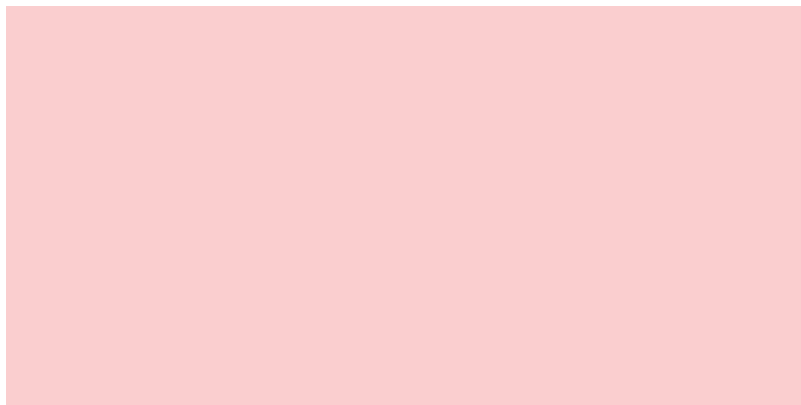


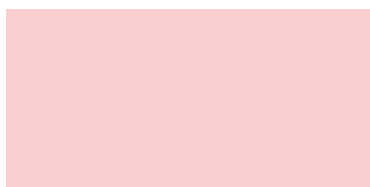
Subject **Bringing you news and events from Age Concern**
From Age Concern Nelson Tasman <support@ageconcernnt.org.nz>
To <info@ourmapua.org>
Date 2019-04-01 14:41



[View this email in your browser](#)



NewsAgent



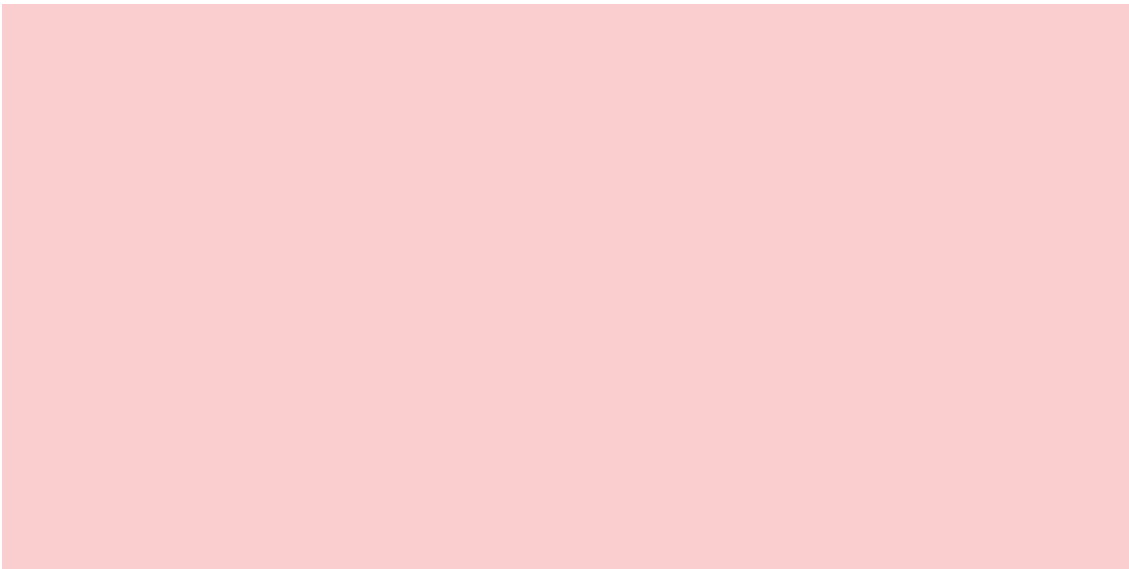
Kia ora koutou

Welcome to the April edition of our monthly bulletin. This week it's our annual Age Concern New Zealand conference in Wellington, where we get a chance to network with other staff from around the country, find out about what other branches are doing, and hear inspirational talks from researchers, businesses and organisations doing their bit for older people.

Locally, we're as busy as ever, particularly as we fundraise to make exciting renovations to the Age Concern Hall and turn it into a brighter, more welcoming hub for older people. If you want to help us, why not buy some tickets for our movie fundraiser on the 24th - every little helps!

Caroline Budge, Manager

Movie Night Fundraiser - Tickets Available



We still have tickets available to our Movie Night Fundraiser on 24 April at the Suter Art Gallery, Nelson. The movie starts at 7pm but the doors open at 6pm for free nibbles and drinks (alcoholic beverages at own cost).

Swimming With Men is a light-hearted British comedy about a man who is suffering a mid-life crisis finding new meaning in his life as part of an all-male, middle-aged, amateur synchronised swimming team.

You can either get your tickets from our office at 62 Oxford Street in Richmond, phone 5447624 or online [click here](#). Tickets cost \$20.



AgeConnect Website launched!

Our new website – at www.ageconnect.org.nz - is an exciting addition to making the region a great place to grow old. It gives a snapshot of AgeConnect, the social connection initiative set up in 2017 which aims to build friendships and connections for the over 65s across the region. You can find out about AgeConnect Champions, as well as how to volunteer if you want to get involved in van trips,

PetConnect and Tea & Tech.

However the most exciting part of the new site is the events calendar which, as AgeConnect Coordinator Breffni O'Rourke says, is about connecting people to events and activities. 'There are lots of older people out there with the time and inclination to get out and about more but are not sure about what is available or how to access it,' she added.

The events calendar is a dynamic portal, which features regular and one-off events and is updated regularly with new items frequently being added. 'Our vision', says Breffni, 'is that someone can look at any given day, week or month and have a range of activities to choose from such as educational seminars, social outings, fitness classes, craft groups, shows etc. Anything that takes their fancy.'

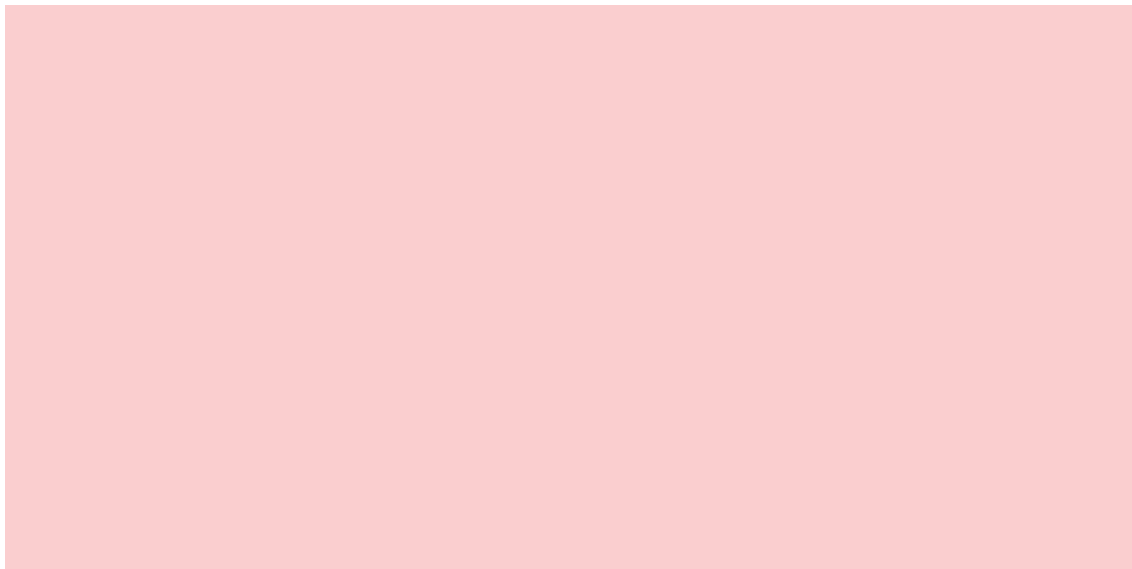
In order for the website to be as comprehensive as possible Age Concern is asking any group or individual who provides an activity or event targeting people 65+ to get in touch and let them know. Events can be submitted online via the website at www.ageconnect.org.nz or via email to support@ageconcernnt.org.nz.

The website has been created by Nelson company Digital Promotions, who kindly subsidised the work as part of their ongoing commitment to local community organisations.

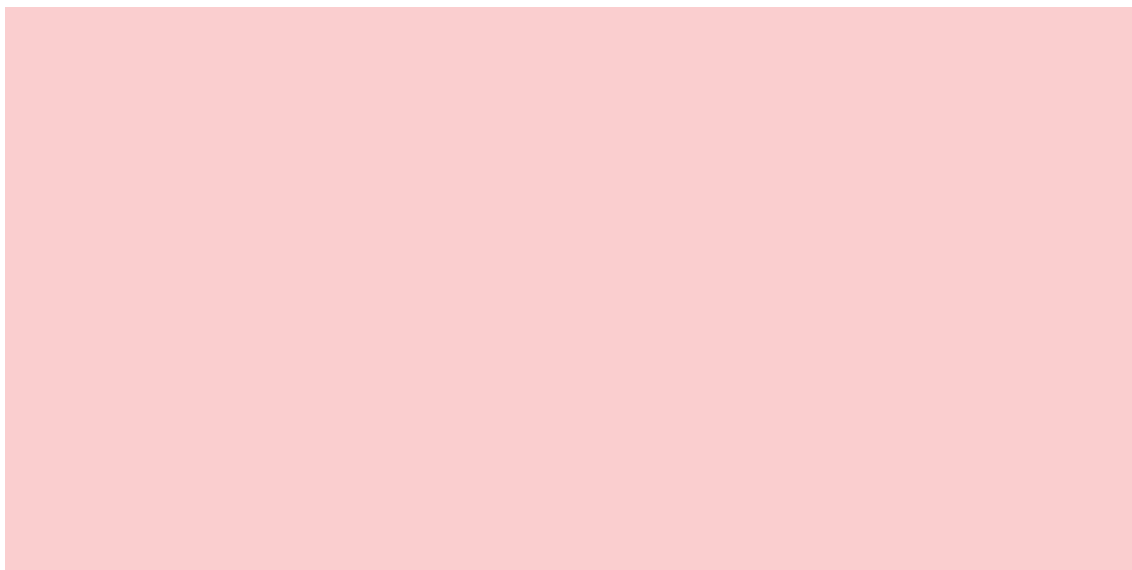
Tea and Talk Host Needed in Nelson

Are you someone who enjoys chatting and spending time with older people? We're looking for warm and friendly volunteers to help host our weekly Tea & Talk in central Nelson. Every Friday morning, from 10.00am till 11.30am, Age Concern Nelson Tasman runs a Tea and Talk session in the activities room at the Nelson Elma Turner Library. This is an informal get together for people over 65 to socialise and enjoy a cuppa and some delicious baking. We are looking for co-hosts to help run these sessions to support the existing host, help make some coffee or tea and chat to the attendees. You should also be confident enough to run these sessions by yourself should the opportunity arise.

If this sounds like you, please contact Marrit at Age Concern Nelson Tasman either on 03-5447624 ext 4 or email community@ageconcernnt.org.nz



UPCOMING VAN TRIPS



There is a \$5 donation/koha per trip which is a donation towards petrol and expenses. These trips are open to anyone over the age of 65 but spaces are limited so make sure you let us know if you would like to join in on one as soon as possible. Please contact Breffni on ageconnect@ageconcernnt.org.nz or 5447624 to book your spot. Details of upcoming trips is listed below:

Tea & Talk

Every Wednesday! Pickups from 9am around the Stoke and Richmond area. \$3 for morning tea at Tea & Talk.

Every Friday! Pickups from 9am around the Tahunanui, Bishopdale, Atawhai and Nelson areas.\$3 for morning tea at Tea & Talk.

Shopper Dash

Every Wednesday we can pick up one Richmond resident and take them to the shops and back between 10-11am.

Wednesday 10 April

An afternoon trip to Dave Walkers magic shed of steam & tractors & firefighter gear & other nostalgia pieces. Dave's shed is in Appleby so we might have to sneak into Grape Escape or somewhere for a cuppa afterwards. Dave welcomes donations towards his shed up keep and the cuppa & treat will be at your own expense.

Thursday 11 April 11th - BLOKES DAY OUT DAY TRIP

A trip to Tractorworld Motueka (home to many tractors and some very blokey conversation), lunch at Toad Hall (at your own expense) and then a peek at Motueka Aerodrome. \$5 entry to Tractorworld

Wednesday 17 April

A trip to Cable Bay with a few stops along the way and a visit to the Cable Bay Cafe. Refreshments at the café are at your own expense. BYO togs if you feel like a swim.

Wednesday 24 April

Destination to be confirmed

Thursday 16 May

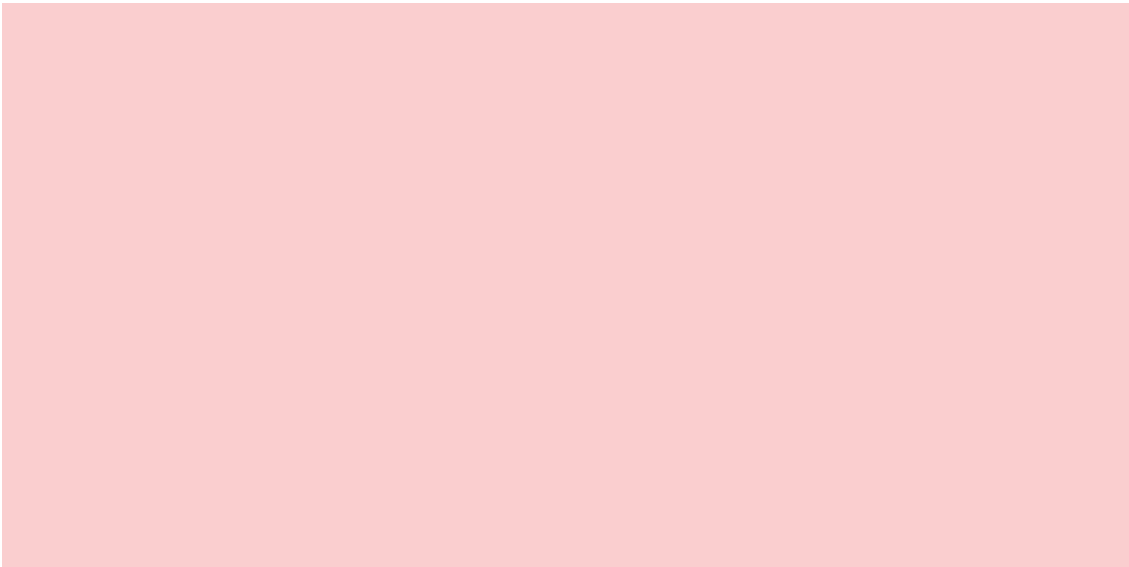
Blokes Day Out - destination to be confirmed.

Tea & Tech Spaces Available

Tea & Tech is back in swing for the year, and we've been delighted with the number of students who've signed up. So far we've held two sessions of young people working 1:1 with an older person to upskill them on digital technology. An equally important component of this is the meaningful interaction between the young and older age groups and the opportunity to learn from each other. At the moment these Tea & Tech sessions are held at retirement villages in the Nelson Tasman region. Eventually we will establish community sessions but until then **we are extremely excited to offer two community places at each of our monthly sessions at The Wood, Summerset in the Sun and Oakwoods. Bookings for these spaces are essential so if you would like to attend or know someone who does please let Age Concern know.**

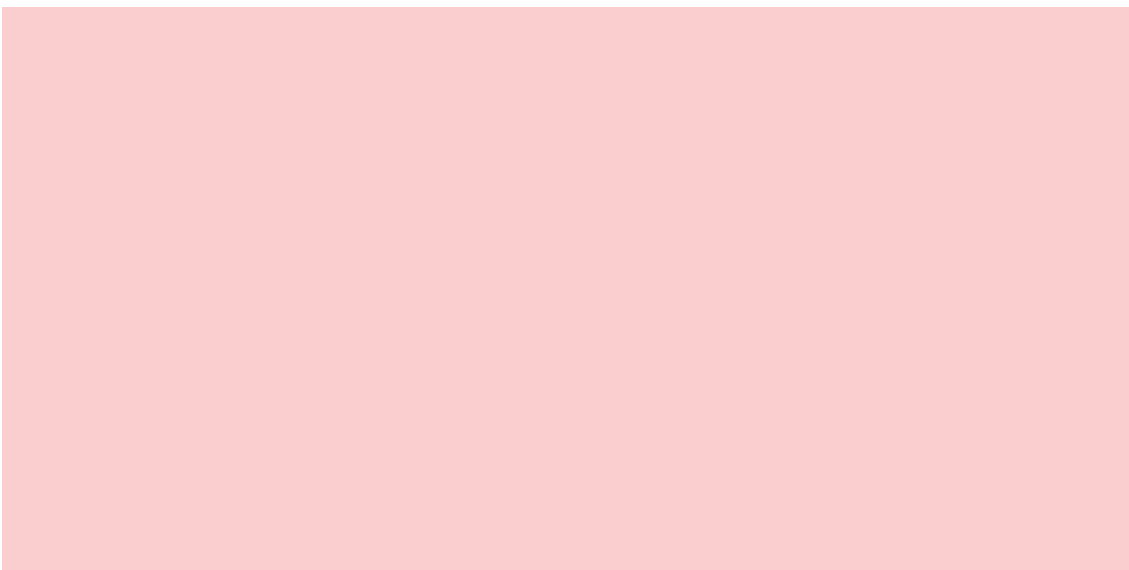
We are also really pleased to have extended our group of student volunteers and now have Waimea College and Nayland College on board as well as our existing group established last year via the Nelson Youth Council. Thanks so much to Nayland and Waimea Colleges for your support.

Please contact Breffni at Age Concern on 5447624 or ageconnect@ageconcernnt.org.nz for more information or to make a booking.



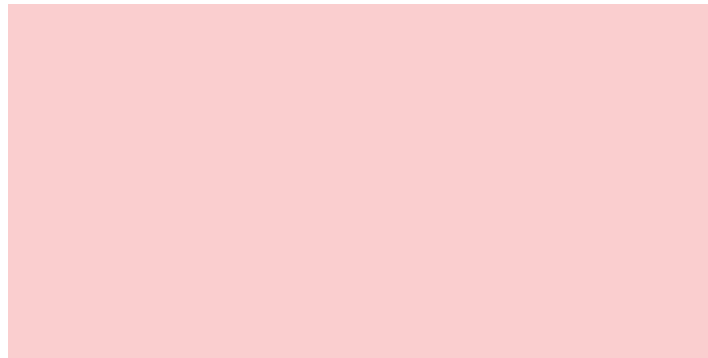
Summer Activities Series Update

Our Summer Activities Programme for Seniors exceeded expectations. We were really pleased with the number of people turning up and enjoying these free activities. In total over 100 people attended our 15 sessions. Two had to be cancelled due to the rain and while we were a little disappointed to cancel them we were happy about the rain. We learned lots for the sessions and are looking forward to making next year even better.



NB: This service is also available in Motueka at: Bay Pharmacy - Greenwood Street
Pharmacy - Life Pharmacy - Unichem Pharmacy 162 High Street and Golden Bay at

Golden Bay Pharmacy.

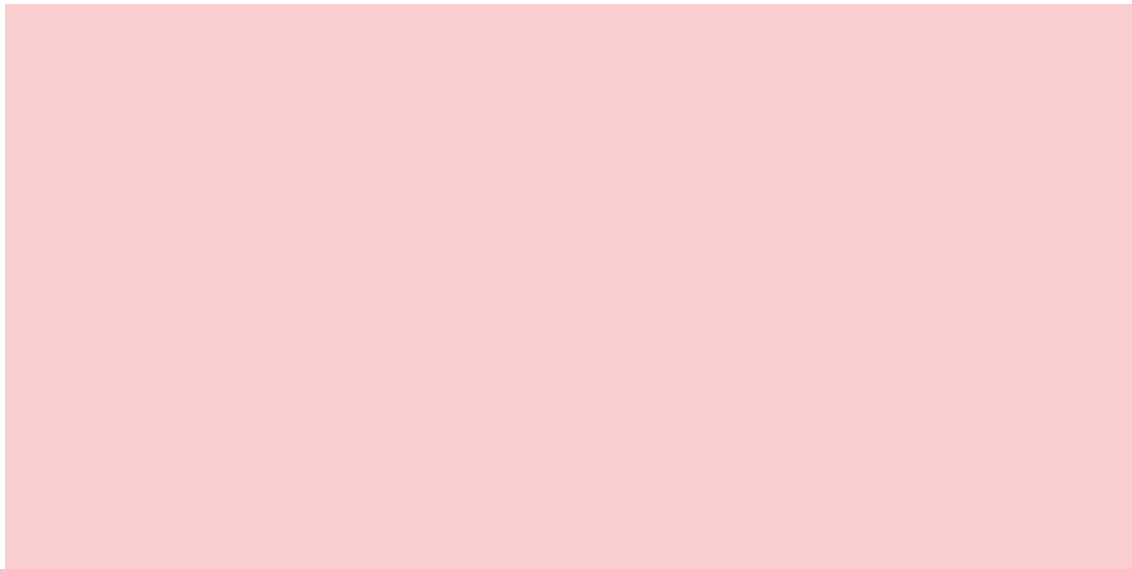


Volunteers Needed for AVS

Do you enjoy spending time with older people, listening to stories and making new friends? If so, Age Concern Nelson Tasman would love to hear from you. We're looking for volunteers for our Accredited Visitor Service (AVS) in the Nelson and Richmond area.

Being a visitor can make a real difference in the health and happiness of an older person. Visitors only need to spend an hour or so each week visiting the older person and the only qualification a volunteer needs is to be a good listener and enjoy a good chat. We provide full training and support to volunteers and take great care to appropriately match volunteers with older people.

If you are interested in becoming a volunteer in Nelson/Richmond or would like to find out more then please let us know by contacting Susan Arrowsmith on (03) 5447624 or emailing coordinator@ageconcernnt.org.nz.



Advance Care Planning: What matters most for your future care?

Have you got a plan in place for your future healthcare? No matter your age or your health, now is a good time to start thinking about it.

An Advance Care Plan or ACP tells your loved ones and healthcare teams what healthcare you want, or don't want.

An ACP is designed by you and is often described as a gift to your loved ones. Having an Advance Care Plan in place makes it much easier for everyone to know what healthcare you want – especially if you can no longer speak for yourself.

It can save the important people in your life a lot of worry and concern if they have to make a decision on your behalf.

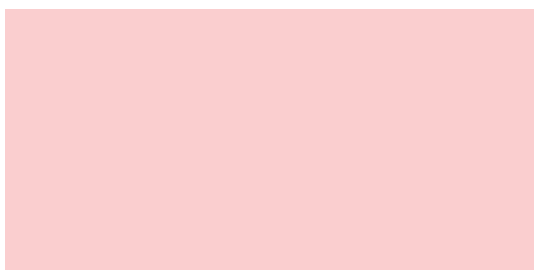
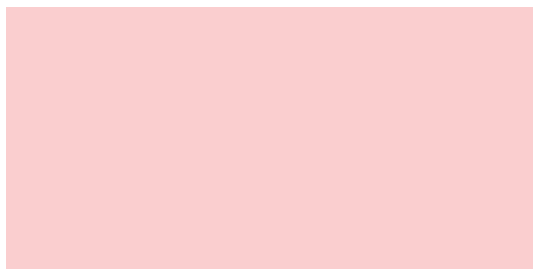
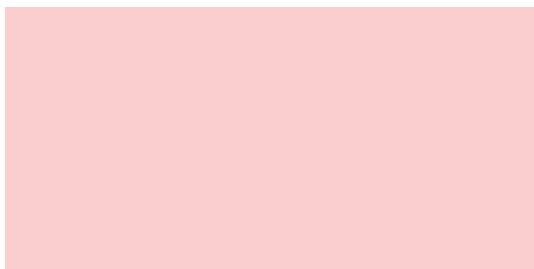
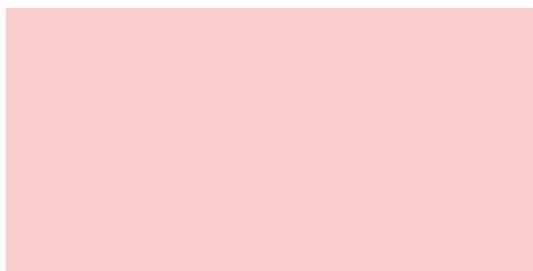
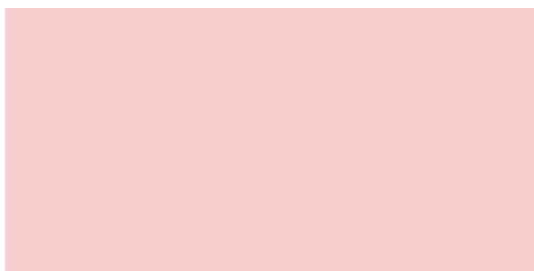
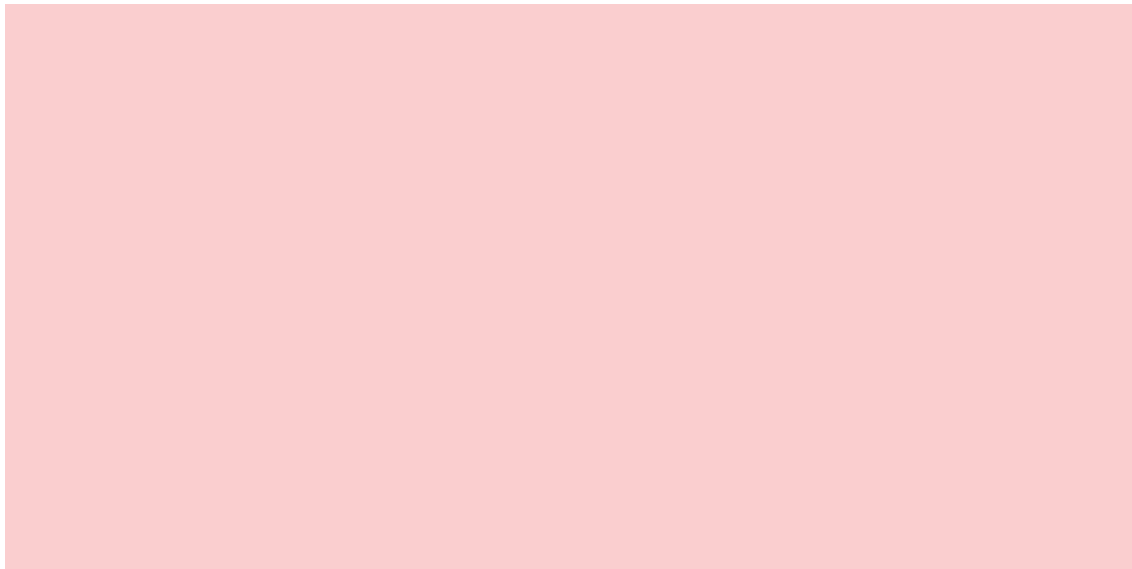
The first step is to think about what is important to you. Then you need to talk about it with your family and healthcare team, put your wishes in writing and share a copy with your whānau and GP practice.

You can review your ACP and make changes whenever you want.

Ask your healthcare team for a copy of *My Advance Care Plan & Guide* or do your ACP online at www.myacp.org.nz. Age Concern Nelson Tasman also has a number of booklets so feel free to call into our offices at 62 Oxford Street and collect a copy.

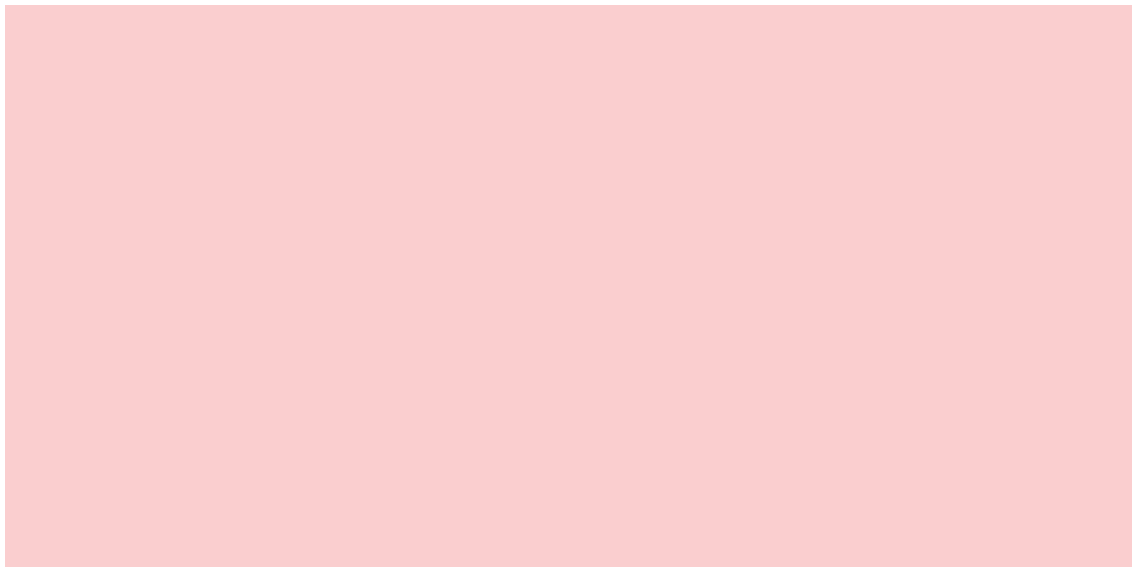
Positive Ageing Expo 2019 Review

It was another great Positive Ageing Expo. The event was once again very well attended with heaps of interesting stalls. The photo essay below captures some of the action.

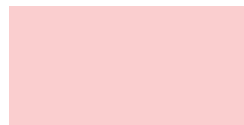


Did you know that osteoarthritis affects 1 in 6 New Zealanders and is the most common form of arthritis? Knowing how to manage osteoarthritis can make a real difference to everyday life and the ability to remain active and independent. This is where 'The Joint Programme' can help. It is a free 2.5 hour session for anyone with osteoarthritis (partners/friends are welcome). It explores everyday opportunities to take control and manage osteoarthritis. Learning is done in a small group setting with

others who are experiencing similar issues. These sessions are held regularly but bookings are essential so please either email tjp@nbph.org.nz or phone 03 543 7828 to make a booking.



If you've never tuned into local radio station Fresh FM, maybe it's time you did! They have a show just for seniors called *Senior Central*, which has been running for four years and is broadcast fortnightly on Tuesday mornings at 11.40am, repeating on the following Thursday afternoon at 2.40pm and Saturday at 4.40pm. You can listen to the latest episodes on Fresh FM [here](#)



MEDICATIONS FOR THE HEART

The Heart Foundation invites you to a presentation to learn more about medications for your heart.

Speaker: Pharmacist John Dunn

Date: Wednesday 15 May from 10.30am to 12 noon

Place: Motueka Community House, Decks Reserve, Motueka

After the short presentation, there will be an opportunity for you to ask questions.

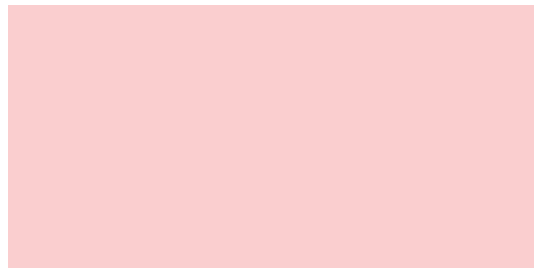
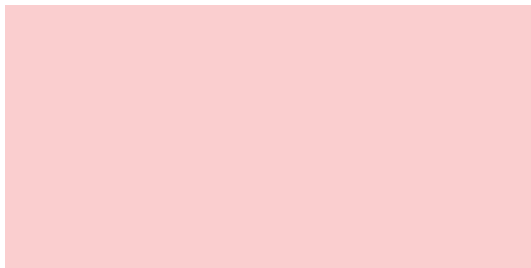
Family/Whānau are welcome to attend.

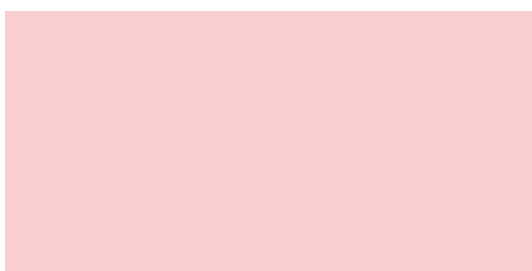
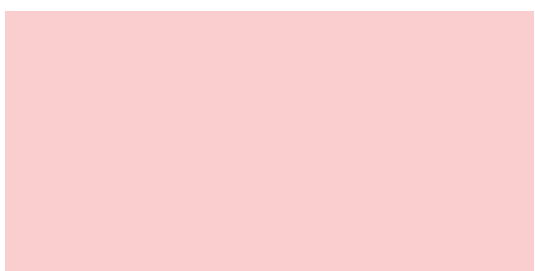
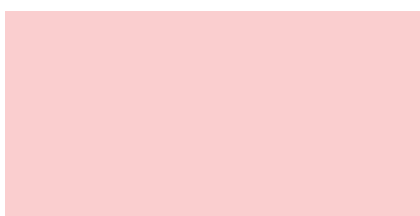
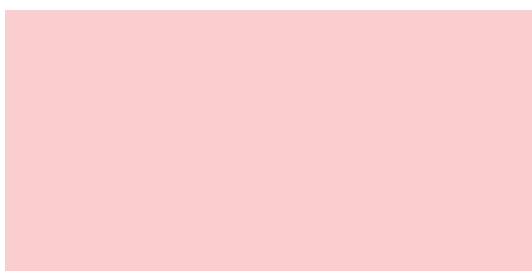
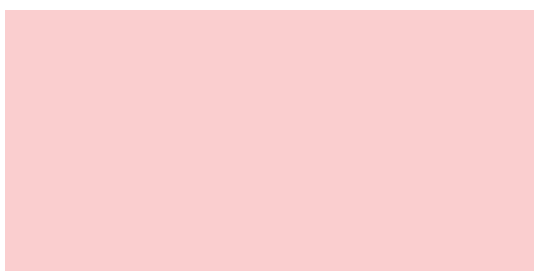
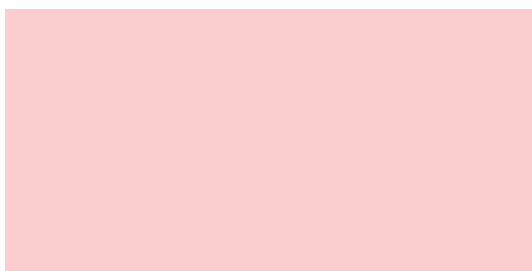
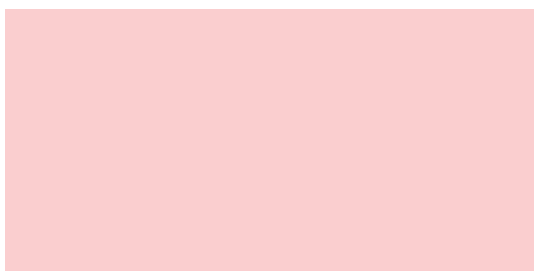
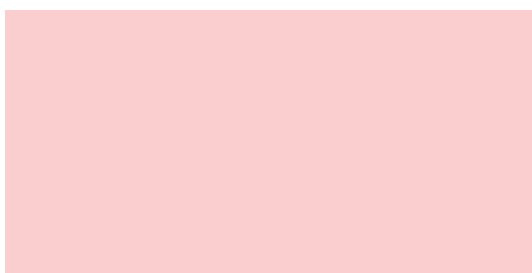
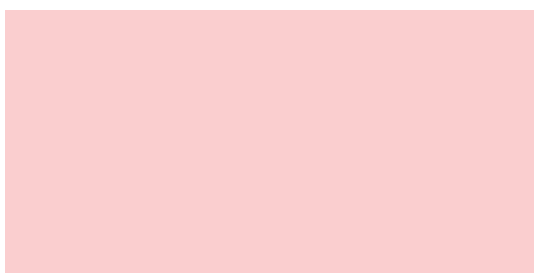
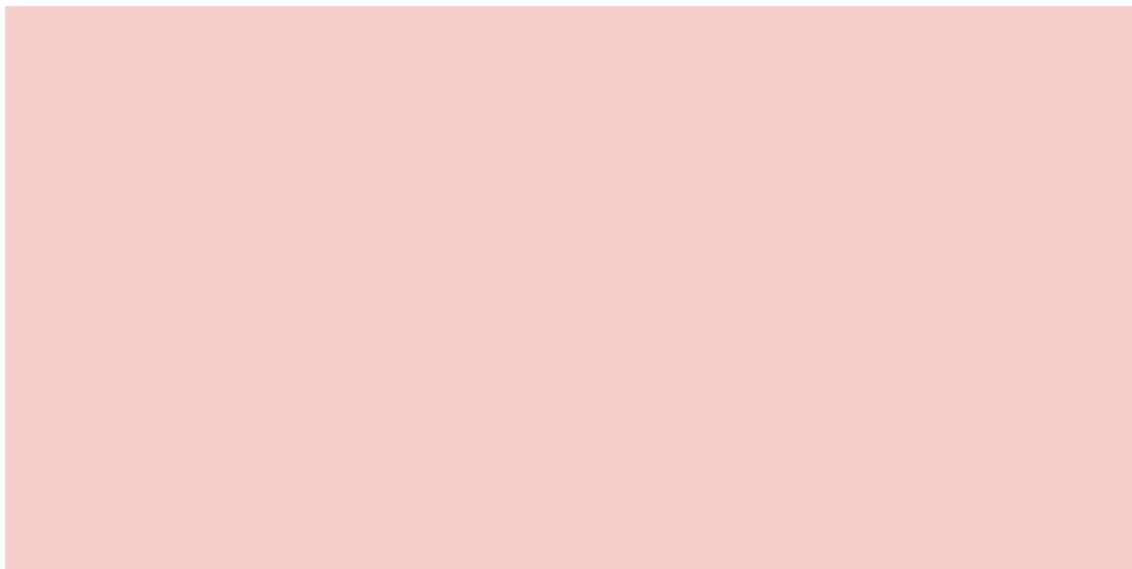
And finally . . . Inspiring Stories About Older People

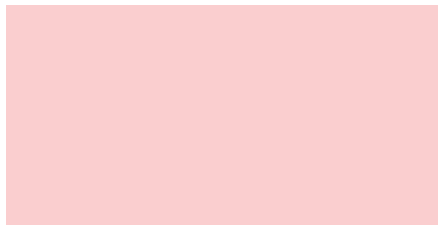
This month we have a wonderful story about how Japan is helping pensioners stay happy and have some fun. [click here](#) to see the video.



We are very grateful to all our funders and sponsors







Copyright © 2019 Age Concern Nelson, All rights reserved.
You're receiving this email because you're on my contact list

Our mailing address is:

Age Concern Nelson
62 Oxford Street
PO Box 3381
Richmond, 7020
New Zealand

[Add us to your address book](#)

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

