



Website: www.u3aporthills.org.nz

Bank Account Number: 38-90060413325-00



THE UNIVERSITY OF THE THIRD AGE

Newsletter September 2022

Port Hills U3A



Morning Tea is Back

Now that Spring is here with its warmer weather, and the instances and possible transmission of covid and flu are lower, the Port Hills U3A Committee has decided that we will resume holding morning tea before our meeting with our speaker. Morning tea will be available from **9:30am**.

However, we will continue to require the wearing of masks at our meeting.

Next Meeting: Wednesday 7, September 2022

Venue: St Martin's Presbyterian Church, 43 St Martins Road, St Martins

9:30 Socialising at Morning Tea - **Welcome back !**

10:00 **Speaker**

Caroline Johnson *The Past, the Present and the Future of the NZ Red Cross*

In 1995 Caroline emigrated to New Zealand with her family, settling into Christchurch where they still live. Caroline's passion is working with individuals as well as groups who share the same values: to make a difference in their community.

Caroline will speak on the Red Cross' past, present, and future: what is the same, what has changed, and why these matter in strategic areas such as disaster preparedness response and recovery, migration issues, and international aid.

Her presentation will also include insights into "*the why* as well as *the what...*" of Red Cross services. For over 150 years the Red Cross has continued to inspire support because it is guided by long-established fundamental principles which enable them to collaborate widely in the provision of humanitarian aid - *not only in times of conflict* but *in response to manmade disasters*, driving lasting benefits and protection to communities at home and abroad.

11:00 Our Monthly Meeting



Will Stedman, New Zealand Paralympian Medals Champion

At our August meeting we had the pleasure of hearing from Will Stedman, a Paralympian medals champion from Christchurch. George Edwards, Port Hills U3A Committee member has been Will's coach and has graciously provided us with some special photos of Will.



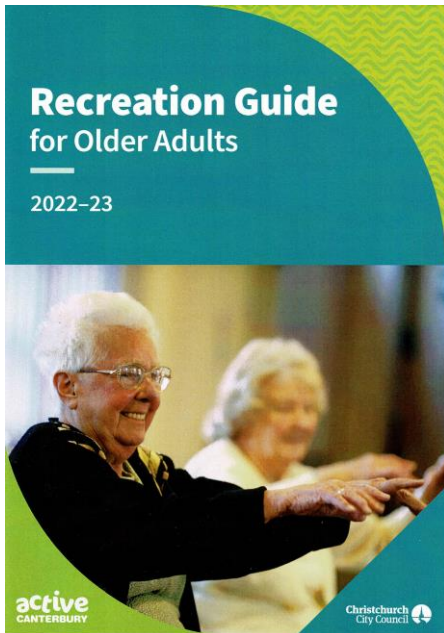
Will is on the right

“I have been privileged to coach William Stedman, the speaker at our last meeting, for seven years and during that time he has gained some amazing results. This has been brought about by a lot hard work and dedication from him. He is a very focused young man, and hopefully there are more successes to come in 2023 and 2024.”

George Edwards



Recreation Guide for Older Adults 2022-23



The latest copy of the Christchurch City Council's 2022-2023 Recreation Guide for Older Adults is now available at CCC libraries.

“This guide highlights the many exciting opportunities for recreation and community activities available for older adults. We hope it helps you to discover a new hobby, or rekindle an old interest, and to make new friends.”

For more information phone the CCC on 03 941 8999

You can **view** and/or **download** a copy of the guide from the CCC website using the following **link**:

<https://www.ccc.govt.nz/rec-and-sport/activities-for-older-adults>

Click on Older Adults Recreation Guide [PDF, 4.6 MB] to view the booklet. **Click** on the down arrow ↓ in the upper right-hand corner to download the file to your computer.



N.Z. Office for Seniors / Te Tari Kaumatua

The Office For Seniors is a New Zealand government agency which describes its work (from their website) as:

We're working to improve the lives of older people across New Zealand by providing information, promoting the wellbeing and concerns of older people and increasing awareness of the issues facing our ageing population. We want everyone to feel valued and able to participate

The Office For Seniors publishes an on-line newsletter every two months with information of general interest to the older adults in our community. If you would like to view, and/or receive the newsletters, please use the link below.

To access the Office For Seniors website use the link: <https://officeforseniors.govt.nz/>

To view the newsletters, click on the box on their website:

Seniors Newsletter

You can then view copies of recent newsletters by clicking on:

[See all recent Seniors newsletters](#)

and/or

Sign up to receive the on-line newsletter



Our Future Meeting Speakers

<u>October 5th</u>	John Sullivan	Canterbury Community Law
<u>November 2nd</u>	Judith Coullie	History of Safaris and Recent Tales of Safaris
<u>December 7th</u>	Speaker	To be confirmed Followed by our Christmas Function

Contributions and Donations

Food Aotearoa and Knitting Wool

Thanks to our members for their continued support of Food Aotearoa and our collection of knitting wool. These are two very important and worthwhile community projects.

You are welcome to donate cans and/or packaged food, including baby food, as well as fresh food such as fruits and vegetables.

The wool is used by volunteer knitters to crochet blankets or knit jerseys for pre-schoolers. Finished items are mainly given to the Plunket Outreach programme, Salvation Army programme and other charities as needed.



Please contact Naida Murray on 338 5030 if you have any questions, or check at our monthly meeting.



Your contributions can be placed in the boxes in the entrance foyer.

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