AGE CONCERN KĀPITI
July 2026 – NEWSLETTER

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Farewell to Susan Church, Manager of Age Concern Kapiti

Susan joined Age Concern Kāpiti as Manager in January 2021 following the sudden and unexpected death of then Manager, Dermot Whelan. It was a difficult time for everyone connected with the organisation, and Susan stepped into the role with compassion, commitment, and a steady hand.

Taking on the leadership of Age Concern Kāpiti during such challenging circumstances was no small task. Working with a small team of paid staff, supported by a dedicated group of volunteers, Susan has guided her team well. Under her management, Age Concern Kāpiti has continued to thrive, offering a diverse range of courses, classes, workshops, and information sessions that have enriched the lives of many older people across our region.

Susan has also supported the growing number of the Steady As You Go Falls Prevention programmes; helping increased numbers of older people maintain their strength, confidence, independence, and wellbeing. In addition, she has strengthened valuable community connections and partnerships, extending the reach and impact of Age Concern Kāpiti.

Beyond the programmes and services, Susan and her team have provided ongoing guidance, advocacy, information, and support to countless older people and their families. Her genuine care for others, combined with her dedication to the local community, has made a meaningful difference in the lives of many.

Susan's contribution to Age Concern Kāpiti has been valued, and she leaves with our sincere thanks and appreciation. We wish her every success and happiness as she embarks on the new adventures that lie ahead.

HIP Tips For Health And Wellbeing

When being a 'worry wart' starts to take over

As we get older, it is natural to worry a little more. Changes with health, memory, finances, independence, or losing people we care about can all make life feel less predictable. A bit of worry is part of being human, however some people are more prone to worrying than others and may describe themselves as a "worry wart". For some the worrying is severe enough to affect day to day life and may be an anxiety disorder.

Being a "worry wart" usually means the worry comes and goes. You might feel unsettled before a medical test, worry about family, or fret about a bill. But once things are clearer, the worry eases and you can still enjoy your usual routines.

Anxiety feels different. The worry or fear is stronger, lasts longer, and it can feel hard to switch off. It may affect sleep, appetite, confidence, or stop you doing ordinary things such as going out, answering the phone, attending appointments, driving, or seeing friends. You may also notice a racing heart, shaky hands, shortness of breath, sweating, or an upset stomach.

Anxiety is not a normal part of ageing. It is often missed in older adults, but it is treatable with the right support.

A helpful question is: "Is worry taking over my life?" If yes, you do not have to manage it alone. Talk with your GP or a HIP. Help is available, and things can get better.

More information about anxiety can be found here - https://healthify.nz/health-a-z/a/anxiety

A **Health Improvement Practitioner (HIP)** can support you with strategies to lessen worry and manage anxiety. HIPs are available at most medical practices, and consultations are fully funded (free for you) – you can book via the practice reception. A referral is not needed.

Barcelona's Sagrada Família nears completion

A 144-year journey nears its end with a cross being installed on the central Tower of Jesus Christ in February. The world's tallest church has reached its final height of 172.5m.

When visitors arrive at Barcelona's Sagrada Família, their eyes instinctively follow the surreal twisting lines of the basilica's sculptural towers until they reach the tip of each spire.

Delayed by wars, politics and funding shortfalls, Sagrada Família's unfinished presence has dominated Barcelona's skyline for decades.

Pope Leo XIV, the 11th pontiff to reign since the project broke ground, lead Solemn Mass and a ceremonial blessing in June. There may still be years' worth of non-structural work to complete, but 2026 has long been earmarked for this de facto grand opening. The 18th tower's inauguration marks 100 years, to the day, since the death of the church's visionary architect, Antoni Gaudí.

Why do couples go to the gym? Because they want their relationship to work out!

D I S T R A C T I O N S

Quick quiz (answers below):

1. In the 1950s film 12 Angry Men, what is the central plot of the story?
2. In Happy Days, what was the name of the diner where the gang often hung out?
3. Which element is a diamond composed of?
4. In ten-pin bowling, what is the term for when a bowler makes three strikes in a row?
5. Which Hollywood actress was arrested for shoplifting from Saks Fifth Avenue in 2001?

Quiz answers: 1. A jury deliberates the fate of a teenage defendant, 2. Arnold's, 3. Carbon, 4. A turkey, 5. Winona Ryder

Learn & Connect Sessions

Join us for this month's **Learn & Connect Session** – a series of free monthly information sessions running throughout the year. Each session features presentations from a Health Improvement Practitioner (HIP) and a guest speaker, and includes time to enjoy a cuppa and connect with others. Thank you to Tū Ora, Compass Heath for supporting these sessions.

Learn & Connect in July:

Feeling worried or on edge? Could it be anxiety?
As we get older, it's common to feel a bit less confident or more vulnerable at times, especially with all the changes that can come along unexpectedly. Changes in physical strength, increased frailty, slower thinking, or memory changes can all knock your confidence and, for some people, start to build into anxiety.
You might notice worrying thoughts going round and round, making it hard to fall asleep or stay asleep. Feeling sick, having an upset tummy, or carrying tightness and aches in your muscles can also be signs of anxiety.
Come along to learn a few helpful ways to calm worrying thoughts, ease muscle tension, and support a friend or family member who may be going through this too. Presented by HIP Emma Fromings.

Note: There will not be a second speaker in July

When:
Date: Thursday, 16 July 2026
Time: 1.30pm – 3.00pm

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

Bookings:
Places are limited—reserve your spot today!
Email: office@ageconcernkapiti.co.nz
Phone: 04 298 8879

Star Glaze 2026 Mid Winter Ceramics Festival

Otaki Racing Club, 47 Te Roto Road, Ōtaki
Friday 10 July and Saturday 11 July
10:00am
An exciting celebration of art and the traditions of Matariki. Friday features race day at the venue. On Saturday there is a public raku firing.

Alice in Wonderland

Southward Theatre, Otaihanga Rd
Sunday 12 July
1:00 - 2:00pm
Tickets: GA $18, Family Pass $70, plus fees
Phone Sales: 0800 BUY TIX (289 849)

When curious Alice falls down the rabbit hole, she lands in the topsy-turvy world of Wonderland, where nothing makes sense and everything is wonderfully silly!

With laughs, songs, and plenty of audience fun, Alice must navigate the madness, scare the Jabberwocky out of Wonderland and find her way home.

Kapiti Choral Festival Gala Concert
Te Raukura ki Kapiti, Coastlands Theatre
34a Raumati Rd, Paraparaumu
Saturday 4 July
5:30pm - 7:30pm
Tickets: Adult $21, Student/Child $10.75
Phone Sales: 0800 BUY TIX (289 849)

For the third time, the Kāpiti Choral Festival has returned. Featuring Beachside Harmony and many other community choirs, with a range of repertoire spanning hundreds of years and diverse cultures. We'll round out the evening with a mass sing.

Rat Pack and Marilyn: Vegas Legends

Southward Theatre, Otaihanga Rd
Friday 24 July
11:00am – 12:45pm (Doors open 10am)
Tickets: $42 (door $45), plus fees
Buy Tickets – 0508 266 237 or Email:
bookings@operatunity.co.nz

Step back in time to the golden age of glamour, charm, and smooth sophistication as we pay tribute to the unforgettable icons of the Rat Pack era. This stylish and swinging concert: Rat Pack and Marilyn - Vegas Legends features timeless hits made famous by Frank Sinatra, Dean Martin, and Sammy Davis Jr., as well as the dazzling allure of Marilyn Monroe and other legendary performers who defined an era of melody and memories.

Waenga

Ōtaki College, Ōtaki
Thursday 30 July
6:30 - 8:20pm
Tickets: GA $30, Student $10, plus fees
Phone Sales: 0800 BUY TIX (289 849)

Created by Hariata & Tamati Moriarty and directed by Jim Moriarty, 'Waenga' centres on a young wahine Māori who is arrested and finds herself in a police holding cell. Alongside her journey is Peyton, who is coming to understand what a Tangata Tiriti partnership is and Grayson, a young Māori lawyer navigating his role in the system.

The play is presented in Te Rākau's unique Theatre Marae framework, creating space for collective reflection and shared experience. Recommended age 12+, contains swearing and depicts some violence.