved Kaumātua.

I usually use this space to write about a particular issue or topic relating to elder abuse. For this article, I decided to discuss some of the many reasons why older people may not report elder abuse.

Elder abuse can reduce a person's self-esteem, independence, confidence and safety. Especially if they are dependent on others. Some of the reasons an older person may not talk about abuse include:

- They depend on the abuser for support
- They have low self-confidence and self-esteem
- They don't want to make a fuss
- They are afraid that if they complain the abuse will get worse
- They are isolated, so that it is difficult for them to tell anyone
- They do not know who to tell or how to get help
- They have dementia or an illness prevents them from telling anyone



Elder Abuse

Elder Abuse Awareness 15 - 22 June

- They blame themselves for the abuse
- They are ashamed that the abuser is a family/whānau member

Based on local cases here in Taranaki, a lot of our clients have disclosed that they are ashamed that their abuser is a family member. You can imagine it would be extremely difficult talking to someone regarding a family member due to the stigma that comes with this. For instance, People will often assume that it must be because the older person was a terrible parent when their adult child/children were younger, so they must deserve the abuse; this more or less revictimizes the older person for talking about their experience. An older person may also try to protect their abuser because they love and care about them and fear that making a complaint or reporting the abuse will affect their chances of employment or how people view them in society if others find out etc.

Elder abuse is a very complex, often misunderstood issue that has many components. It is often associated with a medical issue, a legal issue, a criminal issue or even a combination of all these things. My hope is that we all become a little more knowledgeable on what elder abuse is, what it looks like and how we can all help to prevent it.

Thank you all so much for taking the time to read this article

Ngā Mihi Nui,
Sinead Thomas-Ngatai
 Registered Social Worker - Service Provision
 Lead, Age Concern Taranaki - 06 759 9196

What's Coming Up . . .

Eltham

SAYGo – Steady As You Go strength and balance exercise class held on Thursday 10.00am. All Saints Church, 88 King Street, Eltham.

Hawera

SAYGo – Steady As You Go strength and balance exercise class held on Tuesday 10.15am. Presbyterian Hall, Argyle Street, Hawera.

Casual Cuppa – Held on the 1st and 3rd Tuesday of each month, 11.15am. Presbyterian Hall, Argyle Street, Hawera. Join us to make or meet new friends, socialise and relax.

Drop in Social Morning – Held every Thursday 10.30am. Presbyterian Hall, Argyle Street, Hawera. Drop in, make friends, socialise and take part in robust discussions. Guest speaker 3rd Thursday of the month. Koha appreciated.

Monthly Outing – Every 2nd Wednesday of the month. Check out our What's On for further information.

Games Morning – Every 1st and 3rd Friday of the month at 10:30am held at the Presbyterian Hall, Argyle Street, Hawera. Drop in, make new friends, learn new games and crafts and enjoy the company. Koha Appreciated.

Inglewood

In Tune with Inglewood – Sing a long and Social Afternoon – Every 2nd and 4th Thursday of the month, 1.30pm – 3.30pm. The Mamaku Centre, 6 Mamaku St, Inglewood. A fun afternoon with singing, instruments and much more.

Manaia

SAYGo – Steady As You Go strength and balance exercise class held every Wednesday, 10.15am. Gibson Hall, Tauhiri Street, Manaia.

Casual Cuppa – Held on the 1st Wednesday of the month, 11.15am. Gibson Hall, Tauhiri Street, Manaia. Drop in make friends, socialise and take part in discussions.

New Plymouth

Aqua Walking – Held every Tuesday, 10am – 11am at the Methanex Indoor Pool Complex, 10 Murray Street, Bell Block. \$3 payable to the pool reception. Fun exercises to fabulous music, beneficial for improving stability and balance, and increasing fitness. Registration is a must. Phone Pauline at our office on 06 759 9196.

Warm Up Wednesday – Music and Singing – Held on 2nd and 4th Wednesday of each month, 10am – 12noon. 33 Liardet Street, New Plymouth.

Drop in Café – Every Thursday morning, 9.30am – 11.30am. 33 Liardet Street, New Plymouth

SAYGo – Steady As You Go strength and balance exercise classes. Tuesday's at 10.30am, St Mary's Peace Hall, 37 Vivian Street, New Plymouth. Friday's at 11.00am, Disabled Citizens Rooms, 83 Hine Street, New Plymouth.

Mens Group – 3rd Monday afternoon, Join the blokes for banta and socialising. 33 Liardet St, New Plymouth or as advertised.

Okato

SAYGo – Steady As You Go strength and balance exercise class held on Thursday, 9.30am. Hampton Hall, Carthew St, Okato.

Coastal Connections – Held on the 1st Tuesday of each month, 1pm – 3pm, Hempton Hall Supper Room, Carthew St, Okato. Join us for a relaxed social afternoon.

Opunake

SAYGo – Steady As You Go strength and balance exercise class held every Monday, 10.00am. St Barnabas Centre, 142 Tasman Street, Opunake.

Casual Cuppa – Every 1st Monday of the month at 11am, Join the happy group for a tea, a chat and games at St Barnabas Centre, 142 Tasman Street, Opunake.

Stratford

Chirpy Fridays – Music and Sing a long – Held on the 2nd and 4th Friday of each month, 10.30am at the Senior Citizens Hall, 53 Juliet Street, Stratford. Join us for morning tea, make or meet new friends, socialise, relax and sing the Friday away.

Aqua Walking – Held every Thursday at 1:30pm at the Wai O Rua Stratford Aquatic Centre, 53 Portia Street, Stratford. Join us for fun, gentle water exercises, beneficial to improving stability, balance and increasing fitness. No meetings during school holidays. Cost \$3.60 per person pay at reception

SAYGo – Steady As You Go strength and balance exercise class held every Friday, 9.00am. Stratford Senior Citizens Hall, 53 Juliet Street, Stratford.

Patea

Morning Coffee – Held on the 4th Wednesday of the month, 10.30am. Patea Library. Informal morning coffee and a chat. Join the “Merry Knitters”

Waitara

In Tune with Waitara – Sing a long and Social Afternoon – Every Friday, 1.30pm – 3.30pm. Senior Citizens Hall, 3 Warre Street, Waitara. A fun afternoon of singing, musical instruments and entertainment with Pauline on her guitar.

Waverley

Morning Coffee – Held on the 3rd Wednesday of the month, 10.30am. Waverley Library. Informal morning coffee and a chat.

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Age Connect

South Taranaki Bus trip

After an early start for everyone, and with some trepidation for some not knowing where they were going, we set off on our mystery bus trip, with Len our trusty bus driver. Were we going to turn left or right.... Catch a boat, or stay on the bus.

Turning left, then right, we travelled out of town and towards Manaia, but kept driving...

First stop, everyone off at Everyone's Theatre Opunake, where we enjoyed a lovely hot drink and a fresh scone with jam and cream. We all reminisced while watching advertisements on the big screen from yesteryear. Katrina greeted us with a friendly smile and explained the history of the theatre and how it is maintained today by a passionate group of volunteers. After exploring the theatres projector room and dress circle, it was time to load up the bus and continue our journey.

After cruising along the Surf Highway 45 towards Rahotu, we turned left towards the coast. Not long after our bus driver announced we might be lost... the chatter



of our passengers stopped while everyone wondered where we were going. We headed toward the coast with the Cape Egmont Light house leading the way, then turned east along the metal coastal strip, arriving at the Cape Egmont Boat Club and Lighthouse Museum, no Waka there for us though, we kept driving...

Back on the main road again we continued our drive to Oakura, our next stop. We took a quick drive past the beach, and then stopped at Butlers Reef, where we enjoyed a lovely lunch in their garden bar. Several of our group found the well, located inside the building, how deep was it we wondered... Once again it was time to jump back on the bus, where to now...

Heading back towards Okato, we turned onto the top road, for a short drive through the country, before arriving at a dairy





farm and bouncing along the tanker track, where we were welcomed by Merv into his shed Museum. Again, lots more floods of memories, laughs and looking through all the memorabilia from early dairy farming days and household items etc.

It was now about 3pm in the afternoon and time to load the bus again for the last time, as we headed for home. A few of us had a quick nap on the bus, the rolling motion sending us off to sleep. While some enjoyed the elevated views across the country side.

What a great day out, with lots of fun and camaraderie had by all.

Julie Landers – Services Coordinator



Chirpy Fridays

Celebrating 3 years of Chirpy Friday's in Stratford

In April we came together to celebrate Chirpy Friday's 3rd birthday. We had a special morning tea catered, a birthday cake and were serenaded by the astounding voices of The Schooners of Opunake.



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Age Connect

Have you been scammed?

A number of our members attended a meeting with our friendly Bank Managers and the New Zealand Police in Hawera. We were indeed privileged that they donated their valuable time to educate our members.

Below is a summary of Top tips:

- Talk to a trusted family member or friend
- Hang up if unknown callers ask you for your personal information.
- Don't click links on unexpected texts or emails.
- Never give strangers access to your devices.
- Have a secret family code word to check if it's really your loved one.
- Don't be pressured into quick decisions.
- Protect your banking information and devices by using unique passwords and PINs. Never save your customer number, passwords or PINs to your browsers or devices.
- Verify all requests for personal details or money – contact the company on their official number.
- Use additional banking security measures, as provided by individual banks.
- Regularly check your transactions.



Men's Group up & humming- calling all blokes!!!!

We have a new Men's group that meets on the third Monday of every month at Age Concern Offices 33 Liardet Street. This began last November on Melbourne Cup Day 2023. Three members of Age Concern Taranaki met at the New Plymouth Club for a bet, a beer, and some banter; a mixture of all three, or the choice to do neither.

Over the first 5 Months of 2024 we have continued to grow as a group, and we now have 15 members. Activities thus far have included: **February** – Watching the World's Fastest Indian on our big screen with hot chips and popcorn.

March - Games afternoon with bowls, corn hole, darts and quoits

April – A pancake brunch / lunch

May – Bingo Banta and a Beverage

These activities are free, and the focus is on comradery and friendship. As we progress, we intend to have some fieldtrips such as a visit to the speedway, Mini put, the races, a show or anything else the group decides. We also have the beginnings of a courtyard vegetable garden that this group will take over in the spring; culminating in a new potato growing competition. We know there are several men's groups around the town and if you don't join ours consider some of the others which we can give you details to.

Come join the fun!!



Coastal Connections In Okato

This is held on the first Tuesday afternoon of each month in the Hempton Hall Supper Room 1 – 3 pm.

I love visiting Okato, my home on the coast and sharing an afternoon of social connection, singing, music, bingo and many other interactive activities. I also invite Guest Speakers to attend and share with the large group of up to 30 folk regularly attending Age Concern Taranaki's afternoon.


We serve you a delicious afternoon tea and it's warm and cosy. All Welcome.

Coming up - Tues 4th June 2024
Meet "Gidget" Therapy Dog with Adrienne

Coming up - Tues 2nd July 2024
Hearing Therapist visit Your Way / Kia Roha

A BIG THANKS to our sponsors and supporters: Okato Community Trust, En Route Coffee, Pat & Linda McFetridge Harcourts, Darcy, Kath & Carol Julian

Pictured – a few locals enjoying a game of Bingo and a recent visit from The Chocolate Lady

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Health Promotion

Aqua Exercise in Bell Block is such a BLAST !

I have coordinated Age Concern Taranaki's Aqua Exercise Service in North Taranaki for just on eight years now. It has been tremendous to see how this class has evolved and grown over that time. It is delivered at the Methanex Bell Block Aquatic Centre situated at 10 Murray St Bell Block. We are now utilising three lanes of the pool to comfortably accommodate everyone.

The warm water, the fantastic music and the fun and fabulous participants, of up to 32 people regularly each week, they travel from Waitara, Onaero, Inglewood, Bell Block and New Plymouth and absolutely love the positive vibe in the pool.

I create many fun dance routines, introduce ball games which are similar to netball of volleyball, aqua relays and of course encourage singing at the same time. It has been noted that many spectators and other users of the facility enjoy the atmosphere of the music pumping and have joined in this pool party fun some way or other.

Aqua exercise is particularly good for fitness, gentle exercise, strengthening leg muscles, improving core strength and post-operative rehabilitation. It helps with stability, improves balance and can prevent falls. There is also a huge social component to attending this class, many have made great friends, socialise, support each other, have coffees after the class and gel together as one happy family.

The class is held every Tuesday from 10 am – 11 am and it is held in the school holidays. This is where intergenerational inclusion is so valuable with grandchildren and great grandchildren getting in on the fun, leading



the class alongside myself moving and grooving and supporting and encouraging their family and whanau with big smiles all around.

Thanks to the Staff and friendly team at the pool facility, you are all great and are extremely helpful. The cost of the class is \$4 per class, payable at reception on entry.

It's so Cool at the Pool

Pauline Julian
Service Coordinator - North Taranaki
pauline@ageconcerntaranaki.org.nz
Ph 06 759 9196



Aqua Walking - Stratford

*Held at Wai O Rua Stratford Aquatic Centre.
Every Thursday at 1:30. Cost \$3.60 per
person to be paid at reception.
Registration is a must Phone Estelle
at 027 2285371*

Why not join us for fun in water gentle exercises to fabulous music, beneficial for improving stability, balance and increasing fitness.

A "timed up and go" balance test is carried out prior to the first class. Only do the exercises you feel comfortable with.



If you find the pool floor slippery, it has been suggested that you wear a pair of cotton socks. We do not hold classes on public holidays or during the school holidays.

See you there!

Keep living the life you love.

You can do something to help reduce your risk of falls, improve your confidence, and keep fit and well.

Want to exercise with others?

For Live Stronger for Longer community-based strength and balance classes visit
<https://www.livestronger.org.nz/>

Want to exercise at home?

Nymbbl is a free app designed for older adults looking to improve or maintain their balance in the comfort and safety of their own home. Scan the QR code to download Nymbbl.



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He Whakaora.
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Health Promotion

Andrea's Top 10 Winter Wellness Tips

- Stay active: Physical activity is important for both mental and physical health, even when the weather isn't ideal for outdoor activities. Come along and try a Steady As You Go Exercise Class.
- Get enough sleep: Getting enough sleep helps your body heal and strengthens your immune system. With the nights getting darker earlier, use this as an opportunity to get to bed earlier and wake up with the sunrise.
- Eat healthy: Eat vegetables, which are full of antioxidants and can boost your immune system. Soup can also help keep you warm. Getting variety of vegetables is also important. You should aim for 30 different types of plants in your diet each week. This can range from nuts and seeds, vegetables, and fruits, as well as herbs and spices. Adding different herbs and spices to your vegetable soups is an easy practical way to hit this goal of 30.
- Drink water: Drink enough water to flush out toxins, even if you don't feel like it as much as in the summer.
- Get fresh air: Open windows for 20 minutes a day to let in fresh air and remove damp air.
- Stay connected: Spend time with friends and family, and try to stick to a routine. Come along to an Age Concern Social Connection group.
- Take a break: Winter is a good time to take a holiday and get away. Even getting away and exploring a different part of Taranaki.
- Do activities you enjoy: Schedule activities that you enjoy, like going for a walk, working on a hobby, or learning a new skill.
- Stay warm: Wear layers, a hat, scarf, or hood, and keep your fingertips, nose, and earlobes covered. Keep your clothing dry, and remove any wet layers.
- Get your flu shot: Getting a flu shot annually can help you avoid getting sick

If you are interested in learning more of my top tips for Winter Wellness come in and have a chat,

Andrea Mathews
Health Promotions Co-Ordinator
andrea@ageconcerntaranaki.org.nz



Age Concern Visiting Service

Each issue of our newsletter we will showcase one of our matches, to share the positive impact of the Visiting Service in our community, and to highlight the wonderful volunteers who make the service possible.

There are several steps when someone enters the Visiting Service: referral, assessment, matching, and review. In this issue, we present some insight into the matching process, and share a recent match to illustrate how this looks in reality.

The Matching Process

When an older person is referred to the service, the first course of action is for the coordinator to meet them in their home to do an “assessment visit”. This visit does involve some mundane tasks such as assessing their suitability to the service against criteria and filling out some paperwork; however, the most interesting part of this process is getting to know more about them as an individual. This information is what guides the coordinator to choose a volunteer visitor they believe will be a good match. The aim of the service is not just to provide company to an older person, but to create a mutually beneficial experience between client and visitor, which hopefully leads to a long and enjoyable connection.

Introducing Jo & Kitty

When Jo was referred to the Visiting Service and I met her for the first time, I quickly had in mind which of our available visitors would be good match for her. With both ladies having a history of involvement with their churches, caring for children, a love of cats, and bright personalities, I knew Jo and Kitty would be well-suited to meet. Location is a factor that must be considered too, and as it was, Kitty lived close enough to Jo’s house that she could walk there – knowing that Kitty loves

walking, this truly was an ideal situation.

Upon introducing Jo and Kitty, the ladies exchanged stories of their cat’s personalities, talked about their favourite colours and enjoyable activities, and Kitty was able to provide Jo with some empathy and understanding to relatable experiences she shared.

During the visit, I encouraged the ladies to find a time that would be mutually suitable for them to meet once a week, and they exchanged contact details so they could keep in touch if anything were to come up on their visit day. There were lots of smiles on our departure.

For Jo and Kitty, it seems the stars had aligned. This meeting was a lucky one, as not all referrals lead to a match so quickly. Due to the personalised nature of the matching service and who we have available for visiting at the time, the wait time will vary from case to case.

For more information about the Visiting Service and whether there may be a suitable visitor in the required area, please contact us on 06 759 9196 or email info@ageconcerntaranaki.org.nz



Health Promotion

What is the Visiting Service?

What is the Visiting Service?

The Age Concern Visiting Service is a befriending service that matches older people, who are lonely or socially isolated, with volunteers who are keen to spend time getting to know them. The volunteers are police-checked and trained, and spend about an hour each week sharing conversation and activities with their older friend. Some visits take place in the client's home, and some involve going out together. Matches are made carefully, on the basis of personality, shared interests, cultural needs, and location, and are regularly reviewed.

Would you like more company? Or do you know an older person who needs more company?

If you are feeling lonely, or would just like more social contact, it's important to do something about it. Similarly, if you are concerned about an older person being socially isolated, please reach out. Whether the Visiting Service, or one of our social connection groups, Age Concern can help.

If you would like to receive a referral form, either for yourself or to refer someone on behalf, or if you would like to learn more about becoming a volunteer visitor, please give us a call on 06 759 9196 or send an email with your request to info@ageconcerntaranaki.org.nz

Please note: If you wish to refer someone on their behalf, you must gain their explicit permission before doing so. Additionally, if you have any uncertainties about someone's eligibility to the service (i.e., mental health or cognitive decline) please do not hesitate to get in touch to discuss the service.



Would you like more company?



The Changing Seasons And Being Mindful

As I write this the weather has changed drastically and the cooler weather has arrived. When you read this, it will no doubt have really settled in, and we will be truly into winter. It had me thinking how the seasons change, our minds tend to shift and focus on keeping warm and slowing down, so my top 10 winter wellness tips, which are not much different than the tips I would promote daily no matter what the season, should hopefully spark you to continue to look after yourself even when the winter months can make us want to hibernate. Have a read through the top 10 tips for winter wellness and see what you can implement to increase your overall wellness this winter and please share with us what has worked well for you.

Since the last newsletter we have presented more Down But Not Out workshops in Hawera and are well into presenting our 8-week mindfulness workshops in both New Plymouth and Hawera. The feedback for these has been remarkable, with many mentioning "I wish more people would open themselves up to coming to these sorts of things." As winter approaches, I would like to put out a challenge to each of you to try one new thing this winter, doing things out of our comfort zones is very enriching. Whether it be doing something for yourself to improve your health or learning something new to encourage growth and keep your brains creating new neurons, maybe it might be joining a group or social activity you might not normally be inclined to partake in.

Through the Mindfulness workshops our participants have been learning about reframing their mindsets, as how we view and perceive the world is completely up to us. Our brains are wired to view and take note of the negative first and therefore it takes practise and work to also look for the positive. Often



as we approach longer nights and shorter days with more wet, cold, and grey doom and gloom it can be harder to avoid negative thoughts and feelings. This is one of the reasons why winter is a time most people suffer depression and the blues the most.

Staying connected with others can help lift your mood, and practising reframing negative thoughts to positive ones is a great first step. If you find yourself getting stuck in negative thoughts, feelings, and patterns even with trying these steps, come and see us for a chat. We would love to help put you in touch with those who can help, it takes courage to recognise when we need help with something, and more courage to ask, so give yourself grace if you find yourself struggling with this.

As I write this, we are planning what we will be delivering with our health promotions funding for the next financial year, if you have anything to suggest, or topics you would like to learn more about please feel free to get in contact with me.

Keep warm and take care of yourself,

Andrea Mathews
Health Promotion Co-ordinator
andrea@ageconcerntaranaki.org.nz



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*Ts & Cs apply

Growth – Our New Hawera Office

Proud to fly the Age Concern flag in South Taranaki. We are pleased to announce that a new branch office has been established in Hawera, to cover the area of South Taranaki, including Stratford, for our Age Connect and Health Promotion Program members. Our office can be found in the Hawera Presbyterian Church Hall, 35 Argyle Street, Hawera.

The real journey started at the beginning of April, with the arrival of the whole team from New Plymouth, each with a paint brush or roller to paint all and everything. The music was playing and the voices sang along in harmony. We enjoyed watching an energetic Richard our CEO, who was very agile in his painting methods. Some weeks and many



more coats of paint on the walls, beams and ceiling later, we called the professionals, to complete the electrics and carpeting.

The energetic helping hands are far too many to mention, suffice to say, the team at Age Concern Taranaki you rock! A special note of thanks to Menzshed Hawera.

We cordially invite, you to come for a cuppa or just call in to say Hello, every Monday, between the hours of 9 to 12. Excluding the first Monday of the month or Monday public holidays.

The kettle is on, see you soon.

Estelle Barnes - Service Coordinator
estelle@ageconcerntaranaki.org.nz



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Mother's Day Raffle

Congratulations to Mother's Day raffle winner Karen Duxfield



FORM OF BEQUEST

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

"I give and bequeath the sum of

\$_____ (or)

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

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



**AGE
CONCERN
TARANAKI**
He Manaakitanga
Kaumātua Aotearoa

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MEMBERSHIP SUBSCRIPTIONS WELCOME FOR YEAR ENDING 30 SEPT 2024

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

Name: _____

Address: _____

Phone: _____

Email: _____

Ethnicity Origin (or race) (please tick):

- ☐ NZ European
- ☐ NZ Maori
- ☐ Pasifika
- ☐ Other Ethnicity

Please specify: _____

Subscriptions (please tick):

- ☐ Single \$15.00 ☐ Couple \$15.00
- ☐ Corporate \$45.00

Paid by: ☐ Cash ☐ Eftpos ☐ Direct Credit

Bank account: 15-3953-0717362-00

(Ref: Your name)

Donations Bequests and Legalities

Please help our work by including a donation (tax deductible over \$5).

You can make a donation at any time.

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

*Thank you
for your
support*