



KADAP Inc.

Kawerau and Districts Ageing in Place

Newsletter

OCTOBER 2026

KADAP Office hours:

9am to 3pm Mon to Fri

(closed on public holidays)

Email: office@kadap.org.nz or

coordinator@kadap.org.nz

Phone: 07 219 3940 (Office) or

Mobile: 027 503 8125 (Coordinator)

Kia ora koutou

I hope that our members and volunteers are all well after the nasty flu bugs that have been doing the rounds. Don't forget you can always call us if you need help with things like shopping if you're unwell.

Please, please take a moment to look through our newsletter and check all the dates of things that are on offer during October. There's a pot luck lunch, an outing for the men, a workshop to learn more about online scams and keeping safe, plus our monthly meeting at the new time of 1.30pm. We've also published dates for our Christmas activities, although you won't be able to sign up for them until November.

Don't forget that our office is closed on Monday 26 October for Labour Day. Not only do our office team have a day off, but there won't be a meeting at Bert Hamilton Hall.

Ngā mihi

Karen

What have we been up to?

In September our office organised collection and delivery of a trailer load of top soil, helped someone reset their banking app password, organised transport for various medical appointments, found someone a loaner treadmill, helped someone pay their NZTA toll fee, arranged some furniture moving, scanned and emailed documents, found someone a window cleaner, supported someone with a WINZ appointment and much more.

Not sure if we can help you? Give us a call on 07 2193940 to find out.

October Meetings

Monthly Meeting - Monday 12 October at 1.30pm at the Concert Chambers

We will be joined by Gemma from Body in Motion.

Please bring something to share for afternoon tea. And don't forget about our bring, take, swap table.

Afternoon Tea - we won't be meeting at Bert Hamilton Hall this month as the fourth Monday is Labour Day

Pot Luck Lunch

Saturday 10 October from 12pm at Rangi Delamere Centre (Netball Pavillion)



Doors open at midday and we'll be eating lunch at 12.30pm. Please bring along some food to share. Members are welcome to bring a friend, neighbour or family member, and we're happy to arrange transport for anyone who can't otherwise attend.

It helps with planning and set up if you can RSVP to the KADAP office on 07 2193940, and let us know if you would like someone to pick you up.

Cyber Smart Week - Workshop

Thursday 8 October from 1pm at Eastbay REAP in the KEA building.

Cyber threats are changing. AI is making scams faster to create, easier to scale and more convincing than ever. Cyber Smart Week runs from 5 - 11 October and is the ideal time to become better prepared to spot the risks and learn what to do. Our workshop will be informative and easy to understand. Please call the office on 07 2193940 if you'd like to come along.



News From the Office

Hullo. I am Ann and I help on Monday afternoons in the KADAP Office with Karen.

I do some volunteering for KADAP also and I like to attend the Friday morning tea times in the Office with Maria and Karen when I can. Feel free to pop in at 1030 on Fridays for a cuppa and chat with us. I enjoy meeting members and volunteers and getting to help with the various situations and jobs that arise. Please let us know in the Office if there is anything we can help you with.

This brings me to remind ourselves of keeping ourselves safe at home. Having a Household Plan in case of Emergency is essential. These plans need reviewing from time to time. Involving whanau in our plans is advisable and remembering the needs of our pets. NZ Civil Defense website has excellent resources available which can be printed out.

October 21 is NZ Shake Out which is National Earthquake and Tsunami Drill. There will not be a phone alarm for this drill. It is a day to be aware to be prepared in case of a big earthquake. In an earthquake the right action is still "Drop Cover and Hold" when you drop down on your hands and knees, get under a desk or table and hold on to the table or structure until the shaking stops.

See the tips below for if you have mobility issues or if you are in bed or in a car you may need to consider what to do then.



Ann



KADAP office 07 2193940
Open Monday to Friday
from 9am to 3pm
Closed on Public Holidays



Drop, Cover and Hold is the right action to take in an earthquake. It stops you being knocked over, makes you a smaller target for falling and flying objects, and protects your head, neck and vital organs. Here are some variations that might help you to be prepared, especially if you've experienced changes in your health or mobility in recent months.

If you have limited mobility or use a walking stick: Drop, Cover and Hold or Sit, Cover and Hold. Drop by getting as low as you can or sit on in a chair, on the side of the bed or on a couch. Cover your head and neck with both hands. Curl your body as much as you can into your lap. It's the same as the brace position in an airplane. Keep your cane near you so you can use it when the shaking stops. Hold on until the shaking stops.



If you use a walker or wheelchair: Lock, Cover and Hold. Lock your wheels and get as low as you can. Cover your head with both hands if you can. Curl your body as much as you can into your lap. Again, the same as the brace position in an airplane. Hold on until the shaking stops.



If you are in bed: Stay, Cover and Hold. Stay in bed and pull the sheets and blankets over you. You are less likely to be injured if you stay in bed. Cover your head and neck with your pillow. Hold on until the shaking stops.



If you are driving: Pull over and Wait. Pull over to a clear location. Stop. Wait there with your seatbelt fastened until the shaking stops. Once the shaking stops, proceed with caution and avoid bridges or ramps as they may have been damaged.



If you are outside: Drop, Cover and Hold. Move no more than a few steps away from buildings, trees, streetlights and power lines. Then Drop, Cover and Hold.



Do you know? General Knowledge



1. In which year did the Titanic tragically sink in the North Atlantic Ocean?
2. What is the capital city of Canada?
3. How many keys are there on a standard classical piano?
4. Which famous actress starred opposite Humphrey Bogart in the classic 1942 film Casablanca?
5. What is the largest mammal in the world?
6. Which historic European city is famously built on seven hills?

Mental Health Awareness Week

12 - 18 October 2026 This year's theme 'Belonging Matters'



Belonging is all about feeling connected. It is a fundamental part of our wellbeing and plays an important role in maintaining good mental health. This Mental Health Awareness Week, the Mental Health Foundation of New Zealand are encouraging everyone to take one small action to connect with someone else. Whether it's saying hello to someone you pass on the street, helping a neighbour with their bins, inviting a friend over for a cup of tea, or simply checking in with someone you haven't spoken to in a while, small intentional acts of connection can make a real difference.

Whether you're a member, volunteer or supporter you are part of the KADAP community and everyone is valued. We try to keep in touch with our members via our 'phone tree' but occasionally our volunteers aren't able to do this or something doesn't go to plan. If you've not heard from us for a while, please reach out, especially if you'd like a chat or someone to visit, or if you'd like transport to come along to a meeting or group. Everyone deserves to feel connected and experience the positive impact that belonging can have on mental health. We know that when you're feeling lonely or isolated, taking the first step can be difficult, but there's lots of support available and our office team are here to help. You can call them on 07 2193940 or email office@kadap.org.nz

We're having a shared lunch at the Rangi Delamere Centre on Saturday 10 October, which is World Mental Health Day. It's an informal gathering so that we can share a meal together and catch up. Everyone is welcome, so please bring a friend or family member if you'd like. We ask that everyone contributes to lunch. If you're not able to do this or aren't sure what to bring please give Karen a call on 0275038125. We can also organise transport to this get-together.



**Karla's Textile
Design Lab**

KARLA'S CLASSES

Classes to learn new crafts or
to learn to make clothing alterations!

See upcoming classes on facebook
[@KarlasDesignLab](https://www.facebook.com/KarlasDesignLab)

☎ Ladybugkb22@gmail.com Txt/Ph - 027 421 9060



SEWING
CLASSES
FOR ADULTS AND CHILDREN

October Classes

Konnect Events Centre, Kawerau

Monday 12th October 1pm to 5pm – Clothes making and alterations for adults

Saturday 17th October 1pm to 5pm – Quilting fun for all ages

Children's classes in Whakatane

Whakatane Baptist Church

Monday 19th October 1pm to 3pm

Creative Ideas

Monday 19th October 5pm to 7pm

Private Classes on request.

Men's Outing

**Wednesday 28 October leaving at 9.30am
Tour of Surtees Boats and
lunch at Manna Cafe, Edgecumbe**

This outing is strictly for the guys, travelling via minibus to Surtees Boats for a tour, followed by lunch in Edgecumbe. Dave will be your 'chauffeur' for the morning.

Cost is \$5 for transport plus lunch at your own expense. Departing the KEA building at 9.30am.

Please call the office on 07 2193940 or email office@kadap.org.nz to put your name down.

SURTEES

BUILT TO FISH

Do you use Microsoft Publisher?



Did you know that from October 2026 Publisher will no longer be included in Microsoft 365 and existing on-premises suites will no longer be supported.

We know that lots of people use it for posters, newsletters and other documents. If you need more information, want help to find an alternative or need support to learn to use an alternative please get in touch with the KADAP office.

*The Kawerau Arts Society
invites you to their*

Annual Arts Exhibition

Saturday 31 October & Sunday 1 November 2026

from 10am until 3pm at

Kawerau Town Hall

Entry by gold coin

**Kawerau
Arts Society Inc**

94 Valley Road
Kawerau
For more information call the
Secretary on 027 325 6247

Raffles

Art for Sale

People's Choice
Competition



Christmas Dates for your diary

We thought everyone would appreciate some advanced notice of our Christmas activities, but please note, you won't be able to sign up for any of these until our November newsletter comes out.

**Operatunity, Rotorua
Tuesday 24 November**



With gorgeous costumes, playful banter, and heartwarming moments, this show has something for everyone — from nostalgic classics to modern Christmas hits. We leave Kawerau between 9 and 9.30am. The cost for this will be around \$50 per person.



**Bayfair Shopping Centre, Tauranga
Thursday 3 December**

Join us for a day out at Bayfair Shopping Centre. We leave Kawerau at 9am and travel by minibus.

**KADAP Christmas Lunch, Firmin Lodge
Monday 14 December**



We're pleased that we were able to book Firmin Lodge this year on our normal meeting day, the second Monday in December.



Punography



I didn't like my beard at first. Then it grew on me.

I'm reading a book about anti gravity. I can't put it down.

I stayed up all night to see where the sun went. And then it dawned on me.

I did a theatrical performance about puns. It was a play on words.

Senior Citizens Club You're Invited!

If you're aged 55 or over we would like to welcome you to play indoor bowls or cards

Tea and coffee provided! All welcome!

Names in by 12.45pm
When: Every Tuesday at 1.00pm
Where: Bert Hamilton Hall



Do you know? Answers: 1. 1912 2. Ottawa 3. 88 4. Ingrid Bergman 5. The Blue Whale 6. Rome

Sponsors & Supporters



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

SEQUAL GIVE MORE

