



NEWSLETTER

November 2025



**Merry Christmas and
Happy New Year**

www.acwhanganui.org.nz

Contact Information

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Email: info@acwhanganui.org.nz

Address: 164 St Hill Street, Whanganui
4500

Office Hours

8.30am to 4.30pm Monday to Thursday

Closed on Friday

Board Members:

Chairperson Josh Chandul-Mackay

Deputy Chair Mike Russell

Secretary Louise McFetridge

Board Members Jim Berry

James Forrest

Liam Graham

Meryl Parsons

William Pati

Louise Rose

Linda Walker

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Michelle Malcolm: Manager

Michelle Fisher: Administrator

Janet Lewis: Volunteer & SAYGO

Coordinator

Lorraine Te Pou: Social Worker

Ross Gibbs: EARS Coordinator

Lisa Buchanan: Wellbeing

Coordinator Council Flats

Whanganui/Rangitikei & Senior

Driving Programmes

Heidi Raikes: Visiting Service

Coordinator

Disclaimer

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Tēnā koutou

Christmas is not far away and no doubt your Christmas shopping is well under way. For the very organised people you will probably be finished.

As you will see further along in our newsletter, our Secret Santa Gift Initiative is underway. This is now our 7th year, we can't believe how the time has whipped along. You can drop off any gifts to our office, or we can come and pick them up and they don't have to be wrapped. We are always overwhelmed with the generosity of our community with the gifts that are donated.

It is that time of year for our annual survey. If you receive our newsletter via post, you would have seen a paper form of our survey. For everyone else, you can go to our website or Facebook page, and you will see a link to it. In our next newsletter I will publish results from our survey.

There have been many highlights over the past year. The one for me has been extending the visiting service to the rural areas. We are funded by ACNZ to provide the service to the Whanganui area – this did not include the rural areas. Our Board made the decision to use money from our reserves to extend staff hours, so we are now able to offer the service to people who live in Marton, Bulls, Raetihi and Ohakune. Our office closes on Thursday 18th of December and re-opens on Monday 12th January 2026.

I would like to wish everyone a very Merry Christmas and Happy New Year! Take care, Michelle, Manager

TURBO TURTLES

Turbo Turtles is Whanganui's Mobility Scooter Club. They meet for morning tea and a chat on the third Friday of the month at 10.30am at the Roast House, 175 Victoria Ave.

They talk about obstacles that are impeding their journey around Whanganui. They have direct contact with the Whanganui District Council, who are happy to look at the issues they have raised. Noelene said the outcomes are always positive.

If you are looking at buying a mobility scooter, come and chat with the group. They will give you pointers and can tell you what to watch out for. You can also learn about the rules for riding a scooter and safety tips.

You may also find out why Noelene carries a broom on the back of her scooter! Join the group for a cuppa and she may just tell you.

For further information contact Noelene Lane, phone 0277 580 471.



The Christmas Season and Staying Connected

Christmas can be joyful time, but for many older people it can also feel lonely.

A recent survey found that nearly half of older people feel lonelier now than they did two years ago, often because of money worries or health challenges that make it harder to get out and connect with others.

Social connection supports our wellbeing, keeps the mind active, and it can give the person a sense of purpose, knowing someone values their company helps people feel needed and appreciated. That's why staying socially connected is so important.

At Age Concern, our Visiting Service offers friendly visits and phone calls from volunteers who bring company and conversation. Last year, our volunteers visited 1,341 times and made 807 phone calls. Last year, nationally, Age Concern's survey showed over 3,000 older people were supported with more than 46,000 visits and 18,000 calls.

The feedback speaks for itself. Most people who use the service feel happier and less lonely, and our volunteers say they gain so much from giving their time too.

This Christmas let's remember that a simple chat, a visit, or even a smile can make the season brighter for someone who might otherwise feel alone.

If you would like a visitor or to volunteer, please contact Heidi, our visiting Service Coordinator

Services We Provide:

Support & Advocacy

We can provide support, assistance and liaise with other community agencies.

Elder Abuse Response Service

Our staff are available to confidentially discuss and respond to situations where an older person / kaumātua's safety or wellbeing is at risk.

Age Concern Visiting Service

Our coordinator trains and supports volunteers who visit those living alone and are socially isolated in the community.

Steady as You Go (SAYGo) Falls Prevention

A unique community-based strength and balance exercise programme for men and women. Classes in Whanganui, Rangitikei and the Waimarino.

Housing (Whanganui) & Community Housing (Rangitikei)

We provide support to tenants of the Whanganui District Council Flats and the Rangitikei District Council Community Housing.

Senior Driving Programmes:

We provide a range of programmes:

- Staying Safe

Improve safe driving practices and increase your knowledge of the current Road Code. This is classroom based.

- Hanging Up the Car Keys

Planning for life after driving. Learn about the options available in Whanganui for those no longer able to drive themselves.

Information

Contact us for a wide variety of information on available services. Call in or phone to speak with our reception volunteers or staff.

Health Promotion

Seminars and forums organised on a range of topics relevant and interesting to older people.

Total Mobility Scheme

We complete the Horizons Regional Council Assessments to access subsidised fares for taxis and Driving Miss Daisy. An assessment fee applies.

Volunteer Opportunities

All volunteers are given training and support

A number of volunteering opportunities are available:

- Meals on Wheels Drivers
- Visitors

Please contact us at:

164 St Hill Street, Whanganui 4500

06 345 1799

Email: info@acwhanganui.org.nz

www.acwhanganui.org

Our office is open Monday to Thursday 8.30am – 4.30pm

We are closed on Fridays

Membership and donations to Age Concern Whanganui are appreciated and accepted. Donations of \$5.00 or more are tax deductible

New Zealand is Saying Goodbye to 3G

Are you ready for the change?

From the end of 2025 and beginning of 2026, New Zealand's 3G mobile networks will be shut down. This is part of the global upgrade to 4G and 5G technology, to deliver a more reliable experience for consumers and future-proof connectivity.

Any devices that rely on 3G technology in any way will no longer work after the shutdown. It is important to check your phone and other devices now to ensure you stay connected into the future.

Free text '3G' to 550 to check your mobile device today!

What is happening?

- 3G networks are being shut down from the end of 2025 and beginning of 2026.
- Any 3G-reliant devices will stop working. This includes mobile phones, tablets, medical and security alarms, vehicle trackers, and other business devices.
- If your phone still relies on 3G for calling, you will not be able to make calls or texts, including 111 emergency calls.
- Most people are already using 4G or 5G devices and won't need to do anything. But if you're unsure, it's important to check.
- All mobile provider networks will be shutting down, including smaller operator brands powered by the 3 main telcos – 2degrees, One NZ and Spark.

What do I need to do?

- Text '3G' to 550 to check you can stay connected.
- If your device isn't ready, you may need to update your device settings or software, or upgrade to a compatible device.
- Affordable options and support are available to support consumers through this transition.
- If you do have to upgrade, make sure you recycle your old device for free: drop off your old mobile to One NZ at 74 Victoria Ave, who are part of RE:MOBILE.



Thank you for your support

We really appreciate your support as members of Age Concern Whanganui. Annual membership fees for the financial year 1st April 2025 to 31st March 2026 can be paid by cash / internet / EFTPOs.

Our bank account is Westpac account is:

03-0791-0454649-00

If you are making an internet payment,

please email your details

to:info@acwhanganui.org.nz



Senior Driving Programmes:

More confidence and safety

Ageing affects our driving. Age Concern is offering free events for senior drivers in Whanganui and Marton. These programmes have proved to be popular and we get excellent feedback. For example, *"I feel more confident and competent...it was easy to follow...I can now make informed decisions".*

Staying Safe: is a refresher course delivered by an experienced driving instructor and educator. It is interactive, giving opportunities to understand, refresh and improve your driving. It includes the six key safety factors, planning, decision making, and the current road rules. We provide lunch and a course booklet.

Hanging Up the Car Keys: the forum is for senior drivers, their families, and health professionals. We provide a panel discussion for you to learn about medical and safety aspects, and alternative transport options.

The events are free

To register for the next programme, ring Lisa at Age Concern - 06 345 1799.





SECRET SANTA GIFTS

**For older people in our community,
Christmas can be a lonely time, with family
not living close by.**

**Age Concern Whanganui are collecting
gifts, which will be delivered
by Santa's helpers.**

**Any gift would be greatly appreciated.
If you would like to donate, please drop the
unwrapped gift into our office at
164 St Hill Street or ring 06 345 1799 and
we can pick up.**

**We are collecting up until Thursday 4th of
December 2025.**



Gingernut Truffles

Ingredients:

1 packet of gingernuts
250 grams cream cheese
1 teaspoon vanilla
100 grams white chocolate
Sprinkles to decorate

Method:

1. Pulse the gingernuts in a food processor until fine. Add cream cheese and vanilla then combine
2. Scrape into a bowl and refrigerate until firm, about 30 minutes
3. Put the white chocolate in a bowl and microwave at 50% for 30 second intervals, stirring after each, until melted
4. Dip the truffles into the chocolate until evenly coated. Decorate with sprinkles while the chocolate is still wet then refrigerate.



Be Kind to Yourself

1. Start each day with 3 things you are thankful for.
2. Do something nice for yourself everyday - give yourself a compliment, soak in a warm bath, take yourself out for coffee.
3. Make a list of mini goals – these may look like: take a shower, brush your hair, get fresh air.
4. Keep a “done list” alongside your “to do” list – to keep yourself positive about what you’ve achieved.
5. Connect – get in touch with a friend once a week, just because. It can be as simple as a quick text to say you’re thinking of them.
6. Tidy up in bite-sized bursts – set aside some time to transform one corner only of your home. Donate or bin anything unwanted within this corner. Give the rest of the corner a good dusting and try a few different arrangements.



Christmas Word Search



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

David	inn	clothes	swaddling	Emmanuel
Matthew	Luke	Messiah	men	wise
three	angel	Galilee	Nazareth	Bethlehem
frankincense	myrrh	gold	camels	sheep
cows	nativity	star	Shepherds	manger
stable	Joseph	Mary	Christmas	Jesus

HE ARA WHAKAMUA
Where from here
Essential information for older people

Lower North Island 2025-26 out now!

Download your free digital copy today

Trusted and independent info for older Kiwis.
www.eldernet.co.nz

Latest Edition is available now

The Eldernet Group has released the latest Lower North Island edition of *Where From Here-He Ara Whakamua*, a FREE, comprehensive resource designed to help older people and their whanau navigate their ageing journey.

This regionally tailored edition includes up-to-date listings of **all** care homes and retirement villages available across the Lower North Island. Extensive indexes of home support providers, along with social, kaumatau and day programmes, can also be found inside.

Where From Here empowers older people and their whanau with clear unbiased information. Find anything from financial considerations, how to go about choosing a retirement village or care home, why you should get Enduring Power of Attorney and much more.

The Eldernet Group have compiled all the facts and figures, and interpreted confusing terms, to enable older Kiwis and their families to make informed decisions with confidence.

The Lower North Island Edition of *Where from Here – He Ara Whakamua* are now being distributed by local libraries, healthcare providers, community hubs and at the Age Concern Whanganui office. The book can be accessed online for those who prefer a digital format.

How to get a free copy – a list of local distributors is available on the Eldernet website – www.eldernet.co.nz. To view it online, or to order a printed copy straight to your house – ring Eldernet on 0800 162 706.

Online Shopping: the do's, don'ts and danger zones

Buying online has never been easier – just a few clicks and a new book, garden tool, or favourite chocolate biscuits are on their way. But while the internet offers convenience, it also brings risks. That doesn't mean we should avoid it altogether! With some simple know-how tips, online shopping can be safe, savvy and even fun.

Staying Safe While Shopping: from sneaky pop-ups to dodgy websites, online shopping scams are sadly all too common.

According to CERT NZ, Kiwis lose millions each year to fraudulent sites, fake sellers, and phishing attempts disguised as shipping updates. The good news? Most scams follow a predictable pattern – and once you know what to watch for, you're halfway there.

Here are four common online shopping mistakes that can lead to trouble:

- 1. Shopping on unfamiliar or unsecure websites:* if the site doesn't show a padlock in the address bar or starts with "http" (not https), it's probably not secure. Whilst not essential, a legitimate NZ contact address and phone number adds an extra layer of reassurance.
- 2. Falling for "too good to be true" deals:* if that \$2 iPad sounds unbelievable, it probably is.
- 3. Giving too much information:* you should never have to share an IRD number, date of birth or banking pin to purchase an item.
- 4. Using public Wi-Fi for purchases:* Free Wi-Fi is great for browsing but not for entering your credit card details. Hackers love unsecured connections.

Helpful tips:

- Stick to a trusted retailer. If in doubt, Google the name followed by "scam", to check for warnings.
- "Double-check" the company or website before purchasing using Trustpilot.com or ProductReview.co.nz.
- Look for secure payment methods. Avoid direct bank transfers. Credit cards and payment platforms like PayPal offer better buyer Protection.
- Use strong passwords on your shopping accounts. A quick screen shot of your receipt or confirmation can save headaches later.
- Beware of scam delivery texts. Scammers often send texts pretending to be from NZ Post or other courier services. Never share personal information by text and be cautious if you receive calls asking for person details.



Steady As You Go

Strength & Balance Programme

There is room for new participants in the following groups:

MONDAY

Rapanui Mowhanau Community Hall

1.30pm-2.30pm

Glasgow group, St Andrew's Hall

11am-12pm

Christ Church Community Centre

11.15am-12.15pm

TUESDAY

Parkinsons group, RiverCity Boxing,

Springvale 1.30pm-2.30pm

WEDNESDAY

Riverside Christian Church 10am-11am

Faith Academy 10 am-11am

Quakers Settlement 10am-11am

THURSDAY

Aramoho Bowling Club 11am-12noon

Castlecliff Club 10am-11am

St Peter's Church Hall 11.15am-12.15pm

Durie Hill Bowling Club 10am-11am

Laird Park, Special Olympics Hall 10am-11am

HUNTERVILLE-TUESDAY

St Andrews Church Lounge

10.45am-11.45am

RAETIHI-TUESDAY

Elder Care Village 10am-11am

BULLS – WEDNESDAY

Bulls Friendship Hall 10am-11am

OHAKUNE – TUESDAY

Lion's Den, 3 Arawa Street 10am-11am

To join a group or for more information please contact Janet (06) 345 7199
saygo@acwhanganui.org.nz

Volunteers Needed!!!! Can you help deliver Meals on Wheels

Only 1.5 hours once a month

Regular day and route so you get to know the clients. Volunteer with a friend!

Make a real difference in the community. For more information call

Janet on (06) 345 7199 or email

volunteers@acwhanganui.org.nz



Membership Form

Name:.....

Address:.....

.....

Phone:..... DOB:.....

Email:.....@.....

Ethnicity:	Age Group
O NZ European	O 59 & below
O NZ Māori	O 60-69 yrs
O Pasifika	O 70-79 yrs
O Other	O 80-89 yrs
	O 90-99 yrs

Individual Member:

New O Renew O \$ 20.00

Total Mobility

Assessment & Membership \$ 25.00

Corporate Member: \$100.00

Couple Membership \$ 30.00

Total: cash/internet/EFTPOS

Please tick if require a receipt: O

Our account: Age Concern Whanganui INC

Westpac account 03-0791-0454649-00

You can email your details to info@acwhanganui.org.nz or post to PO Box 807, Whanganui 4500. All membership info

is stored on our Client Management System.

Membership fee is for the financial year 1st

April – 31st March.

**Our office will be closed
from Thursday 18th
December 2025 at 4.30 pm
and re-opening on
Monday 12th January 2026
at 8.30 am**



**Age Concern Whanganui
Board and Staff
wish you a very
Merry Christmas
and festive New Year**

