



## Celebrating 10 amazing years!

We have just celebrated a very special milestone - 10 years of service from Pauline Julian.

Pauline has been an incredible part of the Age Concern Taranaki whanau, bringing warmth, kindness and dedication to everything she does. Over the past decade, she has played a huge role in building and running our social connection programmes across North Taranaki - creating welcoming spaces where people can come together, make friends, and feel a true sense of belonging.

Her contribution has made a real difference in the lives of so many older people in our community.

We marked the occasion recently at our Drop-In Café, surrounded by our wonderful members - and of course with some delicious cake.

Thank you Pauline, for your commitment, compassion, and the joy you bring to our organisation every day. Here's to many more moments worth celebrating.

### Join us... we welcome your subscription for year ending 2026

Please complete the following and either pay online, or drop it in to our office.

Name _____	Ethnicity origin/race (please tick)	Subscription (please tick)
Address _____	<input type="checkbox"/> NZ European	<input type="checkbox"/> New Membership
_____	<input type="checkbox"/> NZ Maori	<input type="checkbox"/> Renewal
_____	<input type="checkbox"/> Pasifika	<input type="checkbox"/> Single \$15
Ph _____	<input type="checkbox"/> Other Ethnicity	<input type="checkbox"/> Couple \$15
Email _____	Please specify _____	<input type="checkbox"/> Corporate \$45
		Bank Ac: 15-3953-0717362-00
		Ref: (Your name)

**DISCLAIMER:**

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**AGE  
CONCERN  
TARANAKI**

He Manaakitanga  
Kaumātua Aotearoa

April 2026

### Contact us

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Taranaki Mail Centre  
New Plymouth 4340

### Visit us

NEW PLYMOUTH  
33 Liardet Street  
9.30am - 1.30pm  
Monday to Friday

HAWERA  
35 Argyle Street  
By appointment

### ACT Board

Sam Bennett - Chair  
Peter Ertel - Vice Chair  
Alison Brown Bobbi Milne  
David Gibson Annabel Dent  
Denise Loveridge  
Raana Solomon  
Diana Cole



# ANZAC Day Memorial

*Join us in honouring  
our heroes*

**Thursday 23 April - 10am**  
**33 Liardet Street - NP**

*Let us come together as a community  
to honour the courage, sacrifice and legacy  
of the Australian and New Zealand Army Corps*

### EVENT AGENDA

Welcome and Karakia

National Anthem

Welcome - Bex Caldwell

Guest Speaker - Karen Laurence  
(ex Sgt. General Service Instructor in the RNZAF)

'It's A Long Way To Tiperary' - Medley

'In Flanders Fields' - Kitty Durville

Laying of Wreaths - Alison Brown Life Member

'Ode To The Fallen' - Robyn King

'Last Post' - Bryce Gordon

Flag lowered slowly to half mast

Minute Silence

'Reveille' - Bryce Gordon

*Join us for tea, coffee  
and Anzac biscuits after  
the ceremony!*



## Tena Koutou Hello to everyone

Our message from "Age is Just a Number" this month is

### Exercise and Stretch Daily

However, we get this message regularly about our physical health but what about our mental and well being health. How do we stretch and exercise our mental health daily? And how good are we at doing this deliberately. Here's a quick Q and A to highlight best practice.

Staying mentally active can help improve memory, support emotional wellbeing, and reduce feelings of loneliness or anxiety. It also helps maintain confidence and independence in everyday life.

#### Q: How can I keep my mind active?

Simple daily habits make a big difference. Reading, puzzles, crosswords, and games all challenge the brain. Learning something new-like a hobby, language, or skill—can be especially powerful for keeping the mind engaged.

#### Q: Does staying social help?

Absolutely. Connecting with others is one of the best ways to support mental wellbeing. A chat over coffee, joining a group, or attending community activities can boost mood and keep the mind stimulated.

#### Q: Can physical activity help mental fitness too?

Yes-it all works together. Gentle exercise like walking or stretching improves blood flow to the brain and releases feel-good hormones, supporting both mental and physical health.

#### Q: What about rest and relaxation?

Taking time to relax is just as important as staying active. Mindfulness, deep breathing, or simply enjoying quiet moments can help reduce stress and improve clarity of thought.

#### Q: How does sleep affect mental fitness?

Good sleep is essential for a healthy mind. Aim for regular, restful sleep each night, as this is when the brain processes information, restores energy, and supports memory. Poor sleep can affect mood, concentration, and overall wellbeing, so maintaining a consistent sleep routine is an important part of staying mentally fit.

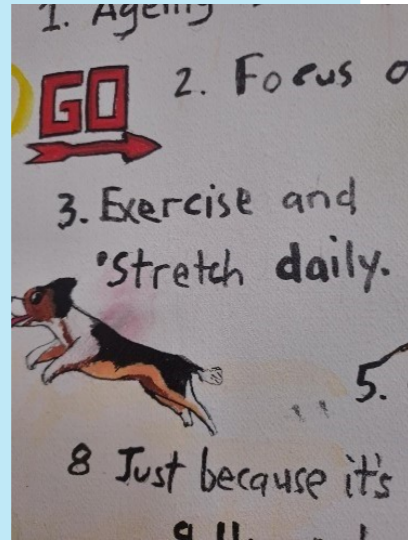
#### Q: What's the key message?

Just like the body, the mind benefits from daily care. Keep it active, stay connected, and give yourself time to rest. Small, consistent habits can help you stay mentally strong, positive, and engaged in the things you love.

*Looking after your mind is one of the best investments you can make in your wellbeing at any age.*

**Richard**

Executive Officer  
Age Concern Taranaki



# "Unsung strength"

## ...the powerful role of New Zealand women in the World Wars

At this year's ANZAC service for Age Concern Taranaki we are deliberately celebrating women. When we reflect on the sacrifices of war, we often picture soldiers on distant battlefields. Yet, here in Aotearoa, New Zealand women played an equally vital role-one that helped shape both the war effort and the nation we know today.



During World War I, thousands of New Zealand men left for overseas service, and women stepped forward to keep the country running. They worked on farms, in factories, and in offices - roles previously closed to them. Many also volunteered tirelessly, sewing uniforms, preparing food parcels, and raising funds for troops abroad.

Others served overseas as nurses, providing care and comfort in harsh and often dangerous conditions.



By World War II, women's contributions had expanded even further. Over 4,000 joined the armed services. These women took on essential duties - mechanics, drivers, radio operators - freeing men to serve on the front lines. Back home, women again filled critical labour shortages in agriculture and industry, ensuring the country continued to function under pressure.

But their impact went beyond practical support. These wartime efforts challenged long-held ideas about what women could do. They demonstrated resilience, skill, and leadership, helping pave the way for greater equality in the decades that followed.

We also had our war hero's, women like Nancy Wake. Known as the "White Mouse," was one of the most courageous and decorated women of World War II. Working with the French Resistance, she helped smuggle Allied soldiers to safety, led sabotage missions against Nazi forces, and became one of the Gestapo's most wanted individuals. Her bravery, leadership, and determination made a powerful impact on the war effort and remain an enduring symbol of the strength and resilience of women in wartime.



For many of our older community members, these stories are not distant history - they are lived memories, passed down through families. At Age Concern Taranaki, we honour the courage, adaptability, and quiet determination of these women. Their legacy reminds us that strength takes many forms-and that every contribution matters.

**Lest we forget the women who stood strong on the home front and beyond.**

Join us for our ANZAC Service at 33 Liardet Street 10am Thursday 23 April



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