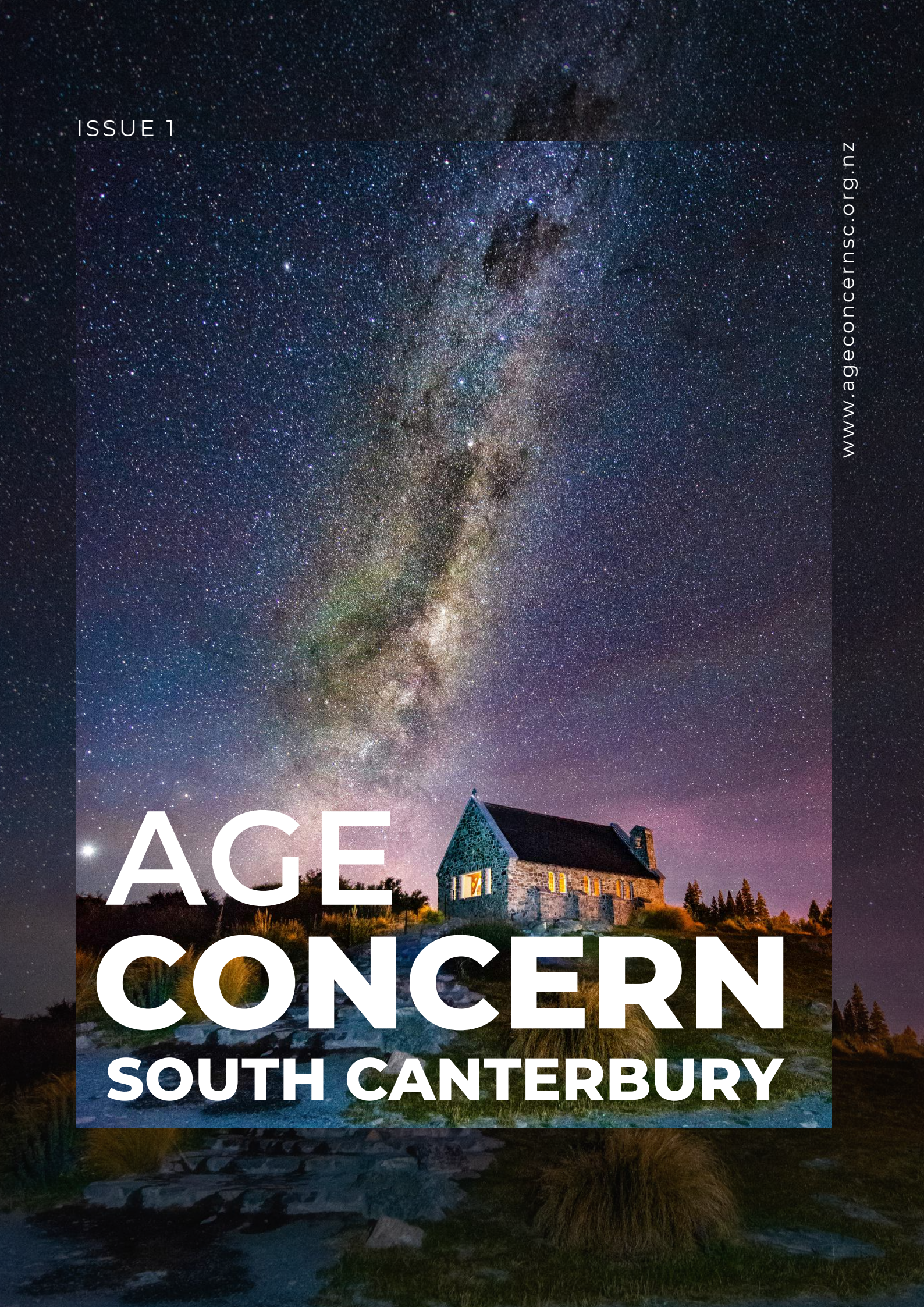


ISSUE 1

www.ageconcernsc.org.nz



AGE CONCERN

SOUTH CANTERBURY

Age Concern - We're here to support older people when they need us

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 reliable help, whether it's weeding and mowing the lawn, changing lightbulbs, cleaning gutters, or providing personal care.
Phone: **03 687 7581**

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

Foot Clinic - Held weekly, every Tuesday morning. Includes a foot soak, foot inspection, nail trimming, and foot massage. Located at Community House. Bookings essential. Cost: \$25.
Phone: **03 687 7581**

Friday Club - A weekly social gathering that includes **morning tea (\$3)**, optional strength and balance exercises, guest speakers, entertainment, or music, followed by a **two-course lunch (\$12)**. Plenty of time to socialise and meet new friends. Held each Friday from 9.30 am to approximately 1.00 pm at Wilson St Church Hall, 17 Wilson St, Timaru. No booking required.

Total Mobility Scheme - We assess and provide Total Mobility Cards to eligible individuals, enabling them to receive subsidised taxi fares if they can no longer use public transport. Assessment and card: \$20 per annum.
Phone: **03 687 7581**

Silvertech – Smartphone Training Course and Digital Literacy & Skills Programme -

Training for older people to help build confidence with digital devices, along with opportunities to connect socially and learn more about their technology. We offer both formal and informal sessions covering topics such as digital safety, scams, email, and online banking.
Phone: **03 687 7581**

Mobility Scooter Safety Courses -

A free course covering the safety requirements and legal obligations for mobility scooter users. The Mobility Scooter Safety Course is ideal for anyone who already owns a scooter or is considering getting one.
Phone: **03 687 7581**

Safer Driving Refresher Courses -

Helping older drivers stay confident on the road. These sessions cover the latest traffic rules, safer driving practices, road hazards, and alternative transport options to help people stay mobile for as long as possible. Free to attend, though donations are welcome to assist with catering. Courses are held regularly throughout towns in South Canterbury.
Phone: **03 687 7581**

Visiting Service -

Providing 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 offer in-home and phone-based welfare checks and home visits for vulnerable older people. This service includes a 30-minute visit from one of our Community Support staff to check on physical and mental wellbeing.
Phone: **03 687 7581**

Steady As You Go – Strength & Balance Classes -

Improve your wellbeing 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 help boost health, fitness, confidence, and social connections. Each class is followed by a cuppa.

St Joseph's Hall, Temuka – Every Friday at 1:30 pm

Town & Country Club, Waimate – Every Tuesday 10:30 am & Wednesday at 2:00 pm

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Supporting Our Future – The Age Concern Fund

Help Age Concern thrive for years to come.



Age Concern's Visiting Service and Friday Club volunteers celebrated with a special morning tea in recognition of their amazing mahi.

Leading with Love: Kerry Burton, Our Dignity Champion



In Photo (left) Dignity Champion Volunteer Nomination Kerry Burton, and Sue Harrex, Manager of Age Concern Friday Club.

Who Can Be One?

Anyone can be a Dignity Champion—whether you're a volunteer, caregiver, professional, family member, or just someone who believes in fairness and kindness for all ages. Many Dignity Champions are nominated by their communities for going above and beyond in supporting older people.



Kerry Burton has a wonderful heart. She has a huge love for whānau, and a fierce determination to support her community. She is a truly deserving Dignity Champion.

Born in 1967 in Hawke's Bay of Ngāti Kahungunu descent, Kerry grew up on a farm with her siblings Elaine, Shona, Wayne, and Rodney (deceased) and they were raised by the values of hard work, care for others, and connection to family.

For over a decade, Kerry has been a key volunteer at the Friday Club, giving her time and energy to ensure many, many older people are supported and valued. She even enrolled her hardworking mum Pat to volunteer also — service runs deep in the family.

Kerry has made significant contributions to the wider Timaru community over many years. Preparing school lunches at Oceanview School while her children and grandchildren attended and serving on the school's Board of Trustees, to working in the convent kitchen for the local nuns—she has quietly made life better for many.

As a devoted grandmother raising little Storm, and mum to Aleisha, Alannah, Amy, and Shikota, Kerry continues to lead with love.

In recognition of her tireless efforts, Age Concern is proud to honour Kerry with this certificate of recognition and a gift of appreciation, through the partnership with Tomorrow's Meals.

Kerry, you embody dignity in action. Thank you for your unwavering service, your generosity, and your deep aroha for our community.

Positive Aging Expo Connects and Inspires

More than 500 people came through the doors of Caroline Bay Hall on Thursday 8 May for the 2025 Positive Aging Expo, hosted by Age Concern South Canterbury. The annual event brought together over 60 exhibitors and community groups, offering information, advice, and support services tailored to older people and their whānau.

Attendees explored stalls covering health, housing, safety, finance, mobility, and community connection—many leaving with free resources, showbags (sponsored by Raine & Horne Real Estate), and a few new ideas.

Among the crowd was 78-year-old Anne from Temuka, who said, “It’s good to get out and talk to real people. I’ve found answers today to questions I didn’t know how to ask.”

The atmosphere was warm and welcoming, with volunteers offering support and a pop-up café and coffee van buzzing with conversation.

Organiser Chris Thomas said the expo was about “supporting people to age well, stay connected, and know what help is out there.”

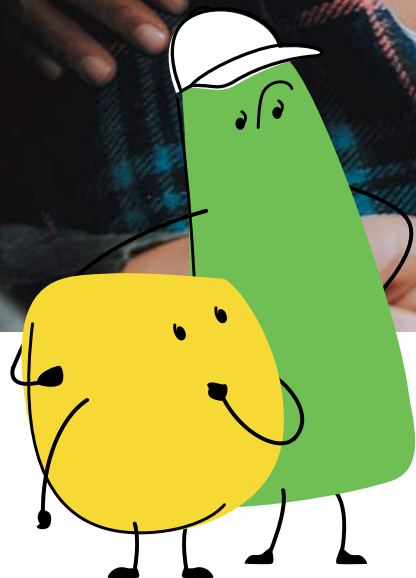
“We trialled running seminars throughout the day on topics like moving into aged care, scam awareness, and preparing for a funeral,” he said.

Given the positive response, Age Concern plans to bring the event back in 2026.

-Chris Thomas

Raine & Horne





Prepay power plans: Are they right for you?

This fact sheet* explains all you need to know about prepay plans – how they work and what your power company must do to support you.

What's a prepay plan?

On a prepay plan, you pay for power before using it. It's like topping up a mobile phone. If your credit runs out, your power will be cut off until you top up again.

What to expect before signing up?

Your power company must:

- Explain all the plans you're eligible for and help you find the best fit
- Tell you all the pros and cons (for example, no monthly bills or credit checks, but the risk of losing power if you run out of credit)
- Explain price differences between their prepay and postpay plans (where you pay for power after you've used it)
- Make sure you understand you would lose power if your credit runs out, the warnings you would receive before this happens, and how to purchase credit.

If you sign up online, all this information must be easy to find and understand.

* This fact sheet is for residential consumers

How do you know when your credit gets low?

Your power company must warn you when your balance drops below what you'd normally use in 2 days.

The warning must include:

- Your current balance
- A recommendation to top up to avoid disconnection
- A clear statement that your electricity will be disconnected if your balance hits zero or your approved limit.

What are the rules of disconnections?

Your power company can only disconnect your power if:

- You've run out of credit for electricity, not for other services like internet
- The prepay service can safely disconnect and reconnect the property
- The timing of disconnection does not put you at risk or make it difficult to seek rapid reconnection (for example, not disconnecting your power during extreme weather, or on a weekend or public holiday).

What happens when you top up after a disconnection?

Your power must be reconnected within 30 minutes, unless:

- Your power company needs to send a technician because they cannot connect remotely
- A technical issue causes delay
- Your power company needs you to confirm it's safe to reconnect.

Are you medically dependent on power?

Your power company must not recommend prepay plans if you, or someone at home, rely on power for critical medical support. For example, if you use critical electrical medical equipment such as a ventilator or a dialysis machine.

If you still choose a prepay plan, your power company must:

- Guide you to choose safer options
- Explain any risks clearly
- Encourage you to talk to a health provider or support agency first.

What if you need support?

Your power company must offer extra support if you experience:

- Disconnections often (for example, every week)
- Disconnections for long periods
- Sudden, unexplained increases in power use.

In these circumstances, your power company must:

- Offer to talk to you about ways to stay connected
- Refer you to budgeting or support services (if appropriate and with your consent).

Do you need more help?

It's OK to ask for help if prepay plans are not working for you.

- Contact your power company for more information or support
- Talk to budgeting or energy advice services for free support.



Consumer Care Obligations —

a guide to your rights

ea.govt.nz/your-power/consumer-care-obligations



Bringing People Together – Age Concern Visiting Service

Alice Sollis is now in her third year managing the Visiting Service for Age Concern South Canterbury. She currently has 35 matches underway and is always looking for more volunteer visitors – and, more importantly, more people who would like some company.

The commitment from a volunteer is to visit a client for just one hour each week, with the aim of providing companionship and building genuine friendships for both.

Why do we run the Visiting Service?

Companionship plays a huge role in everyone's overall wellbeing. Research shows that adults with strong social connections have a lower risk of many health problems, including depression and high blood pressure. Studies have also found that older adults who have close friends and strong social support networks tend to live longer than their peers who feel isolated or lonely.

If you would like to volunteer, please phone Alice – she'll happily arrange a time to meet with you.

P: 03 687 7587 **E:** volunteers@ageconcernsc.org.nz

If you would like to have someone visit you, or if a family member or third-party agency would like to refer someone, simply complete a referral form via the Age Concern website: <https://ageconcernsc.org.nz/programme-service/visiting-service/>

-Alice Sollis



SilverTech – Tech Made Simple for Older People

Learn at your own pace, stay safe online,
and feel confident using technology.



What We Cover:

- ✓ Getting started with your smartphone or tablet
- ✓ Sending messages and emails
- ✓ Using apps and making video calls
- ✓ Staying safe online and avoiding scams
- ✓ Online banking and digital safety tips
- ✓ Practical help with your own device

We offer:

- ✓ Easy-to-follow group classes
- ✓ Relaxed, informal drop-in sessions
- ✓ Patient, friendly instructors
- ✓ Opportunities to meet others and learn together

No technical knowledge needed – just bring your curiosity and your device!

Let's make technology work for you.

To book or find out more, contact Age Concern South Canterbury

P: 03 687 7581

E: silverttech@ageconcernsc.org.nz



Keep **active** at home

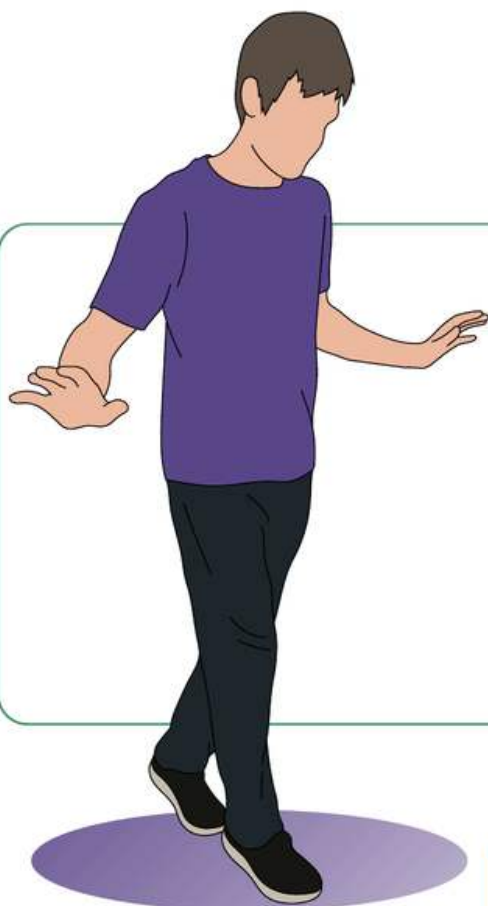
In this issue, we take a look at balance-based exercises which aim to strengthen the lower body and improve your balance from a standing position

When completing these exercises, make sure to stand in front of a fixed supporting surface such as a handrail or kitchen work top to hold on to and ensure the space around you is clear.



Squats

- Slowly flex at the hip, keeping a straight back, bending at the knees and lowering your buttocks towards the floor as far as comfortable. Pause momentarily before returning to the starting position
- Repeat for a total of 5-10 repetitions. Rest before performing a second set



Heel to toe walking

- Using the supporting surface to one side, start in the tandem heel to toe position. Slowly take steps forward maintaining the heel to toe stance before turning and going in the opposite direction
- Repeat the movement until you have completed a target number of repetitions

Toe balance hold

- Start with your feet hip width apart and raise up on to your toes, hold the position for up to 5 seconds before slowly lowering and repeating
- Repeat for a total of 5 holds. Rest, then perform once more



Heel balance hold

- Start with your feet hip width apart and raise up on to your heels, hold this position for up to 5 seconds before slowly lowering and repeating
- Repeat for a total of 5 holds. Rest, then perform once more





Alternate knee lifts

- Start with feet hip width apart, lift your right knee flexing at the hip and simultaneously move your left hand to touch your knee. Return to the starting position and repeat on the opposite side
- Repeat for a total of 5-10 repetitions. Rest, then perform once more

Single leg balance hold

- Holding the supporting surface, raise one knee to bring yourself into a single leg stance. Hold the position for 10 seconds, lower the leg and repeat on the other side
- Repeat for a total of 2-3 times on each leg. Aim to slowly increase the time spent on one leg up to a total of 30 seconds



ART IN MOTION

Wearable Arts - South Canterbury

Saturday 27th September 2025

Tickets On Sale Now - \$30

Available on our website:

www.artinmotionsc.com

Powered by Humanitix

Two Shows Only 1:00 PM & 7:00 PM

Caroline Bay Hall, Timaru



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Age Concern South Canterbury Fund

The Age Concern South Canterbury Fund was made possible because of a generous bequest to Age Concern from Margaret (Margie) Ritchie.

The vision is for this fund to grow to a level that sustains Age Concern South Canterbury's operations now and into the future.

Update

- As of 1st June 2025, the fund stands at \$120,098
- Starting soon, the fund will provide annual distributions to support Age Concern South Canterbury's operations.
- We encourage you to leave a gift in your will, just like Margie did, even if it is for a small % of an estate.



YOUR GIFT



IS INVESTED AND
GROWN



AND THE ONGOING
INCOME EARNED



GOES TO THE LOCAL
CAUSES YOU LOVE.

How to support the Age Concern Fund

The easiest way to donate is through the Aoraki Foundation website. There is a dedicated page for the Age Concern South Canterbury Fund that can be reached from this QR code. Alternatively contact Kirsty Burnett on kirsty@aorakifoundation.org.nz or call 027 766 7157 for more details.



SCAN
ME!



Give
Today

You can make a one-off donation that will continue to grow and make a difference in perpetuity.

Give
Regularly

Set up a monthly contribution to the fund knowing that your gift will make a difference where it is needed most.

Give in
your Will

It is simple to set up a gift in your will. This could be for a percentage of your estate or a specified sum.

All donations qualify for a tax rebate of 33%



SJ Cafe

Every Tuesday 10.00am-12.00pm

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.

Contact

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

Location

St John Timaru, 9 Jackson Street, Timaru



Hato Hone
St John

Age Concern Upcoming Events. 2025

Every
Friday

The Friday Club

📍 Wilson Street Baptist Church Hall

📅 Every Friday

🕒 10:00am – 1:00pm

💬 Relaxed, fun, social activities

🍵 Morning tea \$3 | 2-course lunch \$12

Every
Tuesday

The Foot Clinic

📍 Community House, 27 Strathallan Street, Timaru

📅 Every Tuesday

🕒 9:30am – 12:30pm

\$ Cost: \$25

📞 Bookings essential – Phone Jane on 03 687 7581

Monthly

Bus Outings

🚌 Day outings for members (approx. 10:00am – 4:30pm)

\$ Cost: \$10 per person

📄 Medical/Consent form required prior to travel

📞 Bookings essential – Book at Friday Club or call Chris on 03 687 7581

September
4

Staying Safe: Refresher Driving Course

📍 Community House, 27 Strathallan Street, Timaru

📅 Thursday 4th September

🕒 10:00am – 1:30pm

🚗 Free classroom refresher to improve driving confidence and knowledge

📞 Bookings essential – 03 687 7581

Keen to know more?

We'd love to hear from you! Feel free to email us or give us a call

Community House, 27 Strathallan Street, Timaru 7910

Open: Monday - Friday

Phone: 03 687 7581 Mobile: 027 297 9643

Email: info@ageconcernsc.org.nz | manager@ageconcernsc.org.nz

www.ageconcernsc.org.nz



AGE CONCERN SOUTH CANTERBURY IS PROUDLY SUPPORTED BY



**Aoraki
Foundation**



**Pub
Charity**
Limited

 **perpetual guardian**



**South Canterbury
Toyota**

COGS
Community Organisation
Grants Scheme



**Community
TRUST**
Mid & South Canterbury



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



**THE LION
FOUNDATION**

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

- ☐ Join Age Concern South Canterbury – \$25 individual / \$45 couple
- ☐ Make a Donation: Online Banking - Account Name: Timaru Senior Citizens Association
Bank Account Number: 03 0887 0246182 00 or cash at our office
- ☐ Learn more about becoming a Volunteer
- ☐ Request Information About Making a Regular Donation

Your Name:

Address:

Email:

Phone:

Age Concern South Canterbury is the trading name for Timaru Senior Citizens, a registered charity (CC35518). All donations over \$5 are eligible for a donation tax credit – you can claim back 33.33 cents for every dollar you donate. To receive your receipt, please be sure to provide your contact details.

