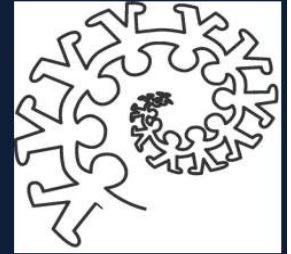


Virtual Eastern Bay Villages

Te Kokoru Manaakitanga

Creating Connected Communities



November/December 2024 Newsletter

Contact Virtual Eastern Bay Villages

By Email - easternbayvillages@gmail.com

Follow us on Facebook – Te Kokoru Manaakitanga / Virtual Eastern Bay Villages

Phone 07 3080246

You will be directed to:

Press 1 for Kylie, Press 2 for Jo, and 3 for Renee

We are available to answer your calls between the hours of
9am and 5pm Monday to Friday

Please be mindful that after hours and public holiday calls are for urgent matters only.

Kia Ora Koutou!

Welcome to our Virtual Eastern Bay Villages November/December Newsletter.

ANNUAL GENERAL MEETING



GET INVOLVED!

We encourage all members to come along if you are able to.

Virtual Eastern Bay Villages AGM

12pm Monday 9th of December at the Knox Church, Domain Road, Whakatane

There will be light refreshments available following the AGM if you wish to stay for afternoon tea.

For catering purposes please let Jo or Kylie know if you will be attending.

VEBV Holiday Break for our coordinators and BOT Members

We will close on Friday the 20th of December and return for coffee morning on Monday the 6th of January 2025



November Public Meeting
Guest Speakers Manaaki Ora Elder Abuse Response Team
10:30 am – 12:30pm Wednesday the 27th of November
at The Knox Church, Domain Road, Whakatane

What is Elder Abuse and Neglect?

As many as one in ten elder people in New Zealand will experience some kind of elder abuse.



**1 in 10
people
aged 65+**
will experience
some form of
elder abuse

Source: The New Zealand
Longitudinal Study of Ageing 2014

The majority of cases will go unreported. Any act that causes harm to an elder person is elder abuse. At its most extreme, abuse may be criminal, but it can also be more subtle. There is no single 'type' of elder abuse. It can be psychological, financial, physical or sexual. More often than not, people experience more than one type of abuse.

Who is the Manaaki Ora service for?

People aged 65 years and over and their whānau living in Eastern Bay of Plenty, Western Bay of Plenty, Taupō and Turangi who have experienced or at risk of experiencing abuse and/or neglect.

How does it work?

We will visit you in your home or somewhere you are comfortable to talk. Our Elder Abuse Responder will work with you and your whānau to protect your immediate safety, discuss your wellbeing and identify your goals. We understand that it can be difficult speaking up and that is why our team will provide a safe environment for you to lead the process. We will offer you support and advocacy, put you in touch with the right services and assist you to reconnect with whānau. We will continue to walk alongside you until you are confident, empowered and safe. We extend this support to your whānau, or significant others affected by the abuse.

ELDER ABUSE IS NOT OK

If you have concerns about how you are being treated or feel frightened or at risk, help is available. It's free, and available 24 hours a day.

Freephone: 0800 32 668 65

Text: 5032

Email: support@elderabuse.nz

If you are in immediate danger, call 111 and ask for the Police.



Save the date – 9.30am Tuesday, 3rd December 2024

Your elected Whakatane District Council members are excited to host the annual morning tea for Whakatāne District residents over the age of 80.

This year's morning tea will kick off from 9.30am at the Whakatāne War Memorial Hall on Short Street in Whakatāne.

If you're a partner or caregiver of one of our precious 80-years-plus residents, you're also very welcome to join us.

No RSVP needed - nau mai, haere mai!

If you need a lift, please book in advance with Waka Eastern Bay by phoning Renee or Kylie on 027 077 526

Our Regular Weekly / Monthly Activities

Edgecumbe Coffee Morning: 3rd Tuesday of each month,

10:30am- 12pm at St Davids Church Hall, College Road, Edgecumbe

Christmas Break up will be held on Tuesday 17th of December

Whakatane Coffee Morning: Every Monday 10:30am- 12pm at the Knox Church, Domain Road, Whakatane

Christmas Break up will be held on Monday 16th December



Art & Craft Mornings

We hold Art & Craft mornings every Tuesday

from 10:30am -12:30pm at the Knox Church, Whakatane.

At the moment our craft group are working on painting calico squares with fabric paint. Once they have enough these will be made into a child's quilt.

There are 46 squares to paint so if you have time to spare, they would love some help with that.

You are also welcome to bring your own art, craft or knitting etc. or join in and create something using our supplies.

The last week for our craft group 2024 will be on Tuesday the 10th of December.

Thanks to Marge and Ana for running our weekly Art and Craft Group

These are some of the beautiful calico squares that have been painted by our fabulous members over the past weeks.



“Men’s” (and ladies welcome) Group - End of Year Breakup

Shared picnic lunch and barbeque at Thornton Beach.

Wednesday 4th of December departing 11am from the Knox - lunch at 12pm

Please let us know asap if you need a ride.

Please bring a plate or food to cook on the barbeque.

VEBV Combined Groups End of Year Lunch

Wednesday 18th of December

11:30am at the Skippers Restaurant – Whakatane Sportfishing Club

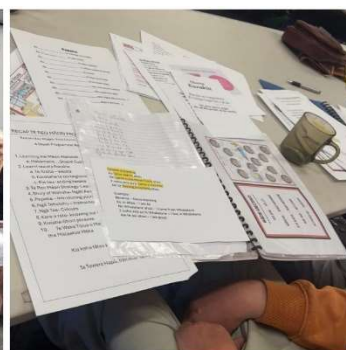
Come along and celebrate 2024 with us before we all take a break for the Christmas holiday period.

You will need to buy your own meal. If you need a ride, please let Jo or Kylie know.

Marble Art Workshop

It is always amazing to see the talent our members have and are willing to share with others.

Thanks to our co-chair David who came and did a marble art workshop with members.



Basic Maori Language Lessons

Last month we completed our 4-week basic Maori Language lessons.

We are extremely grateful to Dr Pouroto

Ngaropo and Mereana Hona for facilitating these lessons for us and Amohaere Tangitu for her support.

To our members who came along week after week eager and willing to learn

THANK YOU!

And last but by no means least to the Whakatane District Council Te Reo Rua funding that made it all possible.

Our Facebook page is regularly updated with the latest information and events that may be of interest to our members

To add yourself to our page search in groups “Eastern Bay Villages / Te Kokoru Manaakitanga” then click on join



FOLLOW US ON
facebook

Out and about with VEBV

A small group of our VEBV members went on a day trip to take in the beautiful sights of Te Kaha.

A special thanks to our fabulous driver John and Waka Eastern Bay!



Our Men's (and lady friends) group have been enjoying some wonderful outings including a visit the Whakatane Museum and Research Centre followed by a chat with our local community constable Rob Jones.



A huge thanks to Pete for taking the lead role in organising these.

Some basic Maori Christmas/New Year Phrases

Ngā mihi o te wa, me te tau hou
Merry Christmas and Happy New Year

Ngā mihi o te kirihimete ki a koe
Christmas greetings to you

Ngā mihi o te tau hou
Happy New Year

Haere pai atu, hoki pai atu
Travel safely



Remember Christmas looks different for everyone....

Be kind to others, you never know what they are going through!

Christmas is supposed to be an uplifting time of year spent with whānau and enjoying good weather but, for a lot of us, Christmas can be really challenging.

There is no shame in not enjoying the festive season, whatever your reason might be. If you're feeling worried about how you might cope with Christmas this year, there are things you can do to support yourself, and help is available, should you need it.

Whatever the cause, there are ways to get through – and maybe even enjoy – Christmas on your own terms.

If you are feeling extremely overwhelmed, please reach out for help.

Free call or text [1737](tel:1737) for support from a trained counsellor

Lifeline

[0800 543 354](tel:0800543354)

Free text 4357 (HELP)

Connect

With people at home, work, school or in your local community.

Learn

Learn a new skill or renew an interest or hobby.

Be active

Find a physical activity you enjoy that suits your mobility and fitness.

Take notice

Be aware of the world and your feelings - savour experiences.

Give

Join a group, volunteer, smile.

To wrap up our final newsletter for 2024 Jo, Kylie, Renee and our VEBV Board of Trustees would like to thank you all for another fabulous year with us!

Without your unwavering support none of what we do would be possible.

We hope you all have a safe and enjoyable holiday period, and we look forward to seeing you all in 2025.

Thanks to Professionals who print our monthly newsletter.



A special thanks to our VEBV Board of Trustees who give their time voluntarily to ensure all operations run smoothly

