

# Using Tai Chi and Traditional Dances to Enhance Wellbeing of Chinese Seniors in South and East Auckland

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New Zealand Chinese Support and Caring Group Inc (formerly Auckland Seniors Support and Caring Group Inc) has been established since April 2016. The slogan of the group is “we play, we help”.

In South and East Auckland, the Chinese population is increasing including Chinese seniors. Due to the language barriers, the Chinese seniors find it difficult to engage in local community including physical activities. The initial aim of the group was to help seniors in isolation in different areas such as transport, translating, cutting hair, repairing clothes, workshops to live a better life and reduce their loneliness. With the increasing number of seniors in the group, one particular need was identified to help seniors exercise regularly to keep fit.

With the funding support from southern local boards (Howick, Otara-Papatoetoe, Manurewa, and Papakura), Foundation North, and Department of Internal Affairs, the group established four convenient venues in South and East Auckland for seniors to enjoy physical activities regularly such as Tai Chi, table tennis and ethnic dances. The activities also help increase social interactions among seniors and reduce their loneliness.

The group also works closely with other community agencies such as independent Living Charitable Trust, Botany and Flat Bush Ethnic Association, China Town Tai Chi Group, St Johns, Pakuranga Chinese Association to collaborate, (workshops/events), exchange information such as different types of physical activities offered in the local community, and support each other.