



Lifelong Learning

Newsletter February 2023



Rachel Ah Kit

Living Well With Arthritis

Tuesday 28th February 2023
Event Centre Auditorium
Doors open 9.30am—Speaker starts at 10.15am

Rachel's presentation will look at a number of ways people can self-manage their pain – through better understanding, support and movement. She endeavours to make what she speaks about as practical as possible. She speaks from lived experience too – with low back pain affecting her during her teenage years through her 20's and an osteoarthritis diagnosis at 38!

Born in Ashburton, Rachel now resides in Christchurch where she runs a busy massage therapy clinic that she established over 12 years ago. Her clinic team works with people of all ages, shapes and sizes, and activity levels. Rachel's own area of interest is working with people experiencing persistent pain.

Rachel holds a Diploma of Massage Therapy and a Certificate in Advanced Sports Massage from the Canterbury College of Natural Medicine. She is also a Level 6 Registered Massage Therapist (RMT) with Massage New Zealand, the professional association for massage therapists. As a RMT, Rachel must undertake ongoing professional training, teaching and/or research.

She also holds a Postgraduate Diploma in Health Sciences (with Distinction), endorsed in Pain and Pain Management from the University of Otago. This study is providing her with new understanding of pain, particularly chronic pain, and how massage can assist with reducing it, guided by principles of evidence-informed practice. In 2022 Rachel commenced her Master's by thesis, which she continues alongside her fulltime clinical practice and various sports, leisure and volunteer activities.

She also provides coaching and education to help people living with chronic/persistent pain, understand their pain and discover ways to live a better life with it. As part of her ongoing commitment to pain knowledge, she is also a member of the New Zealand Pain Society, as well as the International Association for the Study of Pain.

U3A Committee

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Contact U3A:

U3a.ashburton@gmail.com

Please do not use the Cinema carparks. Most of the parks outside the Event Centre are for limited times.



COVID guidelines:

- If you are feeling unwell, please stay home.
- Wear your mask and socially distance if you wish to

Hakatere/Ashburton



Lifelong Learning

- Speakers are informative, stimulating and insightful on wide range of topics —provide members with new discussion and learning opportunities
- Meetings held 4th Tuesday of each month, February to November. 10.15am start
- Short seminar series and special interest groups—see website for details
- Meetings are advertised in this monthly newsletter, on our website, the Keep Learning website and in local media outlets
- U3A Ashburton is part of a network of over 60 groups nationwide
- Membership fee \$60 for 12 meetings; casual \$10 per session

For more information email:
u3a.ashburton@gmail.com



On 16th September last year Daphne Lee (Honorary Associate Professor in the Geology Department, University of Otago) spoke to us about the Foulden Maar site.

We are thrilled with the news that Dunedin City Council has agreed to purchase Foulden Maar.

“Our goal has always been to ensure Foulden Maar is protected in perpetuity for future generations. To see the mining rights extinguished and agreement for Dunedin City Council to purchase the land is an incredible outcome for everyone involved in the campaign” says group spokesperson Shane Loader.

More than three years ago, Save Foulden Maar launched its campaign to protect the site from being mined by Plaman Resources. Together, the community launched a petition that attracted more than 11,000 signatures, hosted crowded public meetings, and drew support from notable figures such as Helen Clark.

This public pressure and push back was enough to put Plaman Resources into liquidation and the community’s focus quickly turned to getting the entirety of Foulden Maar into public ownership.

“Scientists have not been able to access Foulden Maar while it was under control of the receivers, so the first priority for Dunedin City Council needs to be getting scientists back on site” says Shane.

“Beyond that, we want to be part of any decisions on how Foulden Maar will be managed in the future. Our community already has a vision that includes a focus on enabling scientific research, avoiding high-impact tourism, and investing in the nearby Middlemarch Museum.”

“Today, we are all celebrating this major win and are grateful to both Dunedin City Council staff and the previous Mayor who fought so hard to make this happen.”

2023/2024 Subscriptions:

You will be notified by email when your subscriptions are due, likely to be 1st April. They will remain at \$60.

U3A Special Interest Groups:

- Book Group
- Men’s Discussion Group
- Geology Field Trips
- Operatunity—visiting light opera series
- Flourishing Group 3AF (3rd Age Forum) - A Time for Renewal and Grow

Email u3a.ashburton@gmail.com to register your interest in any of these groups.