



NP Positive Ageing, MAY 2024 Newsletter 1 Events at Easter this year have got my mind think-

Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakalofa lahi atu, Talohani, Bula vinaka, Ni Hao, Namaste, Greetings...

Editorial - Honouring Easter

**Message...
from
Lance
Girling-
Butcher**



Events at Easter this year have got my mind thinking.

This may be entertaining for me and perhaps disenchanting for you, but at least it stops me writing about the government coalition and it's very busy wrecking ball. National, Act, and New Zealand First appear bent on eliminating every trace of any initiative shown by Labour over the past two terms, leaving a trail of rejected policies and unemployed civil servants in their wake.

The Easter reminiscing was caused by the discovery that so few people I encountered seemed to be aware of the full meaning of the celebrations. This is disturbing in a country which claims affiliation to the Christian faith which puts such emphasis on the life and death of Jesus Christ.

For those who don't know, Christians believe Easter marks the anniversary of the crucifixion, death, and return to life of Jesus as the son of God, and Christmas, the other major anniversary in the Christian calendar marks his birth.

The crosses on the hot buns served on Good Friday are a reminder of the crucifixion, and the Easter treats which seem to occur at any time during the festival are a remainder of previous pagan activities to mark the

arrival of the northern hemisphere spring.

I can understand the preference for sexy new birth rituals, but mourn a little, the lack of understanding of a faith that has well served the western world for more than 2000 years and has laid down guidelines for life that are about as reasonable as any other recommendations for sensible community laws.

I would have thought that the population of such a religion would be delighted to take part in the most important celebration of their church year. On the contrary, so many seem to throw themselves into a chocolate eating frenzy with all the abandonment of total heretics, completely ignoring the fact that this was the anniversary of the days of this spiritual saviour.

Hot Cross buns, baked to mark the anniversary of Jesus Christ's death

on the cross, has been ignored in favour of Easter eggs and chocolate bunnies made to commemorate a much earlier pagan festival. Of course the whole thing has been jumped on by the commercial world who see major profits from marketing the popular aspects of both Easter and Christmas with its gift giving orgies. I suppose it's logical in an increasingly secular world where science, natural curiosity, and cynicism now abound.

What is sad is the loss of the ethical and spiritual guidance that Christianity encourages. There can be no better guides to a good life than the so-called ten commandments and while there have been many sins in the name of religion,

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A Newsletter for those interested in improving the quality of life for all persons in Taranaki

Please note: The views/opinions expressed in this newsletter may not necessarily reflect those of Positive Ageing



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

"Positive Ageing—Taupaenui" is edited by Gordon Hudson. Ph 06-753-9815 or email gordonandjanr@xtra.co.nz

Continued from Page one

the work of the inquisition stands out as an example, however, there has also been a lot of benefit to human communities.

In the end, our life and how we lead our lives is down to us as individuals. There are plenty of devastating examples around us to remind just how nasty things can get when we move away from love and tender support, caring for our families and neighbours and just as many of how pleasant things can be when we look after each other. Just recall what great leadership and a positive response to the call to be kind to each other showed New Zealanders during the Covid pandemic.

Perhaps this is where such religious festivals do some good. They provide time in our busy lives to pause and think about what sort of a world we want to live in and what we can do to achieve the goals we decide on those looking for a little extra assistance in their contemplation could perhaps, look to the world's best-selling book, the Bible. This amazing anthology of writings by more authors than we might think of, contains enough thought provoking ideas to keep scholars and readers going until the end of time period. What is, perhaps, most interesting is there is no defined instruction in its texts. Advice stimulates thought and encourages debate but it leaves us, as individuals to make up own minds about the meaning of its many messages.

We are still, sadly, left to make up our own mind about the meaning of life and just why we're here in this mixed world of delight and sorrow.

**Together, we can,
and do,
make a difference.**

Note to Self:
You are not
too old and it's
not too late.

Housing and the Council's Ten Year Plan...

Actually, housing gets barely a mention in the Council's Ten Year Plan.

And that is a significant problem because we all, except it seems the Council, are aware of the effects of the 'baby boomer' generation is happening now! We have a rapid increase in the number of older adults over the age of 65 and a dramatic increase in adults over the age of 85 years.

Age Sector NZ has stated that 61,121 retirement units will be needed within the next ten years.

Statistics NZ estimates by 2040 approximately 600,000 65+ will be renting, so many of them will be living alone.

More older adults will experience housing insecurity in the coming years unless the country dramatically increases its supply of affordable homes for people ages 65 and up, who make up roughly one-fifth of the nation.

A growing share of people with low and fixed incomes will struggle to afford appropriate housing in the coming decade and we just don't have the housing and supports that we need for this growing population. And our Council seems to continually dodge this issue - but it is growing larger day by day.

What can you do?

Contact your Council and tell them your concerns re housing for older adults.



Older people often feel rushed into care....

A recent study by University of Otago sociologist Dr Myunik Panthi, of 24 older adults and ten staff from six residential care facilities found that all participants felt that they did not want to move into residential care and that the process felt rushed.

Age Concern, Otago boss Penelope Pask, says that for many people, the shift to residential care facilities came as a result of a health matter. It's often not a choice.

Panthi says that "*entry into residential care begins with a loss. The narratives of both participants and staff revealed that the transition to residential care was followed by worsening health and hospitalization.*"

The decision to move was initiated by their doctor and family members and they accepted the decision to avoid being a burden to their family."

The research showed that residents also lost self-confidence. Panthi says that it often felt that their freedom and independence was taken from them. Clearly, it would be better to encourage potentially vulnerable people to acquaint themselves with care services well in advance of any move.

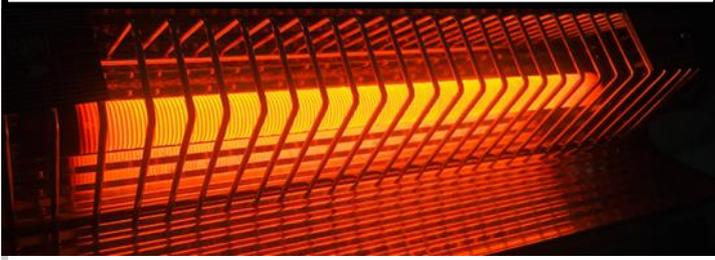
Perhaps this could become another significant role for an organisation such as Age Concern and their many branches NZ wide. With minimal additional funding, this organisation could liaise between family/whanau, GPs, hospital services for older adults, and care facilities, in a bid to provide support to all parties involved, but particularly the person entering residential care.

This initiative may save significant trauma for the vulnerable person as well as their whanau and hopefully create a far more seamless care driven transfer.

Opinion: Gordon Hudson



Payments for heating this winter to commence...on May 1...



The Winter Energy Payment is an extra payment to help with the cost of heating your home over the winter months.

If you get NZ Super or Veteran's Pension, you will be entitled to get the Winter Energy Payment all winter, from Wednesday 1 May until Tuesday 1 October. The payment is made automatically, you don't need to apply.

When you receive NZ Super on Tuesday 7 May it will include a part Winter Energy Payment. Your first full Winter Energy Payment will be on Tuesday 21 May.

Couples and people with dependent children will get \$31.82 a week. Single, and widowed, people will get \$20.46 a week.

You don't need to apply. If you're eligible, your winter energy payments will commence on May 1 and end on October 1 (as in last year).

Thank you for your continued consideration.

Keep warm, safe and sound - as they say.

Te Whatu Ora Health New Zealand

Residential Care Crisis is on its way...

Major risks to the future of New Zealand's aged care sector have been revealed in a damning report by Health NZ—Te Whatu Ora. It's analysis if historic building rates continued, there would be a shortage of almost 12,000 aged residential care beds by 2032!

That is just eight years away.

Waiting times for high priority individuals to access a residential bed varies between regions ranging from 92 days in the Manawatu to 219 days on the West Coast.

For high needs dementia and psychogeriatric care, residents were waiting, on average nearly six months to be admitted to an Aged Care Residential facility after being assessed as high priority for moving out of a home setting. Six months! That is an awfully long wait!

The review said that with an ageing population, it is expected demand for these care beds will increase— with the sector's lack of beds and staffing for these people causing significant issues.

This shortage, in a critical high need end of accommodation for extremely vulnerable older adults only exacerbates and highlights the looming accommodation shortage across the spectrum of support for older adults.

Opinion: Gordon Hudson.

Minister for Seniors Casey Costello

Over the past two months, I have enjoyed getting out and visiting various organisations and learning more about issues affecting older New Zealanders.



It has brought home the tremendous work of community based and volunteer services who advocate for our seniors. I've met long-established and well known groups like Age Concern, Grey Power and the Maori Women's Welfare League., and more specialized groups such as Alzheimers NZ, Eldernet and the NZ Federation of Multicultural Councils. It has also reinforced the range of issues we need to think about to make sure older New Zealanders are well-served.

As well as being a Senior Minister, I have been made Associate Minister of Health, responsible for aged care and dementia care which gives me a unique opportunity to focus on the health needs of older people, and to drive our Government's commitments in this area.

We need a sustainable funding model for aged care. The problem may have been around for a while, but I want to see something done about this and hope to be able to talk to the sector - and you - about options later this year.

You may have seen that last month the Aged Care Commissioner released her report with 20 recommendations for the sector. She emphasised the complexity of navigating health services, showing a need for integration and better communication which I agree with.

I was also pleased to see the Commissioner acknowledge the importance of Home and Community Support Services (HCSS) in keeping people well in their communities longer. Many people assume retirement villages are the only path as they get older, but it is just one in a range of housing options available to older people, and something else I'll be pursuing is how we ensure there are choices around how and where seniors live.

Positive Ageing NP is proud to be supported by:

COGS: Community Organisations Grants Scheme,
Ministry of Social Development,
New Plymouth District Council,

TOI Community Trust and
NZ Lotteries Grants Board.

We are most grateful for their ongoing support.

Before we work on
Artificial
Intelligence...

Why don't we do
something about
Natural Stupidity?

This
'killing them with
kindness'
is taking way
longer than I
expected

Scammers are scum - let's take care, be more aware and not become a victim...

Last year Kiwis lost almost \$200 million to scammers. However it's believed this figure is the tip of the iceberg. It could be as much as \$2 billion per annum!

A recent report indicates that Kiwis encounter a scam once a month and that number is increasing.

Banks are starting to take stronger measures to counter scammers and supporting their customers who are at risk of being a victim.

But it is up to each and every one of us to make ourselves more aware of the pitfalls and more security conscious.

Types of scams and how to protect yourself:

ASB fraud expert, Julie Watson, says that anyone can fall for scams as they can be hard to spot if you don't know what you are looking for.

Scams are seeded through phone calls, text messages, email, social media and instant messaging apps. The most used platforms used by scammers are Gmail and Facebook followed by Outlook, Instagram and WhatsApp.

Here are some common scams that ASB are warning us to be aware of:

Phishing/smishing scams:

(Don't be overwhelmed by all this new language and technology. It is just important to understand what they mean).

Phishing is where the scammer claims to be from a legitimate organisation such as your bank, Inland Revenue, NZ Post or Waka Kotahi NZ Transport Agency. Through deceptive emails (phishing) text messages (smishing) and websites scammers try to trick you into providing or verifying sensitive information like passwords, credit card details or personal identification, often with a sense of urgency, to use your identity for illegal purposes (see Identity Theft below)

Tips to stay safe:

Ignore communications from unknown contacts, always be wary of clicking on weblinks and don't be persuaded into downloading software that allows anyone to remotely access your computer. Contact the company directly through it's publicly listed information.

Marketplace scams:

The old adage that 'If it seems too good to be true - it probably isn't. Scammers can pose as either a buyer or seller, even creating accounts on legitimate auction sites such as eBay and Trademe or on an online marketplace such as Facebook.

Tips to stay safe:

If you're buying, inspect the goods in person, check the sellers reviews, ask for photos with the date next to them and be cautious if the price seems too good to be true.

If you are a seller, only use trusted payment methods, don't trust screenshots as proof of payment and check your bank account before sending goods.

Investment scams:

These are difficult to spot as those selling can be very persuasive. Scammers will create fake documents, use logos from well known companies and even go as far as giving you access to view the "fake investments" on line.

Tips to stay safe:

Be ultra cautious! Research as thoroughly as you can before making any investments. Any cold calls you get about investment opportunities are likely to be scams. (It is illegal in NZ to sell a financial product through a cold call). Check scam warnings on the Financial Markets Authority website before you make any decisions.

Romance scams:

Romantics - keep your guard up!

Scammers can target you through email, social media, dating websites and apps. A scammer will send false photographs of themselves, usually taken from someone else's social media accounts. They can be patient, spending months building up trust. When the time seems right for them, you can expect a request for money to resolve an unforeseen emergency.

Tips to stay safe:

Never send money, card details, bank details or identity documents such as your passport to anyone you don't know or haven't met in person.

Hot tip:

Download a copy of the photo of the person on to your device, go to Google Image Search, upload the photo and do a reverse image search. This will show where else the photo has appeared on the internet.

Identity theft:

Scammers seek to collect your personal data to commit fraud. Offline they can go through your mail. The most common way to do this online is by phishing, hacking into your email or other accounts, using spyware or infecting computer systems with viruses. They look for credit card information, bank accounts, full name and signature, date of birth, address, mothers maiden name, online user-names and passwords. With the information they can access your bank accounts, attempt to open accounts under your name, apply for loans and more. **Never provide personal information to an unverified source.**

Altered invoice scams:

These can be tricky to spot as it can be an invoice or request for payment you were expecting, sent from the correct business. The only difference is the bank account number has been altered, or a follow up email is sent with a request to change the account number.

Tips to stay safe:

Call the business that sent the invoice on their publicly listed number to check the invoice is legitimate and the bank account number is correct.

So... if you think you have fallen victim to any of these scams, stop all contact, avoid sending further payments, change your password and contact your bank immediately.

Your bank will have more information and may support you to recover losses and help prevent others being scammed.



Rates Rebate Scheme...

Are you eligible for a rates rebate?

The Rates Rebate Scheme is a partial refund for people who pay rates to their council. It exists to provide financial relief for low-income New Zealanders owning their own home, including those living in retirement villages.

If you're eligible, you have until the 30th June this year to apply to your local council.

The maximum rebate is \$750, and the income abatement threshold increased to \$30,100, aiming to help up to 100,000 low income home owners pay their rates to their local council.

To be eligible you must be living in your own home since 1 July of the current financial year and be listed as the ratepayer in the council's Rating Information Database.

If you own more than one property, you can't claim rate rebates for other properties, even if they're in a different council area.

You can't apply for a rebate if your property is not your usual place of residence or is mainly used for commercial activities such as farming, business, or is a rental property or holiday home.

Most retirement village residents, including people who live under a licence to occupy agreement, can apply for a rates rebate. In your application, you can also complete the retirement village resident's declaration form.

If your name is not on the rates bill, you can still apply if you live in an owner flat such as a company share flat or apartment. Your application must also include the company share apartment declaration form.

For those with IT access - you can use the [Rates Rebate Calculator](#) to find out if you are eligible.

You will also need to provide the total rates you will pay for the current rating year (1 July to 30 June 2024) and the number of dependents living with you on 1 July last year.

It seems a bit of a hassle but the NPDC here are excellent, helpful and supportive.

Opinion. Gordon Hudson

New collaborative formed...

There has been a Collaborative formed between New Plymouth Positive Ageing, Age Concern Taranaki, the Taranaki Disabilities Information Centre Trust and Grey Power.



This Collaborative has agreed that amongst the myriad of issues facing some older members of our community, the issue of housing is right up there.

We believe that this issue is something that we can effectively help address, more so perhaps than health as an example.

To this end the Collaborative has decided that we are going to put our energies into supporting the establishment of an Abbeyfield House. The beauty of an Abbeyfield House, is that once built and occupied, they are self-sustaining.

An Abbeyfield House for those that don't know, is a house whereby 12-14 single individuals reside in a communal situation.

Admittedly, for most of the occupants Superannuation is used up in payment per week, however there is nothing else to pay for other than their tooth paste and the like.

Each occupant has their own room with an ensuite. There is a housekeeper who provides lunch and dinner each day.

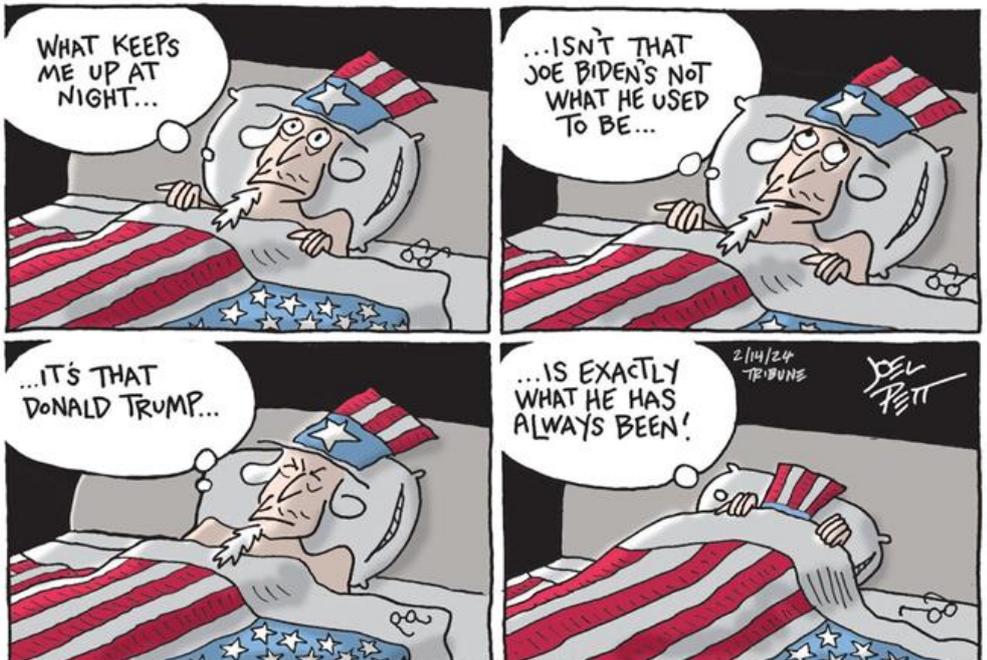
This concept is well proven with many Abbeyfield Houses around the world, with the first one being founded in England in 1956. One of the benefits of this style of living is that it can be very helpful in combating the big problem of single elderly people, that being loneliness.

A by-product of people moving into this type of accommodation is that it often leads to the freeing up of dwellings that are more suitable as family homes.

At this point in time the Collaborative are in the process of establishing a steering group. Their task will be to get underway the discussions required to find the right skillsets required within the steering group. There is a need for expertise in regards to the financial, legal, public relations, and secretarial fields for example.

I am well aware that this is a challenge and that it will take significant time and energy. However, with the right attitudes of positivity and commitment from members within our community, I am sure that the completion of an Abbeyfield complex here in North Taranaki is very achievable.

Wally Garrett - Chair, Positive Ageing NP
Positive Ageing NP



Strength and Balance classes...

Participants not only benefit physically, but socially as well.



For further information please see www.livestronger.org.nz or contact Hilary Blackstock via email:

hilary.blackstock@sporttaranaki.org.nz
Telephone: 021-480-180

Waimanako: The Hope Centre...



Taranaki's kai and support hub. Naumai, haere mai, welcome to "Te Huinga, the Gathering". It is part of Taranaki Retreat - supporting people going through challenging times. A real community support.

The Hope Centre is based at 33 Devon Street West, from 10.30am - 8.30pm, 5 days per week. There is also an excellent range of food and beverages for a koha.

Waimanako/Hope Centre is a 'Pop In' support hub - here to help people through the tough stuff. A good safe place for all. The retreat also offers a peaceful residential space to recover.

Help the Taranaki Retreat help others.

If you would like to know more, contact the Retreat:
06 215 0993

Open 24 hours per day.

THE good CAFE

The Good Café is where you can enjoy a delicious breakfast served by loving volunteers, and do a good deed by donating generously for your breakfast.

Based at St Mary's Church's Vicarage, the atmosphere is welcoming, warm and busy where people from all walks of life enjoy great food while supporting local, national and international humanitarian causes.

A minimum suggested koha is \$2 per item. Although blessed with a wonderful team of volunteers who give generously of their time, they still need to purchase the food and beverages so appreciate people's honesty and generosity.

The Good Café appreciates that some people are unable to donate. This is fine. You are still welcome to enjoy breakfast.

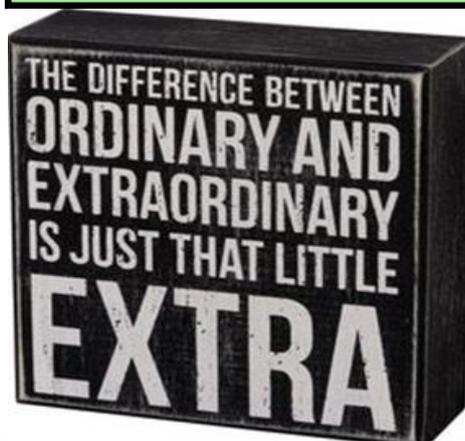
If anyone would like to make a donation towards the running of the café, please contact Jen (06) 758 3111.

Tuesday mornings
7.30 - 10.00 am
(Last orders at 9.45am)

This café is in its 12th year and has raised over \$120,000 for local and overseas causes.

A big thank-you to all those supporting this initiative, whether as a diner or volunteer.

Everyone welcome.



Citizens Advice Bureau
Te Pou Whakawhirinaki o Aotearoa

Community House
32 Leach St (next to YMCA)
New Plymouth

06 758 9542
0800 FOR CAB (0800 367 222)

newplymouth@cab.org.nz
www.cab.org.nz



SHOP local

Positive Ageing NP


NEW PLYMOUTH
Positive Ageing Trust

Your 2023/24 committee is:

Co Patrons - Peter Tennent
John Major

Chair - Wally Garrett

Deputy Chair - Richard Andersen,
Secretary - Stephanie Hansen
Treasurer - Jean Graham

Committee - Brian Eriksen, Lance
Girling-Butcher, Gordon Hudson,
Kate Knuckey and Margaret McCall.

Newsletter - Gordon Hudson.

www.positiveageingtrust.org.nz
Email: nppat@owner.gmail.com



Supporting the Community with Surplus Food...

Over 65s Free Food Service

On the House (OTH) are trialing a free food store service specially for customers over 65. The trial will be held for 4 X fortnights commencing Wednesday 1 and if it proves popular, will continue. Customers will need to bring their Super-Gold card.

Wednesdays: MAY, 1, 15, 29, and June 11: 2-3pm, Methodist Church Hall, 66 Liardet Street.

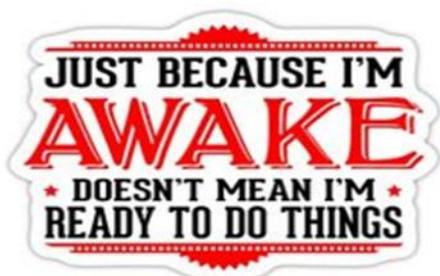
Free parking available at the YMCA from 12pm—3.30pm.
Please bring your reusable bags.

2024 Influenza immunisation update

Pharmac has announced the 2024 free flu vaccine eligibility criteria for around one million New Zealanders.

This is now available at local pharmacies, GP practices and other private immunisation providers.

It is all a bit like free health insurance - and peace of mind.



Unsure where your next meal is coming from?...

Here are some options...

Daily, (except Sunday) 10am-8.30pm **Waimanako Taranaki Retreat Hub**, 33 Devon St Plaza (suggested koha)

Sunday - Dinner - City Life Church. 24 Egmont St (old RSA) Dinner 5.30pm. 2 course meal.

Monday - On the House. St James Presbyterian Church, 2 Lawry St. Moturoa 5-6pm (redistributing quality surplus food. Bring a bag)

Monday, Wednesday and Friday, NP Community Food Bank, 36-38 Vivian St, (behind Peace Hall) 12.30-2pm. 06 758 2757.

Tuesday - Taranaki Cathedral Church—Community Breakfast—Good Cafe, held in the newly transformed Vicarage. 7.30 - 10am - last orders at 9.45am. Suggested koha is \$2, per item

Tuesday – St Joseph’s Catholic Church Hall on Devon St (down from the clock tower) Weekly dinner 5.30pm for 2 course meal.

Tuesdays, Wednesdays and Thursdays - Salvation Army Foodbank, cnr Powderham and Dawson St. Tuesday and Thursday 10 - 12 noon. For appointment, please ring 06 758 9338, Tuesday to Friday. (Closed Mondays)

Thursday - On the House, redistributing quality surplus food. 5 - 6.00pm at 10 Henui St, Fitzroy. Community Hall next to the Holy Trinity Church.

Saturday— Waimanako, 33 Devon Street Plaza—10-3pm—koha.

If anyone knows of other services, please contact me if you would like your service included.

Gordon Hudson: 021-133-7244

“I never let my best friend do stupid things.. alone.”

Activities in May...



AQUA WALKING:

Tuesday: 7, 14, 21, and 28: 10-11 - It's amazing! Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$3. Please register with Pauline prior to entering the class.

MONTHLY OUTING:

Wednesday 1 May...

Join us at 11.30am for lunch at the Tasman Club, 35 Octavius Place, NP. Entry via the Crochet Club. Buffet cost is \$25.pp. Please confirm your attendance by ringing Pauline or Robyn - 06 759 9196.

WEDNESDAY OKEE DOKEY

KARAOKE:

10 April, held at 33 Liardet Street, NP. 9.30-11.30am. Check out our really Big Screen TV - a really fun morning. Hot soup and toast.

DROP IN CAFÉ / SOCIAL MORN-

ING: Thursdays, 2, 9, 16 and 30: 9.30-11.30am. Held at Age Concern premises, 33 Liardet St., Varied programmes.

SOCIAL MORNING: Thur 24 9.30-

11.30am. Tasty Pink Ribbon for Breakfast (maybe) Raising awareness for breast cancer.

IN TUNE WITH INGLEWOOD:

Thursday 9 and 23: 1.30-3.30pm. Mamaku Centre for fabulous fun. Gold Coin donation. Singalong—food and fun.

WHAT'S ON in WAITARA: Fri-

days 3, 10, 17, and 24 and 31: 1- 30pm: Senior Citizen's Hall (Fun with music). 8 Warre Street. Gold coin or koha appreciated.

COASTAL CONNECTIONS:

OKATO... Tuesday, 27 May: 1-3 Party time—celebrating Mothers Day and birthdays, Hempton Hall Supper Room. Afternoon tea provided.

TOMORROW'S MEALS...

Convenient frozen healthy meals available for purchase daily. Excellent value.

Contact: Pauline Julian
Age-Connect Service Coordinator
06 759 9196 or 0800 65 2 105
pauline@ageconcerntaranaki.org.nz

Office Hours:
9.30-1.30pm Monday to Friday





The Aged Care Association is delighted to announce the appointment of Hon. Tracey Martin as chief executive.

Ms Martin served as the Minister for Seniors between 2017 and 2020, while also holding the offices of Minister for Children, Minister of Internal Affairs and Associate Minister of Education.

"I am excited to be joining the small but highly energised team at the Association and am looking forward to building off the excellent work done to date in advocating for the strong and well-supported care sector our more senior New Zealanders deserve." says Tracey.

"There are some critical conversations underway that have the potential to both positively and negatively impact the future of residential care for those who need this sector's support and services.

We are grateful to have someone of her calibre to lead us this vital sector.

Opinion: Gordon Hudson.



Charity AUCTION

22 JUNE 2024 6PM-9PM
NEW PLYMOUTH RACECOURSE

FUNDRAISE FOR FOODBANK

Tickets available soon!
All enquiries to: accounts@newplymouthfoodbank.org.nz

ENTRY
FEE
\$50

ALL PROCEEDS GO TO SUPPORTING
THE MAHI OF WAITARA PATAKA KAI AND
NEW PLYMOUTH COMMUNITY FOODBANK

A welcome drink will be provided along with
delicious finger food sponsored by **Kdj Catering**



AUCTION SPONSORED BY



HEALTHY ACTIVE AGEING FORUM

MONDAY 6TH MAY
10:30-12:30 PM
TSB STADIUM
NEW PLYMOUTH

10:30-12:30 Expo open 30+ stalls to connect with from local support services & interactive displays - wear comfortable footwear

There will also be short talks & workshops you can attend during the morning to hear from relevant guest speakers



A FREE EVENT
PLENTY OF PARKING

BRING A FRIEND

Contact Hilary Blackstock
(021) 480 180

hilary.blackstock@sporttaranaki.org.nz

Another wonderful initiative led by Sport Taranaki and friends and supported by Positive Ageing New Plymouth.

Free, plenty of parking, plenty to see and listen to, and if you wish, participate in. Sounds good to me.

POSITIVE
THOUGHTS
POSITIVE
LIFE



ACTIVE IN AGE

Promoting health-improving activities for the 50 plus... every Tuesday 10am-12 noon at the TSB Stadium. \$5.00 entrance fee.



Programme includes:

½ hr keep fit exercises, morning tea, then a choice of: marching/walking, stretch & flex, indoor bowls, tai chi, line dancing.

Contact: Joy Marshall for enquiries on 021 0265 0696



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'