

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 the August edition of our e-bulletin outlining all the latest news and information from our agency and other age-related organisations. My original intro to this was around settling into the new hall, but with the latest Covid happenings, we're heading into the unknown again. Until we hear otherwise, we will continue to work as normal, abiding by Ministry of Health guidelines for level 2. Our hall events continue at this stage, and we will of course update everyone if the situation changes.

Nga mihi

Caroline Budge, Manager



Be kind



Monday Information Sessions



One of the new initiatives in our refurbished Hall is our Monday Information Sessions. We will be bringing you a smorgasbord of informative talks and workshops on a wide variety of topics relevant to being 65+, with specialised guest speakers. These sessions are free for Age Concern members, although a koha is always appreciated. We ask that everyone interested in coming along registers with us. Information Sessions between now and the end of the year are:

Date	Information Session	Time
31 August	Staying Safe Driving Course With Garry Dunn	9.30am-12.30pm
7 September	Green Prescription – Living Well With Jackie MacIntyre from Nelson Bays Primary Health	10am-11.30am
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

New Fitness Class - Move Good Now



A new fun fitness class has started in the Age Concern Hall, every Thursday from 10-11am. This is being run by Hilary Williams of **Move Good Now**.

Hilary is an experienced group instructor and is particularly interested in the benefits of brain health when combining specific actions and movements in a fitness class. She has her own fitness studio in Mapua and provides a range of classes including boxing for women, adult fitness, beginners Hip-Hop, low impact dance, seated exercises and classes for people with Parkinson's. She is an incredibly dynamic instructor and her enthusiasm is infectious.

The '**Move Good Now**' class in the Age Concern Hall will include a range of moves and exercises to improve movement and balance. Rhythm and

coordination are just some of the therapeutic gains that are being explored. If you would like to come along, or know someone who might, please spread the word! There is no need to register - just turn up on Thursdays. If you would like more information, please contact Marrit on 5447624 ext 5 or community@ageconcernnt.org.nz

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.

Age Concern Nelson Tasman Garden Trail

Visit beautiful gardens and flower farms around Richmond, Appleby & Brightwater



Tickets
\$25

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



We are organising a Garden Tour as a major fundraising event for Age Concern Nelson Tasman. For the price of \$25 you will get access to several flower farms and gardens in the Appleby, Hope and Brightwater area. We are also looking at

organising buses for this event and the price of this is yet to be decided. This is still an evolving project but we are very excited about it and are looking forward to rolling out more information as it develops.

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

SpinPoi has started!



We're delighted to be getting SpinPoi up and running in our newly revamped hall. You can join our weekly sessions occur on Tuesdays from 2-3pm in the Age Concern Hall, 62 Oxford Street, Richmond.

SpinPoi has been scientifically proven to improve older people's grip strength, balance and ability to sustain attention, as well as being great fun! Dr Kate Riegle van West, who did her PhD in the health benefits of SpinPoi on older adults, came to Nelson last year to do training sessions. Our very own Funding & Communications Officer Miriam Clark is leading these classes.

If you would like to come along, or know someone who might, please spread the word! There is no need to register - just turn up. **If you would like more information, please phone Miriam on 5447624 ext 6.**

Local business support

We are delighted to welcome [Driving Miss Daisy Nelson West](#) as our newest corporate supporters. Tracey McConnachie and her partner Rob are sponsoring our weekly Tea & Talk in Richmond, which we're delighted about. They pop in regularly with clients, and love to get to know our members and have a chat. Tracey and Rob are pictured here with Manager Caroline at a recent Tea & Talk. A huge thanks to them for their valuable support and friendship.



NZ Coalition to end Loneliness launches its new website

**Join the movement
to end loneliness**



www.letsendloneliness.co.nz

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 – Age Concern New Zealand, St John New Zealand, Carers New Zealand, Student Volunteer Army, Royal New Zealand Returned and Services Association, Alzheimers New Zealand and The Salvation Army. They were concerned about the impacts of loneliness and wanted to provide information, grow understanding, and advocate together to prompt action on loneliness.

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."



A housing researcher is looking for people 60+ to interview and talk to them about their living environments during level 4 lockdown.

Bev James wants to hear from seniors living in different housing situations and living environments about their experiences during Level 4 'lockdown', and what has happened since then. Information such as how warm and comfortable they were, what supports they received, and how they managed their finances, will be useful for the research.

The research is part of the Affordable Housing for Generations Research Programme, and its aim is to tell the government, community leaders and organisations who support older people about how they were impacted by the lockdown and in the weeks following, and what we have learned about how housing supports wellbeing during difficult times.

All interviews will be confidential and individuals will not be identified.

If you would like to participate, or you know someone who might, you can contact Bev James at bev@bevjames.nz; 027 2478353.



Letters of experience wanted

People 70+ are being invited to write a letter to share their experience of lockdown and other aspects of Covid-19, as part of a new research project called **Have Your Say** being run by the University of Auckland. All letters (with the letter-writer's permission) will become part of a permanent archive at the Auckland Museum as an important historical record as well as a resource for informing future responses to pandemics by the government and media.

Letters can be hand written, or done online. If people would prefer to send audio or video files, that's also an option.

People over 70 were identified as most vulnerable to the virus, but were characterised by the media as passive and in need of protection. The research team says it's 'vitally important' that the voices of this age group are heard and how they felt during lockdown. They say the more letters they are able to collect, the more weight the project will have in terms of informing government responses to future pandemics and the richer the historical archive will be. To find out more about the project, you can visit the **Have Your Say** website [here](#):

"I've finally reached The Wonder Years"

Wonder where
I parked the car?

Wonder where
I left my phone?

Wonder where
my glasses are?

Wonder what
day it is?



You can vote in the General Election and referendums at any advance voting place from Saturday 5 September or at any voting place on election day, Saturday 19 September.

For those who cannot get to a voting place there are options available including

asking someone to collect your voting papers or applying for a postal vote.

More information is available from:

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

Inspiring Older Person



As a surprise from his son, 69 year-old Barry Shanahun got the chance to step outside of his comfort zone and record a song. It's having chart topping success, what a great moment for the pair! [Click here](#) to see the Seven sharp coverage.

This song was so successful that after a few days it went to Number One on i-tunes. [Click here](#) to hear about this.



We are very grateful to all our funders and sponsors





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Our mailing address is:

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

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