

Winter 2023

SEASONS

The Communicare newsletter



COMMUNICARE
FRIENDSHIP CENTRES

Connecting Older People
He tūhononga kaumatua



IN THIS ISSUE

A day in the life of
coordinators

Kings coronation

www.communicare.org.nz

Coming Soon



Communicare Charity Cookbook
OUT SOON



Manurewa Centre
Opens 18 July

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

Contents

2 Our Supporters

3 Focus on...

4 Friendship Groups

5 The Good Life

6 What's Been Happening at Communicare

8 Service Directory

Our Supporters



Helen Stewart Royle.
Charitable Trust
Managed by Public Trust



Thanks once again to Benjamin Neal, for his ongoing support and very generous donations.

Phone 021 520 961
benjamin.neal@raywhite.com

Ray White



FOCUS ON...

A DAY IN THE LIFE OF COORDINATORS

Monday seems to roll around quickly and it's time to get ready to open our Pukekohe Friendship Centre.

With all the preparation already done, I arrive at the venue where I'm greeted by my lovely volunteer Barbara R and a few members who like to arrive early and help with setting up. While that's going on, Judy and Ann, my kitchen volunteers arrive & start organizing one of the most important parts of the day – the morning tea and lunch.

Set up complete, now it's time to welcome our members. We're not called a "Friendship Centre" for nothing – it's great to see friendships formed among the group and the smiles on faces as people greet each other. Catch up and chat are the order of the day while others play Rummikub, cards, colour in or just sit and hang out. This is a good opportunity to make sure everyone is ok or if we can help in any way. We have so many interesting people with their own story to tell.

Morning tea is a time to celebrate birthdays, any special events or achievements. This is followed by exercising to music and singing. Volunteers Steph, Barbara B and Sandra enjoy leading this activity – there's lots of laughter and shenanigans involved.

Our group enjoys crafts and love being able to take home something from their day. Game time is also enjoyed – coming out on top as favourites are Boccia, Toss the Teddy and the recently acquired Parachute Game. Bingo before lunch is a must every session with people vying for the prize if they get a line or a full house. There's lots of smiles and encouragement as the prizes are handed out. Lunch over and it's time to say goodbye and pack up ready to meet again in another week.

Heather Faulkner
Pukekohe Centre



Thursdays are the day for Communicare in Papakura.

My day starts early so I can get to the supermarket by 8am (I live rural, so the drive is about half an hour). At the supermarket I buy supplies for lunch, vegetable soup and buns in winter and club sandwiches in summer. For morning tea, we have 2 wonderful volunteer bakers who provide us with fruit loaf once a month and homemade scones (usually still warm when they arrive!) once a month, other weeks I get a loaf or cake from the supermarket. By 8.30am I am at the Baptist Church Hall ready to set up. I am usually met there by one of my volunteers Beth who helps set up and then starts in the kitchen, stays to help serve morning tea then takes off to her other volunteer job with Riding for the Disabled. We are usually ready to go about 9.15am when our first guests start to arrive. By 9.30am 2 more kitchen volunteers have arrived Sally and Angela. Members arrive under their own steam or are picked up by my 2 volunteer drivers John and Yvonne who transport about 7 members each week between them. Yvonne then often stays to help in the kitchen if she is not busy. We also have another volunteer, Sandra, who helps whenever she can despite severe back pain!

Our typical day involves chats, games, bowls, crafts and knitting, morning tea, a round or 2 of bingo from 11.15 to 12pm, followed by lunch and the drawing of our weekly raffle before home time. Then it is time to cleanup and pack up which we normally have done about 1.30pm before heading to the shops for next week's raffle prizes.

I particularly enjoy theming days for special events like Easter, daffodil day, Matariki and recently the Kings Coronation where we had Coronation Quiche and decorated cupcakes. This year we have an incredibly special event planned for early next term when we will be celebrating our member Arthur turning 100!

Helen Carter
Papakura Centre



FRIENDSHIP GROUPS

Central

Avondale – Tuesdays

Avondale Community Centre
99 Rosebank Road Avondale.

Blockhouse Bay – Thursdays

Baptist Church Hall
504 Blockhouse Bay Road

Hillsborough – Thursdays

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

Mt Roskill – Mondays

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

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

Waitemata Rugby Club
96 Swanson Road

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 are invited to join Communicare

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	Kitchen skills
Crafts	Volunteer driver
Art	Walkers to Flyer drop
Muscles	Friendly face

4 hours a week
Induction
Sense of Purpose
Lots of fun
Great team



Communicare CMA Auckland



Reaching out to seniors to provide
inclusiveness

There is a centre near you.
New members always welcome too!

Phone: 09 631 5968

office@communicare.org.nz

www.communicare.org.nz



CommunicareCMA



Volunteers Karen and Ioka, celebrating Samoan language week.

THE GOOD LIFE

King Arthur to turn 100!

In July, Arthur from the Papakura Centre will turn one hundred.

Communicare Papakura is planning a lovely celebration to mark this occasion, if you know Arthur let Helen know, or call the office to attend.

Arthur has been attending Communicare for the last nine years. Born in Otahuhu in 1923, Arthur has lived his lifetime in Auckland. He fondly remembers the days of the roller-skating rink in Otahuhu.

While at Communicare, Arthur enjoys playing Bingo, bowls and socializing with the other members.

We look forward to celebrating your big day and reading all about it in the next issue of Season.

Introducing Jo, Communicare's Total Mobility Assessor

The Auckland Transport Total Mobility Card (TM) is a national scheme run by the Auckland Transport to enable people to get mobile. Such as, medical appointments, shopping, social outings etc.

With ease and affordability. TM cards support people who cannot use public transport to travel, all or some of the time.

In Auckland, those who are eligible get a subsidised rate (a 50% discount, up to a maximum subsidy of \$40 per trip) on contracted taxis for door-to-door transport, and an accessible concession loaded on a Total Mobility AT HOP card used to pay for discounted travel on public transport.

During my time with Communicare I have noticed an increase in the number of clients meeting the eligibility criteria and gaining a TM card. My assessments are personal and are done at your home or at a friendship centre near you. "By coming to you it makes the process easier and more stress free."

"Also, some clients have become Communicare members! This allows them to socialise and enjoy making new friends."

Should you require a Total Mobility assessment, please call Communicare on Ph 09 6315968 or email office@communicare.org.nz

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).



WHAT'S BEEN HAPPENING AT COMMUNICARE

Pets visit the centres



Coronation Celebration



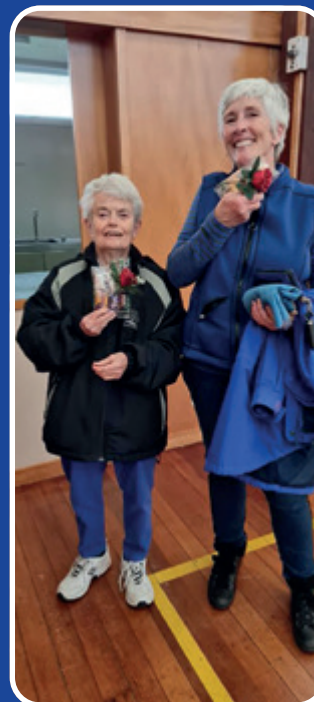
Manurewa Open Day



Birthdays



Mothers Day



SERVICE DIRECTORY

ADVERTISE YOUR BUSINESS 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

SPONSOR a GRANNY

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




HOMESHARE

OWNERS

-  Are you over the age of 65?
-  Do you live in Auckland and have a spare room?
-  Want to connect more with others?
-  Would you like help with practical tasks around the home?

Answered YES to any of these questions? Then Homeshare may be right for you!

This programme is based on generational living. It is about people helping people and creating meaningful, reciprocal relationships.

For more information:
021 0200 7187
homeshare@accm.org.nz
www.ageconcernauckland.org.nz

This initiative is funded by:



Te Tari Kāwhiri
Office for Seniors

DR CARLOS CHEUNG

National Party
Candidate for
Mt Roskill

Getting NZ
back on track

027 363 1063
CarlosCheungMtRoskill
carlos.cheung@national.org.nz

Authorised by C Cheung, 41 Pigeon Street, Wellington



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