



Porirua U3A Inc

Newsletter May 2025

Kia ora to all U3A members

A belated Happy Easter to you all. We hope you are all keeping well. Now that Autumn is here, we are feeling the winter chills. It is time to find our winter woollies and perhaps substitute the sandals for socks and slippers and a cosy heater or warm fire. It is also a good time to think about getting the flu injection to ensure you stay well during the winter months.

Note from Bill Gebbie (President)

Hello Porirua U3A members

2025 is well under way and I hope all is well with you. Our interest groups have settled into their schedules and I hope you all are taking advantage of what is on offer through both Porirua and Tawa U3A. I wonder if there might be enough interest to set up a Philosophy group. I'm aware that a couple of you have expressed interest and I know a couple of Tawa members who would consider joining such a group. Please contact Michael Lynch on 0226068066 if you would be interested and he will explore options.

We have a great speaker lined up for our quarterly meeting on Thursday 15 May who will be talking about sleep and the elderly, and I hope you can come along. Patterns of sleep change as we age and I'm looking forward to hearing about how we can deal with those challenges.

I'm encouraged by the support for our programme of trips and outings, many of which are possible only as a group. I'm particularly keen to provide opportunities for all of us to get to know our Porirua communities better, so I was very heartened by the good turnout for our trip to Maraeroa Marae. It was fascinating to learn about the meaning of the wonderful carvings, and they were warm hosts. Don't hesitate to suggest other ideas.

I'll be looking at the possibilities of a guided walk around the Plimmerton heritage trail, another talk by a Council service manager, and a guided talk about some of the city's wonderful street art - what it means and how it is done. Further afield I'm looking into the possibility of a car-pool day trip to Foxton to visit the Dutch windmill, flax stripping museum and watch some old films at the Museum of Audio and Visual Technology, as well as a visit to the Classics Museum at Victoria University and maybe a tour of Hills Hats in Petone.

And it's not too late to come along to our visits to Te Umu Ki Rangitahi on Monday 12 May, and Access Radio the following day 13 May. Just let me know by sending an email to porirua3a@gmail.com.

As well as learning opportunities, belonging to Porirua U3A is also about having fun, and there was plenty of laughter at our minigolf evening and Petone op shop trip. Any further suggestions would be welcome.

And finally, trips are an excellent way to bring in new members, as has indeed been the case. Building our membership enables us to offer more opportunities for learning and fun together.

Feel free to get in touch with me or our committee at any time.

Regards

Bill

Quarterly Meetings

The quarterly meetings will be held at on the following dates:

1. Thursday 15 May 2025
2. Thursday 21 August 2025
3. Thursday 20 November 2025

The meetings are held at:

North Baptist Church at 69f Discovery Drive, Whitby, Porirua 5024

The meeting will begin at 12.15pm with a catered shared lunch. We are not asking for a koha at this meeting.

Quest speaker – Quarterly meeting

The Guest Speaker at our Quarterly Meeting on 15 May 2025 will be:

Dr Rosie Gibson. “Sleep is more than a luxury”

Dr Rosie Gibson has a background in psychology, aged care, and clinical sleep practice. She is an Associate Professor at Massey University's School of Psychology where she is affiliated with the Health and Ageing Research Team and Sleep/Wake Research Centre. She is currently Vice President of the New Zealand Association of Gerontology. Her research focuses on sleep across the lifespan, with a special focus on the sleep-related changes among people affected by dementia and family carers.

Rosie will provide an overview of her work discussing the prevalence, risk factors, and outcomes for sleep disruptions among older New Zealanders. She will also outline bespoke projects representing the experiences and psycho-social context of sleep with ageing, dementia, and caregiving.

Additionally, Dr Gibson will be hosting free workshops in the coming weeks and is seeking older adults to participate, as follows.

“This project involves focus groups to explore the type of sleep messages in the media about sleep and ageing and how people respond to these messages. Followed by a poetry workshop to construct more meaningful, accessible messages around sleep experiences with ageing. These are planned to be fun interactive events. Participants will be guided to produce collective and individual poems to share with the group as well as keep. We will also provide a catered lunch and supermarket vouchers to acknowledge participant’s contributions. We are looking for people aged 75 years or over to take part (with or without sleep issues).

Events have been planned in Brooklyn (19th May), Island Bay (21st May), and Whitby (26th May). We can accommodate 8-12 people at each event.

The flyer below provides information if you are interested in participating in these workshops.

WORDS ON SLEEP

PARTICIPANTS INVITED FOR CREATIVE WORKSHOPS ON SLEEP AND AGEING



This Massey University project aims to understand and better represent experiences of sleep with ageing. People aged 75 years or over are invited to take part in a **FREE** workshop. These will involve **GROUP DISCUSSIONS** about sleep with ageing, particularly in response to media messaging. This will be followed by a **CATERED LUNCH** then a **POETRY WORKSHOP**.

We are hosting three events to choose from:
19th May: Brooklyn Community Centre, 11am – 2pm
21st May: Island Bay Community Centre, 11am – 2pm
26th May: North Porirua Baptist Church, 11am – 2pm

SPACES ARE FREE BUT LIMITED, SO REGISTRATION IS REQUIRED
For more information and registration please contact Dr Rosie Gibson: 04 979 3258 or r.gibson@massey.ac.nz



This project has been reviewed and approved by the Massey University Human Ethics Committee (OM1 24/68). If you have any concerns about the conduct of this research, please contact the Chairperson, Massey University Human Ethics Ohu Matatika 1, email humanethics1@massey.ac.nz.



Interest groups – A note from Michael Lynch (Co-ordinator Interest groups)

- You can check out the interest groups on our website www.porirua3a.nz
- Members can also access the Tawa U3A interest groups www.u3atawa.org.nz

If you would like the newsletter to include information on your interest group, please be in touch with Michael or me, Christine Healy porirua3a@gmail.com. We usually send

out the newsletter two weeks before the quarterly meeting, so all information would need to be sent at least three weeks before the meetings.

Day Trips and other Events

As Bill had indicated above, he continues to find interesting things to do. Please be in touch with Bill if you have an idea for an outing. The following outings are planned or being planned.

- 12 May 2025 Te Umu Ki Rangitahi visit
- 13 May 2025 Access Radio
- 12 June 2025 visit to Foxton's Museum of Audio and Visual Technology

Please let Bill Gebbie know if you are interested in any of these outings.

Keeping members Informed

From time-to-time members ask why we do not inform them when someone has died. We are happy to keep members informed. We ask that you send the information to our Gmail account poriruau3a@gmail.com together with a few lines about the groups the member belonged to in Porirua U3A. Also, the time and place of their funeral if one is to occur and if not where members can send their condolences if they wish to do so.

Executive Committee 2024/2025

Bill Gebbie President poriruau3a@gmail.com (027 667 0180)

Christine Healy Secretary poriruau3a@gmail.com (027 647 8919)

Carolyn Rait Treasurer/Membership poriruau3a@gmail.com (021 121 0218)

Michael Lynch Interest Groups Co-Ordinator m.lynch@xtra.co.nz (022 606 8066)

Marcia Forsman Catering (021 406 570)

Collin Russell Speakers/Liaison with Tawa U3A (027 247 3399)

Colin Brown Website (028 413 2372)

Paula van Wijmen Committee (021 181 8584)

If you have any ideas which you would like the committee to consider please be in touch. We look forward to seeing you all at the Quarterly meeting on **15 May 2025**.

Christine Healy

Secretary

Porirua U3A