

Subject **Latest News from Age Concern Nelson Tasman**
From Age Concern Nelson Tasman <support@ageconcernnt.org.nz>
To <info@ourmapua.org>
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Kia Ora Koutou

Welcome to Spring!

As things continue to be uncertain around Covid, we're continuing to work as much as we can around keeping people supported and connected. We have opted to keep running our weekly activities in the hall, with good hygienic practices in place and contact tracing.

Please read on to find out what's happening in our always busy world!

Nga mihi

Caroline Budge, Manager



Be kind



Monday Information Sessions



Our Monday Information Sessions are attracting good attention. These are a great chance to get informed on a range of topic and enjoy a cuppa in our lovely new Hall. Entry is open to all. Information Sessions between now and the end of the year are:

Date	Information Session	Time
14 September	Age Concern Nelson Tasman AGM All welcome. Please register	11-12noon
21 September	Scamming Information Session With Elder Abuse advisor Mal Drummond and Kyle Abbott from NZ Police	10am – 11.30am
28 September	Budgeting/Money workshop With Lisa Dyer from Nelson Budgeting Service	10am – 11.30am
12 October	Hearing Information Session With Tracy Dawson from Hearing Nelson	10am – 11.30am
2 November	Advanced Care Planning With Carla Arkless	10am – 11.30am
16 November	E-Bike Workshop with Easy Street Cycling Numbers are limited, please register with Marrit.	10-11.30am
30 November	Enduring Power of Attorney With Kaye Lawrence from Community Law	10am -11.30am

For any further information or registrations please phone Marrit on 03 544 7624 ext 4 or email community@ageconcernnt.org.nz

Farewells and Welcomes



We say a fond farewell to Ruth Collingham, who has been our fabulous AgeConnect Coordinator for the past year. Ruth is leaving us this week, but thankfully staying on to run the very popular Sing Yourself Well sessions on Tuesdays. We wish Ruth all the best with her future endeavours.



We welcome Sandra Tait who recently started as our second Elder Abuse Advisor. Sandra worked in the Mental Health sector for a number of years and has a background in Occupational Therapy with gerontology a specialist area. She recently relocated to Nelson from the North Island. She is looking forward to supporting older people and their families in her new role.



COVID-19 and the 2020 General Election

There are processes in place to protect you and your whānau while you vote.

Voting will open 2 days earlier than usual, and there will be more voting places to reduce queues. You are encouraged to vote locally and bring your own pen if you can. Hand sanitiser will be provided at voting places, and there'll be space

for physical distancing. If you need to stay home, you'll have other ways of voting including voting by post.

Voting starts on 3 October

If you're in New Zealand, you'll be able to vote from Saturday 3 October to 7pm on election day, Saturday 17 October.

Advance Voting in Nelson Tasman

The Electoral Commission is recommending that libraries or Greenmeadows Centre in Stoke are good advance voting options for older people. They stronger suggest avoiding Richmond Mall. Advance voting is usually quieter in the mornings before 11am and after 2pm. For those who can't get out they can discuss their options by phone 0800 36 75 56. This is best done before September 23rd.

For more information:

- Visit vote.nz
 - Call 0800 36 76 56
 - Your EasyVote Information pack.
-

AGM

ANNUAL GENERAL MEETING 2020

Notice of AGM

You are warmly invited to attend our AGM on Monday 14 September from 11am to 12pm in the Age Concern Hall, 62 Oxford Street, Richmond. The Meeting will be followed by a light lunch. This is a great chance to hear about our year in review and celebrate our achievements.

Please RSVP to Miriam on support@ageconcernnt.org.nz or phone 5447624.

Garden Trail Cancelled

Due to the unpredictable nature of planning large scale public events we have

cancelled our Garden Trail for this year. We will look to hold it next November 2021. Thanks to everyone for your interest.

Age Concern Nelson Tasman Garden Trail

Visit beautiful gardens and flower farms around Richmond, Appleby & Bright-



Sunday 8 November 2020, 10am - 4 pm

If you would like more information or wish to register for a ticket please contact Miriam on 5447624 ext 6 or support@ageconcernnt.org.nz



International Day of the Older Person



At this stage we're still very much we'll be able to run our annual celebratroy event for the International Day of the Older Person! This very important day is officially held on 1 October every year. At Age Concern Nelson Tasman we have been running an afternoon entertainment event for the past few years. This year is slightly different in that we are going to have our celebration a little earlier. We would love to see an many of you as possible at our IDOP celebration at the Annesbrook Church on Tuesday 29 September from 2pm to 3.30pm. We'll have a lovely afternoon tea, local entertainment and a raffle or two.

If you would like to attend, please RSVP by Friday 18 September to Marrit on 5447624 ext 4 or email community@ageconcernnt.org.nz

Hall Timetable



Day	Time	Activity
Monday	9am-3pm	Reserved for Age Concern training and workshops.
Tuesday	10am-11.30am 2pm-3pm	Sing Yourself Well SpinPoi
Wednesday	10am-11.30am	Tea & Talk
Thursday	10am-11am	Move Good Now
Friday	10am-11.30am	Cards & Games

All Events \$3 koha.

We support older people to have a healthy lifestyle, full of opportunities and free from harm

62 Oxford Street, Richmond, Nelson
Phone 03 5447624
www.ageconcernnt.org.nz

We have a full schedule of activities in our Hall so please feel free to come along to any of the sessions. Our newest groups, SpinPoi and Move Good Now are becoming established. Both are gentle movement classes aimed to improve strength, mobility and concentration.

**NZ Coalition to end Loneliness
launches its new website**



A new [Let's End Loneliness](http://www.letsendloneliness.co.nz) website has been launched as a resource for anyone experiencing or concerned about loneliness. It has been created by the New Zealand Coalition to End Loneliness, whose members work to tackle loneliness and create communities in which New Zealanders have the relationships and support they need to thrive.

The Coalition was formed in 2018 by seven national organisations including Age Concern New Zealand.

Age Concern New Zealand Chief Executive Stephanie Clare says the website is designed as a source of information which also links people to support services. "Everyone can feel loneliness at some time, but it can be addressed and solved, and together we can end loneliness for New Zealanders who feel isolated."

I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.

Inspiring Older Person



Berliner Leo Kuchwalek is **102** years old. When he retired, forty years ago, he qualified as

a **swimming instructor** and has been teaching children to **swim** ever since.! [Click here](#) to see him in action

(NB: This video is from September 2019).



We are very grateful to all our funders and sponsors





Whittaker Trust



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