



**AGE
CONCERN
ROTORUA**

He Manaakitanga
Kaumātua Aotearoa

ISSUE 4, 2025

NOVEMBER-DECEMBER

Helping you stay connected

Office Hours:

Tuesday - Thursday

9am - 2pm

Phone 07-347 1539

5 Tarewa Place,
Rotorua

Manager

Rory O'Rourke

manager@acrotorua.nz

Find us on 

<https://www.ageconcernrotorua.org.nz/>

We're excited to share with you the latest news and updates from Age Concern Rotorua. Our mission is to promote the well-being, rights, and interests of older people in Rotorua. We offer a range of services designed to support and enhance the lives of older people.



What we offer:

Visiting Service:

Trained volunteers visit older people in their homes, providing companionship and support.

Total Mobility Assessments:

We are qualified for assessing those who can no longer drive due to mobility or health issues, this allows for cheaper taxi fares. Over the last 12 months we have processed over 160 applications.

Information and Advice: Our experienced staff provide guidance on various topics and if we cannot help you, we will do our best and point you in the right direction.

Free Seminars: Information free to you on various topics - Parksyde Community Centre

Social Activities: Join us for coffee groups, exercise classes, and other social events designed to keep you connected and engaged.

Out and Abouters' Group: This group offers a range of social outings and activities, designed to keep you connected and engaged with your community. Upcoming events are in this issue

Rotorua Age Concern Staff

Administrator

Bethany Gibson

admin@acrotorua.nz

Wellness Coordinator

Diana Walker

wellness@acrotorua.nz

Visiting Service, Staying Safe and Shopping Service Coordinator

Karyn Rogers

visiting@acrotorua.nz



Cooking Classes: Thursdays 10am-12 midday at the Age Concern Office



You're invited to Join our
**WALKERS WITH
WALKERS GROUP**

**Meet at 10.30am Tuesdays at the
Age Concern office**

Meals for Seniors

Visit the Age Concern office
during business hours and pick up
a frozen meal.

We also will advertise on our
Facebook page on a Friday for
those that need a meal before the
weekend
Phone 07 347 -1539 and talk to
Karyn

Ratonga Tekehī Total Mobility



*Kawea i te kuaha-ki-te-kuaha, he utu kua
oti te whakamāmā*

Subsidised door-to-door transport

The Total Mobility scheme helps people with serious
mobility constraints access discounted door-to-door
transport through approved providers based in Katikati,
Rotorua, Tauranga and Whakatane.

Eligible scheme members use their Total Mobility card to
receive a 75% discount on door-to-door travel up to a
maximum of \$37.50 per trip (75% discount on \$50 full fare).

Uru mai ki te kaupapa

Join the scheme

If you would like to apply, please contact one of our
approved Total Mobility assessment agencies.

There are assessors in Rotorua, Tauranga and Whakatane.
Visit boprc.govt.nz/accessible-transport for the list of
agencies available to use.

Some agencies charge a fee for this service,
please check what their assessment or
membership fee(s) are.



**Total Mobility Assessment out of the office is
now \$50.00pp or \$70.00 for a couple.**

**Our in-house office appointments at the Age
Concern office remain \$20.00 pp.**

Who is eligible?

The assessment process
identifies whether your
mobility constraint means
you cannot manage any
one or more of these
components of a journey:

- Getting to the place
from where the
transport departs.
- Getting onto the
transport.
- Riding securely.
- Getting off the transport.
- Getting to the final
destination.

STEADY AS YOU GO



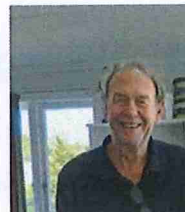
Join our exercise class to
help prevent falls

Steady as you go can
improve

- Balance
- Fitness and Wellbeing
- Flexibility
- Meet new people



A Word or two From the Manager..



Our Expo is over for another year and was a great success going by the feedback we received after the event.

19 out of 20 stall holders rated the pre-expo information as Excellent or Very good.

19 out of 20 rated organisation on the day as Excellent or Very good.

20 out of 20 had their expectations met and 20 out of 20 would love to come back next year.



A big thanks to the RLC Matching fund for supporting us financially this year and to Parksyde for the use of their rooms as a venue.

The next big event for us is the annual AGM which this year will be held on the 22nd of October.

This is an opportunity to review the year through different eyes and to reappoint the Trustees.

This year has been difficult financially as we try to claw back some of our reserves following the Tiny Homes Budget blowout caused by the huge number of variations we had to endure.

The other issue has been that our usual funders have less money to give out and invariably we will only get half of we apply for.

We are still managing to provide an excellent level of service, with a staff who have been prepared to go the extra mile to ensure that we are still providing excellent programmes to our members.

An indication of our success would be that in the last year we have over 150 new members.

Our Seminar series is attracting up to 20 plus people at a time and they are becoming more popular as we move through the year.

An indication of the popularity of the Out and Abouters minibus excursions would be that we are getting so much demand that we have had to consider another vehicle to allow our other activities to continue. We have set up a Givealittle page, and it has not been attracting much attention with a target of \$10,000.00 and so far we have not even reached our first \$500.00.

Housing remains a huge problem for many of our members as can be shown by the latest research results.

Almost 50,000 pensioners are also receiving an accommodation supplement to help cover their housing costs, and there's a warning that the bill is going to keep growing.

The accommodation supplement is paid according to a person's income, assets and accommodation costs, and is designed to cover rent, board or home loan payment.

The amount paid varies according to location but the maximum a single person with no children can get is \$165 a week.

Data from the Ministry of Social Development shows there were 48,789 people receiving NZ Super and an accommodation supplement in December, up from 47,223 in December 2023 and 34,279 in December 2019.

There were 928,029 people receiving NZ Super in total.

The share of pensioners also getting an accommodation supplement was steady at about 5 percent but as the number of retirees increased, so too did the number receiving that extra support.

For people who are poor and old they get not just NZ Super but a myriad of other support services, as they should because they need it.

But it was something that could be left out of modelling of the future cost of an ageing population.

When NZ Super was designed, people were more likely to own their own home and increasing home ownership was expected to diminish housing pressure as a source of old age poverty.

We are dealing with the opposite, an ageing population with more people reaching old age with a mortgage or no homes. The burden on social assistance from housing is going to increase.

Out & Abouters November-December 2025

These are a mix of longer day trips, with a Koha of \$10 dollars for the van and \$5 Koha for trips closer to home. There will a few new trips coming up for our members over the next few months! Warwick Pryce is our driver and our outings are coordinated by Faye Nathan.

Please choose a trip and have a secondary preference please so we can ensure our members can all attend. Contact our Age Concern office to make a booking (essential for numbers and for van spots) and don't miss out on the fun! Book your trip today and get ready to explore, socialise, and create lasting memories with us!

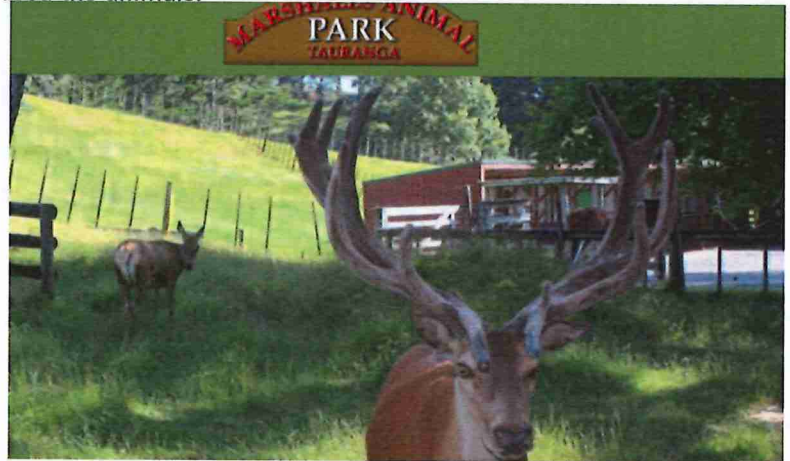
Marshall's Animal Park and McLaren Falls 06th November 2025

Departure: 9.30am from Age Concern Office, with \$5.00 Koha for the van.

Entry is \$13.00 for a Senior, animal feed is \$2.00 to feed the animals.

Featured Animals

- Clydesdale horses
- Deer (Red, White Red, Hungarian, Spotted Spanish Fallow)
- Kunekune pigs
- Goats (Angora and Cashmere)
- Emus
- Sheep
- Cattle
- Poultry
- Alpacas
- Turtles and goldfish
- Guinea pigs
- Rabbits
- Donkey
- Possum
- Timor and Miniature ponies
- Eels - underwater viewing



<https://www.tauranga.govt.nz/parks-and-recreation/parks/mclaren-falls-park>



Hamilton Gardens 13th November 2025 (Whole day trip)

Departing 9am from Age Concern office. \$10 koha for van, Hamilton Gardens entry fee \$20.00 or \$18 for group rate over 10 in attendance. www.hamiltongardens.co.nz . Lunch to be confirmed



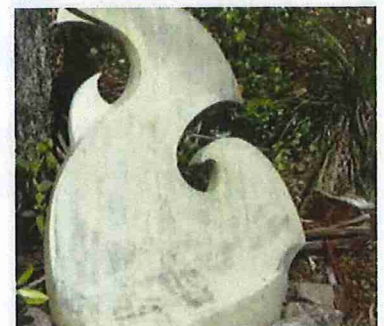
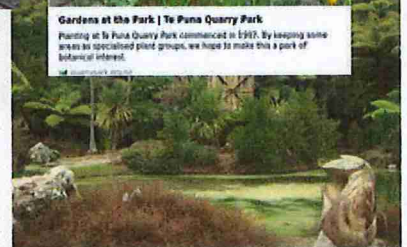
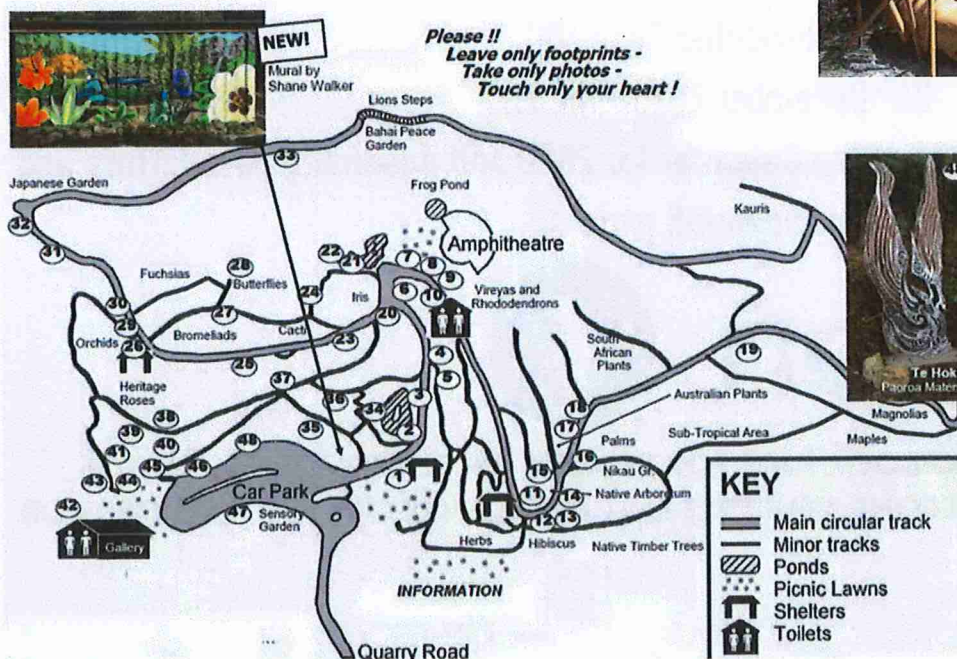
Taupo Op Shopping and Lunch Trip 20th November 2025

Departing 9.30am from Age Concern office. \$5 koha for van, visit the Hospice and Salvation Army Stores. Lunch in Taupo and a walk along the Boardwalk.



Te Puna Sculpture Whole Day Trip 27th November 2025

9.30am departure \$10 Koha for van and lunch money





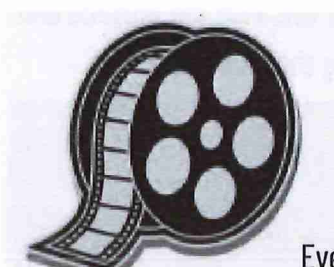
Hennessey's Christmas Lunch 04th December 2025
12 midday
Numbers to attend this will be essential due to Christmas season!

Menu
 menu From open till close We are also offer Platters!
 Bookings for these are recommended.\$20 Special -
 Tuesday or Wednesday change weekly and after...
 🇮🇪 Hennesseys Irish Bar



Age Concern Volunteers Picnic Christmas Lunch 11th December 2025

Venue: Age Concern Office/Outside Area - please bring a plate and we will have a BBQ/Picnic lunch to celebrate our Age Concern volunteers.



Introducing **MOVIE MOB!**

Every third Thursday of the month in the afternoons - either Basement or Reading Cinemas

Please book at the Age Concern office if you are interested!

Upcoming Movie Mobs for November -December 2025:

16th October 2025 12.30pm

20th November Time TBC,

04th December 2025 Time TBC.

Future dates are in the Age Concern Calendar for 2026 and upcoming newsletters and our Facebook page 😊

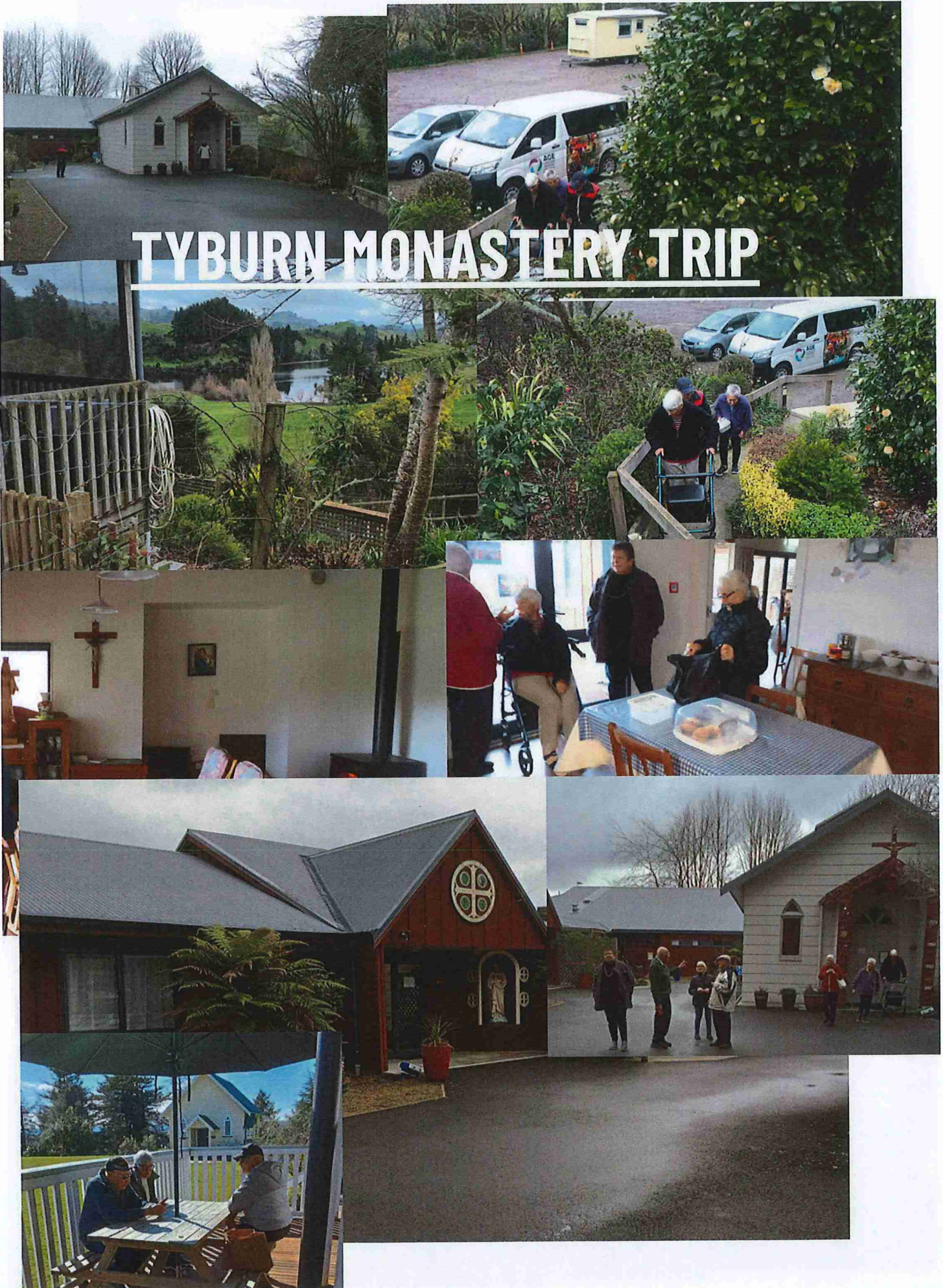
Find us on 

PLEASE CHECK IN ON OUR FACEBOOK PAGE FOR UPDATES ON CLASSES, TRIPS, PHOTOS , AND TO SEE IF ANY SPACES BECOME AVAILABLE LAST MINUTE FOR OUT AND ABOUTERS OR GROUPS !

NOVEMBER-DECEMBER 2025

Out and Abouters- August -September trips 2025

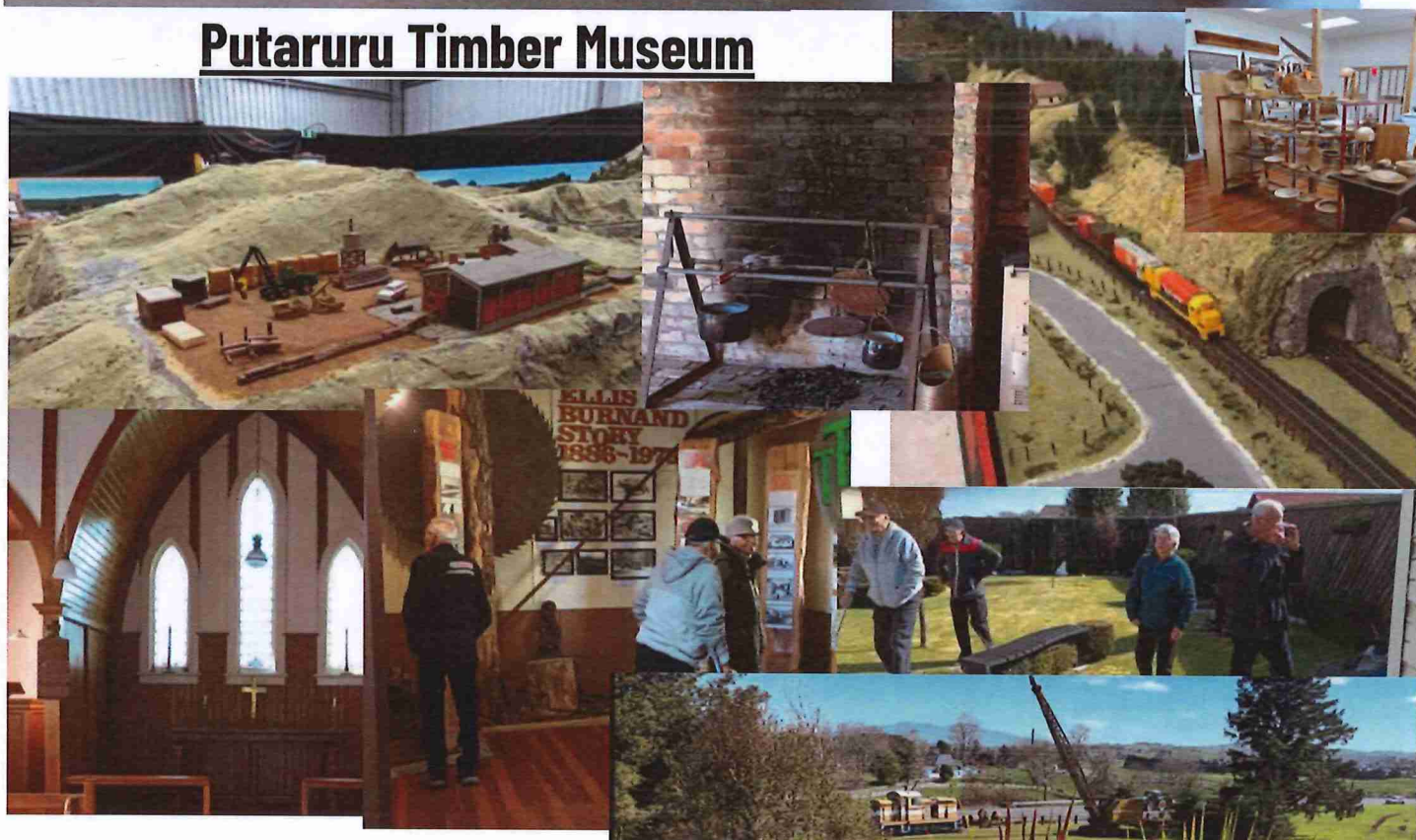
TYBURN MONASTERY TRIP

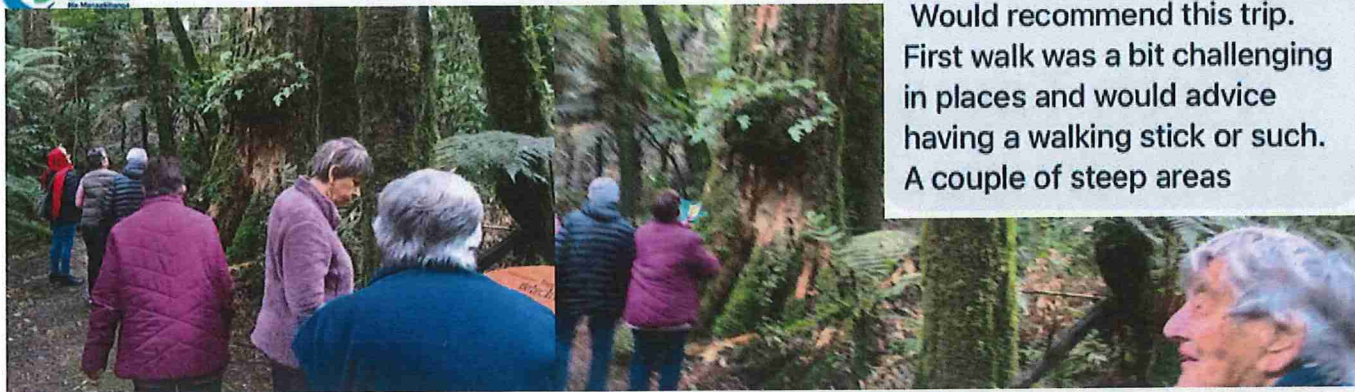


Some snaps from our recent trips



Putaruru Timber Museum





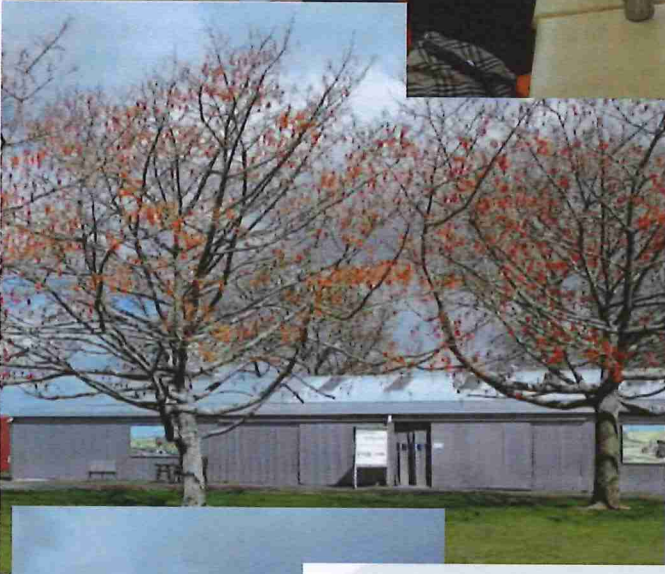
Would recommend this trip.
First walk was a bit challenging
in places and would advice
having a walking stick or such.
A couple of steep areas

Pureroa Forest Park

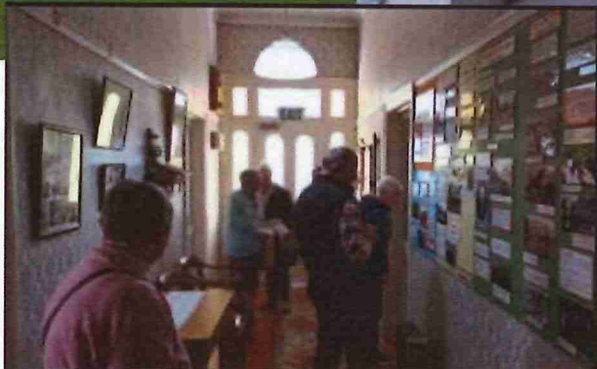
Hi Bethany we had an awesome day our today to see the oldest Totara Tree. First track thru the bush at Poukani was great to start but a bit challenging in places. We all made it tho. Next we drove towards Pureora Village and checked out an Old Winch and Boiler that helped haul out logs then saw an old tractor. Carried on for a toilet stop and lunch by the DOC camp then that's where the loop road went thru a nice track in the Forest. Lots of bird life in there..Headed back to Rotorua via a drive thru Mangakino then a stop over in Whakamaru where Warwick shouted us an icecream. We all took photos but here are some of mine



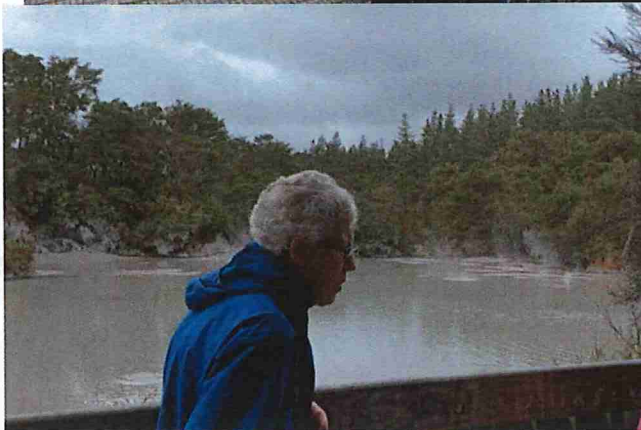
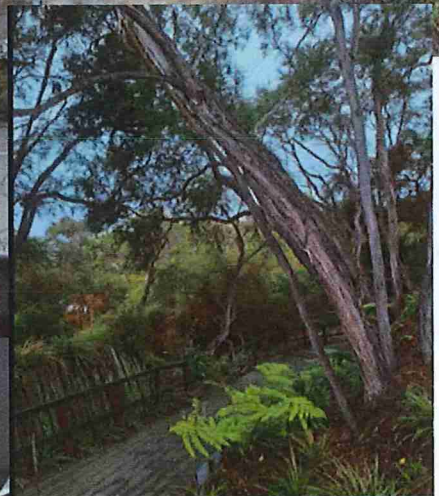
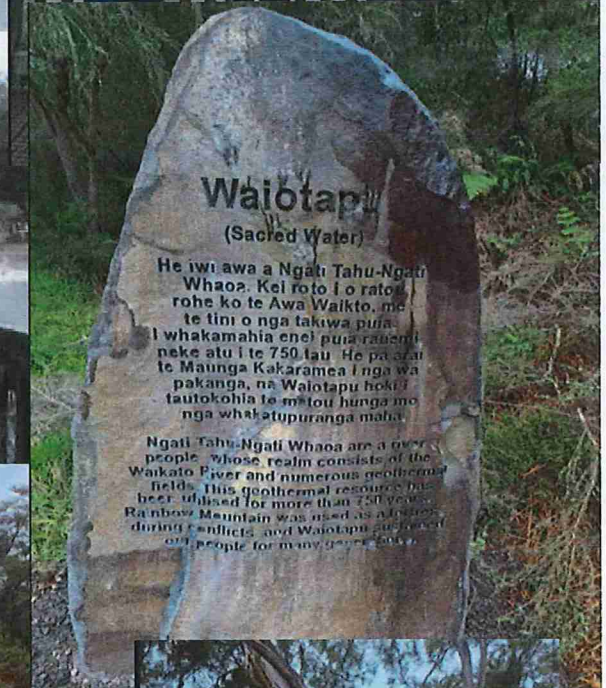
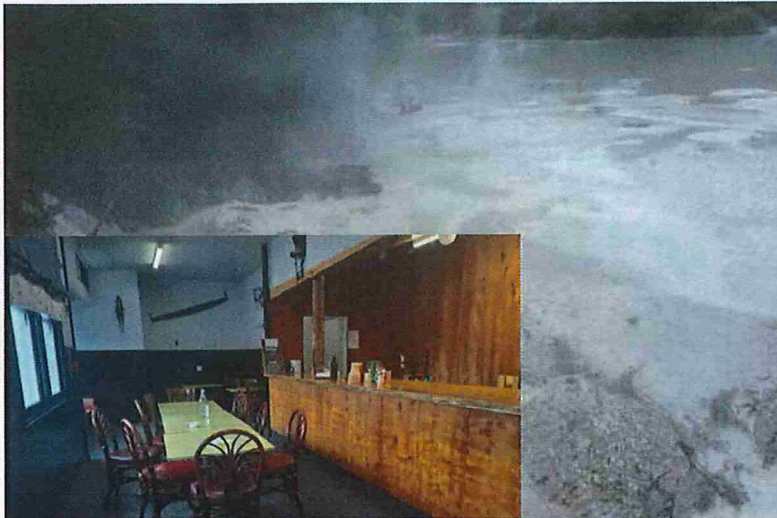
Firth Tower and Te Aroha Trip



Lovely wee town. Has some quaint and quirky shops. We are at the Bakehouse cafe.



Waiotapu Trip and Tavern



HENNESSEY'S HOT LUNCH



PUKEHINA BEACH

Had a really lovely day, lunch was very tasty, Monty's staff were superb, and we had a great time.

Faye has taken a photo for you.

Just wanted to say thank you for organising a wonderful day.

Kind thoughts

Irene Pearson 🍌





Photos from September's Positive Aging Expo



Volunteering Opportunities

We're always looking for new volunteers to join our team! If you have a little time to spare, we'd love to hear from you. Our volunteering opportunities include:

Shopping Assistance: Help seniors with their grocery shopping, providing companionship and support.

Companionship: Visit seniors in their homes, sharing interests and experiences, and helping to build friendships.

Our volunteering opportunities are flexible, requiring as little as one hour a week or fortnight. We take care to match our volunteers with clients of similar age, interests, and backgrounds, with the hope of fostering meaningful friendships.

If you're interested in volunteering or would like to learn more, please don't hesitate to contact us. Your support would make a significant difference in the lives of our seniors.

SEMINARS FOR HEALTHY AGING



Age Concern and Parkside have once again teamed up to deliver FREE seminars for Rotorua's over 55s - designed to inform and assist healthy aging




Where?
Parkside Community Centre 9 Tarawa Place

2025 Seminars

When?

Monday 17 Mar	Scam Awareness
Monday 19 May	Wills & Enduring Power of Attorney
Monday 18 Jun	All you need to know about Strokes
Monday 30 Jue	Dementia Awareness
Monday 21 July	Elder Abuse is not OK
Monday 18 Aug	Grief and Loss
Monday 15 Sep	Keeping safe in our community
Monday 29 Sep	MSD support & benefits for the older person
Monday 20 Oct	All about Macular Degeneration
Monday 17 Nov	Tips to keep living independently in your own home

Time & Cost?

10:00am to 11:30am Seminar (must register)	FREE
11:30am Morning tea in Parkside Café	\$5

Registration?
Drop in or phone Parkside between 9am and 3pm weekdays on 348 9892



Staying Safe

A refresher course for older drivers



good bitches

BAKING

Do you know a keen baker who'd love to make a difference? Encourage them to connect with Good Bitches baking. Contact them at <https://gbb.org.nz/> to learn more about this wonderful initiative. Thank you again, GBB, for spreading love and kindness through your delicious baking!



seniornet

Confidently connecting with technology

SENIOR NET Rotorua are at the Age Concern office Monthly on the 4th Tuesday between 9.30 and 11.30am.

Bring your own phone or laptop for advice around any problems you have, and they will teach you new and exciting things your devices can do. This can be One On One so please make a booking if you would like to take advantage of this fabulous offer.





ELDER ABUSE IT'S NOT OK

SPEAK OUT 0800 326 6865
support@elderabuse.nz | Text: 5033

NOVEMBER-DECEMBER 2025

WE ARE VERY EXCITED TO LAUNCH OUR NEW CALENDAR FOR OCTOBER 2025-DECEMBER 2026



AGE CONCERN ROTORUA
He Manaakitanga
Kaumihua Aotearoa






OCTOBER 2025- DECEMBER 2026 CALENDAR

Office Hours:
Tuesday - Thursday







This covers all our activities for Age Concern, as well as our upcoming Out and Abouters Trips.



Congratulations to Marion Quarterman who won our retirement piece from the July issue! She wins a cookbook and a year Age Concern membership! Congratulations Marion!



Message from Diana-Wellness Coordinator

As we move closer to the end of the year I want to take a moment to say how much I've truly enjoyed spending time with our members.

Your support, kindness and enthusiasm have made this year incredibly special for Age Concern Rotorua, and I'm so grateful for the vibrant community we've built together.

Our members are the heart of everything we do, and your continued support means so much.

As summer approaches, I hope you take time to relax, recharge, and enjoy the sunshine - whether that's with family, friends or simply soaking up the warmth.

We are here for information, advice or a friendly chat right up until mid December when we close for a break. Wishing you a joyful and refreshing Summer season.

Kind Regards Diana

Join us!



When you join or renew your Age Concern membership, it will be valid **for 12 months from the date of payment**, regardless of the time of year. Thank you for your continued support.



Membership Pricing

Single \$20.00

Couple \$25.00

Postage \$20.00 (Covers 4 issues)



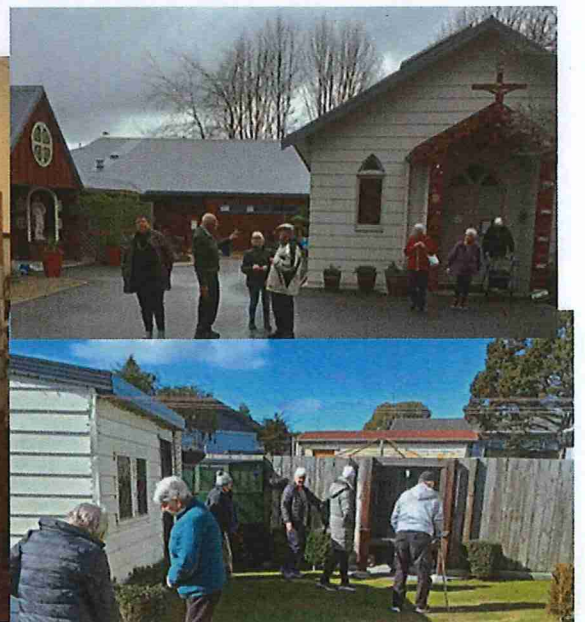
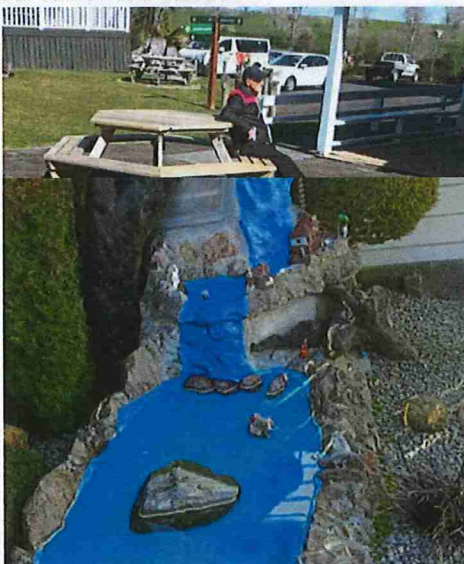
We encourage you to receive our newsletters via email, these copies are free!

Copies are available to collect at our office and a few copies are available at Parksyde Community Centre.

To access our services, trips and events you must have a current membership. Should you be unable to email us your membership details feel free to give us a call and we can take these details over the phone.

We accept cash, Eftpos including Credit Card and Internet banking.

You will find our banking details on the Membership form located at the back of this newsletter.





Meet Faye Nathan - Coffee Group Coordinator



Hi my name is Faye Nathan and I have been a member of Age Concern for about 4 years. On the first Tuesday of the Month we meet at a nominated Cafe in town at [11.am](#) for a coffee and chat. Great way to meet different Members. On the Second Thursday of the Month we meet up Skyline Skyrides Cafe from 12 to 2pm. I will always be there to greet Members. Anyone interested in joining these catch ups can leave their name and contact details at Age Concern office and I will contact you closer to the time. These will also be advertised on the AC Web page

The Age Concern Rotorua office will be closed from the 18th December- 19th January.

We open again on the 20th January.

We wish you all a safe and happy holidays





Hato Hone St John

Rotorua Health Shuttle

The St John Health Shuttle is based in Rotorua and supports the wider communities.

We transport people to and from their health-related appointments.

Our service is here for all, and the cost is a koha (donation).

For more information or to make a booking please contact us:

0800 824 3258 or email wakaora@stjohn.org.nz

Hato Hone St John's vision:
Enhanced health and wellbeing for all
Ko te mana ora ōrite



Handy Man & Garden Services
Reasonable Rates & Great Service.

Gordon Hamilton 021 086 77 912
Richard on 027 423 6867 (Handy Man, Lawns & Maintenance)
Chris Dias (Handy Man) 0279261345



HE ARA WHAKAMUA

Where from here
Essential Information for older people

Get your free Copy from Age Concern Rotorua

Take me & share me

Know your options
Learn your rights
Take control
Rules on eligibility
Live your life well

Where good decisions start
www.eldernet.co.nz

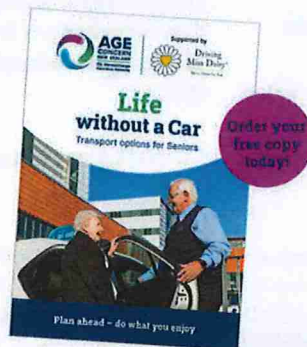
Plan ahead

Keep doing what you enjoy when you no longer drive.

Age Concern has a new booklet full of great ways to help you stay connected in your community.

Collect your free copy from Age Concern Rotorua

Call 0800 65 2 105 | www.ageconcern.org.nz



SEMINARS FOR HEALTHY AGING



Age Concern and Parksyde have once again teamed up to deliver FREE seminars for Rotorua's over 55s specially designed to inform and assist healthy aging.



Where?

Parksyde Community Centre 9 Tarewa Place

2026 Seminars

When?

- Monday 16 Mar Wills & Enduring Power of Attorney (Rotorua Community Law)
- Monday 20 April Know your Healthcare Rights (Health and Disability Advocacy)
- Monday 18 May Best Care for your Heart (Heart Foundation)
- Monday 15 June Scam Awareness (Westpac)

TOPICS TO BE CONFIRMED FOR:

20 July, 17 Aug, 31 Aug, 21 Sep, 19 Oct, 16 Nov

Time & Cost?

- 10:00am to 11:30am Seminar (must register) FREE
- 11:30am Morning tea in Parksyde Café \$5

Must Register

Drop in or phone Parksyde between 9am and 3pm weekdays on 348 9892

Shopping around could save you thousands

When you're quoted on hearing aids, it pays to compare your pair. At Specsavers Audiology, you'll have a range of options to choose from, including top tech, all at our famously everyday low and transparent prices. Now doesn't that sound good?

View our range and prices at specsavers.co.nz/hearing

Specsavers Rotorua
1211 Eruera Street Tel 07 349 2020

Specsavers
Audiology



Volunteer your time,

Make coffins that cost less.

Customise your coffin your way.

Ready made coffins available.

Storage available.

5 Ti Street, Rotorua, 3010
Phone: 07 349 5494

Opening Hours
Mon 10-12
Wed 8-1 Club Day
Fri 10-12
or by arrangement.

office@kiwicoffinclub.co.nz
www.kiwicoffinclub.co.nz
www.facebook.com/KiwiCoffinClub

Want to make a difference. Join our friendly team at The Kiwi Coffin Club.

Thank you to our sponsors



Aotearoa Trust

Charity House

Te Rakau Tu Pakari



AGE CONCERN
COOK BOOK
FUNDRAISER

TRIED & TRUE

♥ cooking with love ♥



Staying Safe Driving Courses

Had your licence for decades but never refreshed your Road Code knowledge?
Feeling unsettled because you have a medical coming to renew your licence?
Curious about what all those changes to road layout and signs mean?

Come to our FREE classroom-based refresher - it's less than an hour for every decade have held your licence! We guarantee it's engaging, and FREE Morning tea! The Staying Safe Driving Course for seniors is recommended by Waka Kotahi / NZTA.

The course gives strategies to assist us to keep ourselves and others safer on the roads.

Staying Safe is a classroom-based refresher workshop for senior road users. The workshop aims to maintain and improve safe driving practices and increase the knowledge of other transport options available to help senior road users remain safely mobile.



Staying Safe
A refresher course for older drivers

