



NEWSLETTER

Autumn 2026



[.org.nz](https://www.ageconcernwhanganui.org.nz)

CONTACT INFORMATION

Phone: (06) 345 1799

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 Chandulal-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: EARS Social
Worker
Ross Gibbs: EARS Coordinator
Lisa Buchanan: Wellbeing
Coordinator WDC Flats & Senior
Driving Programmes
Heidi Raikes: Visiting Service
Coordinator

Disclaimer

Views and opinions expressed in our newsletter are not necessarily those of Age Concern Whanganui. Our newsletter contains information from external sources / websites that are not provided or maintained by Age Concern Whanganui. Please note, we cannot guarantee the accuracy, relevance, timeliness, or completeness of any information at the time of distribution.

TENA KOUTOU

It is hard to believe how the time has flown by and we are in April.

Our Secret Santa Gift Initiative was a success exceeding our expectations again for another year. We delivered 369 parcels – a huge thanks to the Whanganui community for all the gifts we received.

Our annual survey closed at the end of January and 66 people responded which was down from last year. Of the people who responded, 65% have accessed our services, 99% found we were responsive when they contacted us and 99% would recommend our services to their friends and family.

When we asked about how we could assist, we received varied comments: advertising our services, provide opportunities for social connection, and more media exposure, not just Facebook. We asked what we could do differently: advertise office hours, be more present in the community e.g. markets etc, have an afterhours number, and bigger print in the newsletter.

Thank you to everyone who completed our survey.

One last thing – this will be the last printed newsletter. I'm sorry, I know a number of people like to receive a copy in the letterbox but unfortunately due to the cost of printing and postage, we are unable to stretch our budget. As you are all aware everything is now more expensive and we are unable to afford it. I will still be doing a newsletter, but this will only be in a digital format.

Take care,
Michelle
Manager

INFORMATION ON THE USE OF AN EpiPen®

An EpiPen® is an auto-injector device that has a pre-filled syringe fitted with a needle and contains a single dose of adrenaline (also called epinephrine) for injection into your muscle. It's used in an emergency to quickly treat [anaphylaxis](#) – see [signs of anaphylaxis](#).

EpiPen auto-injectors are easy to use and can be used by anyone – parents, caregivers, passers-by or the allergic person themselves (if they're able to).

The EpiPen is designed for emergency first-response therapy only and isn't a replacement for emergency medical or hospital care. You must still call an ambulance (on 111) or be taken to hospital for observation, even if you feel much better.

Each EpiPen contains a pre-measured dose of adrenaline and can only be used once.

After you have used the EpiPen:

Phone or ask someone to phone an ambulance on 111 (in Aotearoa New Zealand) and tell the operator you're having anaphylaxis and have used adrenaline. Don't sit upright if you feel lightheaded or dizzy. Lie down and wait for the ambulance. Record the time the injection was given and take the used EpiPen with you to the emergency room. **Each EpiPen can only be used once.** After it's been used, put it back in its container and give it to your healthcare provider or hospital staff who will dispose of it for you.

In Aotearoa New Zealand, an EpiPen® can be prescribed by your healthcare provider or you can buy it directly from a pharmacy, without a prescription.

You can get two EpiPen auto-injectors funded on a prescription if:

- you have ever experienced an anaphylactic reaction and gone to a hospital or emergency department, or
- you've been assessed by your healthcare provider as being at high risk of having an anaphylactic reaction.

If you have used your device, or your device is going to expire soon, it's important to get a new prescription for another EpiPen straight away. Replacement EpiPen auto-injectors are also fully funded.

[EpiPens do have an expiry date.](#)

Information from
<https://healthify.nz/medicines-a-z/e/epipen>

STAY CONNECTED

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. A simple chat, a visit, or even a smile can make the day 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 and assistance to liaise with other community agencies.

Elder Abuse Response Service

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

Age Concern Visiting Service

Our co-ordinator trains and supports volunteers who visits 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.

Wellbeing support for the tenants living in Council flats

We provide support to tenants in the Whanganui District Council Flats

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.

Planning for life after driving. Learn about the options available in

Whanganui for those no longer able

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

Volunteering opportunities available:

- Meals on Wheels Drivers
- Visitors

All volunteers are given training and support.

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

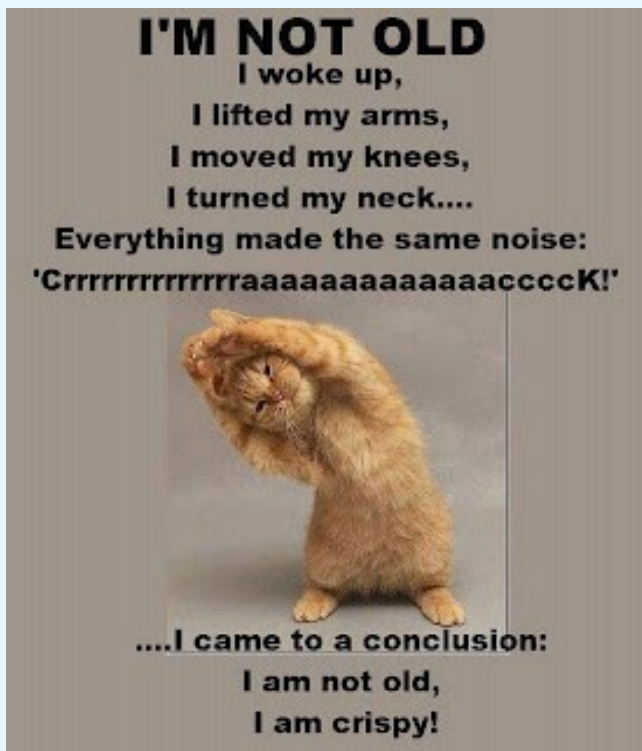
Thursday 8.30am – 4.30pm

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

ing Up the Car
Keys



FACTS AND FIGURES

Some people find statistics pretty mind numbing but for some people, they love facts and figures.

When we're going about our daily business at work, we sometimes forget how busy things can get. It's not until you start breaking down the actual numbers that you realise how many people that come into contact with Age Concern either directly or indirectly.

You can see why our statisticians spend so much time asking for these numbers as they help when it comes to planning how and what services are most useful. As we keep hearing in the media we have an ageing population. Here at Age Concern Whanganui, we like to think we are targeting our services towards those who most need it.

Here are some facts from the past year:

- 20,902 - that's how many meals were delivered by our amazing Meals on Wheels drivers over the last year. That's a lot of meals considering this vital service is performed by volunteers.
- For the Steady as you go classes, over 1,200 participants attended either weekly or twice weekly classes.
- We received 300 community work referrals.
- Our Elder Abuse Service received 447 referrals, with each referral carefully triaged. This is complex work that requires a great deal of sensitivity.
- The Visiting Service which relies on our amazing group of volunteer visitors made over 1500 visits and phone contact.

The common thread running through these figures is that a lot of these services rely on the amazing people out there who put their hands up to volunteer. They are so appreciated, we couldn't do this work without them, so a big 'thank you' for all that do.

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".

The events are free

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.

Dates for next courses:

Bulls Town Hall on the 3rd May

Summerset Rest Home Whanganui East on the 17th June

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. Date to be arranged.

If you would like to attend the next course, please register by ringing Lisa at Age Concern – 06 345 1799



ANZ INTERNET BANKING SESSIONS

We have partnered with ANZ to be able to offer internet banking sessions for customers of ANZ. The ANZ team have offered to show people how to register for internet banking and to support people to have financial wellbeing.

If you are interested, please contact our office on 06 345 1799 so we can arrange the sessions with the team from ANZ.



We really appreciate your support as members of Age Concern Whanganui.

Annual membership fees for the financial year 1st April 2026 to 31st March 2027 are due now and can be paid by cash / internet / EFTPOS.

Our bank account is Westpac account 030791-0454649-00

If you are making an internet payment, please email your details to: info@acwhanganui.org.nz

WINTER ENERGY PAYMENT

The Winter Energy Payment is an extra payment to help with the cost of heating your home over the winter months. You must be getting a main benefit, pension or jobseeker Support Student Hardship. You cannot be getting the Residential Care Subsidy or Residential Support Subsidy, living overseas or getting an overseas pension which means you don't get any NZ Super or Veterans Pension.

You don't need to apply for the Winter Energy Payment. If you meet the criteria, its paid automatically from 1 May to 1 October every year.

The payment rate:

Single people with no dependent children	\$20.46 a week
Couples, and people with dependent children	\$31.82 a week

You will get the Winter Energy Payment automatically, along with your other regular payments from MSD (either weekly or fortnightly).

The Winter Energy Payment does not affect your other payments from MSD or your income related rent. It is non-taxable and cannot be paid as a lump sum.

For couples getting the NZ Super or Veterans Pension: it is paid to one person in the couple, and the system can't split it to pay into 2 separate accounts. Generally, MSD will pay it into the bank account of the person in the couple who had the lowest client number. Your client number is on your Gold Card, Community Services card or letters from MSD.

Travelling overseas during the payment period: if you're heading away from New Zealand over the winter months, MSD can keep paying your Winter Energy Payment for up to 28 days. You must inform MSD if you plan to leave New Zealand for more than 28 days, otherwise MSD may pay you too much and have to ask for some money back.

Information from Work and Income website



CURRIED KUMARA & CORIANDER SOUP

Ingredients:

- 2 tsp oil
- ½ cup onion, finely diced
- 1 glove of garlic
- 1 tsp curry powder
- 2 cups chicken stock
- 2 kumara, cooked and mashed
- ¼ light sour cream
- ½ cup coriander, finely chopped

Method:

1. Heat oil in saucepan over low heat. Add onion, garlic and curry powder, cook for 2 minutes.
2. Add stock and mash and bring to the boil, stirring until smooth. Reduce heat and simmer for 10 minutes
3. Add sour cream and coriander, and season to taste
4. Serve with warmed naan bread if desired



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 1799 or email volunteers@acwhanganui.org.nz



10 COMMON FORMS OF FINANCIAL ABUSE

1. **Abusing Power of Attorney**

Power of Attorney gives a trusted person control over someone's assets and allows them to make financial decisions on their behalf. Abuse can occur if the attorney uses his power to take a person's assets for themselves or for others.

2. **Pressure, threats and intimidation**

This occurs when someone attempts to force an older person to sign over ownership of assets or make them a beneficiary of their will. The pressure may be physical, emotional or both.

3. **Fraud and Scams**

This occurs when a third party deliberately sets out to falsely gain a person's trust to defraud them and steal their money. Fraud and scams can take many forms, and are often targeted at older, more vulnerable people.

4. **Abusing family agreements**

Families often enter into informal agreements that are designed to help everyone but have no legal backing (e.g. older parents selling their home and split the profits with adult children). These agreements can unintentionally create various risks of abuse.

5. **Improper use of funds**

This occurs when someone who lawfully has access to an older person's money and uses it for unagreed purposes. For example, a carer could purchase things for themselves when buying groceries for the person in their care.

6. **Theft**

While theft is a risk for all people, older people are particularly at risk, especially if they have care needs. Thieves can exploit an older person's specific physical or mental vulnerabilities.

7. **Inheritance Impatience**

This occurs when adults feel entitled to an ageing relative's assets. This could cause them to try and take their assets from them. Examples include stealing money from parents' bank accounts or transferring assets to another person.

8. **Guarantors gone wrong**

Often older parents will help their adult children purchase a home or start a business by being a guarantor to a loan. In some cases, this can create situations where the older parents might lose their homes, despite there being no bad intent.

9. Failure to provide promised care

This occurs when an (often well-intentioned) arrangement for family members to provide care to older relatives in exchange for financial assistance breaks down, often because of a change in circumstances (e.g. employment) for the younger person.

10. Emotional Blackmail

This can be one of the subtle and least visible forms of abuse. Examples include an adult child refusing access to grandchildren, except in return for a loan; or an emotionally dependent adult child abusing their parents' concern by demanding money.

Information from ASB Safe & Savvy Booklet

AVOIDING SCAMS

Protect yourself with tips on how to reduce your risk and avoid being caught in a scam.

Keep yourself safe from scams: being more aware of scams is worthwhile. Many New Zealanders are caught in scams each year, resulting in significant financial losses.

There is no real way to tell for certain if an opportunity is legitimate. The things we consider as signs a company or person is trustworthy are the same things scammers imitate.

Learning how to recognise scammer's tactics is the best way to avoid being scammed.

Ways to avoid investment scams:

- Real investments don't just come out of the blue. It's illegal in New Zealand to sell a financial product through cold call or an e-mail you haven't agreed to receive.
- Sign up for two-factor authentication so you know if someone tries to access your account.
- If someone approaches you with an offer – ignore it.
- Check the source to make sure its real. Type the name of the company and 'scam warning' into your search engine. Look at the Financial Markets Authority scam warning page.
- If your money is going offshore - be very careful – it's almost impossible to get it back.
- Check whether the company is registered in New Zealand to provide financial services.
- Get a second opinion before handing over money. Run it by friends and family, seek advice from a financial advisor or talk to someone you trust who can help you to spot any red flags.

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

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

Durie Hill Bowling Club 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

MEMBERSHIP FORM

Name:.....

Address:.....

.....

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

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

Ethnicity:	Age Group
<input type="radio"/> NZ European	<input type="radio"/> 59 & below
<input type="radio"/> NZ Māori	<input type="radio"/> 60-69 yrs
<input type="radio"/> Pasifika	<input type="radio"/> 70-79 yrs
<input type="radio"/> Other	<input type="radio"/> 80-89 yrs
	<input type="radio"/> 90-99 yrs

Individual Member:

New Renew \$ 20.00

Total Mobility

Assessment & Membership \$ 25.00

Corporate Member: \$100.00

Couple Membership \$ 30.00

Total: cash/internet/EFTPOS

Please tick if you require a receipt:

Our account: Age Concern Whanganui Inc

Westpac account 03-0791-0454649-00

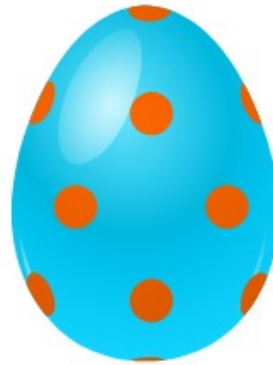
You can email your details to
info@acwhanganui.org.nz or post to PO Box
807, Whanganui 4500.

All membership information is stored on our
Client Management System. Membership
fee is for the financial year 1st April – 31st
March.



Name: _____ Date: _____

Easter Word Search



- eggs-travanganza
- eggstra-special
- hippity hoppity
- Easter Egg Hunt
- egg-specially
- Chocolate egg
- Easter Bunny
- egg-cellent
- Marshmallow
- eggs-treme
- eggs-actly
- egg-sposed
- egg-citing
- Jellybeans
- Easter egg
- egg-cited
- Chocolate
- Decorate
- festive
- Treats
- Parade
- Bonnet
- Basket
- Rabbit
- Easter
- happy
- Peeps
- Grass
- Candy
- Chick
- Bunny
- Lily
- Hunt
- Hide
- Find
- Eggs
- Hop
- Fun
- Dye

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

GRAND PARENTS RAISING MOKOPUNA DINNER



2026

19
FEB

19
MAR

7
MAY

11
JUN

6
AUG

10
SEPT

29
OCT

THURSDAY

5 - 6:30 PM

CENTRAL BAPTIST CAFE
285 WICKSTEED STREET

Woven Whānau invites grandparents raising mokopuna/grandchildren to a dinner for grandparents and their grandchildren.

 RACHEL 027 355 9411  RENE 021 143 6097  ADIE 027 689 6171



WOVEN WHĀNAU