

# Active Ageing Wairarapa

Issue 132, Autumn 2026



## AUTUMN SPECIAL

### Lets Chat: Staying Steady

Dr. Tim Matthews runs us through ways to stay steady as we age, and important risk factors to decrease the risk of falls, plus where to get help if you need it.

Take a look to see what exciting events are happening across the Wairarapa;

- Driving courses,
- Senior Active day
- Dance nights

And other social events close to you!

Healthy Eating—Recipes and food education for a fuller, healthier and happy belly  
In this issue we discuss changing the narrative on “Toast”

**News and information for Wairarapa’s older people,  
their families, whānau and caregivers**



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‘I enjoy the morning tea opportunities and the variety of guest speakers’

***What're People saying about us??***

“I’ve met new people that have now become life long friends since attending groups”

Here at Age Concern Wairarapa, we really value your feedback and hearing about your experiences! Thank you!

**Membership Update:**

Our Age Concern Wairarapa membership year is now 1st January to 31st December. This means:

-If you haven't yet paid, we'll invoice you this year for your membership from 1st January to 31st December 2026.

# Age Concern Wairarapa: Here for you

**Visit us:** 14B Queen Street  
Masterton  
Mon-Fri, 9am-3pm

**Call us:** (06) 377 0066

**Email us:** [manager@acww.nz](mailto:manager@acww.nz)

**Write to us:** 14B Queen Street  
Masterton  
5810



## Te Matou Matakitenga

### Our vision

To be recognised as a leading contributor to the wellbeing of older people/kaumatua in our Wairarapa communities.

## Our Team

### Manager

#### Kaiwhakahaere

Jacqs Wilton email: [manager@acww.nz](mailto:manager@acww.nz)

### Elder Abuse Team

#### Kairuruku urupare I te takakino Kaumatua

Susan Esler email: [ears@acww.nz](mailto:ears@acww.nz)

Donna Morrison email: [eanp@acww.nz](mailto:eanp@acww.nz)

### Age Concern Visiting Service

#### Whakarite Torotoro

Paige Adams email: [avs@acww.nz](mailto:avs@acww.nz)

### Buddy Up!

#### Kairuruku Whakapiringa Tangata

Deanne Pedersen

Email: [buddyup@acww.nz](mailto:buddyup@acww.nz)

### Health Promotion Coordinator

#### Kaikōkiri Hauora, Tohutohu-ā-hāpori

Paige Adams email: [health@acww.nz](mailto:health@acww.nz)

### Total Mobility Assessor

#### Te Hunga Whaikaha Kaiarotake

Brenda Lakeman

email: [thwtm@acww.nz](mailto:thwtm@acww.nz)

Or call 0800 801 700 to find out more

## Our Board

**Chair** Joy Cooper

**Vice Chair** Dayle Lakeman

**Treasurer** Hewitt Harrison

### Board Members

Jonathan Hooker

Tim Bannatyne

Andrew Charnock

David Farlow

Jenny Prentice

## We would love to stay in touch!

Please call us on 06 3770066

If you've changed your address, phone number, or email.

Let us know



# Age Concern

## Wairarapa

### Update from the editor

Hello, Kia ora, and welcome to Autumn!

Summer came and then it was gone, taking the year of 2025 with it. Not that we really had a summer, I'm sure you can agree. Our seasons are continually changing, and like all things in life, change is inevitable. Just like the weather patterns, our living situations, our health and our bodies, change over time as well. In this issue we are taking a look into the changes that you can prepare for, like how are we showing up to take care of the thing that allows us to move through life, our body. And what are we consuming and how can we be more proactive in aging well and staying healthy.

In this issue, we are looking into falls, falls prevention, how do we stay strong, balanced and mobile for as long as possible. It seemed very fitting that in the season of falling leaves and April fools, we should chat about falls in the human sense too. Autumn is the season we start to prepare for winter. We are storing our wood away readying for the cooler months to come, we are clearing the gutters and cleaning the chimneys, checking the smoke alarms and mulching the gardens.... But what are we doing to prepare our bodies for the colder months when we are more likely to bunker down and be less active?

Autumn is the perfect season to begin, if you are not already, building healthy habits and including daily strength and movement into

our lives so our bodies and our health are more resilient and better equipped for the winter months.

In this issue we also have some of your favourites back. Bart sparks pulls at our heart strings with another edition to 'Dear Edna', and Mark Pacey has combed through the archives for another remarkable memory to remind us that our region has weathered and battled storms for many a year and always bounced back. The team have been out and about snapping pics, and we even have a wonderful new addition to the team. Donna. We welcomed Donna to the team at the beginning of this year to join Susan in the Elder Abuse Response Team, and she has proved herself a valuable asset with a calm presence, pool of knowledge and experience. Welcome to the team Donna!

Let us EAT, has recipes, for the beginner cook and the baker who is always brining the morning tea muffins and scones, all packed with nutrients to fill your belly and reach your daily calorie needs.

Just a reminder to check, your smoke alarms are working, your chimneys have been cleaned and your mossy paths and steps have been sprayed to reduce slippery walkways and take care out there.

Stay safe, stay well and I cannot wait to see you all out and about this Autumn season. From my self and all the team here at Age Concern Wairarapa,  
Happy Falls!

Hei konā mai,  
goodbye for now,

Paige Adams



## News from the Board

Most of us on the Board enjoyed the opportunity to meet ACW members at the Christmas lunch in December. It was a lovely opportunity for ACW members, staff and Board to relax together.

At Board meetings we are enjoying the new ideas and energy our new Board members – Jenny, Andrew and David, bring to our discussions, plus input from our enthusiastic and hard-working new manager Jacqs.

The Board's perennial issues are funding, service delivery and staffing. Do we have sufficient income to cover our costs? Are we delivering enough of the right services in the right locations to meet the needs and expectations of our older people, and the requirements of our funders? Do we have the staff we need and are we enabling them to do great work?

Most of our income comes from contracts we hold with central agencies such as Health New Zealand, Ministry of Social Development, and Age Concern NZ. These bodies set strict quality and quantity requirements against which they audit us. Audits are coming up soon! Currently, we are reviewing all our policies and procedures to ensure we meet audit require-

ments.

Our funds from contracts, although very important, do not cover all our costs and do not allow for the costs of developing and providing more services in more places across Wairarapa. Therefore, we rely on grants, membership fees, and donations to cover shortfalls in funding for our current services, and to meet the costs of service expansion and wider outreach. Be assured your annual membership fee is put to very good use!

Age Concern Wairarapa is both an independent community trust and a branch of Age Concern New Zealand (ACNZ). ACNZ has a strong national advocacy role and provides advice to Government on key issues affecting older people such as national superannuation and access to health services. As they gear up for the national election later this year, ACNZ is checking views and priorities with the wider membership – all of you! I encourage you to participate in their online survey.

Ngā mihi

Joy Cooper,

Chair ACW Board



## Let's take a moment to say thanks and farewell

Esther Bijenhof-Marshall, some of you may know, from our Masterton Office, as the Tuesday and Thursday receptionist, Esther began volunteering for Age Concern Wairarapa, March 2025, and sadly has moved on (to Waikato can you believe?!) where she will be closer to her children and grandchildren.

We are thankful for all the contribution and connection Esther gave to our team and support given to the extended family of Age Concern Wairarapa (that's you).

All the best with your journey and future projects Esther! From all of us!



# The Team—Age Concern Wairarapa



Paige Adams, Brenda Lakeman, Jacqs Wilton, Susan Esler, Donna Morison, Deanne Pedersen



## Introduction: Donna Morison

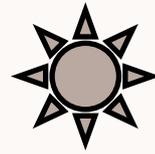
We are thrilled to introduce Donna Morison to the team, who joined Age Concern Wairarapa in January 2026! Donna brings a wealth of experience and a passionate commitment to advocating for our community and the people within in it (like you!). Joining Susan in the Elder Abuse Response Team, she is dedicated to tackling the vital issues surrounding elder abuse and ensuring our senior community members feel safe and supported. With her compassionate and fair approach, Donna is an incredible addition to our team. We're excited to see the positive impact she will make as she works alongside the team to enhance the well-being of our valued seniors in the Wairarapa. Welcome Donna!

## Mark Your Calander

- 12 March Staying Safe Driver refresher (see pg. 23)
- 27 March Friday night social (Live music and dancing)
- 1 April April Fools
- 3 April Good Friday
- 4 April Day Light Savings ends
- 5 April Easter Sunday
- 6 April Easter Monday
- 25 April ANZAC Day
- 27 April 'ANZAC Day' day off
- 10 May Mother's Day
- 26 May Active at any age—movement day for seniors (see pg. 15)



# A Look Back at Summer



As we say goodbye to another vibrant summer and welcome the refreshing embrace of autumn, let's take a moment to reflect on the meaningful milestones we've achieved during the warmer months. This summer was marked by the completion of our team including the welcoming of new board members, the instillation of our new signage on the doors which has enhanced our brand visibility and created a welcoming atmosphere for everyone who visits. We also had the pleasure of welcoming Donna Morison to our team, whose expertise and enthusiasm have already made a positive impact on our workplace culture. Our Christmas party, featuring delightful carols and celebrations rung in the end of the year together. During summer, our team engaged in various activities, fostering camaraderie and creativity, as captured in the photos shown. These moments not only strengthened our bonds but also inspired us towards our upcoming goals. As the leaves change and the air turns crisp, let's carry the vibrancy of summer into this new season of growth and opportunity, ready to tackle challenges and celebrate our successes together!

Pru—Summer was a busy period with the donkeys!



## Here's what the team go up to this summer....

Summer was a strange and beautiful time for me and my whanau. We said goodbye to my dad who left this world, celebrated the marriage of my sister, travelled to Marlborough sounds, swam with stingrays and battled a hurricane in small cabins. I spent so much time with my small people and those closest to me and will be putting this in the summers I won't forget box! -

Paige

Emma, enjoyed the sunshine when she could, and even attended the Wairarapa food and Harvest Festival!  
How's that for fun in the sun?



One of the highlights of my break was spending time with my daughter, Mikaela, who came down from Auckland for a couple of weeks. My favourite part of our time together, apart from just hanging out together, was going lavender picking. We headed off with a picnic lunch, taking backroads to a new place for us, and spent a fabulous time smelling lavender and picking decent sized bunches. We then headed to the Ruamahanga river at the end of Kokotau Straights, Pirinoa for a picnic overlooking the river and watching the sheep on the other side. It was such a peaceful, calming day and we have lavender to dry. It was rather amusing watching Mikaela try and work out how to get the lavender back to Auckland on a bus, along with Christmas Gifts and her clothing.—Jacqs

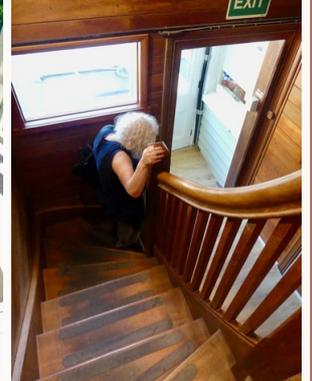


We love our Fairy Garden at the front of our house. It started as a “lockdown project” and as one of our little visitors recently said; “It’s had an upgrade!” The trees created a natural grotto, and it is the perfect spot for our Fairy Garden to be



This summer my sister and I had a magical day, recreating old family photos at a homestead in Hawkes Bay. We knew it as PELOHA (PEace LOve and HARmony), the headquarters of Radiant Living. We were both christened there in the 1960’s. The back staircase and front steps connect us to many amazing childhood memories, hence the photos. It is now owned by Weleda (natural products). Going forward....2026 is all about becoming confident in my new role with Age Concern, continuing to age proof our wee cottage and making memories with our niece, nephews, and grandchildren.

Ngā mihi nui, Donna



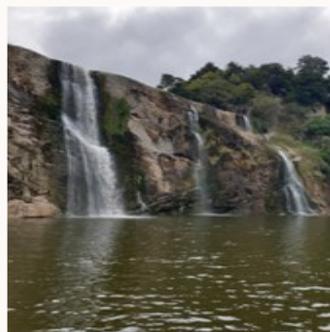
Well I must say this summer has been a mix of all seasons and we have had so much rain which has been a bonus as I am not spending time watering my rather large garden. I am looking forward to spending more time with family and friends and trying to slow down and actually relax and enjoy life!!

Hurihia tō aroaro ki te rā, tukuna tō ātārangi kia taka ki muri i a koe

Turn your face to the sun and let your shadows fall behind you. Meaning: Focus on the positive aspects of life and move forward with optimism, leaving negative experiences behind. Ngā mihi nui, Susan



The highlight of my summer break was exploring more of the East Coast with my family. We stayed in Herbertville (about an hour out of Dannevirke). The area is rich in history and has the most beautiful beach. We also loved seeing the Waihi falls on the way there. We were lucky to have perfect summer weather, and our days were filled with relaxing, swimming and fishing – unfortunately no fish were caught! What a stunning place we live in! See you soon, Deanne



Here's some snippets of the things our members and groups have been busy at lately! Maybe we'll snap you 'Out and About' sometime soon?!

# Out and About



Pauline showing off her stunning quilts at Coffee mornings



Do you like our fancy new signage?? Can't miss us now!!



Age Concern Christmas and carols



The perfect little vacuum who joined our Carterton CM!

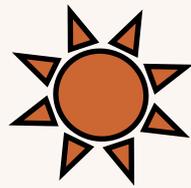


Wow! What a social lot you are! See you soon!

Paige and Deanne collecting donations gifted from the Warehouse Masterton



Beep beep—Here comes Brenda in the mighty magic mobile!



Making moves with SAYGO Masterton

# Bart Sparkes Writes.....

Dear Edna,

I look at your photo, I close my eyes and I lose sight of you as you become lost in the blossoms in your kitchen garden. I remember the day you instructed me why it is called a kitchen garden. The flowers, herbs and vegetables are grown together and can be used together in a salad, a tea, a dried arrangement or as compost for the next growing season. I've seen you lay a tired flower on the ground and your blessing allowed the natural composting process to begin. So great was your spiritual influence over your garden all the plants showered you with respect and applied themselves to your wishes.

I was privileged to know your connection with the garden fairies in your world. They greeted you as their equal because of the wonderful blossoms you were able to produce in such a small garden. They looked forward to being cut and then within your loving hands converted into something edible, something to admire, something to dry and to be used later and of course they all loved to produce seeds for you



so you could plant them the next growing season.

I saw a number of bees and other pollinators buzz in for the flower's nectar. You weren't disturbed nor distracted. They flew around you, paying homage to the one who attended their blooms. I would sneak a look and see you communing with the gardening fairies. I knew of your special attributes when we married, so was only too willing to help and encourage your spread of awareness of the other and natural world.



Love

Bart Sparkes

P.S. I always knew when you had been in your happy place, your eyes and smile betrayed the thrill of being in total unison with your garden friends.

Bart.

# Do You Remember ... To remember a disaster plan?

By Mark Pacey of the Wairarapa Archive

On television and in the newspaper, disaster response people always say that you need to have a plan if one happens and some supplies to tide you over. If we look back at our disaster-related history we can find plenty of examples where people were not prepared, and the problems that this caused.

In August 1932, there was a lot of rain, especially up in the hills. And water in the hills makes its way into the rivers which then pass by towns on their way to the sea. For Masterton, by the time the rivers had reached the town they had risen so much they overflowed and the waters rushed on their way into town. People were stranded and there were some rather precarious deliveries of food to people. The waters were up for five days, during which time people ran out of food and brave deliverymen had to make the rounds.

In February 1869 Wairarapa experienced some nasty weather. The paper called it “wet, cold, disagreeable and wintry in the extreme”. The Governor General was visiting but the attendance at his events was low. People decided they would rather stay at home where it was warm and dry. But they would only be comfortable for as long as their supplies lasted. After that they would have no excuse, they would have to attend one of his speeches.

And then in 2009 we had swine flu. While not as bad as COVID it still meant isolating if you had a close contact, certainly if you were unfortunate to have caught the virus. If you and your family were together you couldn't just go to the shops if you needed something else. If only you had a stash of supplies that you could use if you needed. A tin of baked beans or soup might make all the difference between a warm meal and something less appealing.

Disasters can happen at any time and spring weather is very unpredictable. Take some time to consider having a supply of emergency food and medicines, you never know when a disaster is just around the corner.



# LETS CHAT: STAYING STEADY

## - PREVENTING FALLS AND STAYING INDEPENDENT

### A message from Dr. Tim Matthews—Wairarapa DHB

Falls are common as we get older, but many can be prevented. Small changes at home and staying active can help you keep your balance, confidence, and independence.

#### WHY FALLS HAPPEN

Home and surroundings Loose rugs, clutter, uneven floors, and stairs without handrails are common causes of falls. Keeping walkways clear, improving lighting, and adding handrails can make your home safer. Handrails can often be installed by a family member or a friendly handyman or builder. In bathrooms, both permanently installed rails and suction rails are available for shower areas. For more complex changes, such as bathroom modifications or ramps, an occupational therapist assessment can be arranged.

*Vision and hearing.* Good eyesight and hearing help you notice hazards and move safely. Regular checks, wearing glasses or hearing aids when needed, and good lighting around the home all reduce the risk of falling.

*Thinking and alertness.* Staying steady requires concentration and awareness. Dizziness, fatigue, or certain medications can increase the risk of falling. Staying well hydrated, taking your time when standing or walking, and having regular GP medication reviews are important. This includes asking your GP to review sedative medications, such as sleeping pills, and keeping these to a minimum where possible. Blood pressure medications can also be reviewed to ensure they are not contributing to dizziness or low blood pressure.

*Strength, balance, and movement* Strong muscles and good balance help keep you upright. Conditions such as arthritis, stroke, or Parkinson's disease can affect movement, but regular exercise helps.

Strength and balance activities, daily movement, and good nutrition, including enough protein, support muscle health.



#### ACTIVITIES THAT HELP

Community Falls Prevention Programmes improve balance, strength, and confidence. Pilates and Tai Chi are proven to improve flexibility, coordination, and stability. Age Concern Wairarapa offers a range of classes and activities that support balance, strength, and mobility.

#### PRACTICAL TIPS TO STAY STEADY

Keep your home safe by clearing clutter, removing loose rugs, and improving lighting. Use handrails where needed, especially on stairs and in bathrooms. Have regular vision and hearing checks. Take your time when moving and be mindful of dizziness or fatigue. Stay active by joining a falls prevention class, trying Tai Chi or Pilates, and walking regularly. Eat well, include enough protein, and stay hydrated. Even small changes can make a big difference. Staying active and making your home safer can help you continue to live well and independently.

#### WHERE CAN I GET HELP IN WAIRARAPA?

Age Concern Wairarapa offers balance, strength, and mobility classes, along with advice and support.

Your GP or practice nurse can review medications, including sleeping pills, and arrange referrals for falls prevention or occupational therapy. Occupational therapy services through Te Whatu Ora or community providers can help with home safety assessments, bathroom modifications, and ramps. Family, friends, or local tradespeople can help with installing handrails or improving lighting. Ask your GP or Age Concern Wairarapa about services available near you.

Regards, Tim.

# STAYING STEADY WITH STEADY AS YOU GO

In New Zealand, about 1 in 3 people over the age of 65 will have a fall every year. Older people are more likely to fall because of weaker legs, poor balance, eyesight problems, nutritional deficiencies, hazards in the environment, or side effects from medications. Falls can cause serious injury in older people, and in some cases can result in death. A focus on falls prevention can improve your safety and confidence.

## The fall cycle

If you have previously had falls, you may have lost confidence in your abilities and restrict the activities you participate in to avoid future falls. However, this can lead to a cycle of declination in ability. Participating in less activities for fear of falling can lead to decreased muscle strength and poor balance, which increases your risk of falling in the future. Instead, if you have a fall it is better to focus on maintaining activity to build muscle strength, balance, and coordination, and to improve your blood pressure, blood sugar levels, and weight.

## Exercise

Participating in balance and strength-building exercises can help prevent future falls. The Steady As You Go programme is a fun, weekly, and social exercise class for older people. It helps to build strength and improve balance in a social environment. A small cost of \$2 is involved to help with renting a space for the programme and purchasing new equipment. If you are interested in joining a class check pages 16-17 to see where the nearest class is to you.

## Tips to keep from losing balance

If you know you are likely to have a fall, there are some measures you can take to keep from losing your balance. These include:

- Having a call bell or button within reach
- Taking your time to get up
- Asking for assistance if you need it, - particularly if you feel dizzy, weak, or light-headed
- Avoiding wet or slippery floors
- Wearing well-fitting shoes
- Using handrails in hallways and bathrooms
- Using your walking aids appropriately
- Having a night light or easily accessible light for getting up at night

## Reducing hazards

To avoid falls in your home, it is important to limit the hazards in your environment to make it safer for you to get around. Some common ways to reduce hazards in a home include:

- Limiting rugs, especially ones with frayed or rolling edges and ones that slide when you walk on them
- Having non-slip bath or shower mats
- Installing handrails in bathrooms and hallways
- Having a telephone within reach of your chair or bed
- Ensuring electrical cords do not cross walkways

## After a fall

Despite prevention measures, there is still a chance that you may fall at some point. If you do fall at home, it is important to stay calm.

If you think you can get up, you should bend your knees, roll onto your side, and get onto all fours. If you can crawl towards a sturdy chair, you can use the chair as support to get yourself seated. Rest as much as you need in this process and try again if you need to.

If you cannot get up, try to roll or crawl towards a phone. You can also call out to a neighbour. If you are at risk of falls, you may want to consider a personal medical alarm to call for help in the event of a fall.

After a fall, it is important to visit your doctor to get assessed for injuries, and to assess strength and balance to help prevent further falls.

## Websites of interest

For more information on Steady as You Go, visit us at 14B Queen street or pop into a class near you.

You can find information on preventing falls on the ACC website— [acc.co.nz/preventing-injury/trips-falls](http://acc.co.nz/preventing-injury/trips-falls)



## TRY STEADY AS YOU GO ON US!!

Not sure if Steady As You Go is the right choice for you?

Simply cut off this strip and bring along to your nearest Steady As You Go class,

and you'll get 3 free sessions! Come and start your journey to strength and mobility today

**FREE OFFER**



# ACTIVE AT ANY AGE

A day of movement and connection for seniors

## Active At Any Age – A Day of Movement and Connection for Seniors

**Active At Any Age Wairarapa** (formerly the Senior Regional Games) is back for another celebration of movement, connection, and fun. This popular event gives older adults from across the region the chance to enjoy a morning of light exercise, laughter, and community spirit.

Taking place at the Wairarapa Events Centre on Tuesday 26 May, from 9:30am – 1:00pm, this FREE event welcomes seniors of all abilities to participate in a range of sports, games, and activities in a safe, supportive environment.

### Something for Everyone

Active At Any Age is all about celebrating what our bodies can do - no matter our fitness level or physical ability. This is not a competitive event; instead, it focuses on participation, enjoyment and building confidence through movement.

Attendees will have the chance to try a variety of light-exercise activities, including indoor bowls, table tennis, seated exercise, dancing, corn hole, pickleball, tai chi, board games, and more. The day begins with check-in at the registration desk, followed by a guided warm-up, then a couple of hours of activities, all leading up to a light lunch. A timetable of events will be provided on the day, so you can plan your morning and make the most of everything on offer.

For some, it's a chance to try something new; for others, it's an opportunity to enjoy familiar activities. The focus is on participation, enjoyment, and connecting with others. In addition to activities, the event will feature falls prevention presentations offering practical advice to help seniors stay safe and confident, and a health and community expo area with local providers and organisations to share information and support.

### More Than Just Movement

Active At Any Age also provides a great opportunity to meet new people, socialise with friends, and discover community activities available throughout the Wairarapa. A light lunch will be provided, but please bring along your water bottle and some morning tea.

Wear comfortable clothes you can move around in, and shoes with a sturdy, well-gripping sole.

### Getting There

Transport may be available, and the local bus (Route 200) stops less than a one-minute walk from the venue. We encourage attendees to bring a friend, carpool, and make a

day of it. Parking is available on Holloway Street, High Street, and in the carpark across the road.

### Working Together for Our Community

Active At Any Age is organised by Nuku Ora and supported by Masterton District Council, Carterton District Council, ACC, and Age Concern.

### Registrations

Registrations are essential and open in April. For more information and to register, visit [www.nukuora.org.nz](http://www.nukuora.org.nz) or contact Chloe on 022 544 4825 or at [strength@nukuora.org.nz](mailto:strength@nukuora.org.nz).

Come along and celebrate staying active at any age - we look forward to seeing you there!

### Live Stronger for Longer

Regular participation in an exercise class that focuses on improving your leg, back and core strength and improving your balance has been found to increase your ability to remain healthy and independent – meaning you can continue to do the things that you love to do. Classes aren't just about improving strength and balance either, connecting and socialising is also a key reason why many participants enjoy attending.

Nuku Ora is the lead agency for Community Strength and Balance classes across the greater Wellington region. We are part of the Live Stronger for Longer movement, a wider falls and fractures network all working together to support older people to stay independent and injury free.

There are a wide variety of different Live Stronger for Longer classes available in the Wairarapa to cater for different tastes and abilities. From Pilates, Tai Chi, Line Dancing, Chair Yoga, Aqua classes to Steady as you Go and Danzability. Have a look at [www.livestrongerforlonger.co.nz](http://www.livestrongerforlonger.co.nz) to find a class near you.

Part of our role is to assess exercise classes based on research-based criteria. If classes meet the criteria, then you can trust they will be appropriate, safe, and effective for older adults. Look out for the Live Stronger for Longer tick of approval!

For more information, email the community strength and balance team on [strength@nukuora.org.nz](mailto:strength@nukuora.org.nz)



# Coffee Mornings

New guest speaker each month,  
All welcome!



## MARTINBOROUGH

First Wednesday of the  
month

Heartland Services , 39 Jelli-  
coe St

10:00am, \$3 Koha

## MASTERTON

Second Monday of the month

Wairarapa Community Centre,  
41 Perry St

10:00am, \$3 Koha

## FEATHERSTON

Second Wednesday of the  
month

Featherston Community  
Centre

14 Wakefield St

10:30am, \$4 Koha

## CARTERTON

Third Wednesday of the  
month

Baptist Church, 112 Broadway

10:00am, \$3 Koha

# Exercise Classes

All welcome, come and join a class today!



## STEADY AS YOU GO : FEATHERSTON

Monday 9:30am &  
Thursday 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

## STEADY AS YOU GO :

MARTINBOROUGH

Friday 10am  
Wharekaka, Oxford Street  
\$2 per class

## STEADY AS YOU GO : CARTERTON

Monday 1.30pm &  
Wednesday 1:30pm  
Baptist Church  
112 Broadway, \$2 per class

**We are currently on the hunt for new peer leaders for Steady as you go classes, in Martinborough and Carterton. If you can spare an hour a week please get in touch.**

**All training provided.**

**Call Paige - 06 3770066 to discuss further.**

## KEEP FIT! : MASTERTON

Monday 9:30am &  
Thursday 10:30am  
Senior Citizens' Hall  
Cole Street, \$2 per class

## LINE DANCING:

Masterton: Monday 10.30, \$3 Koha, Senior Citizen's Hall, Cole Street

Martinborough: Friday 2-3PM, \$3 Koha, St Andrews Hall

## Autumn update from Deanne - Buddy Up! Coordinator

Autumn is the perfect time to get out and about in the milder weather and pop along to one of our friendly Buddy Up! groups. Don't forget I can help you to join a group that already exists, or together we can start a new group. There is something for everyone!

To find out more, please get in touch with me: Buddy Up! Coordinator,  
Call 06 377 0066, email [buddyup@acww.nz](mailto:buddyup@acww.nz) or  
drop in to the office at 14 B Queen St.

I'd love to hear from you, Deanne

<p><b>BOOKS ALIVE!</b> Tuesdays 11.00am - 12pm Age Concern Office</p>	<p><b>WOMEN'S DISCUSSION GROUP</b> Every 2nd Tuesday (Starting 27 Jan) 1.00pm - 2.00pm 21 Queen Street</p>
<p><b>MEN'S MEETINGS</b> First Tuesday of the month 9.30 - 10.30am Age Concern Office <b>3rd March, 7th April, 5th May</b></p>	<p><b>BOOKS ALIVE! Carterton</b> Last Wednesday of the month 10.00am - 11.00am Carterton Library</p>
<p><b>WALK AND TALK</b> Fridays 9.30am Meet at Dish Cafe (First St) 1 hr walk, finish up with a coffee</p>	<p><b>U3A UKELELE</b> Fridays 10.00am - 11.00am Age Concern Office</p>
<p><b>CRIBBAGE CARD GROUP</b> Fridays 11.15am - 12.30pm Age Concern Office</p>	<p><b>BEGINNER UKELELE</b> First Friday of month - 3.00pm Following Fridays 1.00pm - 2.00pm Age Concern Office</p>
<p><b>BUDDY UP! BAND</b> Fridays 2.00pm - 3.00pm Panama Village Hall</p>	<p><b>LINE DANCING - Martinborough</b> (Starting 6<sup>th</sup> March) Fridays 2.00pm - 3.00pm St Andrews Hall</p>

**NEW!!! - "Age Write"** - All-comers writing group, share a piece of writing or pick up some tips on where to start. Meeting at Landsdowne Estate Clubhouse, 180 Opaki Road, 2<sup>nd</sup> Thursday of the month – starting on the 9<sup>th</sup> of April, 10am – 11am.

**Age Concern Wairarapa and Wairarapa Community Centre Partnership**

Presents

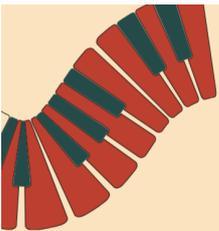
# Men's Cooking Classes starting 3rd March



4-1-1 + 4 Food Items / 1 Person / 1 Pan

9am -12pm,  
3rd, 10th, 17th & 24th March  
Masterton community centre  
41 Perry Street

All classes are free, however booking is essential  
Call Bev on 027 280 9226 or Age Concern on 3770066 to register



## LIVE MUSIC AND DANCING

**DO YOU REMEMBER THE DANCE HALLS?  
WE'RE BRINGING THEM BACK!  
PUT ON YOUR DANCING SHOES AND  
JOIN US FOR SOME LIVE MUSIC**

**FRIDAY 27TH  
MARCH  
6PM - 8PM  
\$5 KOHA**

**SENIOR  
CITIZENS  
HALL  
8 COLE ST  
MASTERTON**



**PLEASE CALL  
DEANNE ON  
06 3770066  
FOR MORE  
DETAILS**



**AGE  
CONCERN  
WAIRARAPA**  
He Manaakitanga  
Kaumātua Aotearoa

## MASTERTON SENIOR CITIZENS AND BENEFICIARIES' ASSOCIATION

12 Cole St Masterton

Meets every Tuesday 1:00-3:00pm  
Bowls, cards (including 500), games  
(including Scrabble), and jigsaws

For only \$3, enjoy a cuppa and  
biscuits, and get a ticket in the weekly  
raffle

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!





**FEATHERSTON**  
*community centre*

Community Centre and Support Hub

14 Wakefield Street, Featherston

info@fcc.nz

<b>EXERCISE</b> →	<b>Feldenkrais</b> - Monday 11 - Noon and Sunday 9 - 10AM <b>Chair Class</b> - Thursday 11 - Noon
<b>DANCE</b> →	<b>Belly Dance for beginners</b> Thursdays 6.30-7.30 PM \$2 per person.
<b>SOCIAL</b>	<b>Wisdom and Wellbeing</b> Wednesday 10.30 - Noon \$4 Per person
<b>GAMES</b> →	<b>Cards and Mah Jong</b> Monday 1-4PM \$3 Koha <b>Scrabble Club</b> Monday 6.30-9.30PM \$3 Koha
<b>CRAFT</b>	<b>Featherston Knitters</b> Fridays 10 - Noon \$2.50 per person
<b>FREE HELP</b> →	<b>Age Concern</b> the 4 <sup>th</sup> Wednesday 11 - 1PM <b>Community Law</b> Every 2 <sup>nd</sup> Tuesday 11 -3PM <b>BFC Building Financial capabilities</b> Every Thursday 9 - 3PM <b>IRD</b> Every 3 <sup>rd</sup> Thursday 9.30-12.30 *Bookings Essential
<b>MENTAL HEALTH &amp; ADDICTION SERVICES</b> →	<b>Alcoholics Anonymous</b> Every Thursday 7.30 - 8.30PM <b>Narcotic Anonymous</b> Every Sunday 7-9PM

# Carterton Sporty Clubs & Exercise groups

## Balance Classes 'Steady as You Go'

W. [ageconcernwai.org.nz/our-services/exercise-classes-2/](http://ageconcernwai.org.nz/our-services/exercise-classes-2/)  
Carterton Baptist Church



## Carterton Cricket

Juniors:  
W. [sporty.co.nz/cartertonjnr-cricket](http://sporty.co.nz/cartertonjnr-cricket)  
FB: Carterton Junior Cricket  
Seniors:  
W. [PlayHQ.com](http://PlayHQ.com)  
FB: Carterton Senior Cricket Club



## Carterton Cycling Group

FB: Carterton Cycling Page - Private Facebook group - potential members can request to join.  
Contact: Irene 027 634 9167 | Lesley 021 2996389



## Carterton Golf Club

W. [cartertongolfclub.co.nz/](http://cartertongolfclub.co.nz/)  
FB: Carterton Golf Club Inc



## Carterton Indoor Bowls

Club Carterton: Sundays, March - Sept. W. [clubcarterton.co.nz/events/](http://clubcarterton.co.nz/events/)



Saint Marks: Mondays 7:30pm March - Sept.  
W. [thecommunity.co.nz/clubs/saint-marks-indoor-bowling-club-carterton/](http://thecommunity.co.nz/clubs/saint-marks-indoor-bowling-club-carterton/)

## Carterton Pilates

W. [gainmomentum.co.nz/](http://gainmomentum.co.nz/)  
FB: Gain Momentum



## Carterton Rugby

W. [cartertonrugby.co.nz/wp/](http://cartertonrugby.co.nz/wp/)  
FB: Carterton Rugby Football Club



## Carterton Swim Club

W. [sporty.co.nz/cartertonswim/Home](http://sporty.co.nz/cartertonswim/Home)  
FB: Carterton Swimming-Club



## Carrington Bowls & Croquet Club

W. [sporty.co.nz/carringtonbowls](http://sporty.co.nz/carringtonbowls)  
FB: Carringtonbowlingandcroquetclub



## Carterton Lions Cycling without Age Chapter

FB: Carterton Lions Cycling without Age Chapter  
E: [paulanddeb@inspire.net.nz](mailto:paulanddeb@inspire.net.nz)  
FB: CartertonLionsClub



## Carterton Football

FB: Carterton Women's Football  
FB: Carterton Junior Football  
FB: Carterton Football Club  
W. [sporty.co.nz/cartertonafc](http://sporty.co.nz/cartertonafc)



## Carterton Free Fit Club !!

FREE Community Fit Club  
6am Monday, Wednesday, Friday.  
11am Monday & Friday. Carrington Park



## Carterton Hockey

W. [hockeywairarapa.org.nz](http://hockeywairarapa.org.nz)  
FB: Hockey Wairarapa (Official)  
FB: Wairarapa Masters Hockey



## Carterton Netball Club

W. [cartertonnetball.club/](http://cartertonnetball.club/)  
FB: Carterton Netball Club  
E. [cartertonnetballclub@gmail.com](mailto:cartertonnetballclub@gmail.com)  
Primary, senior and premier grades.



## Dalefield Hockey

W. [dalefieldhockey.co.nz](http://dalefieldhockey.co.nz)  
E. [admin@dalefieldhockey.co.nz](mailto:admin@dalefieldhockey.co.nz)  
E. [juniors@dalefieldhockey.co.nz](mailto:juniors@dalefieldhockey.co.nz)



## Ruamahanga Ramblers

W. [sporty.co.nz/ruamahangaramblers](http://sporty.co.nz/ruamahangaramblers)  
FB: ruamahungaramblers  
Alternate Sundays 10am (April to September)  
Every Tuesday, at 6:15pm (October to March)

## Strength Nation

W. [strengthnation.co.nz/carterton/](http://strengthnation.co.nz/carterton/)  
FB: strength Nation Carterton



## Carterton Squash

E. [howardboothsquash@gmail.com](mailto:howardboothsquash@gmail.com)  
FB: Howard Booth Squash Club - Carterton



## Carterton Tennis

W. [clubspark.kiwi/CartertonTennisClub](http://clubspark.kiwi/CartertonTennisClub)  
FB: Carterton Tennis

## Carterton Taoist Tai Chi

W. [taoisttaichi.org/locations/carterton/](http://taoisttaichi.org/locations/carterton/)  
Saint Marks Church Hall Wednesdays 530pm

## Carterton Tai Chi & Qigong

E. [Wairarapa.taichi@gmail.com](mailto:Wairarapa.taichi@gmail.com)  
Saint Marks Church Hall Wednesdays 930am

As at: January 2026 Any edits? Contact: [sandrab@cdc.govt.nz](mailto:sandrab@cdc.govt.nz)

## Happy New Year Age Concern Members!!!

We here at Alzheimers Wairarapa hit the ground running in 2026. If you read my piece in last year's newsletter, you will have learnt we are not funded in any way by the government.

Lucky for us we have a fantastic bunch of volunteers who run a weekly garage sale at the Solway Showgrounds on Saturday mornings. Literally they saved Alzheimers Wairarapa, and along with grant funding have been keeping our lights on and our doors open. The Garage Sale has been such a resounding success, we have now opened a shop.

Our shop – Re Loved which sells quality second-hand goods can be found at 240 Queen St Masterton. Mahi is the manager there, and she has another bunch of cherry volunteers helping her out. She is looking for a few more people to help sort goods at the back of the shop.

If anyone is interested in volunteering a few hours a week give Mahi a call 0275272180.

If you have any clothing, housewares, furniture, or art, that you would like to donate to the shop, it can be left at the Alzheimers Office 3777522, or if you have big items, you need collected call Brian 0272085346.

All donations and money raised is spent on supporting the people in the Wairarapa who have dementia and their families.



## Advertise with Active Ageing Wairarapa...

...for an effective, affordable, and easy way to get your message out to hundreds of people across our Wairarapa communities.

Every quarter, Active Ageing Wairarapa reaches letterboxes, waiting rooms and community spaces all across our beautiful region. What's more, our community listings and activity calendars make sure our magazine isn't only read once, but is picked up again and again. Our pages are a brilliant way for you to market your product or service to Wairarapa's older people, their families and whanau and caregivers.

Starting rates are as low as \$42 for a regular spot.

Call us on (06) 377 0066 for more information or email [accounts@acww.nz](mailto:accounts@acww.nz)



We give free digital device support for seniors 65+

You can find a Digital Seniors hub near you:

**Masterton Age Concern**  
Mondays 1pm - 3pm  
Wednesdays 10am - 12pm

**Martinborough Heartland Services**  
Thursdays 9.30am - 11am

**Carterton Library**  
Tuesdays 9.30am - 11.30am

**Martinborough Library**  
1<sup>st</sup> Tuesday of each month  
Tuesdays 11am - 12.30am

**Greytown Library**  
Tuesdays 1.30pm - 3pm

**Featherston R.S.A - Fox St**  
Thursdays 2pm - 4pm

Learn to use technology and experience its benefits:

WE CAN

talk with loved ones

shop

share photos

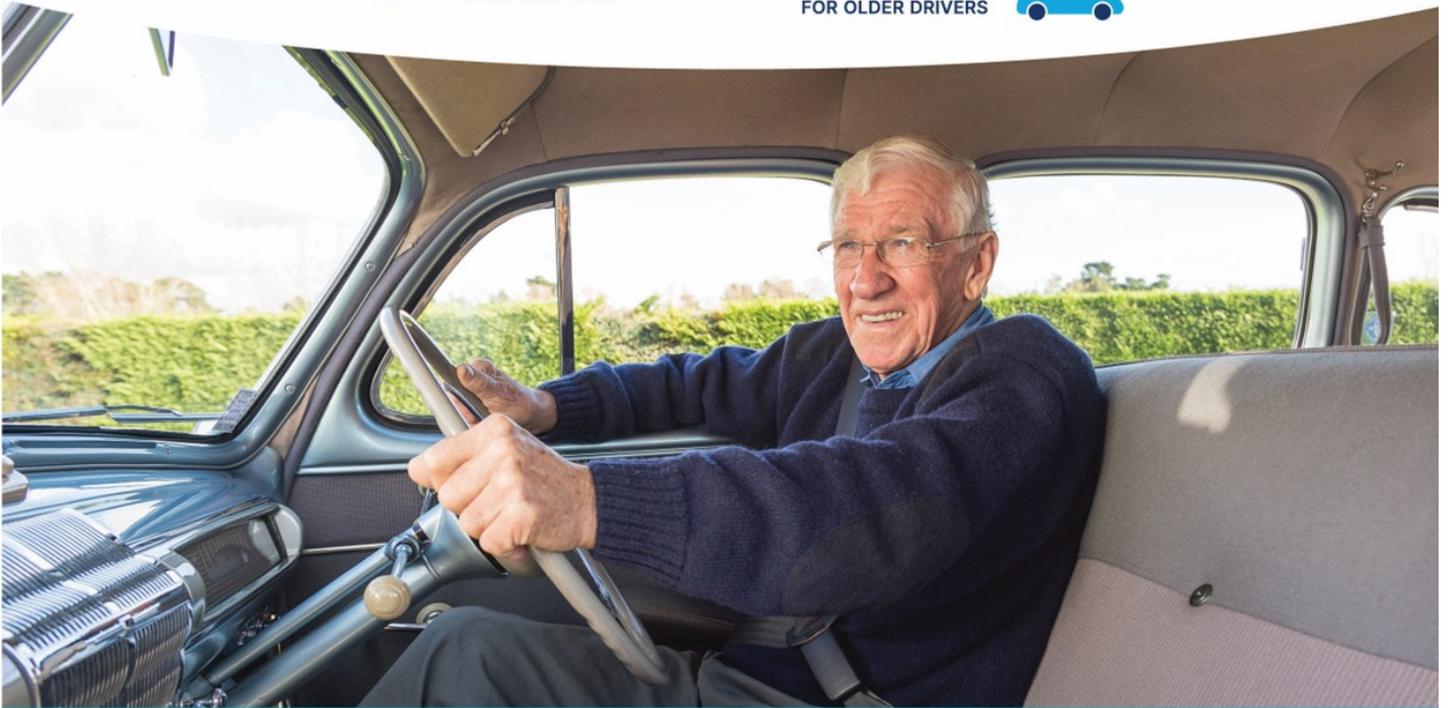
manage medical needs

use online services

keep up to date

Digital Seniors is a community Trust.  
We help seniors with friendly technology support.

0800 373 646  
[www.digitalseniors.co.nz](http://www.digitalseniors.co.nz)



# Staying Safe

A REFRESHER COURSE  
FOR OLDER DRIVERS

Had your licence for decades but never refreshed your Road Code knowledge?

Feeling unsettled because you have a medical coming up to renew your licence?

This FREE classroom-based course will help to re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

The course includes current road rules and changes to local driving areas, what to expect at both Medical and driving refresher classes, which happens more often after the age of 75, as well as an opportunity for attendees to share experiences and thoughts that can feed back to a national level. All in aid to support older drivers so they can continue to drive safely for as long as possible.

**DATE:** Thursday 12th March 2026  
**TIME:** 9.45am for a 10am start - 1.30pm  
**VENUE:** The Landing at Lansdowne Park  
100 Titoki Street, Masterton

**Enrolments essential: Only 30 spaces available**  
**Phone 06 377 0066 to book or email Paige —[health@acww.nz](mailto:health@acww.nz)**

**Morning tea and refreshments provided—See you there!!**

**If you cannot make this course, you can get in touch with the team to find out when the next course will be in your area., or visit our website [ageconcernwai.org.nz](http://ageconcernwai.org.nz) for upcoming courses near you.**

# Let us EAT!

*recipes and food education to help eat your way to fuller,  
healthier and happier belly.*

## Lets change the narrative on toast—

Toast has long been a household staple to start the day or as a late afternoon snack, but have you ever made it in a way that sets you up to reach your daily nutrient goals?

Over the coming months your task is to find new ways to eat toast, below is a list of tasty ideas you can try for yourself, or you can recreate my favourite breakfast toast, as pictured.

You can send in a photo of your favourite and receive a feature in next seasons issue by emailing to Paige, health@acww.nz

## Toast's with a twist— ideas you MUST try!

- *Peach and Honey Toast*

Peaches fresh are best or well drained canned—no added sugar) Ricotta (can substitute for cottage cheese)

honey

Multi grain toast.

Cook toast to preference, add a tablespoon of cheese per toast, 4-5 peach slices. Drizzle with honey. You can add a pinch of cinnamon for extra goodness!

(193 Calories, 16% daily protein, plus 14% of your daily fibre)

- *Apple Peanut Butter Toast*

One apple, I use granny smith for extra tart, but any will substitute.

Peanut butter

Multigrain or rye toast

Cook toast, spread peanut butter. Slice apple in half, then into very thin slices and layer over toast. Sprinkle with a pinch of cardamon, or cinnamon if preferred.

(294 calories, 21% of daily protein, plus 16% of daily fibre)

- *Avocado Salsa Toast*

1/2 an avocado (top tip, to check if your Avo is ripe, press the stem and if it easily pushes into the fruit its ready. If resistant it's not)

1 Tomato, 1/4 red onion, handful of fresh herbs all finely diced and added to small bowl. Add 1 tablespoon olive oil, spoonful of lemon juice, salt and pepper to season then toss together.

Cook toast, spread avocado onto toast and add salsa mix on top.

(264 calories, 13% of daily protein, and a whopping 28% of your daily fibre)

**TOP HEALTH TIP:** Whole grains and foods made from whole grains (such as bread) can help with the management of blood sugar and insulin resistance. This is because of soluble fibre, which helps slow digestion and glucose absorption. Recommendation is finding a loaf of whole-wheat or other whole-grain bread that has at least 3 grams of fibre per slice.

## Cottage Cheese, Avocado and Honey on Toast

1/2 of an Avocado

2 Tablespoons Cottage Cheese

Multigrain Toast (1-2 slices)

1 Tablespoon honey

Pinch of sea salt

Cook toast to preference then spread with avocado. Add cottage cheese on top of avocado. Drizzle with honey and a sprinkle of sea salt—enjoy.



## FOOD SPOTLIGHT: COTTAGE CHEESE

Not only is cottage cheese high in protein, which keeps our bellies fuller, our muscles stronger and our cells nutrients to repair and regenerate. There's vitamin A for eye health, calcium for strong bones, and potassium, a key electrolyte that helps keep blood pressure in check. This creamy spread also provides vitamin B12, a crucial nutrient for energy production, brain health and nerve function. Since this vitamin is only found in animal foods, cottage cheese can be a great way to get a B12 boost along with a generous amount of protein if you don't eat meat, fish or poultry.

Topping toast with cottage cheese will give your breakfast a high-protein upgrade to keep you full and energized.

Cottage cheese not only adds a whopping 28 grams of protein per cup, but also provides essential nutrients like vitamin A, calcium, and vitamin B12.

Get creative with your cottage cheese toast by making sweet, savoury, or even spicy versions using fruits, vegetables, herbs, spice blends and condiments.

## Walnut and Pesto Pasta Salad

1/2 a bag whole-wheat penne pasta  
1 x 100gm pottle of basil and cashew pesto (with added parmesan if you can find)  
1 medium tomato, chopped  
1/2 cup chopped walnuts  
(shredded chicken or canned Tuna if wanted)

Cook pasta according to packet instructions, drain and place in large bowl. Allow to cool slightly.

Add Pesto, chopped walnuts and tomatoes and toss well together.

If using meat, stir through at this stage, or add to the top of portion size to increase pastas fridge life.

This pasta salad can be kept in an air tight container for 3-4 days, and frozen into portion sizes for future lunches.

(417 Calories, 23% daily protein (without meat added), 22% daily fibre AND 25% of your daily Vitamin A)

Tip– You can add feta , avocado and nuts and seeds or your choosing to add extra goodness and flavour too!!



## Why is Fibre so important, and no, not the kind that gives you internet! The fibre we consume through our foods.

Eating 25 - 30 grams of fibre every day can make meals feel more filling and satisfying.

Getting enough fibre supports better digestion and regular bowel movements, reducing constipation risk.

Fibre also works in the gut to absorb all those nasty fats like cholesterol so they can be passed through the bowl, instead of absorbed into the bloodstream.

Adequate daily fibre intake may lower cholesterol, heart disease, type 2 diabetes and certain cancer risks.

## LET'S BAKE: High Protein Glory Muffins

*These subtly sweet muffins go great with a cup of coffee or tea. These muffins are filled with fibre and protein. Can be frozen.*

*Makes 12 Muffins—*

*1 cup whole-wheat flour*

*1 cup all-purpose flour*

*½ cup almond flour*

*1 tablespoon baking powder*

*1 teaspoon of both Nutmeg and Cinnamon*

*1 teaspoon baking soda*

*¼ teaspoon salt*

*1¼ cups (Greek-style) yogurt, any will substitute*

*½ cup unsweetened applesauce*

*2 large eggs, at room temperature*

*6 tablespoons light brown sugar*

*1½ teaspoons vanilla extract*

*½ cup grated peeled carrot*

*½ cup grated unpeeled apple*

*¼ cup finely chopped raisins*

*2 tablespoons chopped walnuts*

*1½ tablespoons old-fashioned rolled oats*

Step 1 Preheat oven to 180 degrees Celsius. Line a 12-cup muffin tin with paper liners or coat with cooking spray.

Step 2 Whisk all dry ingredients into a medium bowl,

Step 3 In a large bowl, whisk wet ingredients until well combined. Add the flour mixture and stir until nearly combined. Using a rubber spatula, fold in carrot, apple and raisins just until evenly distributed.

Step 4 Spoon the batter evenly into the prepared muffin tin (about ⅓ cup per muffin). Top with 2 tablespoons walnuts and 1½ tablespoons oats.

Step 5 Bake until puffed, golden and a wooden pick inserted in the centre comes out clean or with moist crumbs, 14 to 16 minutes. Let cool in the pan for 5 minutes, then transfer to a wire rack. Let cool for 20 minutes before serving warm, or let cool to room temperature, about 30 more minutes.

To make ahead Store cooled muffins in an airtight container at room temperature for up to 2 days or refrigerate for up to 5 days. Freeze for up to 3 months.

(187 Calories, 9% daily Fibre, 14% daily Protein, 10% vitamin E)



# MULCH YOUR GARDEN WILL THANK YOU



Whether you're a beginner, a bit of a green thumb, or an expert gardener, adding mulch to your garden at this time of year is going to make you look like a pro. After a growing season, your soil is depleted of a lot of its nutrients after you've harvested your vegetables and picked your flowers for bouquets.

Mulch Man's quality arborist mulch provides what your garden needs during this time, and will begin breaking down once added in autumn to become an ideal environment for all of your 2026 spring and summer plantings.

**The benefits of adding mulch to your garden include:**

- Acts as a natural weed suppressant - a great alternative to environmentally harmful plastic weed-matting!
- Moisture retention - less need for watering during the hottest parts of the year.
- Breaks down slowly, providing nutrients for your plants and for the soil.
- Protects the roots of your plants from hot and cold spells, keeping the internal soil temperature more tolerable.
- Aesthetically pleasing, provides a natural look that keeps things tidy.

Mulch Man also offers a mulch spreading service, which is perfect for when you want to give your garden a bit of a boost but don't have the time or energy to spare to put it where your plants need it most. We love nothing more than to come by and spend some time helping you get your gardens looking the way you've envisioned it. Our quality, seasoned mulch is a natural byproduct of tree work from local arborists, which means all of our mulch is sourced within the Wairarapa. Our customers are not only supporting our small business, but local arboriculture businesses as well.

**If you want to arrange a delivery for a truck load of quality seasoned mulch for your garden, please give us a ring, send us a Facebook message or an email, and we'll be happy to help.**



022 368 3806



Mulch Man  
Masterton



turnertreework  
@outlook.com

# What's In the Garden??

We love seeing what everyone is doing, and especially love gardens!

Here's a peek at some of the gardens we have loved this summer.

Want to show off yours too? Send your photos to [health@acww.nz](mailto:health@acww.nz) to get a feature in next seasons magazine!



February weather got the better of these gardens!

Welcome to my garden! Here are some of my favourite snaps from summer taken about my gardens. I hope you love them as much as I do!! I cannot wait to see yours too :) - Paige



A team effort of flowers collected and home grown for the wedding of my sister in February!!



Small patch veggie garden providing nutrients to our family



Little Tui having some Kai



Boston the cat soaking up some sun and nature



All The pretty colours of Dahlias, Roses and more collected from my summer garden!



# What is Green Prescription?

**Green Prescription (GRx) is a free service aiming to improve the health and wellbeing of individuals and whānau through physical activity and nutrition support.**

## How we support

We support clients to make small sustainable lifestyle changes over time, adapting our support based on their preferences, which might just be a one-off contact but could also include:

- Regular in-person and phone call follow-ups (between 3-12 months)
- Healthy eating and physical activity resources
- Goal setting with a gentle action plan
- Provide subsidised access to selected recreation facilities (pools and gyms)
- Introducing clients to different community spaces and local community groups
- Hands on guidance and practical sessions



If you are interested or would like to know more, feel free to **contact us**;  
email: [grx@nukuora.org.nz](mailto:grx@nukuora.org.nz)  
phone: (04) 380 2070  
or visit us: [www.nukuora.org.nz](http://www.nukuora.org.nz)



## Vacancies with Age Concern Wairarapa

**\*\*Would you like to join us in Making a Difference?!\*\***

Here at Age Concern Wairarapa, we believe that every hour counts when it comes to supporting our older population. We're currently on the lookout for compassionate and selfless volunteers, ready to share their time and skills.

**\*\*Are you someone who can spare just ONE hour a week?\***

**Our current positions include:**

- Exercise class peer support leaders. Full training and support provided.  
-Carterton; Wednesdays 1.30-2.30 PM  
-Martinborough; Fridays 10-11am
- Visiting Service Visitors (ask for more information with the team!)

If you're ready to step up and make a difference, we'd love to hear from you! Please contact us today to learn more about these rewarding opportunities.

Thank you for considering joining the Age Concern Wairarapa family!

**\*\*Together, we can create a brighter tomorrow for our older people\*\***

Contact Paige for more details or to share your interest in any of the above positions  
E: [health@acww.nz](mailto:health@acww.nz) P: 06 377 0066  
or pop into our office: 14B Queen Street, Masterton

## Have you ever considered leaving a bequest to Age Concern Wairarapa?

Age Concern Wairarapa is charity and relies on the generosity of our community to raise funds required to deliver our essential services and support. Any bequest left to us, no matter how small or large, has a lasting impact, and helps ensure that we can continue supporting all those older people needing our help.

A bequest to Age Concern Wairarapa allows you to leave a legacy long after you're gone. It is the ultimate act of kindness and caring you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift in your will to Age Concern Wairarapa is to speak with your solicitor. He or she can ensure that your estate is distributed in a way that honours your wishes.

To leave a bequest to Age Concern Wairarapa, we recommend this wording: "I give Age Concern Wairarapa Incorporated the sum of \$XXX (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Wairarapa will be sufficient receipt and discharge for my trustees."

If you would like to leave us a bequest in your will, these are the official details you will need:

Legal Charity Name: Age Concern Wairarapa

Charity Registration Number: CC22429

If you would like to talk to us further about leaving a bequest to Age Concern Wairarapa and the difference it will make, please contact

The Manager

Age Concern Wairarapa

14B Queen Street, Masterton 5810

manager@acww.nz

06 377 0066



### **Donate today to support our essential work**

You can make one-off or regular donations by:

#### **Direct Credit or Internet Banking:**

Account Name: Age Concern Wairarapa

Account Number: 01 0682 0058102 00

Ref 1: Donation

Ref 2: Your Surname

**Please also email [admin@acww.nz](mailto:admin@acww.nz)** the details, so we can provide you with a donation receipt.

#### **Over the phone by calling us on 06 377 0066**

#### **In person at our office:**

14B Queen Street Masterton

#### **Post your donation to us at:**

Age Concern Wairarapa

14B Queen Street

Masterton 5810

I would like to make a donation of \$ \_\_\_\_\_

Donations of \$5.00 or more are eligible for a tax rebate

Charities Commission Number: CC22429

My Name

My Address

Postcode

My Phone Number

My Email

# Join us!

## INDIVIDUAL MEMBERSHIP APPLICATION FORM 2026



Full Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Physical Address: \_\_\_\_\_

*Delivery Address*

*(if different from above):* \_\_\_\_\_

- I confirm I am over 18 years old and a resident in the Wairarapa
- I consent to being a member and to abide by the Constitution of Age Concern Wairarapa Inc and understand that membership may be revoked if I contravene these rules.
- I agree to being added to Age Concern Wairarapa membership database\* and to receive informational materials via email and other communication channels
- The fee of \$25.00 / \$40.00 (circle one) was paid on / / (\$25 single/\$40 couple)\*\*
- I understand that I will be advised when my application has been approved.
- If my photograph is taken at an Age Concern Wairarapa event, I give my consent for that photo to be used for promotional purposes for Age Concern Wairarapa.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Email** the completed form to [admin@acww.nz](mailto:admin@acww.nz) OR

**Mail / Deliver** the completed form to

Age Concern Wairarapa

14B Queen Street

Masterton 5810

**\*Confidentiality Notice:** Please be advised that our membership database is strictly private and confidential. Access is restricted to authorised personnel only, and all member information is protected in accordance with our privacy policy. We do not share, sell, or disclose member details to third parties without explicit consent.

**\*\* If Applying as a Couple,** each individual must complete a separate application form and reside at the same address

**BANK ACCOUNT DETAILS :** Age Concern Wairarapa Inc 01 0682 0058102 000

# COMMUNITY INFORMATION

## USEFUL NUMBERS

Emergency	111
Non Emergency Police	105
Healthline	0800 611 116
Poisons	0800 764 766
First Health Acute Medical Care	(06) 7779070
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

## MEALS ON WHEELS

### South Wairarapa

Main and dessert \$12.50

Subsidized Meals:

Main and Dessert: \$7.60

(Covered by Te Whatu Ora Contract)

### Contact:

Wharekaka Village

(06) 306 9701

## MEALS ON WHEELS

### Masterton

Please contact:

Your health professional or  
FOCUS

Glenwood Masonic

Hospital Meals

Main and Dessert \$12.50

Call Melissa (06) 3770221

## 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	<a href="mailto:web@digitalinclusionalliance.nz">web@digitalinclusionalliance.nz</a>
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	<a href="mailto:info@wcct.co.nz">info@wcct.co.nz</a>
Heartland Service, Martinborough	021612945

## FOOD BANKS

### FEATHERSTON FOOD BANK:

Open Tuesday and Thursday

1.30-2.30pm

69 Boundary Rd

Contact: [feathfoodbank@gmail.com](mailto:feathfoodbank@gmail.com) 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

# He waka eke noa

We're all in this together

THANK YOU TO OUR SPONSORS



And a special thanks to the following collab partners:

- Masterton and Carterton Public libraries
- Nuku Ora
- Digital Seniors



Good Bitches Baking (GBB) is a network of volunteers who bake and deliver treats to organisations that work with people having a hard time. To learn more, or to join up, visit <https://gbb.org.nz/baking-it-better/volunteer> or email Eve on [wairarapa@gbb.org.nz](mailto:wairarapa@gbb.org.nz)

*We appreciate the delicious treats we receive for our Carterton and Masterton Coffee Mornings. Thanks GBB!*

## Acknowledgements:

Thank-you to the free image providers for the pictures we use (most often Unsplash, Stockcake, ACNZ image library, Vector and Clip Art but to all others as well); and to our regular contributors.

Special thanks to our wonderful delivery team of volunteers, who do a fabulous job getting the magazine out to you in all weathers.

We are also very grateful to all of our amazing volunteers at Age Concern Wairarapa—we couldn't support older people in our community without you!