



**The Selwyn
Foundation**

Selwyn Centres

Oranga Mātua | Oranga Tangata
Respectful ageing for all within thriving communities



Selwyn Centres

Selwyn Centres are run in association with Anglican parishes at 39 community locations across:

- Northland
- Auckland
- Waikato, and
- Canterbury (where they are known as 'Elder Care Centres').

The purpose of Selwyn Centres:

- To provide a welcoming, easy-to-access community space for older people to meet, socialise and enjoy activities with older people in their area.
- Selwyn Centres are for people of all faiths and none.
- There is variance in the days and times each Selwyn Centre is open. They are open during the morning and/or early afternoons once or twice a week (Mon-Fri, closed on public holidays). The days and hours are advertised by the respective Anglican church within the community and online, with details and contact numbers also available on The Selwyn Foundation website.
- Each Selwyn Centre is run by a coordinator contracted and supervised by the respective local Anglican parish. The coordinator is assisted by volunteers at each session. All coordinators and volunteers are police-checked.
- Prospective attendees are requested to contact the Selwyn Centre coordinator in advance. There is no membership fee, but a nominal fee is charged for each session.
- Each session comprises an organised programme of socialisation, mental stimulation and appropriate physical exercise activities (chair-based and/or standing exercises).
- Selwyn Centres do not provide dementia-specific programmes. Older people with MCI (Mild Cognitive Impairment) or early-stage dementia are welcome to attend. If/when an individual's memory loss and/or behaviours become disruptive, the coordinators are trained how to have the conversation with their key family/whānau support person to urge consultation with their primary care provider (GP, Nurse Practitioner, Practice Nurse).

To find the Selwyn Centre locations and contact details, visit
www.selwynfoundation.org.nz