

# COMING SOON - Hall Renovation!



We are really excited to announce that work on renovating the Hall is going to start on 1 October. The Hall will be officially closed during October and November for this work to be done. We'll do the first stage of putting in two new offices, new toilets and a kitchen initially, with fundraising continuing to help us with stage two. Our fundraising is progressing well and we have now raised over \$122,000, A big thank all our wonderful members who have donated over \$6000 to help with renovations. We only need to raise a further \$50,000 to complete stage two so if you are interested donations can be made through our [give-a-little page](#).

**NB: During October and November, Tea & Talk and Sing Yourself Well will be held in the Holy Trinity Anglican Church Hall at 27 Dorset Street, Richmond.**

## SpinPoi in Review

We had an inspiring couple of days with Dr Kate Riegle van West of SpinPoi who delivered three workshops to train people to run their own SpinPoi classes. The health benefits of this fun exercise include not only improved grip strength, balance and flexibility in older adults, but Kate's PhD showed that it improved cognition and overall wellbeing as well. During the two days, she ran three

workshops, and over 40 people were trained to run classes for all abilities - from independent and healthy older adults to those at rest home and hospital level care. You can see from the photo essay below how much fun we all had. Keep your eye out for SpinPoi classes which will start popping up over the region over the next few months.



## Coming Up - Please RSVP

**AGE CONCERN NELSON TASMAN**  
**Notice of AGM**



To be held at the Age Concern Hall,  
62 Oxford Street, Richmond.  
Monday 16 September 2019 at 11am,  
followed by light refreshments.  
All members welcome.

Please RSVP to Miriam on 5447624 or  
[support@ageconcernnt.org.nz](mailto:support@ageconcernnt.org.nz)

## Sunday Soroptomists Afternoon Tea



Our new monthly Sunday afternoon tea with the Waimea Soroptomists has been going well. We've now organised four of these lovely social gatherings, held in different homes each time. Using the Red Cross community van, with volunteer driver and hosts Sandy and Maggie, we've been picking up and dropping off a group each time – with reports back of a lovely afternoon out, lots of laughs and meeting new people. Thank you Waimea Soroptomists, your community support is invaluable!

Photo: Derek, Tom and Ann enjoying high tea with Annette Greenland from the Soroptomists in the background.

## **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 21 October** at the Victory Community Centre from 10am - 12 noon.
- **Monday 9 December** in Tahunanui Community Centre from 10am - 12 noon.

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. Our next CarFit is on:

- **Sunday 10 November**, at 'Cops with Cakes', 10am - 1pm @ Saxton Fields. Must pre-register.

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)

## Warmer Kiwi Homes: Grants for Heaters

The Government's *Warmers Kiwi Homes* has been offering grants for insulation since July 2018. They have now extended this and from July 2019 also offer lower-income

homeowners grants for heaters. Grants will cover two-thirds of the cost of an efficient heat pump, heat burner or pellet burner and the grant is capped at \$2500.

Home owners may be eligible for a grant for a heater if:

- they are the homeowner (not a rental)
- the home was built before the year 2008
- the homeowner has a Community Service Card or SuperGold combo card,  
OR
- the home is in an area identified as low-income
- the home doesn't have an existing operational heating appliance in the main living room.

To be eligible for a grant for a heater the home must have existing ceiling and underfloor insulation, up to EECA standards or if EECA has assessed the home and found they can't install insulation.

For more information about eligibility [click here](#) or by call 0800 749 782.

## Memory Walk - Make Dementia Top of Mind



September is World Alzheimers Month! Alzheimers Nelson invites you to join the Memory Walk to show support for all those living with dementia, on Saturday 21st September at Isel Park.

The Memory Walk is a great activity for people of all ages and abilities. There is no registration fee for participating, so a donation is greatly appreciated.

When: Saturday, 21st September 11 am

Meeting point: St Barnabas Anglican Church, Isel Park, Stoke

Refreshments will be available after the short walk.

Register at <https://mw2019-stoke.gofundraise.co.nz/>

Show your support by wearing purple!

**Tea & Tech Spaces Available Monthly**



Learn how to master your digital device with AgeConnect via our Tea & Tech sessions. We have two community spaces at each of our monthly Tea & Tech session 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.

**Please contact Ruth at Age Concern on 5447624 Ext 5 or [ageconnect@ageconcernnt.org.nz](mailto:ageconnect@ageconcernnt.org.nz) for more information or to make a booking.**



# AgeConnect NelsonTasman

## Events

## Calendar

Thanks very much to everyone who is submitting events to our newish AgeConnect website. Our calendar is looking good and most days there are many activities to choose from. We would love to hear from you if you have a regular or one-off event coming up. Please submit it directly via our website on [www.ageconnect.org.nz](http://www.ageconnect.org.nz) or contact Miriam on [support@ageconcernnt.org.nz](mailto:support@ageconcernnt.org.nz).

# fresh fm

- Nelson-Tasman 104.8
- Takaka 95.0
- Nelson CBD 107.2
- Blenheim 88.9

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](#)

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

This month we have a video featuring an intergenerational playgroup in an Australian aged-care facility. It is very lovely and shows the power of this interaction for both the older person and the young child.

[Click here](#) to see the video.

