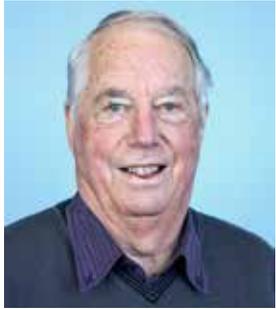


Horowhenua

you want action



60
activities
for over
60^s



Age Concern Horowhenua is a proud sponsor of this 60 Activities for Over 60s booklet and we congratulate Horowhenua District Council for its foresight in recognising a community need and putting this booklet together.

We are delighted to be able to contribute, in recognition of the importance of older people

in our community.

Age Concern Horowhenua was established by a group of willing local volunteers in 2005 to deal with Elder Abuse and Neglect (EAN) in the District and to provide an advocacy and referral service. Over the past 10 years Age Concern has expanded its services and we now offer both EAN Prevention and an Accredited Visiting Service that has proven especially valuable for older people living alone.

We also conduct Driving Safe for Senior courses and ongoing collaborative work with the Horowhenua District Council. Perhaps the best example of this collaboration is the annual Age on the Go Expo, an event that you can read all about later in this booklet! More recently we have offered educational courses, workshops and interesting new events such as a Tea Dance.

Our office at 538 Queen Street, Levin, is open five days per week from 9.00am to 3.00pm. Please give us a call on 06 367 2181, leave a message or drop into the office.

Graham Smellie Age Concern Horowhenua chairperson



Horowhenua is a district rich in its people, history, culture and natural environment.

60 Activities For Over 60s is a narrative guide to a selection of Horowhenua's best, intended to help you get the most out of a 60s-plus lifestyle in the Horowhenua District.

This booklet is a great starting point when you want to engage in a community network, find a new hobby, or get some fresh ideas for exercising the mind and body.

The project was an initiative of Horowhenua District Council's Community Wellbeing 'Positive Ageing Action Plan' and a consulting group from the Horowhenua Older Persons' Network helped establish its content.

Whether you have lived here all your life, you've just settled in or you're just passing through, I guarantee this booklet has got something new for you to try. Enjoy!

Brendan Duffy Horowhenua District Mayor

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Connect

1. Network by joining an Older Persons' Group

There is a great choice of community networks to get involved with in Horowhenua. One such network is the Levin and District Senior Citizens' Association which has been in operation since 1957 and runs bi-weekly social events. Contact the Senior Citizens Association on 06 368-7882 for more information. The 60's Up Movement of New Zealand also operates in Horowhenua and meets monthly. Touch base with them on 06 367-6213. Why not take the time to speak to Grey Power Horowhenua, aimed at improving all aspects of quality of life for people 50-plus. They hold regular members meetings in Levin with interesting guest speakers. You can contact them on 06 363-8343 or 06 367-0064.

2. Explore Te Takeretanga O Kura-Hau-Po Horowhenua Culture and Community Centre

Te Takere is Horowhenua's larger-than-life community hub and so much more than just a library. It is home to Visitor Information and travel booking services, an AA Centre, Youth Space, the Heritage Room, a community lounge, Libretto Cafe, a variety of meeting rooms and more. Boasting community internet access and computers for use free of charge, you'll always have access to information you want, with many ways to find it. Enter Te Takere through the Levin Mall car park, or 10 Bath Street Levin. For more information contact Te Takere's central desk on 06 368-1953.

3. Attend the Older Persons' Network

Have you heard about the Horowhenua District Council's Older Persons Network? It is regularly attended by a range of community groups and individuals who want to raise and discuss issues relevant to older people. The Older Persons Network meets on the third Thursday of every month at 10.00am in Council Chambers, 126-148 Oxford Street, Levin. All welcome.

4. Find out about a Mobility Association

There are a number of Mobility Associations in the district that offer much more than scooters. They help find the right tools and accessories so you can be self-sufficient in most aspects of home care. Contact Southend Cycles and Mobility on 06 368-5459 for more information on the variety of services they offer. There is also the Mobility Scooter Club in Levin which helps with training and use of mobility scooters. You can reach the Scooter Club on 06 368-1316.

5. Become familiar with the 'At Home Care' directory and the Disability Services directory

At Home Care provides a one-stop online community resource directory of businesses, services and information for older people, families and allied organisations in the Horowhenua District. You can access the online directory on the At Home Care website, www.athomecare.co.nz. Council's Disability Services directory is a great source of information, agencies, community services and products for people with disabilities in the Horowhenua. Look up the Disability Services directory on Council's website now, www.horowhenua.govt.nz

6. Get involved with Neighbourhood Support

Get to know the people living around you by organising a support group that will help with community safety, and restore that good old-fashioned sense of neighbourly companionship. For more information or to get help, contact Neighbourhood Support on 06 366-0574.

7. Join the Club!

Become a member of the Levin RSA, Cosmopolitan Club or Levin Club! Each of these three groups has a well established community of like-minded people. Spread across the township, each club has members' halls, restaurants and bars for your enjoyment. Contact the RSA on 06 368 3475; the Cosmopolitan Club on 06 368-2571; or the Levin Club Inc on 06 368-6072.



8. Pick up an 'Elderberries' Magazine

The Elderberries magazine covers news and views for older people in the Horowhenua District. Published seasonally, it is available at all local libraries, Foxton and Levin New World, Foxton Beach Four Square, the District Council Foyer and the Levin Mall. You can contribute to the next issue by nominating someone for the 'Horowhenua Good Sort', or even put forward your own story to be read in the next editorial.



9. Find a Support Group

With a diverse selection of support groups in the Horowhenua, the right network is only a phone call away. If you've been physically active then you might want to engage with the Levin Arthritis Support Group. They provide information and education about how arthritis might affect you, so connect with them now on 06 368-5068. You may want to touch base with Diabetes NZ Horowhenua, call them on 06 368-9475 or 06 368-8740. Horowhenua Stroke Support Group can be contacted on 06 368-9933. Horowhenua Breathe Easy can be reached on 06 368-8981.

10. Check out the 'Age on the Go' Expo

October 1 marks the International Day of the Older Person, and it is at this time of the year that Age Concern and the Horowhenua District Council host the 'Age on the Go' Expo. The Expo is designed to promote positive ageing by highlighting activities and services that focus on the health and wellbeing of our older generations. Keep an eye out for information on this year's event - entry is free so go along and check it out!

Explore



11. Pick up a copy of 'Out and About in Horowhenua' and take a bush walk

The Horowhenua is blessed with fine areas of flora and fauna. All host an exquisite range of native birdlife and many have been transformed to include beautiful bushwalks. With over 50 parks and reserves from Tokomaru down to Waikawa Beach, the 'Out and About' booklet is informative and complements your outing to any location. You can pick a copy up at Te Takere or download it from the Horowhenua District Council website www.horowhenua.govt.nz. As the warmer months approach, try the Waiopahu Scenic Reserve for an easy and beautiful trail, or the Lake Papaitonga Scenic Reserve for a more educational and adventurous experience.

12. Discover the 'Hydrabad' wreck

Built in 1865 and wrecked ashore on Waitarere Beach in 1868, the Hydrabad is a local piece of nautical history. Sand and erosion has claimed much of the ship over the years but a remembrance pole marks where it lies buried. Take a stroll southward along Waitarere Beach and find what's left of the famous shipwreck.

13. Wander through the Levin Rose Gardens

The Levin Rose Gardens on the corner of Cambridge and Bath Streets are beautiful for a stroll on sunny days. The unique and well maintained gardens are home to the historic Levin courthouse and one of the best coffees in town. Across the road you can also visit Remembrance Park where the Cenotaph and 'poppy boxes' remember the district's servicemen and women.



14. Head to De Molen

Take a wander down Foxton's historic main street, only one block West of State Highway 1 to see some of the most original parts of the Horowhenua. Get a feel for the history of Foxton's settlers and a taste of Holland by visiting De Molen, Foxton's windmill. Open 7 days a week from 10.00am-4.00pm, De Molen is a marvellous recreation of 17th century Dutch craftsmanship. Wholemeal wheat flour can be bought at the mill alongside a wide range of souvenirs. A visit to De Molen is a totally unique experience and while you are there you can learn about the Dutch heritage of the area in the Information Centre. Call them on 06 363-5601.



15. Discover Manakau

A real secret of the side road, the unique village of Manakau and neighbouring Waikawa beach settlement can be found just off State Highway 1 when travelling Southbound out of the District. Centred around the church, school, bowling club and pub, the historic streets have remained largely unchanged, allowing them to boast the sort of character that you would expect from classic rural New Zealand. Make a trip out for a meal or stop for a coffee and you might just fall in love. Manakau offers great café and restaurant choices. 'Quarter Acre', to the South of the township, is set among beautiful native bush truly giving you a complete Horowhenua dining experience. If you're seeking a traditional kiwi pub then look no further than the Manakau Hotel, est 1920, and still as mighty as ever.

16. Grab dinner and a film

Why not enjoy dinner and a film down at Focal Point Cinema in Levin? It's an award-winning boutique movie theatre complete with fully licensed café, 1920's décor and first-rate meals. Morning films on Mondays and Tuesdays cost only \$12 and complimentary morning tea is offered. You can find screening times in local newspapers, or online at www.levin.focalpointcinema.co.nz, otherwise call them for information or to book on 06 366-0330.

17. Discover the Tokomaru Steam Engine Museum

A hidden gem of the Horowhenua, the Tokomaru Steam Engine Museum's Patent Slip Engine is thought to be the oldest engine in New Zealand. The Museum itself has been open to the public since 1970 and is open 9.00am - 3.30pm Monday to Saturday. It can be found at 744 Makerua Road, Tokomaru. When it's time to get a coffee or a great slice of cake, head down to Tokomaru's Bent

Horseshoe Cafe at 200 Tokomaru East Road, open Friday through Sunday. Give them a call on 06 329-8808 or just pop in.

18. Go Boutique Shopping!

A beautiful boutique town with plenty of character to boot, Shannon has become a destination stop for boutique shopping. Sister shops Oosh and Oosh La La sell a range of boutique clothing while Gallery 57 on the corner collects beautiful art and jewellery for sale. There are also cute shops that do superb desserts and treats that await your taste buds.

19. Spend a day at Owlcatraz

Owlcatraz is a large bird and wildlife sanctuary based in Shannon, famous for its farm animals, the Wairuru caves and, as the name suggests, its owls. Guided tours range from 30 minutes to 2 hours and are customised to suit the age and physical abilities of visitors. Open daily to the public between 10.00am- 3.00pm, Owlcatraz is great for a group day out. Contact them on 06 362-7872.

20. Head out to Hokio Beach

Go for a swim and a stroll at Hokio Beach, ten minutes west of Levin. If you're looking for an adventure on a nice day you can even walk all the way up the coast to Waitarere Beach. Afterwards, Hokio Reserve is a delightful, sheltered park with a barbecue and picnic area for public use - a great place to end your day at the beach.



21. Have a look at the local wineries

Celtic Organic Winery in Levin was the first fruit winery to be fully-certified organic in New Zealand. How about doing a tour, some wine tasting, or making a purchase direct from the cellar? You'll find them at 324 Hokio Beach Road and can contact them on 06 368-4465. Alternatively, you could find out why Ohau is New Zealand's most exciting new grape growing area by visiting the Ohau Gravels Cellar Door, just off State Highway 1 in Ohau, and take advantage of local award winning wines at special rates! Visit www.ohaugravels.co.nz to find out more.

22. Spend some time at Murrayfield

Need to find somewhere to get some down time? Why not treat yourself to an afternoon of High Tea? The Murrayfield experience comes from its unique setting beneath the Tararua Ranges and amongst lush farmland. Located on Potts Road between Levin and Shannon, Murrayfield boasts a rural scenic cafe, farm animals and a petting zoo, a heritage museum and a Helenstown miniature village. This cosy little complex will help keep you and the grandkids entertained all afternoon! For more information call them on 06 367-8166 or visit their website www.murrayfield.co.nz

23. Bird-watch at the Manawatu Estuary

The mighty Manawatu River flows out through Foxton Beach to an estuary well-known for hosting over 90 species of both native and migrating birds. There are viewing platforms and bird identification signs, as well as a walking track, picnic and toilet facilities at the close-by Holben Reserve. Head to the Department of Conservation website www.doc.govt.nz for more information on this important wetland.

24. Explore Foxton Beach

The elevated car park overlooking the ocean is a great place to watch the sea and the sights or enjoy an awesome West Coast sunset. It is close to the Manawatu River Estuary, a favourite spot for fishing and boating, as well as the Foxton Beach Walkway system and plenty of cosy cafes.



25. Have a look at the Ohau Market

The Ohau Market is a place where local stallholders and buyers from as far as Wellington, gather to trade, sell arts and crafts, vegetables, plants, teas, pottery and much more. Go down and support our locals by having a nosy, or better yet set up your own stall selling your crafts or home baking! This popular market runs every third Saturday of the month in Ohau Hall, Muhunua Road West. Call the market organisers on 06 367-6123 for more information.

26. Keep busy at Blueberry Art

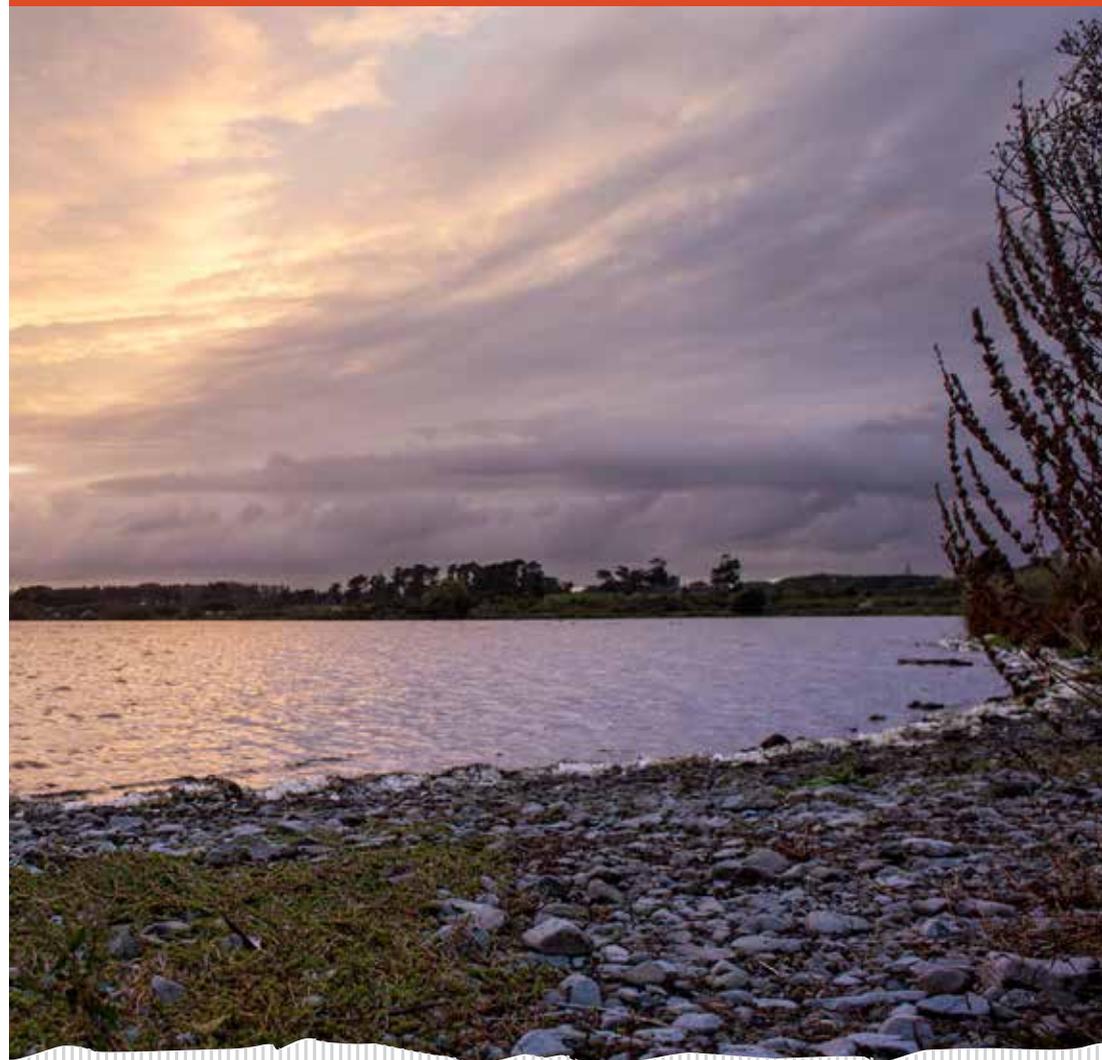
Blueberry Art is a diverse complex on State Highway 1 north of Levin, offering B&B self-contained accommodation, a blueberry orchard and products, a craft shop offering hats, bags and scarves, an historic printing workshop, woodblock prints, paintings, and an alpaca farm. Wow! A hidden gem of the Horowhenua art scene, Blueberry Art is a fantastic place to spend time and come away with a little souvenir. For more information look at their website, www.blueberryart.co.nz or call 06 367-3648.

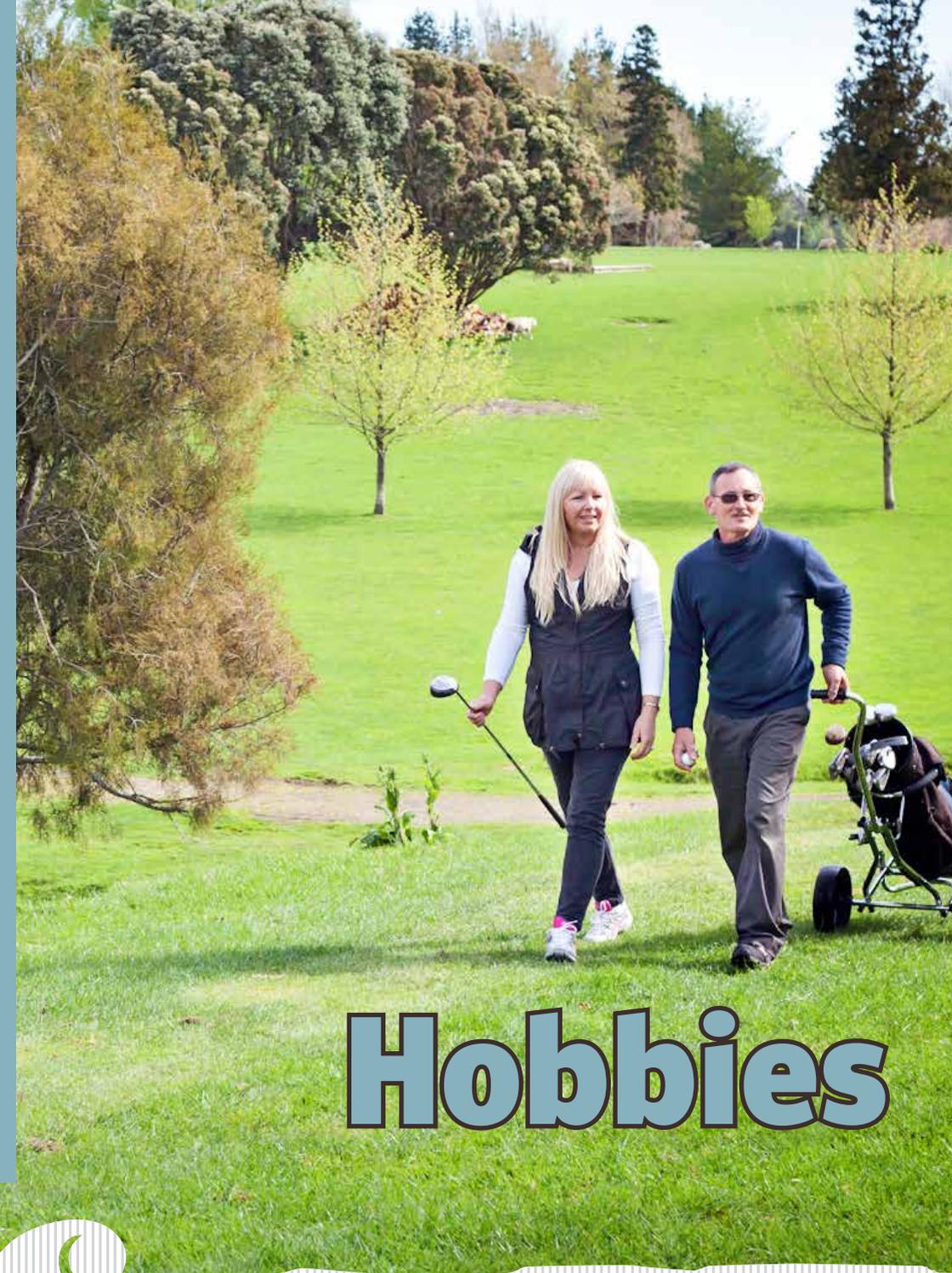
27. Spend the day at a river reserve

One of the great advantages of living in a district flanked by the mighty Tararua ranges are the many river reserves that are open to the public. In the summertime when the beach is too hot, there is scarcely a nicer way to spend the day than having a dip in one of the many shallow and warm running rivers around the district. Some reserves, such as Kimberley, even have a picnic and camping area if you want to spend a night getting in touch with nature. More information about the district's river reserves can be found in the 'Out and About in the Horowhenua' guide available at Te Takere or you can download it from www.horowhenua.govt.nz

28. Visit Lake Horowhenua

Lake Horowhenua gives our district its name and stands for who we are as a community. Take your grandchildren to the park and feed the ducks, or just head down yourself for a picnic and a stroll by our marvellous lake. Everyone is welcome, just remember to keep it tidy! You can find access at Muaupoko Park down Queen Street West.





Hobbies

29. Tried Croquet, Bowling or Petanque?

Bowling is a favourite way to get active, meet new people and even pick up a lifetime hobby. There are over 15 popular bowling clubs running in the Horowhenua that always welcome newcomers and old-hands at the sport, so get in touch with your local club. How about croquet? The Levin Croquet Club, established in 1915, has a rich history in the Horowhenua and with your membership, has an even richer future. Call them now on 06 368-8813. If Petanque is more your style, then contact Horowhenua Petanque on 06 367-5484.

30. How about a round of Golf?

Take a swing at 18 holes on the golf courses in Foxton, Shannon or Levin. Get involved with the Clubs and enjoy their onsite club facilities. There is also a Women's Golf Club that runs out of the Foxton facility. Contact the Levin Golf Club on 06 368-6189, the Foxton Golf Club on 06 363-8160, and the Buckley Golf Club in Shannon on 06 362-7837.

31. Grow something

If gardening is your thing, call 06 368-4618 to connect with the Levin Garden Club or 06 363-8496 to connect with the Foxton Gardening Circle. They have monthly meetings, garden visits and bus trips for happy horticulturalists like yourself. When the garden is looking pretty you can always add to it by getting involved with the Levin Pottery Club on 06 362-6784 who offer lessons, communal workspace and equipment for the mastery of pottery.



32. Test out your Poker Face

With over 140 members and a high representation of older people, the Levin Contract Bridge Club awaits the challenge of new members. Why don't you join them? Call now on 06 368-8955.

33. Foster the art of the written word

If you enjoy creative writing and want to meet other keen writers, give the Horowhenua Writers' Group a call. They operate out of the Masonic Village and can be contacted on 06 367-2196.

34. Celebrate Horowhenua's Flora and Fauna

The Royal Forest and Bird Association Horowhenua branch runs evening talks, monthly excursions, walks and bird surveying. Give them a bird call on 06 364-5573 for more information.

35. Are you a collector?

Why not connect with like minded collectors in the area? Horowhenua Philatelic Society run meetings every second Monday of each month and can be contacted on 06 368-9881. Perhaps the Horowhenua Branch of the Vintage Car Club is better suited to your tastes. If so, call 06 368-7160. Why not join the Levin Model Railway Club that runs in the old Courthouse? For further information, call them on 06 368-6550 or 06 368-5204.



36. Take a look at the Te Takere Exhibitions

Te Takere exhibitions are scheduled to change at the beginning of each month, so there is always something new to investigate. Some favourite exhibitions in the past have been cake decorating, Māori traditional weaving, painted artworks and pottery shows. Some groups on exhibition sell their pieces on display, others encourage people to join their ranks. Next time you're at Te Takere have a wander over to the exhibition area, and who knows, you may leave with a new hobby! Current exhibitions are in the Te Takere column of the Horowhenua Chronicle each week, and you can find out about past exhibitions at www.tetakere.org.nz/whats-on

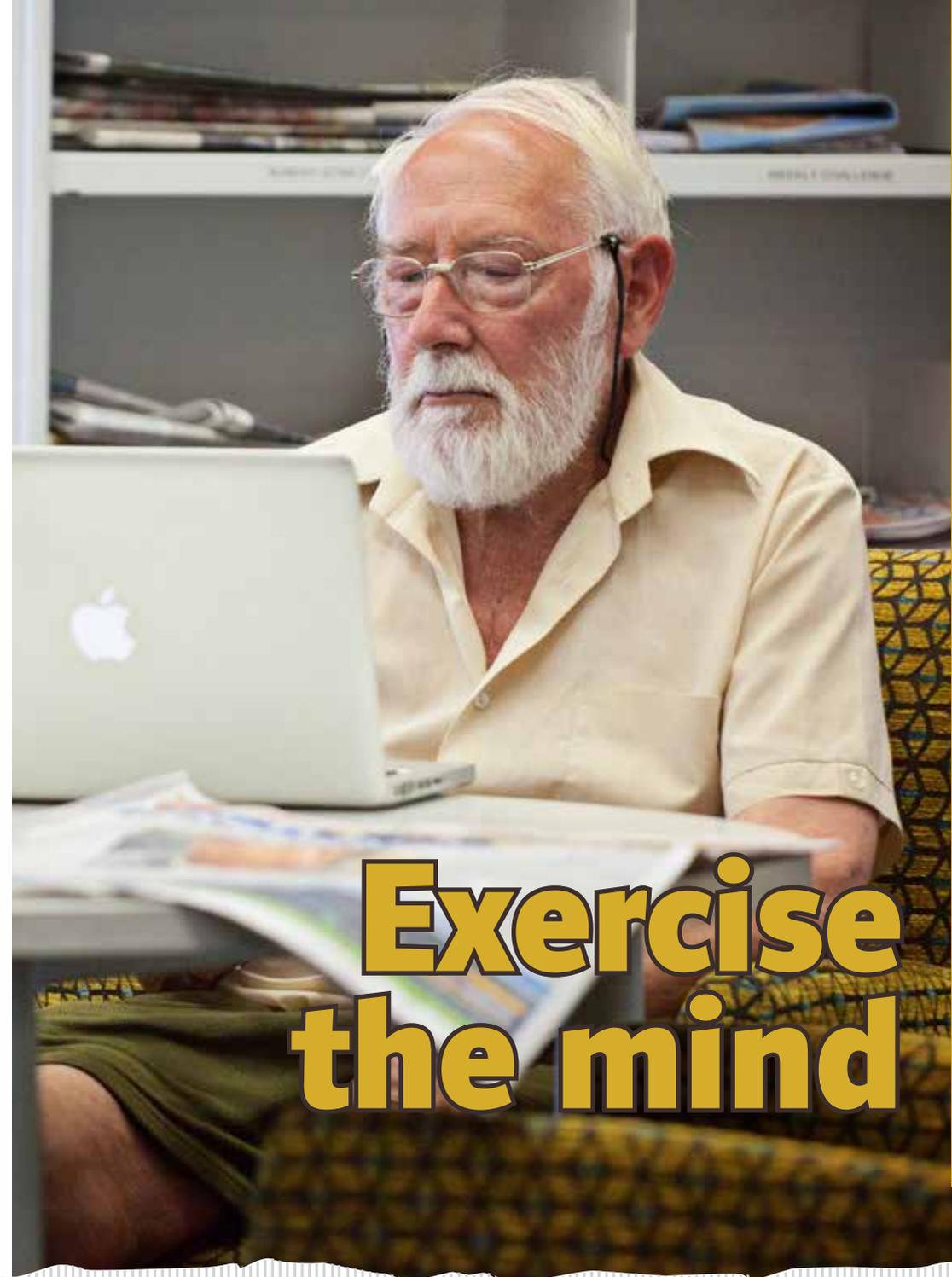


37. Book Club

Te Takere has a very informal and relaxed Book Group meeting on the second Tuesday of each month at 2.00pm. New book enthusiasts are always welcome so take the stairs or elevator up to the Mezzanine floor and join the chat.

38. Go Fish!

Both Waitarere and Foxton Beaches have their own local fishing clubs that welcome new members and fishing enthusiasts. The Foxton Beach Sports Fishing Club can be contacted on 06 363-6143, and for the Waitarere Beach Fishing Club call 06 368-1912 or 06 367-8488. If you've had enough salt, how about casting yourself out to the Horowhenua Fresh Water Anglers' Club? You can contact them on 06 367-0646 to find out more.



**Exercise
the mind**

39. Discover the community libraries

The Horowhenua Library Trust boasts four great libraries throughout the District. Levin's library makes up a large part of Te Takere and is open seven days a week at 10 Bath Street. Call 06 368-1953 for Te Takere's open hours. Foxton Library is located on Clyde Street, is open Monday - Saturday and you can call them on 06 363-5571. Close-knit Shannon Library is located on Plimmer Terrace, open Monday - Saturday and you can reach them on 06 362-7030. Our wonderful little Tokomaru Library at Tokomaru School can be contacted on 06 329-8111.

40. Uncover your family history

The Horowhenua Family History Group and Historical Society operate out of Te Takere. The Heritage Room hosts an excellent resource-base to help you trace the history of your family in the Horowhenua District and worldwide. There is a member of the Society volunteering in the Room every weekday to assist with research. Find out more by contacting Te Takere on 06 368-1953.

41. Horowhenua Adult Literacy Scheme

If you remember school milk deliveries, the strap or the Imperial measurement system, there is a good chance that it's been some time since you were at school! If there is anything you need to brush up on, the Horowhenua Adult Literacy Scheme can help. Find out more by calling 06 368-6064.



42. Up-skill with computers

SeniorNet Horowhenua offers computer classes specifically designed for 55's and over. They are all about 'seniors teaching seniors' new technology and how to use it. SeniorNet operates out of Te Takere and meets every Friday afternoon. To find out more, contact them on 06 367-9038 or 06 368-3929.



43. Boost your public speaking skills

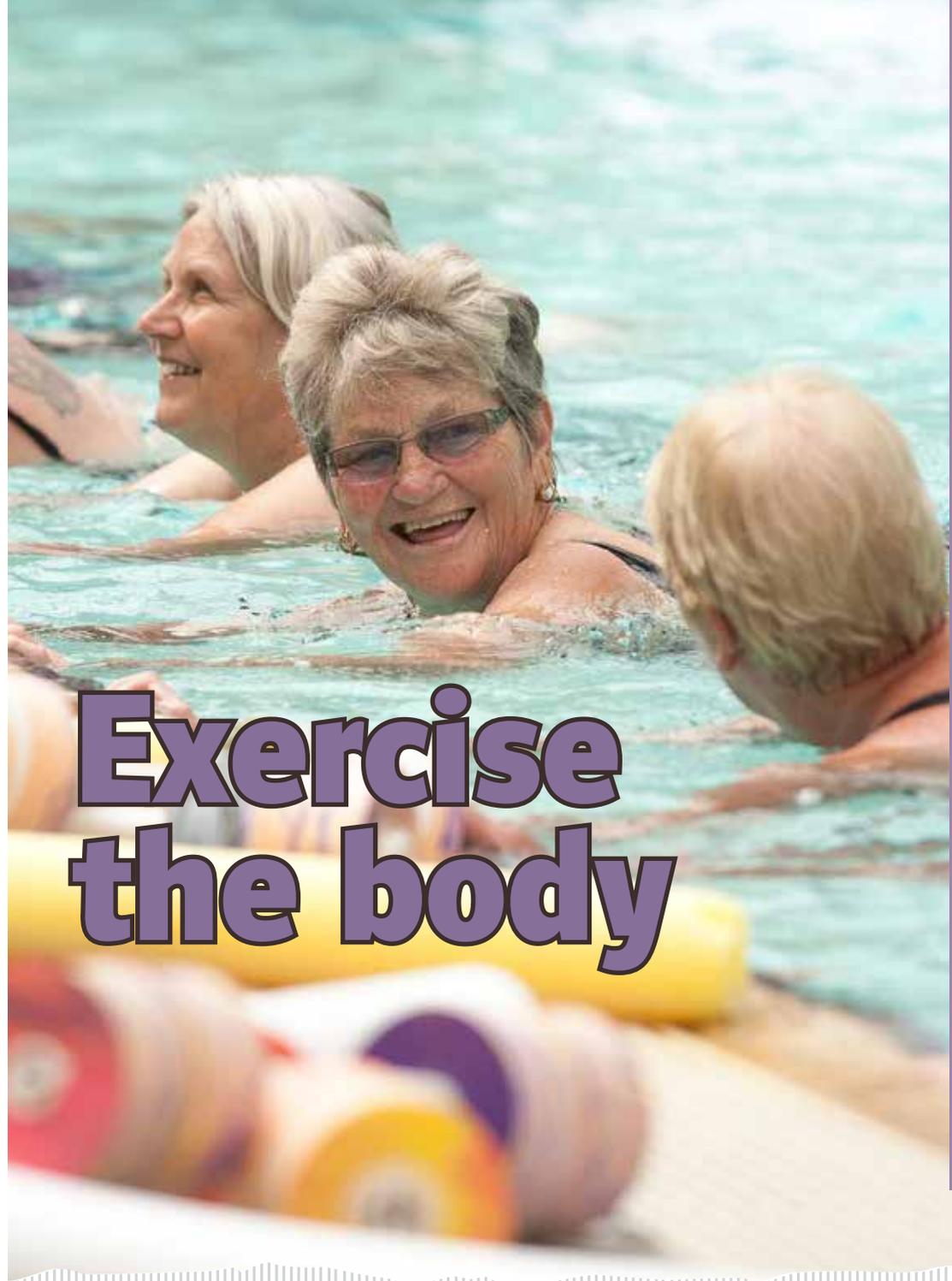
'Speaking of Levin Toastmasters' – this group provides a supportive and positive learning environment where there is an opportunity to develop communication and leadership skills. Start by having a conversation with them on 06 368-8153.

44. Try Chalkle

Have you heard about Chalkle yet? Run from the Te Takere Community Centre, Chalkle offers you the chance to learn a new craft or hobby, boost your cooking skills or get involved in a new activity. Community tutored and community led, it's about sharing knowledge and know-how with other local residents. Take charge of your adult education and find out about this fantastic opportunity to learn or teach at www.tetakere.org.nz/whats-on/chalkle

45. Learn a musical instrument or join a music group.

How long has it been since you last dusted off the violin, ukulele or piano? Find your musical feet again or find a completely new instrument! Kings Sound Centre on Oxford Street, Levin, is every bit as passionate about all things music as you are and want to help you get back into harmony with your hidden talents. Call them now on 06 368-5879 to ask about instruments, lessons, events and clubs – they are plugged into it all.



**Exercise
the body**

46. Don't sink, Swim!

Aquatics Horowhenua encompasses the Levin Aquatic Centre, Foxton Pool and Shannon Pool, catering for all ages and abilities with a wide range of facilities and programmes. The Levin Aquatic Centre is open year-round so you can come in pretty much anytime and swim or walk laps at your own pace. If your stroke skills need a touch-up there are also Adult Swim Classes available. The Shannon and Foxton Pools are both seasonal and open in the summertime for public use. For more information on classes and opening times call the Levin Aquatic Centre on 06 368-0070.

47. Try an Aquafitness Class!

The Levin Aquatic Centre has many fun, water-based exercise classes available for all ages and abilities, such as Aquacise and Aquajogging. The density of the water means Aquafitness is low-impact and beneficial for older people, lessening aches and pains and giving additional movement. There are special Senior Citizen concessions available, and classes on Tuesday and Friday mornings are followed by free morning tea and a chat. For more information on any of the Levin Aquatic Centre's Aquafitness classes call them on 06 368-0070.

48. Make the most of our coastline at Waitarere Beach

Waitarere Beach, with its hard-packed sand over a wide area, allows it to be recognised as a road with access at numerous points. It is a fantastic shared beach that is excellent for walking, cycling, horse riding and launching your boat! Watch the sunset and get a panoramic view of the South Island, Kapiti, Mount Taranaki and Mt Ruapehu all at the same time! While you're there, find the new walkways alongside one of the biggest stretches of sand dunes in the Southern Hemisphere, parallel to Rua and Kent Avenues. Why not pack a picnic and take the grandkids to the Waitarere Domain, or make use of the well maintained local tennis courts?

49. Take a Stroll in Foxton

Have you been down the Awahou Board Walk? What about a stroll through the Manawatu River Loop Reserve? Heard of the beautiful Seaview Gardens Reserve? You can find information on all of the best walking spots in the Foxton area at www.foxton.org.nz or at the Foxton information Centre located at the De Molen Windmill. You can call the information centre on 06 363-5601.



50. Try a local cycleway

Cycling is an easy way to get the older body moving, especially along the easier tracks closer to the coast. There is a great cycle track going from Foxton to Foxton Beach, or one from Levin to the foothills down Queen Street West. For a more challenging ride, find the Waitarere Forest track that goes all the way to Foxton Beach! All of these tracks can also be walked, but always give yourself ample time and be prepared with water supplies, a jacket and some form of communication. To talk to like minded cyclists, why not call the Cycling Club on 06 368-5334.

51. Join a sports or walkers club!

Being an older person may mean having time to try new things you've always wanted to do, so why not find a local sports club that fits your interest? The Levin Badminton Club prides itself in providing a service to increase badminton skills for people of ages 6-99. Even if you've reached three digits, call them on 06 368-1424 to find out more. To stay fit, how about making friends with the Levin Joggers' and Walkers Club? Make rubber hit the road by calling 06 368-8624. For an easier pace, the Wednesday Leisure Walkers meet at 10.00am each week. Call ahead on 06 368-7244 as they meet at a variety of locations!

52. Just Move It!

'Just Move It' is a low-impact group exercise class especially suited to active adults in their 50's, 60's and 70's who enjoy health and fitness. It runs in the Levin Scottish Hall and Foxton Salvation Army Hall every week. For more information contact the Levin Aquatic Centre on 06 368-0070. What about trying out Tai Chi or Yoga to stay fit? The leisure centre at Masonic Village does a beginners Tai Chi class – call ahead to register for it on 06 356-4332. Te Takere also has Tai Chi classes each week and Yoga classes from time to time. Call Te Takere now on 06 368-1953 to find out more.



Volunteer

53. Become a Supergran!

The Levin Supergrans utilise older people in the community to teach and support those in need of life skills, cooking, budgeting, parenting and household techniques. If this sounds like something you would like to get involved in, call Supergrans on 06 367-0680.

54. Get involved with Age Concern Horowhenua

Age Concern Horowhenua holds the vision of an inclusive society where people of all ages and cultures have opportunities to make choices which lead to quality of life and personal fulfilment as they grow older. Age Concern is a charitable organisation dedicated solely to people over 65. It promotes dignity, respect, wellbeing and equity for older people, and provides a range of support services in response to older people's needs. These services include advice and personal advocacy, an Elder Abuse and Neglect Prevention service including education and training and an Accredited Visiting Service. To get in touch with Age Concern call 06 367-2181. For more information, visit www.ageconcern.org.nz

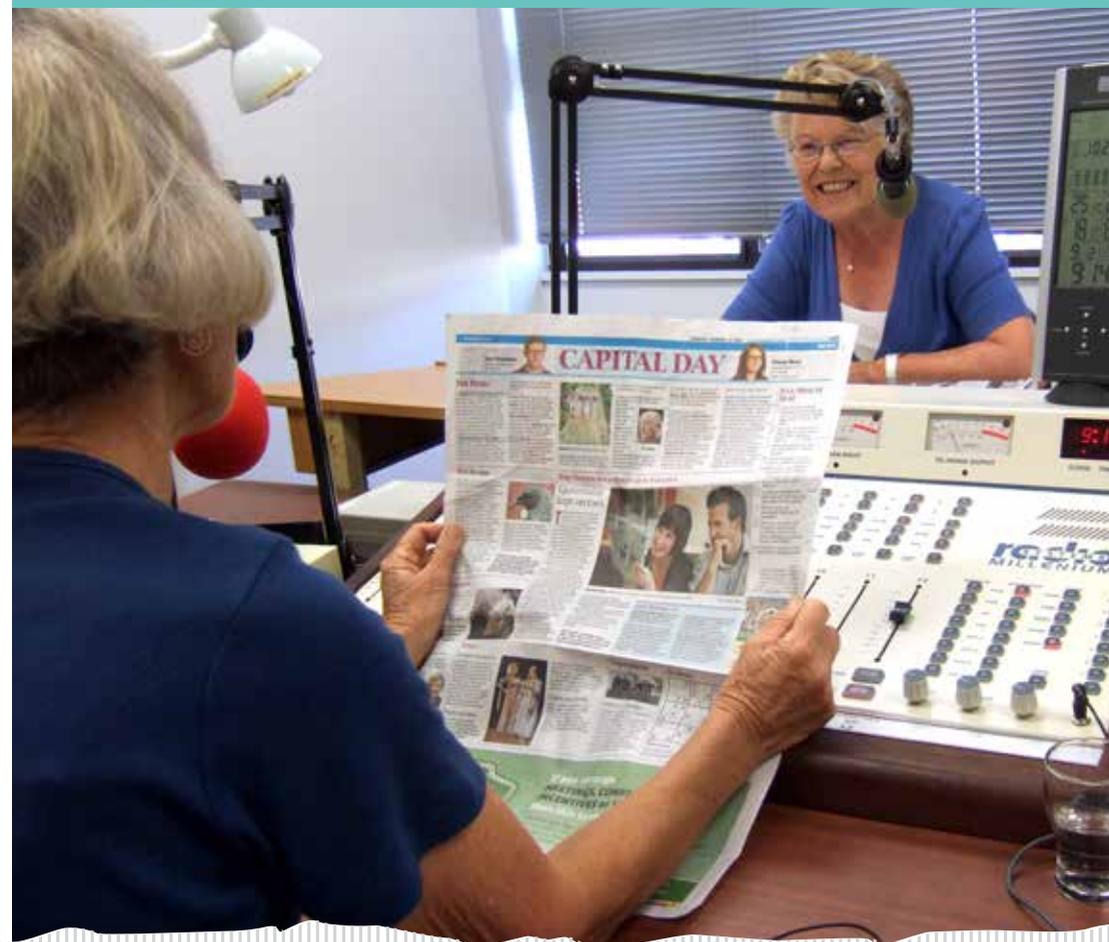
55. Help your community by joining Rotary, Probus or Lions

Rotary is a global network of 1.2 million volunteers. If you want to help them help the community, you can contact them on 0800-4-ROTARY or direct to the Levin Branch on 06 356-9878. There are a number of Probus and Lions Clubs in the Horowhenua. You can pick up a copy of the A-Z Horowhenua business directory from any district library to find information about the local clubs.



56. Assist the Radio Reading Service

The Radio Reading Service is a not-for-profit organisation that has been broadcasting out of Levin since 1987. They use volunteers to read information as it appears in newspapers, magazines, periodicals and modern media. They always appreciate a new voice around the office, so why not take your chance at fifteen minutes of fame by volunteering your vocal chords for an afternoon. You may even discover a new career in radio that you never imagined! For more information contact the Radio Reading Service on 06 368-2229.



57. Work with the Citizens Advice Bureau

Do you have some specialised knowledge? Have you always wanted to give back some of the best advice you've received over the years? Contact the Levin branch of the Citizens Advice Bureau on 06 368-9521 to lend your brain to the community.

58. Speak to the Samaritans

Samaritans Horowhenua provide a 24/7 telephone counselling service for callers in need. If you think you can help, or if you need their service, don't hesitate to call 06 368-3096.

59. Keep New Zealand Beautiful

The 'Keep Levin Beautiful' Committee and groups in Foxton and Shannon are volunteer-based organisations that work hard in an ongoing project to enhance our towns' appearances. The third week of September is 'National Keep New Zealand Beautiful Clean-Up Week' where the groups work especially hard to clean up litter, and ask for volunteers to help in their area of town. For further information on each of the branches or to volunteer, enquire at Council's Customer Services 06 366-0999.

60. Join the ranks of 'Friends of the Library'

Friends of the Horowhenua Libraries (FOHL) work voluntarily to support the staff of the district's libraries, and were recognised in 2012 with a Civic Honours Award for the immense community work they provide district-wide. Te Takere hosts a monthly morning tea meeting for the Friends on the first Wednesday of each month, to which any potential Friends are welcome. Come along to the morning tea in the East Lounge, or call 06 362-6784 if you wish to become a Friend.





Horowhenua 
DISTRICT COUNCIL

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