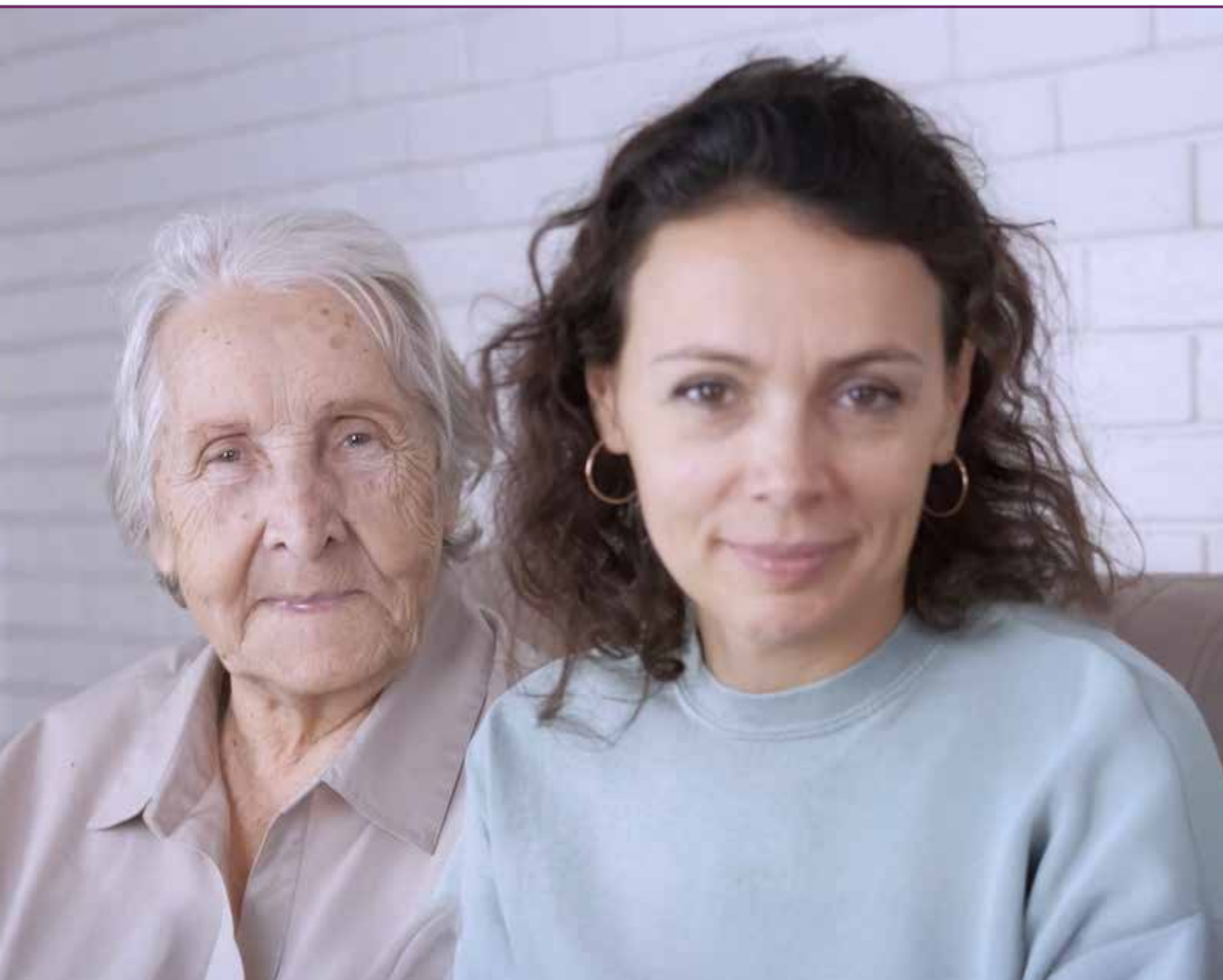




SENIORITY

Funding Update | A Century of Stories Update
Staying Safe on the Road as We Age



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From the Board Chair



It's been a fascinating first year as Chair of the Age Concern Wellington Region Trust Board. I've learnt a lot about the senior sector and have been amazed at the impact our organisation is having. Over the

past 12 months, we have reached more than 5,000 individual seniors – nearly one in every ten people over the age of 65 in our Region! I think this is a monumental achievement for a small charity.

I want to say a big thank you to our wonderful volunteer team of more than 250 who are the main reason for this success. Our volunteers represent the diversity of our community, and their dedication and desire to see seniors ageing well is inspiring.

We have a strong Board and staff team, with a wide range of skills and experience. I want to thank them too for their dedication to what we do. The Board's main role is to lead the development of the organisation's strategy and ensure financial stability. Together, the Board and staff have worked hard over the past six months to produce a new three-year strategy and update the wording of our mission and vision statements. This is all work in the 'background', but none-the-less important for everyone helping us deliver our services and programmes.

I would be remiss not to mention the financial pressure the charitable sector is under right now. We have not been immune to this, and unfortunately our end of year result has seen us use up around \$85,000 of our reserves. Our challenge now is to ensure we are sustainable going into the new financial year. We need your help with this – you will see in this issue that we've launched our annual appeal. Every donation makes a difference, so if you could consider helping us in this way we would greatly appreciate your support.

Thank you to all of you who already give financially to Age Concern Wellington. Whether you give a small or large amount, and give weekly, monthly or annually, your donations played a significant part in helping keep valued services operating this past year. Please know every donation is very much appreciated.

I hope you enjoy this issue of Seniority.

Paul Swallow

Age Concern Wellington Region Board Chair

You can help us reach more lonely and isolated seniors.

Scan the code to visit our secure donation website.

Or navigate to acwellington.org.nz to make a donation.





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Upsize, add \$1.50

MENU ONE

Delivery week starting
04-08 August
08-12 September
13-17 October
17-21 November

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.20**

Beef rissole with caramelised onion, potato roasties and mixed vegetables. **\$14.90**

Slow cooked beef and brandy potato au gratin, carrots and steamed green beans. **\$14.90**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes and stir fried vegetables. **\$14.90**

Chicken hotpot. Chicken and vegetables in a white sauce with a scalloped potato top. **\$14.90**

Beef stroganoff with steamed rice. **\$14.50**

Honey baked chicken with potato gratin and steamed green beans. **\$14.90**

Sticky sausages with sauted vegetables. **\$14.90**

Thai vegetable curry with rice. **\$13.50**

MENU FIVE

Delivery week starting
01-05 September
06-10 October
10-14 November
15-19 December

Roast leg of lamb, with pea and mint pesto, roast vegetables and creamed spinach. **\$15.50**

Pork steak with a gorgeous peppercorn cream sauce with baby beans, rosemary roast pumpkin & potatoes. **\$14.90**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin & baby beans. **\$14.90**

Steamed fish with parsley sauce, creamy mash, peas and carrots. **\$14.90**

Classic mild chicken curry with steamed rice. **\$14.50**

Irish beef stew with potato colcannon. **\$14.90**

Creamy boneless dijon chicken with pommes boulangere and broccoli florets. **\$14.90**

Traditional cottage pie (premium NZ beef) with creamy mash top. **\$14.90**

Macaroni cheese. **\$13.50**

OUR PHILOSOPHY

Every week we make a fresh batch of handmade meals using only good ingredients and great cooking!. They will come fresh, not frozen, so you can have something very fresh and ready to just heat and eat for up to 10 days. This means you can only order from the menu list related to the delivery week.

Deliveries
Wellington (Tuesday set day) \$16.00
Hutt Valley (Wednesday set day) \$16.00
Kapiti - Pukerua Bay - Waikanae (Tuesday set day) \$16.00
North Island next day \$18.00

Manawatu - Otaki - Palmerston (Tuesday set day) \$18.00
South Island next day \$35.00
Wairarapa (Tuesday set day) \$18.00
Sorry - No rural delivery!

• Menu only available until stock sold out
• Standard meal NOT less than 400gm
• Up size to 500gms+ for \$1.50

Payment info: Payment by debit card, credit card, or bank transfer. Bank Details: Fresh is Best 2006 Limited. 030502 0575744 00

MENU TWO

Delivery week starting
11-15 August
15-19 September
20-24 October
24-28 November

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.20**

Pork with apricot, potato au gratin and steamed green beans. **\$14.90**

Corned beef with mustard sauce, mash potato, buttered silverbeet, cabbage and carrot. **\$14.90**

Keralan fish curry with steamed rice. **\$14.50**

Peri peri chicken with pommes boulangere and steamed greens. **\$14.90**

Steak and kidney pie (pastry top) carrot and potato mash, buttered spinach. **\$14.90**

French braised chicken with braised vegetables. **\$14.90**

Spaghetti bolognese. **\$14.50**

Debbies veggie ragu with penne pasta **\$13.50**

EXTRAS

This full range of yummy soups, desserts and home baking is available on all menus

SOUPS \$6.00

- Chicken veg and noodle
- Pumpkin and coconut
- Split pea and ham

PUDDINGS \$6.00

- Peach and apple crumble
- Rice pudding with stewed plum
- Golden syrup steamed pudding
- Apple and berry steamed pudding
- Caramel Cheesecake



BAKING \$8.00

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice
- Raspberry slice
- Christmas Cake \$19 (Available November 17th)

MENU THREE

Delivery week starting
18-22 August
22-26 September
27- 31 October (Labour WE)
01-05 December

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.00**

NZ pork steak with creamy dijon sauce, creamy mash, pumpkin and green beans. **\$14.90**

Tender NZ beef steak with fried onion ring creamy potato, pumpkin, broccoli. **\$14.90**

Smoked fish pie (potato top). **\$14.90**

Beef rogan josh with steamed rice. **\$14.50**

Beef and bacon casserole with vegetable au gratin and steamed broccoli. **\$14.90**

Thyme roasted chicken with mushroom sauce, pommes boulangere and broccoli florets. **\$14.90**

Traditional pork sausages, a balsamic onion gravy and bubble and squeak. **\$14.90**

Pasta pomodoro. **\$13.50**

MENU FOUR

Delivery week starting
25-29 August
29 Sept - 03 Oct
03-07 November
08-12 December

Succulent roast chicken with whole cranberry sauce, roast vegetables and peas. **\$15.20**

Pickled pork with parsley sauce, creamy mash, carrots and peas. **\$14.90**

Swiss steak, medley of sautéed vegetables. **\$14.90**

Cheesy fish mornay with creamy mash, peas and carrots. **\$14.90**

Asian Inspired gingered beef and Broccoli with Rice. **\$14.50**

Famous meatloaf with relish, roast potato, pumpkin, and buttered cabbage. **\$14.90**

Tuscan chicken with vegetable gratin and green beans. **\$14.90**

Beef lasagne, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.90**

Spinach and three cheese pie. **\$13.50**

HEATING INSTRUCTION

It's as easy as 1, 2, 3

MICROWAVE HEATING — for average 850w microwave

Step one — Remove the sleeve and place the tray in the microwave. DO NOT lift or puncture the film. (For FROZEN meals please defrost first!)

Step two — Microwave on HIGH for 4 minutes. The film will expand to make a steam tent, it will then self-vent to release steam and deflate.

Step three — Remove from microwave, leave to stand for 1 minute then peel back the film — Please ensure you protect yourself from steam burn by carefully pulling the film back towards you.

OVEN HEATING INSTRUCTIONS

- Pre heat the oven to 180C
- Remove film
- Heat for approximately 20-25min or until piping hot.

DELIVERY INSTRUCTIONS

We deliver all round New Zealand... North Cape to the Bluff, from our door to yours UNLESS you are Rural Delivery!!

We take care to send delicious, affordable food, carefully packaged for its journey from us to you. We partner with New Zealand post to make this delivery and because the package is perishable no signature is required.

If you don't have your order by 2pm, you can call us on 0800 328 333. One of the lovely ladies in the office will be able to tell you the status of your delivery and follow up with New Zealand post on any issues or delays.



DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal — \$120

6 different meals and a choice of 6 from the soup and dessert menu

5+5 Deal — \$100

5 different meals and a choice of 5 from the soup and dessert menu

7 meals for the price of 6 Deal

Buy 6 different meals and we will give you a vegetarian meal for FREE!

Fresh From the Freezer

Pot Luck Boxes

(excellent variety no more than two of anything)

12 meals \$150

8 meals \$100

Eat Tiddly

(Goldilocks sized meals, not too big, not to small but just right)

16 x 260gm potluck meals (8 twin packs) \$140



TIDDLY MEALS FOR TIDDLY EATERS



This is the dinner Goldilocks was looking for when she ventured into the kitchen of the three bears. Not too big, not too small but just right.

Our frozen variety box of deliciousness has 16 x 260gm meals. These are made up of eight different meals packaged as 'twin packs' so you get two of every delicious dish.

The meals are 'Potluck' and have no relation to the current week's fresh menu.

For the best and tastiest results thaw meals first.. before heating.



Images of actual meals, thawed, heated and plated

eat GOODNESS GUARANTEED

Ak: 09 972 9316
Wn: 04 560 1960
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www.eat.co.nz

Contact Information



Phone: 04 499 6646

Email: news@acwellington.org.nz

Address: The Dominion Building
Level 4/78 Victoria Street Wellington 6011
Postal Address: PO Box 11108
Wellington 6142

Website: www.acwellington.org.nz

Facebook:
www.facebook.com/ageconcernwellington

Disclaimer

The views expressed in this newsletter are not necessarily those of Age Concern Wellington Region. The inclusion or exclusion of any product does not mean that Age Concern advocates or rejects its use.

Can You Help?

You can help us reach more lonely and isolated seniors. Do you have time to volunteer a few hours of your time? Or are you able to make a donation? Call 04 499 6646 for more information.

Thank you to the lovely people who already helped us! We are still in need of sponsors for our 50-year anniversary project, A Century of Stories. Maybe you or someone you know can help?



Funding Uncertainty Puts Pressure on Charities

Charities across Aotearoa are under pressure as government funding drops and demand for services grows.

Recent cuts to government contracts have resulted in a funnelling effect with charities previously receiving government funding forced to look to traditional grants and foundations for funding. This has overwhelmed funders, meaning smaller grants, and sometimes, no grants at all. At the same time, many funders are tightening their criteria, meaning it is becoming more and more difficult to get funding for general operational costs like keeping the lights on and the computers running.

With over 29,000 registered charities competing for limited donations and grants,



the funding environment is tough. While some organisations have longer-term contracts, most rely on one-off or yearly grants from philanthropic groups, gaming machine proceeds or corporate sponsors. This short-term funding makes planning difficult and keeps charities in a constant state of uncertainty. Long-term goals are often put on hold, and questions about sustainability arise.

In short, New Zealand charities are being asked to do more with less, raising real concerns about their ability to meet rising community needs.

This is certainly the case for Age Concern Wellington Region. Your support now is especially crucial. Please consider helping us so we can keep supporting seniors in the Wellington Region. To make a donation, please visit www.acwellington.org.nz or call **04 499 6646 (option 5)**. Thank you!



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You might have already thought of the music and readings you'd like to have at your funeral
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ZOOMIE with Ann!

Steady As You Go is an exercise programme designed to help seniors maintain and build strength and flexibility.

Age Concern runs more than 45 weekly classes at various venues around the Region, thanks to our fantastic volunteer team. There is also an online class every Wednesday morning on Zoom for those who might not be able to get to a venue. And despite being online, the programme provides some social connection as well as the exercise.

An online participant recently told us how much she enjoys the online Steady As You Go class, particularly the part where everyone unmutes their computer and says goodbye to each other. She feels this is a



nice moment of social connection in her week.

Then another participant commented by email after a "Zoomie" session: "They are a happy bunch of people eager to greet me. I enjoy the sessions. I noticed tonight when I went out for a walk, I felt loose and relaxed."

The online class starts at 9.30am every Wednesday on Zoom. It lasts 45 minutes and everyone is welcome! And you don't need to turn your camera on either!

To join the online class, fill in the form at <https://www.acwellington.org.nz/saygoexercise/>

The link above also provides a more complete description of the exercise programme and full list of current Steady As You Go classes across the Wellington Region.

Staying Safe on the Road as We Age

Research results show that, if a person over 70 is hospitalised following a road crash, regardless of causation, the length of hospital stay increases. This is especially so of people 80 years plus. As we age, recovery takes longer.

Age Concern runs free classroom-based refreshers for older drivers, focussing on actions to keep safe on the roads. Practical information and all sorts of tips for safer driving are shared.

Age Concern Wellington Region runs these courses in the Wellington Region.

Our next courses are:

- 21 August, Boulcott, Lower Hutt
- 17 September, Upper Hutt

For more information about the courses and to register, visit www.acwellington.org.nz or call 04 499 6646.



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A Century of Stories update: Reaching more than 900 years by the end of the week!

Some of the centenarians I've had the pleasure of interviewing have been slow to open up – a little hesitant at first, unsure about the importance of the details they share with me. "The first memory I have is of horses. Big horses. Dad picked me up and put me on a horse. The memory is vague, fuzzy at the edges," 105-year-old Dorothy remembered recently.

But over a couple of hours, the conversation flows more freely. Dorothy eventually shared a dream with me: "During the war, I continued to work. And I worried. My brother Jim was away in Europe at war. I had a dream once – I saw him, lying by a river. He was wounded. Then someone knocked on the door. They had a telegram. He had been wounded. By a river. The River Po in Italy. I knew before they even said." Others have spoken about feeling their husband's presence nearby despite being deceased for more than a decade, about being in a plane crash, electricity arriving in their town, and about the Great Depression.

In 2026, Age Concern Wellington Region will celebrate its 50th anniversary. For this occasion, we are working on a project: A Century of Stories. It's an ambitious project: to interview, record and photograph between 20 and 30 centenarians for a book, an exposition, and likely some videos and a podcast.

I'm in Nelson this week to interview two centenarians. These will be the eighth and ninth centenarians I will meet for this project. The logistics are sometimes a little tricky around finding centenarians (they are rather rare!), explaining the project (usually to a daughter or friend), gaining consent for their contribution to the project, and arranging to meet them. But once all of that is sorted, the interviews are an absolute joy.

I feel like each time I walk into a room for an interview, I discover a fascinating person. And by the end of our shared time, I feel like I have made a new friend. We have some pretty amazing centenarians in New Zealand! I can't wait for you to discover their stories in September 2026.

Lorna Harvey

Century of Stories Project Lead

A CENTURY OF STORIES



MARGARET GUTHRIE
100 YEARS OLD



MOLLY TOOTELL
103 YEARS OLD



NEVILLE SANDIFORD
101 YEARS OLD

- A book showcasing the lives of 20-30 centenarians
- A touring exhibition with portraits and recorded voices
- Videos of highlighted centenarians

Can you help us preserve and share the rich history of Kiwi centenarians? We need more people 100 years old or older to take part. We also need more sponsors to help fund the project.



**AGE
CONCERN
WELLINGTON
REGION**

He Manaakitanga
Kaumātua Aotearoa

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Care on Call employs technology to keep the human connection strong. Their secure Family Platform lets whānau check rosters, care notes, and upcoming visits in real time, so everyone's in the loop. For those managing Individualised Funding, the CareNet Funding Platform makes it easy; Care on Call handles the admin so kiritaki and their whānau can focus on what matters most.

Behind the scenes, Care on Call makes sure their care team is supported too. With clinical oversight, 24/7 coordination, and ongoing training, their nurses and support workers show up confident, prepared, and ready to make a real difference.

Across the North Island, Care on Call is proud to walk alongside the people they support; providing compassionate, culturally responsive care that helps them stay independent, connected, and in control of their lives. Discover how Care on Call can support you today.

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Visit: www.careoncall.co.nz

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- Overnight & 24-hour care
- Respite Care
- Serious Injury Support
- Dementia Care
- Palliative Care

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Dear diary,
James and I
chilled today,
ice cream
was involved

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RETIREMENT VILLAGES

2025 ANNUAL APPEAL

This past year, we helped 306 isolated and lonely seniors connect with others through our visiting, phone friend and walking services. We also helped more than 900 seniors improve their strength and balance through our exercise programme, and hundreds more attended one of our workshops, social connection events or safer driving courses.

In all, our staff and volunteer team engaged with an older person more than 60,000 times!



\$32 covers the cost of helping two callers to our support line

\$52 provides an hour of social connection for three seniors

We all really do need support sometimes. And right now, Age Concern needs your support. It's been a tough year financially for Age Concern, and we will need to use some reserves to cover a \$75,000 end-of-year deficit. We need to grow our team of supporters to help us ensure we can continue our vital work with an often forgotten part of our community.

Will you partner with us in helping isolated and lonely seniors get the support they need?

Making a donation to Age Concern Wellington will help us continue our crucial services for seniors.

We all need support sometimes. Age Concern supports seniors when they need it most. You can help. Please donate now to our annual appeal.

\$105 funds the cost of four volunteers attending a training event

\$135 covers the cost of nine seniors attending our Making Connections Day event

Support Our Seniors: Why Donating to Age Concern Wellington Matters

At Age Concern Wellington Region, we're passionate about supporting older people to live life with dignity, connection, and independence. Every day, we work across Wellington, Porirua, Lower Hutt, and Upper Hutt to ensure seniors feel valued and supported – not isolated or forgotten.

As a registered charity, we rely on the generosity of people like you. Government support only goes so far: more than 67% of our funding comes from grants and donations. Every dollar you give helps us continue and grow the services that directly benefit thousands of older people in our communities.

What Your Donation Supports

Visiting and phone-friend services: Loneliness is a real issue for many older people. Our volunteers regularly visit or call seniors who live alone or feel isolated. These friendly chats and visits bring comfort, conversation, and connection into people's lives.

Steady As You Go and walking companions: Falls are a major concern for older adults. Our Steady As You Go classes are simple, fun,

and effective strength and balance sessions that help build confidence and reduce the risk of falls. For those who need extra encouragement, our walking companions provide support to help seniors stay active.

Community programmes and workshops: From scam awareness and safe driving courses to "Tea & Tech" sessions that help seniors get to grips with smartphones and tablets, our events are all about building confidence, community, and skills. We also run group lunches and social gatherings through our Connect! programme, helping older people stay connected and make new friends.

Help Us Make a Difference

By donating to Age Concern Wellington Region, you're helping us reduce isolation, improve wellbeing, and bring joy into the lives of older people across our region. With your support, we can continue to be there – walking alongside our seniors with care, respect, and compassion. Thank you for standing with us.

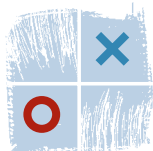


How You Can Donate

Donating is easy:

- **Online:** Head to acwellington.org.nz/ donate to give securely with a credit or debit card.
- **Bank transfer:** You can donate directly to our account (38-9025-0361487-00). Please include your name and "Donation" as a reference, with bank account name: Age Concern Wellington Region Trust.
- **Regular giving:** Monthly gifts are a powerful way to make a lasting difference.
- **Leaving a gift in your will:** please contact us or your lawyer to discuss how to leave a gift in your will. Please call us on 04 499 6646 (option 5).

All donations over \$5 are eligible for a New Zealand tax credit, and every contribution – big or small – truly counts.



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2025 APPEAL



Three simple ways to donate

Via our secure website: acwellington.org.nz

Or call us to donate over the phone with your credit card: 04 499 6646 (press 5)

Or fill in the form on this flyer and post it back to us:
Age Concern Wellington Region
PO Box 11108
Wellington 6142



I wish to support the work of Age Concern Wellington Region by:

(Please tick the relevant boxes)

- ☐ Making a donation of \$_____
- ☐ Making a regular donation of \$_____
- ☐ Becoming a Seniority Club member (\$35 single, \$45 couple) \$_____
- ☐ Finding out more about leaving a gift in your will
- ☐ Volunteering
- ☐ Please tick box if you require a receipt

GST Registered Number:

Title: _____

First Name: _____

Surname: _____

Address: _____

Email: _____

Telephone: _____

Information is confidential, and will not be passed on to any other agency and is held in accordance with the Privacy Act 2020.

Bank Account: **38-9025-0361487-00**

Age Concern Wellington Region Trust

Pay online with name as reference

Send form to Age concern Wellington: PO Box 11108, Wellington 6142

or call 04 499 6646 for more information

RECENT HIGHLIGHTS...



... Age Concern in the Community



Upcoming Events

Making Connections

7 Oct, 9am

Upper Hutt Hub for Seniors

13 Aug, 10 Sept, 8 Oct, 12pm

Wellington Central Coffee Group

New location - call for details. 28 Aug, 25 Sept, 10.30am

Linden Hub for Seniors

12 Aug, 10 Sep, 1pm

Omai Fa'atasi Pasifika Seniors, Hutt Valley

14 Aug, 11 Sept, 9 Oct, 10am

Omai Fa'atasi Pasifika Seniors, Porirua

5 & 19 Aug, 2 & 16 Sept, 7 & 21 Oct, 10am

Staying Safe course for older drivers

21 Aug, Lower Hutt

17 September, Upper Hutt

Tea & Tech, and Scam Prevention

23 Sep, Crofton Downs

7 Oct, Wellington Central

5 Nov, Seatoun

Pukeahu Tours

30 Sept

25 Nov



Services

Visitor Service/Phone Friend Service

Community Support

Connect Programme

Walking Service

Falls Prevention exercise classes

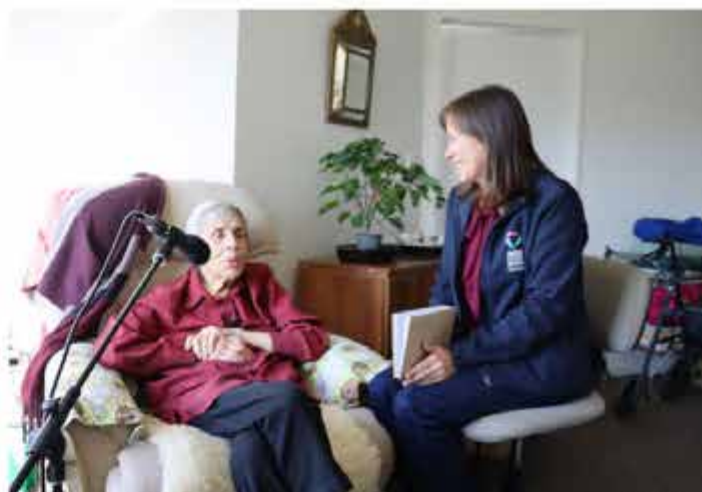
Staying Safe courses for older drivers

Technology and Scam Prevention

Read more about the impact our services are having in articles throughout this magazine.

Visit www.acwellington.org.nz

or call 04 499 6646 for more information.



Steady As You Go Falls Prevention Exercise Classes

| DAY | TIME | LOCATION | ADDRESS |
|-----------|----------|--|--|
| Monday | 10.30am | Karori Community Centre | 7 Beauchamp St, Karori |
| Monday | 11am | Quaker Meeting Rooms | 7 Moncrieff St, Mt Victoria |
| Tuesday | 11am | St Barnabas Church | 35 Box Hill, Khandallah |
| Tuesday | 11am | Koraunui Stokes Valley Hub | 184 Stokes Valley Rd, Stokes Valley |
| Tuesday | 11am | Wainuiomata Library | 1 Queen Street, Wainuiomata |
| Tuesday | 11am | Maidstone Park | 11 Railway Ave, Upper Hutt |
| Tuesday | 12pm | Newtown Community Centre | Corner of Rintoul and Colombo Streets, Newtown |
| Tuesday | 1pm | Vogelmorn Hall | Mornington Rd, Brooklyn |
| Tuesday | 1pm | Kilbirnie-Lyall Bay Community Centre | 56-58 Bay Road, Kilbirnie |
| Tuesday | 1pm | Johnsonville Uniting Church | 16 Dr Taylor Terrace, Johnsonville |
| Tuesday | 1.30pm | Walter Nash Centre | 20/22 Taine Street, Taita |
| Wednesday | 9.30am | Live Online Class | Zoom |
| Wednesday | 12:00 PM | All Saints Church, Hataitai | 90 Hamilton Road, Hataitai |
| Wednesday | 12pm | Eastbourne Community Hall | Tuatoru St, Eastbourne, Lower Hutt |
| Wednesday | 12.30pm | Te Tūhunga Rau – Strathmore Community Centre | 108 Strathmore Ave, Strathmore Park |
| Wednesday | 1.30pm | Island Bay Community Centre | 137 The Parade, Island Bay |
| Thursday | 1pm | Koraunui Stokes Valley | 184 Stokes Valley Rd, Stokes Valley |
| Thursday | 1pm | Tawa Community Centre | 5 Cambridge Street, Tawa |
| Thursday | 1.30pm | Walter Nash Centre | 20/22 Taine Street, Taita |
| Friday | 1pm | Loaves & Fishes, Wellington Cathedral of St Paul | 2 Hill Street, Thorndon |

**Call 04 499 6646 for more information or
check website for update events www.acwellington.org.nz**



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