

ISSUE 01, 2026

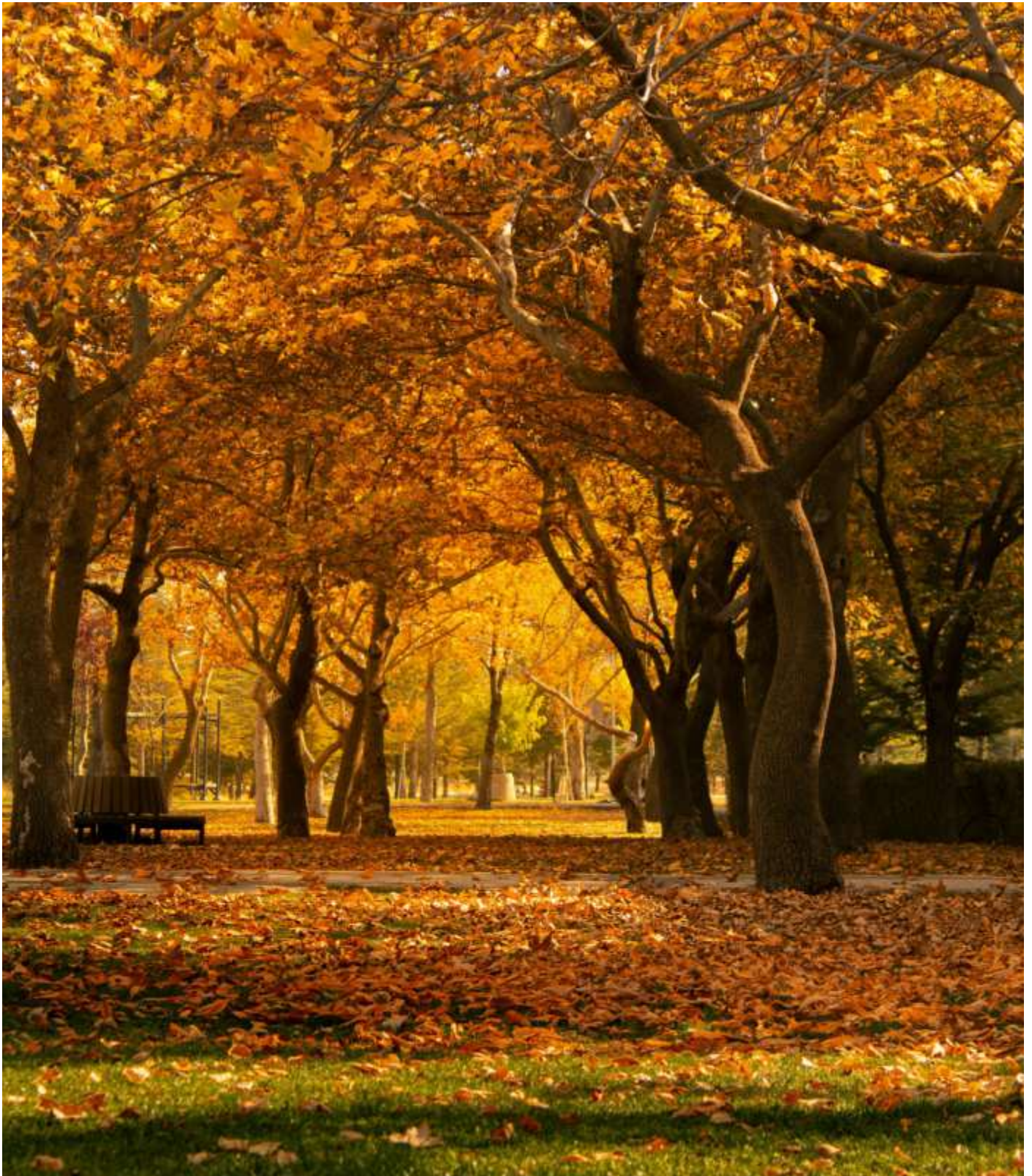
www.ageconcernmarlb.org.nz

Age Concern Marlborough



AGE
CONCERN
MARLBOROUGH

He Manaakitanga
Kaumātua Aotearoa



Greeting to all our friends and supporters

As winter settles in, it brings with it a quieter pace and an opportunity to pause, reflect, and reconnect. While the colder months can present challenges, they also remind us of the importance of warmth—not just in our homes, but in our relationships and communities.



At Age Concern, we continue to be inspired by the resilience, wisdom, and generosity of older people across our community.

Every day, we see examples of people supporting one another, sharing their time, and making a positive difference. It is this spirit of connection that lies at the heart of everything we do.

We remain committed to helping older people live safely, comfortably, and with dignity. Whether through our services, advice, or a simple, friendly chat, we are here for you. I encourage you to stay connected this winter—reach out to friends, neighbours, and whānau, or take part in local activities where you can. Even small moments of connection can brighten a day.

We are also grateful for the continued support of our volunteers, partners, and supporters. Your contributions—big and small—help create a stronger, more caring community for everyone.

As the days grow shorter, may we take the time to look out for one another, share a kind word, and appreciate the simple comforts of the season. Wishing you all a warm, safe, and uplifting winter.

Marge Scott
Chair, Age Concern Marlborough.

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JOIN THE AGE CONCERN BOARD

Make a Difference in Your Community

Age Concern is always looking for passionate and committed people to help guide and support our work with older people in the community. We are currently inviting expressions of interest from anyone who would like to join our Board.

We welcome people from all walks of life who care about the wellbeing of older adults. In particular, we are looking for individuals with experience or skills in legal, financial, or health-related fields, although a strong passion for supporting older people is just as important.

Being part of the Board is a meaningful way to contribute to your community. The Board meets once a month to help oversee the organisation, provide guidance, and ensure we continue to deliver services that meet the needs of older people in Blenheim, Picton, and the wider region.

No prior Board experience is necessary—just a willingness to share your ideas, work as part of a team, and support the important work Age Concern does every day. If you are interested in becoming a Board member, we would love to hear from you. Please contact the Age Concern office on 03 579 3457 for more information or to register your interest.

Your skills, experience, and passion could help shape the future of services for older people in our community.

03 579 3457
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Marlborough Senior Expo 2026

Recently, we had the pleasure of attending the Seniors Expo in Blenheim, and what a wonderful day it was. The event was well attended, with a steady stream of people throughout the day, and it was fantastic to see so many members of our community coming together to connect, learn, and enjoy the occasion.

Our Age Concern team had a busy stand, speaking with many familiar faces—and we are sure we also met quite a few of the people reading this newsletter! It was a real highlight to have the opportunity to chat one-on-one, answer questions, and hear directly about what matters most to older people in our community.

There was a strong sense of energy and positivity throughout the day. From helpful information stalls to engaging conversations and demonstrations, the Expo showcased the wide range of services and support available locally. It was also a great reminder of the strength and vibrancy of our senior community here in Blenheim.

We would like to thank everyone who stopped by our table to say hello. These conversations are incredibly valuable to us and help guide the work we do. It was especially nice to hear feedback, share updates about our services, and reconnect with people we have supported over the years.

Events like the Seniors Expo are an important part of staying connected, and we are grateful to have been included. We look forward to seeing many of you again at future community events.

Thank you for making it such an enjoyable and successful day—we hope to see you again soon!



Celebrating a Dignity Champion



Age Concern Marlborough is proud to share that local volunteer Lisa Wooley has been recognised by Age Concern New Zealand as an honorary Age Concern Dignity Champion for her exceptional dedication to supporting older people in our community.

Lisa's kindness, consistency, and genuine care have made a meaningful difference in the life of an older person facing loneliness and family challenges. Through simple but powerful acts – offering warmth, companionship, and steady support – Lisa has shown what dignity in action truly looks like.

Each month, Age Concern New Zealand celebrates individuals who make a positive impact in the lives of older people, and Lisa is the November 2025 recipient. In recognition, she has been gifted a small token of appreciation from Tomorrow's Meals, a valued partner of Age Concern New Zealand.

We thank Lisa for her compassion and commitment, and for being an inspiring example of community care.

Stay Warm, Save Power: Practical Tips for Winter

As the colder months arrive, many older adults face the challenge of staying warm without seeing a sharp rise in power bills. With a few smart habits and small changes around the home, it's possible to keep comfortable while keeping costs under control.

1. Heat the Rooms You Use Most

Rather than heating the whole house, focus on the rooms you spend the most time in. Close doors to unused spaces and use draught stoppers to keep warm air where you need it most.

2. Make the Most of Natural Warmth

During the day, open curtains to let sunlight naturally warm your home. As soon as the sun goes down, close curtains to trap that heat inside. Thermal or lined curtains are especially effective.

3. Layer Up

Wearing several thin layers of clothing can keep you warmer than one thick layer. Don't forget warm socks and a good pair of slippers—keeping your feet warm makes a big difference.

4. Use Heating Efficiently

If you're using a heater, set it to a comfortable and consistent temperature (around 18–21°C is usually recommended). Avoid turning heaters on and off frequently, as this can use more energy than maintaining a steady temperature.

5. Block Out Draughts

Cold air entering your home can quickly lower the temperature. Check for gaps around doors and windows and seal them with weather strips, rolled towels, or draught stoppers.

6. Hot Water Habits Matter

Hot water can be a major part of your power bill. Try shorter showers and wash clothes in cold water when possible. Fix any dripping hot taps—they waste both water and energy.

7. Use Electric Blankets Safely

Electric blankets can be an energy-efficient way to stay warm in bed. Turn them on before you get in, then switch them off once you're settled. Always follow safety guidelines and check for wear and tear.

8. Keep Your Heater Working Well

Clean filters and ensure heaters aren't blocked by furniture or curtains. A well-maintained heater runs more efficiently and uses less power.

9. Cook Smart

When cooking, keep lids on pots to retain heat and reduce cooking time. Using appliances like slow cookers or microwaves can sometimes be more energy-efficient than ovens.

10. Ask for Support if You Need It

If power costs become difficult to manage, don't hesitate to reach out. There may be community services, payment plans, or energy support programmes available to help. Staying warm is essential for good health, especially in winter. By making a few simple changes, you can stay comfortable, safe, and keep your power bills manageable. Stay warm and take care this winter.

Steady As You Go – Stay Steady, Stay Connected

Staying active and maintaining good balance is one of the most important ways to reduce the risk of falls and remain independent for longer. That's why we are proud to offer our Steady As You Go classes, held weekly in both Blenheim and Picton.

These friendly, group-based classes are designed specifically for older adults and are suitable for all levels of ability. Each session includes gentle strength and balance exercises in a supportive environment, led by trained facilitators who make sure everyone feels comfortable and included.

Beyond the physical benefits, the classes are also a wonderful way to stay socially connected. Many participants tell us that the chance to meet others, share a laugh, and be part of a regular routine is just as valuable as the exercise itself.

Research shows just how effective these classes can be. Attending once a week for 10 consecutive weeks can reduce your risk of having a fall by up to 28%—a powerful reminder of how small, consistent steps can make a big difference to health and wellbeing.

Even better, the classes are very affordable, at just \$2–\$3 per session, making them accessible for everyone.

Whether you're looking to improve your balance, build confidence in your movement, or simply enjoy getting out and meeting new people, Steady As You Go is a great place to start.

With multiple classes running each week in Blenheim and Picton, there is likely a time that suits you.

To find out more or to join a class, please contact our office on 03 579 3457.

We would love to see you there.

Stay steady, stay active, and stay connected!



Man with a Pan – Cooking, Connection, and Good Company

Our Man with a Pan classes continue to be a real highlight on the Age Concern calendar, bringing together men in the community for a relaxed and enjoyable cooking experience.

Held every second Thursday from 11am–1pm at the Connect Church Hall, these sessions are a great opportunity to get out of the house, meet others, and learn a few simple, tasty recipes along the way. The atmosphere is friendly and informal—no cooking experience is needed, just a willingness to give things a go and enjoy some good company.



Each session involves preparing a shared meal together, with plenty of laughs, conversation, and teamwork along the way. Even better, participants get to take home what they've cooked, so you also go away with a ready-made meal to enjoy later.

The classes are completely free to attend, making them an easy and accessible way to stay active, social, and well-fed. Many participants tell us they come for the cooking but keep coming back for the friendships and sense of connection.

Whether you are new to cooking, looking to improve your skills, or simply wanting to meet new people, Man with a Pan is a welcoming space for all.

To find out the upcoming dates or to join in, please contact the Age Concern office on 03 579 3457.

Come along, put on an apron, and enjoy great food and even better company—we'd love to see you there.

Community Kindness Shines in Marlborough

Across Blenheim and the wider Marlborough region, there are many quiet acts of kindness happening every day—small gestures that make a big difference and help keep our community strong and connected.

Local volunteers continue to play a vital role, giving their time to support others through community groups, clubs, and services. Whether it's helping at local events, providing transport, or simply checking in on someone who lives alone, these efforts create a real sense of care and belonging.

Community spaces are also bringing people together during the cooler months. Libraries, halls, and local groups offer warm places to meet, share a conversation, and take part in activities. From craft groups to morning teas, these gatherings are a wonderful way to stay social and engaged.

There are also many stories of neighbours helping neighbours—collecting groceries, sharing home-cooked meals, or lending a hand with small jobs around the house. These everyday acts may seem simple, but they reflect the strong community spirit that Marlborough is known for.

Local events continue to provide opportunities to connect and enjoy time together. Whether it's a market, a community fundraiser, or a shared activity, these moments bring people out, even on colder days, and remind us of the value of staying involved.

As winter settles in, it's encouraging to see how people continue to look out for one another. It's this spirit of kindness and connection that helps make Marlborough not just a place to live, but a place where people truly care.

If you're able, consider reaching out to someone this week—a small gesture might mean more than you realise.



Spotting Scams and Staying Safe

Scams are becoming increasingly common, and unfortunately older people are often targeted. Scammers are skilled at sounding convincing, but there are simple steps we can all take to protect ourselves and avoid becoming a victim.

One of the most important things to remember is that **scammers often create a sense of urgency**. They may say your account has been compromised, that you owe money, or that you must act immediately. Take a moment—legitimate organisations will never pressure you to make quick decisions.

Be cautious of **unexpected phone calls, texts, or emails** asking for personal information such as passwords, bank details, or PIN numbers. Banks and government agencies will never ask for this information out of the blue. If you are unsure, hang up or delete the message and contact the organisation directly using a trusted phone number or website.

Watch out for **too-good-to-be-true offers**, such as lottery wins you didn't enter, investment opportunities with guaranteed returns, or prizes that require payment to claim. These are common scam tactics.

Another warning sign is **unusual payment requests**, especially if you are asked to pay using gift cards, cryptocurrency, or bank transfers to unknown accounts. These methods are often untraceable, making it very difficult to recover lost money.

If something doesn't feel right, **trust your instincts**. It's always better to double-check than to rush into a decision. Talking it over with a family member, friend, or trusted advisor can help provide clarity.

Staying safe also means keeping your information secure. Use strong passwords, be careful about what you share online, and ensure your computer or phone is kept up to date with security updates.

Scams can be worrying, but staying informed is your best protection. By taking a few simple precautions and staying alert, you can reduce your risk and feel more confident when dealing with unexpected contact.

If you think you've been targeted by a scam, report it to your bank immediately and consider contacting local support services for advice.

Staying safe starts with staying aware—and sharing this knowledge with others helps protect the whole community.



Stay Safe and Confident on the Road

Free Driving Refresher for Older Drivers

Driving plays an important role in staying independent, connected, and active in our community. To support older drivers to continue driving safely and confidently, we are pleased to offer our **Staying Safe Driving Refresher**—a friendly, classroom-based session designed especially for older drivers.



This free refresher is not a test or assessment. Instead, it is a relaxed and supportive opportunity to update your knowledge of road rules, learn about recent changes, and discuss safe driving habits in a comfortable group setting. It's also a great chance to share experiences and tips with others in a similar stage of life.

The session is led in a welcoming environment where questions are encouraged, and everyone is treated with respect. There is no pressure—just helpful information designed to support your confidence on the road.

We also make sure the day is enjoyable as well as informative. **Morning tea and lunch are provided**, giving everyone a chance to relax, chat, and connect with others in the group.

At the end of the session, participants receive a **certificate of attendance**, recognising their commitment to staying safe and informed as drivers.

Whether you've been driving for decades or simply want a refresher to feel more up to date, this course is a valuable way to stay confident behind the wheel.

To book your place in our next session (date and time to be confirmed), please ring our office on 03 579 3457. Spaces are limited, so early registration is recommended.

We look forward to welcoming you to a friendly, practical, and supportive session that helps keep you safe and confident on the road.

Free Home Insulation – Helping Keep Your Home Warmer for Less

Keeping your home warm and dry over winter can make a big difference to your comfort, health, and wellbeing. Many people are not aware that they may be eligible for **free or heavily subsidised insulation** through the **Warmer Kiwi Homes programme**.

Through this initiative, approved providers such as **Absolute Energy** can install insulation in eligible homes at little to no cost. This support is designed to help low-to-middle-income homeowners, particularly those with a community services card or living in areas identified as higher need.

Proper insulation helps keep warmth inside your home for longer, reduces dampness, and can lower heating costs. It also makes a home more comfortable year-round, which is especially important during the colder winter months.

Absolute Energy can assess your home and advise whether you meet the criteria. If you are eligible, they will arrange installation of ceiling and/or underfloor insulation, helping to make your home warmer and healthier.

This is a great opportunity to improve comfort at home without the financial burden of paying full installation costs. Many people are surprised to find they qualify, so it is well worth checking.

If you would like to find out more or see if you meet the criteria, you can contact **Absolute Energy directly** or speak with the Age Concern office, and we can help point you in the right direction.

A warmer home is a healthier home—and support is available to help make that happen.



**Absolute
Energy**

Smart Ways to Save Petrol

With fuel prices remaining high, finding simple ways to reduce petrol use can make a real difference to your weekly budget. The good news is that small changes in how you drive and plan your trips can quickly add up to noticeable savings.

One of the easiest ways to save petrol is to **drive smoothly**. Avoid sudden acceleration and heavy braking where possible—gentle driving uses less fuel and is easier on your vehicle. Keeping to a steady speed, especially on open roads, can also improve fuel efficiency.

Plan your trips ahead of time. Combining errands into one journey reduces the number of short trips, which tend to use more fuel because the engine doesn't have time to warm up efficiently. If possible, avoid peak traffic times where you may spend long periods idling.

Check your tyre pressure regularly. Under-inflated tyres create more resistance on the road, meaning your car has to work harder and use more fuel. Keeping tyres properly inflated is a quick and effective way to improve efficiency.

Lighten the load. Carrying unnecessary weight in your car increases fuel consumption. Removing heavy items from the boot and taking off roof racks when not in use can help reduce petrol use.

Use air conditioning wisely. Air conditioning can increase fuel consumption, especially at lower speeds. On cooler days, consider opening a window instead.

Maintain your vehicle. A well-serviced car runs more efficiently. Regular oil changes, clean air filters, and proper engine tuning all help reduce fuel use.

Finally, consider **alternatives to driving** when practical. Walking short distances, carpooling, or using public transport can help stretch your fuel budget further.

By making a few small adjustments, you can cut down on petrol costs while still getting where you need to go safely and comfortably.

Whats Happening Around Blenheim

There's plenty happening across Blenheim and the wider Marlborough region this season, offering opportunities to get out, stay connected, and enjoy what our community has to offer.

A highlight on the calendar is the Marlborough Heritage Festival, running in May. This popular event celebrates local history and stories through a range of activities and exhibitions across the region. As part of the festival, the Blenheim Heritage Hunt invites people to explore the town in a fun and interactive way, following clues and discovering local history along the way.

There's also a Family History Group Open Day, where you can learn more about tracing your ancestry with help from experienced volunteers



For those who enjoy arts and entertainment, local theatres are busy with productions such as Matilda the Musical and other performances throughout the season, offering something for all ages.

Exhibitions at the Marlborough Art Gallery also continue to showcase inspiring work from New Zealand artists, providing a great reason to visit and enjoy a relaxed outing.

Community events remain a strong feature of life in Blenheim. Regular markets, live music sessions, and local gatherings provide opportunities to socialise and support local businesses. Events like the Cosy Sunday Sessions at local wineries combine music, food, and a welcoming atmosphere.

Looking ahead, there are also larger events to mark on the calendar, including the much-loved Garden Marlborough Festival in November, which attracts visitors from across the country with its beautiful gardens, workshops, and community spirit.

Whether it's attending a local event, visiting an exhibition, or simply enjoying a walk and a coffee with friends, there are many ways to stay active and connected in Blenheim this season. Taking part in community life not only supports local organisations but also helps strengthen the sense of belonging that makes Marlborough such a special place to live.

Healthy Eating on a Budget This Winter

Eating well during winter is one of the best ways to stay warm, maintain energy, and support overall health—but it doesn't have to be expensive. With a little planning and a few simple habits, you can enjoy nourishing meals while keeping costs down.

One of the easiest ways to save money is to plan your meals for the week. Writing a shopping list and sticking to it helps avoid impulse purchases and reduces food waste. Try to base meals around ingredients that can be used in several dishes.



Seasonal vegetables are often cheaper and fresher. In winter, vegetables like carrots, pumpkin, kūmara, cabbage, and onions are affordable and perfect for hearty meals. These can be used in soups, stews, or roasted dishes that are both filling and nutritious.

Soups and slow-cooked meals are excellent budget-friendly options. They allow you to use less expensive cuts of meat, or no meat at all, while still creating satisfying meals. Cooking in larger batches and freezing portions can also save time and money later.



Beans, lentils, and eggs are great low-cost sources of protein. Adding these to meals can help stretch ingredients further while keeping meals balanced and healthy.

It's also worth choosing **whole foods over processed options** where possible. Basic ingredients like oats, rice, and pasta are often cheaper and can form the base of many meals. For example, porridge is a warm, affordable breakfast that provides lasting energy.

Reduce food waste by using leftovers creatively. Vegetables can be added to soups or omelettes, and cooked meats can be used in sandwiches or salads the next day.

Finally, remember to **stay hydrated and keep meals regular**. Warm drinks like tea or homemade soup can be comforting and help you stay warm during colder days.

Healthy eating doesn't need to be complicated or costly. With a few simple choices, you can enjoy nourishing, comforting meals all winter long while keeping your budget on track.

Recipes

Chicken Parm Meatball Skillet



Ingredients

- 1 large egg
- 1 lb. ground chicken
- 1/2 cup plain breadcrumbs
- 1/4 cup finely grated Parmesan
- 2 Tbsp. finely chopped parsley, plus more for garnish
- 4 garlic cloves, finely chopped, divided
- 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 3 Tbsp. extra-virgin olive oil
- 1 (28-oz.) can crushed tomatoes
- 1 tsp. crushed red pepper flakes
- 1 1/2 cups shredded mozzarella

Method

- Arrange a rack in center of oven; preheat to 400°. In a large bowl, combine egg, chicken, breadcrumbs, Parmesan, parsley, and half of garlic; season with salt and black pepper. Form into meatballs (about 1 Tbsp. each).
- In a large ovenproof skillet, heat 1 Tbsp. oil over medium heat. Cook meatballs, turning occasionally, until browned, about 5 minutes total. Transfer to a plate.
- In same skillet over medium heat, heat remaining 2 Tbsp. oil. Cook remaining garlic, stirring, until fragrant, about 1 minute. Stir in tomatoes and red pepper flakes.
- Bring to a simmer, then return meatballs to skillet. Top with mozzarella.
- Bake meatballs until cheese is melted and an instant-read thermometer inserted into a meatball registers 165°, about 10 minutes.
- Top with parsley.

Recipes

Creamy Potato and leek Soup



Ingredients

- ¼ cup butter
- 3 leeks (white and pale green parts only), sliced
- 1 tablespoon chopped garlic
- salt and ground black pepper to taste
- 1 quart chicken broth
- 1 tablespoon cornstarch
- 5 ½ cups peeled and diced potatoes, or more to taste
- 1 tablespoon onion powder
- 2 teaspoons garlic powder
- 2 cups half-and-half

Methods

- Melt butter in a large pot over medium heat. Cook and stir leeks, garlic, salt, and pepper in the hot butter until leeks are tender and lightly browned, about 15 minutes.
- Stir chicken broth and cornstarch together in a bowl until cornstarch is dissolved; pour over the leek mixture. Add potatoes to the broth mixture and bring to a boil; season with onion powder and garlic powder. Reduce the heat, add half-and-half, and simmer until potatoes are tender, about 30 minutes.
- Remove pot from heat and blend soup using a hand blender until smooth; season with salt and pepper.

Tips

- For a thicker soup use heavy cream in place of half-and-half.
- I'd use salted butter, but don't add any more salt until the very end, to taste.

Across

- 1 - Spring back (6)
- 5 - Work of creativity (3)
- 7 - Noble gas (5)
- 8 - Forgive (7)
- 9 - Arms and legs (5)
- 10 - Forms of payment (8)
- 12 - Farmer (6)
- 14 - Tall structures (6)
- 17 - Moan (8)
- 18 - Connective tissue (5)
- 20 - Robbers at sea (7)
- 21 - Unpleasant giants (5)
- 22 - Male offspring (3)
- 23 - Chooses (6)

Down

- 2 - Space shuttle (7)
- 3 - Educational institutions (8)
- 4 - Hero (4)
- 5 - Excite (7)
- 6 - Thin papers (7)
- 7 - Dares (anag) (5)
- 11 - Bodily (8)
- 12 - Chats (7)
- 13 - Belief (7)
- 15 - Clothing (7)
- 16 - Great successes (5)
- 19 - Thin cable (4)

Crossword Puzzles

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BECOME A VOLUNTEER VISITOR

Make a Real Difference

One of the simplest yet most meaningful ways to support older people in our community is by giving the gift of your time. At Age Concern, we are always looking for caring, reliable volunteers in both Blenheim and Picton to join our Volunteer Visitor Programme.

This programme matches volunteers with an older person who may be feeling lonely or socially isolated. The role is simple but incredibly important—visiting once a week for a friendly chat and a cup of tea. These regular visits provide companionship, conversation, and a much-needed connection to the wider community.

For many older people, these weekly visits become a highlight of their week. A familiar face and a friendly conversation can make a world of difference, helping to reduce loneliness and brighten everyday life. At the same time, volunteers often tell us how rewarding and enjoyable the experience is for them as well.

You don't need any special qualifications—just kindness, reliability, and a willingness to listen and share a little time. We provide support and guidance to ensure you feel comfortable and confident in your role, and we carefully match volunteers with someone suited to their personality and interests.

Whether you can spare an hour a week or a little more, your time could have a lasting impact on someone's wellbeing and happiness.

If you are interested in becoming a volunteer visitor in Blenheim or Picton, we would love to hear from you.

Please contact the Age Concern office on 03 579 3457 to find out more or to register your interest.

A small amount of time can make a big difference—and it might just be the most rewarding hour of your week.



AGE CONCERN MARLBOROUGH MEMBERSHIP RENEWAL/NEW

Please complete the following and return to Age Concern
Marlborough, Room 1, 25 Alfred Street, Blenheim 7201.
Phone 03 579 3457 / email: admin@ageconcernmarlb.org.nz

Date:

Name:

Address:

Phone:

Email:

Payment may be made either to the office or online to our bank account:

Westpac - 03 0599 0475319 00

Be sure to include your name in Particulars and 'subscription' in reference.

As a not-for-profit Charity, we welcome Donations and Bequests to help us continue to support and promote the welfare of older people in Marlborough.

Office use only: Receipt # Membership Card given: Entered:



Please pass these on to your friends and family



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Find out more about becoming an
Age Concern Dignity Champion and
sign up at www.ageconcern.org.nz

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