



MEMBERSHIP

Age Concern Canterbury is funded by the community. Your support ensures the independence and wellbeing of older people is enhanced.

If you wish to contribute to the work and services that Age Concern Canterbury provides please complete the form below.

**AGE
CONCERN
CANTERBURY**

He Manaakitanga
Kaumātua Aotearoa

I would like to: (please tick one box):

- Become a member (\$20 per person, \$30 per couple)
- Become a friend (\$10 per person)
- Make a donation

Note: Members have voting rights.

I would like to subscribe to the **Keeping On** newspaper, delivered quarterly, for a cost of \$20.00. (please tick box)

I enclose: Membership Subscription	\$	_____
Keeping On Subscription	\$	_____
Donation	\$	_____
TOTAL	\$	_____

Note: Donations of \$5.00 or more can qualify for a tax credit.

Direct credit to BNZ 02-0800-0188056-000

Mr/Mrs/Miss/Ms _____

First Names: _____

Surname: _____

Date of Birth: _____

Street Address: _____

Suburb: _____

City & Postcode: _____

Phone No.: _____

Email: _____

Signed: _____

Post to The Chief Executive, Age Concern Canterbury Inc,
24 Main North Road, Papanui. Christchurch 8053.

Our Vision

To be the recognised organisation in Canterbury that connects, supports, empowers, celebrates and respects all older people in an inclusive community.

We commit to uphold the Treaty of Waitangi/Tiriti o Waitangi, and its principles of partnership, participation and self determination.

Age Concern Canterbury welcomes new members.
Donations greatly assist funding its services.



**AGE
CONCERN
CANTERBURY**

He Manaakitanga
Kaumātua Aotearoa

24 Main North Road, Papanui,
Christchurch 8053
P (03) 366-0903,
Freephone 0800 80 33 44
E team@ageconcerncan.org.nz
www.ageconcerncan.org.nz

July 2022



**AGE
CONCERN
CANTERBURY**

He Manaakitanga
Kaumātua Aotearoa

Visiting Service



Clients

Visiting Service

*Ko te aroha te mea nui
The greatest thing is love.*



Many older people in our community are lonely and isolated as they receive few or no regular visitors. Age Concern Canterbury's Visiting Service helps reduce this loneliness by providing friendship and companionship through a volunteer visitor, enhancing the wellbeing and quality of life of the older person.

Who is the Visiting Service for?

Visiting Service clients must be:

- * willing to be referred,
- * at risk of social isolation due to having no or very few regular visitors,
- * 65 years and over, and
- * able to contribute to a mutually beneficial relationship.

What do Visiting Service visitors do?

Visiting Service visitors provide social support via regular visits of about an hour per week, share interests and activities with clients, and support them, where possible, to make other community contacts.

What Visiting Service visitors do not do?

Visiting Service visitors do not do personal care, housework, handle medications or finances or do regular shopping.

Are you feeling that you spend too much time on your own?

Age Concern Canterbury's Visiting Service has caring volunteers who are keen to spend time with an older person.

A regular visit is something to look forward to. We can match you with a volunteer who shares your interests and who would love to get to know you.



*"Having a visitor changed my life.
I'm feeling the best I've felt in years."*

From a Visiting Service client.

Would you like more company?

Our volunteers visit on a regular basis for about an hour each week. They tell us that they enjoy the opportunities to get to know an older person and that they benefit and learn from the experience.

*"Things have changed for the better now
I have a visitor, we go out for coffee and have
been to the art gallery and even a ride on
the tram! My life has really turned around
and I couldn't be happier."*

From a Visiting Service client.

We'll find the right visitor for you

If you decide you would like a visitor our Visiting Service Co-ordinator will visit you to get to know you and find out about your interests. The Co-ordinator can then match you with a carefully chosen, trained volunteer who will visit you for about an hour each week.

The Co-ordinator will keep in touch with you and your visitor to make sure you are both enjoying your visits.

Having a visitor works

Research shows that loneliness and social isolation are as bad for health as smoking and can contribute to serious health problems like heart disease and depression.

*Having a visitor can make a real difference
in your health and happiness. Give us a call!*

**Contact the Age Concern
Canterbury Visiting
Service Co-ordinator
on phone 366 0903.**

Age Concern Canterbury works to achieve wellbeing, rights, respect and dignity for older people.