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Age Concern Nelson Tasman



**AGE
CONCERN
NELSON
TASMAN**

He Manaakitanga
Kaumātua Aotearoa



Addo and Ralph at the Beyond the Face Launch

Contact Information

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Richmond Office

62 Oxford Street, Richmond, Nelson 7020

OFFICE HOURS: 8.30am - 4.30pm Mon-Fri

Nelson Office

18 Bridge Street, Nelson 7010

OFFICE HOURS: 9am - 2pm Tues-Thurs

A Word from the Chair.

Volunteering is described as an action undertaken freely and without coercion, for reasons other than financial gain, to benefit the community as well as the volunteer. This aptly depicts the 150 people who unselfishly offer some time to volunteer for Age Concern Nelson Tasman.

According to Statistics NZ, there are 115,000 not-for-profit organizations who rely on volunteers to undertake a diverse array of roles. Their voluntary 'work' contributes approximately \$4 billion per year to the NZ economy. Given volunteers are a critical part of our communities, there is a national organization called Volunteering NZ. One of its roles is to interact with and inform the government about the 'good' and 'not-so-good' aspects of volunteering. For more detail go to their website and you'll find a report titled 2022 State of Volunteering in Aotearoa NZ.

Volunteering NZ is particularly helpful when there's a possible changing of some 'rules'. Having a voice is critical given any tweaking of processes and protocols (accountability) can impact organizations. Regardless of



how small, any change can easily mean a need to find more time, personnel and/or money to implement any 'new' requirements. Whether or not any change enhances the way Age Concern interacts with our volunteers or how they go about fulfilling their role is debateable. Whatever occurs, we must and we do function within the law.

The efforts of our volunteers is certainly not taken for granted. In fact, it's just the opposite. What they do is highly valued by the staff, Board and community. We know our volunteers get a great deal of personal satisfaction from the tasks in which they unfaltering undertake. One of the greatest rewards however is knowing the 'work' they do helps to enhance the lives of others.

Bevan C Grant

Chairperson, Age Concern Nelson Tasman

Welcome to Liz and Megan

A big welcome to Liz Gillespie and Megan Cole who have recently joined Age Concern Nelson Tasman in the respective roles of Office Administrator and Nelson Office Coordinator.

Liz joined Age Concern in December 2022 as Office Administrator and is based in Richmond. She moved from Auckland to Nelson in 2019 and loves the area and the people, so much so that she married a born and bred Nelsonian in 2022. She has been involved in community organisations and charities since 2005 as an employee but has done voluntary work for most of her life. Liz has two adult sons and five grandchildren. Liz provides a friendly welcome at our Richmond office and is looking forward to meeting you next time you come to the office.



Megan Cole is our new Nelson Office Co-Ordinator. This is a new role created to provide consistency and continuity in our Bridge Street premises. Megan provides a friendly welcoming face, as well as co-ordinating the numerous activities which now run out of the Nelson Office.

Megan is well versed in community organisations, having been the Manager at Citizens Advice Bureau for four years. She has a background in early childhood education, aged care and hospitality. She is looking forward to meeting our Nelson-based service users and supporting people to remain socially connected.

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Meet the Staff



Manager, Caroline Budge

Caroline oversees the direction of the agency and working with the wider community to raise awareness of issues facing older people.



**Community Support
Coordinator, Jackie McIntyre**

Jackie's role involves working at a community level to ensure older people maintain their independence.



**Elder Abuse Response Service
Advisors, Mal Drummond and
Kate Miller**

Older people can find themselves in a vulnerable situation quite suddenly and we are here to offer support and advice to whoever needs it.



**Office Administrator,
Liz Gillespie**

Liz provides a welcoming face to our Richmond Office as well as keeping the office running smoothly.



**Social Connection and Projects,
Marnie Brown**

Marnie works at a community level to promote social connections and reduce social isolation.



**Nelson Office Coordinator,
Megan Cole**

Megan provides a friendly welcoming face at our Nelson office and co-ordinates all our Nelson based activities.



**Funding and Communica-
tions Officer, Miriam Clark**

Miriam works across all aspects of funding, communications, and marketing.



**Giving and Donor Relations
Coordinator, Ruth Collingham**

Ruth is working to help us fundraise via individual doners and bequests.



**Visiting Service & Carer
Relief, Susan Arrowsmith and
Joleen McEvoy**

Our Visiting Service and Carer Relief Service uses volunteers to offer companionship and friendship to those seeking more social connection.

How to create a habit of movement

BY TANIA HUDDART



If your goal for 2023 is to create a habit of movement then I have 6 steps you can follow to set yourself up for success. Improving your movement life starts with making a decision and then acting on it. Before you start, get a health check from your doctor. Once you are cleared to exercise set yourself some goals. I find that if I choose something I enjoy I am more likely to be motivated to follow through on my decisions. Maybe you want to feel in tip-top shape for an upcoming trip, or a visit from loved ones.

Build a new habit

It has been suggested that it can take anywhere between 21 to 30 days to form a new habit. The key thing is not to overthink it and just start, even if it is with only 5 minutes. It is something you can then build on, consistently every day. Find ways to incorporate more movement activities into your everyday life.

The key is to start slowly. If you go too fast and hard at the start you will probably be sore the next day and lose motivation. Spread your 'movement snacks' throughout the day. Make sure to drink some more water as your activity level increases so you can stay hydrated.

Ideas for making movement a part of your everyday life

1. Use everyday situations like climbing stairs into an activity. Go up and down the same set of stairs twice every time you encounter them.
2. Hold onto a wall, railing or sturdy chair and do 6-10 calf raises before hanging up your washing. Every time you add a small movement activity your body will thank you.
3. If you find yourself sitting a lot, set a timer and get up every half hour and walk for 3 minutes. That's 6 minutes of movement every hour!
4. Improve your balance by standing on one leg at a time while brushing your teeth or washing the dishes. Aim for between 10 seconds and try and increase the time to one minute on each leg. Balance is learned behaviour, so the more you work at it the easier controlling your balance will become.

Have fun

The most important ingredient for a movement rich life is to have fun. When you go for a walk try listing what you see, hear, feel, or smell - the shadow dancing through the leaves, the roughness of the tree's bark, the smell of the plants, the rustling sound the breeze makes.

You can also list all the things you are grateful for as you walk. Or why not ask a friend to join you and turn your walk into a social occasion. Life is always more colourful when we have someone to share the experience with.

The 6 steps to creating a habit of movement

Step #1 – Schedule your movement life

If you like routine, then you can schedule a consistent time to go for a walk either by yourself or with a friend. Otherwise read below how you can add small movement snacks into your everyday life without finding more time to add more movement experiences into your life.

Step #2 – Accept frustration

Some days may be harder than others to motivate yourself. That is absolutely fine. On the days you don't add more movement into your life, commit to doing it the next day. Life happens and we can't always get to do what we want. The important thing is to keep making it a priority. You are doing this for yourself. It is a special treat and one not to be missed if you can at all help it. Each day is a new opportunity to commit to yourself and your goals.

Step #3 – Shift your mindset from “workout” to “movement”

The very thought of exercising can be daunting. You don't need to sign up to the gym, wear tightfitting lycra outfits and be in a room with multiple other people sweating it out. It is possible to find many everyday opportunities to add more movement into your life. Our bodies crave movement. Every body system relies on having a good movement life to function well. Incorporating more movement into your life will help you feel better physically and mentally and energise your day.

Step #4 – Consistency

Consistency is a key ingredient to help you take steps toward your movement rich goals. Making movement an everyday habit. Commit to movement and do things you enjoy. Moving should be a pleasure and not a punishment. You may need to work a little on changing the narrative in your mind to one of pleasure rather than pain where movement is concerned. It is worth doing and will help you get the most out of the rest of life too.

Step #5 – Make choices that suit you

What do YOU like to do? When you say to yourself “I should” you know you are on the wrong path. Whatever movement you choose must make you feel excited. Do what feels right for you. Personally, I would not choose to run. I don't enjoy this activity and would have a hard time motivating myself to do it consistently, but I love walking in the bush. You may love to run more than anything but dislike swimming. We all have our own preferences. To enjoy moving more you have to enjoy the type of movement you choose.

Step #6 – Ask for help, don't be shy.

If you don't know how to make these steps fit with your lifestyle reach out and ask for help. You could consider asking a friend to keep you accountable and check that you have added at least one movement strategy into your day.

All the best with building a movement rich life.

ABOUT TANIA

Tania Huddart has been teaching Pilates for 28 years and training Pilates teachers for 21 years. She is passionate about helping people create healthy movement habits and focusses on how you can transfer what you learn with her in the Pilates studio into everyday life. Tania is also a myofascial release therapist and works from her home studio in Richmond.

Upcoming Activities at Age Concern

We have an interesting and full calendar at both our offices for the first half of 2023.



From our Nelson Office

Regular Events

- Every Tuesday: **SpinPoi**, a gentle movement class, from 1-2pm
- Every Wednesday, **Sing Yourself Well**, where the focus is on fun and wellbeing, 10am to 11.30am.
- Every Thursday, **Tea & Talk**, cuppa and a chat, 10am-11.30am
- Every Thursday, **Device Advice** for laptops, tablets and smartphones, 9.30am-11.30am. (See poster below)

Special Events

- Wednesday 10 May, **Be Inspired – Sail Around the World with Vicky and Tom**, 1-2pm
- Tuesdays 2 May to 20 June, **Living Well**, 10-11am
- Tuesday 11 July **Be Inspired- Older and Bolder**, 10-11.30am

If you would like any further information or would like to attend any of these sessions please contact Megan on 544 7624 ext 0 or 021623118 or nelson@ageconcernnt.org.nz

From our Richmond Office

Regular Events

- Every Tuesday: **Sing Yourself Well**, where the focus is on fun and wellbeing, 10am to 11.30am.
- Every Wednesday, **Tea & Talk**, cuppa and a chat, 10am-11.30am
- Every Thursday, **SpinPoi**, a gentle movement class, from 1-2pm

Special Events

- Tuesdays, 2 May to 6 June, **Play Reading Group**, 1-2.30pm, enrolments essential
- Monday 29 May, **Be Inspired – Sail Around the World with Vicky and Tom**, 1-2pm

If you would like any further information or would like to attend any of these sessions, please contact Marnie on 544 7624 ext5 or email ageconnect@ageconcernnt.org.nz



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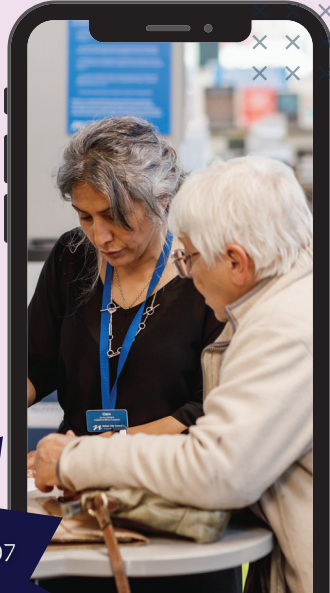
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Device Advice

Have a tech question? Need help with your phone, tablet, or laptop? Get one-on-one help from a librarian.

Thursdays, 9.30-11.30am
Age Concern Office, 18 Bridge Street

Drop-ins welcome or secure a time by contacting (03) 539 5507



We are really excited to be teaming up with the Nelson Library to offer 'Device Advice', a free service being run at our Nelson office, where seniors can get 1:1 help with their smartphone, tablet or laptop from a knowledgeable librarian. Device Advice runs weekly on a Thursday between 9.30am and 11.30am. Drop-ins are welcome, or you can book a slot by phoning (03) 539 5507.

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Cooking Classes



Our cooking classes target those with limited cooking skills or learning how to cook for one. Each class is 2 hours long and involves a savoury and sweet dish which is then eaten at the end of the course.

Each class runs one morning a week from 10.30am to 12.30pm for 6 weeks. Classes are run out of Food Factory, 11 Findlay Place, Stoke. Koha of \$3 per session.

We have a range of dates coming up so inquire now to book your spot.



AGE CONCERN NELSON TASMAN

Registrations Essential. Phone Miriam on 5447624, Ext 6 or email support@ageconcern.org.nz

30-DAY GRATITUDE CHALLENGE

- Make a list of things you take for granted.
- Make a list of people that help with your work or life.
- Write down the things that you own that money can't buy.
- Think of something you learned that turns out to be extremely helpful.
- Reflect on a life-changing conversation.
- Name someone who has changed your life and write down the reason.
- Think of a difficult time and how you faced the challenge.
- Write a thank-you letter to the people that are your strongest support.
- Describe a meaningful gift you've received.
- Play the song that cheers you up or empowers you.
- Write down 3 of your recent achievements.
- Find the spot that brings you calmness.
- Describe the best part of your work.
- Tell a friend or family how much you appreciate them.
- Write an appreciation letter to your past self.
- Thank someone for their service.

Full 30-day list on
Ourmindfullife.com

Being Grateful

Did you know that practising gratitude can actually rewire our brains to focus on good things, and in turn increase our life satisfaction? As human beings we are predisposed to see and focus on what goes wrong in our lives, to see danger, so we can protect ourselves. This is called 'negative bias' and it is how we have survived. However, this can mean we feel stressed and unhappy even though there are a lot of positive things in our lives. Practising gratitude is a powerful tool you can use to transform your thoughts and feelings. It won't necessarily change your situation, but it can change how you view it. Gratitude is not about avoiding negative experiences but about training your brain to appreciate the positive experiences when they happen and taking time to focus on them.

Scientists have discovered a range of benefits which practising gratitude can bring. These include:

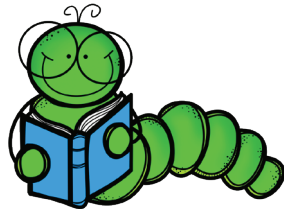
- Improved mental health – practising gratitude floods the brain with positive chemicals and sparks brain activity critical for sleep, mood regulation and metabolism.
- Improved physical health – such as strengthening the immune system, lowering blood pressure, and reducing symptoms of illness. It can also shift the heart rhythm and increase the coherence of body function, so you feel calmer.
- Increased resilience - helps you bounce back from stressful events
- Increase social connection – feelings of gratitude for others can help you feel a greater connection and feel more satisfied with friends and family. Gratitude builds compassion and empathy, the more thanks we feel the more likely we are to act pro-socially towards others.

“Gratitude is the single most important ingredient to living a successful and fulfilled life.”

-Jack Canfield

Book Review with Susan Arrowsmith, our AVS and Carer Relief Coordinator

Hunting and Gathering
by Anna Gavalda



Talented artist Camille is a young woman who is doing her best to be invisible. She barely eats, works a night shift as a cleaner, and lives in a tiny attic room. Downstairs, in the beautiful but faded Paris apartment, lives Philibert Marquet de La Durbelliere, an eccentric aristocrat who is debilitated by his stammer and his shyness. He earns a meagre living selling postcards outside the museum and has an unlikely flatmate in Franck, a young and talented chef. Franck is exhausted, foul-mouthed, and made bitter by the guilt he feels about his beloved grandmother Paulette, who is desperately unhappy in the care home she has recently moved to.

The novel is about the four of them, all misfits who have been damaged and knocked around by life, and about the friendship they form. The author is a good observer of people, their humanity and imperfections and, as I learned the backgrounds of the characters, I came to like them all. The story is full of feeling, wit and humour, and also gives a good sense of Paris and the French way of life. If you want a good read that is guaranteed to make you feel good, I fully recommend this one.



Susan Arrowsmith



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Upcoming Driving Workshops

Staying Safe Driving Course

Are you an older driver who would like to brush up on your road knowledge or do you know someone who does? Upcoming dates and locations for Staying Safe Driving are:

- Tuesday 18 April Tapawera Rugby Club Rooms, Tapawera from 9.30am-12 noon. Followed by CarFit at 1-4pm.
- Thursday 11 May, Nelson Cancer Society Office, 102 Hardy Street, Nelson from 10am-12.30pm
- Thursday 22 June 10am-12.30pm, Nelson Hinemoa Croquet Club, Nelson (corner of Haven & Halifax street)

AA Carfit:

CarFit is an educational program that offers

older adults the opportunity to check how well their personal vehicles 'fit' them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community. Courses are coming up on:

- Tuesday 18 April Tapawera Rugby Club Rooms, Tapawera from 1pm-4pm noon. Preceded by Staying Safe Driving Course.
- Friday 26 May, Elma Turner Library Carpark Nelson, from 10am-2pm
NB: Bookings are essential.

Life Without a Car

Learn what's next when you are unable to drive. Not driving doesn't mean limiting our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence and freedom. Life Without a Car information session includes:

- Highlights a range of possibilities to remain mobile
- offers alternative ways of getting about in the community
- suggests many options to keep involved and enjoying activities
- gives valuable insights into adapting our lifestyle
- encourages living positively and staying connected

Our next course is coming up on

- Thursday 13 April, at The Wood Retirement Village, Activities Room, 156 Milton Street, Nelson from 1.30pm-3pm.
- Thursday 29th June 10am-11.30am @ Waimea Plains Retirement Village Clubhouse.

If you would like to attend any of these workshops, please register by contacting Jackie on (03) 5447624 ext 4 or emailing community@ageconcernnt.org.nz

Be Inspired: Older and Bolder

“Life is what you make it, has been, always will be” – Eleanor Roosevelt

Age Concern Nelson Tasman is incredibly excited and honoured to be bringing Dr Angela Robertson to Nelson for a series of speaking engagements.

Dr Angela Robertson is an author, inspirational speaker, and facilitator with more than 40 years’ experience in adult and community development. She inspires and supports individuals of all ages to maximise their potential to enhance the quality of their lives, work, and relationships. In her work with individuals, groups, and communities she encourages people to broaden their perspective on ageing, continually expand their horizons, take advantage of the opportunities around them, and channel their energy into activities that matter.

She will be giving two public talks which are sponsored by Age Concern. In the first Dr Angela Robertson will share inspirational stories of several men and women living in NZ, from all walks of life, aged between 55 and 102, who mindful of their past experience, channel their energy into activities that matter. They step up to life’s challenges, continually expand their horizons, set new goals, and fulfil long nurtured ambitions. These stories form the basis of a series of books, which can be purchased at the event. This talk will be held on 11 July in the Age Concern Nelson Office at 18 Bridge Street at 10am. To register please phone Megan on 5447624 ext 0

The second inspiring talk is a large-scale community event and focuses on Reframing Retirement. The retirement phase of your life can be the most creative, productive, and fulfilling part of your life depending on your mindset. In this presentation you will:

Be Inspired: Older & Bolder



About

Dr Angela Robertson is an inspirational speaker, author, and facilitator. She inspires and supports individuals of all ages to maximise their potential to enhance the quality of their lives, work, and relationships.



Date	Topic	Venue	Time
11 July	Older and Bolder - Dr Angela Robertson will share inspirational stories of several men and women living in NZ, from all walks of life, aged between 55 and 102, who mindful of their past experience, channel their	Nelson Office, 18 Bridge Street, Nelson	10am
12 July	Reframing Retirement - Regardless of your age and stage, retirement can be one of the most exciting and rewarding stages of your life! Come along and find out how you can take control of your destiny, expand your	Nelson Suburbs Football clubrooms, 142 Saxton Road, Stoke	10.30am to 12 noon



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- Develop a perspective on retirement in the 21st century.
- Discuss the 6 phases of retirement.
- Discover ways of finding meaning and purpose.
- Reflect on work and identity.
- Discuss ways of building and developing relationships in the community.

Regardless of your age and stage, retirement can be one of the most exciting and rewarding stages of your life. Come along and find out how you can take control of your destiny, expand your horizons, and create your future. Life is a continuous adventure, and regardless of life’s challenges, it’s over to us to seize the opportunities that are available to us and make the most of it. This talk is being held on 12 July at the Suburb Football Clubrooms, 142 Saxton Road, Stoke from 10.30am to 12 noon. For more information or to register please contact Marnie on 5447624 ext 5.

Epilepsy and Older Adults

Nelson Tasman now has an Epilepsy Educator, Teresa Kidd-Foley. This educator role has been reintroduced after a break of some years to provide support, information, education and training around epilepsy.

Did you know that people over 65 years actually have the highest incidence of seizures/epilepsy of any age, accounting for almost a quarter of cases of new onset epilepsy in New Zealand? Approximately one-third of seizures in older adults will have no known causes. However, where a cause is identified, some common conditions associated with epilepsy and seizures in the later years include stroke, acquired brain injury (ABI), tumours and degenerative conditions. In older people, seizure activity and any associated behavioural changes can be subtle. It is important that aged care workers and carers know what to look for, can recognise the signs of seizure activity and can document it. Due to the lack of awareness and knowledge around epilepsy and older adults the role of the Epilepsy Educator is very important.

Teresa's role is adaptable to requirements of the individual. For some people they may want her to help them increase their knowledge about epilepsy with access to resources and one to one training for individuals with epilepsy, loved ones or carers. This can be around improving seizure control, understanding medications, planning



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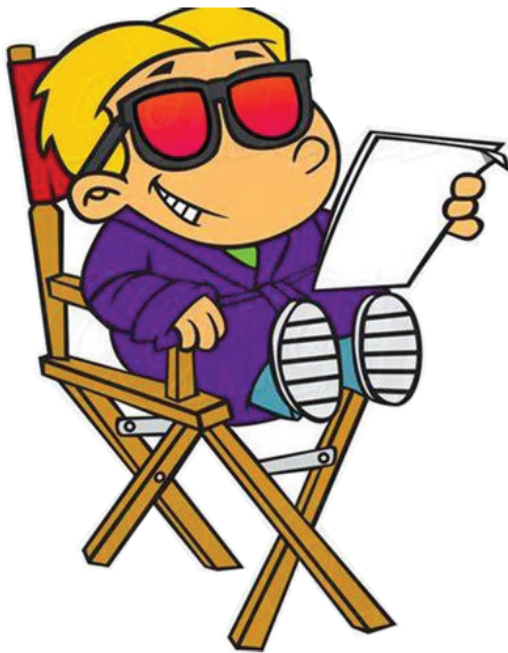
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what occurs when a seizure occurs (seizure management plan) and first aid for seizures. Some people may just want to have a chat over coffee for support. If required, Teresa can also support people by being an advocate at appointments with medical professionals. She can also provide education in schools, workplaces and aged care settings.

If you would like to get in touch with Teresa, you can contact her on nelson.marlborough@epilepsy.org.nz 0800374537 /0220667121



Play Reading Group Starting

If the thought of learning lines and walking across a stage puts you off theatre, why not consider joining a play reading group? Well now you can because Age Concern Nelson Tasman is hosting a six-week play reading group which is being facilitated by Bruce Weston.

With 60 years theatre involvement in acting and directing and running a small theatre company, Bruce Weston would love to share with interested folk great theatre scripts and what they are saying. Small group readings of great scripts is an enjoyable activity requiring no special skills, just a love of words. No theatre experience is required!

The Group will run on a Tuesday, from 2 May to 6 June from 1pm-2.30pm at the Richmond Office. If this sounds like you please contact Marnie at Age Concern to register on 03 544 7624 Ext 5. There is a limit of 10 people.

Get in touch with any questions or ideas you would like to discuss with me.

Rachel Boyack

MP for Nelson

nelson@parliament.govt.nz

03 539 0480

 /RachelBoyackNelson



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Authorised by Rachel Boyack MP, Parliament Buildings, Wellington



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Ralph Kingston

Ralph Kingston was born in the shadow of World War I and came of age as a young man during World War II. These conflicts and their impact very much shaped the first half of his life.

Ralph was born in 1926 in England and was an only child, with both his parents experiencing ill-health due to the hardships they faced during World War I. Ralph's father was a British soldier then POW in Germany from 1916 to 1918. He endured harsh conditions in the camp and many people died. When he was captured, he weighed 69.5kg and by the time of his release, had dropped to 34.8kg. The prisoners were fed the leftovers of a very watered-down stew which was bulked up with wood shavings. This caused duodenal ulcers and Ralph's father had to be careful with his diet for the rest of his life.

From a young age Ralph had an intense interest in the world around him, other countries, and geography. This was ignited at the age of five when his father – who worked for the Admiralty – gave him a stamp album, which he filled with stamps from all over the world.

Ralph was at secondary school, aged 13, when World War II broke out. He enjoyed PE and geography, with his teacher sparking an interest in world trade and economics and ultimately travel. Ralph was a good runner, having developed his craft whilst running away from bullies. He ultimately won several age group district titles from 1937-1939. At the start of the war the PE teacher had successive classes digging the playing field to grow crops of potatoes and other vegetables,



and to construct a large greenhouse for less hardy growing crops.

When he was 14 Ralph started attending Wimbledon Technical School. There was a teacher shortage with many having been called up for the war effort, so his form master was a retired lecturer, Doc Ray, who was 72 years of age. Ralph speaks very high of Doc Ray who 'encouraged us with his reasoned explanations and examples' making education a joyful experience.

Later that year, Ralph and his mother relocated to Bath, to be with his father who was working there, and transferred to Bath Technical School. Both technical schools had their main metal and woodworking workshops converted to manufacturing guns, ammunitions and aircraft parts for the armed services which meant Ralph had to travel all over town to classes, so he purchased a sturdy bike to get around on.

Ralph's first experience of an air raid happened while he and another student were walking home across town from College. He recalls that when the siren went off they couldn't find a suitable place to shelter so they were hurrying back to College when out of the low cloud cover a German Dornier twin engine

bomber appeared and immediately dropped seven bombs. Being close to the railway lines, they dived into the gutter hoping it would provide them some protection from the blast and expected a spray of shrapnel. However, instead of a loud explosion they heard seven thuds as the bombs failed to explode. When the bomb squad investigated, they found a note saying: 'Well done Britain. Hope you win the war. I've fixed the detonators. Good luck. From your friend in Czechoslovakia.'

Bath received a heavy night of bombing during 1942. Ralph was an air raid messenger so after reporting to the Air Raid HQ, he was dispatched to the Northern Suburb Centre. Ralph made his way through the badly damaged city with widespread chaos, smoldering fires, broken buildings and roads strewn with glass. He was pedaling through a square thick with broken glass so was in a low gear leaning forward over the handlebars. Looking down he saw a police helmet with

a detached head still in it. Looking away in horror he then saw the rest of the body lying on the kerb. This experience had a big impact on the 16-year-old Ralph and he vowed to do his utmost to help win the war.

In June of 1942, Ralph finished Technical College and, after a cycling holiday, he successfully applied for Engineering Survey Assistant with the Air Ministry. He did a lot of work on surveying airstrips with a view to extending them. He continued this work until May 1943 when he left to study at Kingston Technical College for his matriculation, having the goal of becoming an architect. Ralph spent the year studying and on Saturdays would travel into London with his father. While his father worked Ralph would explore London's museums, free activities and often attended Sadler's Wells Theatre which had opera and ballet performances. Despite this being a critical time in the war and parts of London devastated, people pressed on as normal –

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‘the spirit of Londoners’, according to Ralph.

That year he also completed his preliminary air crew qualifications and wore his metal badge with pride, which signalled he was a qualified future air crew member and volunteer waiting to be formally called to the Royal Air Force (RAF). However, it was decided no further RAF reserves were needed, and in September he received a call-up saying he was to join the Warwickshire Regiment of the British Army.

Ralph arrived at the Warwickshire Regiment Training Barracks in 1944 and spent six weeks receiving basic training. The majority of cadets were then posted to other military units and joined the Western Front in France. A minority, including Ralph, were posted to an advanced training unit near Derby, where they underwent an intensive 6-month course through the 1944-45 winter. Ralph became an expert marksman and volunteered to join the parachute regiment. On completion of this course, with the war in Europe having ended, he was sent to the Middle East as part of the second battalion (Scottish) parachute regiment.

Ralph’s regiment ended up in Gaza, where their role was to quell any disturbance between the Palestinians of Arab and Jewish descent as tensions were starting to rise. They did a lot of drills during this time while waiting for orders. Ralph describes this as so boring, ‘even for chess players’. During this time Ralph was able to do a lot of travelling into ancient religious locations, including a visit to Bethlehem on Christmas Eve and the Biblical areas of Palestine including Galilee, Jordan, Jerusalem and Hebron.

During the first part of 1946 he was recruited as an assistant to a Major who was responsible for the regiment’s military intelligence in Palestine. Ralph was given a key to a locked hut which held all the intelligence files outlining the volatile situation. When Ralph was not occupied with his usual duties,

he familiarised himself with these files which highlighted the growing Jewish-Arab unrest.

During that year a tragedy occurred in Ralph’s parachute company. While he was attending a four-week course at Hafia University, the unit was in Tel Aviv and 9 were killed whilst guarding their HQ. After he returned to Gaza, he had to figure out what had happened to his colleagues as he wasn’t told directly. He describes this as a ‘very lonely time’ and to this day does not know who survived and who was killed.

Before returning to the UK in 1947, Ralph was involved in working on a massive project providing the first mapping of northern Persia (now Iran), to provide a new water supply for the capital city, Tehran.

In 1950 Ralph, along with his wife and young daughter, moved to New Zealand to work for the Department of Lands & Survey in Wellington and many new chapters of his life began.

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Tea & Talk

Locations

All sessions run from 10am-11.30am

Age Concern Hall
62 Oxford Street, Richmond
Every Wednesday

Age Concern Nelson
18 Bridge Street, Nelson
Every Thursday

Victory Community Centre
1 Totara Street, Nelson
Every Monday

Elma Turner Library
Currently at 18 Bridge Street, Nelson
Every Friday

Gateway Housing Trust
24a Tudor Street, Motueka
Every Wednesday

Anglican Parish Hall
42 Commercial Street, Takaka
Second & Fourth Wednesday of the month

Tapawera Memorial Hall
Main Road Tapawera
Last Tuesday of every month

Old School Café, Pakawau
Collingwood Puponga Main Road
Third Friday of every month

For more information please contact
Age Concern on (03)5447624 or
ageconnect@ageconcernnt.org.nz



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Tea & Talk Pakawau Launched

Age Concern Nelson Tasman, in conjunction with Rural Women, has launched a new Tea & Talk in Pakawau, Golden Bay. The first session was held last December and was an amazing success. Marnie, our AgeConnect Coordinator, said: 'We were overjoyed with the response and nearly forty people turned up!'. Tea & Talk was held in the Old School Cafe, Pakawau which was a perfect venue. There was lots of talking and laughter as people connected and enjoyed each other's company as well as the fine food and beverages on offer.

Tea & Talk, Pakawau will continue once a month with the upcoming dates being 21 April and 19 May in the Old School Cafe from 10am to 11.30am. Thanks very much to Rural Women who will host these sessions.

Living Well Review

BY ARNOLD CLARK

Age Concern Nelson Tasman consists of a fantastic group of people who are always looking for new ways to involve those in the older age group. As its name implies it is an organization dedicated to the care, support and wellbeing of the older members of the community.

During September and October, 2022, Age Concern Nelson Tasman ran a set of seminars on the different components that support a person to live well. I took part in this programme of eight one hour sessions held on a Thursday afternoon in the Age Concern Hall, Oxford Street. The topics chosen and the presentations were excellent and reflected that a great deal of thought had gone into this exercise. At the end of the course it is hoped that the people taking part can create their own personal Living Well plan.

The first seminar was **Connections**. This was where the group came together to introduce themselves and to get to know one another. The importance of social connections was emphasised. Consistent social connection can help keep older adults physically, emotionally and mentally fit. This could be achieved by joining groups and taking up hobbies and by listening and talking to others.

The next two seminars were practical Living Well activities - **Eat Well and Move Well**. The importance of food for good health was explained and tips were given on how to eat well when the urge to cook is missing. This was explained in very simple terms so it was easy to understand what we need to be eating in order to get our daily nutritional needs. The session on

Living Well

What are the different components that supports a person to live well? Come along to our new course and find out!



We have developed a holistic course which runs over eight consecutive Tuesdays starting on 2 May . Each class runs on a Tuesday from 10am to 11am and is at the Age Concern Office, 18 Bridge Street, Nelson. Koha of \$3 per session.

See below for dates and topics:

- Tuesday 2 May, Connections
- Tuesday 9 May, Eat Well
- Tuesday 16 May, Move Well
- Tuesday 23 May, Financially Well
- Tuesday 30 May, Sleep Well
- Tuesday 6 June, Dealing with Loss
- Tuesday 13 June, Think Well
- Tuesday 20 June, Bringing it Together

Registrations Essential. Phone Miriam on 5447624, Ext 6 or email support@ageconcernmt.org.nz



Move Well was especially helpful as it gave so much information about simple ways to move and exercise. Movement is vital for our body's health. Move it or lose it is very real and this session gave lots of suggestions and practical advice on how to start moving again from structured classes to little snippets of movement during the day.

The fourth meeting was about being **Financially Well**. Much of this session was devoted to how to avoid the financial scams that are very prevalent in today's banking world. Two representatives from the Nelson Building Society led the meeting.

Sleep Well Sleep is important to us all and this session gave some tips on how to go to sleep and stay asleep. Like a lot of people my age, I am not always a great sleeper so I found the practical tips in this session for managing not

sleeping quite helpful. An interesting observation made was that because of the Covid epidemic and lockdowns impacting on all our lives many people are frustrated, angry and stressed. These emotions can cause us to have on-going poor sleep patterns. Things are not helped when some media continue to push negativity in their main news items. This is something I am now quite aware of, so I try to limit the amount of negative news I view in the hours before bedtime.

The session on **Dealing With Loss** explored loss and grief which is part of life and is especially difficult as we get older. All change involves loss and grief can be our response. Grief is just not sadness. It is a whole range of feelings and experiences – numbness, sadness, anger, loneliness, guilt and regret, fear and panic, depression and sometimes relief and peacefulness that a loved one's suffering is over. **I have found comfort in the fact that grief is the price of love and I cherish my many memories.**

Think Well was the seventh and last session before the final summary discussion. This session highlighted the importance to have positive thinking and to keep our brains active. When we think about negative things we often experience unhelpful emotions which is not good for our well-being. The session explored how we can catch negative thoughts and think more positively.

Bringing it Together

In the final session we revisited each aspect of Living Well we had studied and discussed what we thought we had learned from them and had they changed how we live in any way? Overall, I highly recommend this course. It was interesting and informative and there were lots of little things to take away to try and 'live well' and maximise our quality and enjoyment of life.

The next Living Well course starts on 2 May and runs every Tuesday morning until 20 June from 10-11am at our Nelson Office, 18 Bridge Street, Nelson. To register please contact Miriam on 5447624 ext 6 or support@ageconcernnt.org.nz



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Beyond the Face Roundup

Our Beyond the Face Exhibition, which ran from December 2022 to January 2023, was a great success. Don't worry if you missed it because the Exhibition posters are now on display in the window of the Nelson office, and they look fantastic! We featured six of our members and captured some of their previous experiences and achievements, things you would not know by looking at them now. These are such interesting and important stories as the world has changed so much in the last 50 years so many of the things our older generation experienced will not be repeated.

Age Concern Nelson Tasman is looking for six more people to write about and we would love to hear from YOU! Everybody has a fascinating and interesting story to tell so don't be shy. If you would like to participate, please contact Miriam on 03 544 7624 ext 6 or email support@ageconcernnt.org.nz



Savoury Muffin Quiches

Makes 8

Ingredients

Filling:

2 Eggs

½ cup Creamed corn (can)

½ Capsicum (finely diced)

½ cup Edam cheese (Grated)

2 T Parsley, chives or spring onions (chopped)

Salt and pepper to taste

Base:

8 Slices wholemeal bread (crust removed)

Marmite or vegemite (to spread)

Method

1. Preheat oven at 190°C.
2. Mix all the filling ingredients together in a bowl and set aside.
3. Flatten the bread using a rolling pin.
4. Spread Marmite or Vegemite on one side of the bread.
5. Lightly grease muffin tins with a pastry brush and oil or spray.
6. Place the bread into the oiled muffin pan with the spread side facing up.
7. Spoon the filling into the base. Bake in oven for 15 - 25 minutes.

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Stay Connected

Marnie, our Social Connection and Projects Coordinator, has a great selection of activities for you to enjoy in the coming months. Marnie has had a really varied summer for from outdoor activities, catching up with friends and family as well as some glam events. These are reflected in her choices.

Virtual Heritage Tour

As part of the heritage festival the Elma Turner Library is hosting virtual tours where you can visit galleries and heritage sites from around the world using Virtual Reality headsets. I think that sounds truly amazing and for those of us who haven't been to these places it is an opportunity to experience some of the beauty and wonderful of international heritage sites. The event runs on 21 April from 10am to 4pm and you need to book a time with the Library. Give them a call on 5468100 or email library@ncc.govt.nz

Dress Up Box

If you are looking for a costume for an event, or themed afternoon or night out, the Dress-up box has an outstanding selection. It is a great location to browse through different costumes to inspire you. They also have The Dress Up Box café which is quite unique with a large selection of cabinet food. Great for morning tea and lunch. Did you know they do High Teas with gorgeous teacups and delicious food for anyone wanting to celebrate a special event? Booking are essential for groups.

There is easy parking, and it is an excellent stop if you are out riding on part of the great taste trail. They are located at 149 Main Road



Hope. Open Monday 8am – 2pm and Tuesday Friday 8am – 3pm. Live Music - Bossa Via

Free Music Performances

The Nelson Library is continuing its free live music performances. In April Bossa Via will be performing who do classic and acoustic bossa nova vibes. This performance is on 30 April from 2-2.30pm at the Elma Turner Library, 27 Halifax Street, Nelson

Introduction to Ancestry Workshop

This introductory course will include search tips for using Ancestry.com, looking at various record collections for New Zealand and the UK, viewing public member trees and sending records home from the library. Basic computer skills are essential. Thursday 27 April 10am - 12pm MOTUEKA LIBRARY, COMMUNITY MEETING ROOM Free. Bookings required. Spaces are limited. Contact Motueka Library to book 03 5281047

Brook Sanctuary

The Brook Sanctuary has just opened its new and improved Visitor Centre so it is well worth a visit or revisit. You can just browse in the Visitors Centre or go for a walk through the Sanctuary. There are a range of walk options available to suit a variety of fitness levels. The Sanctuary is open Tuesday to Sunday from 9am to 5pm.

Your Library

In recent years libraries have transformed themselves into being dynamic community resources which offer a range of services and regular events. There are seven libraries across the Nelson Tasman region which are operated by the Nelson City Council and the Tasman District Council. If you are reading this, then I'm sure you already know where your local library is, but are you aware of the range of services and events they offer?

Nelson City has three libraries and they regular hold activities that are suitable and useful for older adults, such as knitting groups, help with digital technology, book groups and chats. They do home deliveries and the Elma Turner Library has sewing machines available. There is also a regular live music series. The Tasman District Libraries has a great calendar of events across its four libraries including book chats, board games, writing groups, poetry circles, digital help and writing groups.

For more information about your library and what it has to offer, have a look on their respective websites or call in and talk to a friendly librarian.



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the year, Thanks for being a volunteer.

Bevan Grant (Chairperson)