



The T@3 group enjoy tea and talk.

T@3 - The Healing Power of a Cuppa

It's amazing how sitting down for a chat and a cup of tea can restore your spirits on a cold winter's day. It's become a daily ritual at Settlers Albany Lifestyle Village and we think it's brilliant!

T@3 was initiated by Settlers Albany nurses Elaine Smith and Wendy Smith (no relation). Every afternoon at 3 o'clock, just when you're gasping for a cuppa and a chat, residents from the townhouses and apartments at Settlers get together and do exactly that.



Settlers nurses Wendy Smith and Elaine Smith ready for T@3.

"Sometimes older people do get lonely, especially in the winter when the sky is grey and the temperatures drop," says Wendy. "T@3 provides the opportunity for residents to get together and more importantly, get to know us."

"It's a lovely way of getting to know everyone in the village and it helps residents feel comfortable coming to see us for their physical well being, as well as their mental and spiritual health," adds Elaine.

We agree. And so do the residents in the Settlers neighbourhood with around twenty people coming along for T@3 in the village Lodge everyday. To start with it was mostly women but more and more men are recognising a good thing when they see it. A hot cup of tea and the chance to talk men-talk and tell stories is not to be sneezed at.

Elaine has been nursing at Settlers for 18 months and was joined recently by Wendy. Ironically not only do they share the same surname, both women worked at the Grantham Hospital in the UK before moving to New Zealand with their families. They became friends while nursing together in the Intensive Care unit at North Shore Hospital.

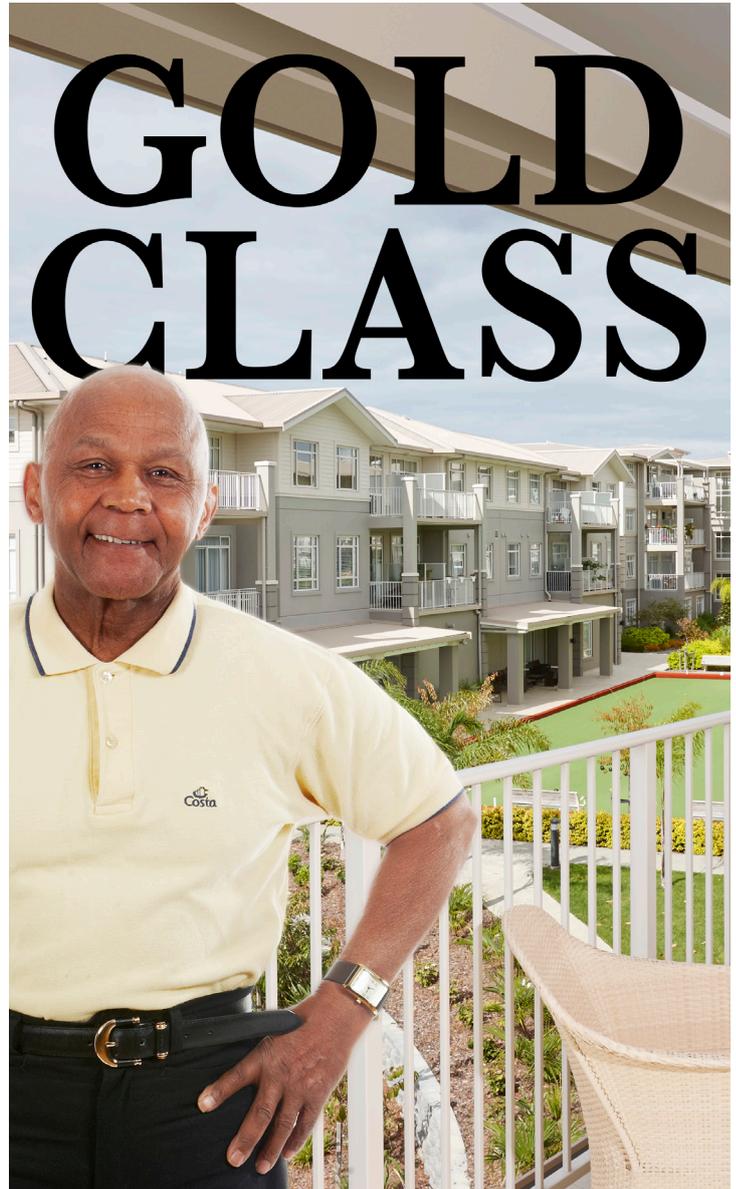
This dynamic pair of health professionals are on 24/7 emergency call for Settlers' residents and along with carrying out routine blood pressure checks, wound dressings and monitoring of their health they encourage them to focus on health, not illness.

"That's why T@3 has been so good," says Premier Lifestyle Villages Group C.E.O. Terry Middlemost. "It's a great initiative that has increased the profile and visibility of the nurses in the village, enabling residents to get to know them personally."

As we become older, social isolation is very real and sadly, on the increase in this busy world we live in. It's encouraging to see that looking out for your neighbour is alive and kicking in one North Shore community.

Cuppa anyone?

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