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South Kaipara News - March 2022

Welcome to our new newsletter. It has been a very tough couple of years and finally we are underway again. We are hoping this monthly newsletter will be a helpful way to keep you informed of our doings, especially if you haven't been able to attend our monthly meeting. Feel free to forward this email to anyone you think may be interested. There will not be any privacy breaches in doing so. Also, always feel free to bring others to these meetings. Guests are welcome.

There have been two meetings this year and they are reported on below. We are eager to get your feedback and ideas for new interest groups and speakers. Please email your feedback to Bev bev.s-c@outlook.com Meanwhile, to reassure you of our Covid protocol for our monthly meetings, attendance at present is limited to vaccinated members and we maintain physical distancing and mask wearing. Hopefully this will be a short lived requirement.



February meeting.

We were fortunate to have Wendy Hampton, Principle of Horrocks Hampton Lawyers, Takapuna come and speak to us about estate planning. She gave each of us an excellent 30 page booklet where everything loved ones may need to know about us can be recorded should we become incapacitated. Wendy is a warm and incredibly knowledgeable person who responded generously to our many

questions about things legal. If you would like a copy of the booklet email Wendy at legal@horrockshampton.co.nz

March Meeting.

Our speaker this month was Margaret Gane, President of the Auckland U3A Regional Network.

She overviewed the development of U3A internationally and nationally and talked about her experience at Girton College, Cambridge University where she attended the Summer School of Lifelong Learning in 2018. We also had a lively discussion about interest groups. Lots of ideas excited us with new possibilities. Helen Higgot came with Margaret and described her role as Almoner of the Papakura branch. This is a role we will discuss at our April meeting.



My Advance Care Plan & Guide
*Plan the healthcare you want in the future
and for the end of your life*

Name: _____
Date: _____

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Also at our March meeting, Leigh (Kelly) made available copies of this document. Similar to Wendy's booklet and an essential part of planning for our future. We will

discuss this further at our April meeting and if there is interest Leigh and Bev will facilitate a workshop for those who wish to have support in completing it..

Telephone Tree

The next few weeks will continue to be challenging and possibly very isolating for some of us as Omicron rampages. Please phone Bev if you would like to be part of a supportive telephone tree. This would only involve phoning one person each day, or at the frequency desired, for a chat and to establish if they have any need for more support.



April Meeting

April 5th 10.00 - 12.00 St Johns Hall Rata St.
Returning to our theme of knowing more about our community, we have Shona Addison, president of the Helensville A&P Show coming to share with us the history and on-going life of our iconic and much loved show.
We look forward to seeing you there and feel free to bring a friend.
Meanwhile we wish you good health and much aroha.

Gloria Middleditch Chair
Tony Silvester-Clark Treasurer
Bev Silvester-Clark Secretary
and a bunch of willing helpers

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