



AGE
CONCERN
SOUTH CANTERBURY

He Manaakitanga
Kaumātua Aotearoa

Autumn 2024 Newsletter



Don't miss this



AGM

Annual General Meeting

Friday 12th April

11am

**at The Friday Club,
Wilson St Church Hall**

Annual Report

Financial Reports

Election of Officers

Honorary Appointments

Other Business

To be followed by lunch

What's inside..

- What's coming up ...
- Visiting Service
- Seven of the best
- 5 tips to keep safe online
- Special General Meeting
- Safer Driving Course
- Visit to Trott's Gardens
- Care and Repair
- Positive Aging Expo



Thank you to our funders and supporters



What's coming up..

The Friday Club - every Friday

10am – 1pm at Wilson Street Baptist Church Hall. Morning Tea (\$3 and 2-course lunch \$12). Relaxed, fun, social, activities.

NB No Friday Club on Easter weekend, that's Friday 29th March



Silver Tech – Introduction to Smartphones

Free course four x 2-hr lesson at Community House from 10– 12pm

- Tuesday Class - 9th April, 16th April, 23rd April, 30th April
- Tuesday Class - 7th May, 14th May, 21st May, 28th May
- Thursday Class - 9th May, 16th May, 23rd May, 30th May
- Tuesday Class - 4th June, 11th June, 18th June, 25th June
- Thursday Class - 6th June, 13th June, 20th June, 27th June

Mobility Scooter Safety Course

for existing and future mobility scooter drivers Wednesday 10th April at Wilson Baptist Church Hall 10am -12pm (free).

Bus Trips

A day outing for members 10-4pm (approx). Cost \$10 plus lunch.

- Tuesday 16th April, Wednesday 22nd May, Tuesday 18th June

Staying Safe Refresher Driving Course - 10-1.30pm. Free, classroom course with optional driving assessment.

- Thurs 11th April at Knox Church Hall, Waimate
- Thurs 23rd May at Community Hall, Fairlie
- Thurs 13th June at Temuka Library
- Thurs 18th July at Community House, Timaru

Positive Aging Expo at Caroline Bay Hall,

- Thursday 2nd May 10am – 3pm. Gold Coin Donation

Steady As You Go – strength and balance exercise class

Every Friday 1.30pm at St Josephs Hall, Temuka
New Waimate class coming soon.

Visiting Service

LONELY? You don't need to be

Most of us have felt lonely at some time in our lives.

Research shows that having weak social connections carries a similar health risk to being an alcoholic, or smoking 15 cigarettes a day.

If loneliness isn't relieved, it can increase the risk of physical & mental health problems such as:



- Raised blood pressure and heart disease.
- Lowered immune response.
- Disrupted sleep & daytime fatigue.
- Cognitive decline and dementia.
- Depression and thoughts of suicide.

Who to call

Age Concern Visiting Service provides regular visits by trusted volunteers to older people in Timaru, Temuka, Geraldine and Waimate. Our Volunteers are police vetted, trained, & have a real desire to help. They visit for one hour a week to chat or take clients on local outings.

Alice Sollis, Visiting Services Manager

Alice has been in the role for nearly a year and a half, and currently manages 35 visitors & client matches.

She also runs a Tuesday afternoon connections group which anyone is welcome to join.

If you are interested in being a Volunteer or want a visitor, please phone Alice Sollis 03 6877587. She would love to hear from



YOU.



Seven of the Best Social Activities for older people

You know, hitting 65, 75 or 80 and beyond might not be everyone's cup of tea, but it does come with its perks. After years of hard work, retirement is now in full swing, leaving you with more free time than ever to pursue your passions. Whether it's discovering a new hobby or revisiting an old one, the possibilities are endless.

Yet, sometimes, being on your own can lead to missing out on the joy of connecting with others. A simple chat over a cup of tea once or twice a week can make a world of difference, especially considering how isolation can impact both physical and mental health. That's why it's crucial to explore social activities tailored for older folks who've been relishing retirement for a decade or more. So, let's talk about Seven of the Best Social Activities for older people.

1. First up, walking takes the lead! It's not just about staying active; it's a chance to catch up with friends while keeping your body and mind sharp. Whether it's a leisurely stroll in the park or a brisk walk around the block, there's always a spot to chat and unwind.

2. Exercise classes come next, offering more than just a workout—they're a fantastic way to combat boredom, boost strength, and enhance balance. From aerobics to yoga, there's something for everyone, including Age Concern's Steady As You Go classes every Friday afternoon in Temuka and look out for a new class starting in Waimate.

3. Board and card games add a touch of friendly competition to social gatherings, with classics like euchre and scrabble bringing people together. And let's not forget about dancing! It's a fun way to stay active and engage with others while grooving to the beat.

4. For those with green thumbs, gardening provides not only a peaceful pastime, but a chance to join a club and socialise.



5. Aqua fitness and swimming offer a refreshing workout, gentle on the joints, perfect for those dealing with arthritis.

6. Finally, volunteering and joining crafting groups, like knitting or crocheting clubs, offer meaningful ways to connect with others while making a positive impact in the community.

7. And of course, we can't forget Age Concern's Friday Club – every Friday at Wilson Street Baptist Church in Timaru. A perfect place to meet new people and start conversations.

So, whether you're strolling through the garden or splashing in the pool, there's no shortage of social activities to enjoy during your golden years.

5 tips to keep safe online



1. Keep it locked

Ask someone to help you set up a PIN or password to protect your phone, laptop and other devices, as well as all your accounts and the information contained in them.



2. Keep it private.

Don't share personal information like your address and phone number. Find out how to keep your profiles on social media private so only people you want to can see what you share.



3. Keep it to yourself

Everything you do online leaves what's known as a digital footprint – a record of what you do and say. Think very carefully before you say or post anything as you won't be able to stop other people sharing it – even those you don't know.



4. Keep it real.

Sometimes, people pretend to be someone else online. Check anyone who makes friends with you online is who they say they are. If you aren't sure, ask someone you know to help you find out



5. Keep it friendly

The internet is just like real life:

- be careful talking to, or sharing information with, people you don't know



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Kaumihua Aotearoa

**SILVER
TECH**

Get smart with **technology.**

Spaces available for April/May courses



Join your local four-week smartphone course

Available to members and the public by donation

Ph 687 7581 Email info@ageconcernsc.org.nz

What can your smartphone do for you?

- WIFI and Mobile Data
- Sorting your contacts
- Messaging and Email
- Using Apps
- Connecting socially
- Online safety

Supported by
ANZ

Join the 4 week smartphone course starting
Tue 9 April or Tue 7 May or Thu 9 May
Community House, 27 Strathallan St, Timaru

This course will be delivered by Age Concern South Canterbury, with materials developed and supplied by Age Concern Otago.

POSITIVE AGING EXPO

Thursday 2 May 2024 10am - 3pm
Caroline Bay Hall, Timaru



Over 60 stalls of community groups and service providers including:

- Health and wellbeing
- Mobility and transport
- Clubs and recreation
- Keeping connected and safe
- Independent living and retirement
- Latest products and services

- Demonstrations
- Presentations
- Entertainment
- Cafe
- Easy parking

For info phone 03 687 7581
manager@ageconcernsc.org.nz



Special General Meeting



Age Concern Manager Chris Thomas (left) and Andrew Rosanowski AC Board Chair Person addressing a Special General Meeting at The Friday Club regarding the change of structure for Age Concern. Great meeting, leadership and unanimous vote by all members.

Chris and the Board will now work on developing the constitution and the other requirements to move the structure from an Incorporated Society to a Charitable Trust.



Staying Safe Driving Course

Dianne Dalley is an enthusiastic advocate of Staying Safe course attendance, after benefitting hugely from it herself. When John, Dianne's husband could not drive for 3 months, it rocked Dianne's world. While she had held her own licence for several decades, John did most of the driving and Dianne lacked confidence behind the wheel.

On reflection, Dianne says Staying Safe made her realise the importance of keeping fit and healthy to drive safely. She was scared of multi-lane driving, new road layouts and new highways before having the opportunity to really understand them, and it has been fantastic to lose those inhibitions.

Living arrangements also came under scrutiny after being encouraged at Staying Safe to think about what might happen 5 years down the track. Dianne wondered "how might we get around if....".

Several of Dianne's friend have gone to Staying Safe on her recommendation, and one even passed her licence renewal medical assessment by showing her attendance certificate to the Dr. This showed she was proactive in keeping her driving skills up and prepared to put some effort in to keep herself and others safe on the roads.

Best of all for Dianne, John has told her she is far more determined in her driving than she used to be. Who knows?

Maybe John will take up Dianne's recommendation and attend Staying Safe himself.

Everyone should do this course. It was excellent. I will look out more for cyclists. Well worth attending.



It's a FREE classroom course to help you re-familiarise yourself with the latest road rules and safe driving practices.

It will increase your confidence and knowledge about other transport options and help you remain independent for longer.

2024 Course dates

WAIMATE:

Thursday 11th April

FAIRLIE:

Thursday 23rd May

TEMUKA:

Thursday 13 June

TIMARU:

Thursday 18 July

Bookings: Phone 03 687 7581
manager@ageconcernsc.org.nz

Bus Trip March 2024

**Arriving early, clear and sunny,
parking "down the back"
Climbed aboard the busses
head out -along the track**

**Stopping there for comfort
or others to catch up
A procession of white busses
do a circuit at Lake Hood**

**Views of country back-roads
& little country towns
Away from rush and bustle
green pasture & crops abound**

**A quick pass through Ashburton
& w-a-y down Racecourse Road
Drive in through tree lined entrance
a hungry throng to unload**

**Peaceful charm & calm greet us
To Brantwood & Trotts garden
Restored church & delicious dining
Sermon of history an addition**

**Stroll around gardens
See herbaceous manicure,
With gardeners delights
& nature almost autumnal**

**Back aboard the busses
a relaxing meander home
Amid chatter & farewells
A successful trip is done.**

**A special thanks to volunteers
& organiser Chris
Without your caring eyes & ears
We wouldn't have days like this**

By Mz Terri

Trott's Gardens





Mobility Scooter Safety Course

Wed 10 April - 10am-12pm
Wilson St Baptist Church Hall, Timaru

Supported by:



Every Tuesday 10.00 am – 12.00 pm

What to expect – A perfect time to work on a puzzle, play cards or a board game, bring your own activity/craft, or just turn up for a chat.

Be in the company of others in a relaxed and casual atmosphere.

No need to register – just turn up! Tea and Coffee provided.

Free Timaru Transport.

Starting date: Tuesday, 5th March 2024



Contact

027 336 9008 or timaru.area@stjohn.org.nz



Location

St John Timaru, 9 Jackson Street, Timaru



**Hato Hone
St John**

Our Services

Care and Repair - we have a number of reputable and trustworthy handypersons, tradespeople, gardeners, cleaners and even hairdressers on our books who have been screened by us. We take the worry out of finding someone reputable and trustworthy to help you out whether it's weeding and mowing the grass, changing lightbulbs, cleaning the gutters or providing some personal care.
Phone 03 687 7581

Elder Abuse Response Service – to improve the quality of life of older people in abusive situations and to prevent abuse by providing case management, free and confidential advice and by working with a range of health professionals to provide wrap-around support services.
Phone 03 687 7372

Digital Literacy and Skills Programme – Training for older people to provide increased confidence on digital devices, plus opportunities to meet to reduce social isolation and learn about their digital device. Formal and informal classes covering digital safety, scams, email and online banking.

Foot Clinic - weekly, each Wednesday morning - includes a foot soak, foot inspection, nail trimming and foot massage. Held each Wednesday at Community House. Bookings essential. \$25. Phone 03 687 7581

Friday Club – a weekly social gathering that includes morning tea (\$3), 30 mins of physical exercise (for strength and balance, a guest speaker, entertainment or music, followed up with a 2-course lunch (\$12). Ample time to socialise and meet new friends. The Friday Club is held each week from 9.30am until approx. 1pm at the Wilson St Church Hall, 17 Wilson St, Timaru. No booking required.

Mobility Scooter Safety Courses - A free course to cover the safety and legal obligations of mobility scooter users. The Mobility Scooter Safety course is aimed at everyone who has a scooter or might be interested in getting one. Next Course Wednesday 10th April.
Phone 03 687 7581

Safer Driving Refresher Courses – helps older drivers familiarise themselves with the latest traffic rules, safer driving practices, road hazards, as well as increase their knowledge about other transport options to assist them stay mobile for as long as possible. Free, but donations are welcome to cover catering. Courses are held regularly in towns in South Canterbury. Phone 03 687 7581

Total Mobility Scheme – assesses and provides Total Mobility Cards to eligible people so they can receive subsidised taxis when they are no longer able to use public transport. Assessment and card \$20 per annum. Phone 03 687 7581

Visiting Service – provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor. Phone 03 687 7587

Welfare and wellbeing checks - We undertake in-home and phone welfare checks and home visits to vulnerable older people. This service involves a 30-minute home visit from one of our community support staff to check-up on physical and mental wellbeing.

Steady as You Go Improve your well-being and stability today! Join our weekly strength and balance classes! Falls are a major cause of injury among older people impacting mobility and quality of life. Our classes boost health, fitness, confidence, and social ties. Each class is a one-hour session followed by a cuppa.
St Josephs Hall, Temuka every Friday 1.30pm
Waimate - New class coming soon



Donate now and claim your tax credit of 33%.

Did you know that if you donate before 31 March, you can get 33% of your donation back?

Your donation can help us provide life-changing support to older people in our community. Every dollar donated gets spent in South Canterbury. Make a donation before the end of March to get 33% of it back and help us to do the work we do.

Yes! I would like to support the work of Age Concern South Canterbury

- ☐ Join Timaru Senior Citizens (\$25 individual, \$45 couple)
- ☐ Make a donation (Online Banking 03 0887 0246182 00) or cash at our office
- ☐ Learn more about becoming a Volunteer
- ☐ Know more about making a regular donation

Your Name

Address

Email

Phone

Age Concern South Canterbury is the trading name for Timaru Senior Citizens ia registered charity (CC35518). For all donations over \$5 you can claim donation tax credits of 33.33 cents for every dollar you donated. But you will need a receipt so make sure you send us your details.