



KADAP Inc.

Kawerau and Districts Ageing in Place

NEWSLETTER February 2025

Kia ora koutou and welcome to our first newsletter of 2025.

I hope that our members, volunteers and supporters all enjoyed a safe and pleasant Christmas break. The first month of the year seems to have flown by! Our office team are now all back on board and ready to take your calls or welcome you to the office. Just a reminder, our office hours are Monday to Friday from 9am until 3pm, except on public holidays.

We have updated our phone tree lists and plan to use these to help us keep in touch with our members. You should receive a call from your phone tree caller within the next 8 weeks, then once every three months. If you don't want regular calls, please let your caller know.

It's the time of year when everyone seems to have some excess produce in their garden. We often have people call us who want to share fruit and veggies, and we want to make sure that it gets to the people who can use it. If you're able to help by collecting produce or picking fruit, please let the office know. You can also join our WhatsApp group to get notifications about what's available for sharing.

Hei konā mai

Karen

OUR NEXT MEETINGS

Monday 10 February, 1pm at the
Concert Chamber

Our guest speaker is Wendy Anderson from Hearing Support Bay of Plenty.

Don't forget the 'bring, swap or take table. It would be great to see more plants and fresh produce from our gardens if you have any to spare.

Please bring something to share for afternoon tea.

If you'd like to come along but need transport, please call the office as soon as possible so that we can arrange this. Everyone is welcome.

Thursday 27 February, 10am at
Bert Hamilton Hall

This is a new, monthly get-together, which will be held on the fourth Thursday of each month. Tea, coffee and biscuits will be provided.

It will be an informal gathering so please feel welcome to come along for a cuppa and a catch up. Everyone is welcome.

Selling property locally here in Kawerau!

- ✔ Free Marketing Package
- ✔ Low Fees & No Upfront Costs
- ✔ Top Local Service



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Farming Like Grandad is now in it's 8th year and each year we work to include new attractions as well as all your favourites!

The Axemen from Rotorua will have a competition this year! We will have vintage tractors and farm machinery along with some of the shiny new ones just to show how farming has changed since "Grandad's time"!

Enter the produce competition, with classes from the youngest to the eldest – details on FB and waterwheel.nz

Plenty of entertainment for all the kids from wagon rides to competitions and games. Sheep shearing, butter making, and craft demonstrations, together with the opportunity to try out a manual sewing machine. Craft stalls, food trucks, music and lots more. A great day out for all the family! Tickets \$10 per adult and kids free.

Volunteers are welcome to help on the day, contact Stephanie – wendoverhq@gmail.com



Hats Off

Hats Off to DCU Landscaping and Lawncare who offer 10% discount to KADAP members. As well as landscaping and lawns they offer digger work, driveways, clean ups and stump removal.

Call Mai on 021-242-9278

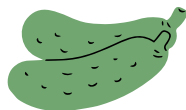
MARINA'S GHERKIN PICKLE



Many thanks to Kathleen for supplying this tasty pickle recipe.

Ingredients:

- 1½kg gherkins or courgettes
- 6 onions
- 4 cup white vinegar
- ¼ cup plain salt
- 1½ teaspoon turmeric
- 4 cup sugar
- 1½ packet celery seeds
- 2 dessert spoon curry powder
- 1 x 425g tin crushed pineapple
- 2 teaspoon mustard seeds
- 1 medium red capsicum
- 1 medium green capsicum
- 3 tablespoon cornflour



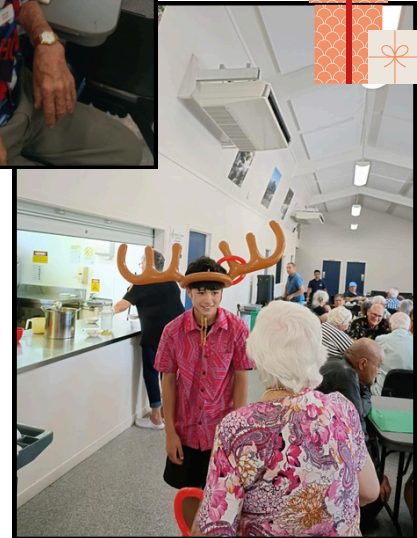
Dice gherkins or courgettes and onions, sprinkle with salt, cover with water and leave overnight. Drain well.



Place sugar, vinegar, turmeric, curry powder, celery seeds and mustard seeds in a pot and bring to the boil. Once boiling add gherkins, seeded, diced capsicums, pineapple and juice. Boil for 10 minutes. Add cornflour mixed with a little vinegar.

Spoon into sterile jars, clean rims and seal. Wait 3 weeks before eating.

Here are a few photos from the KADAP Christmas lunch



HOW DO YOU MAKE A HOTDOG STAND?

Take away it's chair

WHY DON'T PHYSICISTS TRUST ATOMS?

Because they make everything up

House Plants

Do you love keeping or propagating house plants? Did you know we have a house plant fundraiser in the office? Come and see us to find out more.

1. What is the northernmost country in Africa?
2. Name the coffee shop in US sitcom Friends.
3. Which legendary surrealist artist is famous for painting melting clocks?
4. What is the currency of Denmark?
5. Street artist Banksy is originally associated with which British city?
6. Name the Seven Dwarves

DO YOU KNOW?

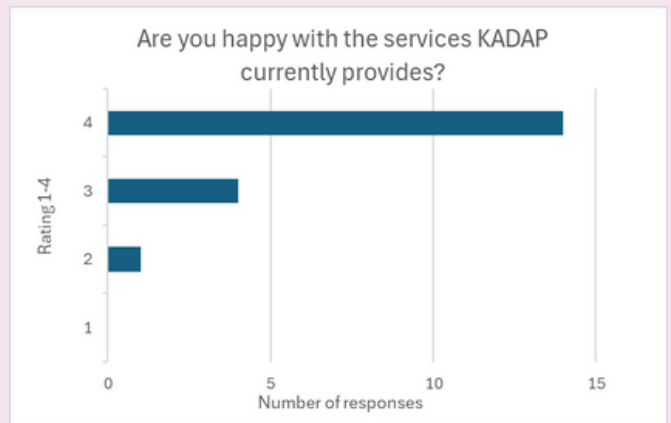
SURVEY RESULTS

It feels like ages ago that we completed our Satisfaction Survey. Thanks to those who took part.

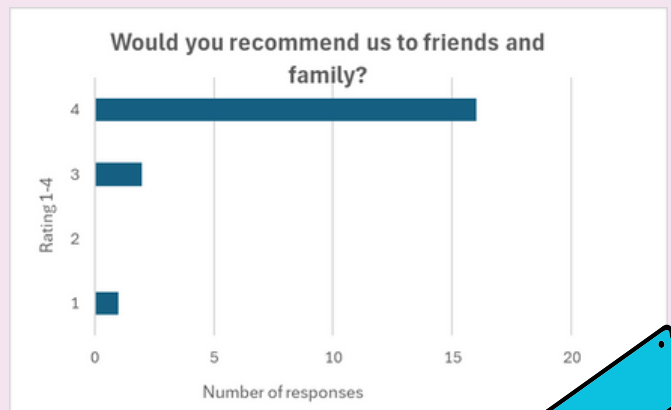
We had some very positive feedback about what we do well, including being available to support those who need it, matching volunteers to tasks, communication with members, newsletters, and supporting people who need transport and shopping.

We also asked what other low-cost activities we could investigate. Answers included potluck meals in various locations, more outings for lonely people, shopping trips, and movie outings to Whakatane. We will be looking into all of these in the coming months. Some suggestions were for things that we can already offer, such as supermarket shopping and help with gardens. If you have a task or issue that you're not sure about, please call the office and ask if we can help. In the 'any helpful comments' section, someone asked 'do people know we can help with all sorts of problems?' Well, we do hope so!

Please contact the office if you would like to see the full survey results.



The charts show the responses to the first two questions, where people were asked to rate from 1-4 (1 being the lowest, 4 being the highest)



National Travel Assistance Scheme

- This scheme was set up to help people who travel a long way to specialist appointments get some of their travel expenses back.
- To be eligible you must travel a minimum distance or make a minimum number of trips, and be referred from one specialist to another, both of whom must also be part of a publicly funded health and disability support service.
- The KADAP office can provide information on this and other services.

We are starting to think about KADAP's 10th anniversary, which is later this year. If you have any photos, mementos or stories you'd like to share from the early days of KADAP we'd love to hear from you. Please pop into the office or contact Karen.

KADAP Office hours:
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Trivia answers: 1. Tunisia 2. Central Perk 3. Salvador Dali 4. Krone 5. Bristol 6. Doc, Grumpy, Sleepy, Happy, Bashful, Sneezy and Dopey