



AGE CONCERN WHANGANUI

www.acwhanganui.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

Board Members:

Chairperson: Josh Chandulal-Mackay

Deputy Chairperson: Liam Graham

Secretary: Louise McFetridge

Members: Candice Lillington
James Forrest
Jim Berry
Linda Walker
Louise Rose
Meryl Parsons
William Pati

Staff:

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 for Whanganui Council Flats & Senior Driving Programmes

Heidi Raikes: Visiting Service Coordinator

Hi everyone

Not long until Christmas and our Secret Santa Christmas initiative. This will be our 8th year, and we are always astounded with the generosity of our community. Secret Santa will start at the beginning of November and run until Thursday 10th December. If you would like to donate an item, you can drop it into our office, or we can arrange with you to pick it up. Santa's helpers will be delivering gifts from the 14th to the 17th of December.

We held our AGM in July and awarded Honorary Life membership to Jo Power, Audrey Curran and Joy Milne. Joy and Jo are volunteer receptionists and Audrey was a meals on wheels driver for many years. Congratulations ladies and well deserved.



It has been a busy time in the office, and we continue to see and hear of how hard things are for many older people in our community. People having to choose to buy groceries or pay their power bill.

There is also increased pressure on our health system. It has become more difficult to make a GP appointment. This is not a new issue due to the GP workload, but it has gotten worse. I personally have had to wait 7 weeks to see my GP. When there is limited availability to see a GP, this then causes increases demand for WAM and ED. I had to go to ED last week to see a family member who was there and it was the busiest I have ever seen. The queue was almost through the door. There is no quick fix for our health system because if there was it would not be as bad as it is now.

Hopefully the warmer weather is not far away, and Christmas is just around the corner.

Take care 😊
Michelle
Manager

VOLUNTEER VISITORS WANTED!♥



Make a real difference

Our Visiting Service supports older people in the community through companionship and meaningful connection.

Do you have time for older people?

- ✓ Keen to spend time with an older person?
- ✓ Around one hour per week on a regular basis?
- ✓ Warm, friendly, and a good listener?
- ✓ Respectful of confidentiality and other cultures?
- ✓ Over 18?



Build connections



Support wellbeing



Strengthen our community



All Volunteer Visitors must pass a Police vetting check.

Your time can brighten someone's week.

Become a Volunteer Visitor today!



Contact Heidi,
Visiting Service Coordinator
06 345 1799
avs@acwhanganui.org.nz

Together,♥
we can make
a difference. ✨



AGE CONCERN WHANGANUI

He Manaakitanga
Kaumātua Aotearoa

VOLUNTEERS NEEDED FOR MEALS ON WHEELS!



Have a
1.5 spare
hours



Once a
Month

Meals on Wheels:

Can you help deliver Meals on Wheels?



Have you got a spare 1.5 hours once a month

We will ensure that you have the same day and route so clients.

Enjoy the same day & route

Volunteer with a friend!



Deliver Meals, Build Connections!

Help make a difference in our community.

How to Join

Call Janet: (06) 345 1799

Email: volunteers@acwhanganui.org.nz

Your community needs you!



Membership is a way the community can support the work we do on behalf of the older people in the Whanganui Region.

Membership is only \$20 per year and \$30 for a couple.

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

Membership Fees for the financial year 1st April 2026 to 31st March 2027 can be paid by cash/internet/EFTPOS

Our bank account: Age Concern Whanganui INC
03-0791-0454649-00

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

Tide and Stone

*The salt wind strips the polish from the bay,
And carves the sandstone softer day by day.
We do not fight the turning of the tide,
Nor hide the marks where sun and surge reside.
A silver fern uncurls beside the track,
No heavy thought of youth to call it back.
It takes the morning light, it stands the rain,
And counts each quiet season clear and plain.
So let the lines run deep upon the face,
Etched by the weather into patient grace.
To weather well is all the heart can ask
To love the light and finish out the task.*

Unknown author

Keep Moving

Even with reduced mobility, small amounts of movement each day can make a difference to comfort, strength and overall wellbeing. Movement doesn't have to be big to be beneficial. Light stretching, shifting position regularly, or short walks around the home can all help. Keeping the body active, even in small ways, can support energy levels, and reduce stiffness and that can make everyday tasks feel a bit easier.

Disclaimer

Views and opinions expressed in our newsletters 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.

The 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 / kaumatua's safety or wellbeing is at risk.

Age Concern Visiting Service

Our coordinator trains and supports volunteers who visit those living alone and 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

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. Classroom based.

- Hanging Up the Car Keys

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

Health Promotion

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

Information

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

Total Mobility Scheme

We complete the Horizons Regional Council Applications to access subsidised taxi fares and Driving Miss Daisy. An application fee applies.

Volunteer Opportunities - all volunteers are given training and support

A number of volunteering opportunities are available:

- Meals on Wheels Delivery
- Visiting Service
- Reception

Membership and donations to Age Concern Whanganui are appreciated and accepted. Donations of \$5 or more are tax deductible.

Please contact us at:

164 St Hill Street, Whanganui 4500

Phone: 06 345 1799

Email: info@acwhanganui.org.nz

www.acwhanganui.org.nz

Open Monday to Thursday

8.30am-4.30pm

follow us

facebook®

Age Concern Whanganui

SuperGold Card Senior Parking Scheme

This scheme gives SuperGold card holders who have applied to the council for a permit to display in their vehicle, free parking between 8am and 11am, Monday to Saturday, in the CBD.

The concession scheme applies to the areas contained within St Hill St, Taupo Quay, Drews Ave, Rutland St, Watt St, Wicksteed St and Ingestre St and includes all metered parking spaces.

SuperGold card senior parking permit holders are reminded that the scheme allows free parking within the timeframe of 8am to 11am, but that time limits set for parking

spaces still apply. This means that in Victoria Ave the senior parking concession applies for up to 90 minutes of free parking in any single space, and up to two hours for metered spaces in Ridgway Street, Maria Place and Guyton Street, and up to 3 hours in Rutland Street.

SuperGold card holders who would like to apply for the free senior parking permit can obtain an application from the Council Customer Services at 101 Guyton Street or alternatively, download the form.

Please note the permits are valid for five years from the date of issue. To renew your permit, bring your expired permit into council customer services and you'll be issued with a new one.

Make a Difference

A knock on the door might not seem like a big deal to many of us but to the homebound it could signal the arrival of the only person they might see all day.

We have a team of over 100 Meals on Wheels Volunteers who deliver a 2-course meal to clients in the Whanganui area.

We are always on the lookout for new volunteers to join us to maintain our pool of helpers.

We're often asked if groups can volunteer, and the answer is "Yes!" We welcome groups from clubs, churches, schools, and businesses.



Often a group will "adopt" a particular route on a specific day each week.

Can you spare 1½ hours one day a week, one day a month? Or would you prefer to be a relief driver?

Together we can deliver more than just a meal.

Contact Janet at Age Concern Whanganui
Ph 345 1799, volunteers@acwhanganui.org.nz

Whanganui Dementia Pathway

Te Tukanga Mate Wareware O Whanganui



29 Jun 26

Each persons journey will be different, people may be engaged in multiple stages at the same time, or in a different order. You and your whānau are always at the centre of the journey.

He mokopuna taku iti, he kaumātua taku rahi
I am a mokopuna, so my family is important to me, I have mokopuna, so I am important to my family.

Cognitive Testing for Seniors Driving

What senior drivers can expect:

- Older drivers can expect to see a shift away from routine screening for cognitive impairment when attending for assessment of fitness to drive.
- It is best to see a health professional from your usual practice, who knows you and your medical history well, for your fitness to drive assessment.
- If the general practitioner or nurse practitioner providing your assessment doesn't know you well, they may screen for cognitive impairment if they don't have enough information available to be certain there is no impairment.
- If screening identifies cognitive impairment, then there will be further assessment to decide if this affects your driving, this might be an on-road safety test or an occupational therapy driving assessment.

[On-road safety test guide](#)

[Occupational therapy driving assessment](#)

What health practitioners might discuss with older drivers:

- Safe driving depends on many factors - memory, attention, vision, physical abilities, reaction time and overall health. We look at these areas all together, not just one test result.
- Tests of thinking and memory can help spot concerns, but they don't tell the whole story about your ability to drive safely. We also consider your medical history, vision, physical abilities, and feedback from family or support people.
- If there's uncertainty about your safety on the road, based on the tests we do here at the clinic, an on-road safety test is the best way to check your current driving skills. This gives us the most accurate picture of your driving ability.
- Driving is important for independence. If changes are needed, clinicians will discuss alternative transport options and support you through any transitions. We understand how important driving is for you, and we'll help you explore other options if needed.
- The decision regarding fitness to drive is a clinical one, bound by statutory responsibilities. Your input and preferences matter in this process. We want to make decisions that are fair and safe.

FAQs for senior drivers

Why is my doctor talking to me about driving?

As we get older, changes in health, vision, and thinking can affect driving safety. Your doctor's goal is to keep you and others safe on the road while supporting your independence.

Does one test decide if I can keep driving?

No. Driving safely depends on many things such as memory, attention, vision, physical ability, and overall health. We look at all these areas together, not just one test result.

What happens if I do a memory or thinking test?

These tests can help spot concerns, but they don't tell the whole story about your driving ability. Your doctor will also consider your medical history, vision, physical abilities, and feedback from family or support people.

What if my doctor is unsure about my driving safety?

If there's any uncertainty, the best way to check is an on-road safety test or occupational therapy driving assessment. This gives the most accurate picture of your current driving skills.

Will I lose my licence if I have a health condition?

Not necessarily. Many people with health conditions can still drive safely. Decisions are made based on your overall health and driving ability, not just a diagnosis.

What if I can't keep driving?

We understand that driving is important for your independence. If changes are needed, your doctor will talk with you about other transport options and support you through any transitions. If you are not fit to drive, your health practitioner is legally required to inform NZTA of this in writing. There is information on NZTA's website about alternatives to driving.

[Alternatives to driving](#)

Can I have a say in the decision?

Decisions are made based on your overall health and driving ability. Health practitioners consider information from you, and fitness to drive assessments.



Brain Health Group Education Series 2026

Join our Brain Health Education Series and discover simple, everyday ways to strengthen your brain and protect your future. Learn what's normal (and what's not) when it comes to memory, explore habits that boost brain health, and gain practical tools like Advance Care Planning and Enduring Power of Attorney to feel confident about the road ahead. Empower yourself with knowledge that makes a real difference to your wellbeing.



Sessions...

11 am - 12:30pm

Session 1: Wednesday 29th July & 21st October

Session 2: Wednesday 5th August & 28th October

Session 3: Wednesday 12th August & 4th November

The sessions are designed to be stand alone, attend one session or all three. Limited to 20 participants per session

Where? @ The Whanganui Regional Health Network, Gate 2, 100 Heads Rd.

Registration

To secure your place:

Email: info@wrhn.org.nz

Tel: 06 348-0109

Jul/Aug Programme	Session One: Healthy brain, healthy life: Why your brain matters and how to take care of it (29th July)	Session Two: Know the signs: Understanding memory and thinking changes (5th August)	Session Three: Be prepared: Planning and protecting your future (12th August)
Oct/Nov Programme	Session One: Healthy brain, healthy life: Why your brain matters and how to take care of it (21st October)	Session Two: Know the signs: Understanding memory and thinking changes (28th October)	Session Three: Be prepared: Planning and protecting your future (4th November)
	Learn simple, everyday ways to keep your brain healthy and create your own personal action plan. You will learn: - What do normal memory and thinking changes look like - What can increase the risk of memory or thinking problems - What habits and activities help protect brain health - How to create your own plan to keep your brain healthy	A supportive session to help you recognise what's normal, what's not, and what steps you can take if you're concerned. You will learn: - The difference between normal ageing, mild cognitive impairment, and dementia - Warning signs to look out for and when to ask for help - How to prepare for a GP appointment and talk about your concerns - How to share experiences and get support in a safe, understanding space	A practical workshop introduces the tools and supports available to help you plan ahead with confidence. You will learn: - Why Advance Care Plans are important - Why having an Enduring Power of Attorney matters - What services and resources can help you navigate health and support systems



Whanganui Regional Health Network

Proudly Presented by the Whanganui Regional Health Network

Our education series aims to create a network of education sessions run by experts with an aim to tackle all of the serious issues facing our aged community.

Winter Woolies

The Gonville Knitters Group have kindly donated knitted items to us.

The group do a fantastic job and we are very grateful.

If you would like a knitted beanie, slippers or mittens, just call into our office



Team Building

Our staff team recently swapped their usual daily tasks for a high-energy community mission, successfully bagging over 300 bags of fresh mandarins.

The generous fruit donation was provided by Gordon Simpson, giving our team the perfect opportunity to connect while making a meaningful local impact.

Once packed, the bags were quickly distributed by our Age Concern Team across our region. Deliveries were made directly to council flats, local kōhanga, and a few schools, bringing fresh fruit and bright smiles to our community.

Thank you to Gordon Simpson for the donation and well done to the team for turning a team-building exercise into a fruitful community initiative!



Stay Active

Staying Active and Independent

- Aim for daily physical movement like walking or gardening to strengthen muscles and improve balance.
- Do balance exercises to prevent falls.
- Keep your mind sharp with reading, puzzles, or new hobbies.

Nutrition and Medical Care

- Eat three regular meals daily with an emphasis on protein at each meal to maintain bone and muscle strength.
- Stay up to date with routine vaccinations and health screenings.
- Manage medications carefully with advice from your doctor or pharmacist.
- Stay socially active through community groups, clubs, or volunteering to protect mental wellbeing.
- Reach out to free advisory services like Senior Line for help navigating home support or care options.



No Drivers Licensing Changes

There will be no changes to drivers' licenses for New Zealanders aged 65 to 74, despite the recent widespread social media rumors. NZTA Wake Kotahi have debunked claims of a "two-year renewal cycle" for this age bracket, confirming that senior driver requirement does not begin until age 75.

For older drivers, the latest official updates focus on medical assessments, family notifications and systemic changes

- **Medical screening update:** GPs are no longer required to conduct routine dementia or cognitive screenings based solely on age. Cognitive testing is now strictly targeted, occurring only if a doctor observes specific health concerns.
- **Family Warning Disclosures:** under updated legal clarifications, if a family member or neighbour privately alerts a GP to an individual's unsafe driving, the GP must disclose that unsolicited report to the patient.
- **The Age 75+ Rules:** the official senior renewal timeline remains unchanged. Drivers must renew their license at ages 75, 80 and every two years thereafter, requiring a medical certificate from their GP.
- **System Overhaul (January 2027):** A broader national licensing overhaul will soon eliminate the practical test required to transition from a restricted to a full licence, while expanding the zero-alcohol limit to all learners and restricted licence holders regardless of age.

What's Next for Whanganui's Housing Future

A message from the Mayor: what's next for Whanganui's housing future

Tēnā koutou katoa,

As Mayor of Whanganui, I want to update our community on housing in our district, and on a decision Council has made about how we intend to respond.

The housing system across New Zealand is changing significantly - in how homes are built, how infrastructure is funded, and who qualifies for social housing support. These changes present real challenges for communities that wait to respond, and real opportunities for those that act early. Whanganui has chosen to act.

Council has therefore decided to progress the establishment of an independent housing trust for Whanganui.

Central Government has stepped back from directly building new social housing and is instead looking to community housing providers and local partnerships to lead delivery. A local trust will allow Whanganui to partner directly, on our own terms, to get homes built here.

The trust will operate independently of council's day-to-day operations, governed by a trust deed that sets out its accountability structure. Affordability will remain a guiding principle throughout this work.

To be clear about the scope of this decision: at this stage, council is establishing the trust itself, including its structure and governance. This will not impact the tenancies for those currently in our council's Older Persons Housing.

Thank you for your interest in Whanganui's housing future.

Andrew Tripe
Mayor of Whanganui

Name: _____

Date: _____

Musical Theater

LITTLE SHOP OF HORRORS

PHANTOM OF THE OPERA

ONCE ON THIS ISLAND

FIDDLER ON THE ROOF

WEST SIDE STORY

IN THE HEIGHTS

SOUND OF MUSIC

BYE BYE BIRDIE

INTO THE WOODS

GUYS AND DOLLS

LES MISERABLES

ANYTHING GOES

WIZARD OF OZ

MY FAIR LADY

KISS ME KATE

FANTASTICKS

HELLO DOLLY

DREAMGIRLS

CINDERELLA

SHOW BOAT

PETER PAN

MUSIC MAN

BIG RIVER

HAIRSPRAY

OKLAHOMA

GODSPELL

HAMILTON

OLIVER

GREASE

WICKED

EVITA

ANNIE



C	Y	D	A	L	R	I	A	F	Y	M	R	H	P	W	P	N	G	H	A	C	Y	P	J
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Date and Apple Cake

Celebrating Our Volunteer Receptionists

Ingredients

- 1 cup of chopped dates
- 2 medium apples, peeled & diced
- 1 ¼ cups boiling water
- 1 tsp baking soda
- 150g butter
- 1 cup sugar
- 1 egg
- 1 tsp vanilla essence
- 2 cups plain flour
- 1 tsp baking powder
- 1 tsp cinnamon
- Icing sugar to dust

Directions

- Pre-heat oven to 180 degrees. Lightly grease a 22cm round cake tin with oil and line with baking paper.
- Combine dates, apples and water in a bowl. Stir in baking soda and cool.
- In another bowl, beat butter and sugar until light and fluffy. Add egg and vanilla and beat well.
- Sift flour, baking powder and cinnamon.
- Fold apple mixture and dry ingredients alternately into egg mixture.
- Pour into cake tin and bake for 1 hour or until cooked. Leave in tin for 10 minutes and dust cake with icing sugar.



We recently enjoyed a lovely morning tea to celebrate and thank our wonderful team of volunteer receptionists.

Our receptionists are such an important part of Age Concern Whanganui.

They are the friendly and welcoming voice that people encounter when they contact or visit us here at the office.

To show our gratitude, we all got together and enjoyed some delicious treats, shared some laughs and most importantly, let them know just how much they are all appreciated.

We couldn't do it without them!





A Life Tube could save your life in an emergency

The Life Tube contains vital health information and important emergency information. It is kept in a prominent accessible place such as fridge or glove box of the car and is easily identified by the red sticker that is included in the tube. To have this information available if the person concerned is unable to communicate may be, and has been, a life saver.

In the event of an emergency, the Police, ambulance, friend or neighbour will be alerted by the red sticker and know that important information is inside the Life Tube.

If you have a Life Tube and your information needs updating, call in for a new (free) information sheet and if you have purchased a new fridge.....a new sticker!

Life Tubes are endorsed by St John Ambulance, Neighbourhood Support and Police.

They are available at our Age Concern office at 164 St Hill Street, Whanganui or phone us 06 345 1799. There is a cost of \$5 per tube

Sticker and notification card inside the Life Tube. Make sure you collect your Advance Care Plan forms when you pick up your Life Tube.

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

TUESDAY

Parkinsons group, RiverCity Boxing, Springvale
1.30pm-2.30pm
Hakeke St Community Centre Library
2.15pm-3.15pm

WEDNESDAY

Faith Academy - 10am-11am

THURSDAY

Aramoho Bowling Club - 10am-11am
Castlecliff Club - 10am-11am
Durie Hill Bowling Club - 10-11am

HUNTERVILLE - TUESDAY

St Andrews Church Lounge
10.45am-11.45am

RAETIHI - TUESDAY

Elder Care Village
10am-11am

OHAKUNE - TUESDAY

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

BULLS - WEDNESDAY

Bulls Friendship Hall
10am-11am

To join a group or for more information please contact Janet Lewis, Steady As You Go Coordinator (06) 345 1799. Email saygo@acwhanganui.org.nz

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*

Thank you for your support



FORM OF BEQUEST

Take or send to your Legal Advisor
for incorporation in your Will.

"I give and bequeath the sum of

\$ _____ (or)

_____ % of my estate,
(or) residue of my estate, (or) property
or assets as follows:

free of all charges, to Age Concern Whanganui.
The official receipt of the Chief Executive or
other authorised officer of the Trustee shall be
a sufficient discharge to my executors."



MEMBERSHIP FORM

Name: _____

Address: _____

Phone: _____

DOB: ____ / ____ / ____

Email: _____

Ethnicity:

- ☐ NZ European
☐ NZ Māori
☐ Pasifika
☐ Other: _____

Age Group:

- ☐ 59 & below
☐ 60-69 yrs
☐ 70-79 yrs
☐ 80-89 yrs
☐ 90-99 yrs

Individual Member: New ☐ Renew ☐ \$20.00

Total Mobility Assessment & Membership	\$25.00
Couple Membership:	\$30.00
Corporate Member:	\$100.00

Donation: \$ _____

TOTAL cash/internet/EFTPOS \$ _____

Signed:..... Date:.....

Please tick if you require a receipt ☐

Westpac account 03-0791-0454649-00

If you are making an internet payment, please
email your details to:

info@acwhanganui.org.nz or post this form to
PO Box 703, Whanganui, 4540

Your Membership fee is for a financial year
- 1st April 2026 - 31st March 2027

OFFICE USE:

- ☐ Receipt issued
☐ Database updated
☐ Deposit date

**Thank you
for your
support**

Secret SANTA GIFT

For some older people in our community, Christmas can be a **lonely time**, especially when family and loved ones don't live close by.

 **Age Concern Whanganui** is collecting Christmas gifts that will be delivered by Santa's helpers to older people in our community. Any gift, big or small, would be greatly appreciated and will help bring some Christmas joy to someone who may otherwise feel alone. ♥

WOULD YOU LIKE TO DONATE?

Please drop your **UNWRAPPED GIFT** into our office at:
**164 St Hill Street,
Whanganui**

 **OR** 

Or give us a call on **06 345 1799** and we can arrange to pick up your donation.

WE ARE COLLECTING GIFTS
from
2ND NOVEMBER
until
THURSDAY 10TH DECEMBER

*Thank you for helping make
Christmas brighter for someone
in our community!*

*Every
gift makes
a difference!* ♥