



TE AWA
Lifecare Village

TE AWA

September 2026

PARTYLINE



A word from Nikki

September has certainly been a month of contrasts – especially for me!

I managed to sneak away for eight days camping in the Kaimanawa Ranges with my hubby, sister and brother-in-law, and Mother Nature threw just about everything at us. One minute we were being beaten down by the sun, the next we were rugging up for snow! Layers were definitely the answer – pile them on, peel them off, then repeat. Despite the changeable weather, it was wonderful to escape, enjoy the beautiful surroundings and spend some quality time together.

Back at Te Awa, it's been another busy month. Our Annual General Meeting was well attended, and we officially announced our Pink Ribbon Walkathon for October – accompanied by pink lamingtons, of course! What better way to launch a fundraiser for such an important cause?

We're also supporting Dust off and Donate to Hospice. If you have fabric, wool, homewares, books, toys, furniture, clothing or other treasures to donate, please drop them at the back shed by the front paddock. Collection dates are on The Woolshed noticeboard.

And we're rather chuffed to have been named a finalist in the Seniors New Zealand NZ Best Awards for Best Small Village – North Island. A lovely acknowledgement for our whole Te Awa community.

October is already looking busy, and then comes the pre-Christmas rush... so hang onto your hats!

Tuesday adventures with the Te Awa Walking Group

There's nothing quite like a good walk, a little fresh air and never being entirely sure what you might discover along the way!

Every Tuesday, the Te Awa Walking Group heads off on another adventure, exploring some of the wonderful walkways and tracks around Cambridge and the wider Waikato.

This past month has delivered a couple of particularly lovely moments. A detour along the Violet McKenzie Walkway in Tamahere resulted in an unexpected encounter with two very cute alpacas – because sometimes the best discoveries happen when you wander slightly off the planned route!

Then, this week, the group headed to Hamilton Lake on one of those beautifully still mornings. With barely a ripple on the water, the lake provided a stunning mirror-like reflection – and thankfully someone stopped long enough to capture it before the walking continued.

Of course, the scenery is only part of the attraction. There's the fresh air, exercise, conversation and good company along the way – and we suspect a fair amount of putting the world to rights as the kilometres tick by!

Fancy joining them? Have a chat with Doug Arcus to find out where the group is heading on the next Tuesday adventure. Walking shoes recommended... alpaca sightings not guaranteed!



Te Awa Lifecare Village | 7 Arikirua Lane, Cambridge
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Think Pink... and get walking!

The countdown is on to the Te Awa Pink Ribbon Walkathon, happening Thursday 29 October, 3–5.30pm – and it's time to get those walking legs ready!

Training has officially begun, with group walks every **Monday and Wednesday, 8.30–9am**, meeting at Reception. It's the perfect chance to build up your lap count while getting a little fitter for summer!

On Walkathon day, the challenge is simple: complete as many laps of the official course as you can between 3–4pm. No creative shortcuts!

Enter individually or as a team, with **suggested sponsorship of \$5 per lap**. Ask friends, family and fellow residents to get behind you – every lap helps raise funds for the **Breast Cancer Society**.

And naturally, pink is encouraged! Think tutus, headbands, team uniforms or whatever pink creation takes your fancy.

Once the walking is done, we'll head to **The Woolshed** for refreshments and a sausage sizzle – because surely all those laps earn you a sausage!

Entry forms and fundraising sheets are available from Reception. Sponsorship money must be returned by 5pm, Monday 9 November.

Not walking? We also need a couple of volunteers on the day.

Lace up, think pink and get training!



Doug's children attended the event – from left: Vickery, Joanne, Doug, Ruth (Doug's wife of nearly 62 years), and Kimball.



Presentation of the Award by Rosemary Harris, Founder Trustee of the St Kentigern Trust.



The post Presentation "fireside chat" interview with SKC Alumnus Andrew Alderson.

A distinguished honour for Doug

We're delighted to celebrate Te Awa resident Doug Arcus, who was recently named one of four recipients of the 2026 Saint Kentigern Distinguished Alumni Awards, presented on Saturday 5 September.

Doug attended Saint Kentigern College from 1955–1959, boarding at the school for all five years. It was the beginning of a remarkable journey that would see him make an enduring contribution to the Waikato across law, education, philanthropy, public service and the arts.

After completing his law degree, Doug returned to the Waikato and became closely involved with the University of Waikato, helping establish the Waikato University Students' Association and becoming its first President. At just 37, he went on to become the youngest university Chancellor in New Zealand's history, later supporting the founding approval of the Waikato Law School.

His distinguished career in environmental law saw Doug involved in some of the region's most complex environmental matters, including planning around geothermal management, the Lake Taupō catchment and regional water

allocation. His ability to bring people with differing views together and find a fair way forward became a hallmark of his work.

Doug also spent 25 years as a Trustee of the D V Bryant Trust, including a decade as Chair, helping guide its philanthropic work into a new generation. Add to that his longstanding involvement in music and the arts, and it's quite a list!

The Distinguished Alumni Award is wonderful recognition of a lifetime spent making a difference to the Waikato and its communities.

Congratulations Doug – a very special achievement, and one we're delighted to celebrate with you here at Te Awa.

There's much more to Doug's story...

Scan the QR code to read the full Saint Kentigern article and discover more about the remarkable career and contribution behind this very special award.





Belonging matters... and we reckon we're pretty good at it!

Mental Health Awareness Week runs from 12–18 October, and this year's theme is 'Belonging Matters' – something that feels rather fitting here at Te Awa.

Because belonging doesn't have to be complicated.

It can be someone saving you a seat at morning tea. A wave from across The Woolshed. Being talked into joining an activity you were definitely only going to watch. Knowing the person walking towards you in the hallway – and, even better, them knowing you. It's a chat, a laugh, a shared story, a helping hand... or discovering you both have exactly the same opinion about how a decent cup of tea should be made!

The same goes for our wonderful team. We have people with different roles, backgrounds, interests, stories and experiences, and sometimes it's the little conversations in between everything else that help us discover just how much we have in common.

The Mental Health Foundation says feeling included, seen and valued helps us connect

with others, and those everyday connections can have a positive impact on our mental health and wellbeing.

So during Mental Health Awareness Week, you may spot a few extra conversation starters and activities around Te Awa, including workplace bingo and opportunities to dish out a compliment or two.

Nothing too serious. Just a good excuse to say hello, have a yarn, learn something new about someone and make sure nobody feels like they're on the outside looking in.

Because sometimes belonging really is that simple – feeling welcome, feeling connected and knowing you're part of something.

And perhaps that's why our philosophy feels particularly fitting this Mental Health Awareness Week:

Te Awa – where living together is living better.

INTRODUCING

Nivyamol Chacko

Registered Nurse



When Nivyamol – or Nivya as we know her – joined the Te Awa care team in July, it wasn't just a new job. It meant a new town and a new chapter for the whole family.

Nivya, her husband Abin and their one-year-old daughter Niora made the move from Taupō to Cambridge after Nivya secured her role at Te Awa. Previously working as a Healthcare Assistant, Nivya knew she wanted to continue working within the care sector – an industry she genuinely enjoys and hopes to further her education in when life becomes a little less busy.

And with a one-year-old at home, 'less busy' might be a little way off yet!

Abin has also settled into a new role as a Site Engineer in Hamilton, transferring internally with Higgins Construction from Taupō, while little Niora is very much the centre of their world. Nivya laughs that hobbies such as reading and exploring have taken a bit of a back seat for now, with family life keeping them well and truly on their toes.

At home, Nivya and Abin share the cooking duties and are both fans of authentic Indian food – taking turns in the kitchen while the other presumably keeps an eye on their energetic little sous-chef!

Family is incredibly important to Nivya. Her parents are currently in India, and she hopes they'll be able to visit New Zealand within the next year or two. Travel is also on her wish list, with the United Kingdom firmly at the top – particularly as her sister lives there.

Nivya says one of the things she most enjoys about working at Te Awa is the team environment. She values the collaboration and open conversations around resident care, and knowing she can raise concerns, share ideas and be part of discussions focused on achieving the best outcomes for residents.

We're delighted to have Nivya – and her family – now calling Cambridge home.

From our Care Centre



Spring has sprung in Care

September has brought spring to Te Awa, and with it plenty of colour, fragrance and slightly warmer days to enjoy.

The gardens have been putting on a beautiful show, with flowers blooming throughout the village and the gorgeous scent of freesias wafting into the main lounge when the doors are open. Outside, we've also loved watching the new lambs bouncing around the paddocks – there's something about their springtime friskiness that always makes you smile.

Our activities calendar has been as varied as ever. The lads enjoyed a spot of beer tasting – although naturally, one sample was never going to be enough to properly assess the

flavour! We also got behind the Bird of the Year competition, studying the contenders and casting our votes before the Chatham Islands black robin, karure, took out the title.

We've put the abundance of spring citrus to good use too, making marmalade from oranges, lemons and grapefruit. There's nothing quite like homemade marmalade on toast!

We headed out to Operatunity to enjoy Stars of Screens and Shows, tried our hand at abstract painting and welcomed our wonderful St Peter's School students. Their visits are always a highlight, bringing youthful energy, interesting conversations and plenty of fun through sport, arts and activities.

Joyce and Danny from Two's Company also had toes tapping with another afternoon of music and sing-alongs.

Now we're looking ahead to October. Training walks are underway for our Pink Ribbon Walkathon, spring flower arranging is on the calendar and Halloween creations will soon begin!

A big thank you to our wonderful team who keep dreaming up, organising and joining in with it all. There's always something happening in Care – and we wouldn't have it any other way.

Scan the QR code for Care Centre calendar



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