

SPRING 2022

[www.acwellington.org.nz](http://www.acwellington.org.nz)



**AGE  
CONCERN  
WELLINGTON  
REGION**

He Manaakitanga  
Kaumātua Aotearoa

# Seniority

**BENEFITS OF  
VOLUNTEERING**

**AGE CONCERN HAS A  
FRESH NEW LOOK!**

**SENIOR'S WEEK**

For advertising phone Sam 027 872 6629 or email [samanta@kiwipublications.nz](mailto:samanta@kiwipublications.nz)

A Kiwi Publications Limited publication | [www.kiwipublications.co.nz](http://www.kiwipublications.co.nz) | Please refer to website for disclaimer

### Contact Information

Phone: (04) 499 6646

Email: [news@acwellington.org.nz](mailto:news@acwellington.org.nz)

Address: Suite 4, Level 1, Anvil House,  
138-140 Wakefield Street  
Wellington 6011

Postal Address: PO Box 11-108,  
Wellington 6142

**WEBSITE**

[www.acwellington.org.nz](http://www.acwellington.org.nz)

**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 the publisher or Age Concern advocates or rejects its use.



Go to [www.facebook.com/ageconcernwellington/](http://www.facebook.com/ageconcernwellington/) to follow us on Facebook.

**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](http://acwellington.org.nz) to make a donation.

### From the CEO



In this edition of Seniority, we pay tribute to our volunteers. We have more than 250 people of all backgrounds, ethnicities and ages volunteering for us (well, almost all ages – they have to be over 18). It’s difficult to overstate their impact

on hundreds of older people, many of whom are isolated and/or feel lonely.

Sometimes I come across one of our volunteers who is doing more than one task for us. I heard this week of a volunteer who had two Visiting Service clients, a Walking Service client and helps out at a Steady As You Go class – wow! That really is above and beyond the call of duty.

Volunteering is about giving. There is something intrinsically rewarding about the giving of one’s time, talent and resources to others. The simple act of giving makes us feel good. For some, that is achieved through the giving of money, and for others it’s their time. For many it’s both. Giving does wonders for our soul and helps take the focus off ourselves, placing it on others who may be in need.

I want to thank every single one of our volunteers. You are our arms and legs in this mission of reaching out to older people who need help. I really am not sure where we’d be without our volunteer team. Thank you all.

We’re always looking for new volunteers to help us ensure our Region’s seniors stay connected. Visit our website for more information: [www.acwellington.org.nz](http://www.acwellington.org.nz)

*Stephen Opie*

Age Concern Wellington Region CEO

# Age Concern has a fresh new look!

The Age Concern family across New Zealand recently launched a new logo. The fresh new look was unveiled at Parliament on the 1st of July 2022, at an event hosted by the Hon. Dr Ayesha Verrall, Minister for Seniors.

The bold contemporary design uses individual Huia feathers to suggest the mana of older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and respect – all things Age Concern values and upholds.

The Huia feather is a sacred treasure for Māori, symbolising leadership and mana. Huia feathers were traditionally given as tokens of friendship.

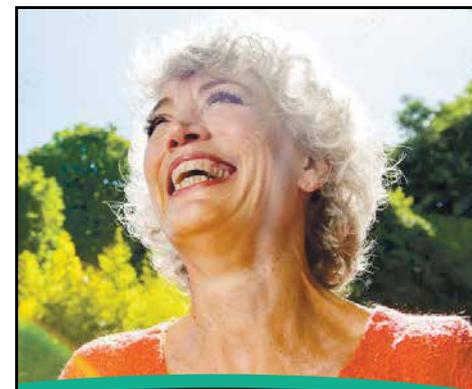
Age Concern has grown and adapted to shifting needs since it launched over 70 years ago, and the Age Concern Wellington Region team feels this new look reflects this nicely. With demand for our services here in the Wellington Region continuing to grow, we know this new brand will serve us well as we work to widen awareness of our work and forge new partnerships.

You’ll notice the new logo on Age Concern materials in the coming months.



**AGE  
CONCERN  
WELLINGTON  
REGION**

**He Manaakitanga  
Kaumātua Aotearoa**



EV Bikes NZ, 508 Ferguson Street, Palmerston North

## Get back your independence.

Regain your independence with your very own T3 eTrike. Go wherever you want to go in supreme comfort and classic style. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair and local parts from EV Bikes.

**Order yours today and get your very own T3 eTrike for only \$3,950 tested and delivered right to your door. Buy online or call us and get back your independence today!**



★★★★★  
CALL US

**0800 222 249**

★★★★★  
BUY ONLINE

**EVBIKES.CO.NZ**



## Volunteering – How it Benefits Older People

One of the “tasks” of later life, as defined by psychologists, is “generativity” – the “giving back” by older people to society and specifically to oncoming generations. While not mentioning the concept of generativity specifically, numerous policy statements and “strategies” emphasise that the contribution and participation of older people is an important part of positive ageing, with benefits to individuals, communities, and society as a whole.

The “*Better Later Life - 2019-2034*” document from the Office for Seniors has a section - Enhancing opportunities for participation and social connection. The objectives under this heading include to - reduce loneliness amongst older people; provide them with opportunities to contribute to society; and to support volunteering. Volunteering can provide a replacement for work and family roles that may figure less prominently in later life. Moreover, there is plenty of evidence of how volunteering can benefit older people in terms of wellbeing, mental and physical health. This is especially the case when the volunteers make real physical, cognitive and emotional commitments to their activities. As a recent British report concludes -

*“As well as helping others, we help ourselves through building confidence, social connections and a sense of purpose.”*

Other research, this time from the USA, suggests that volunteerism among older people tends to be concentrated in more advantaged groups - those who have more education, higher income, better health, and some religious involvement. These conclude that more older women than men volunteer, but older men are more likely to volunteer than are younger men.

Given these benefits, it is worth looking at ways to encourage volunteering among older people, to widen participation among under-represented groups in the population and to counter the barriers which may be discouraging.

A good local example of these effects and responses comes from the post-earthquakes experience in Christchurch. Michael Annear’s Ph.D thesis provides many examples of how older people not only showed their willingness to work voluntarily, but, at the same time, demonstrated their own resilience. They provided support to family, friends, and community members (for example, having people living with them); assisted in disaster recovery activities (being involved in community information centres, arranging forums for information and advice); engaged with social networks to give emotional and psychological support. This response became a source of

spiritual growth and personal learning. Helping and caring for other people often assisted their own recovery.

The conclusion was that older people were a valuable resource for community recovery and family support, and that the diversity and effectiveness of their coping styles offered valuable lessons for younger people. Annear called older people the “unsung heroes in the aftermath of the earthquakes”.

One of the heroes was John Patterson (then aged 75), who organised older people’s forums and called upon civic and national leaders, heads of insurance companies and other agencies to listen to their views and explain themselves. He challenged the myths about older people:

*“Younger people will be thinking “those oldies at their forum will be having a good chat over a cup of tea but they needn’t worry, we will look after them”. Look around this room. We*

*have (present) an ex-Mayor of Christchurch, an ex-Dean of the cathedral, an ex-cabinet minister. We have ex-builders, plumbers, school teachers, nurses, engineers, accountants, etc. We have an enormous amount of skills, talents, expertise, experience, know-how and wisdom. It is high time that the powers that be and leaders of this city recognised this. They should be looking for ways to use this huge and growing resource.”*

The Centre for Ageing Better in the UK produced a report - Helping Out - Taking an inclusive approach to engaging older volunteers, in 2020. This is a practical tool to support organisations working to engage with volunteers aged over 50 and to widen participation. This report, like the USA research, found that those who are least healthy and least wealthy are the least likely to take part in volunteering, but also the most likely to benefit.

*Judith Davey*



## Enjoy life with Enliven

Enliven creates elder-centred communities where individuals are recognised and valued – a place where everyone can enjoy companionship, meaningful activity and fun.

- **Huntleigh Home and Apartments, Karori**
- **Woburn Home and Apartments, Woburn**
  - **Cashmere Home, Johnsonville**
- **Cashmere Heights Home, Johnsonville**
  - **Longview Home, Tawa**

retirement villages | rest home | hospital | dementia  
short term respite | health recovery | day programmes

Free phone 0508 ENLIVEN  
[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)



**LYCHGATE FUNERALS**



**Serving Wellington families since 1876**

—

**Stu Print**  
*Funeral Director*

*Professional guidance in all funeral arrangements*

**Lychgate Funerals Tel: 04 385 0745**  
Email: [staff@lychgate.co.nz](mailto:staff@lychgate.co.nz)

306 Willis Street, Wellington  
7 Johnsonville Road Wellington  
[www.lychgate.co.nz](http://www.lychgate.co.nz)

## Joan Robertshawe - Mahi Award Nominee



At Age Concern Wellington Region, we can only do our work with the help of volunteers. We work with hundreds of volunteers, and each one is truly appreciated. Sometimes, we come across volunteers who stand out for their willingness

to go the extra mile. Joan Robertshawe is one of these volunteers. She's not only always ready to help, but she's incredibly optimistic and encouraging. This is why Age Concern nominated Joan for the 2022 Volunteer Wellington Mahi Award.

Joan began volunteering with Age Concern about two years ago. When she heard about the Age Concern Steady as You Go falls' prevention class, it immediately drew her attention as falls' prevention has always been important to Joan. Her own mother lived to be 107 years old, and she firmly believed longevity and falls don't coexist. Joan joined the Steady as You Go falls' prevention class with a friend, and the two soon volunteered to lead the class.

Joan seems to have a gift of uniting people. Everyone fits into the class, and the group often goes out for lunch together after their exercise class. Some of the participants have brought their friends along, and the class is so full that, with Joan's help, two new classes have been launched.

When Age Concern advertised a Staying Safe course for older drivers, Joan encouraged so many people to attend that she helped fill three separate courses, with enough demand for a fourth course to be held in July.

"I get a kick out of seeing others enjoy the classes, and especially connect with each other. Many

lonely people become connected through these classes, and the exercise is beneficial for everyone. I look forward to the classes each week, and the others do to. We have a lot of fun."

Joan's work doesn't stop there though. She's also a volunteer visitor for Age Concern and has been visiting an older lady for many months. "I enjoy making a difference in people's lives and connecting people with each other," Joan says. She's also volunteered for Citizen's Advice Bureau, Alzheimer support groups, and done some volunteer writing in a retirement home.

"Everyone has a story, even if they think they don't. I really enjoy hearing people's stories. I think it's important to give people a voice, an opportunity to talk if they want to."

While Joan is in her 70s, she still works as a part-time driver, but she's never too busy to help and connect people. "I always have something to learn so I'm open to taking opportunities to help when they arise."

When we asked Joan what motivated her to be a 'Super-Volunteer', she laughed and said it must be in the genes: "Mum was like that too."

Age Concern is privileged to work with Joan. We are incredibly thankful for her great mahi. Thank you Joan!

*Lorna Harvey* | Communications Coordinator

### Socks too tight?

We sell soft topped  
bamboo and cotton socks

3 pairs \$36

[diabeticsocks.co.nz](http://diabeticsocks.co.nz)

## Are retirement villages affordable? Busting the myth!

*Written by Janet Brown, Head and Heart Ltd, for the RVA*

**How affordable really is retirement village living?** Sometimes you might hear people saying it's only for the wealthy. But increasingly those who never expected to be able to afford a retirement village unit are moving in to villages, having sold their freehold homes and freed up more capital than they anticipated. One resident at the Masonic Villages Trust's new village in Wainuiomata says "I didn't think I could ever afford it". She also didn't want to move out of Wainuiomata. When her neighbour of seventeen years opted to move into the new village under development locally she was surprised to find that she could indeed afford to buy there, and the two neighbours are now happily relocated in their local retirement village.

Nick Merritt, Operations Manager for the Masonic Villages Trust, says "Most of our residents have a property to sell, but don't have a lot of money sitting in the bank." She notes that it's important to provide a choice and options, especially in smaller towns where the property boom may have been patchier. The Trust's initial social housing for older people came into being over sixty years ago, supported by Housing Corporation loans, and underpinned by the firm conviction of the religious and welfare sector that there was a need for housing for the elderly. Those first units were one bedroom and relatively modest, but now older people expect more, which is one factor driving the development of retirement villages by charitable trusts.

About 25% of the Trust's holdings are affordable rentals, scattered across a number of villages. The Trust's recent policy of acquisition of existing villages has helped ensure that they can offer a variety of options, both geographically, and in the style and price of units. Warick Dunn, Chief Executive of The Masonic Villages Trust, notes that, for the older demographic, mobility and access is important: "People are now coming into our villages older, so design is crucial, as are aspects like double-glazing. Our facilities are now warmer and healthier than the housing our residents have come from because of improved design. These factors also increase affordability, costing residents less to heat their homes and reducing their regular outgoings.

Arvida, a large scale Retirement community operator with national coverage, is also strongly focused on providing affordable options. General Manager Sales, Tristan Saunders, says that from Arvida's perspective there are two key elements to affordability: offering a wide variety of unit types, and ensuring pricing is linked to the local residential market. Arvida offers options starting from single bedroom studios, one, two and three bedroom apartments and townhouses, all the way up to standalone two and three bedroom villas. He notes that "no one size fits all.

Affordability according to location and linked to the local residential market works because prices are set relative to the local market, and positioned to allow potential residents to realise and retain money from the sale of their original property.

This is ensured through Arvida's annual central review of prices against local markets and advice from professional valuers, and allowing scope for buyer choice. Tristan notes that, to make sure this works, "We will always lag behind the market movement, giving customers a buffer when they sell in the local market."

Generally across New Zealand, retirement village units cost around 70% of the market price of the average freehold home in their surrounding community. This indicates how when older people sell their freehold home to move to retirement village they can free up extra capital in the process, which can then be used to fund retirement living and give them choices.

Affordability, and a range of offerings, is also key to ensuring that Arvida villages reflect a cross-section of their surrounding community. Tristan explains that the Arvida design team works out what unit types will work best in a local context. He says the aim is to have as much range as possible on offer in the early stages of development, and to keep prices as affordable for entry as possible, with products and price points to appeal to a large cross section of the local community considering a retirement community.

The CEO of Howick Baptist Healthcare, Bonnie Robinson, says they focus on affordable housing options for older people because "we're here to meet the needs of vulnerable older people, and to do that you have to determine who's vulnerable and why." From Bonnie's perspective, among the most vulnerable are those who reach retirement without owning a mortgage free home. HBH has a rental village as well as its main licence-to-occupy retirement village, and is currently exploring how to provide more rental options - "we see that need just climbing, we're currently getting at least two to three enquiries about rentals a week."

These are usually from people who have been in a stable rental situation that changes, for example, they may have rented a granny flat long-term, but then the house is sold to a developer who wants them out. Bonnie notes that it's hard to assess the positive impact for residents who secure a unit in HBH's rental village: "Residents don't want to talk about money, but once they settle in you can see their health and wellbeing improving as the stress and worry disappear."

Bonnie predicts, as does Warick, that there will be an ongoing increase in the number of retirees who have no savings or resources other than national superannuation at retirement. Bonnie also expects the number who have very little margin, perhaps because of divorce, or unemployment late in life, will also increase.

The last word on affordability of retirement village living and its positive impacts goes to Ken, who moved into HBH's retirement village earlier this year after his wife died. He tells me, "I looked at all the local villages, and this felt like the best value. I saw the advert, and I had that amount of money. Compared to paying rates and maintaining a house, here it's all incorporated and cheaper. I definitely have lower outgoings here. I enjoy the company. Here, you can get a meal if you want or need one, even though you're independent. And the price I paid meant I had extra money for other activities like travel."

## A Volunteer with a Heart for Community



A few months shy of his 90th birthday, Paul's conversation remains witty and perceptive. Paul has seven children, many grandchildren, and one great-grandchild. His family is a very important part of his life. Although he's taken a fall, bruised some ribs and had his first black eye recently, he still manages to go to Age Concern's weekly Steady As You Go exercise class. "It's especially important for me to exercise after this fall. I need to rebuild confidence," he says. "I might try to join a second class. I need all the exercise I can get."

A care for people in the community has led Paul Green to a life of service in New Zealand. "It is a way of doing my civic duty and contributing to my community while saying thanks to the country that welcomed my family here almost 50 years ago."

Many of the volunteers we work with at Age Concern care for their communities. Paul is no different, but his work has led him to many prisons, universities and quite a few board meetings. A founding member or volunteer for several organisations such as the Manawatu Community Justice Trust and the Manawatu Society for Alcohol and Drug Use, Paul's

community service spans several decades.

Paul studied and taught history in the USA before he was drafted to the Army in the 1950s. When he got out of the Army, he realised he wanted to specialise in sociology. "History has served me well as a sociologist. History can educate our approach to sociology." After moving to New Zealand in 1975, Paul taught Sociology and Social Psychology at Massey University until he retired in 1999. At the time, Massey University's policy required Paul to retire at 65.

"The unexpected early retirement came as a shock, as I was all set to do my final year as a Massey Sociology lecturer. My 65th birthday came on the 19th of January, and I received a letter requesting that I vacate my office before the end of that month."

Having gained a reputation for public lectures, Paul continued lecturing on a variety of social issues to various groups of educators and enterprises. His specialities involved New Zealand race relations, the Treaty, and New Zealand's cultural identity.

"For a few years in the early 2000s, I provided training on those topics to volunteer tutors working with English Language Partners. The tutors met with immigrants to help them with their knowledge of New Zealand culture as well as our unique brand of English and social relations. After a lifetime of tertiary teaching, the continued lecturing helped me retain my sanity and sense of usefulness."

Paul's community service spans a dizzyingly long list (including serving on Ethics Committees), but Restorative Justice has always been an area of particular interest for Paul. He devoted many years to volunteering in this field, particularly after retirement. Restorative Justice is an approach to offender rehabilitation which encourages taking responsibility for actions, making amends, and discouraging offenders from causing further harm. It is often a more successful approach

than disciplinary methods. Programmes were frequently held in prisons, and inmates were given a certificate of graduation upon completion. A relationship of trust was often formed with offenders, and positive change was enabled.

Paul became a Board Member for Age Concern Wellington Region a couple of years ago. At a Steady As You Go exercise class, he heard the charity needed more Board Members and came to the AGM. He was elected as a Board Member, and enjoyed serving the organisation until his health prevented him from continuing. "I think organisations for older people are very important and contribute to the common good of our community," Paul says. "Older people are still valuable in their communities, and have a lot to offer. Organisations like Age Concern help people see this."

Quite at ease with the technology of our video call, Paul takes his time replying to my questions. He comes across as unassuming and humble. Our conversation touches briefly on politics, another topic Paul is passionate about. "Have you ever considered getting into politics?" I ask. "Yes I have thought about it, and still do think about it. But it's probably too late now..." he says regretfully. He'd probably make a great politician.

Age Concern Wellington Region is thankful for Paul's valuable contribution to the organisation, as well as his ongoing participation in the organisation's programmes.

*Thank you Paul!*

*Lorna Harvey* | Communications Coordinator

Never let your friends feel lonely...  
Disturb them all the time



**Caring for your hearing**



**For independent professional advice**

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing



**WELLINGTON**

Level 2, 15 Courtenay Place | (04) 385 9144

**WAIKANAĒ**

In the mall 10/2 Mahara Place, Waikanae | (04) 293 4170

**LEVIN**

SeeHear, 174 Oxford Street | (06) 368 0130

**PARAPARAUMU**

8A Ihakara Street | (04) 385 9144

[info@courtenayhearing.co.nz](mailto:info@courtenayhearing.co.nz)

[www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz)

### Courtenay Hearing Centre Serving the Kapiti area since 1993

Rechargeable hearing aids have become commonplace in the last few years. Changing to rechargeables has brought a huge improvement in convenience and ease of use. From sleek, elegant desktop chargers to cute, compact pocket-sized chargers the options for both in-the-ear and behind-the-ear devices have expanded considerably. Many of these devices are on display at our Waikanae clinic or you can make an appointment with one of our audiologists at any of our clinic locations (Waikanae, Paraparaumu, Levin, Wellington) to discuss your specific needs

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre at a location near you, for caring, professional advice

**Visit our website [www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz) for more information.**

*Editorial supplied by Courtenay Hearing Centre*

## SENIORS' WEEK: 24 SEPT to 1 OCT 2022

Seniors' Week is an annual event by the Wellington City Council, involving a series of community events and activities for older people. It's all about building connections and reducing social isolation in later life.

This year's theme is Taonga, where we offer up ways to celebrate the amazing seniors living in our city and the things they treasure - whether that be through exercise classes, workshops, cooking classes, exhibitions, or picnics in the park.

### Age Concern Wellington Region Seniors' Week Special events:

#### 26 September:

**SAYGO** and Blood pressure checks (with the Stroke Foundation) – 10.30 am at Karori Community Centre (special demo class!), or 1.00 pm at Island Bay Community Centre

**CURIOUS CONVERSATIONS** via Zoom at 2.00 pm, Jane Wrightson, Retirement Commissioner

#### 27 September:

**SAYGO** and Blood pressure checks (with the Stroke Foundation) – 11.00 am at St Barnabas Church, Khandallah and 1.00 pm at Vogelmorn Hall

**STAYING SAFE DRIVING COURSE** 10am – 2pm, Linden Community Centre

**CONNECT HUB WITH AFTERNOON TEA AND COFFEE** – 2.00 pm, Vogelmorn Hall - All Welcome.

#### 28 September:

##### SENIORS' WEEK SEMINAR DAY

– Johnsonville - see programme right

#### 29 September:

**TEA & TECH WORKSHOP** – with ANZ Bank staff, Manners Street

And many more Steady As You Go exercise classes. Please visit [www.acwellington.org.nz](http://www.acwellington.org.nz) or call 04 499 6648 for more information

### SPECIAL EVENT:

#### Seniors' Seminar Day

We are hosting a special seminar day event in Johnsonville. This event is free, and all are welcome to attend. Lunch is provided!

**Date:** Wednesday, September 28, 10am till 2pm

**Venue:** Johnsonville Uniting Church, 18 Doctor Taylor Terrace, Johnsonville. Onsite parking available.

There will be four different seminars, starting at 10am and finishing at 2pm.

**10.00am:** Two seminars to choose from:

- Better Banking
- How to Avoid Scams

**11.15am:** Two seminars to choose from:

- What is an Enduring Power of Attorney and Why Do I Need One? Delivered by Porirua and Kapiti Community Law
- Brain Health. Delivered by Dementia Wellington

**12.15pm:** Lunch

**12:45pm:** Planning for End Of Life Care. Delivered by Te Whatu Ora - Health New Zealand and Age Concern Wellington Region.

**1:45pm:** Wrap Up, Age Concern Wellington CEO

**2:00pm:** Home time

\*FREE BLOOD PRESSURE CHECKS  
ALSO AVAILABLE ONSITE\*

We also may be able to provide free transport to those living in the Northern Suburbs who wish to attend.

If you would like to register to come to this special event, please fill in the form on our web site <https://www.acwellington.org.nz/events/> or call 04 499 6648

## An Exercise in Personal Training

Volunteering for Age Concern Wellington can bring some surprising health benefits. The New Zealand Sports Institute sought our help in finding a client for one of the qualified personal trainers who was engaged in further study in their field.

The requirement for one of their classes was to create a programme and train a client to help them reach their goal(s). Jack had expressed an interest in working with an older person for this assignment.

The deal would be 6-8 weeks of free personal training tailored specifically to an older client. Guess who ended up in the hot seat.



The first session was for an assessment and a bit of a chat about the programme, including an assessment of my physical abilities and agreeing on the goal(s) of the project.

As a person who fitted the age requirement and having written an article or two, I was aware of the likelihood of sarcopenia (loss of muscle mass) and general decline in fitness with the passage of the years. So, my goals for the project were to improve my fitness and flexibility – if possible.

After a suitable warm-up, the first real session involved squats, wall press-ups, arm and shoulder exercises with weights and stretch bands, step ups and a session on the stationary bike. That introduced me to muscles that had been in hibernation for a while, and it took me a couple of days to feel as though I was back to normal. The sessions thereafter were relatively comfortable.

While I worked at some of the exercises and warmed up during the 40-minute programme there was no need for any change of clothing from my regular outfit.

There was no stringent requirement for me to undertake exercise between the weekly sessions, but as I was volunteering, I did try out some of the exercises at home when my guilty conscience intervened. My usual weekly golf rounds were impacted by wet weather, but I did manage to keep up the regular twice-weekly games of petanque at Waitangi Park and my occasional walks.

The programme suffered a few glitches as Jack encountered the effects of Covid. This meant that there were only five full sessions before the final assessment was required to fit in with the term time and the deadline for assignments.

I thought that there might be a slight change in my flexibility and general fitness after the five sessions in eight weeks, but was surprised to know that it had improved by about 15 percent. Maybe there's something to be said for this exercise racket!

Age Concern Wellington Region has established a number of Steady As You Go (SAYGO) classes which provide gentle exercise sessions specifically designed for older people. They are designed to improve core strength and balance and thus prevent falls. Steady as You Go classes improve: balance and leg strength, flexibility, general fitness and well-being. And they are a great way to meet new people. They are a lot less strenuous than the personal training sessions but can still do you the world of good.

For more information on the classes go to [www.acwellington.org.nz/saygoexercise/](http://www.acwellington.org.nz/saygoexercise/) or call 04 499 6648

*Mick Calder* | Office Support Volunteer

**Over the past 12 months, the Age Concern Wellington Region team of staff and volunteers has reached and connected many of our Region's seniors. Here are a few highlights...**



30 STEADY AS YOU GO FALLS PREVENTION CLASSES, WITH 559 PEOPLE ATTENDING THEM



3,136 VOLUNTEER VISITS FOR THE VISITOR SERVICE



1,027 PHONE CALLS MADE BY VISITING SERVICE VOLUNTEERS



10 STAYING SAFE REFRESHER DRIVING COURSES, ATTENDED BY 81 PEOPLE



6,659 INCOMING CALLS FROM THE COMMUNITY



33 COMMUNITY HUBS AND SOCIAL HOUSING COFFEE GROUPS EVENTS ATTENDED BY 499 PEOPLE



1,933 SUBSCRIBERS TO OUR E NEWSLETTER



6,344 VIEWS OF OUR VIDEOS ON YOUTUBE



61,797 PEOPLE REACHED THROUGH FACEBOOK

## Mindfulness



How do you calm your mind? Our minds wander most of the time – thinking about what we have done or must do, worrying, daydreaming, or just fretting. It can get us down sometimes.

Meditation has been around for quite a while as many religions practice different forms of quiet contemplation for increasing calmness and physical relaxation, improving mental well-being, and enhancing overall health and well-being. One form of meditation that has gained some popularity is Mindfulness.

Mindfulness meditation is described as “paying attention to the present moment with an accepting and non-judgemental disposition”, so it isn’t about trying to empty your mind. It means being aware of what’s happening now – especially our own thoughts, emotions, and sensations. It can be particularly useful to bring you back to order and calmness in stressful situations.

Mindfulness can be as simple as taking a moment to think about pleasant emotions and sensations you experienced recently – the scent of a flower, the warmth of a blanket, the texture of food. You can even do it while walking or cycling, or just sitting. This in turn can train us to become more mindful throughout the day, particularly during difficult situations.

A friend of mine suffering from mild depression was told to take time at the end of each day (or during it, if there was a spare moment) to write

down three things that she felt positive about for that day. It’s another form of mindfulness as she had to think about what was happening and it helped her feel better about herself.

Perhaps this will be of help to you, or perhaps not, but either way it’s interesting to learn a little more about different approaches to mental wellbeing. There are many websites devoted to Mindfulness Meditation, but this may be a good starting place: <https://www.healthnavigator.org.nz/healthy-living/m/mindfulness/>

**Mick Calder** | Office Support Volunteer

\*Please note that this article is for informational purposes only. The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.

### Living with a heart condition? Understanding and managing anxiety and stress

The Heart Foundation are hosting FREE community sessions to discuss managing stress with a heart condition.

We will talk about ways to deal with and manage stressful times and give you some tools to help you in everyday life. These sessions are for people living with heart disease and their whānau.

#### Northern Suburbs

Saturday 5 November, 10.15 - 11.30am  
Collective Community Hub, Johnsonville

#### Kāpiti

Saturday 19 November, 10.15 - 11.30am  
Kāpiti Impact Hub, Tongariro St, Paraparaumu

#### Lower Hutt

Saturday 3 December, 10.15 - 11.30am  
James Coe 1, Dowse Museum, Lower Hutt

Register at [heartfoundation.org.nz/events](https://heartfoundation.org.nz/events)  
or contact Annette on 04 472 2780  
or [annettes@heartfoundation.org.nz](mailto:annettes@heartfoundation.org.nz)



## Easy Sausage Pot Pies

4 Serves

Preparation time – 5 mins | Cooking time – 20 mins



### Ingredients

- 6 pack beef sausages - 1
- Can devilled sausage simmer sauce - 550 g
- Potatoes, peeled & cut into even pieces - 700 g
- Butter - 1 Tbsp
- Milk - 3 Tbsp
- Frozen mixed vegetables - 1 1/2 cups
- Olive oil - 1 1/2 Tbsp

### Method

1. In a large pot of salted water, boil the potatoes until tender. Drain water. Add butter and milk, and mash. Season well and set aside.
2. While the potatoes are boiling, heat 1 Tbsp oil in a large frying pan over medium-high heat. Cook sausages, turning, for 8-10 minutes or until browned. Transfer to a chopping board and thinly slice sausages diagonally.
3. Add sauce and vegetables to pan. Reduce heat to medium, then simmer for 5 minutes or until sauce slightly thickens. Add sausage to sauce, stirring to combine.
4. Preheat oven grill on medium-high. Spoon sausage mixture among 4 x 1½-cup capacity ramekins, then top with a spoonful of mash. Drizzle with remaining oil and season. Grill for 5 minutes or until golden. Serve.

[www.countdown.co.nz/recipes/](http://www.countdown.co.nz/recipes/)

## Hearing Consultants

Independent Audiologist

Our clients recommend us because **we listen.**

Hearing Consultants is a locally owned independent audiology service in Wellington, Hutt Valley and the Wairarapa.

Since 1992 our team has succeeded in improving the hearing of thousands of people. We provide the best and most appropriate solution from the hundreds available as we are not limited by being owned by a manufacturer of hearing aids.

We carry out hearing testing and micro-suction wax removal in our clinics and we fit hearing aids and supply hearing aid accessories.

You'll get expert, independent advice because that's what you ask us for. We listen.

0800 43 27 25

[hearingconsultants.co.nz](https://hearingconsultants.co.nz)

Hearing Consultants Ltd Lower Hutt | Wellington | Upper Hutt | Masterton

GEE & HICKTON  
FUNERAL DIRECTORS  
Serving greater Wellington families since 1946

Plan your funeral, your way

Speak to us today about no obligation, free funeral planning



Gavin Murphy  
General Manager

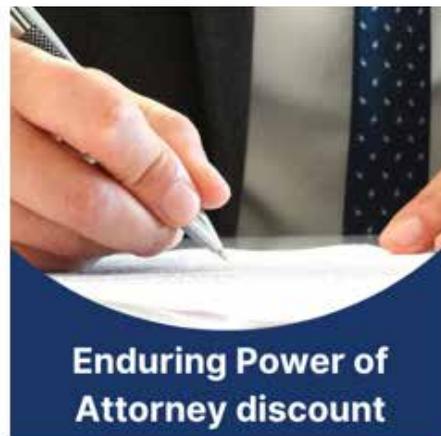
Ph: (04) 566 3103

[www.geeandhickton.co.nz](http://www.geeandhickton.co.nz)

## Age Concern Wellington Region – Membership Benefits



Seniority Magazine delivered to you



Enduring Power of Attorney discount



Special Members' function

Age Concern Wellington Region is an incorporated society and, as such, it invites people in the Region with an interest in matters affecting older people to become Members. Members play an important part in the life of Age Concern's work as key supporters.

Becoming a member of Age Concern Wellington Region also has its advantages. Members who provide us with an email address automatically receive our fortnightly e-newsletter, and also receive this Seniority magazine in the mail four times a year.

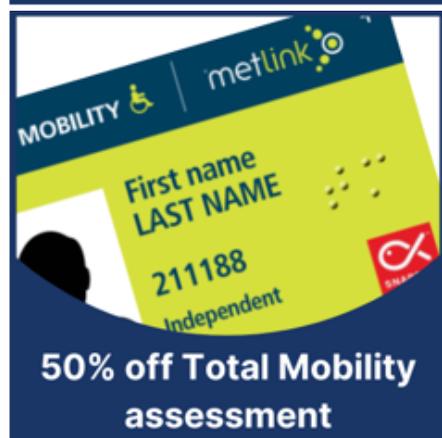
### Other benefits include:

- Enduring power of attorney discount -- We partner with Porirua and Kapiti Community Law to offer a special price for completing an Enduring Power of Attorney document – just \$90 +GST.
- 50% off Mobility Assessment -- One of our trained staff can come to your home to complete a Total Mobility Assessment for \$25.
- Special function for Members -- Each year, we hold a special function for Members with lunch and a speaker. The function also includes our AGM.
- Consumer Membership discount -- Get 10% of your annual subscription to Consumer. Call us for the special promotional code.

Age Concern Wellington Region has grown significantly in the past few years, and we're now reaching hundreds of seniors across the Wellington Region. But, with a growing senior population and challenges facing us all like Covid-19 and the rising cost of living, there is still much work for us to do. That's why it's important for us to have Members – people who will support and encourage us and share the good work we do with others.

Membership fees are just \$25 per year for an individual, and \$30 for a couple. You can sign up to be a Member on our website: [www.acwellington.org.nz/become-a-member/](http://www.acwellington.org.nz/become-a-member/)

**If you would like more information about Membership, please call 04 499 6648 or email [info@acwellington.org.nz](mailto:info@acwellington.org.nz)**



## Do something today that might just save your life!

**Free bowel screening now available across New Zealand.**

Bowel screening is now being offered to men and women aged 60 to 74 years right across Aotearoa. Screening as part of the National Bowel Screening Programme is free for those who are eligible, as are any follow-up tests or treatment.

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed.

The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit.

The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person's bowel motion (poo). This may be an early warning sign that something is wrong with their bowel.

A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated.

A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

Screening is for people who do not have symptoms of bowel cancer. Anyone with symptoms should see their doctor. Common symptoms of bowel cancer may include:

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion.

Although these symptoms are usually caused by other conditions, it's important to get them checked by a doctor.

More about the National Bowel Screening Programme can be found by ringing **0800 924 432**.

**Thank you to all the supporters of Age Concern Wellington Region**



### On email?

Subscribe to our regular email newsletter to keep up-to-date with news and events for over 65s in the Wellington region.

**You can subscribe through our website**

**[www.acwellington.org.nz](http://www.acwellington.org.nz)**

**or email us at [news@acwellington.org.nz](mailto:news@acwellington.org.nz)**

DEAR JOHN...

**Dear John**

I wonder if you could offer some advice. I took partial retirement a couple of years ago, but lately have been finding that I have a bit too much time on my hands and feel I could do something else. I already attend a sports club and am a member of a community group. Have you any suggestions how I can make use of my spare hours?

Maurice, Khandallah.

**Hello Maurice**

I think there are quite a lot of people in a similar situation to yourself. Might I suggest you consider volunteering some of your spare time? It is a well-known fact that volunteers often benefit hugely from giving their time, almost more than the people they visit. Age Concern Wellington Region uses many volunteers to visit lonely, isolated people, or to accompany people who are unsteady on their feet but who would still like to go out for a walk. This would involve a weekly commitment of your time, but would be hugely rewarding and would make a significant improvement to the quality of life of an older person. The organisation takes the responsibility of engaging volunteers very seriously, so be prepared to complete a police check and provide references.

**For further information,  
or to enrol, visit  
[www.acwellington.org.nz](http://www.acwellington.org.nz)  
or telephone 04 499 6646**

**The Gardener Scam**

Scammers are resourceful crooks, so it pays to be vigilant if or when you receive offers that seem too good to be true.

The problem is that scammers can operate over a wide range of activities. The latest one we have heard about is the Gardener Scam. A casual recommendation or even a cold call at your place with an offer to tidy your garden, mow the lawns, trim trees or hedges, can be very enticing in the depths of winter. But be aware, the offer could be bogus.

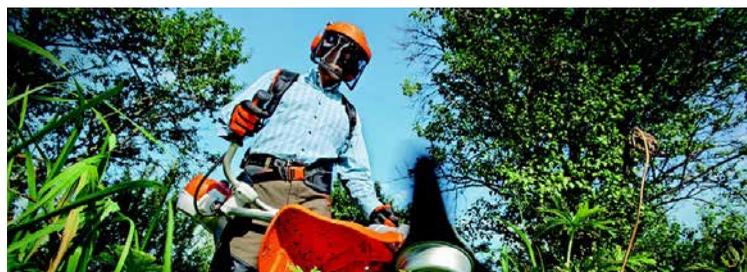
Recently we got a call from a woman about a gardener who was recommended to her: she paid the gardener several thousand dollars, and the work never got done.

The essence of the scam is the request for payment after some work is done but before completion, or the even more brazen request for payment before the work is started. Be aware of those who resort to stories about coming back to do more but need the payment now. While you may sympathise, you should recognise that it may be the last time you see them, or your money.

The Scambusters web site lists several techniques employed by scammers including unregistered tree surgeons claiming trees are dangerous and need trimming, unsolicited "lawn doctors", and even exotic seeds, bulbs or plants being sold on-line. They advise you to be wary of these approaches and offers at surprisingly low prices. The latter could just be a means of gaining access to your property. You don't have to be paranoid about this, but just treat unsolicited offers of help with a healthy degree of scepticism.

Not all gardeners are scammers of course. If you want some work done, you could contact a recognised garden centre and ask for their advice.

**Mick Calder** | Office Support Volunteer

**Advance Care Planning:  
What Matters to You?**

When I first heard about Advance Care Planning, I thought I was far too young to worry about it, although I wasn't really sure what it was about. These thoughts were hopefully another four or five decades away for me.

Advance Care Planning gives everyone, including you, a chance to think about what's important. It helps you understand what the future might hold, and to say what health care you would or wouldn't want – especially if you can no longer speak for yourself one day.

An acquaintance of mine, also in her forties, has a degenerative disease which will soon make her unable to speak for herself. Although this is an unusual situation, it has made me realise that it's never too early to think about Advance Care Planning.

Like many people, I don't like having choices taken away from me. It's not only the 'big decisions' that worry me - I feel intensely disoriented if I wake-up in a totally dark room, for example. Completing an Advance Care Plan now rather than in a few decades makes sense to me. It should ensure that as many of my choices as possible will be taken into consideration if the need arises one day. The plan can be reviewed as the years go by.

I would want my family to know what's important to me if my health changes, and my health

professionals to know what health care and treatment I would be happiest with. The plan would tell people how I would want my last days to be, and even my funeral wishes. It would also likely help bring peace to my friends and family when I am gone.

**What matters to you?****Your priorities are not trivial.**

There is no more perfect time than now to start making a plan. Taking the time to think through the questions may be a little confronting and emotional (one of the first thoughts to consider, for example, is: 'If my time were limited my priorities would be...'), but it will possibly be most beneficial one day.

**Age Concern Wellington Region is launching an Advance Care Planning service in partnership with Te Whatu Ora – Health New Zealand.**

**The newly appointed Advance Care Planning Facilitator will lead this service and can help you with your Advance Care Plan.**

Call 04 499 6648  
or email [info@acwellington.org.nz](mailto:info@acwellington.org.nz)  
for more information.

**Lorna Harvey**

Communications Coordinator at Age Concern Wellington Region



### The Benefits of Volunteering

It came as a bit of a shock to me recently to realise I had been volunteering in the Age Concern wellington Region office for more than 18 months. While I had other projects on the go at the time, I noted that the time spent volunteering had been very satisfying. This led to the conclusion that there are benefits for the volunteer as well as for the recipients from this volunteering lark.

In essence it could be that humans are social beings, so developing and maintaining social contacts is virtually ingrained in our makeup.

If you consult Google, you can find numerous articles listing the benefits of volunteering, and this appears to be more pertinent for older people who may have time on their hands once they're retired from the daily grind.

One article described the five benefits for older people to be gained from volunteering which seemed like a useful list, but probably not the complete picture.

**Confidence:** Volunteering can be a means of gaining confidence as you take on slightly different tasks and deal with issues in different circumstances, which can give you a real sense of achievement. It also gives you a sense of purpose especially if you have a set time to look forward to each week.

**Learn new skills:** The office work at ACWR is not too different from my previous office experiences, but the topics I deal with and write about have been completely different, so I have expanded my knowledge base, and taken on tasks that I would not have even thought of before.

**Meeting new people:** Although the ACWR office is small in terms of staff numbers, (not all of whom attend every day as they are out and about) they all come from different backgrounds and have their own tales to tell which adds to the interest in attending the office.

**Being part of the community:** There are any number of visitors and workers in adjacent offices to add to a developing circle of friends. It can also

give you a feeling of purpose and can help you feel recharged with a new zest for life. Some pundits also suggest that it can also be a motivating factor for setting and accomplishing other goals.

**Learning new skills:** Many volunteering activities allow you to try things you've never done before and learn new skills and challenges that are a little outside of your comfort zone. You may develop a passion you never knew you had! I can certainly vouch for that as I have been introduced to new database management tools, interviewed a range of people and written articles on topics way outside my previous experience.

**Mental health:** According to the National Institute on Aging, volunteering keeps the brain active, which contributes to mental health. In their view, meaningful and productive activities can help you feel happier and have a positive outlook on life.

Other advantages are that volunteering prevents loneliness and isolation, it increases physical activity, it bridges the generation gap, it helps you engage with old interests, and it helps you learn new skills. Some articles make volunteering sound like a wonder drug for older people.

From my experience working as an Office Support volunteer at ACWR, there are quite a few more than those listed above. I get some exercise walking to and from the office, I find myself doing ACWR tasks and thinking about various aspects of the work in my spare time at home, and most of all it is great fun. Give it a go – you may find a new lease of life!

*Mick Calder* | Office Support Volunteer



### Lovers, Painters & Writers

1	2	3	4		5	6	7	
8					9			10
11					12			
	13			14				
			15					
16	17	18				19	20	
21					22			23
24					25			
	26				27			

- Across**
- 1. Actress Perlman
  - 5. More, in Madrid
  - 8. D.C. bigwigs
  - 9. Acknowledge
  - 11. Some PTA members
  - 12. "Naked Maja" painter
  - 13. Winter Palace residents
  - 15. Officeholders
  - 16. Hero worship

- 21. Spanish sparkling wine
- 22. Hoop edges
- 24. Chinese dollar
- 25. Fungal spore sacs
- 26. Deli sandwich
- 27. Grazing sites

- Down**
- 1. Dashboard abbr.
  - 2. Owl's call
  - 3. "Desire Under the \_\_\_\_"
  - 4. Attacker
  - 5. Authoritative
  - 6. Shakespeare, the Bard of \_\_\_\_
  - 7. Bean used to make miso
  - 10. Used to be
  - 14. Genetic material
  - 16. Slick
  - 17. Slap on
  - 18. Track shape
  - 19. Get up
  - 20. Village People hit
  - 23. Bro's sibling

S	V	E	L		T	L	B	
I	C	S	V		N	V	U	Y
S	M	I	R		V	V	V	C
	Y	R	T	V	L	O	I	D
			S	N	I			
S	V	N	I	R	V	S	T	
V	Y	O	G		S	M	O	M
W	O	V	V		S	L	O	P
	S	A	S		M	A	E	R
3	1	8	5	9	6	7	4	2
7	4	5	2	3	8	6	9	1
6	2	9	1	7	4	8	5	3
2	6	7	4	1	6	3	8	5
4	6	3	7	8	5	2	1	9
8	5	1	9	2	3	6	7	4
5	8	4	3	6	9	3	2	1
1	3	6	8	5	2	4	9	7
9	7	2	7	4	6	1	5	3

The crossword headline is a clue to the answer in the shaded diagonal

### PLENTY OF Ps

T	P	I	E	C	E	N	P	P	R	O	V	E
N	P	L	A	N	S	Q	S	L	A	D	E	P
I	E	P	R	I	M	E	F	O	O	R	P	U
A	L	R	K	S	P	S	C	P	P	W	K	R
P	H	I	K	A	S	U	I	N	R	S	S	S
A	S	C	P	T	I	A	L	P	E	E	T	E
S	A	E	R	U	N	P	P	N	S	P	N	S
P	R	A	L	O	P	E	A	E	S	I	I	P
U	P	A	P	O	P	L	S	I	S	P	R	E
P	A	V	E	D	P	A	T	L	R	O	P	E
M	P	M	A	P	H	E	E	L	U	S	H	P
U	E	P	C	P	K	E	E	D	O	P	C	U
L	A	I	E	N	P	P	U	M	P	S	T	P
P	K	L	A	A	P	R	I	S	M	L	A	P
C	S	L	P	O	R	T	S	K	C	I	P	Y
O	P	S	K	C	U	L	P	E	N	N	Y	R

How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.

		5		6		7	9
7			5	8			1
6			9				
		3				5	
9	2				3		4
	8			4			
			7				6
1		8	3				7
2	4		9			8	

## Age Concern Wellington Region Services and Programmes:

\* Please note: special measures and some restrictions are in place to enable services and events to run during the pandemic.

### Companion Walking Service



Would you like to go out more but find it difficult to go out on

your own? If you'd like to go for a walk in your community, to the park, local café or shops, then we can help. Our carefully chosen and trained volunteer walking companions are keen to support you.

### Age Concern Visitor Service

Our Visitor Service provides companionship to people over 65 who are lonely and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests.

If you're feeling lonely or if you know someone who would like a visitor, then contact us and one of our AVS Coordinators will be in touch.

### Staying Safe Refresher Driving Courses

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with Waka Kotahi (NZTA). The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile.



Please call 04 499 6648 for upcoming course dates

### Steady as You Go Exercise Classes

Steady as You Go Falls Prevention Exercise Classes are designed to improve strength and balance and help prevent a fall. The classes improve balance and leg strength, flexibility, general fitness and wellbeing, and are a great way to meet new people. Classes consist of a combination of sitting, standing and walking exercises, and take around an hour. Gold coin donation.

Please see back page for a list of classes.



### Phone Friend

Do you feel a little lonely but not sure you would like a visitor in your home? Would you enjoy a weekly friendly phone call? We may be able to match you with a Phone Friend volunteer. Call 04 499 6645 for more information.

### Volunteers Welcome

If you have a little spare time and would like to volunteer with Age Concern Wellington Region, we'd be happy to hear from you. We have a particular need for volunteers in Lower Hutt and Porirua. Please email info@acwellington.org.nz or call 04 499 6648.

Please see our website for information on how you can support our work or return this slip to the address below.

### 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 Member \$.....  
(\$25 single, \$30 couple)
- Volunteering
- Please tick box if you require a receipt

Note: Donations of \$5.00 or more qualify for tax credits.

GST Registered Number: 20-448-962

Title: Mrs / Mr / Miss / Ms \_\_\_\_\_

First Name: \_\_\_\_\_

Surname/Agency/Society/Organisation/  
Corporate: \_\_\_\_\_

Street Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Postcode: \_\_\_\_\_

City: \_\_\_\_\_

Postal Address (if different from above): \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

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

Bank Account: 38-9023-0218900-00

Pay online with name as reference

Age Concern Wellington Region Inc.

Forward this form or contact us with your address. Age Concern Wellington, PO Box 11-108, Manners Street, Wellington 6142 or phone (04) 499 6646.



## PLEASE SUPPORT OUR ADVERTISERS

Our advertisers' support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks



### Did you enjoy reading this copy of Seniority?

If you enjoyed reading this copy of Seniority and would like to receive it regularly, you can join Age Concern

for only \$25 and receive your copy every quarter in the mail!

# Steady as You Go Classes 2022

\* Please visit our website or call **04 499 6648** for updates on classes before attending for the first time. Some of these classes may be on hold due to the evolving Covid-19 situation

DAY	TIME	LOCATION	ADDRESS
Monday	10.30 am	Karori Community Centre	7 Beauchamp St, Karori
Monday	1 pm	Island Bay Community Centre	137 The Parade, Island Bay
Monday	1pm	Southern Cross Restaurant	39 Abel Smith Street, Te Aro
Monday	1.30 pm	Walter Nash Centre	20/22 Taine Street, Taita
Tuesday	11 am	St Barnabas Church	35 Box Hill, Khandallah
Tuesday	11 am	Koraunui Stokes Valley Hub	184 Stokes Valley Rd, Stokes Valley, Lower Hutt
Tuesday	1 pm	Vogelmorn Hall	Mornington Rd, Brooklyn
Tuesday	1 pm	Johnsonville Uniting Church	16 Dr Taylor Terrace, Johnsonville
Wednesday	9.30 am	Live Online Class	Zoom
Wednesday	11 am	Knox Church	574 High St, Boulcott, Lower Hutt
Wednesday	12 pm	All Saints Church, Hataitai	90 Hamilton Road, Hataitai
Wednesday	12 pm	Eastbourne Community Hall	Tuatoru St, Eastbourne, Lower Hutt
Wednesday	1pm	Whirinaki Whare Taonga Arts & Entertainment Centre (Expressions)	836 Fergusson Drive, Upper Hutt
Wednesday	1.30 pm	Walter Nash Centre	20/22 Taine Street, Taita
Wednesday	12 pm	Karori Community Centre	7 Beauchamp St, Karori
Wednesday	1.30 pm	Newlands Community Centre	9 Batchelor St, Newlands
Thursday	10.30 am	Thistle Hall	Cuba Street, Wellington
Thursday	11 am	Bob Scott Retirement Village	25 Graham St, Petone, Lower Hutt
Thursday	12 pm	Tawa Community Centre	5 Cambridge Street, Tawa
Thursday	1 pm	Koauunui Stokes Valley	184 Stokes Valley Rd, Stokes Valley, Lower Hutt
Friday	10 am	Johnsonville Community Centre	3 Frankmoore Avenue, Johnsonville
Friday	1.00 pm	Loaves & Fishes, Wellington Cathedral of St Paul	2 Hill Street, Thorndon