

About the Selwyn Centres

Selwyn day centres provide companionship, fun, help and support to those over 65 who may be living alone or have limited opportunity to get out and about.

Hosted in association with Anglican churches and funded by The Selwyn Foundation, the Centres offer morning get-togethers and the chance to meet and socialise in a caring, friendly and relaxed environment.

The varied programme includes social games and some gentle exercises, morning tea (a cooked lunch may be available, where facilities permit) and return transport, all at a minimal charge per guest.

Regular outings and excursions are also organised on occasions.

New guests are always welcome. So come and meet new friends, have fun and enjoy good conversation at your local Selwyn Centre!

From an older adult's perspective

The Centre provides a lovely morning meeting - for old and new friends. Good conversation in great company. Games and social activities. Friendships made and personal support given. A great morning tea to enjoy, with time to have a chat.

From a caregiver's perspective

For an older adult, the Centre provides an outing, variety and intellectual stimulation for people whose lives have become restricted. It gives interaction with people outside the home, and encourages them in exercises which help in maintaining activity. For the caregiver, it also provides a period of respite.

From a prospective volunteer's viewpoint

Volunteering can be a truly rewarding experience! Do you have an hour or two - weekly or fortnightly - to socialise with the older people attending the Selwyn Centre. If so, we would love to hear from you.

Your local

Selwyn Centre

offers a time of fellowship and . . .

- ◆ Friendship
- ◆ Gentle exercise
- ◆ Information
- ◆ Laughter and fun
- ◆ Morning tea
- ◆ Personal support
- ◆ Social activities
- ◆ Programmes
- ◆ Transport available.



The Selwyn Foundation

The Selwyn Foundation has been serving older people in New Zealand with integrity, warmth and respect for over fifty years.

As one of the country's largest, not-for-profit providers of services to the older generation, we provide a wide range of residential aged care, independent retirement living and community services for the elderly, and own or manage a total of nine retirement villages across the upper North Island.

An independent charitable trust, the Foundation has a set of values we believe in and try to live by – Faith, Care, Independence and Wellness. We seek to conduct our business, employ and train our staff, and provide service and care on the basis of these values.

We believe that serving older people is our Christian mission, and that Christian faith and love must be reflected in all aspects of the services we provide.

For further information on the work of The Selwyn Foundation, visit www.selwyncare.org.nz

Your local Selwyn Centre

Where: St Barnabas
Anglican Church
470 Glenfield Road
Glenfield

When: Monday mornings
9.30 am - 12.00 noon

Cost: \$3.00 per session
Transport is available
for \$3 per guest if
needed.

Contact: Shireen Tresslor
Ph: 443 7212
Mobile: 021 052 4044
shireen.tresslor@hwr counselling.co.nz

Supported by
The Selwyn
Foundation



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Your local Selwyn Centre

Friendship, help and support
for the older person



Glenfield