



VOLUNTEER RECOGNITION EVENT
PN | MANAWATŪ | HOROWHENUA | TARARUA



Te Wiki Tūao ā-Motu
national volunteer week

"Age Concern would like to nominate The Ashhurst River Church for the support it provided through making a venue available to start an Age Concern "Steady as You Go" exercise group in Ashhurst. In 2019 a group of Seniors in Ashhurst community, were keen to start their own falls prevention exercise group, Steady as You Go, with the support of Age Concern. Age Concern staff run the group for the first 10-12 weeks. During this time Peer Leader volunteers are identified from within the group to take over responsibility for running the group. This small group of Seniors could not afford to rent premises for an hour. So, they approached The River Church for support. The Reverend and his wife were very approachable and happy to share their new Community rooms with Age Concern's Steady as You Go group. Not only were the participants made welcome, but they did not have to pay rent. This Ashhurst church made their rooms available to the group for free. The exercise group got underway, meeting each week. As word about this exercise group spread, the number of participants increased to a core group of 10 as this exercise programme was seen to contribute to the health needs of the Ashhurst Community. This group prospered because of the kind nature of The River Church. Whilst the group did not have to pay rent, the group collected \$2 donations weekly from exercise participants. As the number of participants increased so did the accrued donations. This group of Seniors was so appreciative that they have used this money to make donations back to the church and to the Ashhurst community. It is only recently that our small Steady as You Go group, have transferred to a bigger hall, and look forward to a new chapter. River Church, your generosity helped to make this happen."

Age Concern PN and District