



Age Concern Palmerston North & Districts

Meet the team | Manawatū Community Law Centre
International Day of Older Persons | What's on at Age Concern



Message from our Manager

Welcome to the 'relaunched' magazine from Age Concern Palmerston North & Districts. The purpose of this issue is to tell you about our services, introduce you to the team, and provide you with an opportunity to send us feedback. We are also going to highlight another organisation in each issue – this time Manawatū Community Law Centre have kindly provided us with information to share.

I have been in the Manager's role for two months now and am delighted to be here. Matariki was a wonderful time to reflect on the past as I finished up in my old job, and beginning here at Age Concern in springtime has felt like a very positive new beginning. After many years in local government I am enjoying being back in a community organisation. The team here are extremely dedicated to our Age Concern kaupapa, and it is a privilege to be here supporting them.

As you are probably aware, the team at Age Concern Palmerston North and Districts are involved in lots of different activities. Along with all community organisations, we are always looking to make our resources stretch further. We are keen to find out how you would like to connect with Age Concern, and also to hear your ideas for the future. We can't make any promises, but we are always open to new ideas!

Please read on to find out about who we are and what we do.

Please also feel free to email or phone to introduce yourself or have a chat. You can email me at julie.macdonald@ageconcernpn.org.nz or call 06 355 2832 and select option 6.

I look forward to meeting more of our Age Concern community.



Age Concern Palmerston North & Districts

Phone: 06 355 2832

Freephone: 0800 652 105

Email: info@ageconcernpn.org.nz

Address: 4/251 Broadway Ave,
Palmerston North 4414

Entrance on Vivian Street

Postal Address: PO Box 5063,
Palmerston North 4441

Website: www.ageconcernpn.org.nz

Office Hours:

9am - 3:30pm, Monday to Friday

Closed Public Holidays

Board Members

Chair: Christina Brenton

Jeff Rayner, Monica Huisman, Libby Gosse, Nina Kirschbaum and Ron Rowe

Thank you to our funders & supporters



Supported by



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Disclaimer

The views expressed in this magazine are not necessarily those of Age Concern Palmerston North & Districts. The inclusion of any product or service does not mean that Age Concern Palmerston North & Districts advocates or endorses it.

Meet the team

We are a small but mighty team here at Age Concern Palmerston North & Districts.

Strength & Balance

Adele | *Regional Community Strength & Balance Coordinator*

Adele is part of our Health Promotion Service and coordinates the Community Strength and Balance (CSB) classes across the MidCentral District and Manawatū Region. These classes are designed for older people (65+, or 55+ for Māori and Pasifika) and follow ACC's Live Stronger for Longer Falls Prevention programme.

There are currently around 110 ACC-accredited classes available, offering a wide variety of fun and effective options, including Aqua programmes, Dance, Yoga, Pilates, Tai Chi, Circuit training, and chair-based sessions.

If you or someone you know is interested in joining a Community Strength and Balance class, please visit the "Find a Class" section on the Live Stronger for Longer website, or contact Adele by email for more information.

adele.obyrne@ageconcernpn.org.nz

Health Promotion

Eliza | *Health Promotion Coordinator*

Eliza's role is to oversee our Steady As You Go exercise classes, running the Shake, Rattle n Roll classes and coordinating our Staying Safe Driving Refresher courses. These programmes all aim to improve your overall health.

Steady As You Go is a gentle exercise class for all mobility levels focused on improving your strength and balance. With over 10 classes in Palmerston North and surrounding areas, there is sure to be a class that suits your schedule, with a wonderful group of people ready to welcome you in.

Shake, Rattle n Roll is a dance cardio



Back Row: Rebecca, Adele, Julie & Eliza. **Front Row:** Rosalie, Fern & Klara.

exercise class for those ready to stand up and groove to some classic songs for great fun and uplifting exercise. This class is held twice a week on Tuesdays and Wednesdays at the Palmerston North Community Leisure Centre.

Our Staying Safe Driving Refresher courses are an informative session to empower you to feel more confident on the road and be better prepared if you have a licence renewal due. We run these courses every 1 to 2 months in various locations throughout the Manawatū. Contact Eliza if any of these classes sound like something you could use in your life.

eliza.stapley@ageconcernpn.org.nz

Social Connection

Fern | *Social Connection Coordinator*

Fern coordinates both the Visiting Service and the Tea & Talks group. Our Visiting Service provides companionship for older people who may be feeling socially isolated. Our Volunteer Visitors can visit you weekly at your home. Tea & Talks is a social group that meets twice a month at the Age Concern office. Here you can enjoy listening to a guest speaker on a health topic, followed by a lovely afternoon tea. This is where lasting friendships are made. We also have our Men's group, In Knit Together and Kōrero & Kai that meet regularly for social connection. We hope to support more groups in the future.

fern.brooking@ageconcernpn.org.nz

Administration

Rosalie | *Office Coordinator*

A new recruit to the team, Rosalie greets visitors at reception, responds to phone inquiries and keeps the office running.

Senior Safety & Support

Klara & Rebecca | *Social Workers*

Klara and Rebecca make up our Senior Safety Support team. They are here to respond to situations where an older person's safety or wellbeing is at risk.

As many as one in 10 older people in New Zealand will experience some kind of elder abuse. Most abuse isn't recognised or is ignored. Abuse can be physical, financial, psychological, sexual, or neglect, and includes self-neglect and institutional abuse. Often the perpetrator holds a position of trust. Seventy percent of abusers are known to the older person and in 40% of cases they live with their abuser.

We accept referrals from the affected individual, whānau, friends, neighbours, health services, police and other agencies. Referrals can be in confidence. We require the consent of the older person to work with them.

Klara & Rebecca will work with kaumātua, respecting their wishes and develop a plan to enhance support.

To make a referral please call us on 06 355 2832 or send an email to

info@ageconcernpn.org.nz

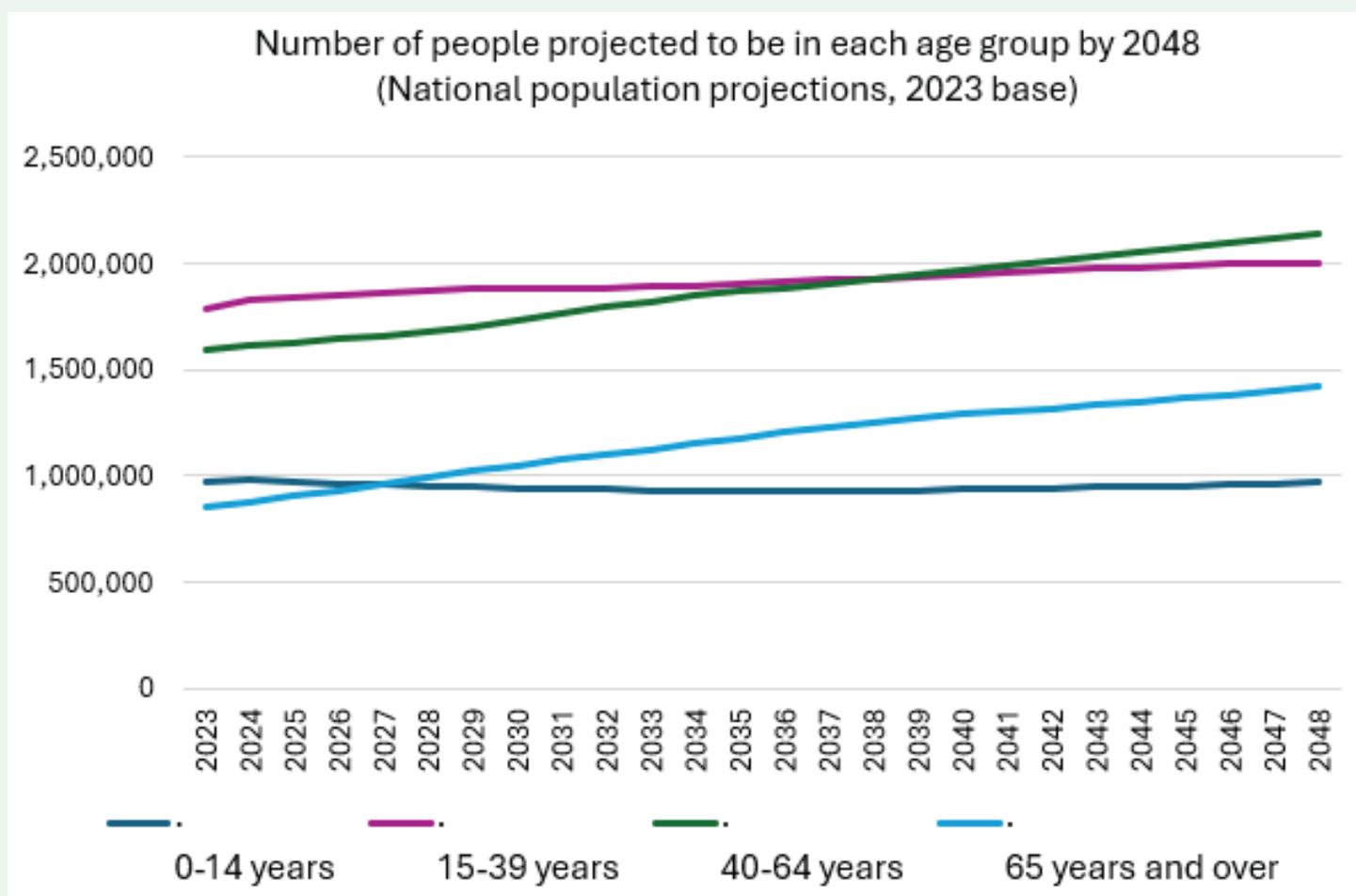


Our community - Who do we serve?

Age Concern Palmerston North and Districts generally serves the Palmerston North City and Manawatū District, although we also offer some programmes and services further afield.

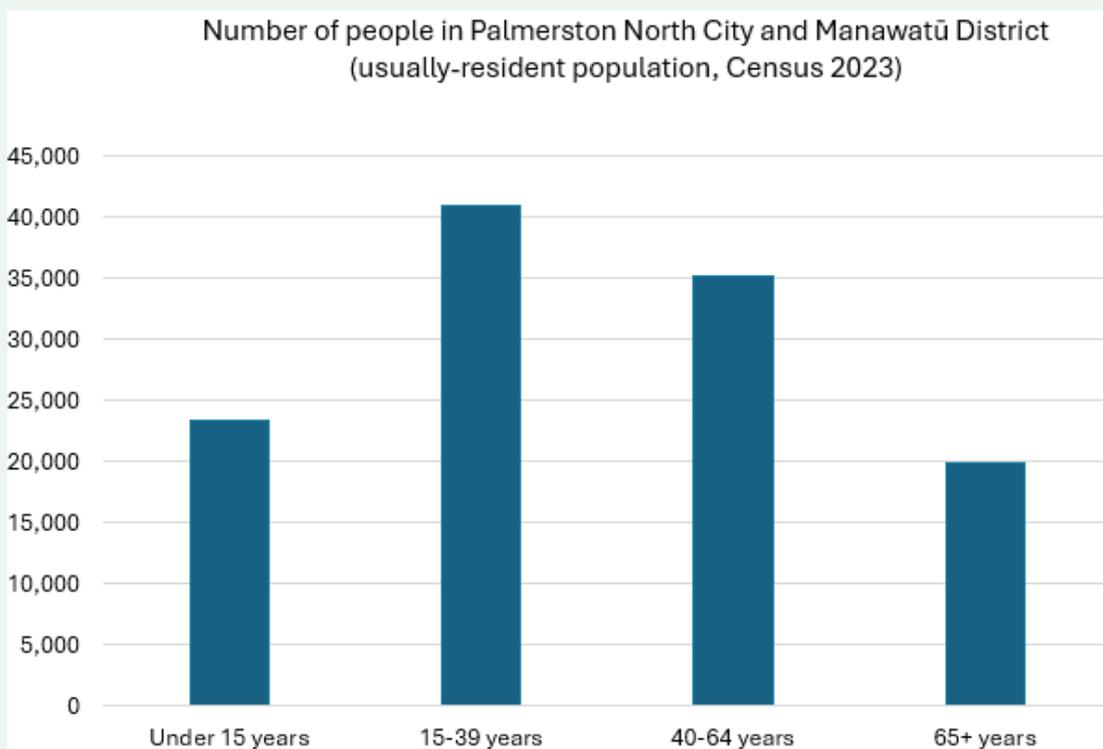
Older people are increasing as a proportion of our population. The National population projections, based on 2023 Census data, are that by 2048 children (aged 0-14 years) will be the smallest proportion of the national population, and older people (aged 65+ years) will have increased to be 22% of the national population. That is a projected 67.8% increase in the older population in Aotearoa between the 2023 Census and 2048.

The line graph below shows how the national population is projected to change over time.

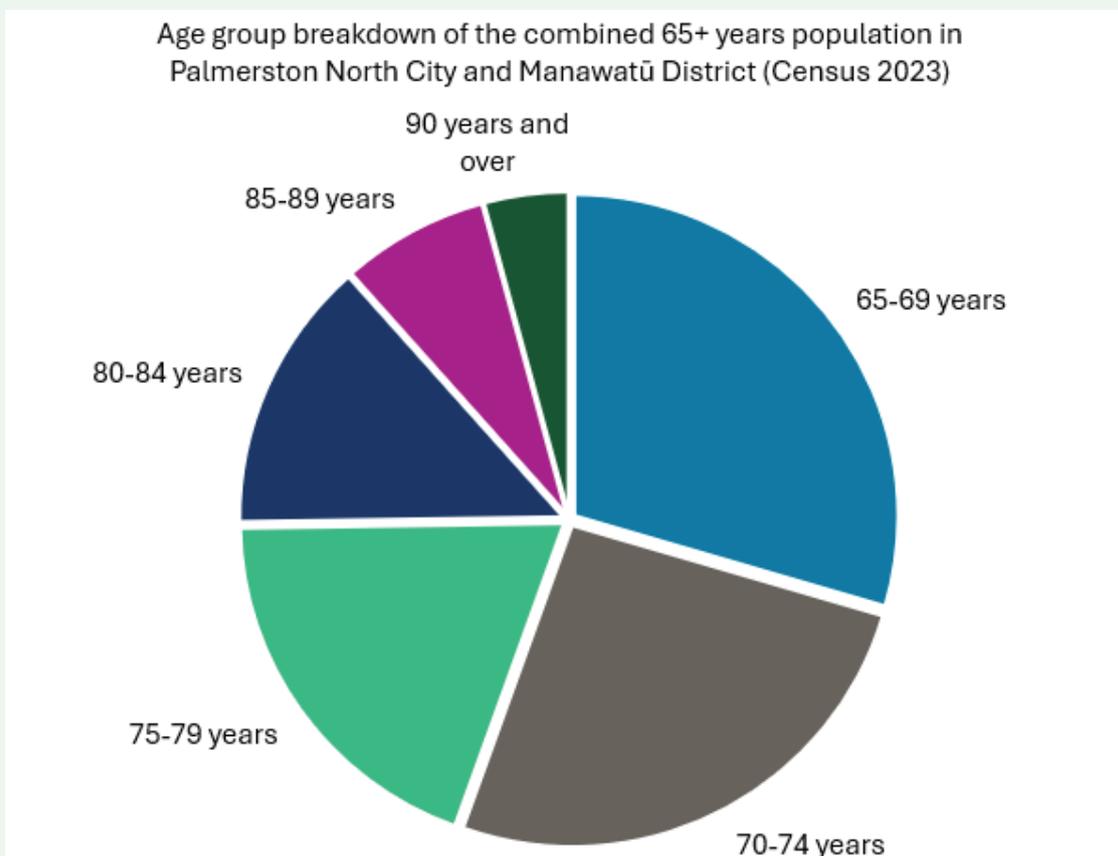


In our region, older people (aged 65+ years) were almost 17% of our usually-resident population at the 2023 Census. At Census time, there were 13,670 people aged 65+ years in Palmerston North City and 6,256 people aged 65+ years in Manawatū District.

This graph shows the broad age categories of this population, although note that these age ranges are not of equal size.



The pie chart below shows that the breakdown of age groups for this usually-resident population is as you'd expect, with those aged 65-69 years and 70-74 years together making up more than half of this total older population group. Those aged 90+ years are more than 4% of our 65+ years community.



Continued on next page

Māori and Pacifica people make up around 10% and 2% of our 65+ years age group, respectively. However, Age Concern includes Māori and Pacific people in our 'older persons' definition from the age of 55 years. When we include Māori and Pacific people aged 55-64 years, more than 2,150 people are added to the wider community we serve.

The recent Census and other local research tell us lots of interesting things about the community. In our future magazines we will explore more of this information. For example, what kinds of households do older people live in? How many older people are caring for family members, or doing other non-paid activities outside the home? What proportion of our older community live in rest home care? What are the favourite recreational past-times?

If there is something you're interested in finding out about the more than 20,000 older people in our wider Palmerston North and Districts Age Concern community then please let me know (email julie.macdonald@ageconcern.org.nz or phone 355 2832).
Source: Stats NZ

The Huia Awards

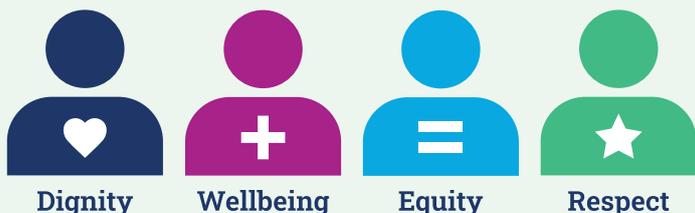
The Huia Awards are an annual celebration of New Zealand's older people and those who support them. The Huia feather is a sacred treasure for Māori, symbolising leadership and mana. Huia feathers were traditionally given as tokens of friendship.

Each year, Age Concern New Zealand, awards three recipients a Huia Award. Nominations must show how recipients support our kaumātua and make positive differences for them.

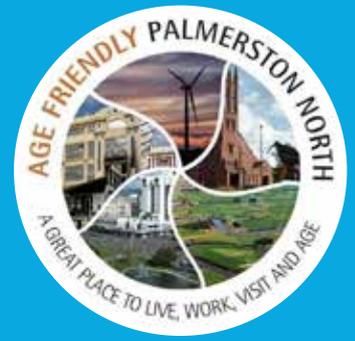
Leadership, mana and community are the qualities our brand represents. The circle of three feathers portrays the concept of community, friendship, and respect—all things our award recipients will value and uphold.

The winners of the Age Concern NZ Huia Awards 2025 are Irihapeti Bullmore, Judith Davey and Janferie Bryce-Chapman.

Our Board Chair Christina Brenton attended the event and presented the awards to the deserving recipients.



Age Friendly Palmerston North



Age Friendly Palmerston North brings together people from the community, along with Age Concern, CAB, Senior Net, Enable, Alzheimers Manawatū, Grey Power, Housing Advice, Whakapai Hauora, Te Whatu Ora Elder Health, and PNCC to champion the needs of older residents.

Our vision:

"Palmerston North is a community where age is not a barrier and people of all ages can flourish and thrive."



The group meets monthly to explore what it means to be an age-friendly community. We want to raise awareness of older people's needs relating to accessible buildings, open spaces and places, housing, transport, how we communicate information, opportunities to participate, volunteer or be employed, age-friendly businesses, community support, and health services.

Using the Palmerston North City Council submission process, we continue to advocate for an age-friendly lens on decisions relating to accessibility, and how we live, move, and participate in our community.

Our city has recently been recognised as being part of the Age Friendly City global network. This was achieved by all of us working together to build an age-friendly, inclusive, accessible, and connected community.

For more information, please contact Age Friendly Palmerston North.

Contact details

P: 027 337 8166

E: agefriendlypn@gmail.com

 Age Friendly Palmerston North

What's on at Age Concern?

Palmerston North & Districts

November

- 05 WED** **In Knit Together - Casual knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms
- 11 TUE** **Tea & Talks - Age Friendly**
1pm - 3pm | Age Concern Meeting Rooms
- 13 THU** **Staying Safe - Driver Refresher Course**
10am - 2pm | Call or email to register
- 18 TUE** **Men's Group - Moneywise Manawatu**
1.30pm - 3.30pm | Age Concern Meeting Rooms
- 19 WED** **In Knit Together - Casual knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms
- 25 TUE** **Tea & Talks - Unichem Pharmacy: Sun Protection**
1pm - 3pm | Age Concern Meeting Rooms
- 26 WED** **Annual General Meeting**
11am - 1pm | Hancock Community House, PN
- WEEKLY TUESDAY** **Kōrero & Kai - Social connection in Halcombe**
11am - 1.30pm | Halcombe Community Hall
- WEEKLY TUE & WED** **Shake, Rattle 'n' Roll - Dance exercise class**
1.30pm - 2.30pm | Community Leisure Centre, PN
- WEEKLY TUE - FRI** **Steady As You Go - Strength & Balance classes**
See page 13 for all times and locations or contact Reception for more info.

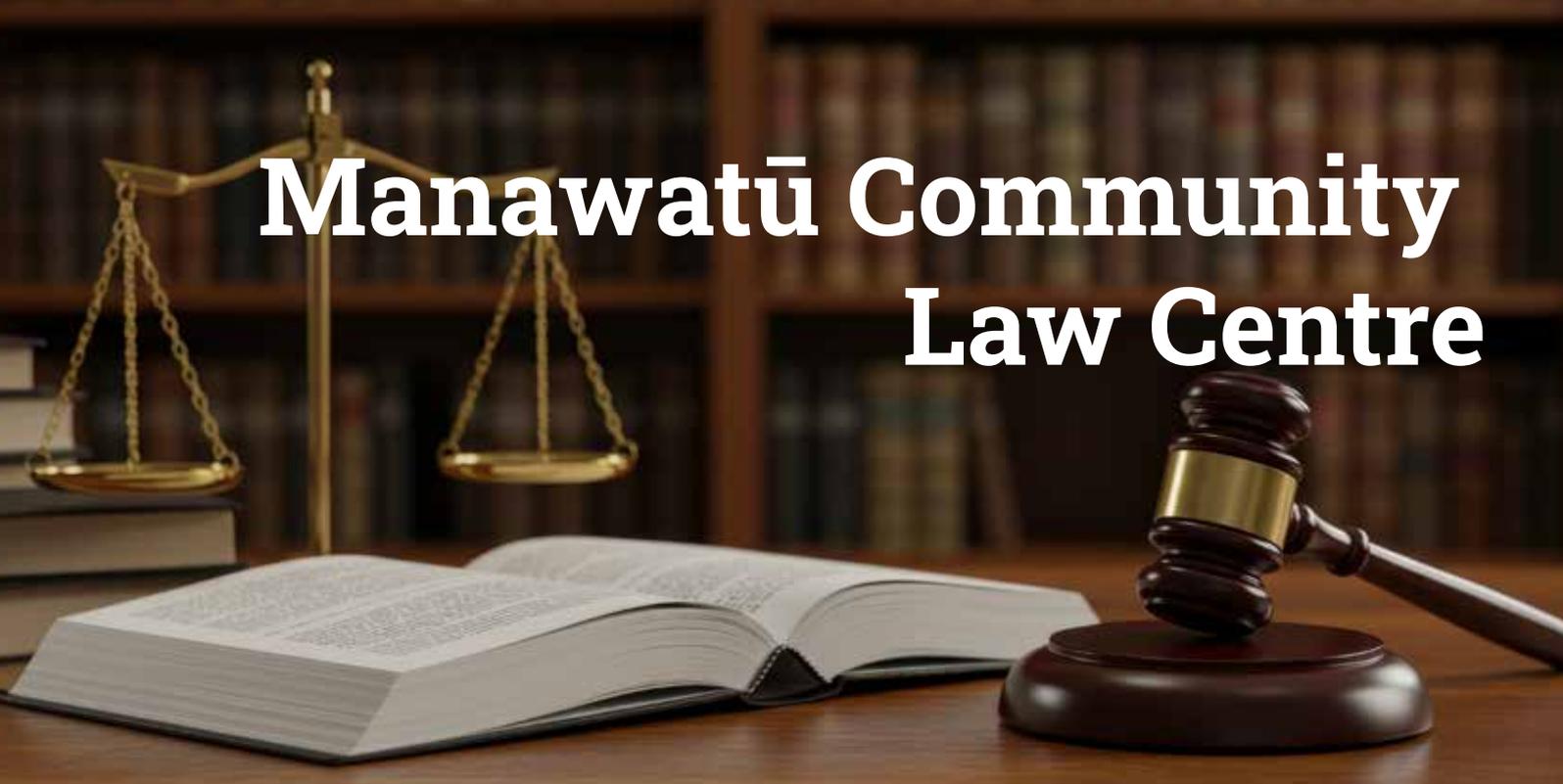
December

- 02 TUE** **Men's Group**
1pm - 3pm | Age Concern Meeting Rooms
- 03 WED** **In Knit Together - Casual knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms
- 09 TUE** **Tea & Talks - Final Session for 2025**
1pm - 3pm | Age Concern Meeting Rooms
- 11 THU** **Staying Safe - Driver Refresher Course**
10am - 2pm | Call or email to register
- 16 TUE** **Men's Group**
1.30pm - 3.30pm | Age Concern Meeting Rooms
- 17 WED** **In Knit Together - Casual knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms
- 23 TUE** **Age Concern Palmerston North & Districts**
3.30pm - Office closed for Christmas holidays
- WEEKLY TUESDAY** **Kōrero & Kai - Social connection in Halcombe**
11am - 1.30pm | Halcombe Community Hall
- WEEKLY TUE & WED** **Shake, Rattle 'n' Roll - Dance exercise class**
1.30pm - 2.30pm | Community Leisure Centre, PN
- WEEKLY TUE - FRI** **Steady As You Go - Strength & Balance classes**
See page 13 for all times and locations or contact Reception for more info.

January

- 07 WED** **Age Concern Palmerston North & Districts**
9am - Office open for 2026
- 20 TUE** **Men's Group**
1.30pm - 3.30pm | Age Concern Meeting Rooms
- 21 WED** **In Knit Together - Casual knitting/craft group**
1pm - 3pm | Age Concern Meeting Rooms
- 27 TUE** **Tea & Talks - Welcome back for 2026**
1pm - 3pm | Age Concern Meeting Rooms
- WEEKLY TUESDAY** **Kōrero & Kai - Social connection in Halcombe**
11am - 1.30pm | Halcombe Community Hall
- WEEKLY TUE & WED** **Shake, Rattle 'n' Roll - Dance exercise class**
1.30pm - 2.30pm | Community Leisure Centre, PN
- WEEKLY TUE - FRI** **Steady As You Go - Strength & Balance classes**
See page 13 for all times and locations or contact Reception for more info.

*Let us know what
events you'd like to
see next year!*



Manawatū Community Law Centre

Who we are

The Manawatū Community Law Centre (MCLC) provides free legal help to people who cannot afford a lawyer and who fall within our eligibility criteria.

We exist to ensure everyone has fair access to justice, regardless of income or background.

Where we are

We serve communities across the Manawatū, Horowhenua, and Taranaki regions, with three main offices and several outreach clinics:

- **Palmerston North (Main Branch):** 193 Broadway Ave
- **Levin Office:** 538 Queen Street East
- **Dannevirke Office:** 17 Gordon Street
- Plus, regular community clinics in Feilding, Ōtaki, Shannon, Foxton & Foxton Beach

What we help with

We assist with a wide range of legal issues - most commonly:

- Tenancy & welfare (MSD/WINZ)
- Care of children
- Employment issues (employees only)
- Immigration
- PPPR & disability matters

We also support clients with:

- Consumer or financial disputes
- Family violence
- Human rights
- Harassment, privacy, and fraud issues

Our help isn't limited to just these areas – we assess each client's needs individually.

What we can't assist with

While we aim to meet unmet legal needs, there are limits to our service:

- We do not act for landlords, employers or commercial entities

- We cannot assist with trusts, estates, or conveyancing
- We only provide general information about wills and relationship property
- We do not give second opinions if you already have a lawyer
- We focus on unmet legal needs, not matters that qualify for legal aid

Legal education & outreach

Beyond casework, we also:

- Deliver free legal seminars for community groups, schools, and workplaces
- Provide guest speakers on topics such as:
 - Tenancy rights
 - Employment and workplace bullying
 - Enduring Powers of Attorney
 - Care of Children and Family Violence
 - Consumer rights
- Partner with local organisations to build legal awareness and empowerment

Our mission

To make the law accessible and understandable for everyone, empowering our community to know their rights, resolve disputes, and live with dignity.



**MANAWATŪ
COMMUNITY LAW
CENTRE**

Te Whare Ture Hapori o Manawātū

Palmerston North

Monday to Thursday

9:30am - 4:00pm

Friday

9:30am - 3:00pm

A 193 Broadway Ave, Palmerston North

P 06 356 7974 or 0508 367 529

E reception@mancomlaw.org.nz

Levin

Monday to Thursday

10:00am - 4:00pm

A 538 Queen Street East, Levin

P 06 368 3554 or 0508 367 529

E horowhenuaclc@mancomlaw.org.nz

Dannevirke

Monday to Thursday

9:30am - 4:00pm

A 17 Gordon Street, Dannevirke

P 06 356 9752 or 0508 367 529

E tararua@mancomlaw.org.nz

Feilding Clinic

1st & 3rd Wednesday of the month

10:00am - 12:00pm

Ōtaki Clinic

2nd & 4th Friday of the month

10:00am - 12:00pm

Shannon Clinic

1st Monday of the month

10:00am - 12:00pm

Foxton & Foxton Beach Clinics

2nd Tuesday of the month

Foxton: 10:00am - 12:00pm

Foxton Beach: 12:15pm - 2:00pm



AGE
CONCERN
PALMERSTON
NORTH & DISTRICTS

He Manaakitanga
Kaumātua Aotearoa

Steady As You Go[©]

Gentle exercise classes to improve your balance, strength and flexibility. Specifically designed for kaumātua for falls prevention. No booking required, just show up on the day.



**\$3 koha
per class**

Tuesday

10am - 11am | Rongotea

Te Kawau Memorial Recreation Centre, 1 Wye St

10:30 - 11:30am | Feilding

St John Community Hall, 33 Bowen St

11am - 12pm | Palmerston North

Square Edge, Level 1, Evelyn Rawlins Room

Wednesday

10:30 - 11:30am | Palmerston North

Rangiora Community Centre, 102 Rangiora Ave

Thursday

9:30 - 10:30am | Palmerston North

Awapuni Community Centre, 22 Newbury St

10am - 11am | Palmerston North

Baptist Church, 190 Church St

10am - 11am | Ashhurst

Otangaki Lodge, 69 Oxford St

1:30 - 2:30pm | Palmerston North

St Albans Church, 339 Albert St

Friday

10am - 11am | Palmerston North

Senior Citizens Hall, 309 Main St

10:30 - 11:30am | MMC Group

Hancock House, 77-85 King St, PN



P: 06 355 2832 or 027 282 4765
E: eliza.stapley@ageconcernpn.org.nz

International Day of Older Persons

On the 1st of October we recognised the United Nations International Day of Older Persons, a global celebration of the contributions of older people, to raise awareness of the challenges they face, and encourage communities to take action to support ageing well.

This year we chose to hold a celebration at our weekly Shake, Rattle 'n' Roll dance exercise class at the Community Leisure Centre. Eliza led the group in a lively dance class then we all enjoyed sharing some kai for afternoon tea.

It was wonderful to see a few new faces come along to try out the class and learn about how we support older people within our community. We were all impressed by the incredible dance moves and our kaimahi were put through their paces trying to keep up with the steps.



Older people are vital to the social fabric of Aotearoa New Zealand, as workers, carers, volunteers, mentors, and community leaders. Their experiences and everyday interactions foster a sense of belonging across generations and help build inclusive, resilient communities.

As we age, staying connected remains just as important. While later life can bring new opportunities, it can also present challenges such as retirement, changing health, or loss. That's why it's essential to create environments where older people feel valued, supported, and included.

**See the person,
not the stereotype.**

**Call out people's
unconscious bias
towards ageing.**

Just Zilch

Just Zilch is a food rescue organisation that has no criteria and no judgement. This means anyone can come because the food we give away would otherwise go to landfill. In fact, by coming to get food from us you are helping us to save food.

When you arrive at Just Zilch you will be offered a tray with food and you can select what you want and put it in your bag. Anything you don't want goes to the trolley at the end of the tables and is put back into the shop for other people. Sometimes there are goods outside that you can take also. We ask that you take what you need for the day and be considerate of the hundreds of other people we serve on the same day.

On Wednesdays our first opening (1 pm - 2.30 pm) is dedicated to seniors - those over 65 with a gold card.

Just Zilch is located at 248 Featherston Street, Palmerston North.

Opening Hours:

Monday to Friday, 1pm - 2.30pm & 4.30pm - 6pm

P: 022 597 2569

E: ops@justzilch.org.nz

JUST
Zilch

Food Rescue. Free Store.

Manawatū Rural Support Service

Manawatū Rural Support Service offer a free, confidential, in-home service for families living in the more remote areas of the Manawatū.

If you would like to make a referral contact:

Aevryl Jestin

Rural Community Worker

P: 0221299116

E: aevryl@mrss.org.nz





AGE
CONCERN
PALMERSTON
NORTH & DISTRICTS

He Manaakitanga
Kaumātua Aotearoa

Annual General Meeting



Wednesday 26th November 2025
11am - 1pm

Age Concern Palmerston North & Districts invites you to attend our AGM.

Ron Rowe is our Guest Speaker and outgoing board member. He will be talking on **Active Citizenship - The Indispensable Character of Society: *The call to restore unsettled societies through those working in, and those volunteering in, the social sectors.***

Light refreshments will be provided.



Hancock Community House
77-85 King Street, Palmerston North



RSVP by phone or email
06 355 2832
info@ageconcernpn.org.nz

We'd love to hear from you - please share your feedback with us.

We want to learn more about our Age Concern community and hope you can take the time to email info@ageconcernpn.org.nz with your feedback, or fill in this form and return to us (either in person or through the post).

Name: _____

How would you like to receive this magazine?

By email (please provide your email address)

In the post (please provide your postal address)

What sorts of things would you like to be included in our future magazines?

Post to: Age Concern Palmerston North & Districts, PO Box 5063, Palmerston North 4441

Drop in to: 4/251 Broadway Ave,
Palmerston North 4414
(Entrance on Vivian Street)



\$5
per tube

Life Tubes

A Life Tube is a small plastic container that holds your vital health information.

The Life Tube is kept on the inside of your refrigerator door. In case of an emergency, the first responder will be alerted by the bright red sticker on the outside of the fridge that vital information is contained within a Life Tube inside.



For enquiries and to order
P: 06 355 2832 or 0800 652 105
E: info@ageconcernpn.org.nz

INTERNATIONAL MENS DAY November 19

6:30am - 8:30am

FREE BREAKFAST

Wednesday November 19th

Join us in the Square
(by the i-site)

- Spot prizes
- Goody bags
- Family Friendly



COME FOR THE KAI OR FOR A KŌRERO



Support our work by becoming a friend of Age Concern Palmerston North & Districts

In 2024 our organization changed from being an Incorporated Society to a Charitable Trust. This means supporters are no longer required to join as 'Members', but instead can choose to support our activities through a donation. If you would like to be a 'Friend' of Age Concern in this way, then we would appreciate your donation in support of our activities.

We are a registered charity and donations of \$5 and over are eligible for a tax credit through myIR or by submitting a Tax credit claim form (IR526) to Inland Revenue.

Age Concern Palmerston North & Districts

(Registered charity no. CC57368)

Yes, I'd like to become a friend of Age Concern Palmerston North & Districts!

First Name: _____

Last Name: _____

Address: _____

Phone: _____

Mobile: _____

Email: _____

My contribution:

\$20 \$30 \$ _____

How to make payment:

You can pay by internet banking online or cash payment will be accepted at our office at 4/251 Broadway Ave.

Age Concern Palmerston North & Districts
Charitable Trust Ltd
03-1522-0158520-00
Particulars: Your name
Ref: Friend

Drop in to the office or post application to: Age Concern Palmerston North & Districts, PO Box 5063, Palmerston North 4441

For more information, please contact us.

P: 06 355 2832 or 0800 652 105

E: admin@ageconcernpn.org.nz

Thank you for your generous support.

Where from here

Essential information for older people

Lower North Island

2025-2026

out now!

Ask us
about your
FREE copy
today



Scan the QR code for more information and resources.



THE **eldernet** GROUP

www.eldernet.co.nz

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Big Save

Total Support
King Single Adjustable Bed

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EDLP



QUEEN

\$1499

EDLP



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freedom[®] 
Your Business, Our Expertise



PRINT



PACKAGING



DESIGN



SIGNS



PROMO



WEB



SOCIAL

PROUDLY SUPPORTING OUR COMMUNITY