



**AGE  
CONCERN  
ROTORUA**  
He Manaakitanga  
Kaumātua Aotearoa



**Office Hours:**  
Tuesday - Thursday  
9am - 2pm

Phone 07-347 1539  
5 Tarewa Place,  
Rotorua

**Manager**  
Rory O'Rourke  
manager@acrotorua.nz

**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

Find us on 

**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.

**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 Healthy Aging Seminars:** Information free to you on various topics - Parkside 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.

**Cooking Classes:** Tuesdays 10.30am-11.30pm at the Age Concern Office - limited to six members. We do a range of healthy meals at affordable prices and have some fun!

**Walkers with Walkers!** meet at 10.30am Tuesdays at the Age Concern office

**Aqua Jogging:** Come aqua jogging with Karyn 9am Friday mornings- call the office to book  
**Steady as you go** -Come join our Balance classes - Tuesdays and Wednesdays at the Hindu Hall- \$2.00 Koha with a cup of tea afterward

**Age Concern Coffee Groups:** 1<sup>st</sup> Tuesday of the month various locations within Rotorua with updates on Facebook a week before. On the 2<sup>nd</sup> Thursday every month meet at Skyline Gondola, up the top at 1pm. Contact Faye Nathan for more details and to join

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

**autumn issue**

# *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 Whakatāne.

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 Whakatāne. Visit [boprc.govt.nz/accessible-transport](https://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.

## **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.



**Replacement Total Mobility cards are \$15.00 and for a Total Mobility Assessment out of the office is now \$50.00pp or \$70.00 for couple. Our in-house office appointments at the Age Concern office remain \$20.00 pp.**

## A Word or two From the Manager..



The Government have made an about turn on the lunches in schools programme advising recipient schools that they are not to give any left-over food packs to outside organisations. This means that our partnership with the Salvation Army and Feeding Rotorua is at an end and we will no longer be able to provide frozen food packs to our members at no cost. Last year we gave out around 1,500 meals and won an innovative award to buy some freezers and a fridge as storage. We are working on alternatives as there is a need and we have given out 500 already this year.

We have been offered free yoga classes by a local instructor. We have advertised and there are several members who are interested and so, subject to a police check, we have decided to go ahead. The recipient of the classes will pay \$2:00 to cover the cost of hall hire.

The defibrillator we purchased using funds from Lion Foundation has arrived and once we are trained in its use, we can install it in the van for the Out and Abouters and in our main office when it is not out on the road. All our funded programmes are going well, most of which are funded by head office Health Promoting and they include Staying Safe, Aqua Jogging, On -line shopping tuition, Steady as you go, Walkers with Walkers and Just Cook4 Healthy Ageing.

As well the seminar series at Parksyde Talking Tech on Tuesday, run by Seniornet, and the Positive Ageing series are both getting high attendance.

Out and Abouters is as popular as ever and we are trying to ensure that everyone who wants to go on the excursions, can.

We still have plenty of frozen meals to give away to anyone who wants them. These are free and are nutritious meals which any members can take, as many as they like. There will be some new developments happening soon if the appropriate funding comes through.

We are always on the lookout for new volunteers so if you know of someone who can give up one hour a week to support a lonely elderly person just get them to get in touch with us.

Our finances are looking good now so we are encouraged applying for the new rounds of funding and we hope that many of our programmes will be able to roll over into this year.



# Out and Abouters Trips- April -June 2026

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! We have 9 spots per trip

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!



**02<sup>nd</sup> April 2026**  
**departing 9.30am**

**OP SHOPPING**  
**\$10 koha for van and lunch money**

## 09th April 2026- Putaruru- Timber Trip



**Departing 9am**  
**\$10 Koha for van plus admission fee**

### Admission fees

Adults: \$12.50

Gold Card: \$10.00

Children (5-14): \$7.00

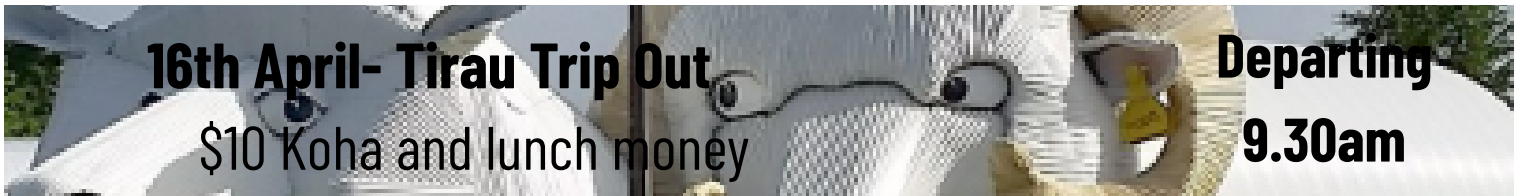
### + TrainWorld Admission

Adults: \$6.50

Gold Card: \$5.00

Children (5-14): \$3.00

Pay for admission to both the Museum and TrainWorld, and enjoy free museum entry on your next visit within the year! On your return, you'll only need to pay to explore TrainWorld.




**16th April- Tirau Trip Out**  
**\$10 Koha and lunch money**

**Departing 9.30am**



**23rd April Pureroa Park Trip**  
**departing at 9am**

**Walking shoes are needed!**




**\$10- Koha for van and lunch money needed**


### Centre of the North Island Walk


Located in [Pureora Forest Park](#) in the [Waikato](#) region

A short, flat track leads to the geographical centre of the North Island which is marked with a cairn.

 [View saved \(0\)](#)

 500 m return via same track

 **Walking and tramping**  
10 min  
[Easy short walk](#)

 **Dog access**  
Dogs with a DOC permit only. Contact closest [DOC office](#) to get a permit. [Other pets on conservation land rules.](#)

# Out and Abouters Trips- April -June 2026

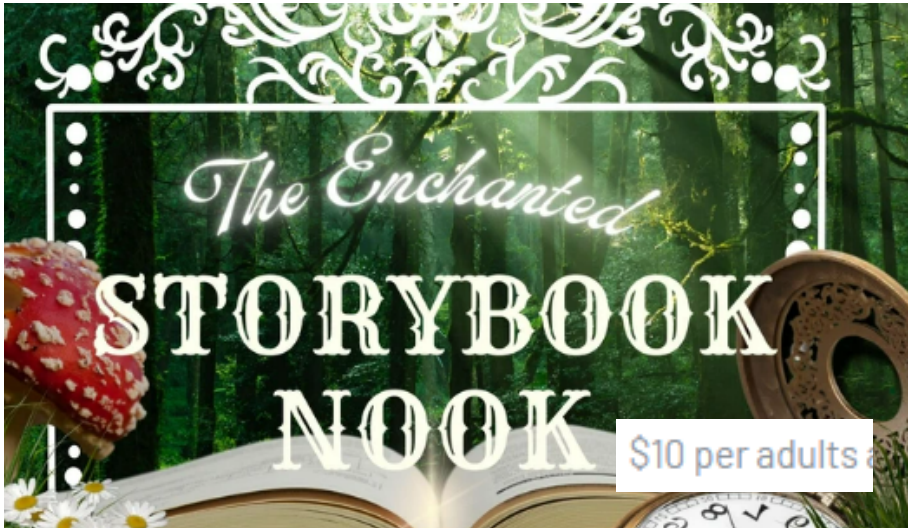
**07th May- Op Shop Trip- TBC**  
**Departing 9.30am**

**\$5.00 Koha**



## Enchanted Storybook Nook 14<sup>th</sup> May

departing 10am

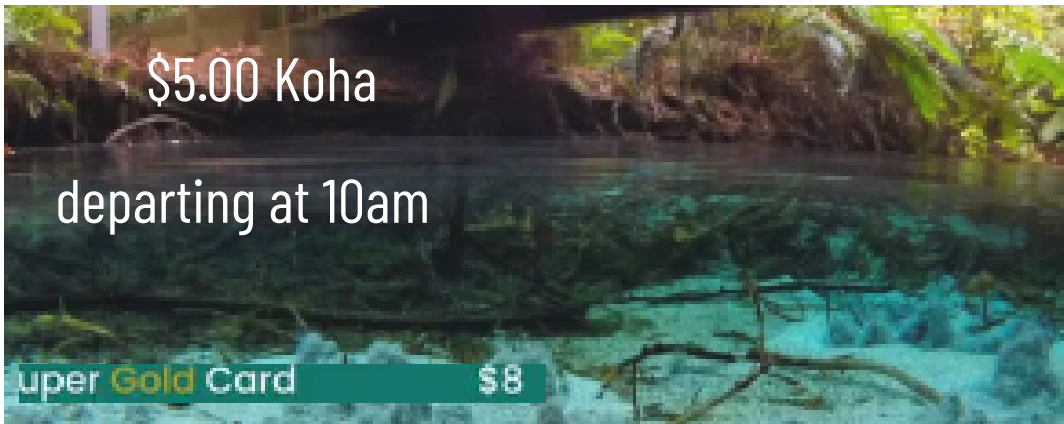


## 21st May - Hamurana Springs

\$5.00 Koha

departing at 10am

Super Gold Card \$8



## 28th May- Mamaku Blue

SINCE 1982  
**MAMAKU BLUE**  
PURE NEW ZEALAND BLUEBERRIES

**\$5.00 Koha** departing 10am



**04th June Taupo Tiki Tour**

**Departs 10am**



**\$5.00** Koha for van and lunch money

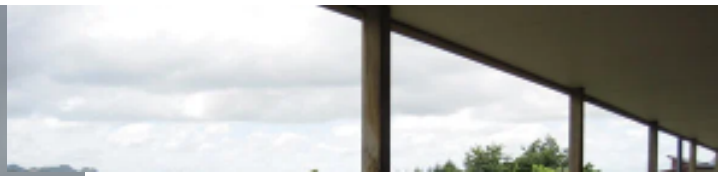
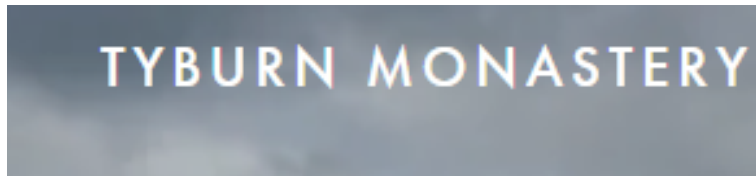
**11th June Matamata Sightseeing Tour**



**\$10 Koha and Money for Lunch**

**Departs 9.30am**

**18th June- Tyburn Monastery Departs 10am**



**\$5.00 koha to the monastery and \$10 for petrol**

**25th June- Art Gallery Day Out**



**departing 9.30am**

**\$10 Koha and lunch money**



**Tauranga Art Gallery**

**MOVIE MOB: TIMES FOR APRIL-JUNE : 2026**

**16TH APRIL 2026**

**21ST MAY 2026**

**18TH JUNE 2026**

**Middays at Basement theatre**



# Come join us for a local hot lunch

**Location sent out closer to the dates below and updates will be on Facebook- Register via email or calling the office**

Friday 10th April - Midday -Location TBC

30th April - Midday-Pullmans Hotel- Barrel and Co

Friday 08<sup>th</sup> May- Midday- Location TBC

Friday 29th May- Midday- Location TBC

12th June & 26<sup>th</sup> June Midday- Location TBC

## UPCOMING 2026 SEMINARS FOR HEALTHY AGING-

### SEMINARS FOR HEALTHY AGING



Age Concern and Parksyde have once again teamed up to deliver FREE seminars for Rotorua's over 55s - 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
Monday 20 April	Health and Disability Advocacy
Monday 18 May	Heart Foundation
Monday 15 June	Scam Awareness
Monday 20 July	What can Rotorua Library offer you
Monday 17 Aug	Prepare for emergencies and neighbourhood support
Monday 31 Aug	What help is available in your home and how to access the help
Monday 21 Sep	All you want to know about Funerals
Monday 19 Oct	St Johns Community Support & Alarm
Monday 16 Nov	How to prevent and get up from Falls

#### Time & Cost?

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

#### Registration?

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

Updated 18/12/25



**Steady as you go**  
Hindu Hall Malfroy Road  
Tuesday 10.00am  
Wednesdays: 10am 11.30am





# Talking Tech on Tuesdays

## TALKING TECH ON TUESDAYS

We have started our next Talking Tech on Tuesdays series at Parksyde, running from 10am until 12 pm on the first and third Tuesday of each month until August. Here is the programme. There is no charge, due to support from Age Concern.

### “MAKING FRIENDS WITH TECHNOLOGY”

A must for users or budding users of smartphones, tablets, laptops and PCs.

#### 7 April: “GETTING STARTED”

Choosing a device, initial setup, accounts, passwords, plans, WIFI.



#### 21 April: “SHOPPING ONLINE”

Trademe, Temu, Facebook Marketplace, supermarket delivery services, clothing, technology, etc

#### 5 May: “GOOGLE MAPS”

This is now the most used and up-to-date mapping programme. How to use it for information and use it in your car. It is a very full programme and we will show you how to get the most benefit from its use. Google Maps is always evolving – provides up to date data as you travel-

#### 19 May: “EMAIL”

Using various programs but especially Gmail. How to set up folders and organise your files. Discuss backup etc.

#### 2 June: “GOOGLE PHOTOS”

Google Photos should be installed on all your devices. Discuss face recognition, setting up Themes and many other aspects of Google Photos.

#### 16 June: “PHOTOBOOKS”

This is a 2-session unit introducing you to photobooks and how to organise your photos ready to produce your very own photobook. We all have lots of photos on our phones and let's show you how to turn them into a record in book form

#### 7 July: “PHOTOBOOKS SESSION 2”

#### 21 July: “SCAMS AND SECURITY”

How to identify and avoid telephone and online scams and frauds, how to use passwords etc.

#### 4 August: “SOCIAL MEDIA”

Social media are important today. Facebook, Messenger, We will talk about the programmes and how you can use social media for your own use. Using programmes for video calling is one of the main features.

#### 18 August: “GOOGLE PROGRAMMES”

Google have a range of programmes that you can use. Many of us are not familiar with them. This is a chance to use programmes and see how they can be used in your daily life. Many of us use Window based One Drive. We will also discuss the merits or otherwise of the two cloud services.



# SeniorNet Rotorua

## FUN TUTORING, LEARNING & GREAT COMPANY

### CONTACTS

PHONE: 022 687 9299

WEBSITE: [Rotorua.seniornet.nz](http://Rotorua.seniornet.nz)

EMAIL: [rotorua@seniornet.nz](mailto:rotorua@seniornet.nz)

### Sharing our knowledge

This may suit women and men over 55 who have an interest in technology, with online and group meetings.

Your knowledge can be of enormous help to people lacking assistance to learn and use their electronic devices.

### Regular Sessions AT THE ROTORUA LIBRARY

Mondays there are free drop-in services in the downstairs meeting room, 9am to 12 noon.

People with experience can help others with any problems they have.

We all find this a rewarding time and feel we do something to help the community.

When we are not so busy the opportunity is used to interact between members.

### RESIDENTIAL VILLAGES

By arrangement tutors can visit to help residents.

Once a month from 10.30 to 12 noon members visit to help at Glenbrae with problem solving individually.

### AGE CONCERN AND PARKSYDE

There are courses run by our team with specific topics.

These are currently held on a Tuesday morning at the Parksyde facility on Tarewa Road.

There is also individual assistance available at Age Concern on a Tuesday morning.

### FORUM

Our monthly Forum 2pm to 4pm is held at Parksyde. This is a gathering of members and visitors and takes the format of a presentation by members. The second part is afternoon tea in Parksyde's Café. Again, this is popular for members to catch up with each other.



**SENIOR NET Rotorua are at the Age Concern office Monthly on the 4<sup>th</sup> 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.



## 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



## Become a Volunteer

**We need your help**

Have you thought about becoming a volunteer?

It's so rewarding and worth it!

Help with shopping  
or  
Meet up for coffee and a chat

If this sounds like you we would love to hear from you.

Contact us Today!  
07 -347-1539  
email: [admin@acrotorua.nz](mailto:admin@acrotorua.nz)



**Family FOCUS**  
STRENGTH THROUGH SUPPORT

Our Elder Abuse Response Service (EARS) addresses the immediate safety needs of older people experiencing or at risk of experiencing abuse and neglect. The service is for people 65 years and over.

## How can the service help me?

If you are an older person and you are being abused or mistreated we can:

- Act as an advocate
- Work closely with you and your family/whānau to prevent or resolve issues of abuse
- Provide information and assistance with legal matters to support your safety and well-being
- Help you put together a safety plan
- Link you to essential resources and services within the community
- Help protect you if you are vulnerable and ensure that your best interests are observed
- Counsel you if you need support and assistance
- Provide appropriate options and support to ensure you are safe and your physical and emotional needs are being met

Elder Abuse Response Contacts: Febe Camacho



07 346 2096



[febe.camacho@familyfocus.org.nz](mailto:febe.camacho@familyfocus.org.nz)

# Join us!

## 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.



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.

# Where from here

## HE ARA WHAKAMUA

Essential information for older people

2026  
Mid North Island



**eldernet**  
*where good decisions start*

The Eldernet Group is New Zealand's most trusted provider of information for older people and their support networks.

Our aim is to empower older kiwis to make decisions that are right for them, by allowing them to access a wealth of information for free via our suite of online services and our hardcopy **Where from here He ara whakamua** handbook.

As we are entirely independent, the information we offer is unbiased and impartial.

[www.eldernet.co.nz](http://www.eldernet.co.nz)



**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!



**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](mailto:wakaora@stjohn.org.nz)

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

## Your independence is everything. Let's protect it.

With a St John Medical Alarm help is never far away.

Whether you're at home or out and about, you get the peace of mind knowing around the clock care is at your fingertips. Discover the confidence and independence a St John Medical Alarm can bring.

To arrange a **free trial talk to your doctor or nurse**, or call us on 0800 50 23 23.

For more information visit [stjohnalarms.nz](http://stjohnalarms.nz)



**Hato Hone  
St John**

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](mailto:office@kiwicoffinclub.co.nz)  
[www.kiwicoffinclub.co.nz](http://www.kiwicoffinclub.co.nz)  
[www.facebook.com/KiwiCoffinClub](https://www.facebook.com/KiwiCoffinClub)



**Volunteer your time,**  
**Make coffins that cost less.**  
**Customise your coffin your way.**  
**Ready made coffins available.**  
**Storage available.**

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

# 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](https://www.specsavers.co.nz/hearing)**

**Specsavers Rotorua**  
1211 Eruera Street Tel 07 349 2020



Audiology



## Rotorua Multicultural Council Inc

### Objectives:

1. To support migrants and international students while they settle in Rotorua.
2. To provide migrants and international students with opportunities to celebrate their cultures.
3. To increase the understanding of the local community of the contributions that migrants and international students make to the Rotorua District.
4. To build relationships between Māori and migrants and to develop the understanding of migrants of Te Tiriti o Waitangi.

**Physical Address:** The Rotorua Arts Village, 1240 Hinemaru Street, Rotorua 3010

**Mobile:** 021 741 664

**Email:** [exec.rmc@gmail.com](mailto:exec.rmc@gmail.com)

**Facebook**

**Website**



**community law**  
free legal help  
throughout aotearoa

**Te Korowai Ture o Waiariki**  
Rotorua District Community Law Centre

1276 Pukuatua Street | (07) 348 8060  
Hours: Mon - Thurs: 9am - 4pm, Fri: 9am - 2pm

## Enduring Power of Attorney & Wills

### Having problems with your hearing aids?

Not happy with your current aids, service or worried about the cost of replacing them? Welcome to Resonate's stressfree approach to better hearing.

Come to one of our Hearing Health Studios and try some of the world's best hearing aid technology. If you like what you hear, start your \$90 a month subscription service wearing the latest Vivia 9™ hearing aids.

It's as simple as that.

Contact Resonate  
0800 327 360 | [resonatehealth.co.nz](https://www.resonatehealth.co.nz)



**Caitlin & Blythe**  
RESONATE ROTORUA  
1252 TUTANEKAI STREET



### Got Diabetes?

### Join our Community Group!

We meet every Thursday morning from 9.30am  
at Arawa Bowling Club, Lytton Street, Rotorua

Phone Karen on 027 270 0486 or just come along!



Diabetes NZ Waiariki Office, Unit 7, The Business Hub, 1209 Hinemaru Street, Rotorua

Citizens Advice Bureau



## GARDENING AND HANDYMAN SERVICES

JENNIE WOODS: 0274368670 : TIDY UP SECTION JOBS

RICHARD GIBSON: LAWNMOWER, HANDYMAN, GARDENS ETC 0274236867

LAWNMOWING 02102557803

GORDON HAMILTON : HANDYMAN SERVICES 02108677912

ALLY:- GARDENING SERVICES- 0277667827

### BARRY RYAN: LAWN MOWING SERVICES

Gardener \$30 per hour 021 1381568

\* weeding

\* pruning

\* lawnmowing

Phone Allister 022 0158 321

Rotorua Landscape Gardening Limited

Call us today to see how we can help you:

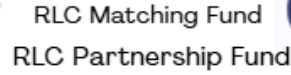
0800 380 280

[info@freedomalarms.co.nz](mailto:info@freedomalarms.co.nz)

[www.freedomalarms.co.nz](https://www.freedomalarms.co.nz)

Freedom

Medical Alarms



THANK YOU FOR SUPPORTING US!





# MEMBERSHIP FORM

AGE CONCERN ROTORUA

Charities Commission Number CC2693

Date: / /

## PERSONAL INFORMATION

Full Name/s

Mr / Mrs

D.O.B

/ /

Mr / Mrs

D.O.B

/ /

Address

City

Post Code:

Email

Phone Number

Landline:

Mobile:

Emergency Contact

Name:

Relationship:

Emergency Contact

Phone:

## TYPE OF MEMBERSHIP

\*Choose your type of membership

\$20 Single

\$25 Couple

New Membership

Renewing Membership

\*Choose how you would like to receive our quarterly newsletters

Post \$20.00

Email

I would like to donate \$\_\_\_\_\_to support Age Concern services in Rotorua

TOTAL \_\_\_\_\_

\*Please select any services that may be of interest

Wellness Visit

Total Mobility

Social Connection

Staying Safe Driving

Van Trips (Out & Abouters)

Free Seminars

Become a Volunteer

If you wish to pay via internet banking, our account details are: 38-9012-0590627-00

Please use your surname and initials as a reference and email your contact details or form to [admin@acrotorua.nz](mailto:admin@acrotorua.nz)

CASH, EFTPOS & CREDIT CARDS WELCOME -SORRY NO PAYWAVE

### Terms & Conditions

Our membership runs June to June. You must be a current paid member with Age Concern Rotorua to access our services within our region. By filling this form you are giving Age Concern consent to add personal information onto our data base. This private information will not be shared with anyone outside our organisation with out your prior consent. Receipts are issued and donations over \$5.00 are tax deductible.

Office Open: Tue-Thur  
9am - 2pm

Age Concern Rotorua: Parksyde House, 5 Tarewa Place(next to Parksyde)  
PO Box 1605, Rotorua 3040 Ph: 07 3471539 [admin@acrotorua.nz](mailto:admin@acrotorua.nz)