

Autumn 2026
ISSUE 4

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 (**cost: \$3 if having the two-course lunch, \$5 for morning tea only**), 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. **Cost: \$20 per person, or \$20 per device if shared.**

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



1

Changes Behind the Scenes

Why a new constitution is needed, what the law requires, and what members need to know ahead of our February meeting.

2-3

Total Mobility Scheme Review:

Need a ride? Find out what the Total Mobility review means for older Kiwis, tips to stay mobile, and how to have your say.

4

Retirement Income: How NZ & AUS Compare

How KiwiSaver, NZ Super, and even Australia's system compare.

5

Get Involved: Early 2026 Activities

Check out all the events, workshops, and social gatherings we have planned for the start of the year.

8

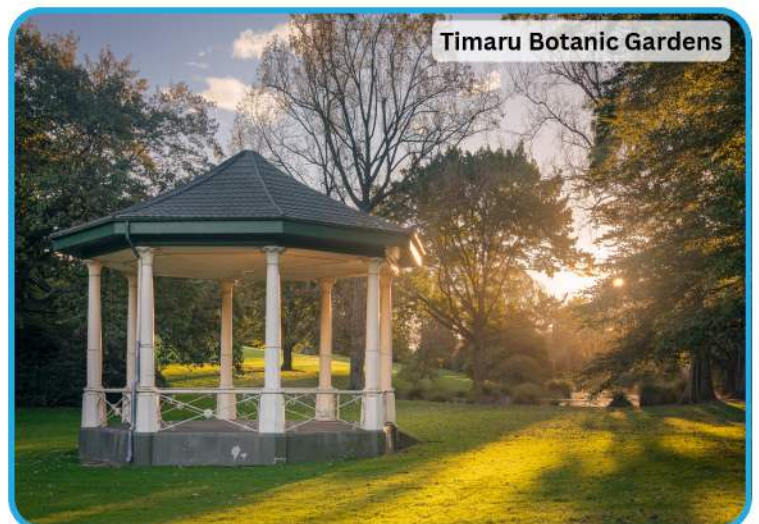
SilverTech: Smartphones Made Simple

Learn to use your smartphone or tablet with confidence!

9-11

Keep Active at Home

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



Important: Special General Meeting on 13th February

You may remember that over the past year we have been working to move our organisation into a new structure called the Age Concern South Canterbury Charitable Trust. This new trust is now officially registered and has charitable status.

At the same time, there have been changes to the law that affects all incorporated societies, including Timaru Senior Citizens Association. Under the new law, incorporated societies must either re-register or formally close by 5 April 2026.

Because we are still in the middle of transferring banking and other practical arrangements to the new trust, we need to make sure everything is done properly and without disrupting services, payments, or activities.

What are we doing?

As a precaution, we are proposing to re-register Timaru Senior Citizens Association under the new law, so it remains legally active while the transition to the charitable trust is completed. This is a “safety net” step to protect the organisation and our members.

What does this involve?

Re-registering requires members to approve a new, updated constitution that meets the new legal requirements.

Special General Meeting

Friday 13 February, 11:00am, at Friday Club (to be followed by our Guest Speaker Carolyn Sengelow)

The only item of business will be to consider and approve the new constitution.

Why is this important?

This step helps ensure:

- Our services continue without interruption.
- Payments and finances remain secure.
- We meet our legal obligations.
- We have time to complete the transition carefully and correctly.

Do I need to attend?

We encourage members to attend if they can, but there is no change to services if you are unable to come.

Will this affect my membership or activities?

No. Your membership, activities, and services continue as usual.

Why are we doing this now?

This step protects the organisation, ensures we meet legal requirements, and gives us time to complete the transition properly.

If you have any questions, please contact the manager, **Chris Thomas P: 03 687 7581**

SCAN ME!

View and download the new constitution:

<https://ageconcernsc.org.nz/uncategorised/timaru-senior-citizens-association-new-constitution-special-general-meeting/>

Or scan the QR code to access it on your device. →



Total Mobility Scheme

Review: What Older People Need to Know

The New Zealand Government is reviewing the Total Mobility Scheme, an important transport programme that supports people with disabilities and older people who cannot easily use public transport.

For many older people, Total Mobility provides more than just a ride. It helps people remain independent, attend medical appointments, run essential errands, and stay connected with friends, family, and the wider community.

What is the Total Mobility Scheme?

Total Mobility offers discounted taxi and ride-share travel for eligible people whose mobility needs make it difficult to use buses, trains, or ferries. The scheme is run by local councils with support from central government, but the way it operates can differ from region to region.

Why is the scheme being reviewed?

The Ministry of Transport says the review is aimed at making sure the scheme remains fair, consistent, and sustainable for the future. The review is looking at:

- Whether the scheme is meeting the needs of those who rely on it
- Differences in how the scheme operates across the country
- How the scheme can be funded long term as demand continues to grow

As part of the review, the Government has confirmed that the **maximum subsidy rate will reduce from 75 percent to 65 percent from July 2026**. This change may result in higher travel costs for some users, particularly those who depend on the scheme regularly.

Why this matters for older people

As people age, many choose or need to stop driving. Reliable and affordable transport then becomes essential for maintaining independence and wellbeing. Any changes to the Total Mobility Scheme could have a significant impact on older people, especially those on fixed incomes or living alone.

That is why it is important that older voices are heard during this review.

Have your say

Public consultation is now open, and individuals, families, carers, and organisations are encouraged to share their experiences and views. Feedback from older people who use the scheme will help decision-makers understand how the scheme works in real life and what improvements are needed.

Consultation closes on 22 March 2026.

More information about the review, including how to make a submission, is available at:

<https://www.transport.govt.nz/area-of-interest/strategy-and-direction/review-of-the-total-mobility-scheme>

Sorry about the long website link!

Support is available

If you have questions about the Total Mobility Scheme or would like help understanding how these changes may affect you, Age Concern South Canterbury is here to support you. Please contact our team for advice and information.



**Te Hunga Whaikaha
Total Mobility**

**Total Mobility
has been helping
people get
around New
Zealand for over
30 years.**



Tips for staying mobile

While the review is underway, there are some steps older people can take to stay mobile and safe:

1. **Plan ahead** – Book taxis or ride-shares early if you know you have appointments.
2. **Check eligibility** – Make sure your Total Mobility card is up to date and you are aware of your subsidy limit.
3. **Explore other options** – Community transport schemes, volunteer driver programmes, and local shuttle services can sometimes supplement Total Mobility.
4. **Share experiences** – Let family, friends, and carers know if transport is becoming more difficult, so they can help you plan trips or attend appointments.

Retirement Income: How New Zealand and Australia Compare



When it comes to retirement, the question of “Will I have enough?” is on many minds. Comparing how New Zealand and Australia support their retirees shows there is more than one way to plan for later life.

In New Zealand, NZ Super is a universal pension. If you have lived in the country for at least 10 years after age 20, you can receive it at age 65. It is not means-tested, so everyone who qualifies gets the same benefit. This simplicity is a strength, but for some retirees, NZ Super alone may not cover all living costs, especially in higher-cost areas.

Australia takes a different approach. Its retirement system combines a means-tested age pension with compulsory employer contributions to superannuation, a private savings scheme. Australians generally contribute more during their working lives, which can mean bigger retirement savings. Accessing the pension, however, depends on income and assets.

So, what does this mean for New Zealanders? NZ Super provides a reliable base income for all, while individual savings, such as KiwiSaver or personal investments, can boost comfort in retirement. The Australian model shows the power of long-term savings and also highlights the impact of means testing.

It is also worth noting that people who have lived in both countries can sometimes combine residency years to qualify for pensions in either system, offering extra flexibility for retirees who have worked across borders.

The key takeaway is that understanding how retirement income works helps you make informed choices about saving, planning and preparing for the lifestyle you want in later years. Whether through NZ Super, KiwiSaver or personal savings, a bit of knowledge goes a long way toward a secure and comfortable retirement.



“The first NZ Super payments were made in 1946, making it one of the world’s longest-running universal pensions.”

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 only \$5. Morning Tea + 2-course lunch \$15. Relaxed, fun, social, activities.
6 February	Opening Day 2026 –welcome back for 2026 – and celebrate Waitangi Day
13 February	Carolyn Sengelow – Living with Vision Impairment
20 February	Special General Meeting about new constitution
27 February	TBA
6 March	TBA

The Foot Clinic	Every Tuesday 9.30am-12.30pm at Community House, \$25 per appointment Bookings essential – Phone Jane on 03 687 7581 By independent contractor (not a medically qualified or registered podiatrist)
------------------------	--

SilverTech	Introduction to Smartphones – \$20 to cover course material. Four x 2-hour sessions. 10am – 12pm, Bookings essential, numbers limited Phone Hayden 03 687 7581
-------------------	---

- Tuesday Class 3rd & 10th & 17th & 24th March at Resource Centre, Fairlie
- Wednesday Class 4th & 11th & 18th & 25th March 2026 at Community House, Timaru
- Tuesday 31st March & 7th & 14th & 21st April at Twizel
- Tuesday Class 5th & 12th & 19th & 26th May at Community Link, Waimate

Bus Outings Numbers limited	A day outing for members only. Trip cost \$15 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 25th February - \$15 excludes lunch & other costs
- Wednesday 18th March - \$15 excludes lunch & other costs
- Wednesday 22nd April - \$15 excludes lunch & other costs

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.
---------------------	---

- Wednesday 18th March 10am – 1.30pm at Fairlie
- Tuesday 5th May 10am – 1.30pm at Fairlie

Community Cuppa Café mornings for older people, with relaxed chat, laughter and new friends.
Meet at Station Café in Timaru 11am Tuesdays and Sundays

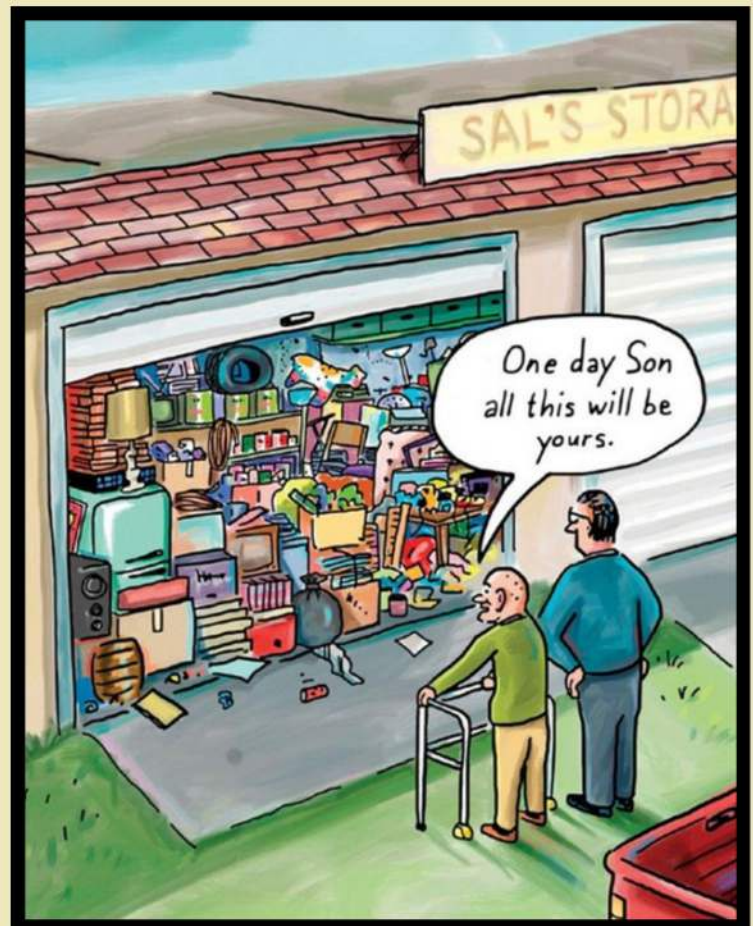
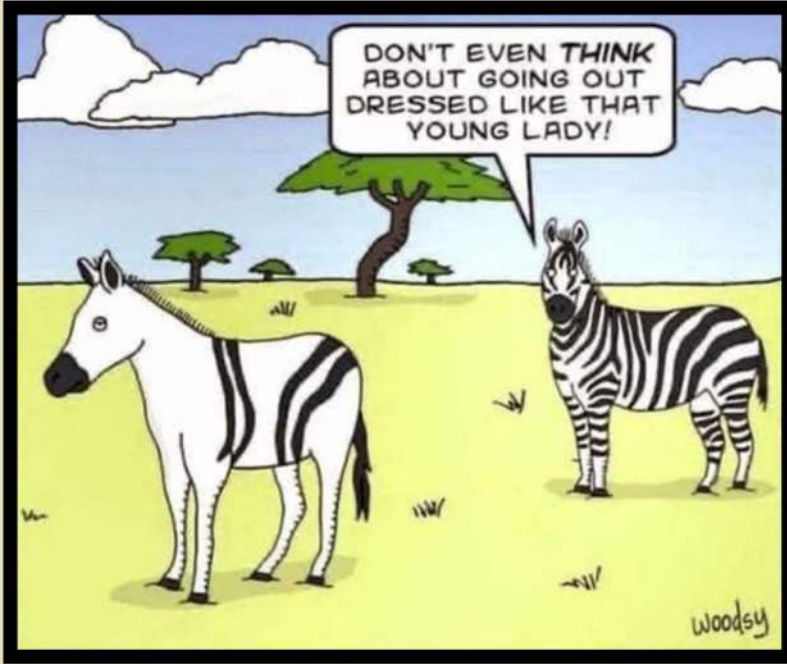
Geraldine Clinic

- Total Mobility assessments and payments
- Foot Clinic – \$25 per appointment (bookings essential, payment in cash on the day)
- Jane will be there to assist with any Age Concern enquiries or support you may need
- Alzheimers South Canterbury will also be there to offer information and support

Geraldine Health Hub, 190 Talbot Street, Geraldine 10:00am – 12:00pm

Next date: 21st February

FROM THE OLD GIRL!



Got a good joke up your sleeve? We would love to share it in a future issue. Email it in or drop it off at our office.
ethan@ageconcernsc.org.nz

Save the Date!

Positive Aging Expo 2026

MAY 2026

WEDNESDAY	THURSDAY	FRIDAY
6	7 Positive Aging Expo! 10am - 3pm	8

Find out more at: www.ageconcernsc.org.nz

Friendly Coffee Catch-Up at

The Station Café!



Every Tuesday & Sunday
from 11:30am onwards

Looking to meet new people and enjoy some good company?

Join a relaxed coffee group at **The Station Café, 22 Station Street, Timaru.**

Come along for a cuppa, a chat, or even a meal – everyone's welcome!

No bookings or fees – just show up and make some friends.

Please note: This is a casual community meet-up and is not run by Age Concern South Canterbury.

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

Cost: \$20 per person,
or \$20 per device if shared.

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: silvertech@ageconcernsc.org.nz

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



Keep **active** at home



The following are a combination of stretching and strengthening exercises that can be performed anytime seated or standing. The idea of these exercises is to use daily activities such as watching TV or waiting for the kettle to boil to act as 'prompts' to remind you to complete exercises throughout the day, rather than scheduling in a workout period, which can be easily forgotten.



Tip - To increase the stretch, you can look over your shoulder in the direction you are rotating

Trunk rotation

- From a seated upright position, with arms on your chest, slowly rotate your trunk to one side. Hold the stretch for as long as comfortable before returning to the middle and repeating on the other side
- Complete five times each side, holding up to five seconds



DID YOU KNOW?

“The largest pumpkin ever recorded weighed 1,226 kg in Belgium, grown in October 2021. Autumn’s the perfect time for giant veggies.”



Leg stretch

- From a seated position, sitting towards the front of the seat, straighten one leg at the knee and pull your toe towards your shin. Lean forward slightly to feel a stretch in the back of your thigh and calf. Hold the stretch, then repeat on the other side
- Perform the stretch on each leg twice, holding for 15-30 seconds per stretch

Buttock squeezes

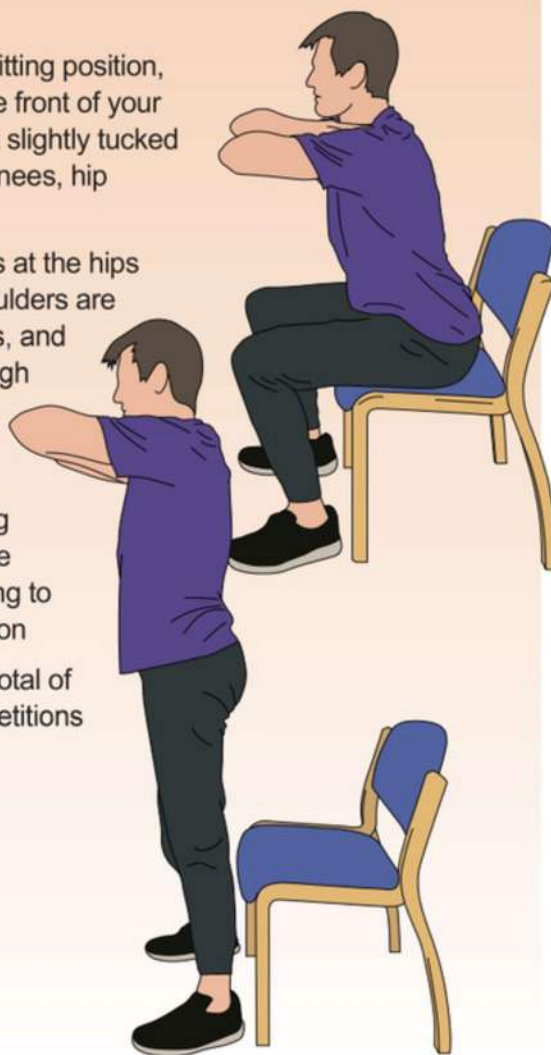
- Sitting in an upright position, slowly squeeze your buttocks, holding the contraction for five seconds, relax and then repeat
- Complete five times, holding for five to ten seconds



Tip - Aim to perform this exercise frequently throughout the day, slowly building on the time of each hold

Sit to stand

- Starting in a sitting position, sit towards the front of your seat, with feet slightly tucked behind your knees, hip width apart
- Lean forwards at the hips until your shoulders are over your toes, and drive up through your heels to a standing position. Hold in the standing position before slowly returning to a sitting position
- Repeat for a total of five to ten repetitions



DID YOU KNOW?

“February 29th babies are called “leaplings”. Some even celebrate their birthdays only once every four years!”

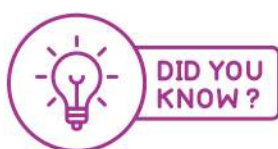
Calf and toe raises

- Standing with feet hip-width apart in front of a supporting surface (e.g. kitchen worktop), slowly shift your weight forward, coming up on to your toes. Pause at the top and return to the starting position before shifting your weight on to your heels and raising your toes off the floor.
- Repeat for a total of 5-10 repetitions



One-legged balance

- Using the firm object again for support, slowly bring one leg off the floor, maintaining balance on the supporting leg. Hold this position before changing to the other leg
- Repeat twice on each leg, holding five seconds, building up to a count of 30 seconds



DID YOU KNOW?

“First Heart Day – The first recorded Valentine’s Day card dates back to the 15th century in England. Medieval people believed birds started pairing in mid-February, which inspired the romantic tradition.”



**AGE
CONCERN**
SOUTH CANTERBURY

He Manaakitanga
Kaumātua Aotearoa

Advertise **With Us!**

Promote your business locally
while supporting our community



Full Colour Ads



Distributed Locally



Affordable Rates



Reaches over
600 readers

AD SIZES & RATES

Quarter Page

\$80

Half Page

\$140

Full Page

\$250

Full Page Premium Placement

\$320

CONTACT US TODAY TO BOOK YOUR SPACE!

✉ info@ageconcernsc.org.nz

☎ 03 687 7581

Prices shown apply to one issue only. Placing the same ad in multiple issues may cost more, but multi-issue discounts are available.

All prices include GST

AGE CONCERN SOUTH CANTERBURY IS PROUDLY SUPPORTED BY



**Aoraki
Foundation**



**Pub
Charity**
Limited

perpetual guardian



COGS
Community Organisation
Grants Scheme



Rotary
Club of Timaru

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.

