

ISSUE 01, 2024



AGE
CONCERN
TAURANGA

He Manaakitanga
Kaumātua Aotearoa

Age Concern Tauranga

Keeping You Connected



www.ageconcerntauranga.org.nz

Contact Information

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Staying Safe Facilitator: Ian Lee

Total Mobility Assessor: Judi Steel

Social Connection Coordinator:

Nikki Moloney (Papamoa)

Social Activities Coordinators:

Lesley Tong (Brookfield), Nikki Moloney (Papamoa), Margaret Edge (Te Puke), Pam Voermanek (Arataki)

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

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 of Older Drivers:

Staying Safe is a free classroom-based refresher workshop for senior road users. Age Concern delivers this programme in partnership with Waka Kotahi (NZTA). 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 07 578 2631 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.

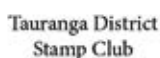
Steady As You Go Exercise Classes

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. Phone 07 578 2631 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.

We are grateful to all our funders:



Should people with Gout avoid foods high in purines?

The simple answer is that not all purines are equal. It's not that helpful to avoid all foods with purines as some behave differently than others. Avoiding foods high in purines to reduce the risk of gout arthritis attacks isn't entirely necessary. In fact, food and drink make very little difference to your uric acid levels.

What are purines?

Purines are a class of molecules with two rings and are made up of bases like adenine, guanine (like in DNA and RNA), hypoxanthine, and xanthine. Scientists found that the type of purine and the amount of purines in a food should be taken into consideration in diet therapy for Gout Arthritis.

Around two-thirds of purines are made by the body from the normal process of dying and renewing cells. Around one-third are from external sources of food and drink. When the body breaks down purines, uric acid is formed, which is normally re-absorbed in the body or excreted in urine and faeces.

A person's uric acid level is due to a few factors; genetics, kidney function and being overweight are the biggest contributors. Food and drink consumed only contribute to around 10% of your uric acid level, so diet alone isn't going to help you manage your gout arthritis.

You can't change your genes, so you may have to take uric acid-lowering medication if you have high levels in your blood. Māori and Pacific people are more likely to have genes that reduce the ability of the kidneys to get rid of uric acid, resulting in high uric acid levels in the blood (serum).

If high uric acid levels are untreated, it can lead to permanent damage to your joints and kidneys, putting you at risk for heart disease, kidney disease, and metabolic syndrome. If you have someone in your family who has gout or you are Māori or Pacific, it's a good idea to ask your doctor about a blood test to check your uric acid levels, and you may need to start taking medication. Even when there is no pain, the high levels in the blood cause damage.

Consider foods that cause a painful flare when you eat them. Keep a diary of when you have a flare, and note what you ate and drank before the flare. You may notice a pattern and be able to identify your trigger. There are some common gout flare-triggers; these are:

- Alcohol, particularly beer
- Sugary food and drink
- Liver
- Meat
- Some seafood

People with Gout Arthritis can continue to eat purine-rich food in small to moderate amounts. People who take uric acid-lowering medication such as Allopurinol or Febuxostat can usually enjoy a balanced diet that includes a small amount of purine-rich foods.

To learn more about what purines are, visit this link www.arthritis.org.nz/2022/07/05/should-people-with-gout-avoid-foods-high-in-purines-what-are-purines/

Sourced: Office for Seniors

Understanding chronic pain in older people

Chronic pain (mamaenga roa) affects 20-50 percent of older people in New Zealand. It is defined as pain that lasts for more than three months, or pain that lasts beyond the normal time for healing.

Older people experience higher rates of chronic pain than any other age group. The most common causes being degenerative spine and arthritic conditions, or nerve type pain, commonly caused by diabetes or shingles.

Women report significantly more pain at greater levels, and are overrepresented in conditions such as lower back pain, migraine, osteoarthritis, fibromyalgia, and irritable bowel syndrome.

The treatment of pain needs to be balanced, by treating physical symptoms, and helping manage mood, sleep, improve exercise capability and social isolation. It is important to take a broad, whole person approach to the treatment, where all parts of life are considered, and use a balance of pharmacological and non-pharmacological options.

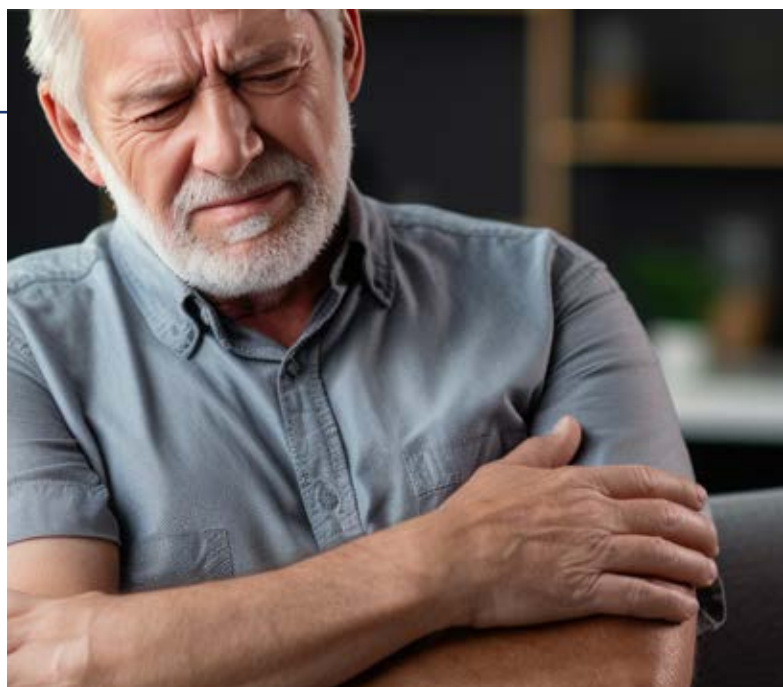
NZ Pain Society President, Erica Gleeson explains the basics of managing chronic pain.

Medication

There are medicines that can help with managing the pain. However, not all medications are effective.

Research has shown that humans process medication differently as they get older, and older people also tend to take more medicines than any other age group.

Some medicines helpful for acute pain, are less effective for chronic pain.



Opioids have been found to worsen some chronic pain, due to major side effects including addiction, constipation, and sleepiness. They can also make the pain worse if taken for a prolonged time.

Physical activity

Pain can change not only how we move but can also develop a fear of movement as some may stop moving in case it hurts or increases the pain. However, regular physical activity has been proven safe and can reduce arthritis pain by up to 40 percent. It keeps muscles and joints strong, helps protect against diseases and helps to release endorphins that provide natural or inbuilt pain relief.

Pacing yourself is an important key to successfully introducing and adjusting to living with pain. By learning how to pace work and other everyday activities, it is a useful tool that will allow you to self-manage your pain.

Managing sleep

People who live with chronic pain are more likely to experience depression, anxiety, and poor sleep.

Poor sleep can increase sensitivity to pain, potentially reducing mood and quality of life. This can be improved through physical activity, reducing caffeine intake and screen time, and delaying going to bed until feeling sleepy. Yoga, meditation, or listening to relaxation recordings may also help.

Staying social

Living with pain can increase isolation if it limits participation in family life or recreational activities. It is important to stay engaged by joining groups, keeping fit and healthy by staying active and remaining positive.

The New Zealand Pain Society has developed a tool called Navigating Pain. It talks in more depth about understanding pain and gives strategies for managing and living with pain
<https://www.nzps.org.nz/painresource>

Sourced: Office for Seniors

Difficulty Hearing?

- Having to regularly ask people to repeat?
- Does everyone seem to mumble?
- Difficulty hearing people on the TV or Telephone

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Looking after incontinence

- Continence NZ

Continence is an area that is largely ignored or not spoken about. Those affected may be too embarrassed or unable to access appropriate help and, in many cases, suffer in silence.

Continence NZ supports the 1 in 4 Kiwis who experience bladder and/or bowel control issues, their carers, health professionals, and the public by providing information and education on continence topics as well as raising awareness of continence-related issues.

Older people may experience continence concerns in different ways:

- Small amounts of urine may leak when you cough, sneeze, jump, lift, or exercise.
- You may get a sudden and overwhelming urge to urinate, leaving you with little or no time to get to the toilet.
- Your bladder may unexpectedly overflow and leak small amounts regularly.
- You may experience involuntary leakage of faeces if you are severely constipated or passing wind.

Some common problems that affect older people may make you more prone to bladder and bowel control issues, including having an enlarged prostate, arthritis, dementia, stroke, Parkinson's, having been through menopause, diabetes, or being on some medications.

Although bladder and/or bowel leakage is common, it is not normal. You may want to seek help if you:

- Frequently have to rush to the toilet
- Are going to the toilet more than every two hours

- Are getting up many times during the night
- Wet the bed
- Need to change clothes due to wetness or smell
- Have noticed a recent change in bowel habit
- Have pain before, during, or after passing a bowel motion
- Notice blood or mucus in your bowel motion

Experiencing continence issues can be distressing and may stop you from going out or participating in activities, but there are resources and advice that can offer you support and help relieve your symptoms. Depending on your situation, you may be able to improve your bladder and bowel control with lifestyle changes such as pelvic floor exercises, bladder retraining, good bowel and bladder habits, food/diet and fluid, and medication.

Speak with our team at Continence NZ on our helpline at 0800 650 659, or visit our website for helpful information, videos, and resources such as: "I Can't Wait" card that lets people and places know you may need to use their toilet urgently.

Sourced: Office for Seniors



Residence Criteria for NZ Super

The residence criteria for New Zealand Superannuation (NZ Super) and Veteran's Pension will change in July 2024.

Currently, to get NZ Super or Veteran's Pension, you must have lived in New Zealand for at least 10 years since you turned 20, and must include 5 years since you turned 50.

When we say 'have lived in New Zealand', we mean you were:

- resident in NZ, i.e., you permanently made your home in New Zealand, and
- are physically present in New Zealand
- To determine this, we'll look at things like:
- your involvement in New Zealand society
- the number of times you left New Zealand, why you left and how long you left for.

New residence criteria

From July 2024, the number of years you must have lived in New Zealand since you turned 20 will gradually increase from 10 years to 20 years. This must include 5 years since you turned 50.

The number of years you must have lived in New Zealand will be based on your date of birth when you apply (see table below).

If you haven't lived in New Zealand the whole time, you may be able to use other countries to meet the residence criteria.

You may be able to use other countries to meet the residence criteria if:

- they are a country that has a Social Security Agreement with NZ, or
- they are a NZ realm country (Cook Islands, Niue or Tokelau).

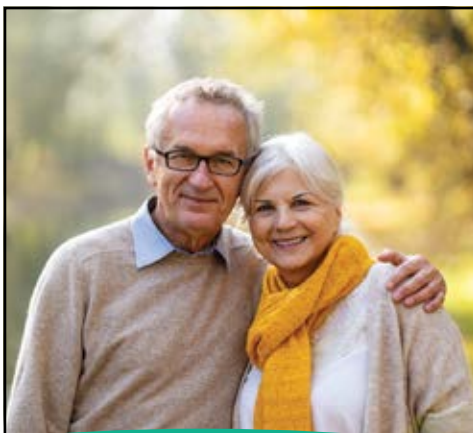
Number of years in NZ

The residence criteria increase from 10 years to 20 years will be gradual, from July 2024 to 2042. It will be based on your date of birth when you apply.

Sourced: Office for Seniors

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Age Concern Tauranga



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Protect Yourself from Legionnaires' disease when gardening

With the warmer weather luring people into their gardens, the local Medical Officer of Health is reminding gardeners to take steps to reduce the risk of becoming infected with Legionnaires' disease.

Legionnaires' disease, also known as Legionellosis, is caused by the bacteria legionella which is present in soil and soil products. The bacteria can cause serious infection when inhaled.

"People using packaged or home-made compost or soil products should be aware that the bacteria can be present," says Dr Gregory Evans, Te Whatu Ora Medical Officer of Health at Toi Te Ora Public Health.

Legionnaires' disease can vary in severity from a flu-like illness to severe pneumonia. Symptoms include fever, chills, muscle aches and pains, shortness of breath and coughing.

"Anyone who develops such symptoms after handling compost or potting mix should see their doctor or health provider without delay," says Dr Evans.

The disease is more common in older people, smokers, people with underlying lung disease and other long-term conditions such as diabetes. The disease does not spread from person to person.

There are simple steps you can take to reduce the risk of getting Legionnaires' disease, says Dr Evans. "People should take care to avoid inhaling the dust when turning compost and gardens, when handling packaged products, and when collecting or handling trailer loads from bulk suppliers," he says.

The following measures will help people avoid catching Legionnaires' disease when working with compost and potting mix:

- Wear a well-fitting face mask
- Avoid working in unventilated places such as closed sheds and greenhouses unless wearing a mask
- Open potting mix by cutting rather than ripping the bag and open the bag away from your face
- When potting plants or preparing gardens for planting, gently wet the soil or compost first to reduce dust
- Wear gardening gloves
- Wash your hands after handling potting mix or compost and before touching your face or removing your mask

Retailers can also help to reduce risk of Legionnaires' disease by displaying health warnings and safety information prominently in areas where potting mix and other soil products are sold. More information on signage and customer information recommendations can be found on the WorkSafe website.

Enjoy the garden but remember to read and follow health advice on product labels and information provided by bulk suppliers of soil and compost products.

For more information on Legionnaire's Disease, visit www.healthify.nz/health-a-z/ll/legionellosis.

The local Medical Officer of Health is reminding gardeners to be vigilant when using compost and potting mix.

Sourced: Office for Seniors

Free staying safe refresher course for older drivers

- Has it been years since you have had a driving refresher course?
- Have some rules changed that you may not be aware of?
- Are you now taking new medication that may or may not affect your driving?
- Do you want to keep your driving skills for as long as possible?
- If you answered yes to any of these things, then you should come along to our **FREE** driving refresher course for seniors!



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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Disability Allowance eligibility

The Disability Allowance is a payment for people on a low income who have regular, ongoing costs because of a health condition or disability.

Seniors receiving the disability allowance has decreased since the start of 2023 from 18 percent to 14 percent.

Some may have opted out after the \$5 prescription fee was waived in July 2023. However, you could still be eligible.

The Disability Allowance can cover a range of costs related to a disability that is likely to last at least 6 months, with regular, ongoing expenses that are not fully covered by another agency.

They must be additional and ongoing costs that you have because of your disability. Each of these also has certain criteria it needs to meet to be included.

Medical related costs include appointment fees, non-subsidised prescriptions (if there is not a subsidised alternative medication), alternative treatment (e.g. acupuncture or physio), counselling, medic alert bracelet or medical alarm, pharmaceuticals.

Household costs include gardening or lawn mowing, outside window cleaning, extra heating costs, special foods, and medical alarms.

Transport costs include ambulance subscription fees, transport for everyday activities, getting to and from health appointments.

Other costs that could be covered, depending on your health condition or disability, include supplies (e.g. hearing aid batteries),



equipment rental, therapeutic exercise activities (e.g. pool membership) and vitamins, supplements or other remedies.

Your doctor will also need to confirm you need them because of your disability. You'll need to provide proof of your costs so keep all your receipts.

Sourced: Office for Seniors



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What's on..

Wednesday Walking Group

– Key Dates meet at 10am unless advised

6 March: New World, Brookfield

13 March: Burger King, Fraser Cove

20 March: Sunny Bay Road, Matua
(off Levers Road)

27 March: Countdown, Greerton

3 April: St Stephens Church, Brookfield

10 April: Kmart, Bethlehem

17 April: Briscoes, Chapel Street

24 April: Lakeview Bus Stop (The Lakes),
Pyes Pa

1 May: End of Sterling Gate Drive, Bethlehem

8 May: Fergusson Park, Matua

15 May: Sulphur Point (carpark by Yacht Club)

22 May: Chester Street, Judea

29 May: McLaren's Falls (carpool – meet at
Greerton Rugby Field, Oropi)

5 June: Papamoa Plaza, Gravatt Road

12 June: Wylie Street, Greerton

19 June: Maungatapu Shops

26 June: Countdown, Bureta

500 Card Group – Mondays except public holidays

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

Monthly Meeting -

March - June 2024

Wednesday 6 March 2024

Venue: Tohora Room. Papamoa Community Centre – at the library, 15 Gravatt Road, Papamoa. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Geoff Brunsdon, NZ Bumblebee Conservation Trust

Topic: Without bumblebees where would we be

Thursday 28 March 2024

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

Start: 10am – 11am

Speaker: Geoff Brunsdon, NZ Bumblebee Conservation Trust

Topic: Without bumblebees where would we be

Wednesday 3 April 2024

Venue: Tohora Room. Papamoa Community Centre – at the library, 15 Gravatt Road, Papamoa. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Envirohub, Cathy Donnelly, Community Coordinator

Topic: Recycling and the Predator Free Programme

Thursday 25 April 2024- Anzac Day (no presentation)

Wednesday 1 May 2024

Venue: Tohora Room. Papamoa Community Centre – at the library, 15 Gravatt Road, Papamoa. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Ruth Thomas, Enliven Plus

Topic: What you need to know to be 'dementia-friendly'

Thursday 30 May 2024

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

Start: 10am – 11am

Speaker: Angeline Slade, Hearing Therapist, Your Way / Kia Roha

Topic: Communication strategies to assist with hearing difficulties

Wednesday 5 June 2024

Venue: Tohora Room. Papamoa Community Centre – at the library, 15 Gravatt Road, Papamoa. \$4pp, refreshments provided.

Start: 10am – 11am

Speaker: Angeline Slade, Hearing Therapist, Your Way / Kia Roha

Topic: Communication strategies to assist with hearing difficulties

Thursday 27 June 2024

**AGE CONCERN TAURANGA ANNUAL
GENERAL MEETING**

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

Start: 10.15am – 11.50am

Speaker: To Be Confirmed

Coffee and Conversation

10.30am to 12.00pm

Do you have 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

Wednesday 6 March, 3 April and 1 May. St Stephen's Methodist Church Hall, 9 Brookfield Terrace, Brookfield \$3pp

Greerton – 2nd Thursday of each month

Thursday 14 March, 11 April and 9 May. Greerton Senior Citizens Hall, 33 Maitland Street, Greerton \$3pp

Arataki – 3rd Tuesday of each month

Tuesday 19 March, 16 April and 15 May. Sandpiper Room, Arataki Community Centre, 1 Zambuk Way, Mt Maunganui \$3pp

Papamoa – 4th Wednesday of each month

Wednesday 27 March, 24 April and 22 May. Mako Room, Papamoa Community Centre – at the library, 15 Gravatt Road, Papamoa \$4pp

Te Puke – 2nd Tuesday of each month

Tuesday 12 March, 9 April and 14 May. Citizens RSA Te Puke, 179 Jellicoe Street, Te Puke \$5pp

Minibus Adventures

Saturday 16 March 2024

Café Nineteen Katikati

Fairview Estat. \$20 plus lunch at own cost.

Phone the office to reserve your seat.

Please note:

- Keep hydrated – take a bottle of water and medications.
- Make it easier for the driver; please wait outside by your letterbox.

Saturday 11 May 2024

The Falls Café - McLaren Falls Park. \$15 plus lunch at own cost.

Phone the office to reserve your seat.

Please note:

- Keep hydrated – take a bottle of water and medications.
- Make it easier for the driver; please wait outside by your letterbox.

All pickup times are approximate.

Minibus trips are subject to the availability of a volunteer driver and assistant.



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Quiche Lorraine

Quiche Lorraine is one of the classics of French cooking, plus quiche is a great way to get rid of the left overs in the fridge and the cupboard and it tastes great. A great weekend lunch that's also practical and inexpensive, a win all round.

Ingredients

Pastry

- 1 3/4 cup plain flour
- 155 gram butter
- 1 egg yolk
- 2 teaspoon lemon juice

Filling

- 1 onion, finely chopped
- 3 bacon rashers, chopped
- 3 eggs
- 300 millilitre cream
- 1/2 cup milk
- 3/4 cup grated tasty cheese

Method

Pastry

1. Preheat oven to 200°C.
2. Sift flour into bowl; rub in butter. Add egg yolk and enough lemon juice to make ingredients cling together. Knead gently on lightly floured surface until smooth, cover, refrigerate 30 minutes.
3. Roll pastry large enough to line a deep 23cm flan tin. If weather is hot and pastry is difficult to handle, roll pastry between 2 pieces plastic wrap or greaseproof or baking paper.
4. Lift pastry into flan tin, gently ease pastry into side of tin; do not stretch the pastry or it will shrink during the cooking.
5. Use the rolling pin to trim the edges of pastry neatly. Place flan on oven tray for easier handling. Cover pastry with greaseproof or baking paper and fill with beans or rice; blind bake in moderately hot oven 10 minutes. Remove paper and beans carefully, bake pastry a further 10



minutes or until golden brown; cool to room temperature.

6. Reduce oven to 180°C.

Filling

7. Cook onion and bacon in frying pan, until onion is soft. Drain excess fat; cool.
8. In a large bowl, whisk eggs. Add cream, milk and cheese; whisk until just combined. Pour mixture into pastry case.
9. Bake at 180°C about 35 minutes, or until filling is set and brown. Stand quiche 5 minutes before removing from tin.


A grey cat holding a yellow megaphone, shouting.

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Programmes and nostalgic music, from the 1930's to the 1980's, are broadcast each day, from 8am until 5pm.

Community notices for non-profit organisations and individuals are broadcast at 11am each weekday. Listeners can ring the station on 571 3710 for requests to be played.

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You can help us grow our Acorn fund by leaving us a gift in your will, or donate to our fund today at:

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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 Tauranga. The official receipt of the General Manager or other authorised officer of the Board shall be a sufficient discharge to my executors".



RESEARCH PARTICIPANTS WANTED!



DO YOU WANT TO MAKE A POSITIVE IMPACT ON THE SOCIAL HEALTH OF OLDER PEOPLE IN YOUR COMMUNITY?

ARE YOU EAGER TO HELP EQUIP CURRENT AND FUTURE OLDER GENERATIONS WITH TOOLS TO NAVIGATE THEIR GOLDEN YEARS WITH CONFIDENCE AND VITALITY?

Our research team wants to know what ageing well means to you, and how you can be provided with improved support to help you lead a happier, healthier and a more socially connected life!



THIS RESEARCH HAS BEEN GENEROUSLY FUNDED BY CHT AGED CARE FUND:

cht
care homes



ABOUT THE RESEARCH

Age Concern Tauranga is conducting research to gain insight into the challenges faced by older people to maintain positive social health and stay connected with friends, family, and the community.

We want to identify, understand, and address the existing barriers to social connection faced by ageing individuals to mitigate the detrimental impact that social isolation and loneliness has on health and wellness.

REGISTRATION

To register your interest, please contact:

NIKKI MOLONEY

Community Coordinator

EMAIL:

cc.ageconcerntga@xtra.co.nz

PHONE:

07 578 2856

PARTICIPANTS

WHO ARE WE LOOKING FOR:

Male and female participants.
Aged 65 years and over.
NZ Residents.

WHAT WILL IT INVOLVE:

A 45 minute face-to-face interview with the research coordinator.

CONFIDENTIALITY:

The information collected will be stored securely and access to your personal details will be kept strictly private.

AGE CONCERN TAURANGA

PHONE: 07 578 2856

EMAIL: info@ageconcerntauranga.org.nz

WEB: www.ageconcerntauranga.org.nz

ADDRESS: 177a Fraser Street, Tauranga, 3112.

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Local MP for Tauranga

Hi, I'm Sam Uffindell, your hard working local MP for Tauranga.

The National Party and I are committed to improving the lives of our seniors. There are a number of steps we're taking to do this:

- Support seniors by maintaining the Winter Energy Payment.
- Increasing Super every year and boosting it with our tax relief plan, which will see a super annuitant couple get over \$600 extra each year.
- Progress the review of the Retirement Villages Act.
- Upgrade the Super Gold Card and Veterans Card to maximise its potential benefit for all Super Gold Card and Veteran Card holders.

- Engage openly and constructively with the aged-care sector.
- Explore options to build on the Local Government Rates Rebate Scheme for Super Gold Card holders.
- Work on establishing bipartisan agreement to fund both care and dementia beds that New Zealand needs now and with a focus on the long term needs by 2040.

On top of this we are committed to rebuilding the fabric of our community. We will reduce the cost of living crisis, restore law and order, improve our health and education systems and deliver a democratic New Zealand where all Kiwis are treated equally under the law.

Advertorial

WHAT MATTERS TO YOU?

I'M HERE TO MEET MONDAY AFTERNOONS

07 577 0923

by appointment

National  **Sam Uffindell**
MP for Tauranga

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Please use your initial and surname as reference.

Thank you for your support and
welcome to our new members.

Welcome

New Members

Welcome to all our new
members that have joined over
the last couple of months.

We hope you have enjoyed
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Age Concern Tauranga Membership Form

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