

ISSUE 02, WINTER 2025



AGE
CONCERN
TAURANGA

He Manaakitanga
Kaumātua Aotearoa

Age Concern Tauranga

Keeping You Connected



www.ageconcerntauranga.org.nz

Contact Information

Phone: (07) 578 2631

Email: ageconcerntga@xtra.co.nz

Address: 177A Fraser Street, Tauranga 3112

Office Hours:

8.30am - 3.00pm Monday to Friday

Age Concern Tauranga Board

Chair: Anna Bones

Vice-Chair: Eddie Jackson

Treasurer: Eddie Jackson

Board: Angela Scott, Marilyn Shuker,
Adrienne von Tunzelmann and
Roger Goodman

Staff

General Manager: Tanya Smith

Receptionist/ Administrator: Deb Nash

Visiting Service Coordinator: Ali Hill

Staying Safe Facilitator: Ian Lee

Total Mobility Assessor: Judi Steel

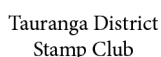
Social Connection Coordinator: Nikki
Moloney

Social Activities Coordinators:

Lesley Tong (Brookfield), Doreen Prime
(Te Puke), Mary Mullany (Greerton)

The views expressed in the magazine are not necessarily those expressed of Age Concern Tauranga Region. The inclusion or exclusion of any product does not mean that Age Concern advocates or rejects its use.

We are grateful to all our funders:



Community Support:

Our team has a wide knowledge of government and community services and are able to respond to enquiries on a number of subjects.

Age Concern Visiting Service:

Our Visitor Service provides companionship to people over 65 who are lonely/ socially isolated and would like a regular visit from a friendly volunteer. We aim to match people with volunteers who live in the same area and have similar interests.

If you're feeling lonely/ socially isolated or if you know someone who would like a visitor, phone our office to speak to our Visiting Service Coordinator.

Staying Safe Refresher Course for Older Drivers:

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with NZ Transport Agency Waka Kotahi. 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. Please call the office for upcoming course dates.

Total Mobility Scheme:

We are an assessing agency for the Bay of Plenty Regional Council to access subsidised taxi fares. An assessment fee applies.

Steady As You Go Exercise Classes:

Steady As You Go exercise classes are designed to improve strength and balance and help prevent a fall. Classes consist of a combination of sitting, standing, and walking exercises. Small fee applies. Please call the office for available classes in your area.

Ageing Well:

We deliver a range of programmes and activities that are fun and social. Workshops provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology, and safe driving.

What's on..

Wednesday Walking Group

– Key Dates meet at 10am unless advised

- 4 June 2025:** Pacific Avenue (meet by the toilets), Mount Maunganui
- 11 June 2025:** McFetridge Lane, Ohauiti
- 18 June 2025:** Wylie Street (meet at bottom of street), Greerton
- 25 June 2025:** Lakeview Bus Stop (The Lakes), Pyes Pa
- 2 July 2025:** Papamoa Plaza, Gravatt Road (by the bus stop)
- 9 July 2025:** End of Sterling Gate Drive, Bethlehem
- 16 July 2025:** Memorial Park (entrance by 7th Avenue, meet by fountain)
- 23 July 2025:** Maungatapu Shops, Maungatapu
- 30 July 2025:** St Stephens Church, Brookfield (off Brookfield Terrace)
- 6 August 2025:** Pacific Avenue (by the toilets), Mount Maunganui
- 13 August 2025:** Briscoes, Chapel Street
- 20 August 2025:** Sunny Bay Road, Matua
- 27 August 2025:** Yatton Park, Greerton (meet at the carpark)

500 Card Group – Mondays except public holidays

Come along and learn with a friendly group from 9.30am to 11.30am, held at our office. Gold coin donation. Light refreshments provided. All welcome.

Monthly Meetings – June – August 2025

Thursday 26 June 2025

AGE CONCERN TAURANGA ANNUAL GENERAL MEETING

Venue: Tauranga Citizens Club, 13th Avenue, upstairs. \$4pp, refreshments provided.

Start: 10am – 11.50am

Speaker: Gareth Wallis GM: Tauranga City Council City Development & Partnerships

Topic: New TCC public building and private developments happening in the city centre

RSVP: To the office 578 2631 by Monday 23 June 2pm

Thursday 31 July 2025

Venue: Tauranga Citizens Club, 13th Avenue, upstairs. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Ken Collings

Topic: An optimistic view of technological changes in the next 10 years

Thursday 28 August 2025

Venue: Tauranga Citizens Club, 13th Avenue, upstairs. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Gabriel Hurford, Tauranga City Council, Senior Waste Minimisation Officer

Topic: The journey of rubbish and recycling in Tauranga

Coffee and Conversation

Do you like having someone to chat with over a relaxing cuppa? Then come and join our Coffee and Conversation group to meet others who are friendly and like-minded.

Brookfield – 1st Wednesday of each month, 10.30am to 12pm

Wednesday 4 June, 2 July, and 6 August. St Stephen's Methodist Church Hall, 9 Brookfield Terrace, Brookfield \$3pp

Greerton – 2nd Thursday of each month, 10.30am to 12pm

Thursday 12 June, 10 July and 14 August. Greerton Senior Citizens Hall, 33 Maitland Street, Greerton \$3pp

Te Puke – 2nd Tuesday of each month, 10am – 11.30am

Tuesday 10 June, 8 July and 12 August. Citizens RSA Te Puke, 179 Jellicoe Street, Te Puke \$5pp

Mini Bus Adventure

Saturday 14 June 2025

The Oaktree Restaurant, Greerton
\$10 plus lunch at own cost.

Phone the office to reserve your seat.

Saturday 12 July 2025

Waihi Beach RSA

\$25 plus lunch at own cost.

Phone the office to reserve your seat.

Saturday 9 August 2025

Nourish Café, Te Puna

\$10 plus lunch at own cost.

Phone the office to reserve your seat.

3G Mobiles Phasing Out

What is happening

New Zealand's three mobile operators, 2degrees, One NZ and Spark, will be shutting down their 3G networks later this year.

3G (third generation) is an older technology first introduced in 2006 and will soon no longer be supported. It has already been switched off in Australia and many other parts of the world, and now New Zealand is also turning off these networks.

After the 3G shutdown, mobile and other devices that are 3G reliant will no longer connect, so calls will not go through.

This includes calls to the 111-emergency number. If you want to remain connected, you need to have at least a 4G compatible device.

How do I know if I am affected

Most customers won't need to do anything if you are already using 4G and 5G capable mobile devices. However, if you use a 3G phone, you may need to update device settings to make sure it continues to connect, or in some cases you will need to upgrade your phone.

If you do need to upgrade your phone, remember that you don't need to buy an expensive top of the range model. Options range from as low as \$50, so you can shop around and decide on a phone that's right for you while you have time.

What do I need to do?

Check if your phone is already 4G compatible. You can do this by visiting your mobile providers' website, giving them a call, or visiting your local store. If you're unsure, customer service teams are there to help you figure out if your phone is already good to go or needs any attention, and what exactly you may need to do next.

You can recycle your old device for free through the phone recycling scheme **RE:MOBILE**. There are freepost and local drop-off location options. This ensure materials can be re-used and prevents harmful items like batteries leaking and causing fires.

Source: Office for Seniors



DIGITAL LEARNING

Tū Mai Digital

We are excited to bring this initiative to Age Concern Tauranga's office. The digital landscape is changing every day and for those who do not have basic digital literacy skills, the gap is widening. From being able to book appointments to online banking, staying in touch with friends and family and communicating with government organisations.

Tū Mai Digital offers **FREE** training in the basic use of smart devices and devices and internet connectivity for those who can't afford it. To register phone our office 578 2631 to arrange your digital learning with Tū Mai Digital.



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Ongoing Driver Licence Saga



Despite issues raised with NZTA by Grey Power last year, clarity about the use of cognitive tests by GPs for renewal of driving licences for seniors has not been forthcoming in the new guidelines.

It appears that the NZTA feels powerless to direct how medical professionals should act when evaluating senior drivers.

However, it does acknowledge the current situation has created stress, unnecessary cost, and unfair outcomes for many seniors.

To try and address this, NZTA is setting up a forum which involves NZTA, the Royal College of GPs, Occupational Therapists, the Ministry of Health, Police, Grey Power and Age Concern.

The aim is for all parties to better understand the issues affecting senior drivers attempting to renew their licences. This month the forum will explore what practical steps can be taken to restore a level playing field for all.

Importantly, NZTA has moved to address long wait times for securing an On Road Safety Test (ORST) with accredited examiners around the country.

This has resulted in waiting times being significantly reduced.

NZTA has also clarified that the ORST is free to all drivers 75 or older. This applies to those referred for the test by their GP/specialist and those who want to take a test prior a driving medical with their GP.

The ORST is also a significant part of the assessment for those referred to an occupational therapist by their GP. However, the cost may exceed \$1000. In many cases the free ORST may have been all that was required to satisfy a GP that a senior was fit to driving.

However, many GPs appear not to utilise this less expensive option for determining driving competence. While this campaign for a fairer process has been protracted, we will not rest until positive solutions are implemented.

NOTE: NZTA have just announced that seniors can now apply for their licence renewal up to six months prior to their birthday. It is hoped that this will avoid expiry of licence due to lack of adequate time.

Source: Grey Power NZ

National Volunteer Week

15 - 21 June 2025



A very heartfelt thank you to our amazing, dedicated volunteers.

From the team at Age Concern Tauranga

Free Staying Safe refresher course for older drivers



The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns.

During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in, 07 578 2631. Alternatively, if you have already put your name down for the course.

We will be in contact soon!



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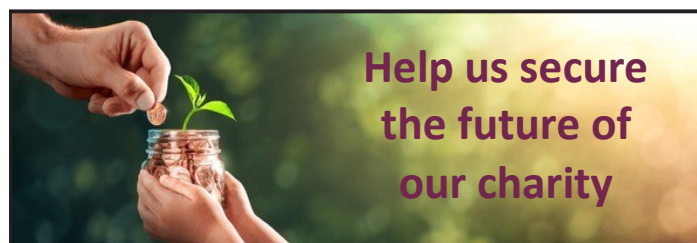
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Age Concern Tauranga Incorporated
ANNUAL GENERAL MEETING NOTICE

Thursday 26 June 2025

10am - 10.30am

**Held at the Tauranga Citizens Club upstairs lounge,
 70 Thirteenth Avenue, Tauranga.**

Guest Speaker:

10.45am – 11.45am

**Gareth Wallis GM: Tauranga City Council
 City Development & Partnerships**

**Topic: New TCC public building and private
 developments happening in the city centre**

Limited seats for the Guest Speaker

Please RSVP by Monday 23 June 2pm

Phone the office on 578 2631.

All Welcome

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 Lunch at your own cost after the AGM
 at the Bistro downstairs.

Phone the office 578 2631 by Monday 23 June 2pm
 to reserve your seat for lunch.

FORM OF BEQUEST

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

"I give and bequeath the sum of

\$_____ (or)

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

 free of all charges, to Age Concern Tauranga.
 The official receipt of the General Manager or
 other authorised officer of the Board shall be a
 sufficient discharge to my executors".

**Age Concern Tauranga
 Membership Form**

**Please forward your subscription with this
 form to:** Age Concern Tauranga, 177a Fraser
 St, Tauranga 3112.

Age Concern Tauranga is a registered
 charitable entity (CC25758) and appreciates
 the generosity of the community by way
 of subscriptions, donations and legacies.
 Donations are tax deductible over \$5.00.

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 welfare of older people in Tauranga and are
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