Senior Times, Issue 2 2026

www.ageconcernkapiti.co.nz

AGE CONCERN KĀPITI
He Manaakitanga Kaumātua Aotearoa

Age Concern Kāpiti

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Would you like to be part of our board?

Do you have a passion for enabling older people in our community to live as full a life as possible? If so, Age Conern Kāpiti would love to hear from you. Previous experience of being on a board of governance or similar roles is not essential. If you have a background in sponsorship and fundraising that would be advantageous. Connections in the community would be helpful.

A Police background check is required for this role.

The board meets monthly on Monday afternoons in Paraparaumu for approximately 2 hours, plus time contributing to the strategic direction of the organisation, which is not onerous.

Contact the Chair,
Karen Blakey, 021 266 1147
karenblakey550@gmail.com
for more information

A word from the Manager

Autumn is in full swing with winter just around the corner as I start to write this – and we are currently enjoying blue skies and sunshine with very cold and crisp mornings to begin the day.

This week I attended a community network meeting and a workshop for local organisations. Groups represented at both events included agencies, trusts, sport clubs and social services as well as people who are passionate about wanting to help other people in our community. It just confirmed to me of how fortunate we all are to live on the Kāpiti Coast.

Events like this enable us to meet and learn just what services are available. They provide an opportunity to discuss and find out the similarities and differences that are involved within each organisation. In some cases, it could lead to future collaboration and a better ability to meet the needs of our community.

One such collaboration started last month with Te Whatu Ora Health Improvement Practitioners (HIPs) from Compass Health. Together we are running monthly workshops until November. Morning/afternoon tea is provided for attendees, creating valuable social connection. Check out the upcoming Learn & Connect sessions on page 12 along with an article on the HIPs.

We are planning to run a fundraising event in July/August – a quiz night…if you want to help us run this event, we would love to hear from you.

Planning is about to begin for this years' Seniors' October event. Seniors' October is a testament to different organisations coming together to showcase what is on offer in our local communities. Check out article on page 14.

Susan Church | Manager

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Keeping Senior Times and Seniors' October thriving in Kāpiti!

Thank you to all those who have already joined the '10 4 100' Crew!

The impact of your donations will help keep Senior Times in print, so readers without internet access stay connected as well as supporting Age Concern Kapiti's services, from information and support to practical help that keeps older people safe and engaged.

Why your support matters

Production of Seniors' October cost almost $7,000 last year and each edition of Senior Times costs us $1,000. These are not just printed pages — they are lifelines that keep people informed, reduce isolation and celebrate the contribution of older people in our community.

The "10 4 100" — is a simple, powerful way to sustain Age Concern Kāpiti's community work. We're looking for 100 supporters to give $10 a month for at least 10 months. A small amount from many people adds up to a reliable, ongoing fund that covers production costs and helps us plan with confidence.

How to join 10 4 100

Name of Account:	Age Concern Kāpiti Coast Incorporated
Account Number:	ANZ 06 0730 0405608 00
Reference:	10 4 100 (insert your name)

An old man and a 20-year-old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees. As the 20-year-old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees – not around to the side." So, the 20-year-old readjusts and tries to hit over the trees – but can't clear them and loses his ball. He tries again and loses that one too… Then the old man says "of course, when I was your age, the trees were only 6 foot tall."

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Small Moments, Big Impact: How Bridget Supports Older People

by Chris Stephens

Bridget may say she just has “a little bit of free time,” but her kindness and commitment are making a world of difference to the people she supports. Bridget Bublitz is one of Age Concern Kāpiti’s most valued volunteers—but you would never hear her say that herself. In fact, she quickly brushes aside any suggestion that she does more than expected. “I’ve just got the opportunity to do it,” she says simply. “I’ve got a little bit of free time.” That modest attitude belies the remarkable care, and commitment Bridget brings to her volunteer work.

When she first heard about Age Concern’s services, Bridget got in touch and met staff member Alison, who was warm and welcoming. Presented with forms for two different volunteer roles, Bridget signed up for both. She offered her time as a visitor and as a walking companion, eager to help wherever she could.

It wasn’t long before she was matched with Linda*, whom she now visits every week. Their time together has quickly grown into something much more than a routine visit. Bridget accompanies Linda to Steady As You Go exercise classes, spends time chatting over a cup of tea back at home, and always takes Linda’s much-loved (and rather plump) little dog out for a walk.

Because Linda has some memory difficulties, she doesn’t feel confident walking the dog alone. Sometimes Bridget gently encourages her to join them for a short stroll; other days she takes the dog herself to make sure it gets the exercise it needs. Bridget has also taken on an additional role as a helper at the Steady As You Go classes she attends with Linda.

While this level of involvement goes well beyond what is typically expected of a volunteer, Bridget sees it differently. For her, it’s about empathy and connection. “If it was my loved one, I’d like to know that somebody is taking the same interest and care that I’m trying to give,” she says. “Sometimes I’m drained after a busy day, but it’s only a short period of time to give—and it means so much to them. That fills my cup again.”

Not long after being paired with Linda, Bridget was introduced to Harry*, a man living with late-stage dementia who, while unable to engage in conversation, enjoys walking. As Bridget puts it, he “absolutely loves it.”

At first, she found the experience challenging. Wanting to better understand Harry’s needs, Bridget took it upon herself to complete an online diploma course on dementia. “I’m a learner—I love learning things,” she explains. “The course gave me real insight into the different stages of dementia and how it affects people. It helped me understand him better, and now I feel more confident in supporting him and calming things if he becomes agitated.”

Because Harry finds it difficult to communicate verbally, Bridget introduces music into their walks—something that has transformed their time together. “Music is incredible,” she says. “It spans so many different types of people and touches them in a different way. I play Frank Sinatra, The Beatles, Elvis…and while he can’t have a conversation with you, he can absolutely sing a song.” The effect is immediate and joyful. “He just lights up. We end up dancing as we walk down the road—if anybody could see us!” Bridget laughs. “But he always ends up with a smile on his face.”

Bridget is quick to point out that these visits are just as important for Harry’s wife, who is his full-time carer. Living remotely, with limited opportunities for social contact despite health service support, she benefits from the hour-long break. After Harry has enjoyed his walk, Bridget also makes time to sit and talk afterwards. “She wants to talk—she loves to talk—but he can’t talk back,” Bridget explains.

Bridget’s commitment to supporting others extends beyond her work with Age Concern. She also volunteers with Meals on Wheels—a role she describes as a family tradition—and is a qualified yoga teacher, leading Chair Yoga classes for retirement village residents three times a week. Through this work, she has developed a deep appreciation for working with older adults with a wide range of physical and cognitive abilities. She takes great satisfaction in helping people stay active in ways that suit their individual needs.

“I love giving people the opportunity to move their bodies, whatever their abilities,” she says.

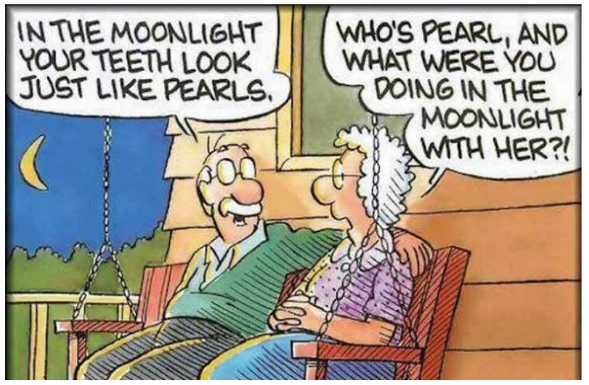
At the heart of Bridget’s volunteering is a focus on building meaningful relationships—connections that enhance not only the wellbeing of those she supports, but her own as well. An important part of this, she says, is understanding boundaries. While she has formed close relationships with both her clients and their families, she is mindful of where her role begins and ends.

At times, family members have turned to her for advice on complex issues such as managing the loss of a driving licence or coping with health challenges. Bridget recognises that these situations are beyond her scope as a volunteer—but she also knows she is not alone in supporting them. Instead, she refers families to the Age Concern team, who have the expertise and networks to provide practical help.

She speaks warmly of the support provided by staff members Susan, Alison and Holly, and the difference their knowledge and care make to families navigating difficult circumstances.

For Bridget, volunteering is not about going above and beyond—it’s simply about showing up, caring, and making the most of the time she has. But for those she supports, her kindness, energy and dedication make an extraordinary difference.

**Names of clients are pseudonyms.*



Share your views on access to cash

The Reserve Bank of New Zealand is seeking feedback on access to cash.

If it's important to you to be able to get cash easily, without extra fees, and close to where you live, this is an opportunity to have your say.

What is being proposed?
The Reserve Bank is proposing that banks must provide free, reliable cash services.

That includes making sure that people don't have to travel far or wait in long queues. The Reserve Bank have prepared maps showing what this proposal could look like in your district.

Why does this matter?
Access to cash and banking services is important for many older people, particularly those who don't live near a main centre.

Research shows that more than 80% of adults use cash at least some of the time, over half keep cash on hand, and for some people it is the only way they pay for things. At the same time, 40% of bank branches have closed over the last decade, making it harder for people to access cash services.

Have your say
You can find more information, including a short video, on the Reserve Bank website. The consultation closes 31 July 2026.

Smartphone users:

You can access the Age Concern Kāpiti website by using the camera on your phone to scan this QR code.

Disclaimer: *The views expressed in this newsletter are not necessarily those of Age Concern Kāpiti. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.*

Rates rebate changes from 1 July 2026

The Government has announced changes to the Rates Rebate Scheme aimed at easing cost-of-living pressures for low-income ratepayers. These changes will help reduce cost pressures for many older New Zealanders.

From 1 July 2026, the maximum rebate will increase from $805 to $830. The income threshold for SuperGold Cardholders will increase from $45,000 to $46,400.

Under the new settings, SuperGold Card holders whose only income is New Zealand Superannuation, and who pay more than $2,000 a year in rates, will qualify for the full rebate.

Application forms will be available from councils from 1 July 2026. Forms are also available on the New Zealand Government website.

Ministry of Social Development Useful contact numbers

Seniors	0800 552 002
Working age	0800 559 009
Supergold card	0800 254 565
Community Services card	0800 999 999
information@supergold.govt.nz	
Veteran pension	0800 650 656
veteranspension@msd.govt.nz	
veterans affairs (not MSD)	0800 483 8372
Residental Care	0800 999 727
residental support (under 65)	0800 999 779
International Services	
(from NZ)	0800 777 227
international.services@msd. govt.nz	

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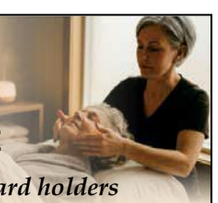

15% Discount for Super Gold Card holders

A classic facial is a truly beautiful treatment which is designed to cleanse and exfoliate the skin leaving it fresh and rejuvenated. You will leave your treatment with a clearer more radiant complexion.

Phone Abigail to arrange an appointment that is suitable for you **0274 495 748 | 04 974 0196**

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LEVIN
SeeHear, 174 Oxford Street | (06) 368 0130
PARAPARAUMU
8A Ihakara Street | (04) 385 9144

info@courtenayhearing.co.nz
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 for more information.

Steady As You Go Exercise Classes

Steady As You Go© has been shown to provide continuous improvements in strength and balance

Steady As You Go© improves:

Balance and leg strength
Flexibility
General fitness and wellbeing
And is a great way to meet new people

Three simple tests are carried out in the first week and at 10 weeks to check improved strength and balance. Check out our classes for a class near you

Since our last newsletter, we have received payment for membership and the 10 4 100 from the following people, but unfortunately, we have no other information about them. If you are listed below, or know a person listed below, please contact us on 04 298 8879 or admin@ageconcernkapiti.co.nz.

Maurice James

Thank you!

Steady As You Go Falls Prevention Exercise Classes Term 3

Begins: Monday, 20 July **Ends: Friday, 25 September** **Bookings essential**

As a Beginner, you will be tested at Week 1, and then again at the end of the Term. You can then move into one of the Ongoing classes if there are spaces available – and booked through our office.

DAY	TIME	TYPE		LOCATION
Monday	9.00am	Ongoing	FULL	Community Centre, Ocean Road, Paraparaumu
Monday	10.00am	Ongoing	FULL	Community Centre, Ocean Road, Paraparaumu
Monday	11.00am	Ongoing	FULL	Community Centre, Ocean Road, Paraparaumu
Monday	**10.00am**	**New Class**	**Open**	Raumati Church (Uniting), 10 Weka Road, Raumati
Tuesday	9.00am	Ongoing	FULL	*WBC Hall, Te Moana Road, Waikanae
Tuesday	10.00am	Ongoing	FULL	*WBC Hall, Te Moana Road, Waikanae
Tuesday	**11.00am**	**New Class**	**Open**	*WBC Hall, Te Moana Road, Waikanae
Tuesday	10.00am	Ongoing	Open	Ōtaki Presbyterian Church, Mill Road, Ōtaki
Friday	**9.00am**	**New Class**	**Open**	Kāpiti Impact Hub, Tongariro Street, Paraparaumu
Friday	10.00am	Ongoing	FULL	Kāpiti Impact Hub, Tongariro Street, Paraparaumu
Friday	1.30pm	Ongoing	FULL	*WBC Hall, Te Moana Road, Waikanae

*WBC Hall: Waikanae Baptist Church Hall

Please contact the Age Concern Kāpiti office for more information and to book your place: 04 298 8879.

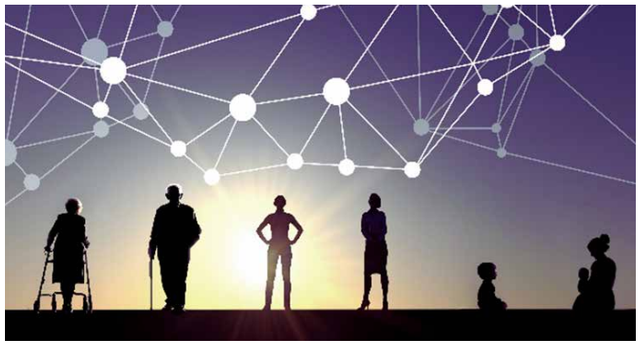
Did you know that everyone - young and old and in between - can support us by becoming a member of Age Concern Kāpiti for just **$25 per person, per year or $40 a couple**.

Our services and activities are provided for older adults (65+), but we warmly welcome **people of all ages** to support us through membership, volunteering, or donations. Every dollar helps!

As a member, you will receive a copy of our quarterly magazine and regular news and updates, AND you'll be helping us continue to grow and deliver vital services to the region's older adults. You can sign up (or renew) online, internet banking or by visiting our office (cash only). *Thanks for your support!*

A Surprising Key to Healthy Ageing: Strong Social Connections

~ Mick Calder, Office Support Volunteer, Age Concern Wellington Region



An article by the Mayo Clinic in the US pointed to social connections being one of the main keys to healthy ageing.

They have concluded that "there is no healthy ageing 'magic bullet' — no single exercise, food or pill that can guarantee a long, healthy life. But there may be something that comes close: strong social connections. An extensive list of academic literature shows there is a strong correlation between social contact and health benefits.

According to Amit A. Shah, M.D., a geriatrician, internist, and palliative care specialist at Mayo Clinic, "it's the quality, duration and nature of your relationships that seem to matter most," he says. "Interacting with others is exercise for your brain — it's one of the best ways to improve your cognitive flexibility. It's likely more beneficial than doing crossword puzzles or other brain games."

Conversely, loneliness and social isolation can be just as much of a health risk as obesity and smoking as it can lead to depression, anxiety, increased risk of suicide and other chronic health conditions.

So, how do you establish, and maintain, social connections as you age?

This is important as your circle of friends and acquaintances can diminish over the years, by natural attrition, if nothing else. So, you need to develop new contacts as well as maintaining relations with the survivors.

Here are a few of their tips for older adults to establish and maintain strong social connections:

- Stay in touch with family and friends: stay connected with your friends and relatives — schedule time to email, call, send a card or interact on social media.
- Join a club or organisation: look for local clubs or organisations that align with your interests, such as a book club, gardening club, chess club or community group are examples of groups that may offer free, fun social opportunities.
- Volunteer: find out which local charities could use volunteers and share your time and talents. Being part of a worthy cause can help you feel connected, and you may make new friends, too.
- Attend community events: attend local events and activities if you're able to, such as community park clean-up, a parade or a concert can help you meet new friendly faces and connect with people in your community.
- Take a class: learning a new skill or hobby can provide opportunities to meet new people and build connections. See what groups are available at the library or community centre. Get moving — go walking with a friend or try a Steady As You Go class.
- Senior centres or Community Hubs: Many communities have senior centres that host games and activities geared toward older adults.

If you need more social connections, don't wait to ask for help. Explore the possibilities on social networks or look at the various activities run by Age Concern Kāpiti as listed in this magazine. If you feel ready, try a community activity as part of Seniors' October. You deserve to have connections with others, and with help from your health provider or Age Concern, we think you can get there.

"I tell my patients: action is important," says Dr. Shah. "It can be hard, and sometimes intimidating to be in social situations, but you have to do it.

"It takes effort to learn about a new person or make a new connection, but it's very important to cognition," he continues. "Think of it as a workout for your soul, your happiness and your brain health."

Kāpiti Cottage in Paraparaumu!

Enliven's Day Programmes are important for the happiness, companionship, and overall wellbeing of each attendee, allowing rest for families too. Our Enliven staff understand that as you age, so do your needs and requirements for a sustainable wellbeing.

Keeping things fresh and fun and creating a space for connection with others is what it's all about at Enliven's Kāpiti Cottage. The programme is person-centred, flexible, and responsive.

Kāpiti Cottage team leader, Robyn, says she enjoys the friendships that develop between people who come along during the day. "We have a fairly diverse group," she says. "I call it the Kāpiti Cottage family."

Some activities that are involved include scrabble, bowls, exercise, music, and celebrating special occasions while other times they will go for a drive to check out the scenery.

"I love seeing people go home happy, and I enjoy staying in touch with their families," says Robyn.

For more information about Kāpiti Cottage day programme, contact the friendly team on 04 298 8060 for more information visit https://www.enlivencentral.org.nz/positive-ageing-services/day-programmes/

enliven
Positive Ageing Services

feel at home
with Enliven in Kapiti

Enliven's Kapiti Day Programme in Paraparaumu, provides a friendly, relaxed and fun place for elders to socialise and keep active. The programme has been designed for elders, including those experiencing health issues, memory loss or dementia.

The Day Programme was developed and is run by experienced diversional therapists in secure space with a relaxed and supportive environment, while offering carers the chance to take a break knowing their loved one is well cared for.

"My friends at Kapiti Day Programme take me out of the house & put me amongst my generation. I enjoy the activities and games. It's been years since I played Gin Rummy and Uno!" - Joyce, regular Kapiti Cottage guest

For more information please visit:
www.enlivencentral.org.nz

Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.
She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers -she smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Learn & Connect Sessions

Come along to Age Concern Kāpiti's **Learn & Connect Sessions**. These free monthly information sessions run throughout the year and feature presentations from a Health Improvement Practitioner (HIP) and a guest speaker, and include time to enjoy a cuppa and connect with others.
Thank you to Tū Ora, Compass Health for supporting these sessions.

To book your spot - email: office@ageconcernkapiti.co.nz or phone: 04 298 8879

June

Feeling a bit low?
Later in life big changes can affect mood and wellbeing. If sadness or losing interest in life carries on for a few weeks, it could be depression. Learn ways to help. Presented by HIP Emma Fromings.

Retirement Village Legal Matters
Sue Scutter from Wakefields Lawyers will discuss occupation right agreements, key things to consider before moving into a retirement village, and planning ahead with enduring powers of attorney and a will.

When:
Date: Tuesday, 16 June
Time: 1.30pm – 3.30pm

Where:
Baptist Church Café
286 Te Moana Road
Waikanae

July

Feeling worried or on edge?
As we age, confidence can take a knock — and sometimes that builds into anxiety. You might notice worrying thoughts, trouble sleeping, or tension in your body. Come along to learn gentle, practical ways to ease worry, relax tense muscles, and support someone close to you, with guidance from HIP Emma Fromings.

Note: There will not be a second speaker in July.

When:
Date: Thursday, 16 July
Time: 1.30pm – 3.00pm

Where:
Grace Hall, Kāpiti Impact Hub
6 Tongariro Street
Paraparaumu

August

Getting Better Sleep
Sleep can change as we age. Join Emma Fromings (HIP) to learn what normal sleep looks like, pick up some ideas for improving your sleep, and explore alternatives to sleeping pills. We'll also talk about how to get through the day after a rough night.

Making a Will
Speakers from Kāpiti Public Trust will share why having a will matters and guide you through how to get started with making one.

When:
Date: Tuesday, 18 August
Time: 10.30am – 12.30pm

Where:
Baptist Church Café
286 Te Moana Road
Waikanae

How a Health Improvement Practitioner Can Be Helpful

A Health Improvement Practitioner, or HIP, can make a real difference in an older person's life. A HIP works in a general practice alongside GP's and Nurses and offers support for wellbeing. They can help with stress, low mood, sleep, addiction, long-term health conditions, and building healthy routines.

Later life can bring many changes, and some of them can feel heavy to carry alone. Retirement, losing a loved one, feeling lonely, moving less easily, caring for a partner, money worries, or living with ongoing health problems can all affect a person's wellbeing. A HIP can offer a calm, practical space to talk these things through. They can help someone who is feeling down after a loss, worried about falling, struggling with pain, or finding that poor sleep is making everything feel harder. When life starts to feel overwhelming, a HIP can help break things into smaller, manageable steps. They can also support a person to feel more connected again by exploring local groups, community supports, or simple ways to rebuild confidence and routine.

One of the helpful things about a HIP is that the support is practical, gentle, and focused on what will help right now. Sessions are usually short, around 15 to 30 minutes, which can feel less overwhelming and easier to fit into everyday life. A HIP can help a person understand how their thoughts, feelings, actions, and physical health are connected. Together, they can make a simple plan that feels realistic and manageable. This might include finding ways to sleep better, reduce stress, move safely, pace daily activities, reconnect with enjoyable things, or talk more openly with family and health workers. For older people living with long-term conditions such as diabetes, heart disease, arthritis, or chronic pain, a HIP can also help build confidence and motivation, so the person feels more supported and less alone in managing their health.

In many ways, a Health Improvement Practitioner offers both practical help and a caring presence. They can support older people with stress, grief, loneliness, sleep problems, behaviour change, and the emotional side of living with long-term health conditions. Because they work in general practice, support can be easier to reach and may come at an earlier time, before problems grow bigger. This can help older people feel more confident, more connected, and better able to keep their independence and quality of life. A HIP works alongside the person, helping them find small, realistic next steps that feel respectful, hopeful, and possible.

There is no charge for seeing a HIP, the service is fully funded. No referral is needed, you can book an appointment yourself by calling your practice receptionist. **Note that most (but not all) medical practices in Kāpiti now have HIP's.**

SECURITY ALERT

Aren't all medical alarms the same?

You may be eligible for government funding too.

Actually...no, they're not!
OUR ALARMS ARE:

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More AFFORDABLE than many others! Let's Talk!
Lorraine Healey
021 856 625 | Lorraine@securityalert.co.nz

GASPY APP:

For those of you who still drive a petrol or diesel vehicle you might like to download the Gaspy App to find the cheapest fuel near you.

On your phone, go to Play Store, search Gaspy [icon as pictured], click on that and download.

It's a NZ site and is updated hour by hour by customers buying fuel. You can choose which fuel you use, 91, 95, 98 or diesel and set that and also your location. Very user friendly and helps shave a bit off the cost when you fill up.

Companion Walking Service

Holly Stephenson
Community Programme Administrator

Walking is one of the best forms of exercise and offers many well-recognised health and wellbeing benefits. Through Age Concern Kāpiti's free Companion Walking Service, older people from Paekākāriki to Ōtaki are supported to stay active, connected, and engaged in their community.

The Companion Walking Service matches older people with trained volunteer walkers for weekly one-hour visits tailored to each client's interests and abilities. For some, this may involve a walk around the neighbourhood or local park, while for others it may simply mean getting out for a short stroll followed by a cuppa and a chat.

People come to the service for different reasons. Some may be recovering from surgery or a stroke, while others would simply like support and companionship when getting out for a walk. Referrals can be made by health practitioners, family members, friends, or individuals themselves.

As part of my role as Community Programme Administrator, I have been coordinating the Companion Walking Service since February this year. During this time, I have had the pleasure of meeting wonderful clients and volunteers and hearing firsthand about the difference the service is making.

When asked about their experience with the service, clients shared comments such as:

"It's excellent, my volunteer is a ray of sunshine! She is very easy to talk to; she couldn't get any better."

"My volunteer has been fantastic. Walking with her has given me confidence while moving from using a walker to a stick."

"My volunteer is absolutely wonderful – I couldn't ask for anyone better. I don't know what I'd do without her!"

We are keen to continue growing this valuable service. If you or someone you know would benefit from a companion walker, or would be interested in volunteering, please don't hesitate to get in touch at cws@ageconcernkapiti.co.nz. I would love to hear from you.

Our thanks to New Zealand Community Trust for making this service possible.

Seniors' October 2026

Age Concern Kāpiti is working in partnership with Kāpiti Coast District Council to run another Seniors' October. It will deliver a month-long programme of community-led events and activities for seniors in Kāpiti.

This will be the third time we have run this type of programme. It will launch on International Day of Older Persons on 1 October. Seniors' October 2026 will run for the entire month and will provide further opportunities for social connection, participation and engagement in the community.

An invitation to register an event or activity for the programme will shortly be sent out to local groups, clubs and organisations to participate.

Last year, Seniors' October 2025 resulted in 114 opportunities for older people to attend an event or activity.

The programme will offer a wide range of activities, opportunities for social connection, recreational activity, creativity, entertainment and education. Events will be held across the Kapiti Coast. Booklets will again be distributed throughout the community, and digital copies will be available to access on both the Age Concern Kāpiti and Kāpiti Coast District Council's websites.

Kāpiti Cottage Pottery Class Proves Popular

A trial of pottery classes at Enliven's Kāpiti Cottage has proved popular, drawing in elders from the community and building their creativity and skills with clay!

Keeping activities at the Cottage fresh by creating a space for connection with others is what it's all about, and the pottery classes are a perfect example of this in action.

Gloria McGoldrick, Team Manager at Kāpiti Cottage, says it's been wonderful to see so many happy participants enjoying the classes.

"We have just started the classes and after the initial trial we were pleased to have the funding to provide this fun activity to our day programme visitors. It has been a wonderful opportunity to get their hands dirty and stimulate creativity in a positive way," Gloria says.

Aki, from the Shed Project Kāpiti, teaches the classes at the Cottage, conveniently located next door. Gloria says there was a real sense of achievement and joy when Aki brought the first batch of glazed items that participants had made back to the Cottage.

"They really loved having something to take home and show their families what they'd created here," Gloria says.

The four-week programme begins with soap dishes to get participants used to the materials and helps build their confidence. Working with clay encourages fine motor skills and cognitive engagement without being too tiring. Over the following weeks, they move on to creating a pinch pot, a mug and a bird, which they can take home and show off to family and friends!

Many groups have come through already, with the next one beginning in June. Aki says she has really enjoyed teaching at Kāpiti Cottage.

"I always feel welcome, everyone is prepared to give it a go and try something new. The good thing with pottery is that it's never too late to learn! There are different designs and a 40-minute class isn't too long. By starting with a basic project and building up from there, they can see how far they have come," Aki says.

The pottery classes are limited to five participants and all materials are provided.

Enliven Day Programmes give older people the chance to get out, connect with others, and take part in meaningful activities in a safe, supportive setting, helping them maintain independence while giving whānau and carers valuable respite.

To find out more about pottery and the day programme, contact Gloria at Kāpiti Cottage, 04 298 8060, kapiti.cottage@psc.org.nz
Or visit:
https://www.enlivencentral.org.nz/day-programmes

How Volunteering Opened Unexpected Doors

Holly's Volunteering Journey with Age Concern Kāpiti

Sometimes the best journeys start with taking a small step. For Holly, that step was a few hours a week supporting the team at Age Concern Kāpiti and what began as a way to reconnect at her own pace has grown into meaningful part time work. Her story is one of community connection and the unexpected doors that volunteering can open.

Simple start

Holly came to volunteering in April 2024 after stepping away from paid work for a time. She wasn't looking for a career move. She simply wanted to do something meaningful that worked for her.

"I wanted to use my time to contribute in the community and connect with others," Holly says. "I wasn't able to commit to lots of hours, so volunteering felt like the right way for me to be involved."

She found the Age Concern role through the Volunteer Kāpiti website, a route she already trusted, having previously volunteered through Volunteer Hutt. What she didn't know when she arrived was that Volunteer Kāpiti and Age Concern Kāpiti share the same building, so it was a friendly hello to both organisations.

Holly's initial role was four hours per week, split across two days. That flexibility made all the difference. For two of those hours, she assisted with office administration and the other two were spent helping at the Steady As You Go exercise class in Ōtaki as she lived nearby.

A pleasant surprise

The exercise class turned out to be a highlight. Holly helped instructor Bev run the sessions and, in time, stepped up to lead the class when Bev wasn't available. After class, the group would head out for coffee. This was exactly the kind of easy community connection Holly had been hoping for.

"I got to meet people who were actually using one of Age Concern Kapiti's services. That was really nice," she reflects. "Being involved with the Steady As You Go class wasn't something I was initially expecting to do, but it worked out really well."

Taking on more

By early 2025, Holly was ready for something new. Age Concern Kāpiti were starting up two new projects: Seniors March — a three-week programme of events across the region and an intergenerational photography exhibition pairing youth and senior photographers around themes of ageing and connection. Holly stepped into a project coordinator role, bringing both together.

The role extended through to Seniors October later that year, and Holly watched with pride as the programme grew. *"We managed to get more organisations on board and you could see the growth. More people attended and further funding has since been committed for the following year. That felt really rewarding."*

In 2026, she moved into a new part-time paid role as Community Programme Administrator — coordinating both the Companion Walking Service, the workshop programme as well as supporting with the organisation's administration. It is ten hours a week, flexible, and continues to bring fresh challenges and new things to learn.

A Natural Progression

Moving from volunteer to staff member might feel daunting, but Holly describes it as a remarkably easy shift. She already knew the team, the systems, and the culture. The Age Concern Kāpiti team had been supportive from the very beginning.

"I felt like I already had some sense of how things worked," she says. " Already knowing Susan and Alison, and some of the volunteers — it just felt... comfortable. It was a natural progression."

Paid work had not been the goal when Holly started volunteering. She simply wasn't sure when she'd be ready for that. But right place, right time, right people: the opportunity arose and she was ready to meet it.

What Volunteering Actually Gave Her

Ask Holly to sum up her journey in three words, and she says: learning, connection, and enjoyment. Each one tells a story.

She has learned skills she had never used before — event coordination, programme management, matching walking companions with clients. She has widened her circle in a community she hadn't yet made her own; after moving to the Kāpiti Coast and she has found genuine enjoyment in work that makes a difference to older people in the community.

"Seeing our volunteers willing to give their time to visit someone or walk with someone — that's really wonderful," she says. "And being able to offer that as a free service to people who might be quite isolated. It means a lot."

Holly's Advice for Anyone Thinking About Volunteering

If you've been thinking about volunteering but feeling uncertain, Holly's message is simple: come and have a chat first.

"Coming to meet with the Volunteer Kāpiti team was really helpful. Just having that chat was a great place to start. Give it a go, take those first few steps, you never know where it might lead."

She acknowledges the nerves that come with starting anything new — especially after a period away from work or volunteering. But she found that a warm welcome made all the difference.

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Staying Safe Driver Refresher Courses

About the course: These free four-hour courses talk about keeping ourselves safe on the road and thinking about the routes we travel in our daily lives to get to our destinations safely, thinking of all the scenarios we may encounter.

Light refreshments provided by Age Concern Kāpiti – please BYO lunch

Bookings are essential. There are limited spaces available, so please call our office to book (04) 298-8879

Staying Safe is classroom-based refresher workshop for senior road users. It is a friendly noncritical look at driving regulations and provides helpful tips on better driving habits.

Age Concern runs these workshops in partnership with Waka Kotahi (NZTA). We welcome all ages to take this course, just phone us to book in for the next course.

Corn Fritters

These may be served as a vegetable side dish, or for lunch or tea – especially when accompanied with syrup and bacon.

For 2 servings:

1 egg
½ cup creamed corn
½ tsp sugar
¼ tsp salt
¼ cup flour
½ tsp baking powder

1. Beat the eggs and mix in the corn and the seasonings.
2. Sift the flour and the baking powder into the egg mixture. Stir just enough to mix ingredients.
3. Fry small spoonfuls in 1cm of hot oil, turning when golden brown.
4. Test centre of fritter with pointed knife to see when it's cooked through the middle.
5. Drain and serve as soon as possible.

Note: Refrigerate the leftover covered creamed corn for up to 2 days, or freeze it for up to a month.

Mince and Mushroom Dinner

For 2 servings:

1 Tbsp olive or canola oil
1 small onion, diced
1 clove garlic, chopped
100g mushrooms, sliced
200-250g minced beef
1 medium carrot, finely diced
½ tsp thyme
1 packet tomato or mushroom soup
2 cups boiling water
1 cup (about 100g) small pasta shapes
½ cup frozen peas
¼ cup sour cream
Salt and pepper to taste
Chopped parsley to garnish

1. Heat the oil in a medium-sized lidded pot or frypan, then add the onion and garlic and cook, stirring frequently, until the onion is soft and turning clear. Add the mushrooms and continue to cook, stirring occasionally, until they begin to soften.
2. Add the mince, carrot, and thyme to the pan and cook, breaking up any large lumps of mince, until the mince has lost its pink colour.
3. Stir in the soup mix and water, bring the mixture to the boil then add the pasta shapes. Return to the boil, then reduce the heat, cover and simmer for about 10 minutes or until the pasta is just cooked (if the mixture looks too dry during this time add ¼-½ cup extra water). Mix in the peas and simmer for another 3-4 minutes.
4. Stir in the sour cream and season to taste with salt and pepper. Garnish with parsley and serve as is or accompanied with a salad or steamed vegetables.

Note: It's not really worth making a single serving of this recipe. Instead leftovers can be refrigerated for 3-4 days or frozen for longer storage.

LIFE TUBE
could save your life!

A life tube is a small plastic cylinder containing a completed medical and information sheet which is kept in the household refrigerator.

The RED STICKER provided should be placed on the outside of the refrigerator. In the event of an emergency Police, Ambulance, Fire Services or Doctor are called and are alerted by the RED STICKER to the fact that vital information is available inside the refrigerator.

They could be a 'life saver' and are available for $5.50 each.

We have Life Tubes available in our office:
Room 16,
Kāpiti Impact Hub,
6 Tongariro Street
Ph: 04 298 8879

Office open:
Monday, Tuesday,
Thursday, Friday
Office closed:
Wednesday

Did you know?

You can add a photo to your New Zealand SuperGold Card, however you cannot use it as a form of identification.

To add a photo, you need to visit an AA Centre or a Vehicle Licensing agent. You will need to bring your SuperGold Card and three documents to prove identity*. This can be done free of charge at any AA Centre.

This card can work as a form of photo ID for when you may no longer have a current driver's licence or passport, but must be used in conjunction with your birth certificate as there is no date of birth on the card.

** what you bring depends if you were born in NZ or another country. The documents must be originals. Check out the SuperGold Card website for more information on this.*

AGE CONCERN KĀPITI He Manaakitanga Kaumātua Aotearoa

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Form of Bequest

TAKE OR SEND TO YOUR LEGAL ADVISOR FOR INCORPORATION IN YOUR WILL

I GIVE TO Age Concern Kāpiti Coast Incorporated, P O Box 217, Paraparaumu 5032, for its general purposes the following amount:

..... (in words)

OR

Percentage/Portion of my estate:

..... (in words)

OR

Description of Assets, Property Share:

.....

.....

.....

..... (in words)

And the receipt of the Manager or other authorised officer (Treasurer) shall be sufficient discharge to my executor.

(Mr/Mrs/Miss/Ms)

Name: .....

Address:

.....

.....

This is not effective until written into your Will which must be signed. Please let us know if you make a bequest so that we can thank you personally.

Have you ever considered leaving a bequest to Age Concern Kāpiti?

Age Concern Kāpiti is a registered charity and relies on the generosity of our community to raise almost 70% of the funding required to deliver our essential services and support. Any bequest left to us, no matter how small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help. A bequest to Age Concern Kāpiti allows you to leave a legacy long after you have gone. It is the ultimate act of kindness and care you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift to Age Concern Kāpiti in your Will is to speak with your solicitor, who can ensure that your estate is distributed in a way that honours your wishes. To leave a bequest to Age Concern Kāpit we recommend the wording:

"I give Age Concern Kāpiti Coast Incorporated the sum of $ XXX (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Kāpiti will be sufficient receipt and discharge for my trustees".

If you would like to leave us a bequest in your Will, these are the official details you will need:

Legal Charity Name:
Age Concern Kāpiti Coast Incorporated
Charity Registration Number: CC23773

If you would like to talk us further about leaving a bequest to Age Concern Kāpiti and the difference it will make, please contact Susan Church on (04) 298 8879.

Contact Information

Phone: (04) 298 8879
Email: admin@ageconcernkapiti.co.nz
Address: Room 16, K āpiti Impact Hub, 6 Tongariro Street, Paraparaumu 5032

Office Hours:
9.00am -3.00pm: Mon, Tue , Thu, Fri
Office closed: Wednesday

Website: www.ageconcernkapiti.co.nz
Facebook: Ageconcernkapitinz

Manager: Susan Church
manager@ageconcernkapiti.co.nz

Visiting Service and Health Promotion Coordinator:
Alison Miller
avs@ageconcernkapiti.co.nz

Community Programme Administrator : Holly Stephenson
office@ageconcernkapiti.co. nz

Board Chair: Karen Blakey
Secretary: *vacant*
Treasurer: Owen Gibbins

Committee: Wendy Huston, Dale Little, Te Hau Maiangi Short, Conrad Spohr

Annual Supporters Form

AGE CONCERN KĀPITI
He Manaakitanga Kaumātua Aotearoa

The Kāpiti Coast is a great place to live. We want to make it a great place for positive ageing. Age Concern Kāpiti support older people, their friends and whanau and bring people together. We promote wellbeing, rights, respect and dignity for older people in our community.

Supporters Fee: **Individual: $25.00** ☐ **Couple: $40.00** ☐
From 1 July 2025 to 30 June 2026

Mr / Mrs / Miss / Ms

First Name ..... Last Name .....

Address: .....

.....

Home Phone: ..... Mobile: .....

Email: .....

Date of birth (optional): .....

Donation:

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Donate - Other $ .....

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Thank you for supporting the work we do.

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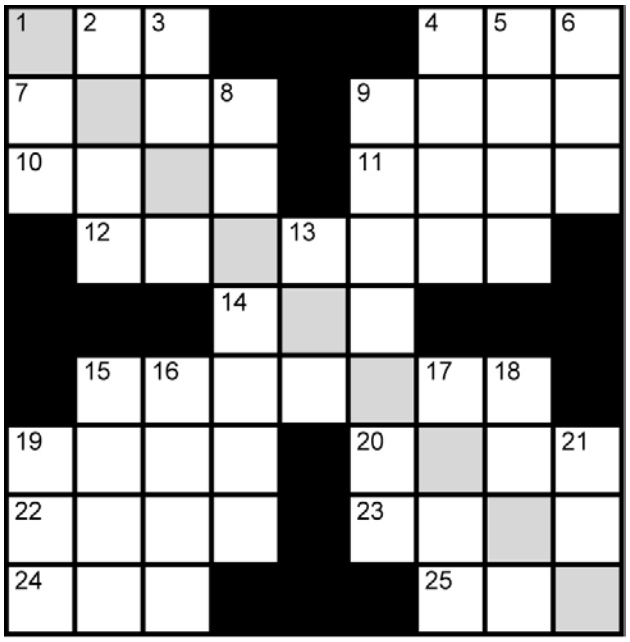
☐ **Direct Credited from my account** into the bank account of Age Concern Kāpiti
Name of Account: Age Concern Kāpiti Coast Incorporated
Account Number: ANZ 06 0730 0405608 00
Reference: Subs (insert your name)

☐ **Cash**

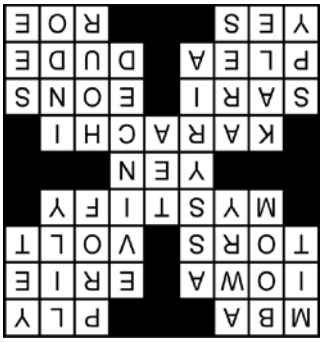
Age Concern Kāpiti | P O Box 217 | Paraparaumu 5032
Room 16, Kapiti Impact Hub, 6 Tongariro Street, Paraparaumu
Telephone: (04) 298 8879 | Email: admin@ageconcernkapiti.co.nz

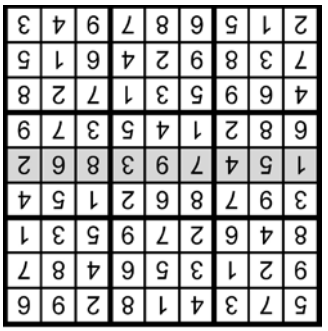
Ancient Texting



Across
1. C.E.O.'s degree
4. Thickness
7. "Field of Dreams" setting
9. Ashtabula's lake
10. Rocky peaks
11. Electric unit
12. Bewilder
14. Craving
15. Pakistani port
19. Delhi wrap
20. A long, long time
22. Entreaty
23. Dapper fellow
24. "Absolutely!"
25. ___ v. Wade

Down
1. Cambridge sch.
2. Thundering noise
3. Not straight
4. Fac. member
5. Easter flower
6. "Are we there ___?"
8. Present-day Iraq
9. Expressed
13. Oolong, for one
15. Cabbagelike vegetable
16. Mars, to the Greeks
17. Part of a day
18. Prefix with China
19. 007, for one
21. Bishop's jurisdiction





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

ANGELL
ANNAN
ARAFAT
ASSER
BELO
BRANTING
BRIDE
CECIL
CHAMBERLAIN
CORRIGAN
EBADI
ELBARADEI
FRIED
GORE
HENDERSON
HULL
HUME
JOUHAUX
KING
KYI
LANGE
MONETA
MOTT
MYRDAL
NANSEN
OSSIETZKY
PASSY
PIRE
RABIN
ROBLES
ROOSEVELT
ROOT
SADAT
SATO
TUM
TUTU
WALESA
WIESEL
WILSON
YUNUS

SUDOKU

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

Famous Names

B	E	L	O	E	L	B	A	R	A	D	E	I
C	O	R	R	I	G	A	N	N	A	N	O	O
M	W	I	L	S	O	N	S	E	L	B	O	R
O	P	L	L	E	G	N	A	L	T	N	I	O
T	V	X	N	O	S	R	E	D	N	E	H	N
T	R	U	P	A	S	S	Y	T	B	S	U	C
C	H	A	M	B	E	R	L	A	I	N	M	E
G	H	H	M	I	K	E	D	A	I	A	E	C
N	A	U	W	R	V	I	I	I	J	N	J	I
I	T	O	L	E	O	S	A	D	A	T	Y	L
T	E	J	S	L	A	O	T	A	S	K	M	D
N	N	O	S	S	I	E	T	Z	K	Y	E	E
A	O	D	S	U	N	U	Y	B	R	I	D	E
R	M	E	B	C	T	S	T	D	R	T	N	B
B	R	T	C	U	E	T	A	F	A	R	A	G
G	U	H	A	S	E	L	A	W	G	O	R	E

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.