

Spring 2023

# SEASONS

The Communicare newsletter



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& Community Connector

King Arthur's 100th birthday

Student Placements

[www.communicare.org.nz](http://www.communicare.org.nz)

# Welcome

## New Coordinators



Wendy Cheetham  
Remuera



Dharamjeet Kaur  
Manurewa

### Contact Us

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(09) 631 5968

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

Website:

[www.communicare.org.nz](http://www.communicare.org.nz)

Facebook:

CommunicareCMA

Instagram:

CommunicareCMA

### Design

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

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## Our Supporters



Lottery Grants Board  
FUNDS FOR YOUR COMMUNITY



Auckland Airport  
COMMUNITY  
TRUST



Maurice Paykel  
Charitable Trust



Helen Stewart Royle.  
Charitable Trust  
Managed by Public Trust





# FOCUS ON...

## A DAY IN THE LIFE OF AN ADVOCATE & A COMMUNITY CONNECTOR

As I write this I am now in my in my final weeks with Communicare. I am so enjoying working with the centres.



Until February 2022 I was a senior chaplain with the Selwyn Foundation and lead Chaplain at Selwyn Village in Point Chevalier. I was a specialist in Dementia Care and Palliative Care. Late in 2022 Selwyn sold six of its seven Villages to MetLife Care. I was asked to care for the Selwyn Heights community as they grieved and adjusted to this change.

The next chapter in my life was more personal. I retired from the Selwyn Foundation on Good Friday 2022. The same weekend I "came out"

publicly as a trans woman. I presided at the Eucharist for the first time as "Nicola" on Easter Day. For the five years before that only family, colleagues and a few trusted friends knew I was a trans woman. I presented as a man at work. It became increasingly intolerable for me to live this double life and it was a huge relief, just over a year ago, to leave that behind. The Bishop issued a new license for me as "The Reverend Nicola Sian Frater" and, on May 8, 2022, appointed me as 1/4-time Priest in Charge of Selwyn Anglican Church in Mangere East.

As we age, we lose energy, strength, mobility, and independence. We can struggle to find meaning and purpose in life. Yet this is also a time in which we grow more and more to know and accept who we are and care less and less what others think. We shift from finding meaning in all the things we can do to finding meaning in simply being who we are in connection to loved ones and others. Staying connected becomes critical at a time when many of us lose connection to others. Keeping us connected with each other is what Communicare is about, and I am so happy to be part of Communicare as it evolves.

I look forward to being part of Communicare going forward and hope that we receive another generous grant to ensure this happens.

**Nicola**

*Nicola was funded by a generous grant from Ernest Hyam Davis Trust.*



Kia ora koutou, I am Alice Nash.  
As a Community Relationship Facilitator, it is my responsibility to connect the community with Communicare's services across Auckland.

Each day differs, but most of my time is spent networking within the community. It involves connecting with different individuals, groups, and organisations to foster mutual support and growth. Through collaboration we can share resources and work towards a stronger community. Communicare plays a pivotal role in social inclusion and greater awareness of our organisation can help in the fight against loneliness and isolation.

I also have the privilege of seeing all the different Communicare centres, members and volunteers across Auckland. Each group has their own unique style and caters to the diverse needs and personalities of the group. Through external relationships I aim to see how each centre fits intricately into the community landscape of each area where they are based. I love being able to see and share all the fun things happening at each centre.

Say "hi" if you see me! I love to chat about all things Communicare and see how we can help.

Ngā mihi,

**Alice Nash**  
Community Relationship Facilitator



# FRIENDSHIP GROUPS

## Central

### Avondale – Tuesdays

Avondale Community Centre  
99 Rosebank Road Avondale.

### 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 – 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

## 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 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



**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



## King Arthur's 100th birthday

**It felt like everyone came out to celebrate Arthur's party. Local Board members, family, past staff and members from the Papakura Centre enjoyed being part of the activities.**

It was huge success with loads of food, music and laughter. Arthur thanked everyone for the party and was a little overwhelmed by all the attention. When asked what it was like to be 100, he said it was much like being 80.

Born in Otahuhu in 1923, Arthur has lived his lifetime in Auckland and seen many changes over the years. He fondly remembers the days of the roller-skating rink in Otahuhu and many social outings.

Arthur has attended our Papakura centre for the last 9 years and loves every minute of it. He enjoys playing Bingo and socializing with the other members.

Communicare would like to thank Helen and her volunteers for their hard work and also the kind support from the Papakura Local Board.





# WHAT'S BEEN HAPPENING AT COMMUNICARE

## Rummikub Fundraiser

**Communicare had a Rummikub Fundraiser to promote the Mt Roskill Centre. Donations of up to \$500 were collected, including sponsors from Coffee Club, Gilmores and New World Mt Roskill.**

The competition was heated, with many serious faces in the room, but still loads of fun!

The winner for the 2023 Rummikub Fundraiser was the lovely Stella, who is also a volunteer at Hillsborough centre. Runner ups were Bev and Heather.

Very special mention to the staff for organising this event, Paula (Admin) Satoko (who is the coordinator for Mt Roskill), Robyn (Fundraiser) and Sneha (Blockhouse Bay and Avondale Coordinator).

*The next fundraiser is at our new Donovan Centre 19th September.*





## Communicare welcomes AUT Occupational Therapy students to Henderson centre

We are so fortunate to have placements at Communicare and Paige and Anita have been great support.

Communicare is offering placements for students enrolled in the Health and Wellbeing courses through the Open Polytechnic, several staff and volunteers have enrolled in this course and will be supported by trained assessors. We have an opening for five people looking to retrain, or long term unemployed to join this programme.

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



## Beading fun at Massey with members enjoying making colourful bracelets.



**YOU ARE INVITED**  
COMMUNICARE CMA AUCKLAND  
REACHING OUT TO SENIORS TO PROVIDE INCLUSIVENESS

**BOWLING, BOCCIA  
& BINGO FUNDRAISER**

**19 SEPTEMBER  
TUESDAY**  
AT IONA CHURCH HALL  
38 DONOVAN STREET  
BLOCKHOUSE BAY

**GOLD COIN  
DONATION**

**10AM - 12:30PM**

[WWW.COMMUNICARE.ORG.NZ](http://WWW.COMMUNICARE.ORG.NZ)  
[OFFICE@COMMUNICARE.ORG.NZ](mailto:OFFICE@COMMUNICARE.ORG.NZ)  
09 631 5968



# WHAT'S BEEN HAPPENING AT COMMUNICARE

**Avondale members had a lovely day games and knitting.**



**Howick Friendship Centre celebrated Pat Wareing's 20th Anniversary as a Communicare Howick volunteer.**

Thank you, Pat, for all your wonderful help, it is greatly appreciated.



**Bingo at Pukekohe and Pukekohe Centre celebrated 2 birthdays this week, Sean & Jeanine**





## Skittles Fun and Games at Hillsborough Friendship Centre and birthdays, Happy Birthday Stella and Janet



## Papakura Centre celebrating 2 Birthdays this week, Marion and Donald.

Happy Birthday to you both from Communicare!



**CENTRES CLOSE  
12TH DECEMBER  
REOPEN 1ST FEBRUARY  
(6th Feb Waitangi Tues)**

**Howick Centre closes 13th December.  
Reopens 7th February 2024.**



# WHAT'S BEEN HAPPENING AT COMMUNICARE

**Massey Group celebrated our volunteer, Debbie's 20-year anniversary with cake, certificate, 20-year pin, chocolate, card and flowers.**

Congratulations and thanks Debbie for everything you do.



**Henderson centre had an open day at their new venue, Sturges West Community House.**

It was a lovely day of craft, exercises, and games, with new members and volunteers signing up. Welcome to Communicare!



**Flax weaving at Massey Centre.**





**Communicare and Grey Power Waitakere have collaborated and invite Grey Power Members to come to a group near them.**

From Grey Power's newsletter we reprint this for your interest

## FROM MINISTRY OF SOCIAL DEVELOPMENT

### The Five Main Vulnerabilities for Older People

**1. Health.** Ability to get a doctor's appointment, to see the same doctor; cost, transport, follow up assessment and care.

**2. Housing.** Ability to look after own house and surrounds, rent cost, sharing with extended families, lack of housing for seniors (small, single storey).

**3. Financial.** Pension insufficient to cover rent, transport, general living cost and utilities without other income.

**4. Social.** Those living alone suffer loneliness due to peer deaths, lack of transport and inability to travel due to health reasons. Family may have moved away or overseas. Quite a few do not have digital skills which may also have a detrimental effect.

**5. Access.** The ability to move around easily to travel, shop and visit friends is severely curtailed by impediments to mobility devices, sight, hearing. All of the above are to some degree inter-related and many older people are affected by more than one, ethnicity also varies the effect of each vulnerability as does mental health.

#### Graphical Breakdown

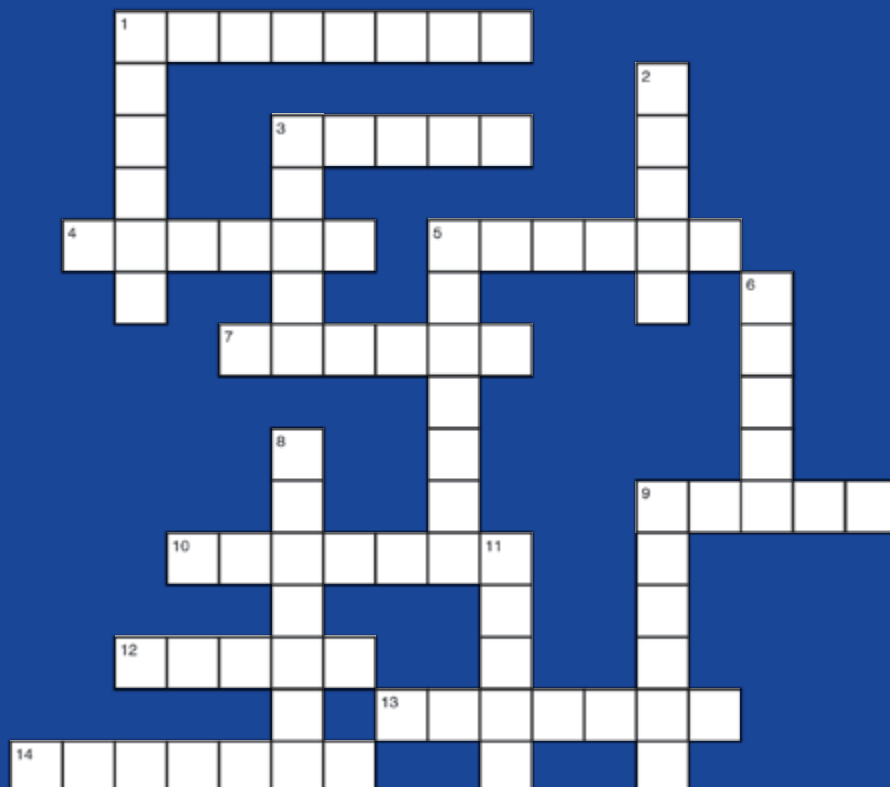
To support the Governments Life Strategy Action Plan 2021- 2024 MSD partnered with SWA and MoH regarding older people's vulnerability in NZ.

Results shown below.

54% are OK; breakdown of rest is below.  
33% experience vulnerability in a single domain 13% experience vulnerability in two or more Auckland, Gisborne and the West Coast have highest proportion of multiple vulnerabilities.

For discounts and advocacy join Grey Power  
<https://membership.greypower.co.nz/>

# GOLDEN AGE OF HOLLYWOOD CROSSWORD



#### ACROSS

- 1 Gilda Mundson Farrell, 1946
- 3 Rhett Butler, 1939
- 4 Charlie Allnut, 1951
- 5 Stanley Kowalski, 1951
- 7 Kitty Foyle, 1940
- 9 John T. Chance, 1959
- 10 Dorothy Gale, 1939
- 12 Roger Thornhill, 1959
- 13 Heathcliff, 1939
- 14 Holly Golightly, 1961

#### DOWN

- 1 Judah Ben-Hur, 1959
- 2 Mister Douglas Roberts, 1955
- 3 Felicitas von Rhaden, 1926
- 5 Ilsa Lund, 1942
- 6 Joe Wilson, 1936
- 8 Kitty Collins, 1946
- 9 Charles Foster Kane, 1941
- 11 Margo Channing, 1950

Solution on back page

Compliments of © Memory-Improvement-Tips.com

# SERVICE DIRECTORY

## 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

Now Realty Limited - Licensed (REA 2008)

021 520 961 | (09) 525 2600

## 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**

## CROSSWORD SOLUTION



## 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](http://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**