

Autumn/Winter 2026
ISSUE 5

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 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

Friday Club - A weekly social gathering that includes morning tea (**cost: \$5 for morning tea only, \$3 if having the two-course lunch as well**) 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: **\$25** 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

Have questions or need more info?

Contact us at **03 687 7581** or
info@ageconcernsc.org.nz



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Planning for the Inevitable

We plan for everything else in life. Here's why planning for the end matters just as much.

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Getting Retirement Right!

Retirement should feel rewarding, not restrictive. Here's how to sidestep the most common ruts.

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There's a change behind the scenes, but the weekly clinic you know will continue as usual.

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A fun, practical cooking group where older men can learn simple recipes and grow confidence in the kitchen.

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

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Back to School, 1940s Style

From riding ponies to strict classroom rules, one reader shares memories of growing up in a very different time.



Why We Need to Talk About Death Before It's Too Late

We spend a lot of time planning for birthdays, holidays, weddings and retirements. Yet one of the few things that is absolutely guaranteed in life is something many of us avoid planning for at all. Our own death.

It is not an easy topic. Most people would rather change the subject, laugh it off or say there is plenty of time to think about that later.

But the reality is that not talking about death or planning ahead can create enormous pressure for the people we love most. Our children, partners or siblings may suddenly find themselves making difficult decisions on our behalf.

Research into end-of-life planning shows that when people talk openly about their wishes it significantly reduces stress and anxiety for family members left behind. Without those conversations families are often left guessing.

What would Mum have wanted?

Would Dad have wanted treatment or comfort care?

Where should we hold the funeral?

Who should we call to let them know?

Those decisions are incredibly hard to make while grieving.

There are now some excellent books, podcasts and resources encouraging people to face this topic with honesty and compassion. In *Being Mortal*, Atul Gawande explores how modern medicine often focuses on prolonging life rather than helping people live well in their final years, and he makes a compelling case for more open conversations about what truly matters at the end of life. Dr Kathryn Mannix's book *With the End in Mind* draws on her years working in palliative care to gently explain what dying is really like, using powerful stories that remove much of the fear and mystery surrounding death.

Last weekend reminded me why these conversations matter.

Our extended family gathered at Timaru Cemetery for a 20-year memorial for my father-in-law. The cemetery sits in a spectacular spot overlooking the South Canterbury coastline. It is peaceful, windswept and quietly beautiful. It was a special opportunity for the family to gather, remember him and share the funny stories that inevitably appear when people start reminiscing.

Not everyone gets that opportunity. Sometimes families are scattered or relationships are strained. Sometimes the practical details simply overwhelm people in the moment.

That is why I encourage people to start talking about death even when it still feels a long way away.

Write things down. Share your wishes. Tell your family what matters to you.

One practical step people can take is creating an Advance Care Plan, which records your preferences for medical care if you become seriously unwell and cannot speak for yourself. Booklets are available through many places including Age Concern, and the plan can be shared with family, so everyone understands your wishes.

Death is not something we should be afraid to talk about. It is one of the most normal parts of living.

The greatest gift you can give the people you leave behind is clarity, peace of mind and one less burden for them to carry at an already difficult time.

Chris Thomas

Manager, AC South Canterbury



Geraldine Monthly Clinic Comes to a Close

The Geraldine Monthly Clinic has come to an end following Jane's recent retirement.

Since starting last year, the clinic has provided a friendly and welcoming space for people to connect, have a chat, and access helpful support and services. Whether it was answering questions, assisting with enquiries, or helping with practical matters like Total Mobility, Jane played an important role in making each session feel supportive and worthwhile.

We'd like to sincerely thank Jane for her time, care, and commitment to the community. Her contribution has been greatly appreciated, and she will be missed.

While the Geraldine clinic is no longer running, Age Concern South Canterbury and Alheimers South Canterbury are still here to help. If you need support or have any questions, please don't hesitate to get in touch.

Thank you to everyone who came along and supported the clinic over the past year.

From Debt to Phone Habits: Common Retirement Ruts and How to Avoid Them

After decades of work, retirement should be a time to enjoy your own rhythm of life. But all too often people fall into familiar financial, emotional and lifestyle traps that can make retirement feel less fulfilling than they imagined. Here are three common pitfalls and practical ways to avoid them.

1. Money Matters: Avoiding Debt in Retirement

Many retirees dream of relaxing, travel and spoiling grandchildren, but this ideal can easily be undermined by poor financial habits carried over from working life. Spending without a plan, impulse purchases, costly credit and lifestyle inflation can all lead to debt even after retirement.

What you can do:

- **Create a clear budget** based on your retirement income, including NZ Superannuation and savings.
- Consider talking with a trained financial mentor if money management has been a challenge in the past.
- **Money Talks** offers free, confidential advice on budgeting, debt management, benefits and avoiding scams.
- **Sorted.org.nz** provides tools and guides to help you plan and manage your money.

Planning now can help your income go further and protect your savings from unnecessary depletion.

2. Screen Time: Beware of Endless Scrolling

Smartphones and social media are not just for younger generations. Many older people find themselves spending hours scrolling every day. While staying connected can be positive, excessive screen time can reduce your engagement with the wider world, contribute to anxiety and simply take time away from activities that enrich life.

Tips to break the scroll cycle:

- Delete or limit addictive apps from your phone.
- Choose a few trusted news sites instead of relying on social media feeds.
- Use your phone's screen time settings to monitor how much time you spend online.
- Replace scrolling with hobbies like reading, puzzles, gardening, crafts or volunteering.

These simple changes can help you use your time in ways that support both your mental and physical wellbeing.

3. Respecting Your Time and Setting Boundaries

Retirement can leave many people feeling pulled in all directions by family and friends who assume you are always available. While supporting loved ones can be rewarding, it's also important to protect time for your own interests, rest and wellbeing.

How to set boundaries:

- Let people know when you're available – and when you're not.
- Be clear, calm and consistent about what you can offer.
- Frame your choices in positive terms, for example: "I'd love to help on Friday afternoons, but that morning is my time for ..."

Retirement isn't an open invitation to fill every moment with others' demands. It's your chance to shape a life that reflects your goals and values.



“The human body glows! We emit a tiny amount of visible light due to chemical reactions in our cells, but it's too faint for the human eye to see.”



Hato Hone St John Health Shuttle

A St John Health Shuttle service is available to the South Canterbury Community, to provide Transport to those who have health related appointments in Christchurch. We cover Timaru, Pleasant Point, Temuka and Geraldine. In most cases we will pick you up from your home. The shuttle operates Monday to Friday, and bookings need to be made by 3:00pm the day prior to your appointment.

This service is run by a team of very Experienced drivers who are volunteers of St John. A Donation/Koha is appreciated for the shuttle transport to help cover the cost as we do not charge a fee.

For further information or to make a booking

Please phone: **0800 103 046**



www.stjohn.org.nz

Foot Clinic

Service Continues!

With Jane retiring, Age Concern South Canterbury will be stepping away from the weekly Tuesday Foot Clinics previously held at Community House

We would like to sincerely thank Jane for her dedication and the care she has provided over the years. Her contribution has made a real difference to many in our community.

The good news is that the service will continue without interruption. Community Trust has taken over the operation and will be offering the exact same service, in the same location.

Clinics will still be held at Community House, and bookings remain essential as there are no walk-in appointments available.

The cost is \$25 per session, which includes a relaxing foot soak, a full foot inspection, nail trimming, and a soothing foot massage.

**To make a booking, please contact
Community House on 03 687 7360**



Community
TRUST
Mid & South Canterbury



AGE CONCERN'S

KITCHEN KINGS

COOKING CLASS



Helping older men feel confident in the kitchen

Kitchen Kings is a hands on cooking group for older men. Learn easy recipes, build confidence in the kitchen, and enjoy good food and good company while cooking and sharing meals together. No experience needed, just come along and give it a go.

5:30-8:00PM

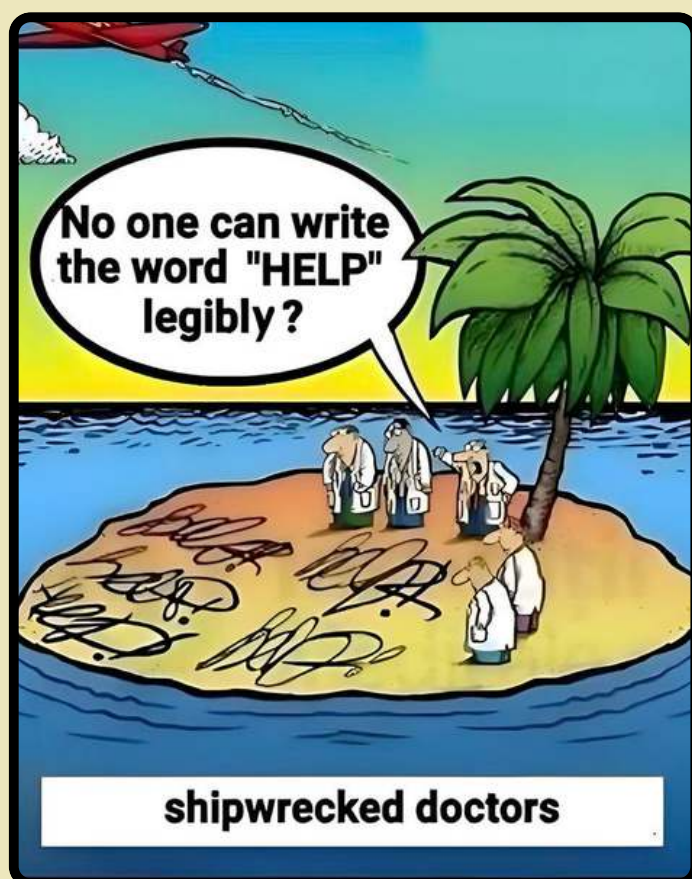
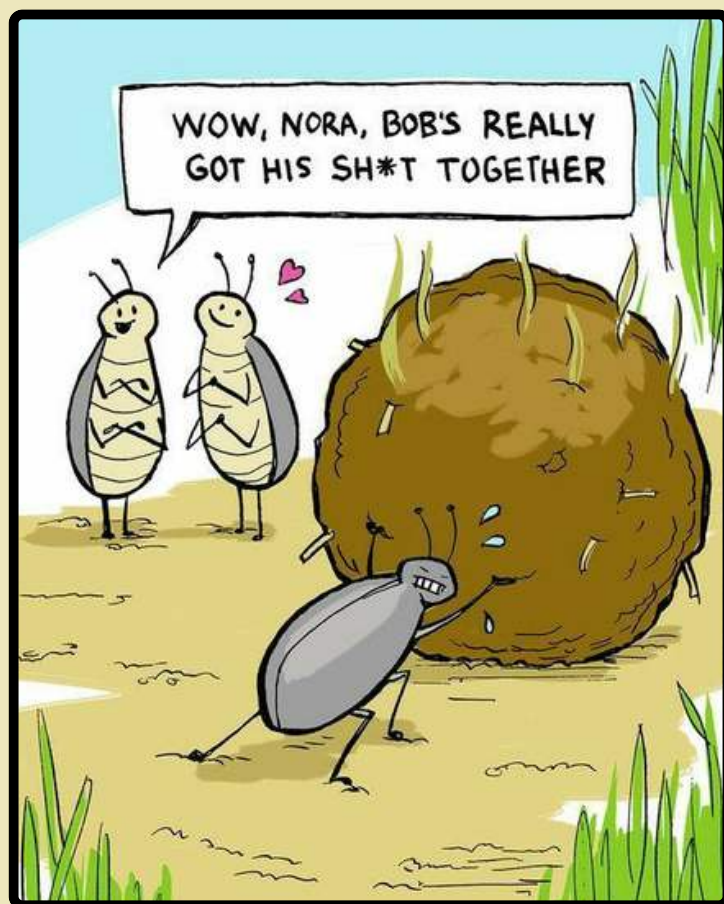
WEDNESDAYS
29 APRIL – 3 JUNE

TTEC Timaru Technology Education Centre – 1 Grey Road, Timaru

Spaces are limited! Book now to secure your spot.
Email info@ageconcernsc.org.nz or call **03 687 7581**

JOIN UP NOW!

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

Get ready for the

POSITIVE AGEING EXPO

2026

Discover ideas, services, and inspiration to live life to the fullest at the Positive Ageing Expo!



THURSDAY

07

MAY

10:00AM - 3:00PM



CAROLINE BAY
HALL, TIMARU

More Information



03 687 7581



info@ageconcernsc.org.nz



www.ageconcernsc.org.nz

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The Courier

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

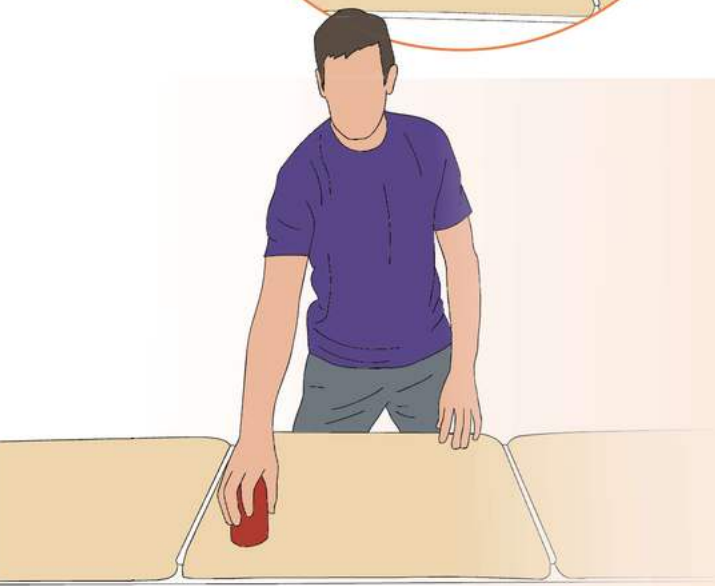
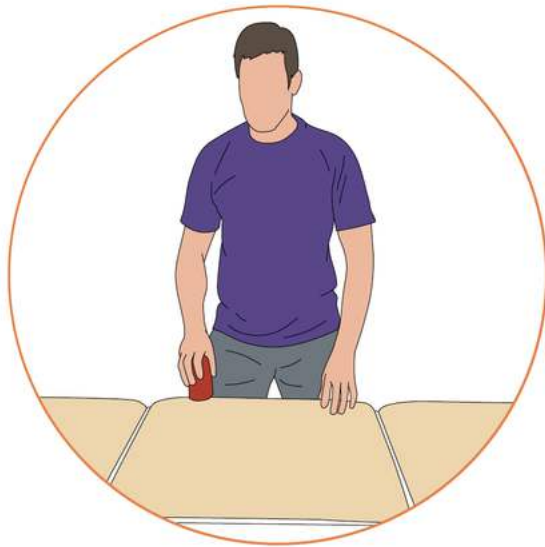
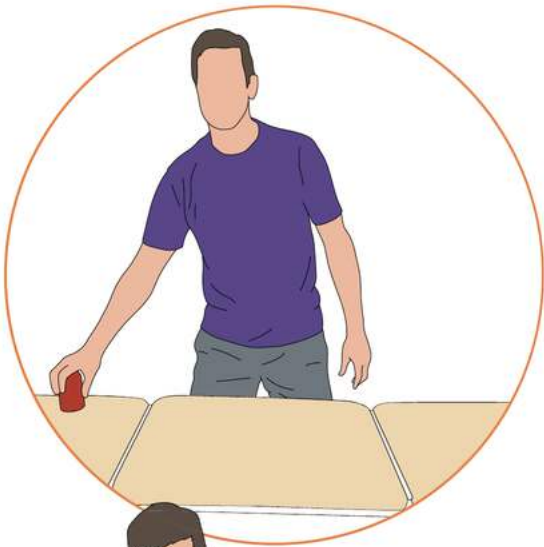
This course is delivered by Age Concern South Canterbury, with materials developed and supplied by Age Concern Otago.



Keep active at home

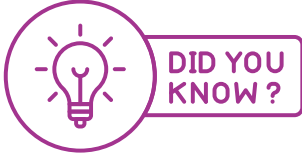


The following exercises are to help with activities of daily living, improving function when using the upper body for tasks such as cooking, self-care and housework. These can be performed in either a seated or standing position in front of a table or kitchen worktop.



Move the can

- Place a drinks can or similar sized object to one side so you have to lean and extend the arm fully. Move the can from the starting position placing it directly in front of you, finally pick the can up again and place it in front of you, leaning and extending the arm fully. Complete the sequence in reverse, returning to the starting position
- Repeat five times with each arm



“Your brain runs on about 20 watts of power. That’s roughly the same as a dim light bulb.”



Overhead lift

- Start with the object in front of you, take hold and reach overhead extending the arm at the shoulder and elbow, as if to place on a shelf. Slowly lower to the starting position.
- Repeat five times with each arm

Arm roll-out

- Using a plastic bottle or similar, place your palm on top and slowly lean forward bending at the hip and extending your arm at the shoulder. Pause in the outstretched position and return to the start
- Repeat five times with each arm



Bottle rotations

- Place your forearm on a surface in front of you, holding a plastic bottle at the lid end (fill with water for increased resistance), slowly rotate the bottle one side to the other
- Repeat ten times with each arm



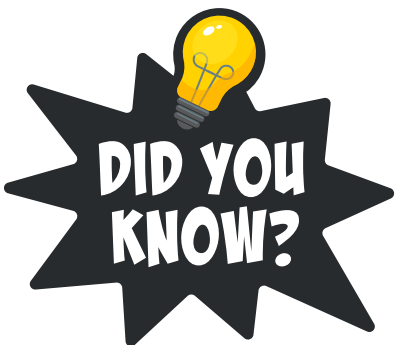
Wrist extension/flexion

- Hold a light weight or filled bottle, place your forearm on your thigh with palm facing down, slowly extend your wrist so the back of your hand moves towards you, pause and lower to starting position
- Repeat ten times before turning your arm over so palm is facing up. Perform 10 repetitions in this position flexing the wrist and hand towards. Repeat 10 times again and swap arms



Arm cycle

- Using a small hand towel or resistance band, grasp with both hands so they are 10-12 inches apart. Slowly rotate one hand over the other, in a cycle motion
- Complete for 30 seconds, before resting for 30 seconds and completing a second time.



- A day on Venus is longer than a year on Venus. It takes Venus about 243 Earth days to rotate once, but only 225 Earth days to orbit the Sun.
- A cloud can weigh over a million kilograms. It floats because the water droplets are spread over a huge area.

Grandma, back in the olden days when you were a little girl, what was school like?

“Well, we didn’t have preschool in those days; you started school in February after your 5th birthday. I went to Taiko School, and there were never more than 12 kids in the whole school. My big brother, Jim, and I rode double to school on a little black Shetland pony named Topsy. The McPhedran boys next door rode to school, always at a gallop, on their piebald pony, Sox. We’d go out across the paddocks, along the road a bit, and then down a steep cliff-face track. Lots of kids rode ponies, which then spent the day in the ‘Pony Paddock’ at school. After school, we’d have to catch, saddle, and bridle the ponies again for the ride home. Later, I rode Topsy on my own, which was a slow journey because he would stop to pull gorse flowers into his mouth. Dad gave me a stick to hurry him along, but I wouldn’t use it—I loved him and didn’t want to hurt him.

During my last three years, I rode a bike around the shingle road to school, joined by my cousin Nessie. Dad had to sign that we lived more than three miles from the school so that we could buy tires, as rubber was still rationed in the 1940s. If it was a very wet day, we didn’t go to school.

Our teacher in 1941, Miss Berg, was partially disabled, with a stiff right knee and a paralyzed lower left arm. She drove a tiny blue Vauxhall up the “School Hill” in noisy first gear from her cottage at Biggs’s. She was a bit of a tyrant who smacked your leg very hard with her good hand, and the sight of her paralyzed left hand made us feel uneasy. I remember children being smacked on their first day at school—one because he had wet his pants. We were very quiet and well-behaved because we were terrified of Miss Berg. She didn’t actually teach us; the older students helped the younger ones, and we read and wrote while she marked our work. If you spelled a word wrong, you had to write it 20 times on your blackboard (this was even for Standard 6, now Year 8). Once every year or two, an inspector would arrive—what a relief! Miss Berg would smile and be nice to us, and the inspector was kind and chatted with us. Incidentally, if your father was on the School Committee, Miss Berg was a bit more lenient with you.

In Standard 4 (Year 6), we graduated from pencils to pen and ink. A narrow pen held a small, replaceable nib, and each desk had an inkwell that an older, responsible student would fill up. It was messy!

The “dunnies” (toilets) were at the far end of the playground, and two of the older boys would dig a hole and empty the tins every few weeks. My brother said that if you peed into an emptied tin, it smelled awful. Toilet paper was squares of newspaper, though occasionally the School Committee provided us with a box of apples wrapped in tissue paper. These tissue squares were threaded onto wool to make bundles and were much nicer than newspaper!

At the end of the school year, we had the School Concert—the highlight of the year for me—followed by supper (ladies brought trays) and a dance for parents and locals. We loved skidding around on the powder sprinkled over the floor to make it more danceable. The next day was the School Picnic, where our parents came and we had races and games followed by a prize-giving. Every child received a book; I still have mine, including *The Wind in the Willows* and *Grimm’s Fairy Tales*.

At the end of 1948, my last year, the school closed, mainly because so many parents had moved their children to other schools due to the conditions at Taiko. Many went to Pleasant Point or Claremont Schools.

In retrospect, I’m sure our teacher suffered a lot of discomfort and probably felt vulnerable, and we did have many happy times. Perhaps my unhappy times at Taiko School encouraged me to become a teacher—to try to right the wrongs and make learning a happy experience...”

From Janette Young (Nee Marshall)



Fuel Saving Tips

Save Money During the Fuel Crisis!



Drive Smoothly



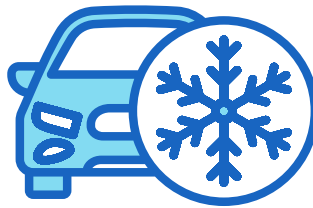
Reduce Speed



Check Tyre Pressure



Lighten the Load



Limit A/C Use



Plan Your Trips

Email: westaway.video@gmail.com

Phone: 0273146356

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- **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



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CONCERN**
SOUTH CANTERBURY

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Kaumātua Aotearoa

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Age Concern South Canterbury

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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.

