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Welcome to All

Kapiti Grapevine is a monthly e-newsletter. It aims to keep you informed about the information relating to the community, health, social events/welfare and education.

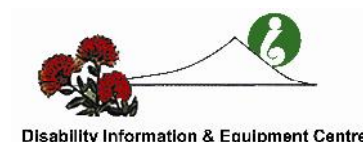
From events to forums happening on the coast or just notifications, your organization can be part of keeping others informed and updated with what's happening over the coming month.

Please help keep this vital newsletter going and **Email** us your notices/events/feedback

<http://www.diec.co.nz/>

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TEMPORARY CLOSURE OF WELLINGTON DIEC



The DIEC based at Anvil House, Wakefield Street, Wellington was temporarily closed on 23rd September 2011.

The location of the centre was not ideal and we are currently looking at more suitable premises within the Wellington Region.

Our Governance Team is conferring with the Federation of Disability Information Centres regarding the best way forward for service provisions.

We are hoping to be re-established as soon as possible but in the meantime our Kapiti Centre will be answering enquiries and assisting with any information and equipment requests.

We will keep you all updated with our progress and we apologize sincerely for any inconvenience.

- [CCDHB Shuttle Service](#)
- [Kapiti Community Centre](#)
- [Privacy Commission Launch New Advice Cards](#)
- [Cremmer Stair Lift for Sale](#)

Contact Us

DIEC
Disability Information &
Equipment Centre
15a Ngahina Street,
PO Box 23
Paraparaumu

Phone: 04 298 2914
Free phone: 0800 69 33 42
Fax: 04 298 2941

[email us](#)

WHAT'S HAPPENING THIS MONTH?

October in NZ is...

- Breast Cancer Awareness Month
- Choptober ~ Grow your Chops for Charity

OCTOBER AWARENESS DAYS

4th October

- World Animal Day

5th October

- World Teachers Day

7th October

- World Smile Day

8th October

- World Hospice and Palliative Care Day
- Pink Ribbon Day

10th October

- World Mental Health Day

Please contact our Kapiti Centre :

Free phone: 0800 69 33 42

Phone: (04) 298 2914

Fax: (04)298 2941

Email: info@diec.co.nz

Website: www.diec.co.nz

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GRAPEVINE FUNDING UPDATE

Thank you to everyone who replied to my email regarding the Kapiti Grapevine and its importance to the community. I had some great responses and support! It is very much appreciated.

It is with pleasure that I can report some good news - we have received some funding from the Kapiti Community Grants Fund for the continuation of the Kapiti Grapevine in the short term.

Thank you to the Community Grants Boards for supporting us in putting together this great community resource.

Due to the nature of the grapevine's funding we will still need to look at a yearly subscription to assist with its continuation. I will be in touch with you once we have worked out the best way forward.

I hope you enjoy this month's edition. Have a great month.

Anne Marie ☺

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MENTAL HEALTH AWARENESS WEEK 10TH-16TH OCTOBER



Planning is well underway for our mental health awareness week. If you would like to support with planning, please contact Alison Chadwick on (04) 902 0753 or email: alison@atareira.org.nz

Last year we had a very successful concert and have decided our main event this year will again be a free community concert.

- World Hospice & Palliative Care day

12th October

- World Arthritis Day

13th October

- International day for Disaster Reduction
- World Sight Day

14th October

- World Standards Day

15th October

- International Pregnancy & Infant Loss Day
- World White Cane Day

16th October

- World food Day
- World Spine Day

17th October

- International Day for the Eradication of Poverty
- World Trauma Day

18th October

- International Day of Tolerance

20th October

- World Osteoporosis Day

22nd October

- International Stuttering Awareness Day

24th October

- United Nations Day

OCTOBER AWARENESS WEEKS...

4th - 10th

- World Animal Week
- World Space Week

“UNPLUGGED” CONCERT

PLEASE COME ALONG TO OUR FREE CONCERT TO CELEBRATE MENTAL HEALTH AWARENESS WEEK

Where: Paraparaumu College Auditorium

When: Thursday 13th October

Time: 6.00pm

Everyone Welcome!

See you there!!!!

ATAREIRA REFERRALS

Our service provides information, advocacy, education and support for anyone who is supporting someone with experience of mental health issues.

Referral to our service is as simple as a phone call.

*Please contact Alison Chadwick
Kapiti Family/Whanau worker
ATAREIRA, mental health support for family/whanau
Phone (04) 902 0753 or
Email alison@atareira.org.nz*

QUESTION / PERSUADE / REFER – TALKING ABOUT THE TABOO

Atareira was part of a very successful “Talking about the Taboo” presentation by Sharon Scott and Denise Steers from Otago University on 6th September. The presentation was for anyone interested in learning how to support someone who is at risk of self-harm or suicide. Sharon and Denise also offer QPR (Question, Persuade, Refer); which is similar to CPR- but for those at risk of self-harm/suicide.

There is a choice of a free online training, or Denise and Sharon are available to do a group training here in Kapiti.

Anyone interested in this free training, please don't hesitate to contact Alison Chadwick on (04) 902 0753.

10th – 16th October

- Mental Health Awareness Week
- Baby Loss Awareness
- Rainforest Week

17th – 23rd October

- Osteoporosis Week

24th – 30th October

- Disarmament Week

THE SUNFLOWER GROUP

The Sunflower Group was formed 10 years ago, and meets at 10.30 each Monday at a local café. Anyone who has family or friends with experience of Mental Health issues is very welcome to join the group for coffee, support and a chat.



Please contact Alison Chadwick on (04) 902 0753 for location details.

KAPITI ALLSORTS 25TH OCTOBER – 6TH DECEMBER

Kapiti Allsorts is a very successful free after school programme for children aged 7-12 years, who have a family member with experience of Mental Health issues. It is running from 25th October to 6th December 2011.

We have some children confirmed for the group, but also are going to start a wait list for early next year.

Please contact Alison Chadwick on (04) 902 0753 for more information.

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GRANDPARENTS RAISING GRANDCHILDREN

There are many Grandparents raising grandchildren here in Kapiti, and I have met with Diana East who is the Fieldworker for an organization called Grandparents Raising Grandchildren, (GRG)- who would like to initiate a local informal group- maybe meeting at a café/home, or whatever you chose.



The first meeting is to be held in **central Paraparaumu on Wednesday 9th November at 10.00am**

If you would like to know more or have contact with Diana, please contact Alison Chadwick on (04) 902 0753

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BUSINESS AS USUAL FOR HOME SUPPORT SERVICES



If you currently receive home support services from Healthcare NZ, Access or Presbyterian Support Centre you may have recently heard there will be changes to this service.

Capital & Coast DHB is currently working through the details to ensure a smooth a transition process as it moves from three to two providers.

We would like to reassure everyone that they will still receive the same level of care that they currently get, and in most instances they will continue to have the same care worker.

Anyone with questions can phone our helpline on 0800 369999. It operates 7 days a week, between 8am and 8.30pm.

HOT OFF THE PRESS....HOME SUPPORTS SERVICES UPDATE...

Following a recent tender process carried out by the Capital and Coast District Health Board, there will be only two providers of DHB funded home based support services for older people in the Wellington and Kapiti areas from 1 November 2011.

Access Homehealth and Enliven are the two providers chosen by the DHB following the tender. They are already well respected and established providers of home and community support in the Wellington and Kapiti areas.

From 1 November Healthcare of NZ (HCNZ) will cease to be a provider of home based support services, funded by the District Health Board and provided to older people in these areas. The older people currently being supported by HCNZ will be supported by either Access or Enliven.

It is expected that many of the support workers currently employed by HCNZ will also move to Access or Enliven as a necessary part of delivering services under the new contracts.

Access and Enliven will work closely with HCNZ to ensure the smooth re-employment of support workers.

(The tender is currently the subject of legal challenge by HCNZ which is aimed primarily at Capital and Coast District Health Board).

Who is Enliven?

Enliven is a business unit within Presbyterian Support Central (PSC), a 101 year old not-for-profit faith based organisation. PSC has two business units; Enliven, which is focused on services for older adults and those with a disability, and Family Works, a social services business providing counselling, parenting skills and family violence prevention.

Enlivens multidisciplinary team provides a continuum of care from social support through to end-of-life assistance.

The Enliven Wellington Community Support service delivers comprehensive home based care to older adults and people with disability in the greater Wellington region.

Enliven can be contacted on:

Free phone: 08003654836

Website: <https://central.enliven.org.nz>

Who is Access Homehealth?

Access is a not-for-profit organization, 100% owned by Rural Women NZ and has provided support to New Zealanders since 1927.

As one of New Zealand's leading healthcare providers, Access specializes in home-based healthcare and support for more than 14,000 Kiwis across New Zealand, helping people from DHBs, ACC and the Ministry of Health.

With highly skilled nurses and support workers, Access assists people to maintain an independent lifestyle in their homes and communities.

Access can be contacted on:

Free phone: 0508-273337

Website: <http://www.access.org.nz>

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ORA Celebrates 6 month Anniversary



The amalgamation of services under the new ORA Community Services umbrella (Older Adult Rehabilitation & Allied Health Services) had its 6 month anniversary celebration on 9th September 2011. Since the amalgamation in March 2011, the new teams have been "getting to know each other" and are now beginning a number of initiatives within the new teams to move closer to their wide ranging vision:

"To provide integrated older adult, specialist rehabilitation and allied health services across the continuum of ages, for acute illness, rehabilitation and disability, with patients and family/Whanau individualized needs being central to the delivery of care."

ORA provides a vast array of services from In-patient, out-patient and community services that consists of acute/disability/rehabilitation/chronic disease to palliative care. The services are provided by a registered and non-registered workforce across nursing, allied health and medicine.

Key staff under the ORA umbrella are geriatricians, physiotherapists, O.T's, social workers, dietitians, speech language therapists, registered nurses, clinical nurse specialists, nurse practitioners, neuropsychology, family therapists and rehab physicians where they provide specialized health and disability services and aged residential care assessments for hospital level care, equipment and advise.

There are three DHB sites;

- **Wellington Community Team**
Location: Wellington Hospital
Team Leader: 04 918 6341
Admin: 04 918 5909
Fax: 04 385 5827
Email: oracommunityw@ccdhb.org.nz
- **Kenepuru Community Team**
Location: Kenepuru Community Hospital
Team Leader: 04 385 5999 ext 7212
Admin: 04 385 5999 ext 7389
Fax: 04 237 0505
Email: oracommunityk@ccdhb.org.nz

- **Kapiti Community Team**

Location: Kapiti Health Centre

Team Leader: 04 385 5999

Admin: 04 385 5999 Ext 4255

Fax: 04 298 7687

Email: oracommunityp@ccdhb.org.nz

There are also thousands of home and other community based centre's extending from Seatoun in Wellington to Peka Peka Road on the Kapiti Coast.

Patients are of varying ages and range from neonates in minus days to months all the way through to adults of over 100 years of age.

Who is eligible?

Those eligible for publicly funded healthcare living within the CCDHB region and if a patient's needs can be met and they can travel to an out-patient clinic

How to refer?

All referrals for Community services should be made via the Care-Coordination Centre (CCC) who screen referrals and forward on to the most appropriate team. Please use the appropriate referral form.

CCC telephone number: 0800 282 200

CCC fax number:04 238 2022

For more information on what services and assistance provides, visit the Capital & Coast DHB website or check out the following pdf files.

Website: www.ccdhb.org.nz

Pdf: **ORA Community Services Information sheet**

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Alzheimers *New Zealand*

ALZHEIMER'S KAPITI

The Alzheimer's Wellington is offering information sessions on a variety of topics relating to Dementia, behaviors, communication, legal issues and care options over the month of November.

Sessions will be held at:

Kapiti Health Centre
Warrimoo Street
Paraparaumu

When: Tuesdays

Time: 9.30am to 12.00 pm

01st November - Dementia and how to avoid it

08th November - Keeping Communication channels open

15th November - Behaviors that concern and what to do about them

22nd November - Legal Issues, Care Options and Caring for the Carer

To register, please contact:

Jill Judson, Education Coordinator

Email: educator@alzheimers.org.nz

Or

Leonie on Phone: 04 972 2595

HOW CAN WE HELP?

Alzheimer's Wellington is an inclusive nonprofit organization dedicated to making life better for all people in the Wellington region affected by dementia. We provide information, ongoing support, advice, education and personal advocacy for people with dementia, their carers, family and whanau. Our staff are well trained, caring and knowledgeable about the many issues rising from a diagnosis of dementia.

WHAT WE PROVIDE...

Our community workers are available to families throughout Wellington, Porirua, the Hutt Valley and Kapiti Coast. Support from our community workers and education coordinator includes:

- Information and advice on managing dementia related issues

- Home visits

- Telephone contact
- Early memory groups for people with a recent diagnosis of dementia
- Support and information meetings for people with dementia
- Supporter groups for carers
- Free education programmes
- Advocacy support
- Assistance with linking to other support services, such as taxi vouchers
- Educational seminars for residential care facilities

FOR FURTHER INFORMATION....

Alzheimer's Wellington

Office: 55 Hutt Road, Petone, 5012

Free phone: 0800 004 001

Phone: (04) 939 0133

Fax: (04) 938 0113

Email: wellington@alzheimers.org.nz

Kapiti Community Worker

Phone: (04) 297 3179

Email: kapiti@alzheimers.org.nz

Wellington North Community Worker/Team Leader Community Services

Phone: (04) 939 0131

Email: wellingtoncw@alzheimers.org.nz

Wellington South Community Worker

Phone: (04) 387 8345

Email: swellington@alzheimers.org.nz

Hutt Community Worker

Phone: (04) 972 2594

Email: hutt@alzheimers.org.nz

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PARKINSON'S SOCIETY KAPITI-HOROWHENUA

The Parkinson's Society Kapiti-Horowhenua's role is to educate and provide support for those affected by Parkinson's and/or Parkinsonial conditions and their family/whanau or identified support people.

Field officers can provide:

- **Home visits:** These can provide reassurance, advice and practical help on living with Parkinson's. Your Field Officer can give evidence based information about Parkinson's and support for the person with Parkinson's, their family, and/or carers.

For more information on home visits please contact:

Vanessa (Field Officer) or Nova Eller (Office Administrator)

Phone: (04) 9044240

Email kaphoro@paradise.net.nz

- **Support groups:** Need to talk to others about how you're feeling or get advice from someone who's coping with a similar situation to yours?

Kapiti/Horowhenua Area

Supports Groups

There are various support groups in both Kapiti/Horowhenua area that are run on a monthly basis. The groups will include speakers, information, and the opportunity to meet other people, families/whanau and carers affected by and working with Parkinson's.

Carers Groups

There are support groups in both Kapiti/Horowhenua area for carers/ health professionals and family/whanau.

Men's Group

Support group available in Kapiti

Newly Diagnosed Group

Support group available in Kapiti

For more details on all groups and information on dates and time please contact:

Vanessa (Field Officer) or Nova Eller (Office Administrator)

Phone: (04) 9044240

Email kaphoro@paradise.net.nz

- **Referrals:** Advice about referrals to other community health professionals as appropriate such as physiotherapists, speech therapists, counselors and occupational therapists.
- **Advice on monitoring of medication:** Parkinson's medication requirements are unique to each individual. Your Field Officer can help with information about managing side effects, 'on and off' periods, sleep problems and depression.
- **General advice:** Need a hand rail installed and don't know how to go about it? Or want to know about home help or financial support? Ask your Field Officer where to start.
- **Social activities:** What social activities may be available in your area, these can include dinners, coffee mornings, walking groups, bowls, exercise groups and outings.
- **Exercise and other therapies:** Programmers for people with Parkinson's are available in your area such as exercise, physiotherapy, hydrotherapy, art therapy sessions.
- **Educational seminars:** Upcoming Parkinson's educational seminars which provide access to a variety of speakers including neurologists, Parkinson's researchers, pharmacists, speech therapists and physiotherapists

Membership

To become a member of the Parkinson's Society Kapiti-Horowhenua membership is \$40 per year per family/whanau. If you would like more information please contact:

Vanessa (Field Officer) or Nova Eller (Office Administrator)

Phone/Fax: (04) 9044240

PO. Box 385

Waikanae 5250

Email kaphoro@paradise.net.nz

www.parkinsons.org.nz

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**PARKINSON'S AWARENESS EVENING FOR CARERS, FAMILY/WHANAU
OR HEALTH PROFESSIONALS**

Come and Learn more about Parkinson's and Parkinsonial conditions!

Our Field Officer & Registered Nurse; Vanessa Shaw is having an evening presentation followed by cuppa/ light supper.

This is an event for all those interested in learning more about Parkinson's and Parkinsonial conditions. All Family/ Whanau and Health professionals/Care Workers are most welcome.

When: Tuesday 8th November

Where: Kapiti Community Centre (Pak n' Save Room)

Time: 7.30pm to 9.30pm

Cost: Koha / Donation appreciated.

Attendance certificates are available if required.

To register your interest please:

Phone: 04 9044240

Email: kaphoro@paradise.net.nz

Parkinson's Society Kapiti-Horowhenua

P.O. Box 385

Waikanae 5250

Ph/fax: 04 904 4240|

www.parkinsons.org.nz

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DRIVING MISS DAISY

Driving Miss Daisy is a companion driving service providing an essential service to those who do not drive such as our elderly and children. We provide a safe, reliable and friendly assistance service which is invaluable to those who require a little extra care when going about their daily business.



We are a pre-booking service that charges for the time that we are with you and do anything from taking you to medical appointments, general appointments or assisting with shopping, walks on the beach, lunch or coffee outings or just as accompaniment to a movie or even a garden centre. We are there for you to ensure that you maintain your independence and that you continue to do those things that you enjoy.

To try our fabulous new service; call Nic today for a booking or to find out a little more about what we offer on 04 298 3689 or 0274 918 993. For further information please feel free to visit our website. Our testimonials section is a great way to find out more about the type of service we are providing in our local community.

Nicolette (Nic) Veltman

Franchise Owner - Kapiti

Phone: (04) 298 3689

Mobile: 027 491 8993

Free phone: 0800 948 432

Website: <http://www.drivingmissdaisy.co.nz>

Driving Miss Daisy Kapiti – We're there for you!

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WANDERING KIWI - LOC8TOR FOR HEALTHCARE



The Wandering Kiwi is a New Zealand company that aims to bring a range of the world's most effective and affordable locator products to New Zealanders to increase child safety awareness, and to help ensure the safety of Kiwi wanderers, both young and old.

The Loc8tors is one products that maybe useful for family members that have tendency to wander off. There are a broad number of applications Loc8tor is used for within the Healthcare sector. Loc8tor's technology enables you to:



1) **Find** – Items (or people) can be located (Locate mode). The Loc8tors capabilities are unique in that the handset actually guides you which way to walk to find lost items.

2) **Alerts** - It enables a parent or carer to define a safe area that a child, patient or item is not to go out of. Should they cross this invisible boundary the Loc8tor will immediately alarm clearly identifying the person/s. One press of button then enables them to be located.

3) **Panic Alarm** - It enables a child or dependent to move freely within a preset designated safe zone. Should an incident occur or help be needed one press of the Panic button immediately notifies the parent or carer.

The **Loc8tor Plus** has both Locate and Alert functionalities. Alert warns you before a child, dependent or other valuables wander too far away from your designated safety zone, and then Locate helps you find it/them quickly. It also features a panic button, which can be pressed by a child or other vulnerable person to urgently call for help. The Loc8tor plus can monitor up to 24 different Tags and has a range of up to 183 metres / 600 feet .

Autism, Alzheimer's, Dementia

When an Alzheimer sufferer or autistic child wanders off, it's a cause of much worry. Alzheimer's patients also typically hide items they deem valuable in the hope that they will find the item later in their "special hiding place", which sadly they forget, or is unknown to their caregivers.

Loc8tor Plus is an ideal aid to both finding items and with the Alert mode provides peace of mind for parents or those caring. The Alert mode enables the person to maintain dignity and freedom within set parameters. As soon as they wander out of your preset safety zone the Loc8tor immediately

alarms identifying which person or item has wandered off.

Care for the elderly, Care at home

Loc8tor is an 'Assistive Technology' that enables an individual to maintain their independence and prolong their ability to live on their own. Whilst it's common for us to become more forgetful as we become older Loc8tor enables everyday items like keys, the TV remote, Glasses case to be quickly found.

For more information on their products you can contact:
Disability Information & Equipment Centre
Free phone: 0800 69 33 42

Wandering Kiwi
Phone: 021 737 994
Fax: 09 411 9467
Email: enquiry@wanderingkiwi.co.nz
Website: www.wanderingkiwi.co.nz

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FREEDOM MEDICAL ALARM SERVICES

The Freedom Medical Alarm Service supports clients choice to live independently in their own home. Freedom Medical Alarms are a joint venture company between HealthCare NZ and Wellington Free Ambulance and our Medical Alarms are the **only** medical alarms directly monitored by Wellington Free Ambulance Emergency Communication Staff.

The cost is \$39.90 fortnightly and includes installation, monitoring and servicing of the equipment. As Freedom Medical Alarms is a Work & Income approved supplier, funding may be available. Our Consultants will be happy help with any paperwork and answer questions if you are applying to Work & Income for support.

For more information or if you would like an obligation free in home demonstration please contact 0800 380 280 or visit www.freedomalarms.co.nz

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RED CROSS TRANSPORT SHUTTLE SERVICE

The Red Cross Kapiti Community & Health Transport Service is a Monday to Friday, door to door service provided for Kapiti people so they can get to hospital appointments at Kenepuru Community Hospital and the Wellington Regional Hospital.



How Do I Make A Booking?

- Ring the Kapiti Transport Coordinator, Deanne Tel: (04) 298 4316. People can also leave a message on the answer-phone. Deanne is in the office Monday to Friday, 9am to 1pm. Bookings must be made at least 24 hours in advance but people should book the Kapiti shuttle van as soon as they receive their hospital appointment.

Am I Eligible?

- The service is for Kapiti people with a hospital appointment who due

to lack of financial resources, an inability to use public transport or, having no support people/family able to assist them with private transport and/or find it difficult to arrange or pay for transport.

- Kapiti people attending appointments at Kenepuru Community Hospital and Wellington Regional Hospital can request their appointments be between 10am and 3pm. There may be times when appointments cannot be scheduled during these hours or hospital staff making the appointment is not aware of the agreement.

Is There A Charge To Travel On the Kapiti Shuttle Van?

- There is no charge for travelling on the Kapiti shuttle van but a donation or koha is very much appreciated to keep the van operating. A receipt will be provided if required.

Who Drives The Kapiti Shuttle Van?

- Volunteer drivers who have been trained to meet Red Cross requirements drive the Kapiti shuttle van. If people are interested in being trained to be a Kapiti Transport volunteer driver contact Deanne Coulter Tel 04 2984316.

How Often And Where Does The Kapiti Shuttle Van Operate?

- The Kapiti shuttle van operates Monday to Friday. It seats 7 people and has storage room for 1 folding wheelchair. The Kapiti shuttle van will pick people up and drop people back off at their home anywhere between Pekapeka and Paekakariki.

What Is The Difference Between This Transport Service And Kapiti Carers?

- This transport service is for people of all ages who are more mobile, are independent and meet the eligibility criteria. Kapiti Carers provide their service to primarily older people who need to be assisted and supported before and during their hospital appointment.

If I live in Otaki and have a hospital appointment at Kenepuru Community Hospital or Wellington Regional Hospital can I use the van?

- Yes, if you can manage to arrange transport to and from Waikanae, Otaki people can be picked up by the Kapiti shuttle van at the main entrance of Countdown Supermarket in Ngaio Road, Waikanae.

Can I bring my children or support person?

- Yes, depending on the bookings for that trip child/ren and a support person are welcome. A child car restraint may be available.

Can I use this service if my child has a hospital appointment?

- Yes, a parent or caregiver can access the Kapiti shuttle van with their child/ren.

Is There Anything Else I Should Know?

- Yes, the Kapiti shuttle van may sometimes connect with the Capital & Coast District Health Board (CCDHB) Transport Shuttle that leaves and returns hourly from Kenepuru Community Hospital and Wellington Regional Hospital.

The Transport Service Coordinator will advise people if the Kapiti shuttle van is connecting and will book people on the CCDHB shuttle both ways and arrange for the Kapiti shuttle van to connect back at Kenepuru to pick up and drop people off at home in Kapiti.

If you need more information please contact the Kapiti Transport Coordinator, Deanne on Tel: (04) 298 4316.

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CCDHB SHUTTLE SERVICE Patients and their caregivers / visitors can use the DHB shuttle van service to travel between Kenepuru and Wellington hospitals. This service is free of charge.



You do need to book a seat on this service, preferably at least one hour before you intend to travel. This can be done by calling (04) 385 5999 ext. 7088

The service runs every hour on weekdays, with the first shuttles departing simultaneously from both sites at 7.00am. Departures continue each hour on the hour, with the final departure at 6.00pm.

The shuttle does not operate on weekends or public holidays and reduced schedules operate over the Christmas / New Year peak holiday period.

Departure Points

Kenepuru: Main public entrance to Accident and Medical Clinic

Wellington: Outside the main entrance door to the Wellington Regional Hospital.

Travel Times

Travel time is usually around 30 minutes, but can be up to 45 minutes as collections and deliveries are often made during the run.

We suggest that patients using the shuttle to travel to appointments notify clinic staff, so that appointments can be scheduled for 15 minutes before the hour, or on the hour.

Accessibility

Shuttle vans are not wheelchair accessible. If an accessible vehicle is

required, please let us know when you make your booking and we will try to arrange for this. Please book at least 24 hours in advance.

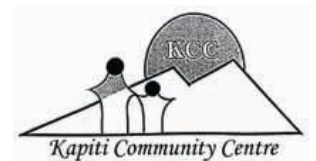
Enquiries

If you require further information, please contact the C&C DHB Transport Office, (04) 385 5999 ext 5915.

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KAPITI COMMUNITY CENTRE

The Kapiti Community Centre is fortunate to be located in a vibrant and creative community. Our aim to provide an affordable venue for community groups to hold their educational, recreational, supportive and social events.



The Centre is owned and subsidized by the Kapiti Coast District Council but is run independently by a Management Team of local residents, users of the Centre and Kapiti Coast District Council advisors. It is a community facility for the local community.

We are centrally located near the Paraparaumu council buildings and public library and across the road from Coastlands shopping mall. There is ample parking for cars and coaches and various bus routes that stop nearby. The train station is also within easy walking distance.

The Centre is setup with an accessible kitchen and has both a parents room and accessible toilet facilities making it a great location for meetings, support groups and functions.

We have a lot of things to offer with different social and support groups meeting daily. Check out the 'What's on When' timetable on the website.

If you need to book a room for a meeting or presentation/seminar or setup a group, please don't hesitate to contact Pat at the Community Centre for further information at:

15 Ngahina Street,
Paraparaumu
Phone: (04) 902 3240
Email: kapcom@clear.net.nz
Web: www.kapitcommunitycentre.co.nz

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PRIVACY COMMISSION LAUNCH NEW ADVICE CARDS

The Privacy Commission in conjunction with Neighbourhood Support and the Office for Senior Citizens have produced five information advice cards for about:

- [Protecting yourself against scams](#)
- [Keeping your information safe online](#)
- [Keeping your financial information safe](#)
- [You control your health information](#)
- [Your personal information is valuable](#)

Although this advice has been produced with older people particularly in mind, the tips are relevant to people of all ages in our communities.

The information is available on the [Privacy Commission](#) website in both Word and pdf format, there are also cartoons that you can use and there are links to stories that maybe useful for discussions at meetings or in newsletters. The only thing the Commission ask is that you acknowledge us as the original author, and that you don't claim that we endorse you or how you are using the material.

Many community organizations - such as Neighbourhood Support, Age Concern, Grey Power, Senior Net and Citizens Advice Bureau - will have stocks of the cards to give away or you can order them directly from the Privacy Commission free of charge.

For further information please contact the following:

Privacy Commission

Free phone: 0800 803 909

Email: enquiries@privacy.org.nz

Website: <http://www.privacy.org.nz>

Kapiti SeniorNet

Location: 200 Matai Road, Paraparaumu

Contact: Lois Goodsell

Phone Number: 04 904 7558

Email: seniornet.kapiti@paradise.net.nz

Website: <http://www.kapiti.seniornet.co.nz>

Kapiti Safer Community Trust

Location: First Floor, Seaview Manor, 18 Seaview Road,

Postal Address: P.O. Box 1631, Paraparaumu Beach 5252

Phone: (04) 297 3146

Fax: (04) 297 3142

Email: info@safercommunity.org.nz

Website: <http://www.safercommunity.org.nz>

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VOLUNTEER KAPITI

About Volunteer Kapiti



Volunteer Kapiti is an independent non-profit organization that provides the essential voluntary workforce needed to maintain and sustain the work of community-based organizations in the greater Kapiti region. We assist and train organizations in the management of volunteers, to enhance the experience for both the organization and the volunteer.

Our organization operates as a "recruitment agency" for non-profit agencies, assisting them in securing the time and talents of volunteers. Volunteer Kapiti places individuals in voluntary positions that provide opportunities for work experience, gaining new skills, new ideas and the chance to make a difference in the community.

We provide training in management of volunteers and offer an advice and consultancy service in the establishment of volunteer programmes. In addition, we support corporate volunteering to promote business involvement in the community and foster a more civil society. We look forward to being of assistance to you.

Volunteer Kapiti is here to assist your 'not-for-profit' organization with the valuable work you do in the community

Registration with **Volunteer Kapiti** will enable your organization to connect with the many and varied volunteers in the Kapiti community and beyond.

Requests for long-term, short-term, one-off, or group volunteers can be listed. One volunteer or one hundred.

Volunteer Kapiti also offers training and support in good management of your volunteers.

If you have anyone who would like to volunteer or your organization is looking for volunteers please visit Volunteer Kapiti at the Kapiti Community Centre in 15 Ngahina Street, Paraparaumu Monday, Wednesday or Thursday between 9.00am and 3.30pm or drop us a line on:

Phone: (04) 905 8884

Free phone: 0800 VOLCNTR

Email: info@volunteerkapiti.org.nz

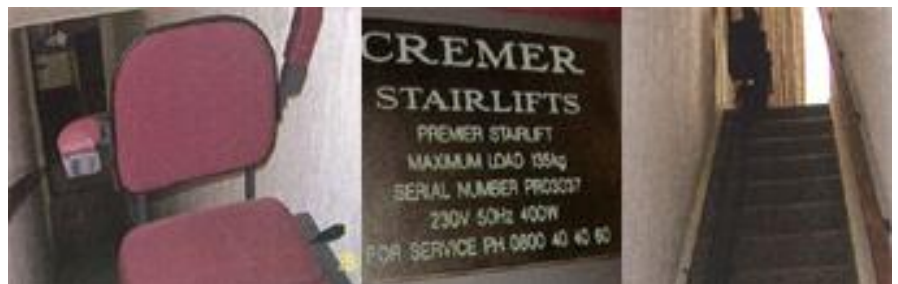
Website: www.volunteerkapiti.org.nz

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CREMMER STAIR LIFT FOR SALE

Used Cremmer stair lift is in excellent condition and has the following details:

- 5.3 metres in straight line length (although could be shorten)
- Weight capacity of 135 kg
- Up and down controls at top and bottom of stairs plus controls on the right arm rest of the chair
- Seat swivels but lift cannot operate until locked into correct position



This lift is no longer required.

If you know of anyone who may benefit from this equipment please contact:

Jim Ellis

Phone: (04) 297 3038

Mobile: 027 7107 693

Email: jimmyellis@xtra.co.nz