

ISSUE 01, 2023



AGE
CONCERN
TARANAKI

He Manaakitanga
Kaumātua Aotearoa

Age Concern Taranaki



Photo: Brody Dolan

www.ageconcerntaranaki.org.nz

Contact Information

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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: David Gibson

Vice Chairperson: Alison Brown

Board Members: Bobbi Milne
Kevin Rolfe
Marianne Pike
Sam Bennett

Disclaimer

The information contained in this newsletter is not necessarily the view of Age Concern Taranaki. While it is believed to be correct, readers should consult their own advisers.

Age Concern Taranaki (Inc) thanks the following organisations for their support and sponsorship



Executive officer update



After just 3 weeks in the Executive Officer's Position I can confidently state that Age Concern Taranaki is full of amazing people doing amazing things for our friends and clients.

Our team is working above and beyond to ensure that our community is engaged and joyful.

I have really enjoyed watching or participating in our range of wonderful connection activities including: music, the drop-in cafe, aqua walking, visiting service, steady as you go, staying safe driving, digital literacy, guest speakers and the monthly outing. These programmes are essential to support our members to be active, safe and happy participants in our community. Everyone is welcome to any or all of our activities, to either participate or just to connect with others. Many friendships have been formed or enhanced through these activities. If you already attend bring a friend.

Our Elder Abuse Response team are outstanding and their diligence and their ethic of care obvious. Their work is essential in supporting our vulnerable and much of their efforts are unseen but definitely appreciated.

Last week I had the privilege of attending the Age Concern National Conference in Wellington along with our Board representatives Sam Bennett and Bobbi Milne. The conference was very informative and timely for me to connect with other Executive Officers around the country. Bobbi and Sam

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Age Concern Taranaki

Hearing Concerns

Age Concern Taranaki singalong and music goers were visited by Guest Speaker Hearing Therapist Tadhgh Stack on Thursday 13th April from "Your Way" / Kia Roha Hearing / Te Rongo.

This is a free Ministry of disabled people funded service. Tadhgh spoke to everyone covering all aspects of clear communication for the hard of hearing, troubleshooting with hearing aids and what he can advise and offer in assistance with hearing devices.

Tadhgh can be contacted on 021 469 170



or tadhgh.stack@yourwaykioroha.nz

Age Concern Taranaki also sells Hearing Aid Batteries at such affordable prices. Please phone our office 06 759 9196 in New Plymouth for further information.

Continued from page 2

likewise enjoyed connecting with and learning alongside other governors.

The overarching theme for the conference is to continue to build our organisation, and collaborate across other provinces to ensure that we are all using best practice every day and following an agreed strategic vision for the benefit of our people.

On a personal note I wish to thank the Board and our team here for the kind and warm welcome I have received; I love coming here every day.

Finally can I recognise the leadership of Keryn Roderick, our outgoing Executive Officer and Bex Caldwell who had lead since January for the wonderful work they have contributed to making Age Concern growing and successful.

Nāku noa, nā (Yours sincerely)

Richard Anderson (Executive Officer)



Feel at home

at Enliven's Chalmers Home

Enliven creates elder-centred communities that recognise elders as individuals and supports them in a way that's right for them.

Enliven's Chalmers Home in New Plymouth offers top quality care in a warm, welcoming home-like environment with breath-taking views overlooking the Tasman Sea and Mount Taranaki.

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Elder Abuse Response Service

A New Year has arrived and Age Concern Taranaki's Elder Abuse Response Team is looking forward to supporting our Taranaki community in the year ahead

The Team continues to consist of Social Workers, Sinead Thomas-Ngatai and Aimie Stahnke-Earley and Nurse Clinicians, Belinda Burke and Rochelle Jackman.

Together we have responded to an additional 50 referrals compared to this time last year, this brings our total referrals so far for this Financial Year at 179! As always it is important to note that these numbers may reflect a growing awareness of what Elder Abuse is and the supports our service has to offer. Abuse is likely already occurring however with awareness comes reporting. Financial abuse is identified in over half of reported cases of Elder Abuse. www.Govt.nz describes the below.

How to recognise if someone is being financially abused?

They may not have enough money for essential things like food, power, bills or

medicine. They may withdraw socially or avoid activities because they cannot afford them. They may also be reluctant to make a will, or not want to talk about budgets. You might also notice that their savings are disappearing, their possessions have disappeared, or their house has been sold but they're not sure why. You may notice their Signatures on documents or cheques do not resemble their signature, or there have been unusual withdrawals from their bank accounts.

How to recognise a financial abuser?

A financial abuser is someone who takes your money or possessions without your knowledge, fails to repay loans you've made to them, lives in your home, uses your phone, power and eats your food without contributing to the costs.

They may force you to provide them with money or property, or even pressure you into selling your house and then using that money for themselves. Lastly they may abuse their enduring power of attorney (EPoA) over your property.

If you have concerns, please contact us on (06) 759 9196 or 0800 243 625 Or email info@ageconcerntaranaki.org.nz



Your local MP

Glen Bennett

Glen Bennett
MP for New Plymouth

Keep in touch:
glen.bennettmp@parliament.govt.nz
/glenbennettlabour

 **Labour**

Funded by the Parliamentary Service.
Authorised by Glen Bennett MP, Parliament Buildings, Wellington

World Elder Abuse Awareness Day is coming up on the 15th of June, keep up to date with Age Concern Taranaki's monthly "**What's on**" and Facebook page for upcoming community events.

Staff Introduction

Staff Introduction EO Richard Anderson

Tēnā Koutou. My name is Richard Anderson and I feel privileged to be your Executive Officer.

I was born and raised in Christchurch and moved to Taranaki in 1994. My employment history has been entirely in education with 10 years as a teacher and almost 30 years as a Primary School Principal.

I am passionate about sports and recreation both playing and watching, with my latest interests being tramping and golf. I have a beautiful family including my wife, three adult children and their partners.

Team leading and team building is where my heart lies for the benefit of our people. Our team at Age Concern Taranaki's actions and decisions ensure that we may all thrive in the

world, and not just survive.

Age Concern Taranaki has a fantastic team of employees, volunteers and a Board who is focused on what makes a positive difference for us all.

I have a joyful life and have a daily goal to create: joy, connection and security for all of our community.

Please pop in and say hello as our door is always open and we love interacting with our people.

Ngā manaakitanga and warm wishes.

Richard Anderson



Introduction Sophie Digital Technology Coordinator

Kia ora! Ko Sophie taku ingoa,

I have a diverse background in aged care, working mostly with Alzheimer's and dementia. Prior to Age Concern I was a Regional First Aid tutor for St John and have spent time as volunteer as well.

I grew up in Tairua, and have spent time living in Nelson, Auckland and have settled in Taranaki for the past 8 years with my partner and son. While living here I have also been able to get more in touch my whakapapa based in Urenui. My involvement with so many diverse groups within the Taranaki community has given me a passion for teaching and

learning and has helped me settle into being a part of the Taranaki hapori whānui.

I look forward to engaging further with our mātāpuputu, sharing knowledge, and offering support to advance the skills we have together.



follow us **facebook**

Age Concern Taranaki

Staying Safe Driving Course

The Staying Safe driving course is developed to increase awareness and brush up on driving skills. It is often attended by those who have upcoming license renewal tests, those who are a bit nervous behind the wheel and also those who have recently been unable to renew their license or are no longer able to drive.

It is a course that offers some fantastic insights and a wealth of information to help you on your travels! It is also useful for those who no longer drive as we cover this and offer information about transport when you are no longer independently driving. The



information and material in this programme have been provided with the generous support and expertise of Waka Kotahi (NZTA).

This is a course that is free to attend and light refreshments are provided, the course runs for four hours (with a break inbetween). We are currently taking expressions of interest so please get in touch, as soon as we have enough people we can set a date for the next course.

If you would like to attend a Staying Safe Driving Course please give me a call on: 027 405 7376 or email at: sophie@ageconcerntaranaki.org.nz

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A message from Prime Minister Chris Hipkins



When I took on the job of Prime Minister, I made a commitment to focus on the bread and butter issues that matter most to New Zealanders. That's why, in my first few weeks in the role, we put in place extra cost of living support and raised wages.

The steps we've taken to help smaller budgets stretch further, like extending the fuel tax cut, are already making a difference for many. However, at a time when global factors like inflation are pushing up prices here at home, we need to do more to support New Zealanders.

As part of this work, I recently announced that recipients of Superannuation will receive an inflation increase of 7.22% from 1 April. This will see a couple who are both aged over 65 receive \$102.84 more in total a fortnight and a single person living alone receive an extra \$66.86 each payment. This builds on the increases that we've made to Superannuation since taking office in 2017.

While this boost to Superannuation alone won't solve everything, it will ease some pressure - and right now, I know every bit helps.

On top of this, our Winter Energy Payment will help older New Zealanders heat their homes over winter. This annual support restarts from 1 May, helping with power bills through the colder months so people can stay warm and healthy, with less financial stress. A single person will receive more than \$80 a month and couples will receive more than \$125 per month.

Advertorial



Measures like these sit alongside a range of programmes that support older New Zealanders. For example, we've made doctors' visits cheaper for hundreds of thousands of people, and we've taken steps to improve the health system and cancer care, including through record investments in Pharmac's medicines budget.

Right now, we also need to make sure people feel safe and supported as we continue to respond to some of the most significant weather events in our history.

My back to basics approach means a greater focus on the issues that matter most to New Zealanders, here and now. As I've signalled, the cost of living and cyclone recovery will continue to be our top priorities, and you will see this reflected in our upcoming Budget.

*Authorised by Rt Hon Chris Hipkins MP,
Parliament Buildings, Wellington*

Age Concern Visiting Service

Continuing the trend from last year, it seems that demand for the Visiting Service is still on the rise. It is sad to know that loneliness is so common in our older community; thankfully though, with the help of dedicated and kind-hearted volunteers who generously give the gift of their time, we are able to meet this need.

A big thank you to all our visitors, you are amazing.

For those unfamiliar with the Visiting Service, it is a New Zealand-wide programme which aims to reduce loneliness and improve the livelihoods of older people, by providing them regular social connection from a trained volunteer visitor.



As the coordinator, it is my job to match people who I think will get along in interest and personality; this is probably my favourite aspect of the service, because we want the companionships created to be mutually enjoyable and long-lasting. The benefit afforded to our clients by having this ongoing social contact – especially where they otherwise would not have any in their lives – is immeasurable, and we are pleased to be able to provide this valuable service to those in need.

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, I am more than happy to discuss the service with you and answer any questions you may have.


*Take care and stay well,
Antonia - Visiting Service Coordinator
antonia@ageconcerntaranaki.org.nz*

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Volunteer Recognition Morning Tea

On the 29th of March we held a Volunteer Recognition Morning Tea to say a huge thank you to all of our kind-hearted volunteers, who so generously give us their time, and who make much of what we do possible.

The event was held at the Age Concern Taranaki hall, and was a chance to not only thank our volunteers for their contribution but also to allow our volunteers to meet one another and socialise, connecting like-minded people and strengthening our sense of community.

The work of Age Concern Taranaki would not be accomplished without the ongoing dedication of our many volunteers. Past and



present, whether weekly or occasional – for every person who has lent a hand to the mission of Age Concern Taranaki, we are deeply grateful. THANK YOU!

VNP Managers Morning Tea

On March 9th, Volunteering New Plymouth held a Volunteer Managers Morning Tea at Starbucks, to allow those working in the charity sector to meet one another, share information about what their organisation does, and discuss issues currently relevant to volunteering and volunteer recruitment.

Antonia and Sophie attended the event, to share what Age Concern Taranaki is currently doing, and were able to make new connections to help further our mission.

A big thank you to Volunteering New Plymouth for hosting this valuable networking event – and for the coffee!



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Networking

A wonderful morning meeting to introduce our new coordinator, Sophie, to Marie of Volunteering New Plymouth.

Marie is a fantastic supporter of many community organisations in New Plymouth and has been hugely helpful for us in recruiting volunteers for Age Concern Taranaki.

We will soon be advertising with Volunteering New Plymouth for a few more Digital Literacy Lesson tutors, so if you or someone you know would be interested in giving a few hours a



Marie, Sophie, & Antonia.

week to help teach basic tech skills, please get in touch with us on 06 759 9196 - we would love to hear from you!

Mike Strikes Gold

On the 19th March 2023 our member mighty Mike participated in The Taranaki Masters Championship Games.

Mike received the following medals:
Gold in the 400 metre, Silver in the 200 metre, Silver in the 100 metre and Silver in the 1500 metre men's over 70 years running events. Congratulations Mike from all of us at Age Concern Taranaki.



Mikes medals.

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Happy 7th Anniversary Pauline

Pauline celebrated her 7-year anniversary at Age Concern Taranaki this week. Seven years of giving joy to our older people. Her dedication and support to our Kaumatua in Taranaki is treasured by us all.



Age Connect



Age Concern South Taranaki Mystery Bus Trip

On Thursday 9th March, 42 of us went on a Mystery Bus Trip. Our day began before 9.00am as a group of enthusiastic people converged on the bus as early as 8.30. We travelled to Stratford, after a detour through some country roads, because of roadworks. Rather bumpy.

Here we visited Stratford Primary School, an Enviro school, where we were welcomed into the hall with a powhiri and an explanation of what they were doing. We were served a sumptuous morning tea by some of the children before being given a tour by some of the senior pupils. Among the things we saw were some outdoor artwork, orchard trees, bee hives, bug motels and chooks. Some of the produce is for sale at the office.

From there we hopped on the bus again and travelled to Waitara where we had a light lunch at the Services' and Citizens' Club. Nobody went hungry. From there we went to the Waitara Train which took us to Lepperton and back. Even although the train was pulled by a diesel locomotive, it still brought back memories of childhood train trips. We returned home via the Lepperton township,

tired but happy.

Just think, it was a trip which managed to tick several Government approved boxes, including learning about the environment, travelling by both bus and train and having inter-generational reaction. A great day out. Thank you to all who took part and made it such a success.



Happy 2nd Birthday Chirpy Friday Stratford

You are cordially invited to join us to
celebrate our 2nd Birthday
On Friday 14th April 2023 at 10:30am
At the Senior Citizens Hall,
53 Juliet Street, Stratford
*Come and have fun
and Sing the Friday Away.*

Age Connect

AgeConnect New Plymouth - Americarna Street Party

Another great successful collaboration with Taranaki Disability Information Centre, which was well supported by members and non-members. All lining up for a ride or two in the American cars and remembering when they or their family owned a classic like them. It was a lovely mix and mingle between the vehicle owners and our older people. People certainly got into the theme of the day. Thank you to all our volunteers for their help on the day.

*AgeConnect North Taranaki Coordinator
Pauline Julian*



AgeConnect North Taranaki – New Kids on the Block OKATO

Our new AgeConnect program – Coastal Connect Okato, a big thank you to Wendy (pictured) from the Okato Community Trust and Tracy for all their help and support in setting up this new program.



**Do your ears feel blocked,
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Age Connect

AgeConnect North Taranaki – Outing to Butlers Reef

I scream, you scream, we all scream for ice cream. An enjoyable outing was had to Butlers Reef in Oakura.



AgeConnect North Taranaki – St Patricks Day

Irish eyes were smiling during our St Patricks Day celebrations in New Plymouth, Inglewood and Waitara. A fantastic day celebrating all things Irish.



Age Connect

The Happy Tainui Group in Opunake



Over the past 5 years, the Saygo group who meet at the Tainui Day Centre in Opunake, has become the place to be on a Monday morning. Public holidays are really an interruption to this routine.

Not only are they a fit and happy group, they also enjoy a morning tea and games, to keep their competitive natures going. A special thank you to Jenny, Glenys, Sheryl and Ian for their continued commitment to this group!

Digital Literacy

Kia ora! Well we have started 2023 off with a bang in the Digital Literacy department. First for those Who I have not met yet, My name is Sophie and I have taken on the role as a Service Coordinator for Digital Literacy and stay safe Driving courses in Taranaki. I am on a 6 month contract so have been reaching out to the community and beyond to get some awesome teaching and learning opportunities functioning in our haponi.

One on one sessions at our office on Liardet Street have proven to be popular, and to date we have managed to run upward of 20 of these! With bookings in the future filling

up fast, so if you are thinking of booking a session one on one don't hesitate to get in touch. We are actively seeking more volunteers to help run these sessions so if you know someone who could be a good fit we would appreciate any time they can spare for us. After the school holidays we welcome back Robin, one of our valued volunteers, who generously gives her time to help keep these running.

We are cooking up some innovative new ways to keep the momentum going in all facets of Digital Literacy so keep an eye out for

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upcoming opportunities to increase your tech knowledge!

There is also the opportunity for a group session that can be done over an hour or so that we like to call Tea and Tech, this brings volunteers and our mātāpuputu together to learn new things about technology, to receive resources that can help manage your tech needs at home and even to meet and chat with others nearby who may have struggles too!

One question has been asked of me recently which is "what does digital technology have to do with age concern?" which is a fantastic question! There are many opportunities provided by Age Concern Taranaki, these groups fill a critical need for social connection and encourage independent fulfilment in day to day living of our mātāpuputu.

Part of this is providing educational opportunities that increase the safety of our people. Learning how to use a piece of technology is a vital part of society today, it is in most places we go everyday and most people use it to communicate with others now. These important connections to friends and whānau keep our people safe and increase their feeling of security, knowing that someone is only a phone call away! I can also provide information about keeping devices secure, keeping private information safe and knowledge about identifying and reporting scams.

Technology seems to be something that has taken massive strides forward in a short period of time and unfortunately sometimes we can feel a bit left behind, many people report to me that they feel embarrassed that they aren't sure how to use their phone, tablet or laptop and to them I say..."ask a young person to operate a rotary phone!" most don't know how, so there is no reason to feel embarrassed as just like the use of a rotary phone, you won't know how until someone

shows you!

I welcome you to get in touch and I will see what I can do to help, if there is something I can't help with I will be able to put you in touch with someone who can. If you need a digital literacy one on one session, are keen to know more about Tea and Tech or have interest in the staying Safe driving course feel free to get in touch by phoning: 027 405 7376 or email: sophie@ageconcerntaranaki.org.nz

And on a final note, feel free to pop your head through the door or introduce yourself if we have not yet met, I work based out of our New Plymouth office on 33 Liardet street and would love to see you!

Haere rā!

Sophie Grennell

Service Coordinator Age Concern Taranaki



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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 2nd and 4th 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 – Check out our What's on, on Facebook for our outing information.

Games Morning – on the 3rd Friday of each month, 10.30am. Presbyterian Hall, Argyle Street, Hawera. Drop in, make new friends, learn new games and enjoy the company.

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.

Opunake

SAYGo – Steady As You Go strength and balance exercise class held every Monday, 10.00am. Tainui Day 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.

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.

Staying Safe

A refresher course for older drivers



This FREE classroom based course is designed to increase driving confidence and safety, by re-familiarising you with traffic rules and safe driving practices.

What is the course about?

- Recognising the effects of driving conditions around us
- Raising awareness about driving behaviour
- Recognising the effects of ageing on driving
- Making safer driving decisions
- Improving driving confidence on busy roads
- Considering alternative transport options in case driving is no longer an option in the future

Who is the course for?

Staying Safe is open to anyone over the age of 65, and can be especially useful for those soon requiring a license renewal.

**To register your interest in an upcoming course,
or to organise a course for your group, please contact:**

Age Concern Taranaki

Office: 06 759 9196 **Free phone:** 0800 65 2 105

Email: info@ageconcerntaranaki.org.nz

Steady As You Go – Autumn 2023

Did you know...?

- **Falls are the most common cause of injury in older people**, and can lead to a significant loss of mobility and quality of life
- **One third** of people aged 65+ fall each year, and **half** of all people aged 80+ fall each year
- Falls in older people are almost always associated with weakened leg muscles and poor balance
- Falls are NOT a natural part of ageing
- **Falls ARE preventable!**
- Joining a Steady As You Go® class and improving your strength and balance can reduce falls & injuries

It is never too early to start thinking about increasing one's fitness to prevent having a fall – in fact, the sooner in life an exercise habit is formed, the better. Steady As You Go is here to help with just that.

Steady As You Go is an evidence-based exercise class designed specifically for older people. The aim of this programme is to strengthen muscles which will improve balance and reduce the incidence of falls, but it is also important to note that increasing fitness will improve one's rate of recovery if you do have a fall.

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Steady As You Go® Fall Prevention Exercise Classes Autumn 2023 Timetable

Monday	10:00 am	Tainui Day Centre	141 Tasman Street, Opunake
Tuesday	10:15 am	Presbyterian Church Hall	35 Argyle Street, Hawera
Tuesday	10:30 am	St Mary's Peace Hall Lounge	37 Vivian Street, New Plymouth
Wednesday	10:30 am	Inglewood United Church	30 Brown Street, Inglewood
Wednesday	10:15 am	Gibson Memorial Hall	48 Tauhuri Street, Manaia
Thursday	10:00 am	All Saints Church	88 King Edward Street, Eltham
Friday	9:00 am	Senior Citizens Hall	53 Juliet Street, Stratford
Friday	11:00 am	Disabled Citizens Craft Centre	83 Hine Street, New Plymouth

Newcomers welcome!
Contact Age Concern Taranaki
on 06 759 9196 or free phone
0800 65 2 105 to find out more



**LIVE STRONGER
FOR LONGER**
PREVENT FALLS & FRACTURES

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Maintaining fitness isn't just beneficial for the body – it is important for our mental health too. The classes also provide an opportunity to socialise with friendly people who return week after week. Along with gaining strength and balance from the classes, you may find yourself gaining some new friends.

If you have been looking for new ways to add more physical activity in your life, come along to try one of our classes - we would love to see you there!

For any enquiries about Steady As You Go classes in New Plymouth or the Taranaki region, please give the Age Concern office a call on 06 759 9196, or pop by the office at 33 Liardet St for a chat.

Go well,

Antonia Smith

Steady As You Go Service Coordinator

antonia@ageconcerntaranaki.org.nz



A new Steady As You Go® class was started in Stratford on March 17th, at the Senior Citizen's hall. Antonia, Belinda, and Sophie held a short presentation about the exercise programme and what to expect during the 10-week start up period, and conducted three simple fitness tests which will be repeated in June to measure participants' improvement.

Although we had several others who planned to attend, there was severe rain and wind that morning, which no doubt kept some people home – so we were very impressed by these ladies for braving the storm to come along.



Steady As You Go®

Senior Exercise Classes for Strength & Balance

**Friday 9am – 10am at the Stratford Senior Citizens
Hall Cnr. Regan & Juliet St
\$3 per class – newcomers welcome!**

**Contact Age Concern Taranaki on 06 759 9196
or free phone 0800 65 2 105 to find out more**



SENIOR CITIZEN • TEXTING CODE •

BFF	Best Friend Fell
LOL	Little Old Lady
BTW	Bring the Wheelchair
TTYL	Talk To You Louder
BYOT	Bring Your Own Teeth
LMDO	Laughing My Dentures Out
WAITT	Who Am I Talking To?
OMSG	Oh My! Sorry Gas
GGPBL	Gotta Go Pacemaker Battery Low
ROFLACGU	Rolling On Floor And Can't Get Up



**AGE
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TARANAKI**
He Manaakitanga
Kaumātua Aotearoa

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
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TARANAKI**
He Manaakitanga
Kaumātua Aotearoa

**JOIN AGE
CONCERN
TARANAKI**

MEMBERSHIP SUBSCRIPTIONS WELCOME FOR YEAR ENDING 30 SEPT 2023

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.