

Age Concern – Lucy’s Happy Place



‘Humbling, rewarding, privileged and fun’ are the words I often use to describe my job at Age Concern Tauranga; to be precise, ***I LOVE WHAT I DO, and what I do, makes a difference!***

The past three and a half years working for Age Concern has been fabulous; shifting to Tauranga to continue my journey with the organisation, a blessing! Working alongside my dedicated team members, and our most valued and prized volunteers, has been remarkable. Age Concern could not achieve or deliver the services it does without the dedication and commitment of all involved!

Our volunteers commit an hour per week, (if not more) to visiting a lonely, and or, isolated older person. Regular visits can make a real difference to an older person’s health and happiness, and our volunteers tell us that they really enjoy and benefit from their role.

‘We spend our time talking, laughing, and sharing family stories. I love catching up with the lady I am matched with; we have lots in common.’

‘We’d been stuck at home for 15 months due ill health; we were referred to Age Concern and to Lucy, who spent time talking us through the different activities available. The Age Connect programme enabled us to do something we love, and that is going out for a coffee and meeting people.’

These heart-warming comments are what makes my job worthwhile. Knowing that a social connection and friendship has been created between the visitor and

client, gives all involved hope and, of course, warm fuzzies!

Being connected to others is important for our mental and physical wellbeing and can be a protective factor against anxiety and depression; connection gives purpose and meaning to our lives. Whether you are wanting to volunteer and run an activity, or you need help in finding a group to participate in, we can assist.

Thank you all for making my time here so special; I will treasure these memories forever. Take care and be kind to yourselves.

Slow down and appreciate life, eat lots of cake, fly a kite and never stop having fun—Lucy



Our New Look

1st July is an exciting day. Age Concern nationally has a new look.

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

The bold contemporary design uses individual Huia feathers to suggest the mana of our older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and respect—all things we value and uphold!

Our Vision: Older people live a valued life in an inclusive society.

Bay of Plenty prepares to launch National Bowel Screening Programme

In Bay of Plenty, there are more than 50,000 men and women aged 60-74 who will be eligible for the free programme. A test kit will be sent in the mail every two years to those eligible. Kits arrive close to a recipient's birthday, with the roll out staged so test kits are sent to people with an even-numbered birthday during the programme's first year and to those with an odd-numbered birthday in the second year.

How the screening process works:

The National Bowel Screening Programme sends out a faecal immunochemical test (FIT) kit in the mail every two years to those in the eligible age range.

When it is a person's turn to be screened, they receive an invitation letter, a consent form, and a free bowel screening kit.

The free test is quick and simple to do by yourself at home.

Once the kit is used, it should be posted back in the pre-paid envelope as soon as possible. It needs to arrive at the laboratory for testing within seven days of it being completed.

If the test is negative, participants will be sent a letter with the results of the test. Nothing further needs to be done until it's time to do the kit again in two years. If the test is positive, the participant's GP will be in contact to arrange a free appointment to discuss the results and the next steps.

For more information, visit www.timetoscreen.nz, call the National Bowel Screening Programme on

0800 924 432, or talk to your doctor.



This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

Upcoming Course

Time: 10am to 2.15pm

DATE: Tuesday 2 August

VENUE: Katikati Community Centre, 45 Beach Road

REGISTRATION IS ESSENTIAL

Please call us on 07 578 2631 to register.

Tea/coffee provided, bring your own lunch.

© ACNZ together with NZTA



We would like to acknowledge

Go Generosity

for their very generous donation to Age Concern Tauranga and supporting the services we provide in the community.

Age Concern Tauranga thank the following Funders and Sponsors for their continued support:



Senior Housing Stress Survey



An online survey is available to seniors (aged 55+) based in the Western Bay of Plenty and Tauranga. The survey is about seniors' housing aspirations, experiences and challenges they may have encountered. We are also interested in seniors' views on how to improve responses to senior housing need.

The survey is open from the 16th June to the 22nd July and can be accessed via this link:

www.surveymonkey.com/r/WBOPSeniorsSurvey
or hard copies are available at our office.

Bay Of Plenty Regional Council Rates Collection Changes

If you are a ratepayer, your Bay of Plenty Regional Council rates will no longer be invoiced by your city or district council. Instead, you will be invoiced by Bay of Plenty Regional Council, and you will pay your rates directly to them.

Your city/district rates invoicing, and rates collection process will remain unchanged.

[This change will not happen until the 2022-23 rating year.](#)

Bay of Plenty Regional Council want to be more transparent and accountable for the work they do for you, which is why they're making changes to how their rates are invoiced and paid in 2022.

Ratepayers will receive one invoice from Bay of Plenty Regional Council late August – September 2022, which is due on 20 October. Make sure you take a look at their ways to pay, which might be different from your city or district council.

If you already receive your city or district council invoice by email, they'll send your regional council invoice by email too.

Help Us Continue to Help

Did you know we are building an enduring
Age Concern Tauranga Fund
through the Acorn Foundation?

This endowment fund will allow us to have an even greater impact in our community, now and in the future.

Through your generosity, you can contribute to the growth of our fund by leaving a gift in your will, or donating during your lifetime.

Donate online now:
www.acornfoundation.org.nz/give/donate



Contact us on 07 578 2631
or call the Acorn Foundation
on 07 579 9839 for more
information.



Age Concern is excited to launch the

MENS' LEGO GROUP

Friday mornings
10.00am—11.30am

Cost \$2 per person

LEGO has proven to assist in stimulating and maintaining brain function, as well as the ability to hone manual dexterity in seniors.

Since a large population of senior citizens come down with memory loss and motor skill difficulty.

LEGO can serve as a therapy to help stimulate brains from degenerating.

LEGO therapy is linked to help people to rediscover communication skills and encourage them to socialise.

Come and join like-minded men for a morning of building, creating, and socialising.

Please phone the office to register your expression of Interest

What's On

Monthly Meeting

When: Thursday 28 July 2022

Where: Tauranga Citizens Club,
170 13th Avenue, Tauranga

Time: 10.00am—11.00am

Cost: \$4pp tea/coffee provided

Guest Speaker: Margot McCool
Acorn Foundation

Topic: Donor and Community
Engagement

Everyone Welcome

500 Card Group

Have you always
wanted to play 500
but don't know
how?



We will teach you. A friendly fun
group gets together at 9.30am
until 11.30am every Monday
(except Public holidays) held at
Age Concern, 177a Fraser Street,
Tauranga.

Gold coin donation appreciated.

Light refreshments provided.

Coffee & Conversation Groups



*Do you miss having someone to chat
with over a relaxing cuppa? Then
come and join our Coffee and
Conversation Group to meet others
who are friendly and like-minded.*

**For catering purposes please
register your interest by
phoning Age Concern on 578 2631.**

Brookfield Group

When: Wednesday 6 July &
Wednesday 3 August

Time: 10.30am to 12.00pm

Where: St Stephen's Methodist
Church Hall, 9 Brookfield
Terrace, Brookfield, Tauranga

Cost: \$3.00pp

Te Puke Group— New Venue

When: Tuesday 12 July &
Tuesday 9 August

Time: 10.30am to 12.00pm

Where: Citizens RSA Te Puke
179 Jellicoe Street, Te Puke

Cost: \$5.00pp

Greerton Group

When: Thursday 14 July &
Thursday 11 August

Time: 10.30am to 12.00pm

Where: Greerton Senior Citizens Hall,
33 Maitland Street, Greerton.

Cost: \$3.00pp

Mt Maunganui Group

When: Wednesday 20 July &
Wednesday 17 August

Time: 10.30am to 12.00pm

Where: Mt Maunganui RSA, 544
Maunganui Road.

Cost: \$3.00pp

Wednesday Walking Group

*All groups leave at 10.00am
unless advised*



Wednesday 6 July

Greerton Countdown

Wednesday 13 July

Carlton Reserve (off Ngatai Road)

Wednesday 20 July

Mega Mitre 10, Cameron Road

Wednesday 27 July

New World, Brookfield

Wednesday 3 August

Sulphur Point (off Mirrielees
Road), Tauranga

Wednesday 10 August

Wylie Street, Greerton

Wednesday 17 August

Te Puke Bus Trip to view the
daffodils (9.30am at Bayfair,
Farmers Street Bus Depo, Bus 20)

Wednesday 24 August

Sylvania Drive (off Levers Road),
Matua

Age Concern Tauranga Membership Form

Please forward your subscription with this form to: Age Concern Tauranga, 177a Fraser Street, Tauranga 3112

Age Concern Tauranga is a registered charitable entity (CC25758) and appreciates the generosity of the community by way of subscriptions, donations and legacies. Donations over \$5.00 are tax deductible.

Name: Email:

Address: Postcode:

Phone: Mobile: D.O.B.:/...../.....

New Member Existing Member Receive magazine by email

Pakeha (NZ European) NZ Maori European (incl. British) Pacifica Other:

Subscription per household \$25.00 (1st April 2021 to 31st March 2022)

Donation: \$5 / \$10 / \$20 / \$50 / \$..... other **EFTPOS available. Sorry no credit card payments accepted.**

Internet Banking: 03-0445-0172665-00 Westpac (e.g. Particulars—Sub, Reference—Surname & Initial)

Donations help us to continue to promote the welfare of older people in Tauranga and are welcomed.

*The views expressed in this newsletter are not necessarily those of Age Concern Tauranga.
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