

ISSUE 2

www.ageconcernsc.org.nz

AGE CONCERN SOUTH CANTERBURY

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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Simple exercises to help you stay strong, steady, and independent at home



A Heart for Service:

Charles Alsop – Volunteer of the Month



Alice & Charles with Haidee from Volunteering Mid & South Canterbury

Age Concern South Canterbury celebrates the incredible impact of one of its most dedicated volunteers.

When Charles Alsop began volunteering with Age Concern South Canterbury in December 2022, it quickly became clear he was someone special. Despite living in Waimate, Charles regularly travels to Timaru to visit clients, showing a commitment and compassion that has only grown over time.

Charles was first matched with an older gentleman in Timaru. What began as regular visits soon became a meaningful friendship, which continued even after the client was hospitalised with severe dementia. Charles visited faithfully until his friend passed away in January 2025. His presence brought comfort not only to the client but also to the family, who deeply appreciated the care and kindness he offered during such a difficult time.

But Charles didn't stop there. He soon took on more visiting roles, connecting with a gentleman in St Andrews and a couple in Timaru, all of whom now think the world of him. His thoughtful, respectful approach has made him a treasured companion to everyone he supports.

Beyond his regular visits, Charles actively participates in a range of Age Concern activities. He helps transport members to and from events, assists with setting up the Friday Club gatherings, and is always willing to lend a hand wherever needed.

“He’s an incredibly valuable part of our team,” says Alice Sollis, Visiting Services Manager at Age Concern South Canterbury. “He’s hardworking, reliable, and genuinely cares about the people he visits. He also attends our trainings and events and is always keen to stay connected and contribute wherever he can.”

What makes Charles’ story even more inspiring is that he does all of this in his 80s. His energy, dedication, and selfless attitude are a powerful reminder that age is no barrier to making a difference.

Volunteers like Charles are the heart of Age Concern’s work. His story shows how simple acts of kindness and consistency can make a lasting difference.

We thank Charles for his unwavering service—and for reminding us all what it truly means to give back.

*“No task is too small or inconvenient—if it helps, I’m there.”
– Charles Alsop*

Inspiring Independent Living with Aspire Canterbury

Join us at Friday Club on 7th November to check out Aspire Canterbury's latest range of independent living solutions!

What to Expect:

- **Product Showcase:** Explore a wide array of mobility aids, daily living tools, and safety equipment designed to support independent living.
- **Expert Guidance:** Talk with Aspire Canterbury's knowledgeable team to find the right solutions tailored to your individual needs.
- **Open to All:** Two sessions - **10:30am** at the Friday Club & **2:00pm** open to the public.
- **Shopping:** Buy items on the day or place an order for delivery (cash or card accepted).

Location: Wilson Street Baptist Church, 17 Wilson Street, Timaru

More info: aspirecanterbury.org.nz



Friday Club Bus Trip to Fairlie

On Wednesday 27 August we set off on the Friday Club bus trip to Fairlie. The sun was out, spirits were high, and there's just something about being in the vans together that makes the day feel like an adventure as soon as we leave Timaru.

Our destination was the Fairlie Museum. I always think country museums are the best – you never quite know what you're going to find, but you can guarantee it'll be interesting. This one didn't disappoint.

One of the highlights for me was the exhibit and display on the Hamilton Jet. Sir Bill Hamilton grew up just down the road at Ashwick Station. He wanted to design a boat that could travel up the shallow, stony rivers of the Mackenzie Country where propellers didn't work well. Through lots of trial and error at Ashwick and later at his workshops in Irishman Creek, he came up with the Hamilton Jet, the first successful shallow-water jet propulsion system for boats that changed river travel around the world.

Seeing some of the early models and learning how they came to be was pretty inspiring. You really get a sense of Kiwi ingenuity in action.

The museum itself is packed with everything from old transport and farming gear to vintage radios and household bits and pieces – all the things that show how people lived and worked here. We could have spent hours poking around.

We had lunch at the little café tucked inside the museum. Rebecca and Logan were flat out keeping us all fed – quite a mission with a busload of hungry people to feed all at once! Rebecca is a baker, so all the bread and cakes were freshly made. Delicious, hearty, and plenty of it – exactly what you want on a day out.

The drive home was just as good as the destination. We went the long way round via Lake Opuha and Raincliff, with those beautiful views that make you glad to live in this part of the world. A few even managed a sneaky ice cream stop at Pleasant Point, which felt like the perfect way to round off the day.

- **Chris Thomas**



Bridging the Gap: Future Doctors Connect with the Community

On Tuesday, 25 August 2025, six bright third-year medical students from Otago visited the Timaru Age Concern office as part of an annual event. Their day began with Manager Chris Thomas, who outlined the wide range of services Age Concern South Canterbury provides in the community. They then met Community Support Worker Jane Cullimore, who explained her role in helping clients access Total Mobility Cards when driving becomes a challenge.

After lunch, Visiting Services Manager Alice Sollis spoke about the Visiting Service before introducing the students to twelve members of the Social Connections Tuesday Club. What followed was truly special: each participant shared personal experiences—both positive and challenging—of navigating the health system. The room was filled with laughter, candid reflections, and honest conversations about the difficulties older people sometimes face when their concerns are dismissed as “just old age.”

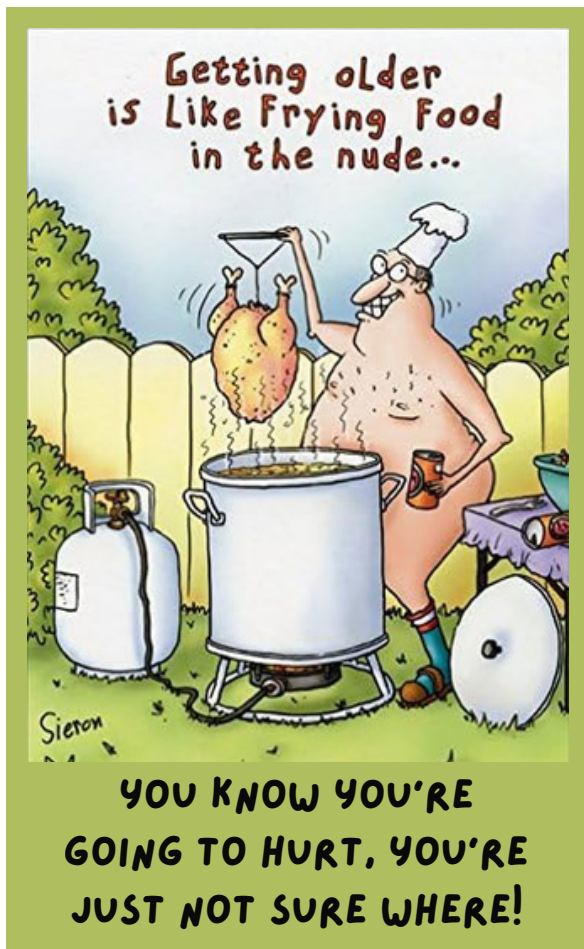
It was a heartwarming afternoon, offering valuable learning for the future doctors and giving older community members a chance to be heard. Everyone left with a sense of connection and appreciation.

A photo capturing this wonderful meeting of generations is attached.

If you would like a visitor, or if a family member or agency would like to refer someone, simply complete a referral form by visiting our website: www.ageconcernsc.org.nz

-Alice Sollis





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 Sept 2025, the fund stands at \$124,380
- 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.



**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%

A Friendship That Feels Like Family



My name is Rachael, and I started volunteering in the latter half of 2022 with Refugee Settlement Services. In early 2023, I left there to wander the streets... as a Census Representative.

An advert popped up on social media for volunteer visitors, and purely for selfish reasons, I thought I would apply. As I'm estranged from my family and had a very small social circle, I saw this opportunity as "I needed them as much as they needed me."

I was matched with an elderly gentleman who, upon meeting, gave me the rundown on how our relationship was going to work. To say he is independent and stubborn—much like myself—makes our match perfect.

He has daily routines that not only remind him of his late wife but also give him certainty in each day. His furry companion, Jasper, was 18 years old; sadly, he passed this week. Jasper had wandered into the neighbourhood and made himself a fixture as a young cat. Recently, another furry friend has been visiting to eat his leftovers. I told my friend that, as Jasper was unwell, he was inviting this cat in to take over from him so he wouldn't be alone. He laughed at me. We shall see.

I moved away, much to my friend's dismay; however, we remained in contact, both over the phone and face-to-face. My move did not serve its purpose, so I returned—and my friend was ecstatic.

Unlike my car, my friend has regular "wofs" and oil changes to keep his energy levels up. For someone with low sight and hearing, this can be a day of literal boredom. I always call to see how he is afterward—admittedly, the next day—otherwise I get bombarded with the same speech... and this happens every six weeks.

Due to painful mobility, my friend drives from the back door to the woodshed, loads the footwell with wood, and then makes the return journey. I have offered to fill the wood box, but he insists that, while he is able, he will continue to do it himself... even if one load takes 20 minutes. It is comical, especially when telling the tale. Yet, when living on your own, you make do—even with a mobility scooter.

This volunteer role has been so beneficial for both of us. I care for this person and do think of him as my family. Even though he thinks I'm too young at times, I believe he looks upon me in a similar way. May our time together be a long one.

Thank you to Alice for this match.



**DID YOU
KNOW?**

"Chocolate was once used as currency by the Aztecs.."



Age Concern Community Cuppa - Coming Soon!



I'm excited to let you know about a new weekly outing called Community Cuppa - a Friday café outing for good company, coffee and conversation.

Firstly, we need to get our volunteer team in place, and then we'll be heading out on Fridays to enjoy morning tea together at local cafés. It's especially for older people who'd like a little more company, whether you're new to the area, living alone, or just keen to meet others.

A van or car will pick up those who need transport (\$5 return), or you can meet us at the café. You simply buy your own morning tea and enjoy the company.

It's all about friendship and making Fridays something to look forward to.

If you are interested to join us, please phone the office **03 687 7581** and book your place. I expect we'll be getting started in October.



Age Concern South Canterbury Activity Calendar

Latest schedules on www.ageconcernsc.org.nz

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.
19 September	Rosie Chambers from Alzheimers South Canterbury - dementia, brain health, and how we can all take steps to support our minds as we age.
26 September	Angela Hall - how St John supports our community —from emergency care to community outreach—and how you can make the most of their services.
3 October	Sue Harrex takes us on a journey as she interviews one of our members—uncovering their stories, laughter, and wisdom through a life well lived.
10 October	Marg Stocker - talk and slideshow on The Forgotten Sherpas of Nepal — a powerful journey into the heart of Nepal’s remote mountain communities.
17 October	Tracey Barrett—Cancer Society’s Community Manager for South Canterbury—sharing how they support you and your whānau with information, practical help, transport to treatment, and warm connection.
24 October	Singalong
31 October	TBC
7 November	Aspire Canterbury Trust brings smart daily-living aids: mobility, reachers, jar openers, dressing helpers, bathroom safety, hearing/vision supports, med organisers. Try them, get advice, and buy on the day (cash or card).
14 November	TBC

The Foot Clinic Every Tuesday 9.30am-12.30pm at Community House, \$25
Bookings essential – Phone Jane on 03 687 7581

SilverTech **Introduction to Smartphones – Free** course includes four x 2-hour sessions. 10am – 12pm, Bookings essential, numbers limited Phone Hayden 03 687 7581

- **Tuesday Class Dates 7th & 14th & 21st & 28th October**
Community Link, 1 Glasgow St, **Waimate** – to book phone 03 687 7581

Bus Outings
Numbers limited A day outing for members 10am - 4.30pm (approx.). Cost \$10 per person. Medical/Consent Form to be completed prior to travel. Numbers limited. Bookings essential – book at Friday Club or phone 03 687 7581

- **Wednesday 29th October - \$35 including lunch and entertainment**
- **Wednesday 26th November – mystery Christmas bus trip**

Steady as you Go (SAYGO) Strength and balance and falls prevention exercise group for seniors. No need to book just turn up

- **SAYGO, Every Friday 10.30am at Wilson Baptist Church Hall (Friday Club)**
- **SAYGO Every Friday 1.30pm at St Joseph’s Hall, Temuka**
- **SAYGO/Keep Your Balance, Tuesday 10.30am, Waimate Town and Country Club**
- **SAYGO/Keep Your Balance, Wednesday 2pm, Waimate Town and Country Club**

Staying Safe **Refresher Driving Course** – a free, classroom refresher course to improve your driving confidence and knowledge. Bookings 03 6877581.

- **Thursday 4th December 10am – 1.30pm at Community House, 27 Strathallan St, Timaru**

Coming soon: **Community Cuppa** Café mornings for older people, with relaxed chat, laughter and new friends. Transport available if needed.

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

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





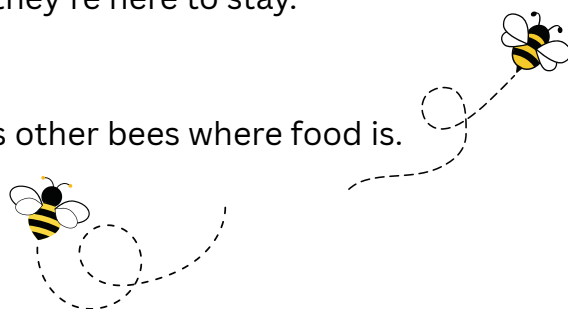
Beekeeping – An Obsessive Hobby

In 2021, I had the chance to join a beekeeping course in Timaru run by Otago Polytech. It felt like a dream come true. Each month we met in class and out in the field, learning the fascinating world of bees. Our tutor shared endless stories, and before long, I was tending to my very own hive. One hive soon became four – though sadly I'm back to three at the moment.

I now keep my hives in my backyard, and every season teaches me something new. My daughter has also taken an interest, and she's a natural – strong, confident, and an excellent beekeeper. I did discover the hard way that I'm allergic to bee stings, but the joy I get from keeping bees means they're here to stay.

What's amazing about bees?

- Watching the famous “waggle dance” that tells other bees where food is.
- Seeing the hive raise its own new queen.
- Catching a swarm.
- The colours of pollen from different flowers.
- The hum of a happy hive.
- Watching the drones get kicked out for winter (I noticed this in late May).
- And most of all, the wonderful friendships I've made with other bee-obsessed people.



What's been challenging?

- Lifting heavy honey boxes (called supers) and sometimes injuring myself.
- Fighting varroa mites, which can devastate hives.
- Losing a hive in autumn when it grew weak and was robbed by stronger colonies.
- Dealing with a grumpy queen – which means a very grumpy hive!



Beekeeping has taught me that too often we focus on what we can't do, instead of what we can. “Sometimes you just need to push yourself and tick things off your bucket list.” For me, bees were on that list. The honey at the end of the season is just a sweet bonus. – Rachael Stott



Keep **active** at home

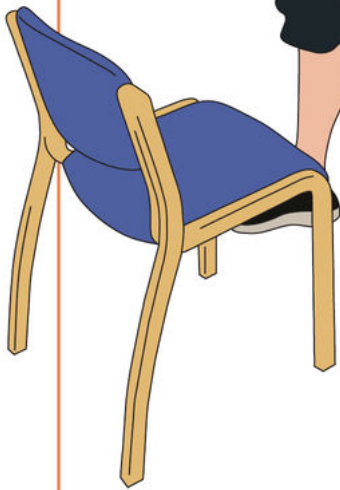
Featured in this issue are exercises which focus on the lower body with the use of a chair. These exercises highlight how using an everyday object can help encourage and aid safe, regular exercise practice

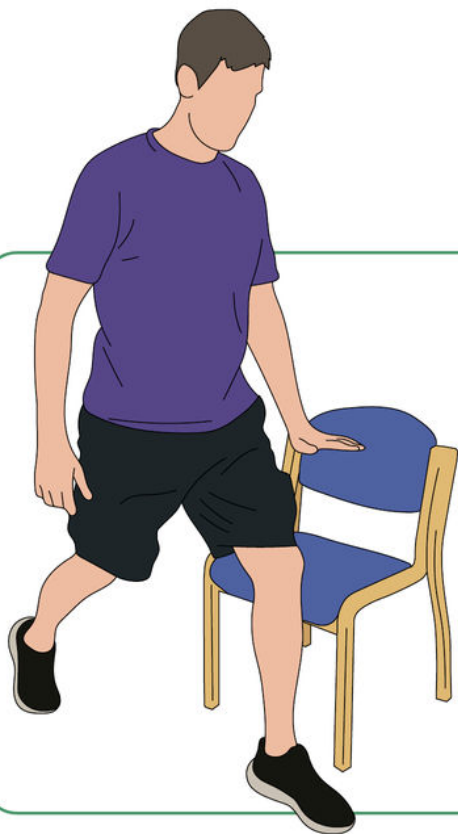


Use a firm chair such as a dining chair, ensuring the back of the chair is pushed against the wall.

Squat

- From a standing position, with feet shoulder width apart, slowly bend the knees and flex at the hip bringing your upper body and bottom towards the ground. Stop where the movement feels comfortable, ideally between 45 and 90 degrees at the knees. Pause momentarily, and return to a standing position.
- Repeat 5-10 times



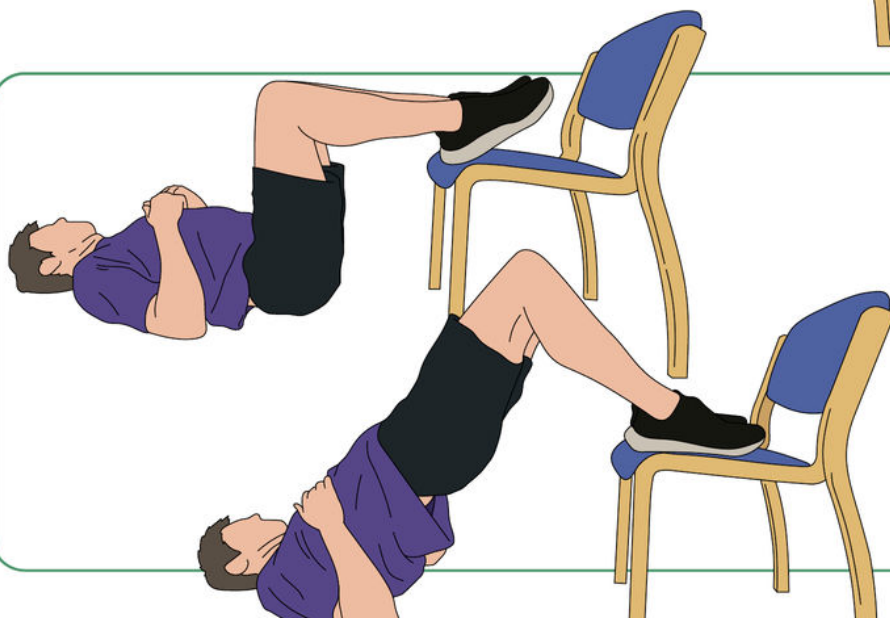


Lunges

- Standing side-on to the chair with one leg forward, slowly lower the back knee towards floor. Pause just before the knee touches, or as far as is comfortable before returning to the starting position
- Repeat 5-10 times on each leg

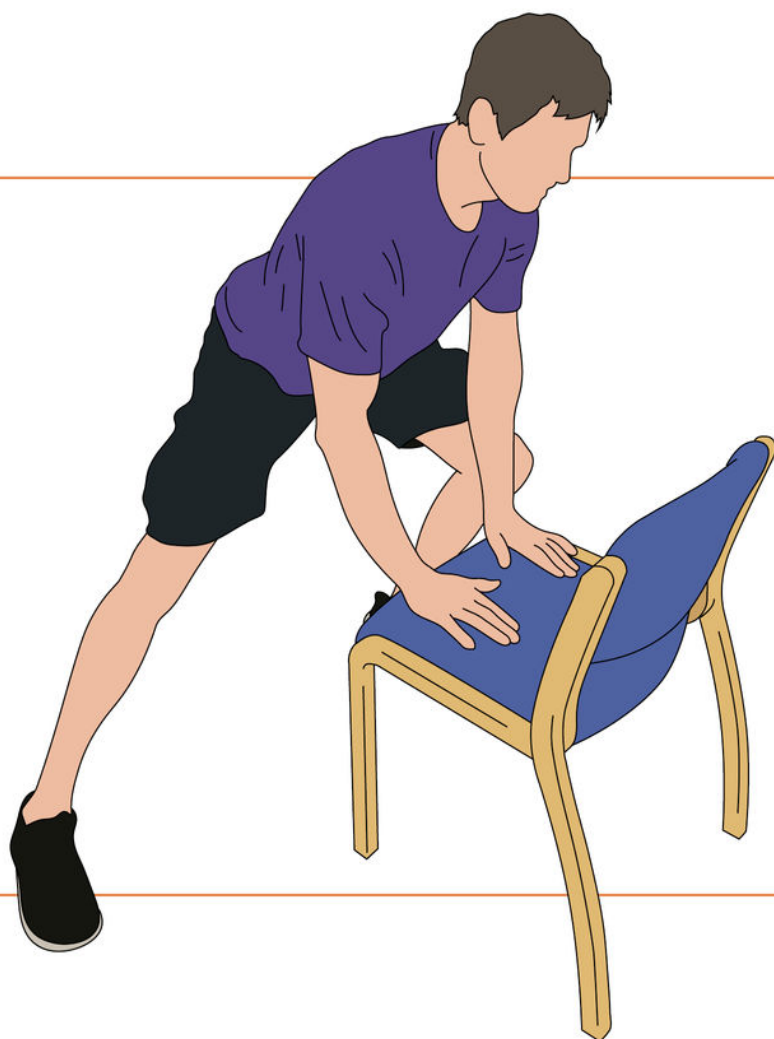
Side stepping

- In a partial squat position, using the base of the chair as support, step out to the side to tap your toe on the floor before returning to the starting position. Repeat on the other leg, alternating left and right
- Complete for a total 10-20 repetitions



Bridge

- Laying with your back on the floor and feet placed on the base of the chair, push through your heels to bring your hips off the floor so your upper body and thighs are in line. Pause briefly and slowly return to the starting position
- Repeat 5-10 times

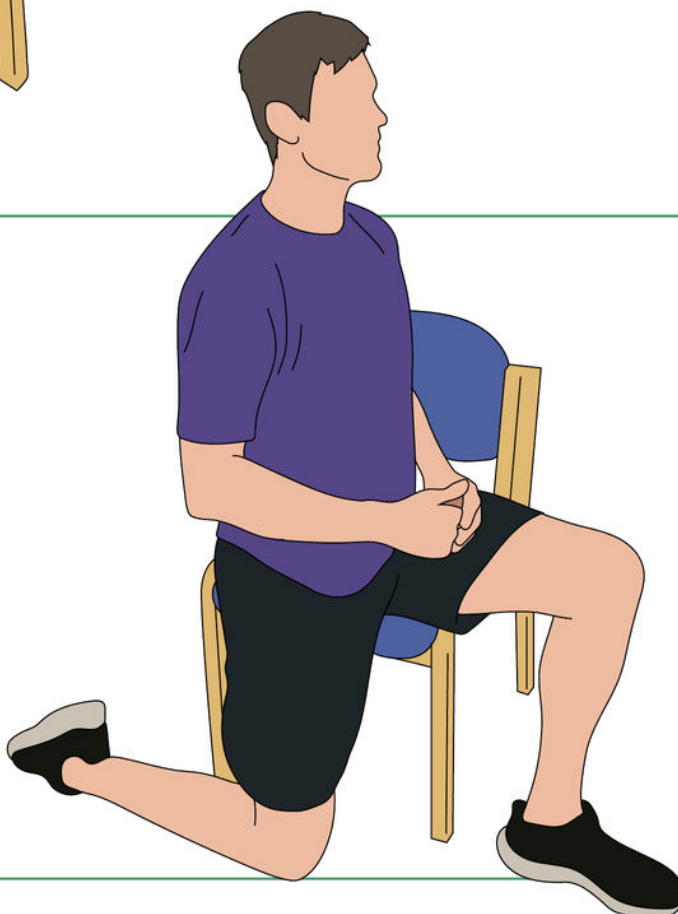


Inner thigh stretch

- In a partial squat position, using the base of the chair as support, slowly distribute your weight on to one leg by bending the knee and keeping the other leg straight to create a stretch in the inner thigh. Ensure you have your feet pointing forwards to create the stretch
- Hold the stretch on both sides for 20-30 seconds

Hip stretch

- Kneeling on one leg in front of the chair, hold this position to create a stretch on the front of the hip that has the knee to the floor. You can lean into the stretch to increase the intensity of the stretch
- Hold the stretch on both sides for 20-30 seconds.



DID YOU KNOW?

“Octopuses have three hearts—and two of them stop beating when they swim!”



Hats
for
Hamlin

Knitted with Love for Ethiopian Newborns

Join us in knitting woollen baby hats for newborns. Your handmade creations will offer warmth and comfort to babies born in rural areas where cold nights are common and resources are scarce.

A warm hat can be lifesaving for a vulnerable newborn. And in communities where women traditionally birth at home without medical care, gifting a baby hat encourages mothers to seek a safe delivery with a skilled Hamlin midwife - potentially saving both their lives.

How to get involved:

Materials: Please use pure wool if possible, preferably in bright and varied colours. Ethiopians love vibrant hues, so this is a great opportunity to use up leftover yarn.

Why wool: Wool is ideal due to its natural insulating properties, which help regulate temperature and keep babies warm during the cold nights that are common in the high altitude areas of rural Ethiopia. It's also breathable, allowing moisture to evaporate while retaining warmth – and durable, ensuring that the hats will last and can be passed down to subsequent babies.

Pattern: Any simple knitted or crocheted baby hat pattern will be gratefully received, although we recommend the one outlined here as it features a ribbed and stretchy band that can be rolled up to double the warmth for a newborn and rolled down as the baby grows.

Sending your hats: Please package your hats including your name and email address so we can thank you for your generous contribution and keep you updated on our work via our newsletter. Hats can be sent to our Christchurch office or dropped to a local Hats for Hamlin coordinator.

Help us get every hat to a baby who needs it: To make sure every hat reaches a baby safely, we also need to cover the cost of getting them there. It costs around 50 cents to package and ship each hat to Ethiopia. With a goal of **40,000** hats per year, this adds up quickly – and we can't do it without your help.

If you're able, we kindly ask that for every hat you send, you also include a 50-cent donation to cover the freight. Eg: 10 hats = \$5, 20 hats = \$10.

Your knitting warms their heads – your donation gets it into their hands. Thank you for helping these precious little ones start their lives wrapped in warmth and care ♥

BABY BEANIE KNITTING PATTERN

Using: 8 ply wool

Needles for knitting: 3 mm - 3.5 mm

- **Cast on** 64 stitches.
- **Work** 16 rows in (K2, P2) rib.
- **Knit** 26 rows in stocking stitch (1 row knit, 1 row purl).

Shape the crown as follows:

- **Row 1:** K6, K2tog – repeat to end of row.
- **Row 2:** Purl.
- **Row 3:** K5, K2tog – repeat to end of row.
- **Row 4:** Purl.
- **Row 5:** K4, K2tog – repeat to end of row.
- **Row 6:** Purl.

Continue decreasing in this pattern (knit one fewer stitch before each K2tog on knit rows) until you work K1, K2tog and 16 stitches remain.

Finishing:

Knit 1 row.
Break yarn, thread through remaining stitches and pull tight. Sew up the seam, ensuring the fold of the ribbed brim is neat and not visible.

Approx size of
completed hat:



Delivery options:

Hamlin Fistula New Zealand
C/- Oxford Terrace Baptist
Church Office. 288 Oxford
Terrace, Christchurch 8011.



Drop off your finished hats at Community House, Monday-Friday, 9:00am-4:00pm, at reception or the Age Concern office.



*South
Canterbury*

proudly supported by
GERALDINE
HEALTH HUB

Healthy Together | Hauora Tahi



We Invite You To Our Monthly Coffee Group



Where

Geraldine Health Hub

190 Talbot Street, Geraldine

Easy access with plenty of parking.

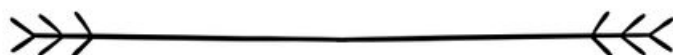
When

Every 3rd Wednesday of the Month

10:00am - 12:00pm

Join Us For:

A cuppa, cake & bickies — all free!



**Alzheimers
South Canterbury**

P: 03 687 7583

alzheimers.org.nz/south-canterbury

**Age Concern
South Canterbury**

P: 03 687 7581

ageconcernsc.org.nz

Digitization Services

VHS / VHS-C tapes - \$15 per item

Mini DV tapes - \$15 per tape

35mm still film negatives - \$5 per item

Cassette tapes - \$5 per item

Film slide negatives - \$5 per item

Email: westaway.video@gmail.com
Phone: 0273146356

WESTAWAY VIDEOGRAPHY

Video Production | Video Editing

Preserve Your Memories with Westaway Videography

Westaway Videography offers local video services to help keep your cherished memories alive. We specialise in digitising retro formats before they deteriorate, including:

- **VHS, VHS-C, Mini DV tapes**
- **Audio cassette tapes**
- **35mm film negatives**
- **Film slide negatives**

By transferring your old media to modern formats like USB drives, we can ensure your memories last for years to come.

Pricing:

- VHS, VHS-C, Mini DV tapes – \$15 per tape
- Cassette tapes, 35mm film negatives, film slide negatives – \$5 per item

If you have old videos or tapes you'd like saved, contact Jerry.

Phone: 027 314 6356

AGE CONCERN SOUTH CANTERBURY IS PROUDLY SUPPORTED BY



**Aoraki
Foundation**



**Pub
Charity**
Limited

 **perpetual guardian**



COGS
Community Organisation
Grants Scheme



Rotary
Club of Timaru North



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

**Community
TRUST**
Mid & South Canterbury



**South Canterbury
Toyota**



**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.

