

Spring 2022

# SEASONS

The Communicare newsletter



COMMUNICARE  
FRIENDSHIP CENTRES

Connecting Older People  
*He tūhononga kaumatua*

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Annual Bags of Love  
Appeal is now on!

Celebrating Pat

AUT Students help out



# Welcome



Paula  
Administrator



Jo  
Total Mobility Assessor

## Our New Centres



Avondale Friendship Centre  
Rosebank Road on Tuesdays



Glen Eden Friendship Centre  
Glendale Rd on Wednesdays



Mt Roskill Friendship Centre  
St Johns Presbyterian Church  
422 Mt Albert Rd on Wednesdays

### Contact Us

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P O Box 24 535  
Royal Oak Auckland 1345  
Hours Mon to Thurs 9am to 3pm  
Phone: (09) 631 5968  
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Facebook: [CommunicareCMA](https://www.facebook.com/CommunicareCMA)  
Instagram: [CommunicareCMA](https://www.instagram.com/CommunicareCMA)

### Design

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

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0800 280 000  
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# FOCUS ON...

## ANNUAL BAGS OF LOVE APPEAL IS NOW ON!

Our Annual Appeal for Bags of love is now on. From the 1st of September through to 30 November we are asking for donations to support this appeal. Last year we gave over 400 bags of love which were delivered to our grateful members for Christmas and were very well received and brought much needed joy to our members.

Without our volunteers the Annual Bags of Love would not be such a success.

Some of our Mt Roskill members have not yet been able to return to their friendship centres this year. These 'Bags of Love' have been distributed as a tangible means of keeping in touch with isolated members through the very tricky times during Covid Karyn's (cover) beautiful smile shows how very much appreciated these gift bags have been. We are so happy to have our members back at the centres.

Help us spread some love this Christmas to our vulnerable and lonely older people!

We need your help to fill and distribute 500 'Christmas Bags of Love' to seniors across east, west, central, and south Auckland.

Communicare has created a Give a Little page to help raise the \$10,000 needed.

<https://givealittle.co.nz/cause/help-us-spread-some-love-to-our-vulnerable>

Brigid Curran, Communicare general manager said, "Even in ordinary times, the holiday period can be a difficult time of year for those already experiencing social isolation".

Many of Communicare's members are now facing a Christmas alone as they have no family, or they are a distance away.

Communicare is preparing special "Christmas Bags of Love" that contain traditional festive treats, small gifts, some puzzles to relieve the boredom and small gifts to show its members that someone cares.

Communicare, a not-for-profit charity, has provided services for vulnerable older people for more than 60 years, specifically aimed at reducing loneliness and social isolation amongst Auckland's seniors.

It operates friendship centres across Auckland providing recreation and support to actively improve the lives of its members and care for their health and wellbeing. For those members who are unable to make a centre, staff maintain weekly phone calls over the holiday period to ensure our seniors do not feel lonely. Donations of small gifts and festive treats (packaged) are also welcome. Contact the office if you would love to donate.

Anyone in need of face-to-face friendship, activity and support can contact Communicare on **09 6315968** email [office@communicare.org.nz](mailto:office@communicare.org.nz)

For more information go to [www.communicare.org.nz](http://www.communicare.org.nz) or <https://www.facebook.com/CommunicareCMA>



### Our Supporters

Thanks once again to Benjamin Neal, for his ongoing support and very generous donations.  
Phone 021 520 961  
[benjamin.neal@raywhite.com](mailto:benjamin.neal@raywhite.com)  
**Ray White**



# FRIENDSHIP GROUPS

## Central

**Avondale – Tuesdays**  
Avondale Community Centre  
99 Rosbank Road Avondale.

**Blockhouse Bay – Thursdays**  
Baptist Church Hall  
504 Blockhouse Bay Road

**Glendowie – Wednesdays**  
Glendowie Bowling Club  
25 Chelmsford Avenue,  
Glendowie

**Hillsborough – Thursdays**  
St David's-in-the-Fields  
202 Hillsborough Road

**Mt Eden – Mondays**  
Mt Eden Village Hall, Mt Eden

**Mt Roskill – Wednesdays**  
St Johns Presbyterian Church  
422 Mt Albert Rd, Sandringham

**Royal Oak – Mondays**  
Baptist Church Hall  
Cnr Symonds & Erson Ave

**Remuera – Tuesdays**  
St Marks Parish Hall  
95 Remuera Road

## West

**Te Atatu – Thursdays**  
Te Atatu Bible Chapel  
Cnr Waipani and Beach Roads

**Massey – Tuesdays**  
Massey Community Hub  
385 Don Buck Road

**Henderson – Wednesdays**  
Waitemata Rugby Club  
96 Swanson Road

**Glen Eden- Mondays**  
Glen Eden Community  
and Recreation Centre,  
45 Glendale Road

## East

**Ellerslie – Tuesdays**  
St Peters Church Hall  
7 Harrison Road

**Howick- Wednesdays**  
All Saints Community Centre  
30 Cook Street

**Pakuranga – Mondays**  
Te Tuhi  
13 Reeves Road

**Panmure – Thursdays**  
St Matthias Anglican Church Hall  
5 Thompson Road

## South

**Mangere – Tuesdays**  
Mangere Otahuhu Netball Centre  
1 Court Town Close

**Papatoetoe – Wednesdays**  
Methodist Church Hall  
39 Kolmar Road

**Papakura – Thursdays**  
Baptist Church Hall  
44 Clevedon Road

**Pukekohe – Mondays**  
Plunket Building  
cnr Edinburgh & Wesley Sts

**Would you like a Group in your area?  
Would you love to Sponsor a Friendship Group?**

Contact us:  
Phone: **(09) 631 5968**  
Email: [manager@communicare.org.nz](mailto:manager@communicare.org.nz)

# THE GOOD LIFE

## 48 Years of Volunteering

**Bev has retired from Communicare after 48 years of volunteering at the Te Atatu Friendship Centres.**

She started as a driver transporting members to and from the group. When her husband, Bill, retired from being a civilian chef in the Airforce he decided to volunteer in the kitchen if Bev stayed for the whole session. As Bev is very keen on crafts, she enjoyed assisting our members with card making, cross stitch on plastic canvas, Christmas craft and many other things.

She discovered that she enjoyed working with seniors and making friends with other volunteers.

Bev says that she found volunteering very rewarding, and she would recommend volunteering to anyone as it is a great way to keep busy and feel needed. The group farewelled Bev with a morning of entertainment, a special lunch and a cake made by our talented volunteer Sharron. We appreciate all the time and effort Bev has put into the centre and wish her well in the future.



## Party Time for Arthur

**Papakura Friendship Centre member Arthur recently celebrated his 99th Birthday!**

So, we decorated our centre with streamers and balloons and had specially made cupcakes for morning tea. Arthur is an active member of our group attending most weeks and enjoys a game of indoor bowls and a round of bingo. He always buys a raffle ticket and often leaves with the prize. We love having Arthur at our centre and can't wait to help him celebrate turning 100.



## Your Advertisement Here

Do you have a product or service that you would like to promote to our members?

Contact the office for deadlines, specifications and pricing.

[office@communicare.org.nz](mailto:office@communicare.org.nz)

**VOLUNTEERS NEEDED.  
DO YOU HAVE A SPARE 4 HOURS A WEEK?**



**COMMUNICARE FRIENDSHIP GROUP FOR SENIORS AUCKLAND**  
PH 09 631 5986  
COMMUNICARE.ORG.NZ

COMMUNICARE FRIENDSHIP CENTRES  
Connecting Older People  
He tūhononga kōwhiri

The Communicare Whānau were saddened to hear that our favourite Senior, Her Majesty Queen Elizabeth II, passed away peacefully at Balmoral at age 96 on 08 September 2022. Our Queen for 70 years, the UK's longest-reigning monarch was surrounded by members of the royal family at her Scottish home.



## Sharing the Love

Rotary, Plunket and Hospitals are grateful to Pakuranga knitting group for the knitting they donated.

Ellerslie has also started a knitting group and one of them made baby beanies.



Margaret (Pakuranga volunteer) & Penelope (Rotary member)



# WELCOME TO THE OCCUPATIONAL THERAPY STUDENTS FROM AUT

We are so lucky to have students from AUT visiting our centres with a focus on programme philosophy around the development of our activities. They have been running some of the activities and implementing new exercises that benefit our members.

## Shaneil and Simran

Shaneil and Simran have been doing a fantastic job with our Seniors and disabled at Henderson Centre assisting with Exercises that compliment the members.



## Carla

Hello! I'm Cayla, a second year Occupational Therapy student at AUT. So far, I have really enjoyed my placement at Communicare Howick. Having conversations with the members and listening to their stories and past experiences has been a highlight of mine. One of my goals for my placement with Communicare is to increase my confidence when speaking to larger groups of people. I'm looking forward to continue getting to know the members and keep developing my communication skills.



## Kate

My name is Kate, I am halfway through my second year studying Occupational Therapy at AUT. My placement for this semester is at Communicare in Howick, where I get the opportunity to interact and help run some interactive games and gentle exercises for the members to enjoy. This is an amazing organization that provides weekly opportunities for socializing and getting involved with different cognitive activities such as bingo, cards and other fun interactive games. I am enjoying my time with Communicare and getting to know the members and volunteers.



Kate from Howick centre helping with finger agility.



# WHAT A WONDERFUL DAY AS WE CELEBRATE PAT

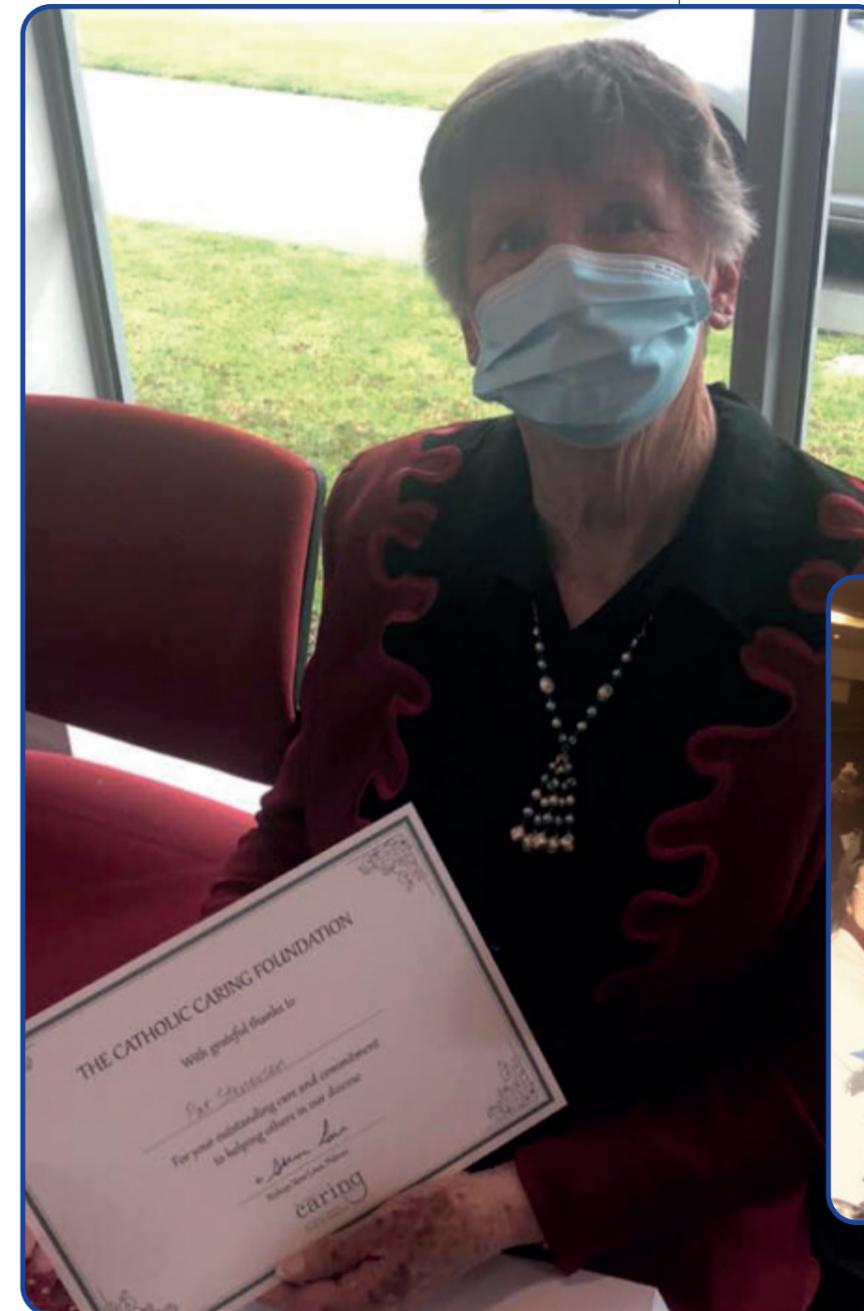
Pat Stenersen has a long history with Communicare, so far back that Pat's mother ran Royal Oak Centre and now Pat has been doing it for over 30 years.

Pat is a volunteer and was the first centres to implement changes in her allowing it to run throughout the school holidays. Pat is also a board member. We were delighted that Pat was the recipient of the Catholic Caring Foundation Award. The Catholic Caring Foundation provides funding for care and support of families/whanau and communities affected by poverty and hardship.

Together, with caring donors, they support and strengthen families

and communities. Representatives from all organisations and charities joined together at Christ the King parish in Owairaka to support this wonderful event. All of the organisations, including Communicare were recipients of a generous grant to assist up in upgrading our signs and flags for the centres.

Congratulations Pat and thank you for all you do for Communicare.



Here is a photo of Pat back in 1999 when Communicare was celebrating its 40th Birthday!

# SERVICE DIRECTORY

**ADVERTISE YOUR BUSINESS HERE!**

**CONTACT US NOW**

## **Auckland Transport Total Mobility scheme**

Communicare is an agent for the Auckland Transport Total Mobility scheme.

For more information, or to arrange an assessment, call the office on (09) 6315968.

A trained assessor will contact you to make a booking.

Please note, there is a fee for this service (discount rate for Communicare members).



When there's a Will there's a way to support tomorrow's Seniors.

Leaving a gift to Communicare in your Will can make a real difference. In 'In lieu of Flowers' is now a well known concept for you to support your loved one whilst supporting their chosen charity.

To find out more about leaving a gift in your Will talk to a Communicare Representative  
Ph 09 6315968 or  
email Sara@communicare.org.nz



## *Communicare Annual Bags of Love Appeal*

*1st Sept - 30 Nov '22*

**Yes, I would like to make a donation and help Communicare to increase Friendship Groups around Auckland.**

Mr/Mrs/Ms/Miss/Other: \_\_\_\_\_ First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Street address: \_\_\_\_\_

\_\_\_\_\_

Town/city: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### **Donation amount**

\$25  \$50  \$75  Other

Please charge my credit/debit card:

Name on card: \_\_\_\_\_

Card Number

Expiry date:   /   Signature: \_\_\_\_\_

Or by internet banking: 12-3048-0279446-00

### **Regular Giving**

I would like to give;

Weekly  Fortnightly  Monthly

Please tick the appropriate box



**COMMUNICARE**  
FRIENDSHIP CENTRES

Connecting Older People  
He tūhononga kaumatua

Please cut off and send this donation slip to:

**14 Erson Ave, Royal Oak**

**P O Box 24535 Royal Oak Auckland 1345**