

swell on air

with **Plains FM 96.9**



Supporting the wellbeing and inclusion of our older residents in Selwyn

Following on from swell give it a go fortnight, swell is taking to the airwaves to bring you interesting interviews from people and organisations supporting older people living well in Selwyn. Hear about social activism, healthcare, life planning, community groups and even about rare breed animals.

Pop on the jug, get comfy and tune in to fascinating programmes at Plains FM.

Monday 22 November	Episode 1 9am	Swell on air - what ageing well in our community looks like Selwyn Mayor, Sam Broughton introducing Swell on Air. We will hear from James Richmond (Active Selwyn) and Rebecca Logan (Sport Canterbury), Abby Wilson (Green Prescription) and Justine Holmes (Zumba Gold) about living longer, stronger.
	Episode 2 9.30am	Older people the happiest of them all and Boulevard Village Rolleston Robyn Johnston from Transition Navigators will talk about her PhD study at the University of Canterbury researching the wellbeing of those 65 years or older. We then interview Karen Harris, an example of a business making people happy in Rolleston.
Tuesday 23 November	Episode 3 9am	Explore Selwyn's homes and gardens We talk to the owners of Rhodo Direct, Gonyah Country Estate, Glenlothian Farm and Chateau Pritchard.
	Episode 4 9.30am	West Melton's accessible garden and Hāpai Access Card Helen and Brian Coker of Stoneycrop Gardens will share their love of their garden and why it was so important that it was created with accessibility as a key feature. Then Susan Jackman from Hāpai Access Card will discuss how people with disabilities are able to use the card.
Thursday 25 November	Episode 5 9am	Brain Health, alcohol, drugs and ageing Brain Health with Lee Andrews from Dementia Canterbury. Lynne Glynn talks about alcohol, drugs and ageing.
	Episode 6 9.30am	Important actions in ageing well Enduring Powers of Attorney with Kate Warren from Tavendale and Partners. Advanced Care Planning with Jenna Cook: what it is, why we needed it and how to set up a plan.
Thursday 2 December	Episode 7 9am	Online safety and thinking of your own business? Cyber security advisor, Aram Raof-Karin will talk about what you need to know to keep safe online. This is followed by Chris Kirk talking about how to go about setting up your own business later in life.
	Episode 8 9.30am	Warm and cosy homes with care Caroline Shone from Community Energy Action will talk to us about ways to make your home warm and cosy. Adeola Salami from Deo Home Care Services will join us to discuss how to get the home care you need.
Thursday 9 December	Episode 9 9am	Health and social supports Find out what social support systems are in place in Selwyn. We will hear from Chris Guerin from Enliven Homeshares, Helen Gee from Eldercare Canterbury and Lynne Taylor from Diabetes Canterbury.
	Episode 10 9.30am	Getting involved in your community and finding advice Volunteering Canterbury's Glenda Marking talks about why volunteering is so important and its value to the both the community and volunteers. We will then be joined by Selwyn Central Community Care and Citizens Advice Bureau.
Thursday 16 December	Episode 11 9am	Driver safety, opportunities and Age Concern Jess Fairbrass from Selwyn District Council talks about driver safety and we hear from Simon Templeton, CEO of Age Concern Canterbury who comes along to chat about the services they offer.
	Episode 12 9.30am	Hear from Probus then looking after you Margaret Drake from Probus will talk about what Probus has to offer you. Later we will be joined by The Book Discussion Scheme and Rita Yosef from My Home Chef. We will finish with massage therapist Hillary Cross talking to us about the benefits of massage.
Thursday 23 December	Episode 13 9am	NICU Cuddle Hearts project Lisa Paget will share her story about getting involved with making cuddle hearts for wee babies in Neo-Natal Intensive Care Units (NICU) , along with how the community can get involved and help.
	Episode 14 9.30am	Retirement living – what to consider Deb Moody from Bupa's Ashcroft Village will talk about what residents of Bupa are offered, Nigel Matthews from Retirement Residents Association discusses how they serve their members. Later, new business RU Solutions tells us how they support people getting into residents.

selwyn.govt.nz/swell2021



Swell support in Selwyn

The following is a list of some of the great organisations and groups working in Selwyn who support our older community to live well. Contact these organisations for more information – they'd love to hear from you.

Due to covid 19 alert level changes, Swell Expo was unable to go ahead this year. Programmes are subject to change.

selwyn.govt.nz/swell2021



BUSINESS

The Networkers NZ Ltd



We bring together local business owners for networking and creating opportunities through connections and strong relationship building. We focus on supporting people in business, allowing them to grow to their full potential as well as creating sustainable outcomes for their business and the wider community. www.thenetworkers.co.nz

Univentures Ltd

Start-up Coaching for those over 50 who are starting a new business for the first time. We also provide customised innovation and entrepreneurship workshops for seniors and for postgraduate students. Contact: Chris Kirk univentures@xtra.co.nz or (021) 868 070

DAY CLUBS AND COMMUNITY GROUPS

Darfield Day Club

The Darfield Day Club meets on the first Thursday of the month from 10am–2pm. Cost is \$10 per visit and includes raffles, games and lunch. Pick-ups by arrangement. Contact Jean (027) 344 2334.

Leeston Day Club

Second and fourth Tuesday of each month from February ending the 2nd Tuesday in December Leeston Library (conference room) Cost: \$10 per person covers morning tea and lunch – plus good raffles \$1 each. We have speakers, music, exercises. After lunch we have Housie (free) with small prizes plus one free lunch voucher. If pick up necessary we can arrange that, between Doyleston to Southbridge. Contact details: Ann Catto phone (03) 324 3877 or Noeline phone: (03) 324 3820. Email: Lynette Wilson (johnandlynnetterandini@xtra.co.nz)

Lincoln and Districts Historical Society, Inc.

Sharing our enthusiasm for local history through open days at Lincoln's Liffey Cottage and Pioneer Hall, our newsletter and field trips. Local history research supported by our members' knowledge of the area, and our photograph and document collection.

facebook.com/LincolnandDistrictsHistoricalSociety

Probus Clubs in Selwyn

Probus is a social organisation for active retirees who meet monthly to enjoy some fun and friendship with like-minded people, listening to speakers and outings to various places of interest. There are clubs in Ellesmere (Lincoln), Rolleston (2), West Melton and Malvern (Darfield). Contact Margaret (03) 347 3474 for meeting details.



Selwyn Lions Club

Lions are ordinary people from all walks of life who enjoy getting together and doing good things for our community. We are kind and generous people who want to help.



We Serve

Rolleston Day Club

The Rolleston Day Club meets on the fourth Thursday of every month from 10am–2pm at Rolleston Community Centre. It's a time to get together have a catch up and play some board games. A morning tea is served followed by a light lunch and dessert. Contact: Joy Waretini (03) 347 9056

Springs Day Club

The Springs Day Club meets on the third Wednesday each month at the Lincoln Event Centre from 10am–3pm. It's an opportunity for senior citizens to come together to socialise and meet new friends in a caring and supportive environment. The cost is only \$7 per person and this includes morning tea, lunch and afternoon tea. Activities include bowls, exercise, quizzes, raffles, board and card games, bingo and sometimes a guest speaker. selwyn.govt.nz/community/selwyn-community-directory/social-clubs/343237

Women's Institute

Encouraging and supporting all women in their communities. Groups meet monthly in Lincoln, Prebbleton, Ladbrooks and Springston. The WI is a place to meet new friends, learn new skills and serve the community. All welcome. www.wi.org.nz



FITNESS

Selwyn Aquatic Centre

Providing aquatic experiences to Selwyn. www.selwyn.govt.nz/sac

Sport Canterbury

Support for physical activity. www.sportcanterbury.org.nz



Sport Canterbury – Green Prescription

Green Prescription is a free support and motivation service to support individual and whānau to increase their physical activity and make positive lifestyle changes. www.sportcanterbury.org.nz



Zumba Gold:

Zumba Happy with Justine

Zumba Gold is a fun, dance-based, low-intensity, fitness class which is designed specifically for active older adults. Great music, great fun and gets you moving and great for both body and mind. www.facebook.com/zumbahappywithjustine



FOOD

Eat8r

Eat8r is a family-owned, home delivery food service based in Christchurch. Creating home style meals complete with meat and vegetables made from scratch. Simply choose your meal options from our menu. Food stays fresh for seven days and Eat8r! www.eat8r.co.nz



My Home Chef

My Home Chef is a cooking school that offers a wide range of classes for different skill levels, and a variety of cuisines to match your taste and interests. My Home Chef enables you to experience cuisines from all around the world. Learn new recipes and enjoy healthy eating and a fun wellbeing adventure. www.myhomechef.co.nz



GARDENS AND HOMES

Chateau Pritchard

Chateau Pritchard is a boutique accommodation venue. We also do high tea either in our gazebo, orchard or if the weather turns, a beautiful oriental living room. www.chateaupritchard.co.nz



Glenlothian Farm

This unique rare breeds animal farm in West Melton is open to the public and for group bookings. We provide a hands-on experience with some of New Zealand's rarest animals along with morning or afternoon teas, local arts and crafts, in an idyllic setting. www.glenlothianfarm.co.nz



Gunyah Country Estate

Providing accommodation and dining in a heritage homestead, or stay in self-catering houses on the same grounds. Available for group tours, garden tours, functions and weddings. www.gunyah.co.nz



Knockdolian Garden

NZ Gardens Trust Garden, open to the public by appointment. www.gardens.org.nz



RhodoDirect

RhodoDirect provides top quality rhododendron plants combined with outstanding service and gardening advice. Over 450 different rhododendrons to choose from. Open 10am–4pm, seven days until Christmas. 377 Halkett Road, West Melton. www.rhododirect.co.nz



Stoneycrop Garden

Beautiful garden filled with rhododendrons, irises, lilies, roses, peonies, perennials and many interesting shrubs and trees. Raised bed vegetable garden, rill, fruit arbor and rock garden with specialist plants. Some plants for sale. \$5 per person. Open by appointment at (027) 670 8114 or stoneycropgarden@gmail.com selwyn.nz/listings/listing/stoneycrop-garden

HEALTH

65 Alive Service: Odyssey House

65 Alive is a specialty alcohol and other drug (AOD) service for seniors. Our community-based team works compassionately and respectfully alongside older adults living with alcohol and/or substance misuse and co-existing problems. The mobile service provides 1:1 home support phone support, facilitated community-based peer support groups, comprehensive assessment, and referrals to detoxification units and AOD treatment centers. Referrals are via the Christchurch Central Service (CCS) referral pathway phone (03) 338 4437. www.odysseychch.org.nz/65-alive



Brenna Sincok Hearing

We provide a full range of audiology services including hearing testing, hearing aid fitting and adjustments and earwax removal. We have qualified staff and are 100% NZ owned and independent meaning we have access to all types of hearing aids. www.sincokhearing.nz



Diabetes Christchurch Inc

We provide information, support, advocacy, diabetes medical equipment, diabetes shop with recipe books, socks, and diabetes management products. We have podiatry and eye screening, and support group sessions. Based at 21 Carlyle Street, Sydenham. Phone (03) 925-9972 or order online. www.diabeteschristchurch.co.nz



Heart Foundation

The Heart Foundation's mission is to stop all people in New Zealand dying prematurely from heart disease and enable people with heart disease to live full lives. Your Heart Health Advocate can support you with all things heart related, contact Heather on (03) 741 9235. heartfoundation.org.nz



Holistic Bodywork NZ

Massage therapy- Leeston www.facebook.com/HillaryCrossMT



Multiple Sclerosis and Parkinson's Canterbury

Our mission is to enable people with MS and Parkinson's to manage their health and wellbeing in the community. We have support groups and morning teas in Selwyn, along with nurses and physio clinics. www.ms-pd.org.nz



Prostate Cancer Foundation - Selwyn Support Group

Supporting men diagnosed with prostate cancer, their partners and families. www.prostate.org.nz



Stroke Foundation of NZ

The Stroke Foundation has two main services. First, providing education about how to minimise the risk of stroke and the need to get help quickly if one occurs. Second, providing information and support for stroke survivors and their carers to enable the best recovery possible. www.stroke.org.nz



HOBBIES AND CRAFTS

Book Discussion Scheme

We make running a book club easy and fun. We provide your club with a monthly set of books and discussion questions so you can focus on reading, meeting and enjoying your time together. Choose from our catalogue of over 1,000 fiction and non-fiction titles from classics to recent releases. www.bds.org.nz



NICU Cuddle Hearts

The NICU Cuddle Hearts project started in Christchurch after seeing the success of the fabric hearts for Mum and baby while in the NICU in Australia. Contact: nicucuddlehearts@gmail.com

Patchwork Plus

We are an informal social group that creates patchwork quilts, knitting and any other crafts Venue: Leeston Library Community Room Times: Mondays 10am–3pm. Contact Diane Spencer (03) 324 4424 or (027) 444 6791. All welcome.

OTHER

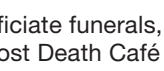
Lonsdale Sheep Dairy

We hand make sheep milk soap. A soap that is soft on the skin and the environment, plastic free, all natural ingredients. www.lonsdalesheepdairy.co.nz



Richard Marchant Celebrant

Based in Lincoln, I am available to officiate funerals, weddings, vow renewals etc. I also host Death Café Lincoln once a month. www.richardmarchant.weebly.com



Senior Move Managers

Offering a full moving package for older adults, operating nationwide. www.seniormovemangers.co.nz



Sought Limited

We offer a premium service to catalogue, move through the estate management or downsizing process. www.sought.co.nz



Tavendale and Partners

Legal services. www.tp.co.nz



Volunteering Canterbury

Volunteering Canterbury recruits for volunteers and supports those managing volunteering programmes with training and ongoing support. We also advertise volunteer roles widely amongst our networks and our group volunteering programmes gift some 3,000 hours to the community annually. Volunteering Canterbury has for the past 30+ years been supporting volunteering in Canterbury. www.volcan.org.nz



RETIREMENT VILLAGES

BUPA Retirement Villages

There are 54 locations across New Zealand with the majority of our 36 retirement villages having a care home onsite or nearby. We have 18 additional standalone care homes. With these retirement living and care options, Bupa offers you the life that's right for you. www.bupa.co.nz



Retirement Unit Surrender Consultancy

We are an alternative to instructing a solicitor for residents swapping retirement units or wishing to surrender their occupation rights. www.rusconsultancy.com



Retirement Village Residents Association (RVRANZ)

We advocate for Retirement Village Residents at a local and national level to ensure a fair and balanced sector for residents. www.rvrnz.org.nz



The Boulevard Lifestyle Village

We cater for people from 55 years of age. We have two and three-bedroom villas and in the final planning stages for our care facility and new lodge. We will provide a total of 80 hospital level, resthome and memory impaired beds. www.boulevardvillage.co.nz



SUPPORT AND WELLBEING

Age Concern Canterbury

We promote dignity, wellbeing, equity and respect to older people's needs along with expert information and support services. www.ageconcerncan.org.nz



Aspire Canterbury

Aspire Canterbury - disability information, total mobility scheme providers and mobile shop www.aspirecanterbury.org.nz



CEA Charitable Trust

We offer insulation, including free installation for eligible owner-occupiers, impartial energy advice, free recycled curtains and have a shop (including online) with affordable and effective energy efficiency products. www.cea.co.nz



Citizens Advice Bureau Christchurch Area Incorporated

We provide free, confidential, independent information and advice to anyone. We help people know what their rights are and how to access services they need. We also run specialist clinics such as JP and free legal advice. www.cab.org.nz



DeoCare NZ

We source and supply care and support workers to various role within aged care, disability and private home support. www.deocare.co.nz



Elder Care Canterbury

Elder Care Canterbury is a network of organisations, providers and consumers with an interest in improving health services for the older people of Canterbury. Forums are held up to four times a year at various locations within Selwyn. They provided an opportunity to share information on issues, services and resources of relevance to older people's wellbeing. They are a great way of networking with others. enlivenuppersouth.org.nz/services/elder-care-canterbury-ecc

Hāpai Access Card

We provide a card for disabled people that improves customer service through showing the barriers that the card holder faces when out and about in the community. Participating organisations and businesses commit to providing a reasonable accommodation for each of the nine barriers that are part of the card scheme, and many offer some level of discount and/or free entry for a carer. www.hapaiaaccesscard.org.nz



Lincoln and Districts Community Care Association (RVRANZ)

Lincoln Community Care initiates, co-ordinates and provides a range of health and social services to enhance community wellbeing on a not-for-profit basis. Our services include Meals on Wheels, exercise groups, walking groups, health equipment hire, and much more. lincolncomcare.co.nz



Presbyterian Support Enliven Services HomeShare

Enliven HomeShare service brings together older people living alone with shared interests. Small groups get together to share a home cooked meal, conversation and to undertake activities decided on by the group. The service enables older people, who may be lonely and/or isolated, to socialise within their own communities. Our HomeShare hosts are fully trained to support the needs of older people. enlivenuppersouth.org.nz/service-centre/selwyn



Transition Navigators

Transition Navigators enhances the wellbeing of older people and their families by presenting to them the most suitable options for them to live as their needs change. www.transitionnavigators.co.nz



Selwyn Central Community Care

We are a charitable trust that drives the elderly and household clients to appointments in the Selwyn and the city area. Most of our appointments are for Medical reasons however we also have regular drives to day clubs, homeshares, and classes. www.selwyn.govt.nz/community/selwyn-community-directory/social-service-provider/458360



Selwyn Gets Ready

Selwyn Gets Ready is a free emergency alerting system for Selwyn residents. Text and email alerts are sent to subscribed households in the event of an emergency such as wild fire, tsunami, severe weather event and boil water notification. It is also used to identify who may need extra assistance in an emergency, and who may have skills and resources to help and support their neighbours. selwyn.getsgotready.net



The Eldernet Group

The Eldernet Group is New Zealand's most trusted provider of information for older people and their whānau. We provide timely, relevant, and comprehensive information to help older kiwis make decisions that are right for them. www.eldernet.co.nz



TECHNOLOGY

Computer Concepts Limited

We enable New Zealand organisations to achieve business outcomes through the successful delivery of technology and transformation services. concepts.co.nz



TRAVEL

helloworld Travel Rolleston

helloworld Travel Rolleston is a full service travel agency located at 6 Tennyson Street Rolleston. We offer expert travel advice and can assist with all facets of travel arrangements for both domestic and international travel. helloworld.co.nz/rolleston



From Selwyn District Council



Bingo for Seniors

Saturday 20 November, 7–9pm

Rolleston Community Centre

Saturday 27 November, 7–8pm

Darfield Recreation Centre

Come along for an evening of bingo fun! It's a great chance to have an enjoyable night out with friends and win prizes. Bring along a plate for supper after the game. Tea and coffee will be provided.

\$3 each at Rolleston. \$5 each for five games at Darfield.

Bookings required.

selwyn.govt.nz/events



Predator-Free Workshop FREE

Saturday 4 December, 10am–12pm

Darfield Library

Aotearoa is home to many unique animals and plants, however around 4000 native species are now considered to be at some kind of risk. With the inception of Predator Free 2050, the predator-free movement has gained momentum. Attend this workshop with Selwyn District Council's Biodiversity Officer to learn how you can become involved.

Bookings required.

selwynlibraries.co.nz/events



Drive Wise

Thursday 16 December, 1–5pm, Ruapuna

This half-day course for mature drivers includes discussing the challenges you face with driving, exercises on the race track in a safe environment to practice braking, following distances, smooth vehicle control and placement, refreshing your knowledge of the road code and on-road driving in groups of three with a qualified driving instructor. Cuppa tea provided.

\$10 per person. Attendees must bring their own car and their driver's licence. Registration required, spaces are limited.

Register by email to phone (03) 347 1867 or roadsafety@selwyn.govt.nz.

Road Code Refresher FREE

Build confidence and gain a refresher on the road code from a qualified driving instructor. Suitable for mature drivers.

Register your interest for future courses by email to roadsafety@selwyn.govt.nz or phone (03) 347 1867.



Flower Crown Workshop

Thursday 2 December, 6.30–8pm

Te Ara Ātea

Join *The Friday Florist* to learn how to make your own timeless arrangement with a combination of fresh and dried blooms. Since ancient times, floral crowns have been a symbol of power, eternity, and glory.

\$20 per person. Bookings required.

selwynlibraries.co.nz/events



Mature and Motivated

Mondays and Wednesdays, 10am
Lincoln Event Centre

Tuesdays and Fridays, 10am
Darfield Recreation Centre

Tuesdays and Fridays, 11am
Selwyn Sports Centre

Wednesdays, 11am, West Melton
Community and Recreation Centre

Great for heart health, strength and balance. Aimed at 60 years and over, or anyone getting back into fitness; it is low impact, lots of fun with a great social vibe. Accredited by ACC. \$6 casual.

selwyn.govt.nz/recreation



Social Walking Group

Thursdays, 1–3pm

Selwyn Sports Centre

Walk around our indoor walking track at your own pace with small exercises at every corner. A great way to keep up your cardiovascular fitness, socialise with friends and enjoy a tea or coffee at the end. Suitable for all ages and abilities. \$3 per person.

selwyn.govt.nz/recreation



Social Pickleball

Thursdays, 7–9pm, Selwyn Sports Centre

Enjoy this paddle sport that combines elements of badminton, tennis and table tennis – you're sure to have a good time. A great game for all ages and abilities, \$5 entry per person, paddles and balls provided.

selwyn.govt.nz/recreation

Selwyn
Libraries

Nau mai, haere mai ki

Te Ara Ātea

Open from 2 December 2021

Te Ara Ātea is an incredible place to discover and learn. Inside you will find a modern library, tamariki zone with a sensory space, a studio, café, workshop area, exhibitions, performances and meeting spaces.

Monday to Friday 9am–6pm

Thursday open to 8pm

Saturday and Sunday 10am–4pm

selwynlibraries.co.nz/te-ara-atea



Summer

in

DECEMBER 2021
- MARCH 2022

Selwyn

There's something for everyone this summer with over 80 events!

Keep an eye out for our jam-packed guide in your mailbox or at any Council facility, available from 1 December.

selwyn.govt.nz/events
Selwyn District Council

JOIN US FOR A GROUP FITNESS, AQUA FITNESS CLASS OR SWIM AT ONE OF OUR FACILITIES

For details pick up a What's On in Selwyn term brochure or visit: selwyn.govt.nz/recreation