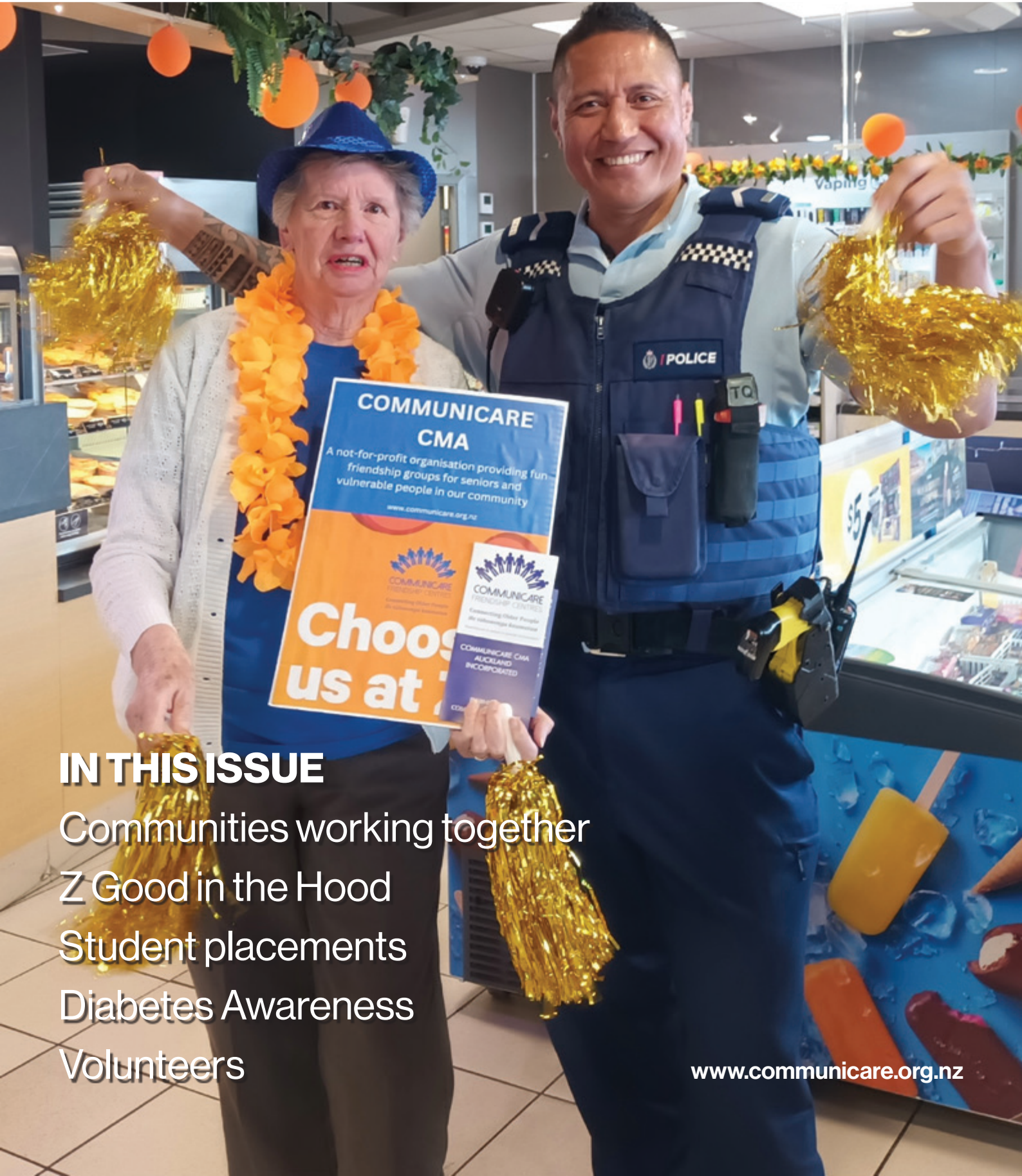


SEASONS

The Communicare newsletter



IN THIS ISSUE

Communities working together

Z Good in the Hood

Student placements

Diabetes Awareness

Volunteers

www.communicare.org.nz

Welcome

Centre start dates for 2024

January

Pakuranga 29th

Remuera 30th

Massey 30th

Manurewa 30th

Henderson 31st

February

Papakura 1st

Hillsborough 1st

Blockhouse Bay 1st

Panmure 1st

Glen Eden 5th

Pukekohe 5th

Mt Roskill 5th

Howick 7th

Papatoetoe 7th

Donovan St 13th

Manukau 13th

Contact Us

14 Erson Ave, Royal Oak

P O Box 24 535

Royal Oak Auckland 1345

Hours Mon to Thurs 9am to 3pm

Phone:

(09) 631 5968

Email:

office@communicare.org.nz

Website:

www.communicare.org.nz

Facebook:

CommunicareCMA

Instagram:

CommunicareCMA

Design

www.thedesigncellar.co.nz

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- 2 Our Supporters
- 3 Focus on...
- 4 Friendship Groups
- 5 The Good Life
- 6 Puzzle Pages
- 8 What's Been Happening at Communicare
- 9 Diabetes Awareness
- 10 ADVERTORIAL: Top 5 tips when selling property
- 12 Service Directory

Our Supporters



Lottery Grants Board
FUNDS FOR YOUR COMMUNITY



Maurice Paykel
Charitable Trust



Helen Stewart Royle.
Charitable Trust
Managed by Public Trust



FOCUS ON...

COMMUNITY OUTREACH

Z GOOD IN THE HOOD

Z Good in the Hood promotion was back for 2023, helping local groups all around Aotearoa, to receive a share of \$1 million. Communicare were very fortunate to be a recipient of Z Energy's Good in the Hood at Royal Oak Z station.

Customers were able to collect a token to vote for their favourite community group during the month of October. Staff and our wonderful volunteers were at Royal Oak Z station most days to promote Communicare and to get customers to vote for us. Volunteers wore colourful leis, hats and pom poms to encourage support. It was a lot of fun and some customers even got on board and joined in with the fun.

Communicare was absolutely thrilled to come first and was given a donation to go towards the work we do.

We want to extend our heartfelt gratitude to Z Energy for their incredible support of community organizations like Communicare. We are thrilled and deeply thankful to be a recipient of Z Good in the Hood.

Cover picture: Local Police and Volunteer Pat

Right: Volunteer Helen

Below: Communicare staff, Alice and Robyn with Z Energy staff



COMMUNICARE, SERVING THE COMMUNITY SINCE 1959

It's wonderful to hear about the positive impact that Communicare is having on the older and disabled community in Auckland.

Communicare's presence in centers across Auckland, spanning from east to west and as far as Pukekohe, indicates a broad and inclusive reach. The commitment to opening doors every day suggests a consistent and welcoming environment for the community.

The emphasis on fun is especially noteworthy, as it highlights the importance of creating an enjoyable and engaging atmosphere for the members. Fun activities and social interactions can contribute significantly to the overall well-being of older and disabled individuals by fostering connections, providing stimulation, and promoting a sense of joy and fulfilment.

All friendship centres offer intellectual stimulation. This is particularly important for cognitive health and can contribute to lifelong learning. Communicare was established in 1965, soon to be 65 years old and with age individuals may face challenges such as health issues or the loss of loved ones. Communicare provides a support system where members can share their experiences, offer advice, and provide emotional support through our advocacy support.

Communicare also works alongside, Aged Concern, Grey Power, Dementia Auckland and Idea Services to ensure we deliver the best for their members, also offering student placements for those studying aged care and health and wellbeing.

My role of Community outreach plays a crucial role in building bridges between organizations, individuals, and the community at large. It serves as a vital link for establishing and maintaining positive relationships, fostering understanding, and addressing the needs of the community.

If you have a specific question or need assistance, please feel free to contact me and I'll do my best to help!

Alice Nash
alice@communicare.org.nz



FRIENDSHIP GROUPS

Central

Blockhouse Bay – Thursdays

Baptist Church Hall
504 Blockhouse Bay Road

Donovan St Centre – Tuesdays

38 Donovan Street,
Blockhouse Bay

Hillsborough – Thursdays

St David's-in-the-Fields
202 Hillsborough Road

Mt Roskill – Mondays

St Johns Presbyterian Church
422 Mt Albert Rd, Sandringham

Remuera – Tuesdays

St Marks Parish Hall
95 Remuera Road

South

Manukau – Tuesdays

Friendship House
Putney Way

Manurewa – Tuesdays

Manu Tukutuku
Community Centre,
32 Riverton Drive,
Ranwick Park

Papatoetoe – Wednesdays

Methodist Church Hall
39 Kolmar Road

Papakura – Thursdays

Baptist Church Hall
44 Clevedon Road

Pukekohe – Mondays

Plunket Building
cnr Edinburgh & Wesley Sts

West

Massey – Tuesdays

Massey Community Hub
385 Don Buck Road

Henderson – Wednesdays

Sturges West Community
House, 58 Summerland Drive
Henderson

Glen Eden- Mondays

Glen Eden Community
and Recreation Centre,
45 Glendale Road

East

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

Centres Opening hours

Most centres open 9:30am to 12:30pm

Please phone the office to confirm if you are visiting

Ph 09 631 5968

**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**

VOLUNTEERS NEEDED



COMMUNICARE
FRIENDSHIP CENTRES
Connecting Older People
He tihononga ākamatua

Established in 1959 and
our success is due to our
volunteers, but due to
growth we are seeking
more wonderful helpers



We are seeking your unique
skills:

- Music
- Arts and Crafts
- Kitchen Skills
- Volunteer Driver
- Walkers to flyer drop
- Friendly Face
- Muscles



Join Today

- 4 hours a week
- Induction
- Sense of Purpose
- Lots of Fun
- Great Team

CALL for VOLUNTEERS

Communicare CMA Auckland
Reaching out to seniors to provide inclusiveness

09 631 5968

www.communicare.org.nz



**WE COME
TO YOU!**

Communicare has been
running activities for
seniors at venues
around Auckland for
over 60 years.
Let us bring the
activities to you

COMMUNICARE

POPUP

PLAY

FOR

SENIORS

WWW.COMMUNICARE.ORG.NZ

VOLUNTEERS

Your kindness and generosity have made a significant difference. Thank you!

The Tzu Chi Foundation was founded in Taiwan in 1996 by the Buddhist Master Cheng Yen.

With a wave of immigrants from Taiwan to NZ in the 1990's, there was a lot of interest to continue their work in helping communities, just like they did in Taiwan. This orchestrated the formal establishment of the Tzu Chi Foundation in NZ in 2000.

Areas that they felt to focus on was; charities, education, medical and humanity.

How did the collaboration of Tzu Chi and CMA come about?

Through their work with charities Tzu Chi started with helping the Stroke Foundation. One in particular was the Highland Park branch who kindly suggested that CMA would be a group that would require volunteers. The first CMA group Tzu Chi volunteered at was CMA Pakuranga in 2001. This was then extended to Hillsborough, Panmure, Glen Innes and Manukau (previously Mangere).

Highlight/memorable moments with CMA

At the end of one year, a previous Co-ordinator at Mangere had asked for assistance with the centre's Christmas party. Since then this has continued through the years which has been a time they enjoy.

Some of the memorable moments would be where Tzu Chi Foundation invite the CMA centres (they volunteer at) to their headquarters in East Tamaki. It's a day where they host the centres and where the groups get an insight into what they are all about.

Annie Chen - committee member since 1990's. (far left in picture)

Gillian Clarke Remuera – Volunteer

How do you get involved with Communicare?

We went to St Marks Parish, where the group is run. I met a Franciscan nun, and she said there is a Communicare group meeting here weekly, and they are looking for volunteers. Would you be prepared to come?

27 years later I am still here. I love everything about Communicare. It is an incredibly happy place and it makes me feel good being a volunteer. I loved the people I met, both the guests and the volunteers. It is well worthwhile coming every Tuesday.



Acer & Tina Lin have been volunteers since 2011



PUZZLE TIME

Card Games Wordsearch

E	P	I	Q	U	E	T	Z	B	R	I	D	G	E
M	R	W	H	I	S	T	I	P	S	F	B	B	L
H	A	H	E	A	R	T	S	G	O	F	I	S	H
R	K	C	C	E	S	K	A	T	S	A	N	A	C
W	P	N	N	U	E	P	O	K	E	R	D	R	O
A	Y	A	F	R	E	E	C	E	L	L	I	S	N
T	R	T	T	A	R	A	C	C	A	B	A	E	I
T	A	N	K	I	J	U	A	Y	B	L	M	D	P
E	M	A	W	P	E	S	M	A	L	I	D	A	K
N	I	F	A	A	I	N	G	M	A	T	L	P	O
L	D	L	B	N	Q	E	C	S	Y	Z	O	S	O
V	S	F	O	S	O	H	H	E	L	L	O	P	R

BACCARAT	HEARTS	ROOK
BLITZ	MAO	RUMMY
BRIDGE	NERTZ	SKAT
CANASTA	OH HELL	SLAP JACK
CASINO	OLD MAID	SNAP
CRIBBAGE	PATIENCE	SPADES
EUCHRE	PINOCHLE	SPIT
FAN TAN	PIQUET	WAR
FREE CELL	POKER	WATTEN
GO FISH	PYRAMID	WHIST

Quick Crossword

1	2		3		4		5		6		
7											8
			9						10		
11											
							12				
13											
							14		15		
16											
17											
18		19		20							
21											
22											
23											
24											

Christmas Word Scramble

1. dnorewadnl	
2. escrogo	
3. asnat lacsu	
4. teesrnsp	
5. uhrdplo	
6. ejssu	
7. mashcrist eert	
8. bwos	
9. enol	
10. wnmosan	
11. rwehta	
12. ndyca ance	
13. yollh	
14. ftgis	
15. nirgch	
16. emryr	
17. ngtsoikc	
18. gnwraipp	
19. tooeicadrsn	
20. eblls	

ACROSS

- 1 Eg Plato (11)
- 9 Command (5)
- 10 Bristle-like appendage (3)
- 11 Faces (anag.) (5)
- 12 Common greeting (5)
- 13 Intrepid; courageous (8)
- 16 Coldly detached (8)
- 18 Decomposition (5)
- 21 Opposite of best (5)
- 22 Signal assent with the head (3)
- 23 Undo (5)
- 24 Group of islands (11)

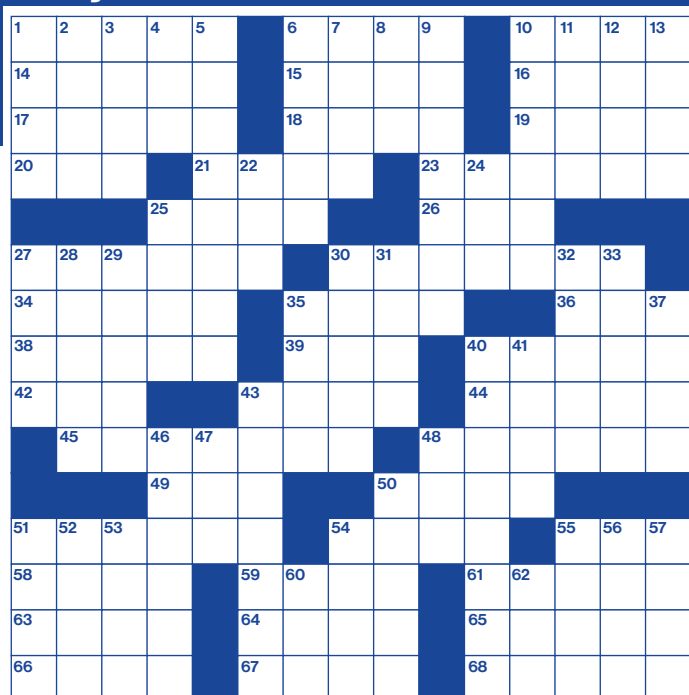
DOWN

- 2 Midpoint (7)
- 3 In a relaxed manner (7)
- 4 Marsh plants (6)
- 5 Object on which a bird roosts (5)
- 6 Electronic message (5)
- 7 Gathering information (4-7)
- 8 Not yet finished (11)
- 14 Writing fluid holder (7)
- 15 Frightening (7)
- 17 Portable computer (6)
- 19 Alcoholic beverage (5)
- 20 Period between childhood and adulthood (5)

Unscramble the letters in the shaded squares to reveal a themed word:

--	--	--	--	--	--	--	--	--

Merry Christmas Crossword



Answers can be found on page 11.

ACROSS

- 1 Daunted
- 6 Musical treble ____
- 10 Poetic "has"
- 14 "Remember the ____"
- 15 Motor vehicle
- 16 Seaweed substance
- 17 Old TV show
- 18 Cliff
- 19 Came out or sleep
- 20 Put on
- 21 Wager
- 23 Submarine sandwich
- 25 Decorative needle case
- 26 French "yes"
- 27 Supernatural being
- 30 Pilot's fear
- 34 Sound
- 35 Football team
- 36 Possess
- 38 Color of grass
- 39 IOU part
- 40 Large pebble
- 42 Body of water
- 43 Done
- 48 Entrance halls
- 49 Past
- 50 Spinning toys
- 51 Repents
- 54 Corporation (abbr.)
- 55 Telegraphic signal
- 58 Measure or wood
- 59 Celestial body visible from earth as a point of light
- 61 European country
- 63 Christmas song
- 64 ____ Minor (Little Dipper)
- 65 Wanderer
- 66 Otherwise
- 67 Story
- 68 Birds that make a gaggle

DOWN

- 1 Piece of stiff paper used to send greetings
- 2 Margarine
- 3 Notify or danger
- 4 Flightless bird
- 5 Act of giving or contributing, as to a cause
- 6 Desert plants
- 7 Bait
- 8 Estimated time or arrival
- 9 Warning horn
- 10 American state
- 11 Impatient
- 19 Rice wine
- 13 Perennial woody plant that has roots, trunk and branches
- 22 Cashew
- 24 Absent
- 25 Canal
- 27 Droops
- 28 Mush up
- 29 Thoughts
- 30 Swore an oath
- 31 Water pitcher
- 32 Christmas bird
- 33 Proprietor
- 35 Bird of peace
- 37 Loch ____ monster
- 40 Looking for and buying goods in a store
- 41 Used in play by children
- 43 Nocturnal marsupial
- 40 Long piece of wax with a wick that is burned for light
- 47 Stage of life
- 48 Pro
- 50 Jewish scripture
- 51 Teen disease
- 52 Adze
- 53 Mined metals
- 54 Broken bone holder
- 55 Madam
- 56 Alack's partner
- 57 Dr. Jekyll's "partner"
- 60 Attempt
- 62 Foot extension

Dingbats

Can you guess the words and expressions?

1 MY HOME	2 Get it Get it Get it Get it	3 Try $\frac{\text{stand}}{2}$
4 TRAVEL CCCCCCC	5 FAST	6 T O W N
7 EYE EYE	8 father 	9 ONCE
10 POT OO OO OO OO	11 D movie D movie D movie	12 SECRET ← SECRET SECRET

Sudoku

9		5	6			
	3			1	4	
5					6	
8	2		5			
3	4	9		2	8	6
			4		7	2
	8					4
	9	3			6	
			2	6		7

WHAT'S BEEN HAPPENING AT COMMUNICARE



COMMUNICARE TRAINING AND PLACEMENT PROGRAMME

Communicare supports individuals, students, or long term unemployed who are interested in pursuing a career in Health and Well Being.

In the centres, students can learn

- To communicate effectively and professionally
- To demonstrate ethical and professional behaviour in a health or wellbeing setting
- To improve the lives of vulnerable people within the community.
- To support a person's wellbeing and quality of life.
- To recognise and respond to signs of vulnerability in a health or wellbeing setting with empathy and understanding.
- Interview and CV support

Placement opportunities includes:

- Aged Care and Support
- Health and Wellbeing
- Hospitality and catering
- Occupational Therapy
- Diversional Therapy

In conjunction with Auckland Airport

Community Trust, we are offering students who are studying towards their health and well-being course paid placements at our Manukau and Papatoetoe centres.

This year Henderson Centre had two occupational therapy students from AUT. They enjoyed doing exercises and games with the members.

In October, first year Unitec Bachelor of Nursing students had a fantastic time at the Massey, Mt Roskill, Blockhouse Bay and Glen Eden Friendship Centres this month. They learnt how to play many games but Rummikub was the favourite! For their second visit they planned activities and joined in with the participants which was fun for all involved!

Mt Roskill friendship centre also had two students from One Tree College who spent their time doing their Health and Well-Being course unit standards.

The students really valued their time at these centres and the only negative feedback was "We wish we could visit more!"

If you would like to find out more about student placement or workplace training send your CV in to manager@communicare.org.nz



DIABETES AWARENESS

Communicare's Coordinator, Rebecca talks about her journey with type 1 Diabetes.

I was 16, when my journey began. Once diagnosed with type 1 Diabetes I had to change my life and it was not easy. Fast forward to 31 years old the past years have been a bit of a roller coaster ride. Some with Diabetes find blood sugar control somewhat reasonable with certain forms of treatment while others don't respond in a stable way whatsoever.

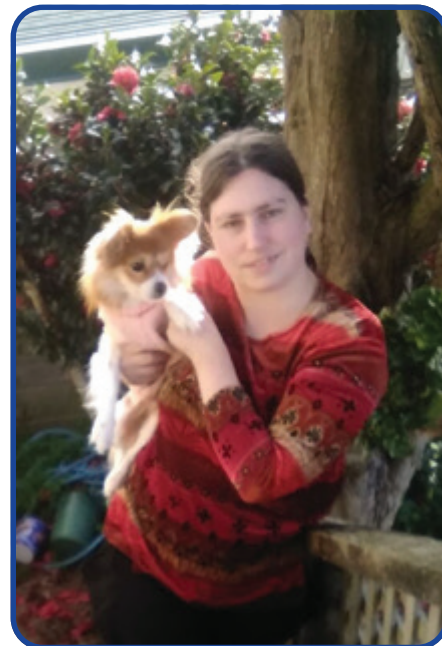
After years of attempts to straighten my Diabetes out and failing. I was introduced to an insulin pump. This delivers insulin intravenously and is connected to me full time. This has led to a stabler quality of life but I still have the struggles all type 1's have. Diabetes is unpredictable, temperamental and sometimes socially embarrassing,

however the right mental attitude is key.

In my time I have had questions, support, judgement, kindness, self-hatred, blessings, confusion and more. In addition to my role at Communicare, I am a support coordinator for Diabetes New Zealand. This role has shown me how much attitude impacts our health and well-being. My attitude is not always what it should be but I know that if I return myself to a good headspace, I will be okay.

Along with daily blood sugar checking and carbohydrate observations I know I have achieved and when it has been a bad day, where everything went wrong, I still know I did well even when it doesn't feel like it. To all those with Diabetes reading this, remember... Take control of your Diabetes and don't let it control you.

Rebecca, coordinator Glen Eden and Henderson



BAGS OF LOVE ANNUAL APPEAL

Communicare implemented this wonderful initiative in 2020! Providing bags filled with puzzles, books, treats, toiletries, and other items that can bring joy and comfort to those in need, especially during the Christmas season.

The idea of distributing these bags as part of Christmas activities and celebrations by Communicare is heartwarming. The initiative not only brings joy and entertainment but also serves as a practical and therapeutic approach to enhancing the well-being of the community members.

The dedication and hard work of the team in tirelessly seeking donations and contributions throughout the year are truly commendable. Their efforts play a crucial role in making initiatives like this possible.

The commitment to securing resources reflects a deep understanding of the needs of the community and a genuine desire to make a positive impact. It's not an easy task to consistently seek support, but our supporters understand our passion and commitment to the cause. Your commitment to making a difference is truly inspiring.

Communicare would like to thank those who have supported this appeal for 2023;

- Dilmah
- Auckland Airport 12 Days of Christmas
- Coffee Club
- Kiwi Harvest
- Maceys Confectionary
- Go Nuts
- Blackmores

and everyone else who supported us

2024 Donations and Sponsorship is now open. To support this fantastic cause you can donate online communicare.org.nz

or use the donation slip in the magazine.

PURCHASE A COOKBOOK FOR \$5
email.manager@communicare.org.nz



5 TOP TIPS WHEN SELLING PROPERTY

1. Repairs and renovations

For many people, selling their home gives them the perfect opportunity to make minor repairs and touch ups they may have been putting off for a long time.

Doors that don't shut properly, holes in walls, peeling wallpaper and leaking taps are just some of the things that can turn off buyers and are relatively easy to fix.

And see that retro orange wallpaper over there that you love or are so used to that you forgot it's there? You may want to think about painting it a colour that will appeal to more people.

Major and costly renovations like bathroom upgrades can be a great way to make your home more appealing to buyers. But make sure you aren't overcapitalising and that you'll be able to make your money back.

2. Think about first impressions

Before a buyer enters your home, they've already formed an opinion based on what they've seen from the road. Take a walk out to the kerb and think about anything that could potentially turn buyers off.

Freshly cut lawns, a clean gutter, a well cared for garden or hedge, clean paintwork on the house exterior and water blasted concrete and fences make a huge difference and will make the buyer want to step inside.

3. Declutter and clean

Before you start the selling process, it's a good idea to think about the space in your house and how you can make the most of it.

You may have the greatest space in the world, but clutter and uncleanliness is only going to obscure it and make the rooms look smaller. Think of it as a head start on packing up your home.

Top tips

- Consider hiring a storage unit to house all those objects that don't have a place in your home
- Clean everything - from skirting boards to walls, taps and behind fridges
- Consider getting your carpet professionally cleaned
- Buyers will open your cupboards and closets too, so make sure you take time to look at these.

4. Disassociate yourself from your house

Your personal mementos make your house a home. So it stands to reason that buyers will find it hard to imagine living there if it's filled with your family photos and heirlooms.

5. Stage the house for buyers

It's always a good idea to know who your potential buyers is likely to be - whether they are families, singles, first home buyers etc - so that you can dress the home in a way that appeals to them. You can either do this yourself, or hire one of the staging companies in your area.

We have lots of experience in this department and can provide you with advice and information.

Call to discuss with

Aken Yuan

mobile 0274828838, ddi 09 5226606

email: a.yuan@barfoot.co.nz

4 Delta Avenue, New Lynn

Michelle Zhou

mobile 0275887999, ddi 09 5226608,

email: m.zhou@barfoot.co.nz

BRIEF INTRODUCTION

- Your local top real estate performers.
20 Years Experience.
- Many Years Branch # 1
- Many Years Company TOP 25

**SELLING OR BUYING REAL ESTATE
PLEASE CONTACT US.**



BARFOOT & THOMPSON
LICENCED REAA 10006

PUZZLE TIME
ANSWERS

1 For once in my life (four ones in my life)
2 Forget it
3 Try to understand
4 Travel overseas or overseas travel
5 Breakfast
6 Downtown
7 Eveshadow
8 Steppfather
9 Once upon a time
10 Potatoes (pot 8 O's)
11 3D movie
12 Top secret

Quick Crossword
M I S T L E T O E
Across: 1. P H I L O S O P H Y, 2. C A F E, 3. L O, 4. S O, 5. P H Y, 6. E R, 7. F A, 8. U, 9. O R, 10. A W N, 11. C A F E, 12. H E L L O, 13. F E A R L E S S, 14. I N I C A L, 15. S, 16. C, 17. L I N I C A L, 18. D E C A Y, 19. C A Y, 20. Y, 21. W O R S T, 22. N O D, 23. U N T I E, 24. A R C H

Christmas Word Scramble
1. dnoewadnl, 2. escrogo, 3. asnatlacsu, 4. teesrnsp, 5. uhrdpl, 6. ejssu, 7. mashcrst eert, 8. bwos, 9. enol, 10. wnmosan, 11. rwehta, 12. ndyca ance, 13. yollh, 14. ftigs, 15. ntrgch, 16. emrr, 17. ngtsoikc, 18. gnwraipp, 19. tooeicadrsn, 20. eblls
Wonderland, Scrooge, Santa Claus, Presents, Rudolph, Jesus, Christmas Tree, Bows, Noel, Snowman, Wreath, Candy Cane, Holly, Gifts, Grinch, Merry, Stocking, Wrapping, Decorations, Bells

Merry Christmas Crossword
Across: 1. C O W, 2. W, 3. D, 4. E, 5. N, 6. T, 7. E, 8. F, 9. C, 10. H, 11. A, 12. S, 13. T, 14. A, 15. M, 16. O, 17. R, 18. U, 19. N, 20. D, 21. O, 22. N, 23. T, 24. E, 25. F, 26. H, 27. O, 28. U, 29. I, 30. T, 31. R, 32. T, 33. I, 34. O, 35. W, 36. N, 37. O, 38. R, 39. E, 40. W, 41. T, 42. O, 43. N, 44. H, 45. S, 46. C, 47. A, 48. P, 49. E, 50. D, 51. F, 52. O, 53. P, 54. C, 55. O, 56. R, 57. P, 58. D, 59. A, 60. R, 61. T, 62. A, 63. L, 64. Y, 65. N, 66. O, 67. M, 68. A, 69. D, 70. E, 71. L, 72. S, 73. E

SERVICE DIRECTORY

ADVERTISE YOUR BUSINESS HERE!

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) 631 5968.

A trained assessor will contact you to make a booking.

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



RayWhite



PREMIUM

Benjamin Neal
Ray White - Ellerslie

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

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office@communicare.org.nz

Communicare's Charity Cookbook

SUPPORT COMMUNICARE BY BUYING YOUR VERY SPECIAL CHARITY COOKBOOK WITH EVERYONE'S FAVOURITE RECIPES

\$5

PH 09 6315968
EMAIL OFFICE@COMMUNICARE.ORG.NZ

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Give the gift of Sponsorship

Grannies enrich the community! Your Sponsorship will reduce loneliness & isolation for an older person in the Community! Find out how you can enrich the life of an older person

www.communicare.org.nz

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



Please cut off and send this donation slip to:

14 Erson Ave, Royal Oak

P O Box 24535 Royal Oak Auckland 1345