

(pictured from left to right George Minton (Manager, Office for Seniors), Richard Anderson (CEO Age Concern Taranaki), Nicky McDonald (Director, Office for Seniors), Sam Bennett (NP District Councillor/Chair Age Concern Taranaki)

Age Friendly New Zealand

Sam and Richard present to Age Friendly NZ on your collaboration with Grey Power NP, Taranaki Disability Information Centre, NP Positive Aging and Enabling Good Lives Taranaki (alias The Scrum Collective).

This group has come together to achieve our best for the age and accessibility pace for Taranaki conjunctively with New Plymouth District Council.

It was a fantastic and rare opportunity to showcase how New Plymouth is increasingly being recognised as a leader in these two important spaces and how our work is attracting interest from people and organisations right across New Zealand Aotearoa who want to understand what we are doing, how we are doing it, and what they can learn from our experience.

'Father's Day' raffle winners!



Our Father's Day raffle was drawn last week at the drop in café, our lucky recipients were Lynn Sutherland first prize and Olivia Tamatea second prize. Both ladies are great supporters of Age Concern Taranaki. Congratulations to you both.



A huge thank you to our sponsors for making this possible, Driving Miss Daisy, NP Taxi's and our mystery sponsor.

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

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DISCLAIMER:
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AGE CONCERN TARANAKI
He Manaakitanga Kaumātua Aotearoa

September 2026

Contact us

06 759 9196
0800 65 2 105
info@ageconcerntaranaki.org.nz
PO Box 15
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

AGE IS JUST A NUMBER

Thursday, 1st October 2026

AGE CONCERN TARANAKI
Volunteering New Plymouth
Te Tuari o Ngamotu



Age Concern Taranaki and Volunteering New Plymouth Present:

AGE IS JUST A NUMBER FORUM

$25PP
*limited seats

Come celebrate experience and fuel the future at "Age Is Just A Number" where we highlight what is available locally to proactively age well.

Thursday, 1st October 2026
At 9:30 AM - 3 PM
The Devon Hotel
309 Devon Street East,
New Plymouth

REGISTER NOW

For More Information
06 759 9196
www.ageconcerntaranaki.org.nz

AGE IS JUST A NUMBER
Thursday, 1st October 2026
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Resilience

Resilience is one of our generation's best assets and greatest strengths, including helping each generation stay positive and practise gratitude.

As we age and face more daily challenges, resilience becomes even more important. Ageing can be shaped by mindset: we can either dwell on difficulties or meet them with the same solution-focused attitude that has carried us through before - fight, not flight. By remembering past successes, we can bring that strength to each new challenge. As Paul Rangiwahia's artwork states, "Resilience is remembering your strength. Look at what you have done to remind yourself of what you can do."

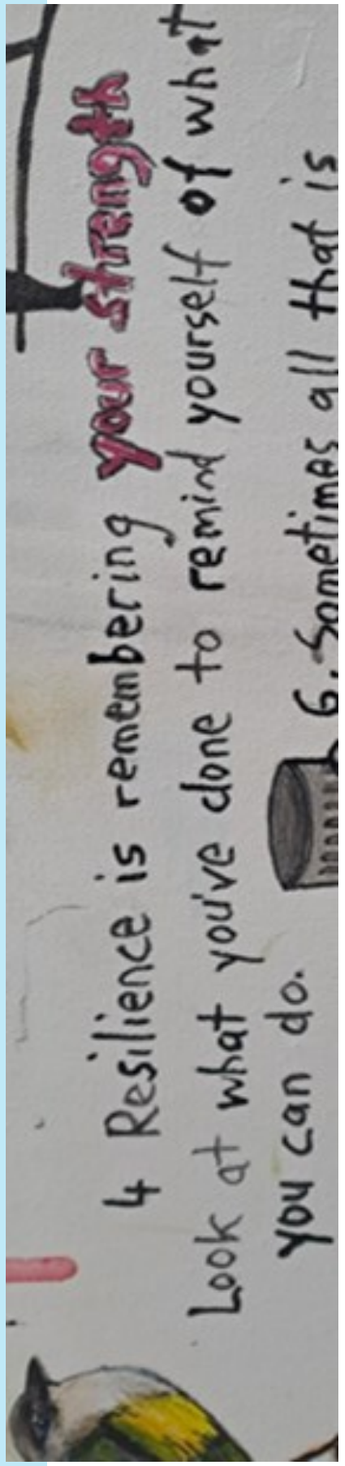
10 Actions for Building Resilience

1. **Remember past challenges**
   Think about difficult situations you have faced and successfully overcome.
2. **Celebrate your achievements**
   Take time to recognise what you have accomplished, both big and small.
3. **Keep a record of your successes**
   Write down moments when you showed courage, strength or determination.
4. **Focus on what you can control**
   Put your energy into the things you can influence rather than worrying about everything else.
5. **Use setbacks as learning opportunities**
   Ask yourself, *"What can this experience teach me?"*
6. **Believe in your ability to adapt**
   Remind yourself that you have handled change before and can do so again.
7. **Ask for support when needed**
   Resilience does not mean facing everything alone.
8. **Take one step at a time**
   When challenges feel overwhelming, focus on the next achievable step.
9. **Speak kindly to yourself**
   Replace self-doubt with encouragement and recognise your own strengths.
10. **Look forward with confidence** Your past achievements are evidence that you are capable of facing whatever comes next.

Key message: *Your history is proof of your strength. When you forget what you are capable of, look back at how far you have already come.*



Richard
Executive Officer
Age Concern Taranaki





Notice of AGM

AGE CONCERN TARANAKI

THURSDAY 22 October 2026

10:00am

35 Argyle Street, Hawera

Light lunch provided at the end of the AGM

Bus from New Plymouth provided - Please register with the office

For More Information: info@ageconcerntaranaki.org.nz
0800 65 2 105 - 06 759 9196

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