

Active Ageing Wairarapa



Kei te kamakama te tikanga

It is a proper thing to be joyful and full of high spirits

- enjoy the holiday season

Turn to Page 8 for
the exciting story of
our new website!



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Websites of Interest

- www.ageconcern.org.nz
- www.digitalseniors.co.nz
- www.eldernet.co.nz
- www.grownups.co.nz
- www.oversixty.co.nz
- www.seniornet.co.nz
- www.supergold.govt.nz
- www.superseniors.msd.govt.nz
- www.covid19.govt.nz

The Importance of Connecting with Others

Often, especially as we get older, we become more aware of our physical health. What our bodies can or cannot do, our increased forgetfulness and growing list of physical vulnerabilities. There is always plenty of information and advice on maintaining a healthy diet, exercise, minimising risk from lifestyle related habits such as drinking, and smoking. However how much credence do we give to our social wellbeing? The importance of connecting, our relationships with others?



With Covid19 lockdowns now behind us, for many it has been like coming out of splendid isolation. However, for many, Covid19 has meant loneliness, a loss of social contact and connection with others. Research has identified that over the last couple of years many have lost their sense of connection with their community, friends and family.

Yet social connection is vital for us all. It helps lower anxiety and depression, it helps us feel better in ourselves, it leads to higher self esteem and strengthens our immune systems. The truth is that through not having strong social connections our health, especially our mental health, is at greater risk.

Often (and especially since Covid19), our main source of information is by listening to the radio or watching the news on TV, and what we are seeing and hearing is most often incredibly negative. It is more about social disconnection, people who are angry, violent, frustrated, disillusioned. No matter our political persuasion, we are subject to political discourse from figures who reinforce old well-worn stereotypes, ideas and world views that do nothing to change current realities. They certainly do not make our lives better! Social media while it can enhance a sense of connection, can also lead us down narrow dark alleys where social disconnection and abuse are the norm.

With sophisticated new technologies as beneficial as they can be, we are also seeing increased disconnection from our environment, from nature, from ourselves and from others. Loneliness often makes us feel like we are the only ones going through that experience. The truth is we are not! No one has to live in isolation, people are all around us and many want the same as us – positive human kindness, contact and interaction. The truth is we are lost without it and we thrive with it!

This doesn't mean for those of us who are socially introverted that we need to become social butterflies, extroverts seeking out social opportunities at every waking moment, however it does mean that we need to develop new contacts and rebuild our connection with others.

There are many ways to do this – it can be through joining a club, a hobby group or group that has common interests, it might be to reach out to an old friend you have lost contact with, a neighbour, or volunteer for a cause you feel passionately about. It might be about asking for help or doing a random act of kindness to another. It might be about coffee with friends or catching up with a mate over a beer.

For Age Concern Wairarapa, we are very keen for people to rekindle old relationships and to create new ones. We have activities and programmes geared to all sorts of needs and interests. Whether they be to join a walking group, an exercise group or quietly listening to and enjoying the company of others. We are seeking people who want to reconnect, also volunteers, people who want to help and support another, perhaps someone more vulnerable in their community. We have all kinds of programmes for all kinds of interests and needs. Check out this magazine or give us a ring! We are very happy to hear from you!

Nga mihi mahana

Chris

Promoting Respect and Preventing Abuse of Older People/Kaumātua

It's all about RESPECT- One of the keys to preventing abuse is to respect older people, their customs and their values:

- Treating a person how they would like to be treated
- Valuing an older person/ Kaumātua's uniqueness and contribution to society
- Considering all their needs when delivering services
- Supporting them to live safely in the place they choose
- Making it safe for an older person/ Kaumātua to tell someone if they are being abused



What is Elder Abuse? *Elder Abuse and Neglect is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person*.*

A key element here being the relationship between the older person/Kaumātua where trust has been built up over time then the abuser takes advantage of that trust.

Types of Abuse



Financial: Unauthorised or improper use of money, property or other resources.

Psychological: Behaviour, including verbal abuse or threats, which causes mental or physical distress and/or fear. Threatening to harm a person their family or pets.

Physical: Non-accidental use of force causing injury, pain or impairment.

Neglect: Failure to meet the physical, emotional and/or social needs of an older person. Sometimes this can be conscious and intentional or the result of a carer's lack of knowledge or inability to provide adequate care.

Sexual Abuse: Any non-consensual sexual acts or exploitive behaviours including threats.

Institutional: A policy accepted practice within an organisation that causes harm, or disregards a person's rights.

Cultural and Spiritual abuse: occurs when a person is not allowed to use their own language or their right to freedom of religion and beliefs.

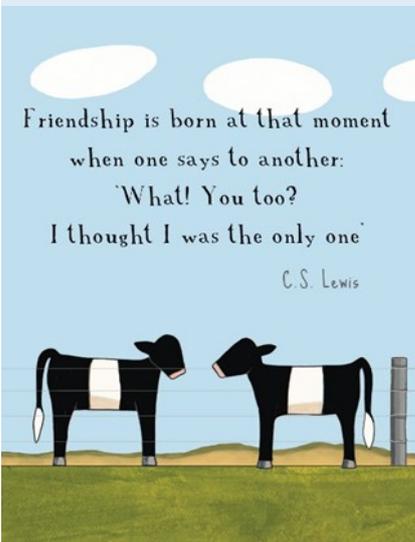
If you would like more information or suspect an older person may be experiencing Elder Abuse please contact us at Age Concern 0800 65 2 105 or phone 06 377 00 66

Susan

*Definition adopted from WHO Toronto Declaration on the Global Prevention of Elder Abuse, 2002

Feeling lonely, or know someone who is?

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. Visits are well suited to an older person who has limited ability to attend social gatherings outside of their home. Most visits are about one hour, once a week and take place in the client's home. The volunteer visitor spends this time, sharing conversation and activities with their older friend.



Matches between the visitor and the older person are made carefully, on the basis of personality, shared interests, cultural needs, and location, and are regularly reviewed. Prior to matching, the volunteer visitor will have completed an interview, reference checks, a New Zealand Police background check and training. Your Visiting Services Coordinator will keep in touch with both the older person and the visitor to make sure the visits are going well. If there are any concerns or questions your Coordinator is available to help.

Get in touch

If you decide you would like a visitor, or know someone who would benefit from this service, please contact Lynsey Parkes, Visiting Services Coordinator.

avs@acww.nz or 027 2266 863

Do you have time for an older person?

We are always looking for volunteers to join the Visiting Services team. If you would like to find out more about what's involved in this enjoyable and very rewarding role, please contact Lynsey Parkes, Visiting Services Coordinator.

avs@acww.nz or 027 2266 863



Goodness! 2022 is almost over and has passed in just the blink of an eye. Although I have failed miserably with my good intentions at home (still have not cleaned out the garage) Buddy Up! continues to grow and develop and that's exciting.

The last magazine of the year seems a a good time to recap on what Buddy Up! is; how it works; how to be involved; and what plans there are for the summer and beyond. So here goes ...



Buddy Up! brings people with common interests together - to enjoy each other's company, socialise and have fun. It is my good fortune to be the Buddy Up! Coordinator - that means I get to chat with people, start groups with people, or support people to find existing groups that they may wish to join (for example, there are at least four singing groups across Wairarapa and Buddy Up! can help you find the one that suits you perfectly).

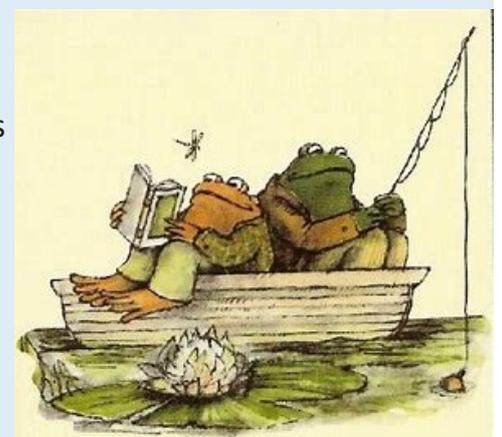
On the move is a new part of Buddy Up!, and involves people getting out and about. So far we have: visited a church, travelled to a spring garden, met for coffee in Martinborough, and walked around the park. We travel by private car - carpooling is a great way to spend time getting to know each other (good for the planet as well!!) There are some costs involved with getting out about; a contribution towards petrol, possibly refreshments or an entrance fee.



You can be part of Buddy Up! by joining a group, starting a group or becoming champion of a group. Whatever way you choose to be involved you will be supported by the Buddy Up! Coordinator.

To join Buddy Up!, or to find out more, you can drop in and see me at the Age Concern Office, ring on (06) 377 0066, or email coordinator@acww.nz. We'll have a chat about your interests and the kind of groups you'd like to join, if there isn't a group - we'll start one!

You can find Buddy Up! summer fun times on Page 18 of this magazine, and the date for a quiet get together on the back cover. This colouring session (or just come for a chat) would be the perfect opportunity to join the Buddy Up! whānau and have a break from the hectic December pace. I'd love to see you there (contact me if you would like a ride).



Great buddies! Frog and Toad (from the children's books by Arnold Lobel). Maybe you are interested in being part of a classic children's books Buddy Up! group? Get in touch if you are (I'm very keen indeed).

And finally, a big thank you to the Buddy Up! champions that are supporting the programme - it is wonderful to have your energy and commitment on board, and it'll be fun to keep going, keep growing, keep having good times in 2023.

*Happy days everyone, see you soon,
Rachel*



Welcome to the last magazine of another eventful year.

In order for you to be able to read this, many volunteer elves have been busy to get the magazine labelled, sorted and delivered in a timely manner. If any of you readers have a little spare time, we would greatly appreciate your help. This could be in the way of support with the labelling and delivering in your local area. Let me know, if you are keen and able to help. Thank you!

We are almost at the end of the year; November saw us wrapping up the last coffee mornings around the Wairarapa and hosting the Christmas / End of Year- Lunch at the RSA on the 30th November.

For those of you who do not have family and friends around to socialise with, contact us to discuss options on how we can help to ensure you are not without support.

The last few months have meant lots of learning for me in my 'not so new' role and I enjoy getting to know Age Concern members during coffee mornings, Steady as you go classes and the monthly trips. It is nice to see more of you feeling comfortable again in taking part in all the things on offer.

Year ends are also valuable as a way of reflection, to enable us to evaluate what we do and why we do it.

Looking at the overall goal of Age Concern, for me that means supporting you all to have a place to come to prevent loneliness and isolation through socialising with existing friends and meeting new ones; to take part in outings and maintain physical strength by taking part in the many exercise classes available.

To ensure that the services we provide are available to all, especially in the current economic climate, has its challenges. As we all know, prices for food and transport have skyrocketed. So, although there are many wonderful locations to visit, we need to keep that in mind when planning trips and even our morning teas. It would go against our objective as an organisation to increase prices, as it would exclude some of you who are already struggling to make ends meet.

Going into the new year, planning new trips, coffee mornings including speakers or other activities, I will need your help. Maybe some of you are available as a one off or on a regular basis. This could be support in setting up the coffee mornings, baking, making sandwiches (Age Concern covers cost of ingredients), sourcing some interesting speakers, games, as well as planning the trips for the new year. If you are interested, please give me a call to discuss or pop into the office.

I would love to say a big THANK YOU to all the volunteers who support me and Age Concern at the coffee mornings, trips and exercise classes. I couldn't do it without you x

Many thanks, I look forward to seeing you all again soon,

Gini

We're live!

Age Concern Wairarapa is thrilled to announce the launch of its new website

www.ageconcernwai.org.nz

Recognising an opportunity to make the information about ourselves and the services we offer more available to our community, Age Concern Wairarapa has partnered with local web design Agency, [Digital Cactus](#) to design and build our first ever website.

The new website brings together valuable information about our services and other ways we can help and support older people in our local community. Our primary goal was to create an easily accessible point of contact for our audiences, to find out more about what we do and how to get in touch with the right person or service if they need more information.

"It's so exciting to have Age Concern Wairarapa launch their website. Older persons of the Wairarapa, their families and friends, wherever they reside, can access a variety of information, learn about events and services available to them and contact our various service coordinators directly. This is an invaluable resource that allows us to better serve our community."

- Cheryl Watson, Age Concern Wairarapa Board Chairperson

The site features information about our services, as well as relevant services in the community such as disability support, home meal deliveries and transport services amongst many others. There are links to current news articles as well as the events we have coming up and photos from those that have been.

If you would like to become a member or renew your membership, there is an online form that enables you to do this from home. And we recognise how important it is to put a face to the name, so our About Us page lets you see the friendly faces of the team and the role they are in.

We have paid careful attention to designing a website that is user-friendly and usable across different platforms and devices. Have a look and let us know what you think.

www.ageconcernwai.org.nz

For any suggestions, questions or comments please contact us at admin@acww.nz or call 06 377 0066.



Getting Around



Images from: Out and About; Age Concern Trip to Norsewood; and Buddy Up! outings. Contact the office for more information about what we get up to!



Kia Ora everyone from the Wairarapa Road Safety Council,

With summer upon us we have said goodbye to the lingering wet cold conditions which made travel a challenge. We can focus on getting around a bit more to connect with people and activities which is ever so important to our wellbeing and happiness.

In the last edition I stressed the importance of getting your car checked after winter and I'm sure a lot of you will have consulted family, friends or your local friendly mechanic.

Summer driving though can have it's own issues, especially over long weekends and holiday periods, where there is a lot more traffic and some impatient drivers.

If you are planning a trip, before you leave you can either Google journeys.nzta.govt.nz if you are 'computer savvy', or, ring 0800 444449, to get up to date information on road closures, travel times or any delays due to crashes, heavy traffic or other reasons.



I have covered off vehicle checks and what to take on trips in other editions, so perhaps a couple of things to be aware of with summer driving and road trips.

Summer Visibility:

Although winter is prime 'sunstrike' time because the sun is so low, we need to be prepared for blinding sun in summer.

Be prepared for possible sunstrike when driving at sunrise or sunset, especially when turning or driving towards the sun.

Keep your windscreen clean, inside and out. Dust and grime on the windscreen can make the effects of sunstrike much worse.

Wear sunglasses or polarised prescription glasses when driving with the sun in your eyes.

Use your car's sun visors to block the sun.

If you experience sunstrike, it may be best to pull over and wait for a few minutes until your eyes adjust or visibility improves.

Driving at sundown and at night become challenging as we age. Avoid driving at these times if your eyesight isn't 'sharp'.

Fatigue:

Becoming tired and sleepy, or fatigued, can be a big factor in crashes, especially in summer. Remember a few things:

- Our body clocks makes us sleepy between 3pm-5pm (or often after a decent lunch)...perhaps delay driving distances over these hours
- Hot humid days can make drivers tired...have the car air-con on, open the car windows, or stop and stretch your legs
- If your medications can cause drowsiness, consider not driving. Read your medication packaging or discuss with your GP or pharmacist
- On longer trips, share the driving, take regular breaks and if necessary have a short nap (no longer than say 20 minutes)



Do not 'fight' fatigue....if you notice your head nod down or jerk up it means you have had a 'microsleep' and the next step is completely falling asleep at the wheel!....stop driving immediately for the day. If you are alone on a trip , pull over and have that 20 minute nap or arrange for another driver.

Summer Ice:

Believe it or not there is a thing called 'summer ice'. During summer long dry spells, dust, dirt & oil build up on the road surface, and then when it does rain, this greasy 'cocktail' is released & can make the road slippery.

Bear this in mind this summer & adjust your driving:

- Keep speeds down
- Take extra care on bends and curves
- Brake and steer gently

Any questions?.... give me a ring on (06) 377 1379

Until next time...drive safe & enjoy the journey

Bruce Pauling

Manager Wairarapa Road Safety Council



Mindfulness

Using mindfulness, grounding yourself with your senses & returning to your breath can help to connect you to the here & now & find peace, calm & clarity.



Summer Hydration



- Water is the best drink for adults
- Keep a jug of water in the fridge so that chilled water is easily available
- Flavour water with slices of lemon or lime (see below for more options)
- When away from home, take a bottle of water with you.
- Keep juices and fizzy drinks for special occasions, not every day.
- When drinking alcohol, have water as well to counter alcohol's strong dehydrating effect

Quick tips to make your food safe this summer

Summer is the time to be outdoors, perfect for barbeques and picnics. Handling and storing food safely is the key to avoiding sickness from bugs:

- Wash your hands properly before touching food
- Precook chicken, meat patties and sausages before cooking on a barbeque
- Don't use the same plate to carry raw and cooked food, and use separate utensils.
- Prepare food as close as possible to eating time
- If you are taking food on a trip, keep it cool in a chilli bin
- Don't leave food out of the fridge for too long before eating
- Refrigerate leftovers as soon as possible, and when you reheat, make sure they are steaming all the way through.



Many thanks to the New Zealand Nutrition Foundation (and friends) for the recipe, images, and information on these pages.

Reader top tips for jazzing up a glass of water:

1. **Infuse your water with fruit** – add citrus, berries, melons, or whatever takes your fancy. Before you go to bed for the night, chop the fruit, put all ingredients together in a bottle or pitcher, fill with water, and let the flavours marry while you sleep.
2. **Add herbs** – add leaves to your water and steep for at least ten minutes. Try lemon, lemon mint, sage, basil, peppermint, rosemary, coriander, ginger, or other herbs . Fresh herbs work best, but if you use dry herbs, make sure to strain after steeping.
3. **Add just a splash of 100% fruit juice or cordial** – makes a light refreshing drink.



Image: Vector

FESTIVE RECIPE

CHRISTMAS BISCOTTI



Crispy and wonderfully textured, this scrumptious biscotti recipe makes the perfect homemade Christmas gift!

Recipe (from Nestle)

Ingredients:

- 2 1/4 cups flour
- 1/4 tsp baking powder
- 1 cup chocolate chips
- 1/2 cup glacé cherries
- 1/2 cup pistachio nuts
- Grated rind of 1 lemon
- 3 eggs
- 3/4 caster sugar
- 1 tsp vanilla essence



Method:

Preheat oven to 180C. Line an oven tray with baking paper. Sift flour and baking powder into a large bowl. Add chocolate chips, glacé cherries, pistachios and lemon rind. Make a well in the centre of dry ingredients.

Beat together eggs, caster sugar and vanilla essence in a small bowl. Pour this mixture into the well in the dry ingredients and mix to a firm dough.

Turn the dough onto a lightly floured surface and divide in half. Roll each half into a 30cm x 5cm log. Place on the oven tray and bake for 25-30 minutes or until the logs are golden brown and a cake tester inserted comes out clean. Cool on a rack.

Using a serrated bread knife, cut logs into 5mm diagonal slices. Place on an oven tray lined with baking paper, spaced about 1cm apart. Return to oven and bake for a further 15 minutes or until light golden brown and crisp.

Follow this pathway to find online cooking demos [JUST COOK Recipe Book - NZ Nutrition Foundation](#)

From the Age Concern Wairarapa Board

Thanks to all who took the time to join us at the AGM on 19th September.

For those who couldn't attend, the newly elected Age Concern Wairarapa Board members are: Cheryl Watson Chairperson, Fred Wheeler Deputy Chairperson, Hewitt Harrison Treasurer, Lyn Riley Secretary, Joanne Edwards, Tim Bannatyne, Esther Read & Dayle Lakeman.

The members of the Board are proud to serve and uphold the kaupapa of Age Concern Wairarapa and delighted to continue in their roles for the next year. Despite the many challenges ahead, we look forward to working with you all to promote and enhance wellbeing, and advocate for thriving, diverse and connected Wairarapa communities.

Dear Reader,

We hope you are enjoying the warmer weather. The last couple of years have been challenging for us all due to Covid 19 restricting our ability to provide the full range of services and trips, which we know you appreciate so much. During this time our amazing team have worked hard to maintain our core services to you all.

At our recent Board meetings, the question of paid annual membership of \$25.00 single and \$40 couple has been a recurrent theme and so we felt this panui was a good way to connect and reach out to all our members. Age Concern Wairarapa is a registered charity and the membership fees you pay help us to maintain our service.

Other sources of income come via Te Whatu Ora, MSD, Age Concern National, and through our Manager who applies for funding from various sources.

Our paid membership makes a difference to our ongoing viability. Hence our need for a stocktake which is important for us both financially, and to be clear about how many members we actually have. We are aware that people may have moved out of the area, some may have significant health issues, others may have passed on and we may not be aware of this, and others may no longer wish to be involved in our services. We do appreciate you providing us with any updates.

We have many members who have paid their annual membership fee and we thank you for your prompt payment. The benefits of being a paid member include; voting rights at our AGM; delivery of our regular Magazine, discounted trips and events that present throughout the year; and of course being part of the Age Concern whānau.

It is never our intention to exclude anyone from our services and if you choose not to be a member, you are always very welcome at our events. We do deliver the magazine and other information to people who have not paid their membership.

If you wish to remain a member and have not yet paid please make payment in person at our offices or via our Bank account 01-0682-00058102-000 by the 31st January 2023.

If you are experiencing financial hardship and paying your fees in a lump sum is difficult then do let us know. If you have any questions about this letter, please feel free to call the office and speak with our staff.

Yours sincerely the Age Concern Board,



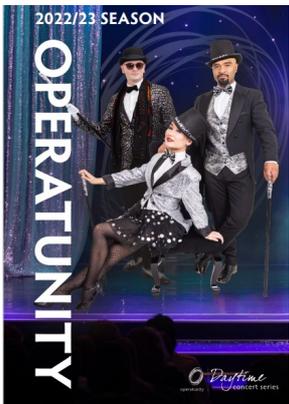
Senior of the Year

Me mahi tahi tatou mo te oranga o te katoa

We work together for the wellbeing of everyone



Congratulations to Senior of the Year Lesley Hurst
and to all finalists and nominees



Fantastic News!
OPERATUNITY Daytime Concerts are back
Tickets cost \$39, or \$35 for groups of 10 or more
Carterton Events Centre, 11:00am
Light refreshments served before and after the show
Loads of fun and a great way to Buddy Up!
Book through the Age Concern Office (06) 377 0066



When Irish Eyes are Smiling
Thursday 16 February



The Ultimate 70s Show
Thursday 06 April

😊 COLLECTIVE NOUNS

Thanks to mother and daughter team Christine and Lisa for another round of Collective Nouns that guarantee a good laugh.

Collective Noun #1

A SLOUCH OF TEENAGERS



Kōrero Māori

Kei te pēhea te āhua o te rangi? - What's the weather like today?

Kei te paki

It is fine

Kei te mahana

It is warm

Kei te wera

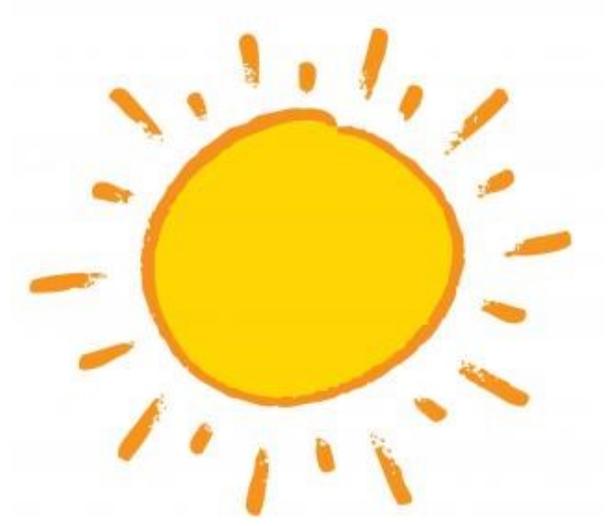
It is hot

Kei te tino wera

It is very hot

Kei te koerotia ahau!

I am melting!



Haumaru i te hihi o te ra - Sun Safety

Pania te arai hihira i mua i to haere ki waho

Put sun block on before you go out in the sun

Whakamaua to potae

Wear your hat

Whakamaua to potae me o mohiti pango

Wear your hat and sunglasses

Te ahua nei kei te whero haere koe

Looks like you're getting sunburnt

Whakamaua ano he arai hihira

Put some more sun block on



Te Tau Hou - New Year

Ngā mihi o Te Tau Hou

Wishing you a very Happy New Year

Ngā mihi o Te Tau Hou ki a koutou katoa

Wishing you all a very Happy New Year.

He aha ōu wawata mō te tau hou?

What are your New Year's resolutions?

I tēnei tau whakapakari tinana ahau

This year I will do more exercise

I tēnei tau ka iti kai tiakarete au

This year I will eat less chocolate

I tēnei tau inā noa atu kai tiakarete au

This year I will eat more chocolate





Lisa Matthews
Positive Ageing Strategy Coordinator

Wairarapa Regional Positive Ageing Strategy Te Hōkai Nuku

Ka mua, ka muri - reflecting backwards to move forward

A recent family member's passing has meant a lot of time reflecting lately. With the end of the Pākeha year on the horizon, I have also been thinking about the progress of the Positive Ageing Strategy and what has been achieved. The year has more than rushed by with Covid-19 again playing a big part, but some great work has been accomplished.

- We have seen the development of some great new services including St John's Caring Caller, Digital Seniors Homebound Service and Age Concern's Buddy Up! programmes. The inaugural Wairarapa Senior Games almost happened (cancelled because of Covid-19). This event was to provide older adults with the opportunity to participate in a wide variety of fun, light-exercise sports and activities available in their community. *Watch out for this next year!*
- Systems for greater working together are being put in place; Community Networks Wairarapa are hosting a quarterly Kuia/Kaumatua/Older persons online hui for organisations working with older persons and the paperwork is in place to enlarge the Group that advises on the Positive Ageing Strategy. Both are designed to ensure that issues related to older people are being discussed and tackled. Also, the groups working in the older persons and digital space are beginning to work together.
- Submissions on the Greater Wellington Regional Council Fare Review by Carterton and South Wairarapa District Council highlighted the issue with the Gold Card and the train timetable. We now have a commitment by the Regional Council to look at this problem.
- Accessibility of Council venues continues to be front of mind with South Wairarapa District Council auditing three of its venues, Masterton installing the electronic doors at the Trusthouse Recreation Centre, and both Carterton and South Wairarapa purchasing accessible park furniture.
- I have fed into the District Plan review and the Featherston Masterplan.
- The three Councils agreed to apply for membership of the World Health Organisation's Global Network for Age Friendly Cities and Communities. It means access to international resources and research and a greater awareness of our work here in the Wairarapa.

I wish you all a safe and happy holiday season. If you want to know more about the work of the Positive Ageing Strategy, please contact Lisa Matthews, Regional Positive Ageing Strategy Coordinator on 027 444 1887 or email lisa@cdc.govt.nz.

Collective Noun #2

A PESTILENCE OF SCAMMERS



Collective Noun #3

A LOOK-AT-ME OF CELEBRITIES



Buddy Up! summer fun-times

Buddy Up! with us ... Call the office to find out more information and to let us know how you can be involved. We are looking for buddies to have a good time together. We are looking for buddies who are happy to be a driver on these outings or help with organisation.

- Costs may be involved and include activity/entrance, refreshments, a contribution towards petrol
- Bring sunhats, sunscreen and water bottles
- Booking is required so we know numbers and can arrange transport - phone (06) 377 0066

Pavlova in the Park

Queen Elizabeth Park

25 December 2:00pm

Meet at the Coco Carpark for an hour - pavlova and maybe a leisurely stroll afterwards. Rain or shine, we'll eat on the Coco veranda.

Boxing Day Movie at the Regent

The Lost King

26 December

The story of the woman who uncovered King Richard III's remains.
Time to be advised closer to the date.

Ice-cream in The Square

Martinborough

Wednesday 11 January

Leave Masterton at 10:00am and travel the long way round on a backroads loop. Meet Martinborough friends for ice-cream (or coffee inside if wet).

Featherston Bookshops, Opshops and Coffee

Wednesday 18 January

Leave Masterton at 10:00am. We'll have a glorious time browsing and shopping then compare notes over a cup of tea (or an ice-cream at the park).



*Mark these on your calendar
- last dates and restarts*



Line Dancing

Finish: Monday 19 December

Restart: Monday 9 January

Keep Fit!

Finish: Monday 19 December

Restart: Monday 9 January

Age Concern **Coffee Mornings** and **Trips** restart in February

Walk and Talk

Keeps going throughout holiday period



Steady As You Go Masterton Monday class

Finish: Monday 12 December

Restart: Monday 16 January

Steady As You Go Masterton Thursday class

Finish: Thursday 15 December

Restart: Thursday 12 January

Age Concern Wairarapa Office

Closed for statutory holidays and also 28, 29, and 30 December.

Open again Wednesday 4 January

Steady As You Go Carterton

Finish: Weds 14 December

Restart: Weds 11 January

Steady As You Go Featherston

Finish: Monday 19 December

Restart: Monday 9 January

Walk and Talk

A 60 minute walk followed by conversation at Dish Café (First Street)

Fridays 9:30am

Meet outside Dish Café
Please feel welcome to join us at Dish for coffee only (about 10:30am)



For more information:

Contact Petra 06 3782629

Ageing With Attitude Radio Show

With host ... DJ Ant



Join Anthony and guests at **8:00am** on the

Third Monday of the month

for conversation, information, and good music



Arrow FM 92.7



Coffee Mornings

Begin again in February 2023

\$3 Age Concern members, \$4 Guests



MARTINBOROUGH

First Wednesday of the month

St Andrew's Anglican Church

41 Dublin St

10:00am

MASTERTON

Second Tuesday of the month

Masterton Club

98 Chapel St

10:00am

FEATHERSTON

Second Wednesday of the month

Featherston Community Centre

14 Wakefield St

10:30am

CARTERTON

Third Wednesday of the month

Baptist Church

112 Broadway

10:00am



Trips

Please note: the cost for these trips includes transport and entrance fees. Food will be byo picnic or you can purchase it during the trip. Call the office for more information.

Image: <https://www.freepik.com/free-photos-vectors/bus-cartoon>

FEBRUARY

Days Bay

Wellington

Wednesday 22nd

\$45

Leaving from

Age Concern Office

Solway Showgrounds

at 9:00am

MARCH

Worship in the

Wilderness Part 2

Wednesday 29th

\$45

Leaving from

Age Concern Office

Solway Showgrounds

at 9:00am

APRIL

Pukaha National

Wildlife Centre

Wednesday 26th

\$45

Leaving from

Age Concern Office

Solway Showgrounds

at 9:00am

Exercise Classes

All welcome, bring a friend along, get in shape for Summer, join a class today ...



STEADY AS YOU GO

Featherston

Monday 9:30am

Assembly of God (AoG)

Birdwood Street

\$2 per class

STEADY AS YOU GO

Masterton

Monday 1:30pm

&

Thursday 9:30am

Senior Citizens' Hall

Cole Street

\$2 per class

KEEP FIT!

Masterton

Monday 9:30am

&

Thursday 10:30am

Senior Citizens' Hall

Cole Street

\$2 per class

STEADY AS YOU GO

Carterton

Wednesday 1:30pm

Baptist Church

112 Broadway

\$2 per class

LINE DANCING

Monday 10:30am, Senior Citizen's Hall, Cole Street, Masterton

\$2 per class



If it's been a while since you last used your local library, you'll be in for a pleasant surprise. Wairarapa Library Service is now part of a network of over 20 libraries in the lower North Island. This means library members can access a combined collection of 500,000 items! Best of all, there's no charge for requesting and reserving any items.

Joining the library is easy and free. You can even do it online if you prefer (go to wls.org.nz) – just pop in with the temporary number assigned to you in exchange for a library card.



While we love nothing more than point you to your next great read, our libraries are more than buildings with books. Serving as community hubs, everyone is welcome. Come in and read the newspapers. Check your emails or test your Wordle skills on our free public computers. If you prefer to use your own device, we offer free wi-fi. Printing, photocopying, and scanning services are also available.

For those who need extra help with smartphones and tablets, **Digital Seniors** are available every Tuesday at Carterton Library (9.30 a.m. – 12 p.m.) and Greytown Library (1.30 p.m. to 3 p.m.).

Justices of the Peace as well as the **Citizens Advice Bureau** also have regular slots at our libraries. Please call 06 304 9061 for more information.

Featherston and Greytown libraries also double as service centres for the South Wairarapa District Council. This means you can register your dog/s, pay your rates, and buy Council rubbish bags at these libraries.

Reader Top Tips for Sustainable Living

1. Eat more plants and less meat
2. Use public transport or carpool/go with a friend
3. Choose eco-friendly toiletries
4. Choose items in paper/card packaging
5. Check sustainable labels on the things you buy
6. Conserve water at home
7. Reuse, repurpose, swap and borrow!
8. Share magazines and papers with neighbours and friends

**What you
do counts**



Send us your top sustainable living tips for inclusion in the next issue



Coffee and Craft Group

Bring along your unfinished projects, join in with learning a new craft, or just have a chat and a coffee.

Thursdays 1-3pm, 36C Bannister Street

Koha if you can

Ring Rebecca on 0276133139 or email mahi.tahi.tatou.trust@gmail.com for more information or just pop in.

"Ma to rourou, ma taku rourou, ka ora ai te iwi"

By your contribution and my contribution, we will make progress

Do You Remember ... The visit of the Prince and Princes of Wales

By Mark Pacey of the Wairarapa Archive

On 22 April 1983 Masterton was visited by two very important people, namely the Prince and Princess of Wales.

It was a grey and rainy day when several thousand people made their way into Queen Elizabeth Park. They waited with anticipation and craned to get a view, checking each car that came by to see if it was the one they were expecting.

The rain stopped just as a Rolls Royce pulled up and the crowd knew this was them. As the royal couple made their way out of the car the crowd's gaze was drawn to the young princess. Outfitted in a blue dress, she stole the show and received far more attention than her husband.

"She's so beautiful" was a comment that was echoed around the park as the two royals made their way around a 55-minute tour of the grounds. Prince Charles did his best to make an impression, chatting with school children. While laughs were shared between Diana and the youngsters about the most appropriate footwear for the walk around the park (the princess's heels kept sinking into the sodden ground), poor Charles didn't have the same impact. Instead of remarks on his fancy attire, children complained about how cold the prince's hands were.

As the couple left the park, they were presented with a leather bound copy of A.G. Bagnall's book on the history of Wairarapa.

From here the couple went on to Hood Aerodrome where a RNZAF Andover was waiting to take them on to their next destination. Also waiting were 1,000 keen flag waving individuals who had braved the cold and the wet for hours to get a glimpse of the royals.

The couple were unable to linger long as they had fallen behind schedule. Prince Charles complained that he had collected a quantity of mud on his shoes from his visit to the park, and after performing a unique but entertaining jig to rid himself of the viscous substance, he boarded the aircraft with his wife. The plane taxied up the runway and took to the skies and Wairarapa bid farewell to the royal couple. The cold but satisfied spectators, having had their royal fix, headed home for a much needed cup of tea.



Masterton Library and Archive would like to recognize Andre Hattingh's extraordinary life of giving to those around him. The care and love he showed for others, the extra effort he spent to improve the lives of the elderly he worked with, were inspiring to us. We are shocked and saddened to hear about the passing of a dear friend, and our heartfelt condolences go out to Jenny, Katie, Mark, Brian and all his grandchildren.

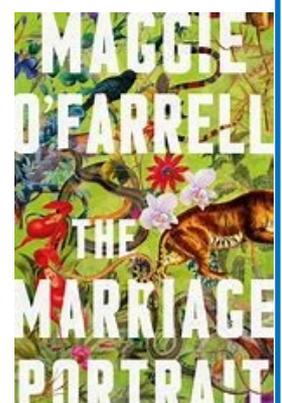
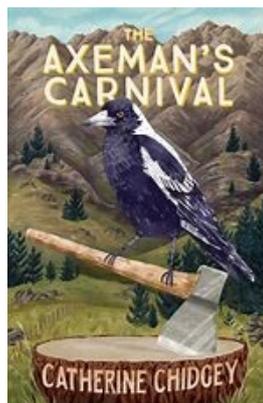
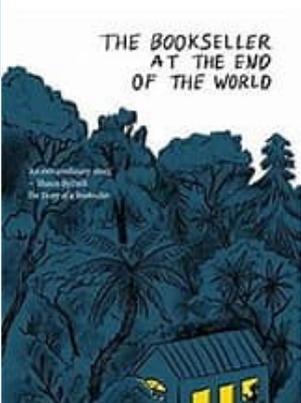


What you choose to focus on...



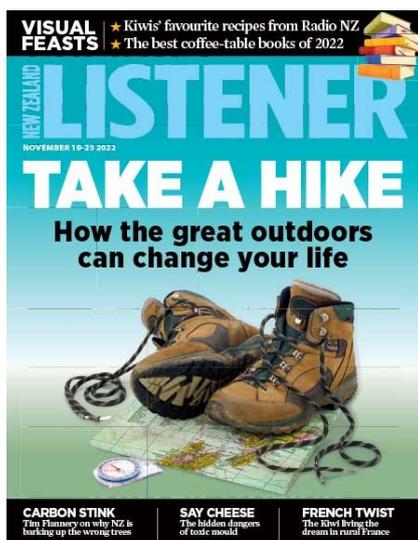
...will grow

Great summer reading - at a library near you 



Burning Question

-how do you keep up with current affairs and issues?



Petra: I read the **New Zealand Listener** cover to cover each week, and pass it on to friends who do the same. When we get together over a coffee we often discuss issues we have read about in the Listener.

'The New Zealand Listener is New Zealand's highest-selling and best-read current affairs magazine. Each week the Listener brings you the latest commentary and insight from award-winning writers and columnists.

An energising read, full of witty insight and award-winning investigative journalism, this is the magazine that has been setting New Zealand's agenda since 1939.'

THE SPINOFF

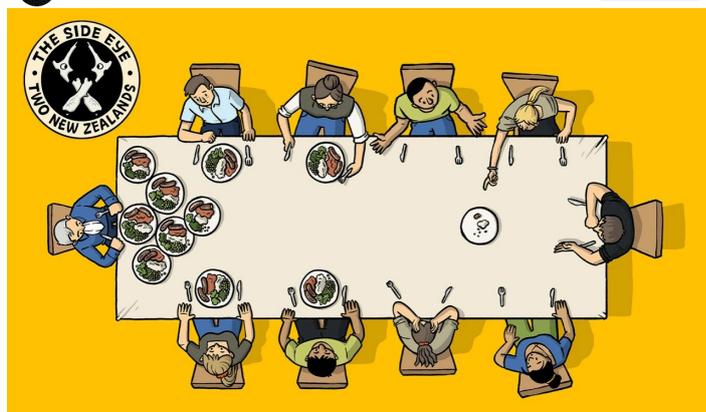
Rachel: I love **The Spinoff!** It's an independent 'opinion and commentary website' with a focus on 'vibrant modern coverage of current affairs and pop culture'.

The Side Eye (illustration to right) is a monthly non-fiction comic by Toby Morris. He explains things so well - I always feel more informed and ready to hold a conversation after I have read his columns. I like the essays and book reviews as well.

The Side Eye's Two New Zealands: The Table



SHARE STORY



The Office: We all enjoy the **Seniors Newsletter** published on the **Te Tari Kaumātua Office for Seniors** website. The site itself is hugely informative and the newsletter keeps us right up to date with the latest news and information.

The site address is: <https://officeforseniors.govt.nz>

You can sign up for the newsletter by following this pathway: [https://Sign up for the Seniors newsletter | Te Tari Kaumātua \(officeforseniors.govt.nz\)](https://Sign up for the Seniors newsletter | Te Tari Kaumātua (officeforseniors.govt.nz))

Seniors Newsletter

OCTOBER 2022



From Minister for Seniors Hon Dr Ayesha Verrall



Welcome to this issue of our Seniors newsletter. Spring has officially arrived and I hope you are enjoying some warmer weather.

There were many events and activities held over this past weekend to celebrate and acknowledge the United Nations International Day of Older Persons on 1 October.

This year's theme focuses on the resilience and contributions of older people in a changing world.

Chris: I enjoy **Radio New Zealand** because they address topics of interest. **Morning Report** challenges all parties as to the rationale for their various points of view (although sometimes I feel they could do more!).



RNZ



FEATHERSTON *community centre*

14 Wakefield St, Featherston

The sun is shining and it is starting to feel a bit like summer!

Although I did break out the Gumboots in early November, to raise awareness for mental health.

More people are joining our groups as it gets safer to socialize. Whether it is craft, games, movement or socialising we have something for everyone at our Community Centre.

Our sewing and knitting groups are busy making items for their own friends and family, as well as filling various needs in the community.

Most materials are donated and the \$3-4 attendance fee includes a cup of tea or coffee.



If you have kitchen skills that you would like to share, we would love to hear from you - cooking, preserving or baking. We are looking for volunteers to teach others or prepare food for our community groups and foodbanks.

You don't need to live in Featherston to attend the events held at the Centre, we welcome people from across the region.

To find out more information about any of our events or services you can call us on 06 308 8239

Go Baldwin

THE ROAD FORWARD – FOR SURVIVORS, BY SURVIVORS

In 2010, aged around 60, Richard disclosed his sexual trauma for the first time. Accessing support was difficult, with long wait times for a therapist and no peer support in the Wellington region. This prompted him to set up free and immediately available peer support services for survivors of sexual harm.

Today, The Road Forward is a fully funded charity, assisted by government and grants. It has a presence in Wellington, Lower Hutt, and Kapiti and is now available across the Wairarapa. The group has 300 survivors of sexual harm in its system and is currently working with 170 of those.

“We use the term sexual harm,” says Tony Thorn, regional peer support worker with The Road Forward, “to include any experience where a sexual boundary has been crossed, causing us harm.”

Trained and professionally supervised peer support workers with The Road Forward are survivors of sexual harm themselves, with experience of the recovery journey. Tony says, “my own journey to recovery started with a desperate cry for help.” Common to survivors of sexual harm is a sense of shame, even self-hatred, that propels us along a self-harming path. “I became addicted to drugs, carried out self-destructive behaviours, and lived with eating disorders before I sought help,” Tony says.

Sexual harm is something we often keep silent about, stripping ourselves of a voice and causing us to re-create bad experiences again and again because we don’t know any different. We don’t know how to create something different.

Peer support differs from therapy in that every interaction is client-centered, client-determined. You may want to walk silently in the park alongside a support worker or talk with them by text or email. You could talk by zoom, either with or without the camera on. Or you may be ready for a face-to-face conversation. There is no time limit and there’s no pressure to disclose anything.

Although different to therapy, peer support can complement it. Group peer support (single gender, mixed gender, or rainbow) is available, focusing on breaking isolation, being seen, learning coping skills, and discussing topics such as depression.

“Everything you do here helps add another piece to the jigsaw you are rebuilding that is you,” says Natalie Bould, student in counselling and addiction practice and on placement with The Road Forward.

With The Road Forward, you are not alone, and you will be believed. You will be supported to find your voice and feel better about yourself. A referral is not required. So reach out for support today.

Call 0800 118 104 | Text 021 118 1043 |

Email support@theroadforward.org.nz Visit www.theroadforward.org.nz

You
deserve
Support

Empowering survivors of sexual harm

The Road Forward

Te Ara Whāi Ora o Te Tanatata Ki Mua



theroadforward.org.nz

it's
never
too late

Empowering survivors of sexual harm

The Road Forward

Te Ara Whāi Ora o Te Tanatata Ki Mua



theroadforward.org.nz

MASTERTON SENIOR CITIZENS AND BENEFICIARIES' ASSOCIATION

Meets every Tuesday 1:00-3:00pm, restarts after holiday break Tuesday 17 January

Bowls, cards (including 500), games (including Scrabble), and jigsaws

\$3 entitles you to a cuppa and biscuits and to a ticket in the weekly raffle

Once a month there is a hot meal for members

Financial membership is \$20 per year

Our club does not have an age limit, anybody who would like to join is welcome, don't sit at home lonely, come and join us



Hi Everyone,



Sadly, our Community Stroke Advisor Kikki Zhang has left Stroke Central NZ to pursue her career at a National NGO, so in the meantime I will be writing to you instead. As a matter of introduction for anyone who doesn't know me already, my name is Anne Jäger-Annear, and I am the



Community Partnerships Officer at Stroke Central NZ. My role is mainly doing a lot of the background work for Stroke Central NZ, like events, marketing, fundraising, media liaison etc., but enough about me.

Last month we held our F.A.S.T. Presentation in Carterton where we were joined by Jason Kerehi (GM Maori Health, Te Whatu Ora, Wairarapa District), Morag and Bo (Health Promoters, Stroke Foundation of NZ), Jess (Heart Health Advocate, Heart Foundation NZ) and the Wairarapa Covid Response Service Team. We had a great turnout, and many people got their Blood pressure, Pulse and Blood Sugar Levels checked while there.



1 in 6 people in NZ experience a stroke in their lifetime and all so often either symptoms aren't recognized, or people don't recognize it as being an emergency and don't call the ambulance straight away. This means treatment will not be administered fast enough and the consequences can lead to severe disability and even death. After a few minutes without oxygen and food from your blood, your brain begins to suffer damage. If treatment is started within a few hours, permanent damage can be avoided. This is why doing these F.A.S.T. presentations within our various communities is so important for us.

As summer is approaching and Christmas is around the corner, we wish you all a wonderful time with friends, family, and whanau. Do look after yourselves as best you can and look after others as well. Remember the F.A.S.T. signs and you may be able to save someone's life.

If you, or someone you know need support from us, don't hesitate to contact our Head Office on 0800 298 858 or email stroke@strokecentral.org.nz until we find a replacement for Kikki. Or, go onto our website for more info www.strokecentral.org.nz

Best, Anne

F **FACE**-Drooping on one side

A **ARMS**-Weakness on one side

S **SPEECH**-Mixed up, slurred or lost

T **TAKE ACTION**-Call 111 immediately

Any of these signs, not always all three together, can be a sign of stroke.

What is a needs assessment?

By Paula Bishop - Managing Director, Village Guide



A needs assessment helps to determine whether someone needs ongoing residential care, and if so, at what level.

Each needs assessment is completed by a DHB-approved assessor and addresses a person's:

- Health needs
- Support needs
- Care level needs (e.g. rest home, long-term hospital, specialist dementia)

Are needs assessments a required step?

Needs assessments are a required step in the following situations:

- Applying for the Residential Care Subsidy
- Applying to live in a rest home that provides DHB-contracted care services
- Needing to increase the level of care, for example moving from rest home care to hospital care
- Reapplying for the Residential Care Subsidy due to a change in financial situation

If none of these situations apply, getting a needs assessment is optional but strongly recommended.

Who performs a needs assessment and what does it involve?

Needs assessments are performed by a DHB-approved assessor. These professionals are qualified to thoroughly and accurately assess a person's care needs and recommend the services that will benefit them.

First, an assessor will call for a telephone conversation with the person being assessed and their family member, friend, or caregiver. If they deem it necessary after this initial phone assessment, an assessor will then visit the person at home for around two hours to get a full picture of what's needed to ensure a comfortable living situation. A family member, friend, or caregiver may be present.

Benefits of a needs assessment

A needs assessment helps to ensure everyone receives the support and care they need throughout their senior years. The process provides valuable insight that can be difficult to arrive at independently.

For example, a needs assessment will:

- Provide clarity around types of services e.g. in-home care or residential care facilities
- Offer information about facilities in your area
- Identify the 'next best steps'



Arrange a needs assessment for rest home care

Wairarapa NASC

Level 2, 49-51 Lincoln Road,
Masterton 5810

Free-phone: 0800 900 001

Phone: 06 946 9813

Email: info@wairarapa.dhb.org.nz

www.villageguide.co.nz

Good food
is all the better when
shared with
good friends



Looking forward to good times
eating together in 2023



Community Information

EASIE Living Mobile Service

Don't worry if you can't get to EASIE Living, let us come to you!

Our Mobile Van Service visits retirement villages and rest homes, residential disability services, clubs, community organisations and more.

We travel mostly in Manawatū, Tararua, Wairarapa, Hawkes Bay, Horowhenua and Whanganui regions. But we can go further afield and we're happy to visit rural and beach communities, too.

Our van brings with it a whole range of products for you to look at, try out and even purchase on the day. We can give product demonstrations, and provide advice on a range of issues.

Get in touch to arrange a visit from the EASIE Living van today!

06 353 2743

enquiries@easeliving.co.nz



Probus Club of Maungaraki

Wairarapa meets the first Wednesday of the month at the Masterton Club. You are invited to become a member- feel free to come to a meeting or if you would like to know more please call **Sally Tunley** on:

(06) 561 8444 or 027 4453 225



South Wairarapa Caregivers Programme

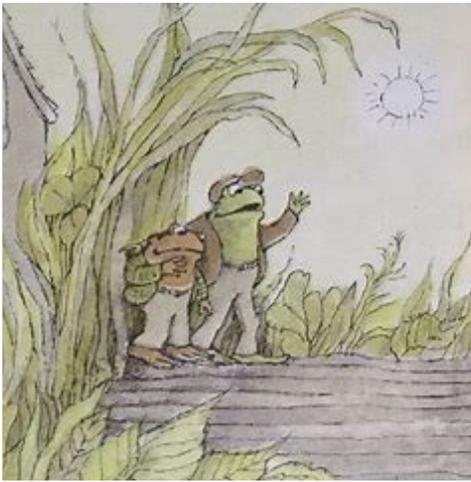
Being a caregiver for someone who is terminally ill is a demanding task even in the short term. It helps to be able to share your experiences with others in a similar situation. We support you with information on a range of topics, just bring your questions.

Join Hospice Wairarapa for an informal gathering of local caregivers at a café near you...we rotate between Greytown, Featherston and Martinborough

For more information about our upcoming get-togethers please contact **Kirsten** on **06 378 8888** or email Kirsten@hospicewairarapa.co.nz

Ruamahanga Friendship Club (Masterton) meets the second Wednesday of the month at the Masterton Club, Chapel St. The purpose of the club is to stimulate thought, interest and participation in activities at a time of life when it is easy to become complacent and self-centred.

You are invited to become a member - feel free to come to a meeting or call Avon Jolly on: 06) 377 2446.



Did you know ...?

Brain imaging shows a walk in nature will very, very positively impact your brain health (more than a walk in an urban setting does). Imagine the benefits of walking in nature with a friend!

Contact Buddy Up! to find out about walking groups near you - or to establish one.

Can you help?

If you are able to offer transport to others who require a lift to Age Concern events please contact:
Rachel (06) 377 0066

Free health advice
when you need it



Healthline

0800 611 116

www.healthline.govt.nz

AN AFFORDABLE, PROFESSIONAL SERVICE WITH WAIRARAPA HEAT PUMP CLEANING



Many people clean their own heat pump filters, but did you know that Consumer recommend a professional clean once a year to get the best out of your system.

The service I provide is to clean both the inside and outside units to clean the coils and ensure that there are no obstructions to the operation of the unit.

Ants and cockroaches can damage the electronics and these infestations may not be covered by your insurance.

A professional clean with Wairarapa Heat Pump Cleaning is just **\$85**. We offer a Gold Card discount and discounts for two or more heat pumps.

A clean heat pump will:

- Last longer
- Use less electricity
- Run more efficiently
- Provide clean air for your home

FOR A FREE QUOTE
call Paul Richardson



Neighbourly

Phone 027 301 5739 or 06 370 9107

www.wairarapaheatpumpcleaning.co.nz



Collective Noun 6

A SHOW OFF OF EXTROVERTS



Collective Noun 5

A TUT OF CURTAIN TWITCHERS

Ageing with Attitude

FREE Shuttle
from South
Wairarapa

Watch your local
newspapers for
details

March 17 2023
Masterton War
Memorial Stadium

Expo

Any enquiries
phone or email the
Age Concern office:
(06) 377 0066



Self - Esteem Journal

MONDAY

Something I did well today...

TUESDAY

I felt good about myself when...

WEDNESDAY

I had a positive experience with...

THURSDAY

3 good things about me are...

FRIDAY

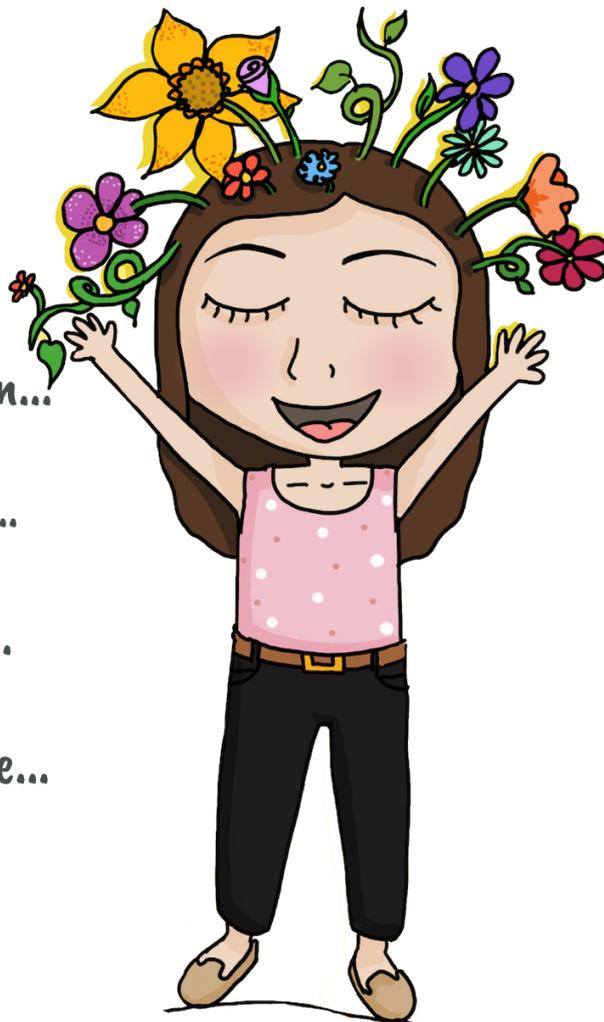
Something I did for someone...

SATURDAY

Today I achieved...

SUNDAY

Today I overcame...





**U3A WAIRARAPA
LIFE-LONG LEARNING**

*Reaching a stage of life where you want to:
pursue more interests, keep the grey matter active,
enjoy good company?*

We have Groups for interests and activities across Wairarapa

See anything here?

Ideas and events: Philosophy, Current Affairs, TED talks.

Ideas and words: Book clubs, Creative Writing, Writing your own life stories, Cinema visits, Scrabble.

Music: Playing Ukulele, Opera Appreciation.

Languages: Conversing in: Italian, French.

Lunch Discussion Group

Gatherings: Guest Speakers every two months

Want more information about ??.....

What our Groups provide; where they meet, and when?

How to contact the Convenors of the Groups for further information, and more?

Visit our website: www.u3awairarapa@gmail.com

Want to suggest a new Group in your area?

Contact Margaret Cole, Secretary, at bmcole@orcon.net.nz Ph (06) 3048499



ROOM AT THE INN

**COMMUNITY
CHRISTMAS
LUNCH**

FOR ALL PEOPLE OR FAMILIES IN NEED OF
CHRISTMAS LOVE
& COMMUNITY

25TH DEC 2022 11:30AM

SCAN QR CODE
& BOOK HERE



REGISTER BY 18TH DEC:
WWW.TITHE.LY/EVENT-REGISTRATION/#/6324194
EMAIL OFFICE@MCCLIFE.CO.NZ OR CALL 3771598



He waka eke noa

We're all in this together

THANK YOU TO OUR SPONSORS AND SUPPORTERS



We would like to acknowledge Belinda Pratt, who very kindly donated her time and professional skill to Age Concern Wairarapa.

Belinda is a Wairarapa-based award-winning photographer who expertly captured our team photos for the "About us" page on the

website - have a look! Belinda does a lot of work in the local community and can often be seen doing the annual school photos, beautiful wedding and family photos as well as gorgeous pet portraiture and photographing equestrian events.

We are very grateful to Belinda for the wonderful team photos we have been able to include on our website, and in this magazine.

For more information check out www.belindapratt.co.nz or contact her on 027 391 1144

And, a big thank you to Digital Cactus <www.digitalcactus.co.nz> for building the website



Magazine Acknowledgements: A huge thank you to Printcraft who have generously supported printing this edition of the magazine. Thank you to all regular contributors;

contributors to this issue; to the free image providers whose art we include (most often Vector and Clip Art); and to our supporters and sponsors. Special thanks to you the reader, we hope you have enjoyed your reading.

COMMUNITY INFORMATION

USEFUL NUMBERS

Emergency	111
Non Emergency Police	105
Healthline	0800 611 116
Poisons	0800 POISON 0800 764 766
Carterton Medical	(06) 379 8105
Greytown Medical	(06) 304 9012
Featherston Medical	(06) 308 9220
Kuripuni Medical	(06) 377 4093
Martinborough Medical	(06) 306 9501
Masterton Medical	(06) 370 0011
Whaiora	(06) 370 0818
Wairarapa Hospital	(06) 946 9800
St John Health Shuttle	0800 589 630
FOCUS	(06) 946 9813
Citizens Advice Bureau	(06) 377 0078
Neighbourhood Support	027 333 2137

COMMUNITY CONNECTIONS

Featherston Library	(06) 308 8051
Martinborough Library	(06) 306 9758
Greytown Library	(06) 304 7133
Carterton Library	(06) 379 5423
Masterton District Library	(06) 370 6253
Digital Seniors	0800 373 646
Digital Net	web@digitalinclusionalliance.nz
Community Law Centre	(06) 377 4134
Metlink	0800 801 700
Senior Citizens Masterton	(06) 378 6595
Featherston Community Centre	(06) 308 8239
Wairarapa Community Centre	info@wcct.co.nz

MEALS ON WHEELS

South Wairarapa

Main and dessert \$12.50

Contacts:

Featherston

May Brown (06) 308 6912

Greytown

Valerie Saxton (06) 304 9514

Martinborough

Wharekaka Retirement Village
(06) 306 9701

MEALS ON WHEELS

Masterton

Please contact:

Your health professional or FOCUS
For Glenwood Masonic Hospital Meals
Main and dessert \$10.50
Call Melissa (06) 3770221

FOOD BANKS

SOUTH WAIRARAPA FOOD BANK:

Is open to people who live in the
South Wairarapa area
Open Tuesday and Thursday 2:00 –3:00pm
69 Boundary Road

Contact: swfoodbank@gmail.com

(06) 390 3663 or 022 646 3702

MARTINBOROUGH FOOD BANK:

Contact May Croft 021 657 560

CARTERTON COMMUNITY FOOD BANK:

(06) 379 4092

MASTERTON COMMUNITY FOOD BANK:

(06) 370 8034



We love our pets



Cuddly boy Mac is a 10 month old English Staffordshire Bull Terrier



Molly among the grapes (looking out for birds)

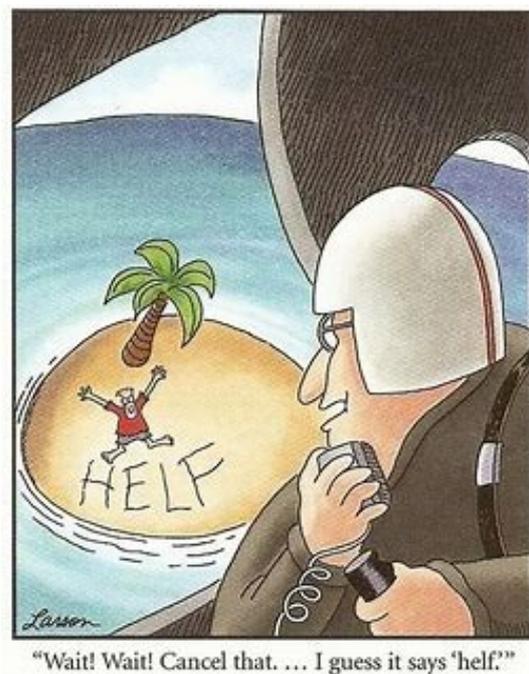
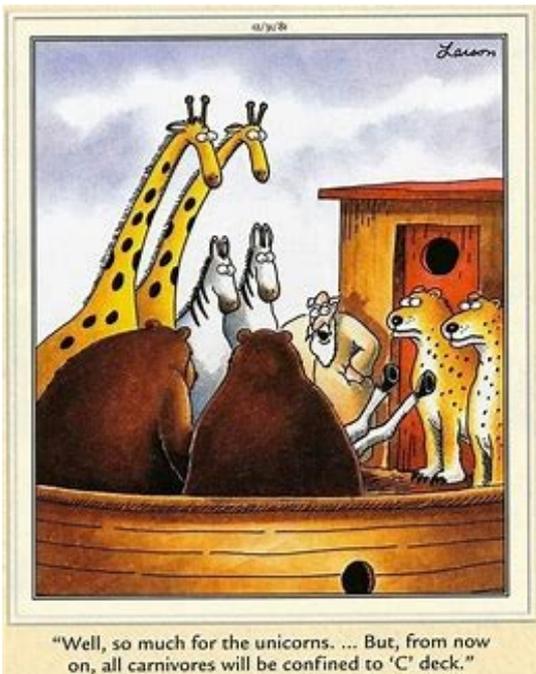


Moon among the tomatoes (sleeping on the job)

Send us pictures of your pet for the next issue: coordinator@acww.nz



Last Laughs



If you would like to have the last word, the last laugh or see your pet pictured on these pages, please call or email Rachel at the office:

(06) 377 0066 coordinator@acww.nz



Have fun colouring with a friend of any age over the holiday period, or at the Age Concern office between 10:00am and midday on Wednesday 21 December (over a cup of tea of course!)

