

ISSUE 04, 2023

[www.ageconcernnt.org.nz](http://www.ageconcernnt.org.nz)

# Age Concern Nelson Tasman



**AGE  
CONCERN  
NELSON  
TASMAN**

He Manaakitanga  
Kaumātua Aotearoa



Read about our *Beyond the Face Exhibition and Calendars* on page 7

## Contact Information

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**Email:** [manager@ageconcernnt.org.nz](mailto:manager@ageconcernnt.org.nz)

**Postal Address:**

PO Box 3381, Richmond, Nelson 7050.

**Richmond Office**

62 Oxford Street, Richmond, Nelson 7020  
OFFICE HOURS: 8.30am - 4.30pm Mon-Fri

**Nelson Office**

18 Bridge Street, Nelson 7010

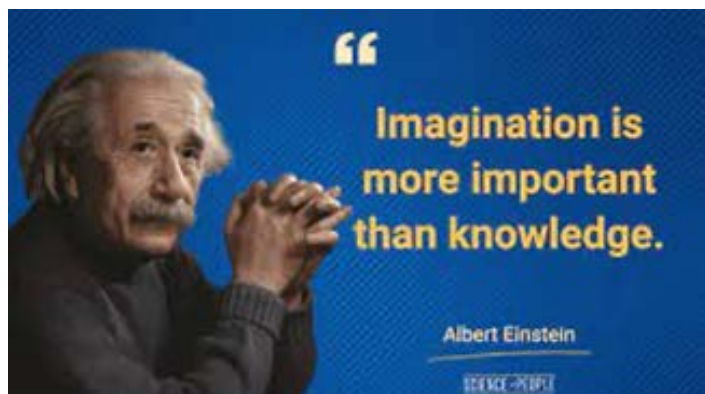
**OFFICE HOURS:** 9am - 2pm Tues-Thurs

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## A note from the Chair.

Engaging in creative activities is a purposeful way to enhance your health and well-being. The evidence suggests that flexing our 'creative' muscles can thwart the advancement of a few ailments commonly associated with later life. This includes slowing the decline in cognitive functioning, reducing social isolation, help to maintain co-ordination, and boost self-esteem. While this may be no surprise, it's reassuring to have verification of the positive health-related benefits associated with engaging in creative activities.

When looking inside your community, it's evident there are many people and organisations who engage in and/or offer a vast array of creative activities. Although not an exclusive list, this includes various forms of painting, pottery, dance, music, quilting, photography, wood-working, knitting,



drawing, singing, flower arranging, carving, writing, acting, ethic/cultural based activities, weaving, crafts, film-making, landscaping. Given the chance and not already involved, would you willingly take up a creative activity or think: I'm too old for that or I couldn't do that. Don't let your age become an impediment to taking on new ventures.

Are you aware that Age Concern Nelson Tasman offers a few activities that 'fire up' the creative muscles? These include Spin Poi, Sing Yourself Well and Crafty Cuppa. If you have thoughts about other creative activities that ACNT could offer then share these with our staff. After all, there's no healthier 'drug' than engaging in a creative activity. I dare you to take the 'plunge', dwell in some well-earned self-gratification and allow your creative side to set you free.

*Bevan C Grant*

*Chairperson, Age Concern Nelson Tasman*

# Motueka Office is Open!

*We had a lovely blessing of our new Motueka office in October, led by our Kaumatua Harvey Ruru. We're really excited at having a physical hub in the town, and our newest team member Tanya Charles based there. She's an Elder Abuse Response Advisor, working alongside Mal Drummond and Kate Miller.*

Tanya comes to us with a wealth of experience as a police officer in south-west England, and more recently as a nurse, having done her training when she moved to New Zealand four years ago. She has been working most recently at Alexandra Hospital



Tanya Charles, Mal Drummond and Kaumatua Harvey Ruru

as a nurse supporting older adults with mental health issues.

Our Motueka office is sited in the I-site building at 20 Wallace Street, immediately next door to the wonderful new library. It will be open on Tuesday, Wednesday and Thursdays, between 9am and 12pm. To contact Tanya please either call 021 232 6201 or email: [motueka@ageconcernnt.org.nz](mailto:motueka@ageconcernnt.org.nz).



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**Waimea Richmond**  
FUNERAL SERVICES

## Closing & Opening Dates for Age Concern Offices



Our Age Concern Offices are closing briefly over Christmas and will all reopen on 3 January 2024. Please see below for specific dates and times.

Office	Closing 2023	Opening 2024
Nelson	Thursday 21 December at 2pm	Wednesday 3 January 2024 at 9am
Richmond	Friday 22 December at 12.30pm	Wednesday 3 January at 8.30am
Motueka	Thursday 21 December at 12pm	Wednesday 3 January at 9am



62 Oxford Street, Richmond  
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20 Wallace Street, Motueka  
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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.



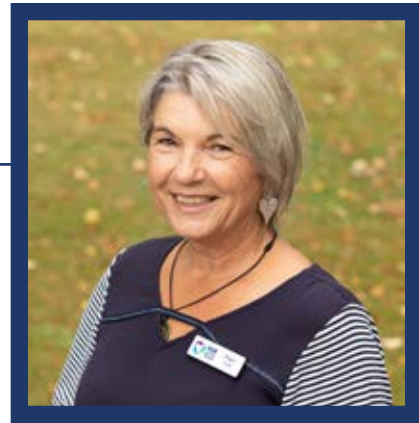
**Office Manager,  
Liz Gillespie**

Liz provides a welcoming face to our Richmond Office as well as overseeing the agencies finances.



### **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 Communications Officer, Miriam Clark**

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



### **Motueka Elder Abuse Response Advisor, Tanya Charles**

Tanya delivers our Elder Abuse Response Service to the Motueka and Golden Bay areas.



### **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.



# Activities from our offices

## Activities from our Nelson Office Regular Events

- **SpinPoi**, Every Tuesday, a gentle movement class, from 1-2pm.
- **Ukelele and Singing**, fun singing with ukulele, first and third Wednesday of the month 10am-11.30am.
- **Tea & Talk**, Every Thursday, cuppa and a chat, 10am-11.30am.
- **Device Advice**, drop-in service for help with laptops, tablets and smartphones, every Thursday 9.30am-11.30am

## Special Events

- **Be Inspired Cawthron Institute**, Wednesday 21 February, 1-2pm.
- **More Able More Stable**, Tuesday 19 March, 1-3.15pm, To register phone Angela Baker on 021790415.

*If you want to attend any of these events, or need more information, please contact Megan on 544 7624 ext 0 or 021623118 or [nelson@ageconcernnt.org.nz](mailto:nelson@ageconcernnt.org.nz)*

## Activities from our Richmond Office Regular Events

- **Sing Yourself Well**, where the focus is on fun and wellbeing, First and third Tuesday of the month: 10am to 11.30am.
- **Crafty Cuppa**, a welcoming space to create your own crafty project, Second and fourth Tuesday of the month 10am to 11.30am.
- **Tea & Talk**, cuppa and a chat, Every Wednesday, 10am-11.30am.
- **SpinPoi**, a gentle movement class, Every Thursday, from 1-2pm.

## Special Events

- **More Stable More Able**, Tuesday 23 January, 1pm – 3.15pm. To register phone Ange Baker on 021 790 415
- **Laughing Yoga**, Thursday 25 January and 22 February, 10am-11am.

*If you want to attend any of these events, or need more information, please contact Marnie on 544 7624 ext 5 or email [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)*

## Finish and Start Dates for Age Concern Activities

Our Age Concern Activities will have a brief break over the Christmas period and then resume in January. Thanks so much to everyone who has attended these over the course of the year.

See below for full details.

Activity	Finish 2023	Start 2024
Sing Yourself Well, Richmond	19 December	16 January
Ukelele and singing, Nelson	13 December	17 January
SpinPoi, Richmond	14 December	25 January
SpinPoi, Nelson	19 December	16 January
Tea & Talk, Richmond	20 December	17 January
Tea & Talk, Nelson Age Concern	21 December	18 January
Tea & Talk, Nelson Library	15 December	19 January
Tea & Talk, Victory	18 December	15 January
Tea & Talk, Motueka	20 December	10 January
Tea & Talk, Takaka	14 December	10 January
Tea & Talk, Tapawera	28 November	30 January
Tea & Talk, Pakawau	15 December	19 January



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## Membership of Age Concern

*If you receive this magazine via the post, then chances are you are already a member of Age Concern Nelson Tasman. We thank you very much for your support. Your membership donation helps us continue to grow and deliver vital services to the region's older adults.*

If you are not currently a member and would like to become one, it's now even easier! Did you know you can now join Age Concern or renew your membership online via our website. Just go to [www.ageconcernnt.org.nz/membership](http://www.ageconcernnt.org.nz/membership) and click on the 'Become a Member' button. Current members receive a reminder from us when their membership is due.

*Thanks again for your support. It makes a huge difference to our agency.*

# Beyond the Face Exhibition and Calendars for Sale

*Our third Beyond the Face Exhibition has officially opened at Pūtangitangi Greenmeadows Centre.*

We have written some of the stories and experiences of seven of our members and had their photo professionally taken by photographer Tim Cuff. This exhibition challenges the viewers to see 'beyond the face' and view the participants as a whole person with fascinating lives, colourful experiences and wonderful achievements. We are constantly amazed by the lives, achievements and experiences of our members. It really is an honour and a privilege to acknowledge and celebrate some of this. We are very thankful to those who were prepared to put their story in print. It is a big thing to do so we recognise their courage and



willingness to do this. The Exhibition is hanging in the foyer at Pūtangitangi until 22 December 2023 so if you are passing please stop and read some of the amazing stories of our members.

We have also created a created a stunning calendar for 2024 using our Beyond the Face profiles. Calendars cost \$20 and are available from our Nelson, Richmond or Motueka Offices or we are happy to send them out at an additional postage cost. For more information, please contact Liz on 5447624 ext 9 or email [admin@ageconcernnt.org.nz](mailto:admin@ageconcernnt.org.nz)



**Alastair Heberd** Dip: FD, Dip: Emb  
**Managing Director**  
 P: 03 546 5700 / 027 546 5700  
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 A: 164 Tahunanui Drive, Nelson 7011



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## Special General Meeting

All Age Concern Nelson Tasman members are invited to a Special General Meeting to be held in December. This is to approve a new Trust Deed as part of the charity's move from an Incorporated Society to a Charitable Trust.

At our AGM in September, it was agreed that we make the transition to a Trust.

*The Special General Meeting will be held in our Richmond Hall at 2pm on Monday, December 11th. To register, please contact the Manager Caroline on 03 544 7624 extension 1, or email: [manager@ageconcernnt.org.nz](mailto:manager@ageconcernnt.org.nz). Copies of the proposed Trust Deed are available from any of our offices.*

# Riding on the bus with Bill

## by Jackie McIntyre

*Age Concern Nelson Tasman team member Jackie McIntyre wanted to find out more about how older adults were using the new e-buses, so joined Bill Cooper on a trip recently...*

Bill says he's somewhat over 21! Born and raised in Cambridge in the Waikato, he farmed for many years before moving to Nelson, raising his son, fruit picking and enjoying the sunny weather. After travelling around NZ for 20 odd years, he returned to Nelson to relax, and was fortunate to secure a spot in community housing in Stoke.

When Bill invited me to join him on a bus trip, it was hard to choose which route to go on, but we decided a round trip to the airport would be fun. Bill knows the ebus timetable very well as he uses buses almost daily, and when we meet at the newly designed and painted depot on Bridge Street, he obviously knows most of the drivers as well!

Bill is a wheelchair user and suffers from chronic fatigue and long Covid. He made the conscious decision not to drive, but use buses instead, and is a passionate advocate for the newly improved buses and routes. He explains the Bee card system and using his gold card. 'It saves you money for other things,' he says. Bill tells me it'll cost about \$4 for the trip to the airport – a bargain, let's go!

I observe how Bill gets onto the bus, using the extended ramp, and is able to scan his card and park his wheelchair in the space for it. With rails to hold onto inside, a large space to get on and off, and a kneeling mechanism to lower the bus when needed, the council has done their research.



As we travel over the hills, through Tahuna and to the airport, Bill talks about the routes he likes and how he uses them to get out and about and meet people. He loves a good yarn and says he's met lots of people using public transport, as well as attending Wellby Talking Cafes across the region. Some days he enjoys a pleasant drive out to the country, and on a wet day he might just stay on the bus, have a stop somewhere for some 'wheelacise', then get back on the bus – a great day out!

Wheelacise may be a term new to most. It is Bill's term for exercising and using his arms in his wheelchair. And it clearly works for him – he's already lost 10kg this last year and has a target of another 7kg before he can be considered for a hip operation. So, whether you call them bingo wings, sugargliders or bat wings, when you wheelacise for long enough they become strong and toned arms!



Bill doesn't just use the bus to get from A to B, but to explore areas he wouldn't get to otherwise and to enjoy the great scenery in the area and out to sea. He says he would 'go nuts' if he didn't get out and about, and they have become a bit of a lifeline for him. His experience is that buses are for all – travellers, workers, mums and kids, all ages, everyone has a favourite seat. In Bill's view the drivers are very pleasant, welcoming, friendly, helpful, and willing and experienced. Walkers are lifted on by the driver and set beside you, and there are racks for bags and racks on the front for bikes or e-bikes.

I'd say Bill is very used to getting to and from

places using the buses and with a wheelchair. Of course there's a bit of planning to be done before you embark on the buses – where do you want to go? How long it will take you, and do you need to change bus routes en route? How long will you be out, and what else you might do? Do you need to take additional items such as a warm top, a coat, umbrella, hat, suncream, water, food and medications and of course who will you tell where you are going? Bill says after a while it has become a habit and now it's second nature.

***The bus lifestyle is a good one – Bill has never looked back!***

## Richmond Community Christmas Dinner

The Church on the Hill is once again holding their community Christmas dinner which is open for everyone. They offer a special 2 course meal with pre-meal snacks and non-alcoholic drinks.

The Dinner is held on 25 December at 11.30am and tickets are available from Age Concern Nelson Tasman Richmond Office, the Richmond Mall and the Church Office. The Church on the Hill is located at 27 Dorset Street, Richmond. Parking is available but there is no public transport on Christmas Day. Entry is by koha.

For more information please phone the Church Office on 03 5448844 or email [karlin.vicki@gmail.com](mailto:karlin.vicki@gmail.com)



# Stay Connected with Marnie

*This edition, Marnie, our Social Connections and Projects coordinator, focuses on gardening. It can provide good physical activity, being outside in nature is good for your mental health and wellbeing and being part of a gardening group or club provides important social connection.*

The physical benefits of gardening include strength and balance which is an excellent way to increase your movement and confidence and help you keep living the life you want to live. Gardening has been proven to lower blood pressure, memory care, fine motor skills and helps improve your immune system. It encourages use of all your motor skills. Spending time in nature can act as a balm for our busy brains. It reduces stress and increases mental health. Interacting with nature, particularly with a purpose has a positive impact on physical and emotional health and gives us a boost of Vitamin D.



Joining a community gardening group is a great way to meet new people and have a shared interest.

Not all of us have land available for gardening or know how to take care of vegetable gardens and fruit trees but there are lots of options. If you have downsized and are living in a smaller property and have room for raised beds, planters or pots, this can be a wonderful way to enjoy plants, fresh produce, herbs and share small cuttings-like herbs or succulents with neighbours. Having these raised beds or planters can be easier to access without bending or kneeling. You might find that a courtyard or patio is all you need to feel connected to nature. With some clever planting, it can be a great way to transform an area to make it colourful and a pleasant space for relaxing. The idea of a vertical garden is a great option if you do not have much room and are good with tools. Vertical pots might mean you need to refine plant choices down to significant or favourite types of plants. There are also several community gardens in the area, and these are a great way to get involved and enjoy all the benefits of gardening.

If you prefer to visit gardens or walk around nature, check out our Summer Activities calendar (elsewhere in this edition) for a few guided walks or explore some of the places and activities listed below.

## **Garden Gurus – Motueka Library**

Do you love plants and gardening? Come along to the monthly gardening group at the Motueka Library. Meet other people who love gardening and share tips and tricks. Discover gardening resources and swap plants and clippings.

Monday 13th December, Monday 12th February 10.30 am – 12.00 pm

## Compost 101

Popular free 1-hour workshops to learn the basics of composting and ask troubleshooting questions. These workshops are held each month, located in-store at Tims Garden 26 Gloucester Street Nelson. For bookings phone 022 196 7109, [accounts@timsgarden.co.nz](mailto:accounts@timsgarden.co.nz)

## Broadgreen Rose Gardens

Surrounding Broadgreen Historic House is the Samuels Rose Garden. It was established in 1968 and contains 560 named varieties and over 300 plants. This is free to visit and open all year.

## Melrose Gardens

Built around the Historic Melrose House which features a very popular café. The garden features some specular trees and other plating from the original settlers. There is also a rose collection and a selection of natives.

## Community Gardens

- The Waimarama Community Gardens are public organic gardens in the Brook Valley, open year-round. Everyone is welcome to come and enjoy the gardens and learn more about organic horticulture and sustainable living through working bees, demonstrations, and workshops. Phone/txt: Sally on 548 8403 / 021 1709 443 Email: [waimaramacommunitygardens@gmail.com](mailto:waimaramacommunitygardens@gmail.com)
- Motueka Community Garden – They have a Facebook page or can be found at 33 Old Wharf Road or on 020 4091 2555
- Victory Community Garden – situated on the Victory Community Centre and school campus. Contact on 03 546 8389.
- Richmond Community Gardens – email them if you would like to know more [richmondcommunitygardens@gmail.com](mailto:richmondcommunitygardens@gmail.com)

# Tea & Talk

## LOCATIONS

All sessions run from | 10:00 - 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

27 Halifax 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) 544 7624 ext 5  
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## Care & Repair

### About

Our service provides someone to help with those simple jobs that are sometimes difficult to do as we get older.

Whether you need a handy person, gardener or help in the home there is a Care and Repair provider who has the skills to help.

All providers are screened and police checked by us.



To find out more please call Jackie on (03) 544 7624 ext 4 or 0211958108

## Be Inspired: Cawthron Institution

*Our Be Inspired series resumes in February 2024 with a talk about the Cawthron Institute, an amazing organisation which does an incredible amount of important and groundbreaking work.*

Nelson's Cawthron Institute has come a long way since businessman and philanthropist Thomas Cawthron left a bequest for its establishment more than 100 years ago. It is now New Zealand's largest independent science research organisations. One of Cawthron's longest serving staff members, Joy Oakly, will share some of its journey and provide a glimpse of the world-class science

it's now engaged in to support healthy ecosystems, thriving communities and a prosperous blue economy.

Please come along to this talk, learn more and be inspired! It is on Wednesday 21 February at our Nelson Office, 18 Bridge Street, from 1-2pm. To register please contact Marnie on 035447624 ext 5 or [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)



# What you didn't know about Age Concern Nelson Tasman's Care & Repair service!

By Jackie MacIntyre

***"I found it very good, easy to contact the people and prompt reply received. Work very well done, people very helpful and professional" – client review***

The idea for Care & Repair became a reality about two years ago, following the Covid-19 pandemic and without funding, the service was launched. The aim is to support people to live in their homes, by finding trustworthy, reliable recommended providers who can do home and garden maintenance jobs. All the providers go through our vetting process, which includes an interview, police and reference checks, as well as ensuring they charge reasonable rates.

Sometimes jobs just get too difficult to do or become a safety issue such as getting up on a ladder, vacuuming, and you don't know who to call, or whether they will charge you a small fortune.

We are able to link you up with a range of people who can help with a wide variety of jobs around your home including: a gardener, a handy person, gutters cleaned, a water leak repaired, windows cleaned, a ramp to the back door, handrails installed around the house, a sticking door fixed, cupboards that won't open, some painting needed, a fence repaired, a path weeded, hedges cut, raise some flowerbed, roses pruned, house vacuumed, cleaning, a good tidy up, a bit of a dust, just come out of hospital and need short term assistance, beds made, washing sorted, toes nail trimmed, haircut, or assistance with form filling, advocacy or online technology help. And that is just to name a few!

Care & Repair makes a huge difference to those receiving it and enable them to stay in their homes for as long as they wish. Feedback from our members using this service show they received a professional and affordable service by someone they could trust. The providers also enjoy being part of Care & Repair and enjoy helping people and assisting those who cannot do the jobs themselves.

*"I enjoy making a difference by doing helpful things that the person can no longer do themselves" – Service Provider review*

***If you are interested in our Care & Repair Service, please contact Jackie on 5447624 ext. 4 or 021 1958108 or [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)***

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# Home Share for Her launches internet service



*There are many women in Nelson Tasman who are looking for a housing solution that matches their budgets but also helps them connect socially with other women.*

Home Share for Her is a non-profit trust that sprung from Community Action Nelson (CAN) and the Nelson Women's Centre following CAN's 'What is a home?' exhibition set up in 2022 to tackle our region's housing crisis. The service has transformed into an easy-to-use website – [homeshareforher.nz](http://homeshareforher.nz) - enabling women to connect with each other to solve their housing needs.

Home owners and home seekers register their profiles on the website, which provides useful resources documents like sharing agreements

and police checks.

Home owners can make a home-sharing offer –

either a dollar amount or required tasks like gardening in lieu of payment, while home seekers can register their housing needs, view home spaces available, and also connect with other home seekers directly to hunt for a home together.

Home Share for Her highly recommends being specific about your needs and meeting up in a public place, like a coffee shop, to get to know each other before deciding. Any enquiries can be directed to [hello@homeshareforher.nz](mailto:hello@homeshareforher.nz) or 022 438 9072.

## Tea & Talk Takaka

*The Tea & Talk group in Takaka have been busy making hats for the Mad Hatters Tea Party Celebration which will be held at the local rest home in Takaka.*



Our specialist care team are here to help guide you through the many steps and decisions you have to make when planning a funeral of a loved one.

We're part of your community



**Anna Loach**  
Manager and Funeral Director

Nelson - (03) 539 0066 | Richmond - (03) 929 5145

[nelson.simplicity.co.nz](http://nelson.simplicity.co.nz)



# International Day of the Older Person

*We had a wonderful celebratory afternoon tea on October 3 to mark International Day of the Older Person. It was full of fun, laughter and entertainment.*

It was lovely to have our Tea & Talk group from Tapawera attend, plus some local elders from the Bhutanese community. Entertainment was provided by the Bhutanese group, our very own ukelele and singing group, and the Sioux line dancing group. Thanks very much to all involved.

*Our photos capture some of the fun.*



# How movement benefits your emotional health

*Physical activity can help manage depression, but we don't know much about how or why it 'works'. We do know that a positive physical activity experience can make you feel good. When good about something we are more likely to take part in the activity again. A pleasurable experience builds intrinsic motivation. It helps to break down our barriers to being active. This can help with self-managing symptoms of low mood, anxiety, or depression.*

## Physical activity for anxiety and depression

Being active when you are feeling anxious or depressed may be the last thing you want to do. But once you get motivated, exercise can make a big difference. Research shows that one benefit of exercise is improved mood and reduced anxiety. Physical activity can help keep depression and anxiety away once you're feeling better.

Exercise helps prevent and improve many physical health problems, including

- high blood pressure
- diabetes
- arthritis.

## How does exercise help depression and anxiety?

Regular exercise helps you release feel-good endorphins. Endorphins are natural cannabis-like brain chemicals that give you a sense of well-being. Exercise can also help by taking your mind off your worries. You can get away from the cycle of negative thoughts that feed depression and anxiety.

Participating in physical activities can help you gain confidence. Especially when you meet your exercise goals. You also have

opportunities to socialise with other people. It can be as simple as exchanging a friendly smile or greeting. Exercise is something positive you can do for yourself. It is a healthy coping strategy to manage depression or anxiety.

## You don't need to take part in structured exercise programmes

Regular walking and dancing can help improve your mood. There is a distinct difference between physical activity and exercise. They are not the same thing, but both are beneficial to your health.

Physical activity is anything that works your muscles and requires energy to do. This includes

- household chores
- gardening
- dancing
- walking with friends
- playing on a children's playground with kids or grandkids
- any activity that gets you off the couch and moving.

Exercise is a planned, structured and repetitive series of movements. We exercise to improve or maintain physical fitness. Think about running, kayaking, cycling or doing a Pilates or yoga class. Exercise includes a wide range of activities designed to boost your activity. An increase in your physical activity level helps you feel better.

## Getting started and staying motivated

The biggest challenge when starting an exercise routine is sticking to it. That is why it is important to find what you enjoy doing and what time of day you are most motivated to do it. If you enjoy what you are doing you are more likely to stick to it.



**BY TANIA HUDDART**

In the beginning commit to doing small amounts of movement throughout the day. Even doing 5 minutes three to four times a day can help you avoid feeling overwhelmed. For example, take the stairs instead of the elevator. Park a little farther away from work to fit in a short walk. Try getting off your chair and walking for 3 minutes every half hour.

Doing 30 minutes or more of exercise a day for three to five days a week is a good goal to have. You don't have to find a full 30 minutes at a time. Try doing smaller amounts of physical activity of 10 to 15 minutes at a time. More vigorous activities, such as running or bicycling may improve your mood faster.

When you start exercising set small realistic goals. Increase the time or intensity of your chosen activity little by little. Tailor your plan to your own needs and abilities. Setting unrealistic goals will demotivate you. The key is to choose an activity that does not feel like a chore as that will make you associate it with a sense of failure. Instead, look at your chosen activity as an extension of your mental wellness toolkit. Your chosen activity can help you manage your symptoms and get better.

Give yourself credit for every step in realising your activity goals, no matter how small. Stick with it even if you skip one day. Don't beat yourself up, try again the next day. Exercise is a great way to ease symptoms of depression or anxiety. But, it isn't a substitute for talk therapy or medications.

### **Talk to your mental health professional or doctor**

If you have a mental health professional's

## Singing & Ukulele

### All Welcome!

Please join us at our fun singing and ukulele session. You don't need to play the ukulele to join, just come along, have some fun and help us make a joyful noise. We have a cuppa at 10am and start singing/playing at 10.30am



1st & 3rd Wednesday each month |

**10-11.00am**

**At the Age Concern Nelson Office**

18 Bridge Street, Nelson

**\$3**



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support, talk to them about your goals. Discuss your preferred movement choices with them. Ask them how they see this fitting with your existing treatment plan.

Also, check with your doctor before starting a new exercise program to make sure it's safe for you. Talk to your doctor to find out which activities, how much exercise and what intensity level is good for you.

### **About Tania**

*Tania Huddart has been teaching Pilates for 30 years and training Pilates teachers for over 2 decades. 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/Nelson.*

# 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:

- **Monday 22 January** at Olive Estate, 37 Langdale Drive, Richmond, 10am-12.30pm.
- **Wednesday 6 March**, Summerset Richmond Ranges, 1 Hill Street North, Richmond, 10am-12.30pm.

## 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.

Course are coming up on:

- **Friday 23 February**, Suburbs Football Club Carpark, Saxton Field, 10am-3pm
- **Saturday 6 April**, Positive Ageing Expo, venue to be confirmed, 10am-3pm

**NB:** Each CarFit takes 20 minutes so booking a time is 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



## Staying Safe

A REFRESHER COURSE FOR OLDER DRIVERS

- gives valuable insights into adapting our lifestyle
- encourages living positively and staying connected

## Our next course is coming up on

- **Thursday 14 March**, at Summerset in the Sun, 16 Sargeson Street, Stoke, 1.30pm-3.30pm.

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



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## SUMMER ACTIVITY PROGRAMME FOR SENIORS

### February - March 2024

The Summer Activities Series for Seniors starts in February and includes a range of FREE activities in a number of locations across the Nelson Tasman region. Simply turn up & enjoy. **Bookings** for **Gardens of World & E-Bus confidence**.

Day	Date	Time	Activity	Location	Meeting Point
Mon	12 Feb	10am – 11am	Tai Chi	Victory Square, Nelson	Meet outside the buildings on Victory Square Park
Tue	13 Feb	10am – 11.45am	Inlet Walk - 4km	Motueka	Old Wharf Rd, Meet at the Motueka Recreation Centre.
Wed	14 Feb	10am – 11am	Croquet	Richmond Heritage Croquet	348 Queen Street, Richmond
Thu	15 Feb	10-11.30am	Sing-along in the Park	Washbourn Gardens, Richmond	Meet at the Fuchsia House
Mon	19 Feb	10am – 11am	Tai Chi	Botanical Reserve, Nelson	Meet at Milton Street next to clubhouse
Tue	20 Feb	10am-11.30am	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park, Saltwater Creek Lane
Thu	22 Feb	10am – 11am	Spi Poi	Isel Park, Stoke	Meet in front of Isel Houe
Fri	23 Feb	10am – 11am	Tai Chi	Werneth Reserve, Atawhai	Gipps Street, Meet near playground
Mon	04 March	10am – 11am	Tai Chi	Burrell Park, Tahunanui	Meet at Burrell Park near Taoist Tai Chi Society of NZ, Muritai St
Tue	05 March	10.30am - 11.30am	Bowls	United Bowling Club, Nelson	9 Gardiner Place, Bishopdale
Thu	7 March	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Mon	11 March	10am – 11am	Tai Chi	Isel Park, Stoke	Meet in front of Isel House
Tue	12 March	10-am- 11am	Croquet	Richmond Heritage Croquet	348 Queen Street, Richmond
Wed	13 March	Depart 9.50am- Nsn interchange	E-Bus Confidence with Cuppa	Nelson Interchange to Nelson Airport. return 11.22 am from airport	Meet at the Age Concern Office, 18 Bridge Street at 9.30am. Please register for this event on 03 544 7624 Ext 5
Mon	18 March	10am-11am	Tai Chi	Memorial Gardens, Richmond	Cnr of Oxford and Cambridge Street Richmond.
Thu	21 March	1pm -2pm	Croquet	Nelson Hinemoa Croquet Club	Rutherford Park, Saltwater Creek Lane
Fri	22 March	10am – 11.45am	Guided Garden Tour	Gardens of the World, Hope	Corner of Patons Road and Clover Road Hope, Richmond – Please register for this event 03 . 544 7624 Ext 5
Mon	25 March	10.00 -11.am	Tai Chi	Saxton Fields, Stoke	Meet near outdoor exercise equipment across from stadium
Tue	26 March	10.30am - 11.30am	Bowls	United Bowling Club	9 Gardiner Place, Bishopdale
Thu	28 March	10-11.30am	Sing-a-long in the Park	Anzac Park Nelson	Meet by the ANZAC Cenotaph

For more information or cancellations see [www.facebook.com/ageconcernnelsonntasman](https://www.facebook.com/ageconcernnelsonntasman) or phone Age Concern Nelson Tasman on (03) 544 7624 ext 5 or email [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz)

# AGM Roundup

## **We love creating social connections and empowering our clients to live their best life.**

2022-23 was a year of growth; the demand for our core services of elder abuse response, visiting service, carer relief, Care & Repair, driving workshops and social activities have all grown and our Nelson office has become a vibrant dynamic hub full of events, laughter, and connections. We appointed Megan as our Nelson office coordinator to provide a friendly welcome and manage this growth. Our rural reach has extended, with the introduction of Tea & Talk in Pakawau and driving workshops running in several rural townships. We have continued to have a clinic in Motueka every fortnight and visit Golden Bay roughly every six weeks. In response to an identified need we have introduced cooking classes which have become incredibly popular and greatly valued by those attending.

We are incredibly proud of the wide range of professional and highly meaningful work we do in the Nelson Tasman community to support older people having a life full of opportunity and free from harm.

## **Key highlights for the year include:**

- Our visiting service has facilitated wonderful friendships for 104 people.
- Eight Tea & Talks across the region provided weekly, or in some cases monthly, social contact for more than 100 people.
- Sing Yourself Well and SpinPoi improved the health and wellbeing of 48 and 22 people respectively.
- Wellby has reached over 558 people through 61 Talking Cafes with one new location in Golden Bay starting during the year. 95 people trained as Community Signposters at 14 training sessions. There are now 280 people trained to signpost and use the Found directory.
- International Day of the Older Person was celebrated by over 120 members.
- The Volunteer Expo and Nelson Connects reached hundreds of people and brought several new volunteers to the agency.
- Our Summer Activities programme gave 171 people the opportunity to try a new activity.
- Our Cooking Classes were introduced in August 2022 and have been an overwhelming success providing new skills and social connections to 42 people.
- We listened to and supported 107 people reporting elder abuse. There has been a sharp increase in the complexity of these cases.
- We also assisted 21 people who were living in self-neglect situations.
- 165 older drivers benefited from our Staying Safe and 46 from our CarFit driving workshops. 51 people gained an insight into staying independent via our Life Without a Car courses.
- We completed 338 Total Mobility Scheme assessments to allow people access to reduced taxi fares and there are now 1906 active registrations.
- Over 34 families received valuable respite via our Carer Relief service from 25



volunteers, allowing them some time out knowing their loved one was well looked after.

- We introduced a shopping service and 4 shopping volunteers provided weekly trips to the supermarket for 5 clients.
- Over 90 people benefited from our winter warmth and Xmas care packages.
- Care & Repair helped 321 to find suitable providers such as gardeners, cleaning/home support and handy people.
- We ran one Living Well course – an eight-week course which focused on the different components of wellbeing such as social connections, movement, sleep, eating, etc. It was attended by 19 people.

### Volunteers

So much of what we do would not be possible without our volunteers. They help deliver some of our core services such as the visiting service, carer relief, hosting Tea & Talks, and drivers. While Age Concern could not function without them, our volunteers tell us they get an enormous amount of satisfaction through their roles – it helps add to their sense of social connection and being part of a community.

Over the past year we have had 163 volunteers across all our services. 52

volunteers are over the age of 70 and the oldest volunteer is 90! Several volunteers have more than one role in the agency.

Breakdown per service is:

- 114 volunteers across our visiting service, shopping and phone a friend
- 22 Tea & Talk hosts across the region from Nelson to Golden Bay
- 13 Rickshaw Riders
- 8 Drivers to Tea & Talk and special events.

**Kia kōrero**

**Let's talk**

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# Atonement

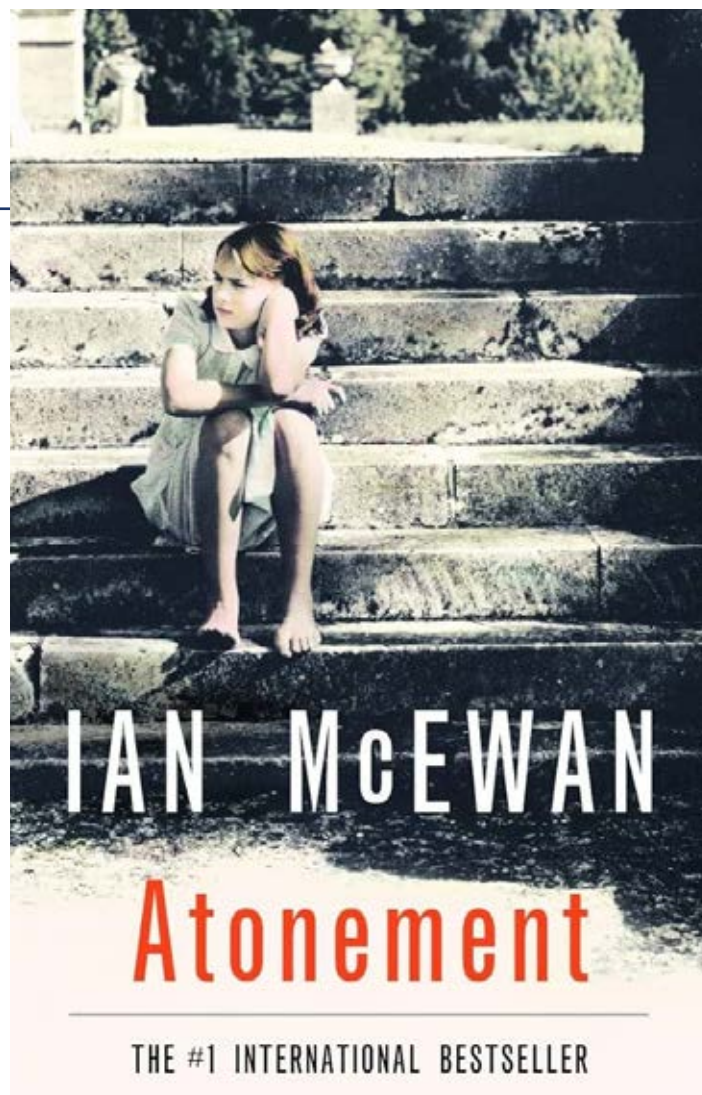
by Ian McEwan

*The story begins at the height of summer 1935 in a grand home in the English countryside. It focuses on the children of the Tallis family, Cecelia, Leon and Briony, and the son of their housekeeper, Robbie. Briony witnesses older sister Cecelia in a passionate embrace with Robbie and this shocks and upsets her. As a sullen and naïve 13-year-old she misinterprets this and subsequent events, resulting in Robbie being jailed for a crime he did not commit. Her actions impact on the family in ways that are slowly revealed as the story unfolds.*

This novel spans 60 years and covers three time periods. The seemingly peaceful life of pre-World War 2 England. Robbie's experience during the horror and destruction of the British retreat from Dunkirk. Another side of the war as Cecelia works as a nurse and Briony trains as a nurse in an army hospital in London. The book ends with Briony, older and with declining health, looking back on her life and the dreadful consequences of her actions all those years ago.

This is a love story, a war story, and a study of how actions can have lifelong consequences. I love novels which give real insight into the characters. I like to know what made them how they are and what motivates them. Ian McEwan sets the scene well, describing the location and times in a way that allows you to see it. He is also a very perceptive writer who describes the way people think, behave, and react wonderfully. A great read.

*Review by Susan Arrowsmith  
Visiting Service and Carer Relief Coordinator*



# Not Tech Savvy?

Advertorial

When expectations for functionality go unmet, the accompanying frustration can be palpable. Waiting endlessly on the phone for remote assistance, shelling out excessive sums for what should be a simple task, or enduring hours of delay can be exasperating. We recognise the toll this takes, which is why we're dedicated to alleviating these aggravations. With our swift response time and a seamless doorstep service, we aim to free you from these vexations.

Building upon our achievements in the Marlborough region, we've expanded our efforts to Nelson, Tasman. Our adept team of specialists is now on hand to aid you in overcoming the everyday technological challenges you encounter.

Don't allow these irritations to persist any longer. Whether you're seeking assistance in resolving minor technical glitches in your daily life or you find yourself lacking in tech-savviness, don't hesitate to reach out to us. Place a call today to schedule an appointment, and a dedicated professional will be at your doorstep, ready to offer their guidance.

I phoned, Not Tec Savvy, to assist me with my internet connection and wireless distribution around home. A technician arrived promptly and checked the installed equipment I have and promptly increased and enhanced my B/band signal. Very happy with the work and instruction given to me and would recommend their assistance if you require this type of technical help, especially if, like me, you are of the older generation and not familiar with all this modern technical equipment and processes. - Noel Loren (Blenheim)



## Not Tech Savvy ?...

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# Rachel Boyack


## MP for Nelson

As winter nears, it's good to know that many Nelsonians are receiving the **Winter Energy Payment**, which comes on top of our recent increase to Superannuation. Having a warm, dry home is essential to keeping healthy. I know that these payments, alongside our recent decision to **scrap the \$5 prescription fee** for medicines, will make a real difference for many households.

**Please get in touch if you have any questions or need my help as your local MP:**

03 539 0480

[rachel.boyack@parliament.govt.nz](mailto:rachel.boyack@parliament.govt.nz)

 /RachelBoyackNelson



Authorised by Rachel Boyack MP, Parliament Buildings, Wellington



Labour

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