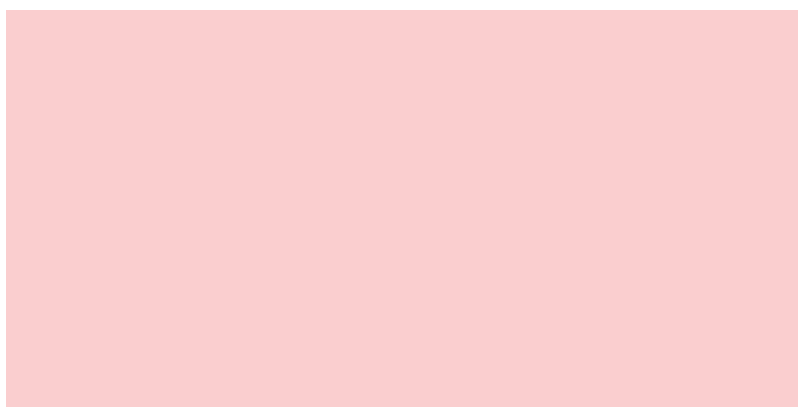


Subject    **Bringing you news and events from Age Concern**  
From      Age Concern Nelson Tasman <support@ageconcernnt.org.nz>  
To        <info@ourmapua.org>  
Date      2019-05-16 10:11



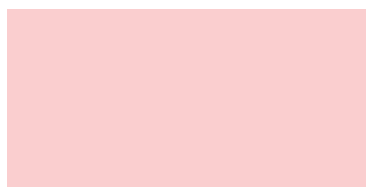
[View this email in your browser](#)



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## NewsAgent

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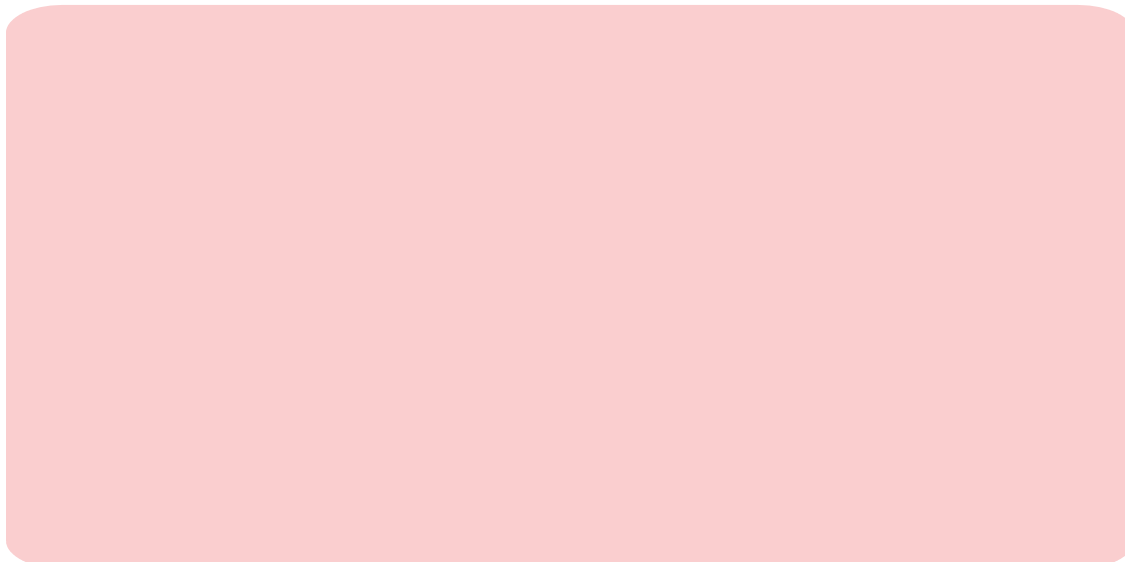
Kia ora koutou

Life never seems to get any quieter in the Age Concern offices! And this week we were delighted to launch our new 'Sing Yourself Well' group (see info below). We're still busy fundraising for money and support to renovate and refresh our Hall to make it a more vibrant and welcoming space for older people. If you have anything you can give, or are interested in becoming involved, we'd love to hear from you! Read on to find out what else is new at ACNT.....

*Caroline Budge, Manager*

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***Sing Yourself Well***



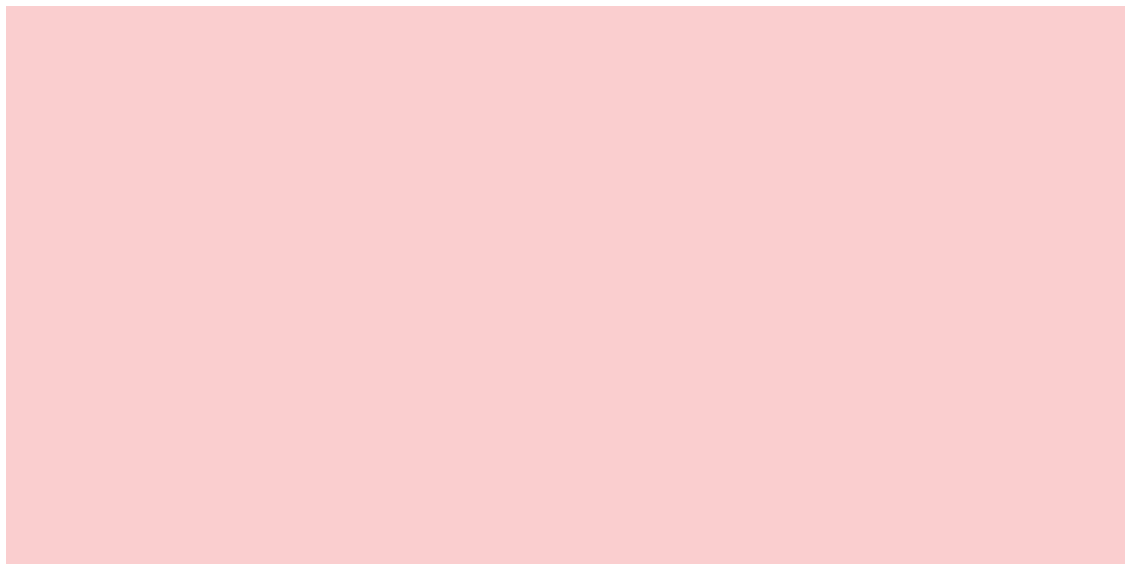
Do you enjoy singing or being around people who are singing? Then come along to Age Concern's latest initiative, Sing Yourself Well. This is a weekly get-together in the Age Concern Hall to exercise the vocal chords!. You don't have to be an experienced or confident singer. the emphasis is on enjoying the experience and benefits of singing. Sessions are run by Ruth Collingham, who was Founding Singing Leader of the very successful Sing Your Lungs Out in Wellington and saw the improvements in people's health and wellbeing as a result.

Sing Yourself Well is on EVERY TUESDAY starts at 10am with a cuppa and chat to limber up, followed by around an hour of singing. Ruth has a real passion and joy for singing and wants to share this with her community.

**If you would like to know more about, 'Sing Yourself Well' please contact Marrit on 5447624 ext 4, or email her [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)**

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**NOMINATE AN AGECONNECT CHAMPION**



Do you know of an business or individual who goes above and beyond for older people? If so please nominate them for our upcoming AgeConnect Champion Awards. To nominate please [Click here](#). Nominations close on 19 July and the AgeConnect Awards will be held on 2 August 2019

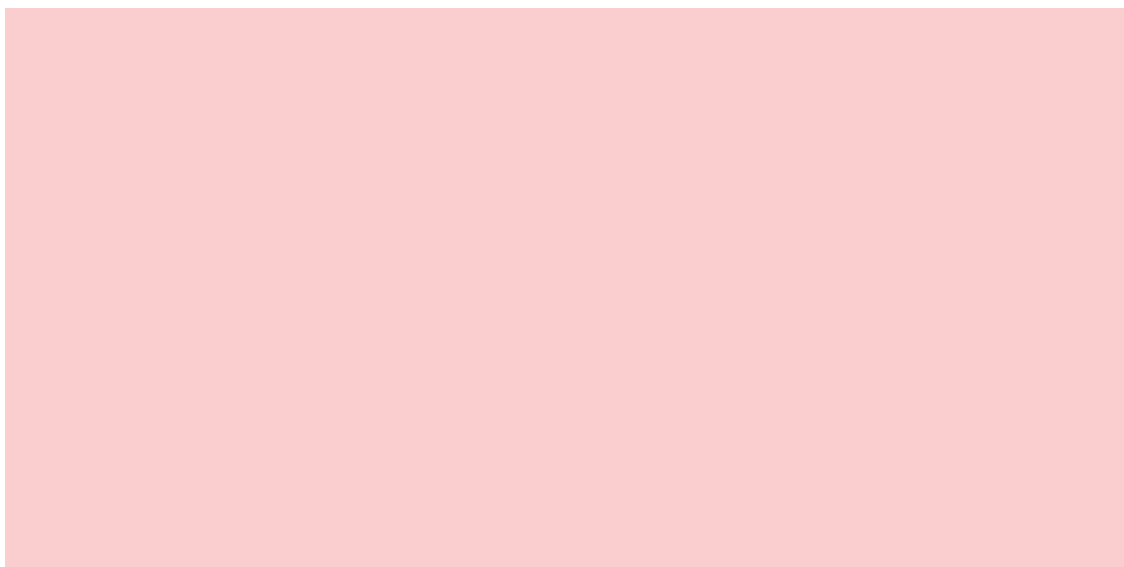
#### **What makes an AgeConnect Champion?**

- **You provide a comfortable & supportive environment for the physical needs of an older person.** Examples of this may include easy access to premises, large print on ticketing/signage, a chair available to sit on, mobility parks nearby or public access to bathrooms.
- **You provide great customer service to older people.** Examples of this may include staff who give their full attention to their customer, greet older people warmly, speak clearly and slowly, and are patient.

**You provide older people with great connections and links to the community.** Examples of this might be employing an older person, offering age relevant brochures or newsletters to customers or supporting a local programme for older people in some way.

- **You go over and above the call of duty to benefit an older person or people in your community.** The possibilities are wide and varied and anything you do is bound to benefit your workplace culture and your businesses community profile. The question is....what would or could your business do for the older people in your community?

[Click here](#) to submit your Nomination



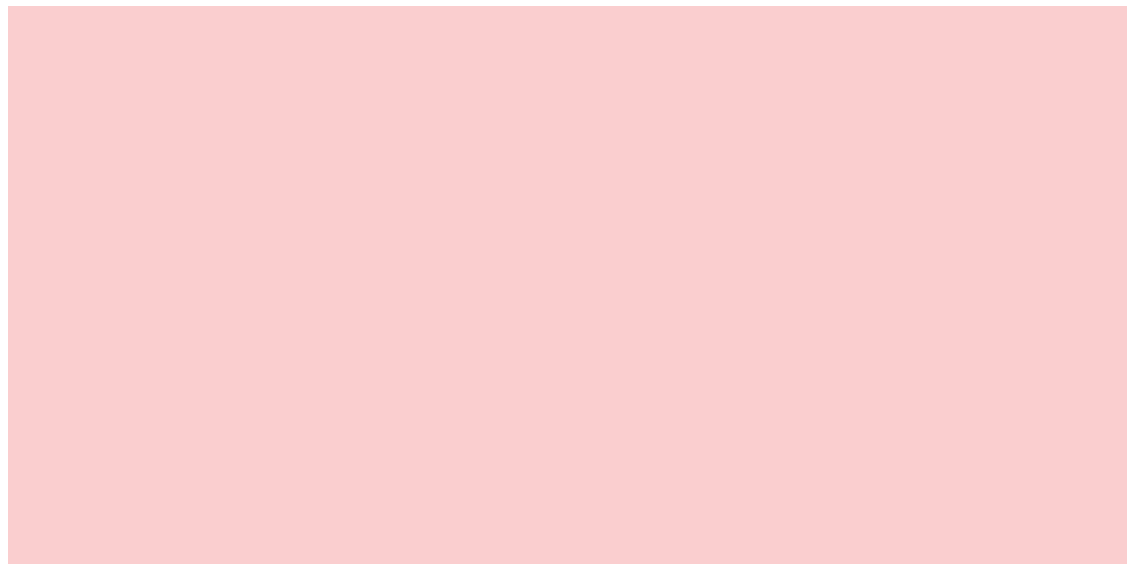
### **AgeConnect Website launched!**

How you had a chance to look at our new website yet? This website gives a comprehensive overview of AgeConnect, our social connection initiative, and also enables you to nominate an AgeConnect Champion for our upcoming awards (see article above). A key part of the website is our events calendar. This is functioning well and there are now several events most days. **However, 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](http://www.ageconnect.org.nz) or via email to [support@ageconcernnt.org.nz](mailto: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.*

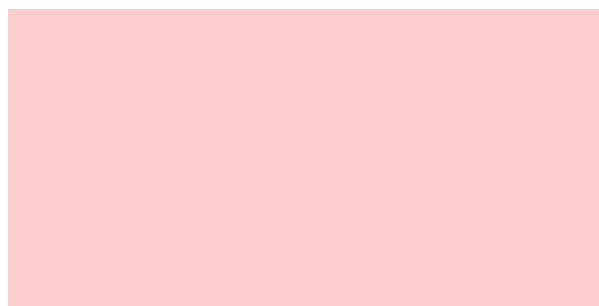
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***SpinPoi - Save the Date***



'Did you know that spinning poi is really good for you? We're incredibly excited to be bringing Dr Kate Riegle van West, founder of SpinPoi, to Nelson in August, with support from Nelson Bays PHO and Nelson City Council. Kate did her PhD in the health benefits of poi and found that it helped improve balance, flexibility, grip strength and attention in older adults. And it's fun! She's going to be here to run hands-on workshops for people interested in running poi classes. So, if you're interested in learning more about the health benefits of poi, and how you can become a facilitator, then you can sign up to come along to the workshops on the 15 and 16 August. The finer details such as cost, time and place are not yet confirmed but full details will be in the next magazine coming out early August, on our website and in next month's e-newsletter. Or, you can email Marrit on [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz) to register your interest. If you'd like to know more about Dr van West's work, you can go to <https://www.spinpoi.com/>.

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## Overview

During the months of February and March we conducted a public survey relating to knowledge around Age Concern Nelson Tasman and its services and some of the issues facing older people in the region. This acted as a follow up

to the survey we conducted in 2017 which highlighted loneliness and social isolation as key issues among older people in the region and lead to the creation of AgeConnect. We were interested in gathering feedback on Age Concern's activities but also to see what the key issues were now, two years later.

The responses came online via survey monkey and the form in Age Concern's last Magazine. Of those responding there was a range of ages from 55 to 92 and people lived across the Nelson Tasman region.

**Are there any other events or activities you think Age Concern could provide?**

- Connecting with the smaller resthomes and visiting those in hospital care.
- More services in Golden Bay
- A mystery drive, some sort of dance type keep fit class
- Scooter trail for Motueka
- Facebook group page,
- Recipes for single living,
- Negotiate a Riverside Pool Discount
- Regular IT info help gatherings,
- dynamic drop in centre
- changing home – accommodation hunting support groups,
- liaise with Richmond Town Hall activities, initiatives complement not compete
- More group support sessions, as per the Green Prescription, dealing with various health or support issues.

**What do you think are the main issues facing 65+ years in the Nelson Tasman region?**

A number of common themes emerged when respondents were asked to identify the main issues facing those 65+ years in the region. The main issue identified was loneliness and social isolation. Tied in with this was losing your driver's licence and lack of affordable transport as well as friends dying. The second main issue to emerge was around housing. Firstly the lack of affordable housing and the difficulty in downsizing and secondly the inability to manage and/or afford the maintenance in your own home as you age. Health also got a mention in terms of affordability and access as well as limitations once an

individual's health deteriorates. One person mentioned the need for greater information sharing/gathering from Age Concern and the need to make policy, eg Age Friendly Communities, a reality. Support was also shown to our plans to transform the Age Concern Hall into a vibrant community hub for older people.

### **Do you read our Quarterly Magazine? Any suggestions for Improvements?**

- More from Older persons perspective
- Letters to Editor, negotiate monthly specials with businesses, easy to garden column, easy to cook column, books to read column
- Larger print
- Update on activities of Age Concern/Connect and initiatives/services being planned. Age-friendly shops.
- Submissions to various authorities and content.

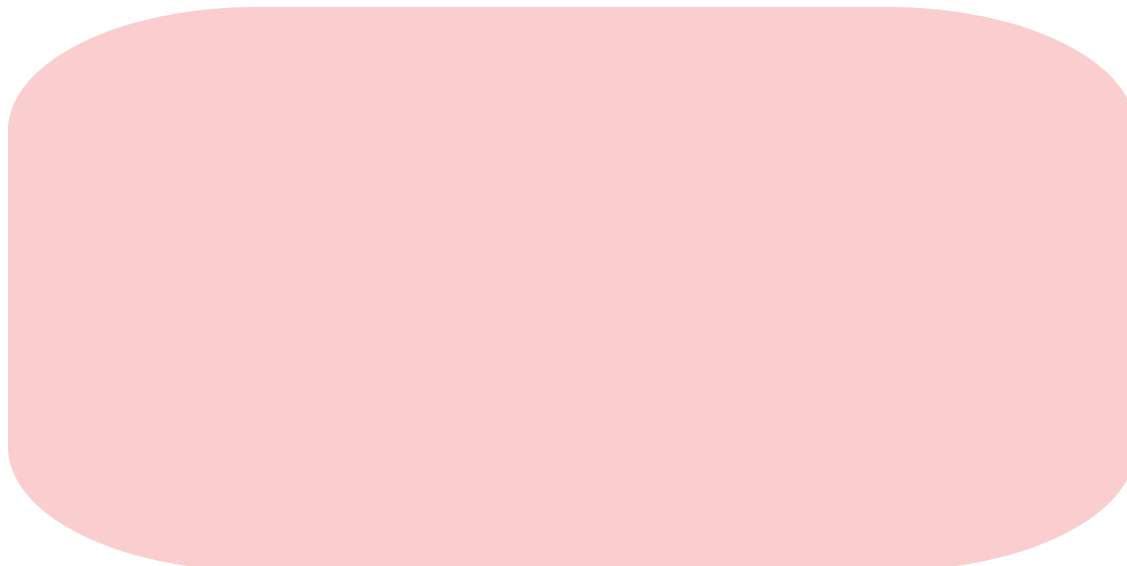
### **Do you have access to a computer? If yes what is your main online activity?**

The majority of respondents, 63%, had access to a computer and used it primarily for emails, although 41 % noted they used facebook and nearly 84 percent used the internet as well as email.

### **Summary**

It was encouraging that the vast majority of respondents were very familiar with Age Concern Nelson Tasman and our services and were supportive of these. Social isolation and loneliness continue to be key issues but housing is now emerging as a second key issue. The survey revealed a good level of digital access among the respondents. The survey responses will be very useful when developing the future strategic direction of Age Concern Nelson Tasman. Thanks very much to all those who filled out a form. The prize draw was won by a Stoke resident

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### Tea and Talk Update

Have you been to one of our Tea & Talk sessions yet? They provide a weekly opportunity for those over 65 years to get together for a cuppa and a chat. Tea & Talk runs in five locations across the Nelson Tasman region from 10am to 11.30am and costs up to \$3. A delicious morning tea is provided. Locations are listed below:

**Age Concern Hall**

62 Oxford Street, Richmond  
Every Wednesday

**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 Wednesday of Every Month

**For more information please contact Marrit at Age Concern on 5447624 or [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)**

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**Alzheimer's Disease International (ADI) has commissioned the London School of Economics and Political Science (LSE) to create the world's largest survey on people's attitudes around dementia, which will form the basis for the World Alzheimer Report 2019, to be released in September.**

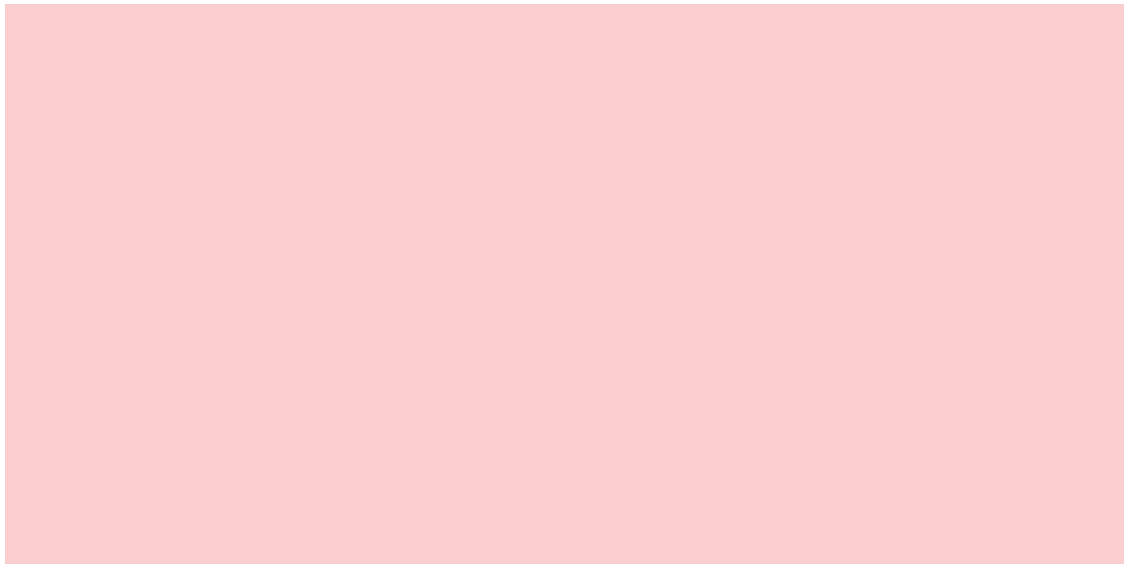
The survey will only take around **10 minutes** of your time but completing it will benefit people with dementia all over the world. The questions are predominantly multiple choice and targeted to four key sociodemographic groups:

- **the general public**
- **health and care professionals**
- **people living with dementia**
- **carers of people with dementia.**

We want this to be the **world's biggest survey on attitudes around dementia**, so please do participate and help us by spreading the word via email and social media to anyone who may have an interest.

[Click here](#) **to do the survey.**





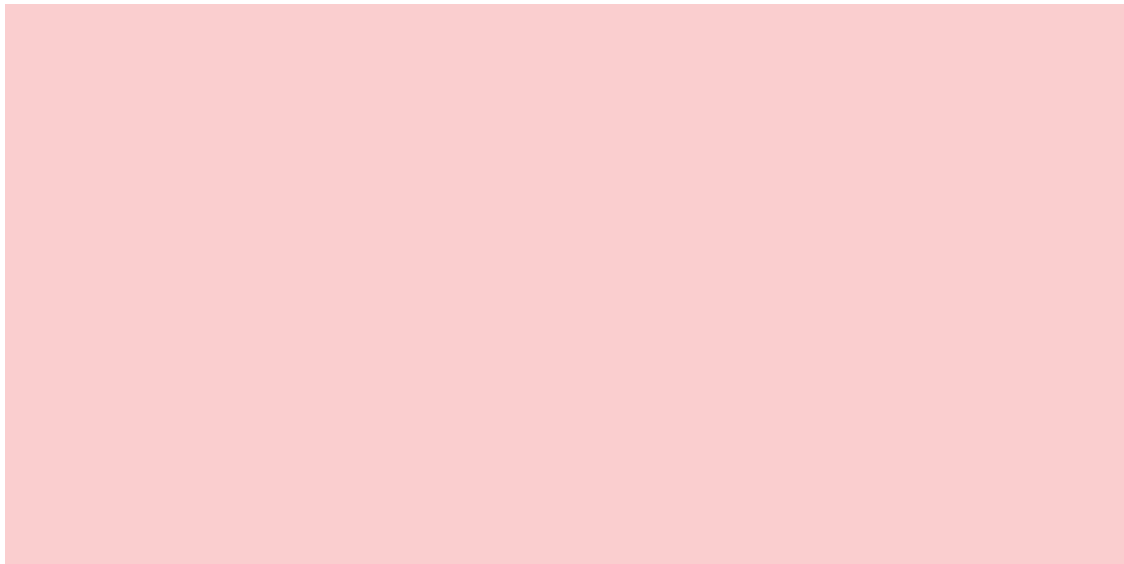
### Tea & Tech Spaces Available

Tea & Tech is going really well and both the students and older people are finding this such a great learning experience. 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, Waimea and Nelson Girls Colleges for your support.

**Please contact Breffni at Age Concern on 5447624 or [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz) for more information or to make a booking.**

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## Life Without A Car

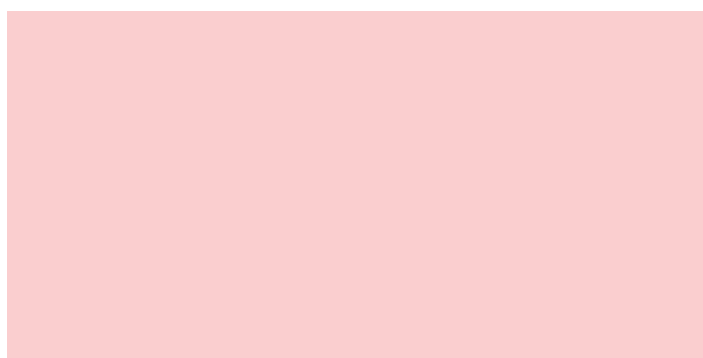
We understand how hard it is when you lose your licence. It is a huge adjustment so at Age Concern Nelson Tasman we are now running courses on adjusting to life without a car.

We provide information about keeping mobile when no longer driving. Not driving doesn't have to limit your activities or prevent you from enjoying life. Adjusting to life without a car does not mean losing independence and freedom. Whilst this course is aimed at those who are no longer driving it is open to anyone over 65 who wish to know more about their options.

Our Life Without a Car Course:

- 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 without driving.

**We have a course coming up on Monday 27 May from 10am until 12noon in the Age Concern Hall, 62 Oxford Street, Richmond.** If you would like to attend this please register with us by contacting Marrit on 5447624 ext 4 or [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)



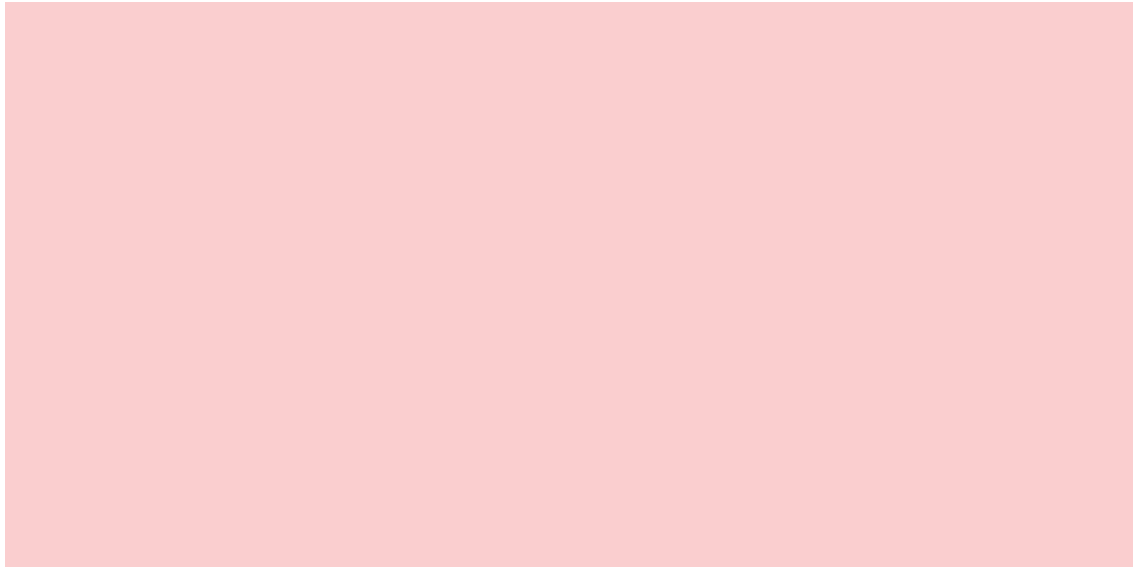
### **Volunteers Needed for AVS**

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](mailto:coordinator@ageconcernnt.org.nz).

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## Dates for Upcoming Staying Safe Driving Courses and CarFit

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:

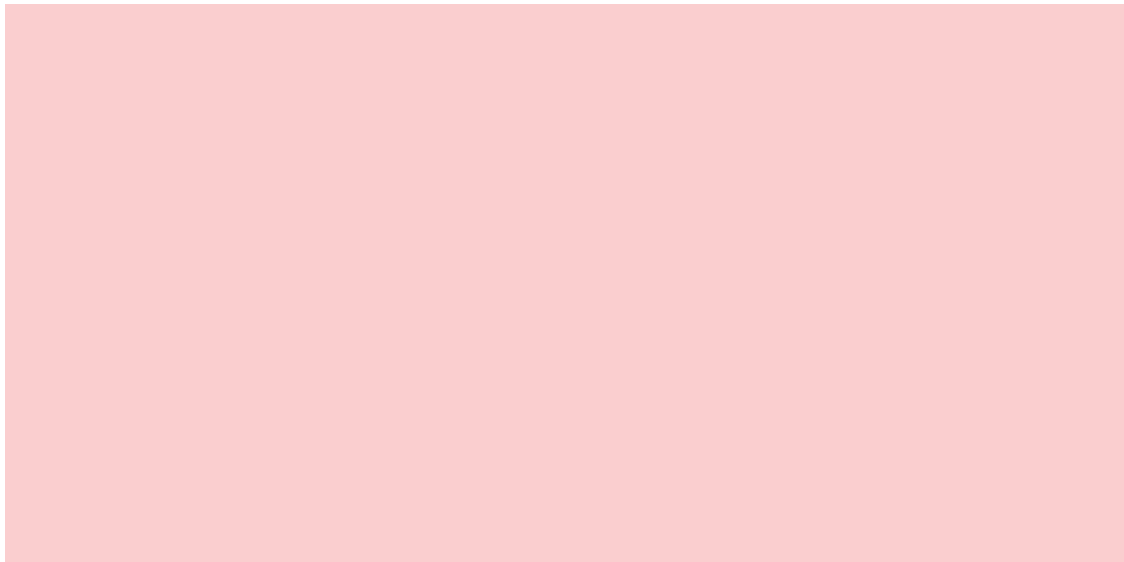
- **Monday 24 June** at The Age Concern Hall, 62 Oxford Street, Richmond from 10am to 12 noon.
- **Monday 2 September** in Stoke, time and venue to be confirmed
- **Monday 21 October** in Nelson, time and venue to be confirmed
- **Monday 9 December** in Tahunanui, time and venue to be confirmed

We also run CarFit workshops, an AA programme that offers senior drivers a free check to ensure they're seated in their cars as safely and comfortably as possible. Dates and locations for CarFit are:

- **Friday 7 June**, venue and time to be confirmed
- **Friday 20 September**, venue and time to be confirmed.

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

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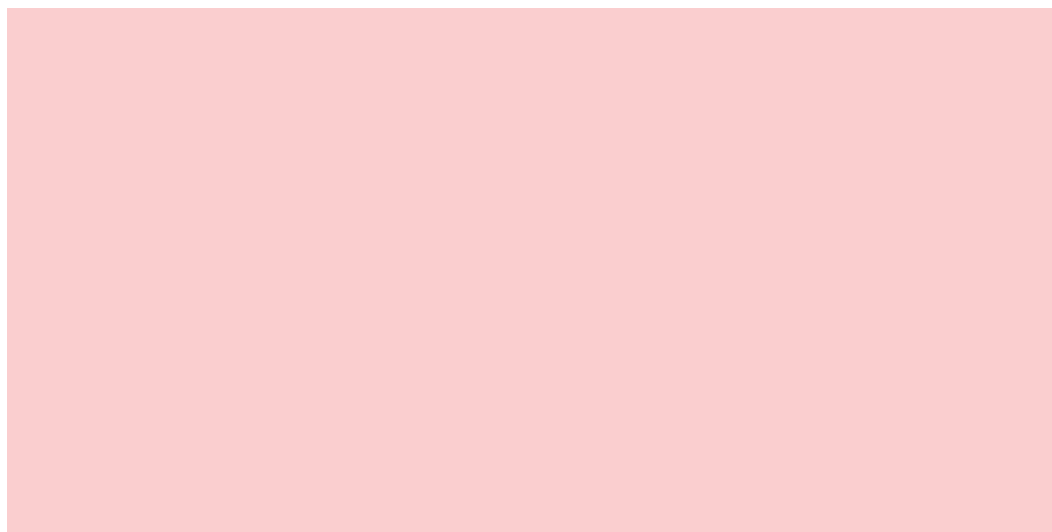


If you've never tuned into local radio station Fresh FM, maybe it's time you did! They have a show just for seniors called *Senior Central*, which has been running for four years and is broadcast fortnightly on Tuesday mornings at 11.40am, repeating on the following Thursday afternoon at 2.40pm and Saturday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

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### **And finally . . . Inspiring Stories About Older People**

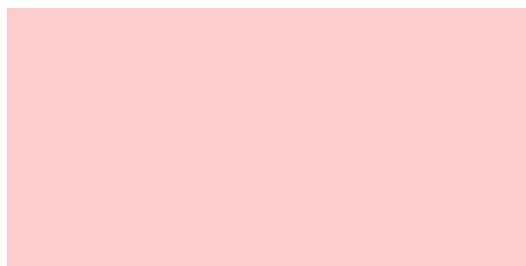
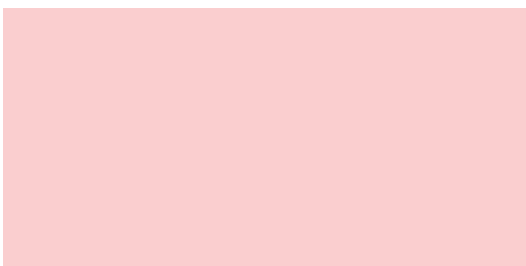
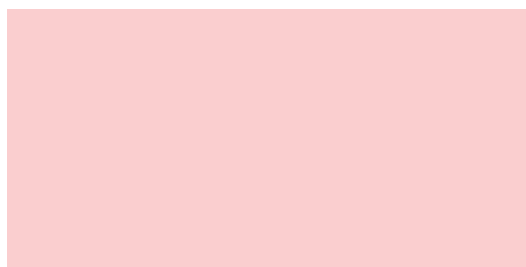
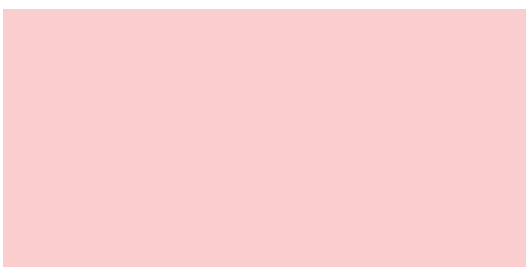
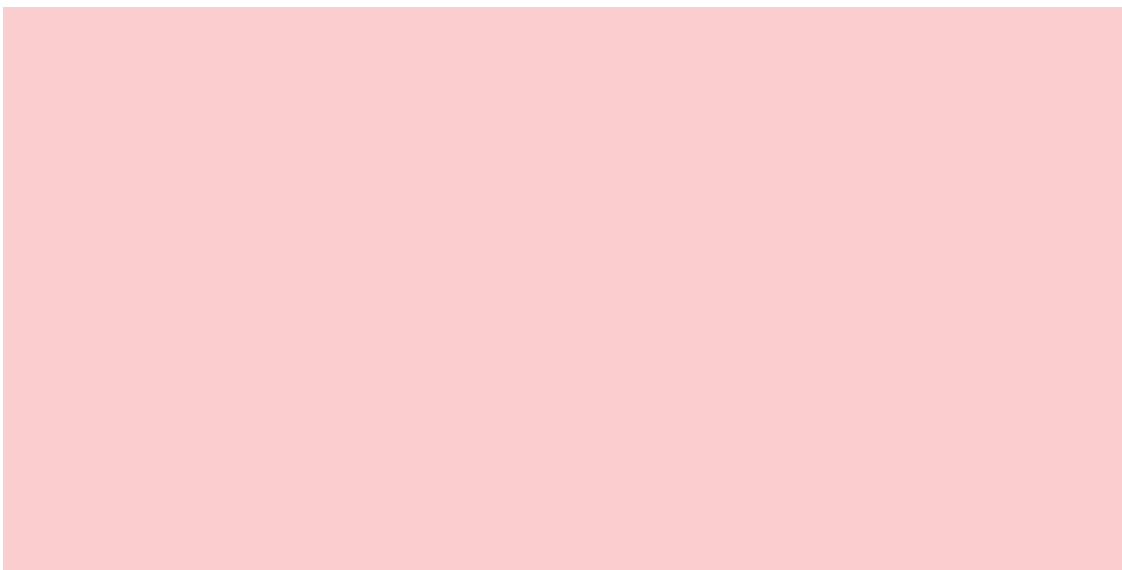
This month we have a story about animal therapy at an Aged Care Facility in the UK. What an eclectic range of animals they have. [Click here](#) to see what this man is holding! Can you guess?

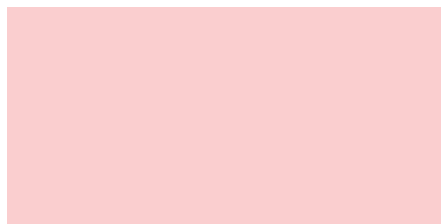
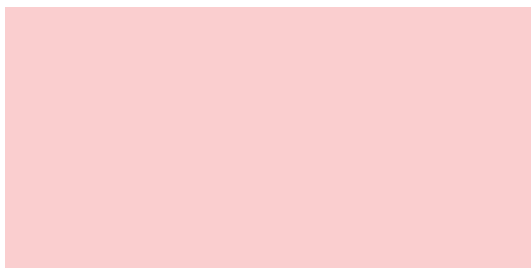
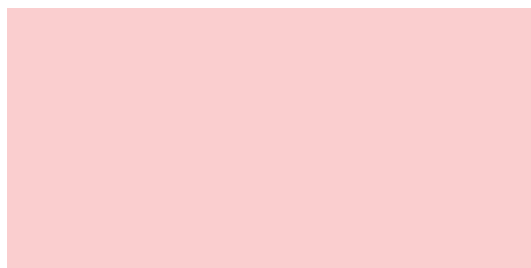
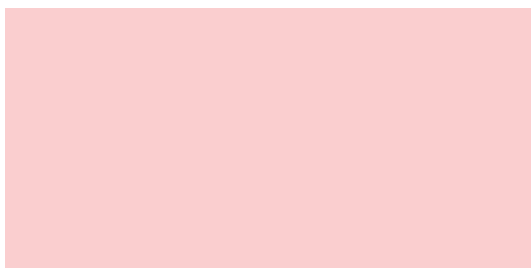
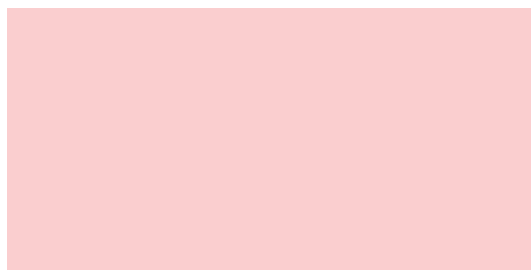
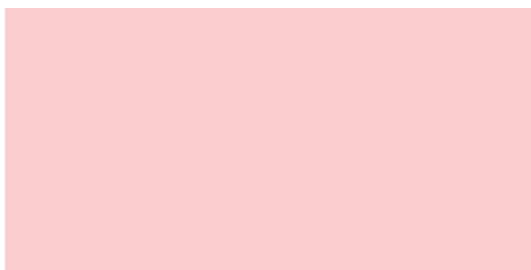
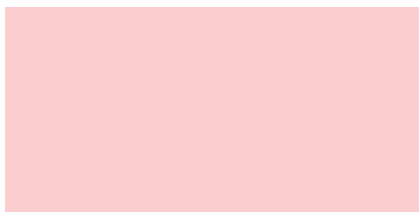
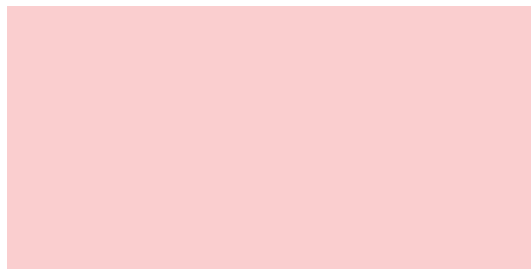
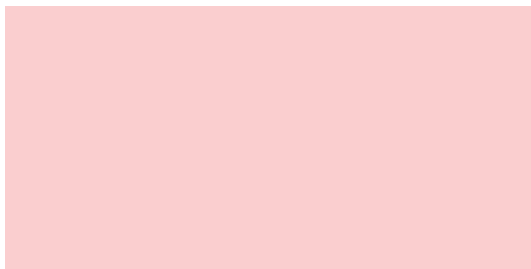




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