

Subject **Covid-19 Update 2**
From Age Concern Nelson Tasman <support@ageconcernnt.org.nz>
To <info@ourmapua.org>
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NewsAgent



Kia Ora Koutou

I trust everyone is enjoying the warmer, longer and sunnier days now that summer beckons!

We're heading into a busy few weeks of pre-Xmas events and activities, managing as much as we can amid the constant uncertainties that Covid brings. We are aware that for many people at the moment, things do feel a bit 'up in the air', so please get in touch with us if you know anyone older who's looking for some support or social connection. Stay safe everyone.

Nga mihi

Caroline Budge, Manager

Be kind



What's Happening at Age Concern in the coming weeks

Christmas Care Packages



Yes it's that time again! We're seeking donations for our much-appreciated Christmas Care Packages. Every year we gather together donations from the community of non-perishable foods, toiletries and treats to put into care packages and deliver to some of our clients and members. Last year we distributed 65 packages, which are so warmly received and provide a welcome boost of food staples, treats and kindness at a time of year when being alone can be hard. We are really appreciative of Richmond Primary School for their help with this campaign. They help gather donations and make beautiful Christmas cards and tags to go with the packages.

If you would like to contribute, please drop off your donations to Age Concern Nelson Tasman, 62 Oxford Street by 30 November 2021.

The perfect Xmas pressie!



Looking for a beautiful present to give someone this year? Look no further than our first-ever Age Concern Nelson Tasman calendar! We were so proud and delighted with the images and stories in our **Beyond the Face** exhibition earlier this year, that we've turned it into a calendar. There are 12 stunning portraits of older people in the region, with their life stories included. All sales will go towards continuing our much-needed work.

The calendars are a very reasonable \$20 each. If you'd like to buy them, please pop into our office in Richmond, or contact Liz on admin@ageconcernnt.org.nz or phone 544 7624 ext 9

Activities in Age Concern Hall in Novemeber



- Sing Yourself Well, Tuesdays 10-11.30am
- SpinPoi, Thursdays, 1-2pm
- Tea & Talk, Wednesdays 10-11.30am
- Move Good Now, Thursdays, 10-11am

Please sign into the Hall when you arrive, wear a mask which can be taken off once seated or doing the activity. 1m distancing applies.

Meet our new Board Chair - Bevan Grant

Bevan stepped into the role of chair at our September AGM (see below), farewelling Charles Tyrrell who has given 10 years of service to our organisation. Many thanks to Charles for all his input and support over the year.

Bevan has a long career in education, mostly in the tertiary sector (University of Otago then Waikato). For the past 30+ years much of his work was in gerontology, with a focus on 'positive' ageing. He has also been a member of kindred professional associations (e.g. NZ Assoc of Gerontology) and national organizations such as Age Concern Hamilton and Grey Power.





ANNUAL GENERAL MEETING

AGM Roundup

Our AGM was held on 20 September and was a fantastic acknowledgement of all Age Concern Nelson Tasman has done and achieved over the past year.

Here are some of the highlights of the past year:

- We dealt with 128 cases of elder abuse and 24 cases of self-neglect. Our advisors provide professional and empathetic support to them.
- We currently have 138 Accredited Visitor Service (AVS) clients and 126 AVS visitors across the Nelson Tasman region.
- Our Phone-a-Friend service supported 50 people at its peak and after lockdown 12 people continued to receive phone calls from 6 volunteers.
- Our Carer Relief Service supported 29 families during the year.
- We ran 49 weekly Sing Yourself Well sessions, with 801 participants.
- SpinPoi was run over 57 sessions with 299 participants.
- Move Good Now, our seated exercise class, ran 48 sessions and had 286 participants.
- We ran 14 Tea & Tech sessions, upskilling 60 people on digital technology.
- We facilitated monthly afternoon teas which were hosted by the Waimea Soroptimists and were attended by 8 of our members.
- We introduced TechConnect iPad classes and held our first block of classes which were attended by 10 people.
- We provided outdoor activities that over 200 people got involved in during the summer of 2020, including tai chi, heritage walks, Sing-a-long in the Park, SpinPoi etc.
- We visited 20 aged care facilities and trained hundreds of staff on elder

abuse awareness and gave 15 public awareness presentations on elder abuse.

- We helped keep 85 senior drivers safer on the roads with our Staying Safe Driving workshops and informed 101 people at our Life Without a Car workshops.
 - We ran 2 CarFit events – showing 26 older drivers how to be safer and more comfortable in their cars
 - We carried out 209 assessments of people eligible to join the Total Mobility Scheme and now have 1441 members on this scheme which we administer and manage on behalf of the Nelson City and Tasman District Councils.
 - We recognised Elder Abuse Awareness Week, celebrated International Day of the Older Person, and handed out blankets and quilts during winter and 64 Christmas care packages to older people across the region.
 - We continued our Tea & Talk in five different locations across the Nelson Tasman region and introduced one to Tapawera.
 - At Age Concern we have over 150 volunteers for AVS, Carer Relief, AgeConnect and office relief, who donated approximately 5612 hours to the organisation!
 - We helped organise and run the region's second Nelson Connects Volunteer Expo which was attended by over 200 people and had 30 not-for-profit and community organisations stalls.
 - We were also part of the Positive Ageing Expo which attracted around 2000 people and had a range of information stalls for older people.
 - We are a lead-partner in Wellby, an exciting new initiative that's helping people in Nelson Tasman feel more connected to what's happening in their communities.
 - During the past year we have developed our connections with organisations in the rural areas of Tasman and are working in collaboration, sharing information and providing resources.
-

Finish and Start Dates for Age Concern Activities

Our Age Concern Activities will have a brief break over the Christmas period and then resume in January. Thanks so much to everyone who has attended these over the course of the year.

See below for the difference activities, their finish date for 2020 and start date for 2021.

Activity	Finish 2021	Start 2022
Sing Yourself Well	21 December	11 January
SpinPoi	23 December	13 January
Move Good Now	16 December	13 January
Tea & Talk, Richmond	22 December	12 January
Tea & Talk, Victory	13 December	10 January
Tea & Talk, Motueka	15 December	12 January
Tea & Talk, Golden Bay	8 December	26 January
Tea & Talk, Tapawera	30 November	25 January



62 Oxford Street, Richmond, Nelson
Phone 03 5447624
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Upcoming Driving Courses



Staying Safe Driving Course

This course is very helpful for older drivers, giving them a round-up of the road rules. The next one is:

- **Thursday 22 January** 9.30am-12.30pm, Olive Estate Lifestyle Village, Richmond.

Life Without a Car

Learn what's next when you are unable to drive. Not driving doesn't mean limiting our activities or prevent us from enjoying life. Adjusting to life without a car doesn't mean losing independence and freedom.

Life Without a Car information session includes:

- 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 and staying connected

Our next course is coming up on

- **Monday 21 February** 10-11.30am, Oakwoods Retirement Village, 357 Lower Queen Street, Richmond. Free transport to the workshop is available.

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

What is Wellby?

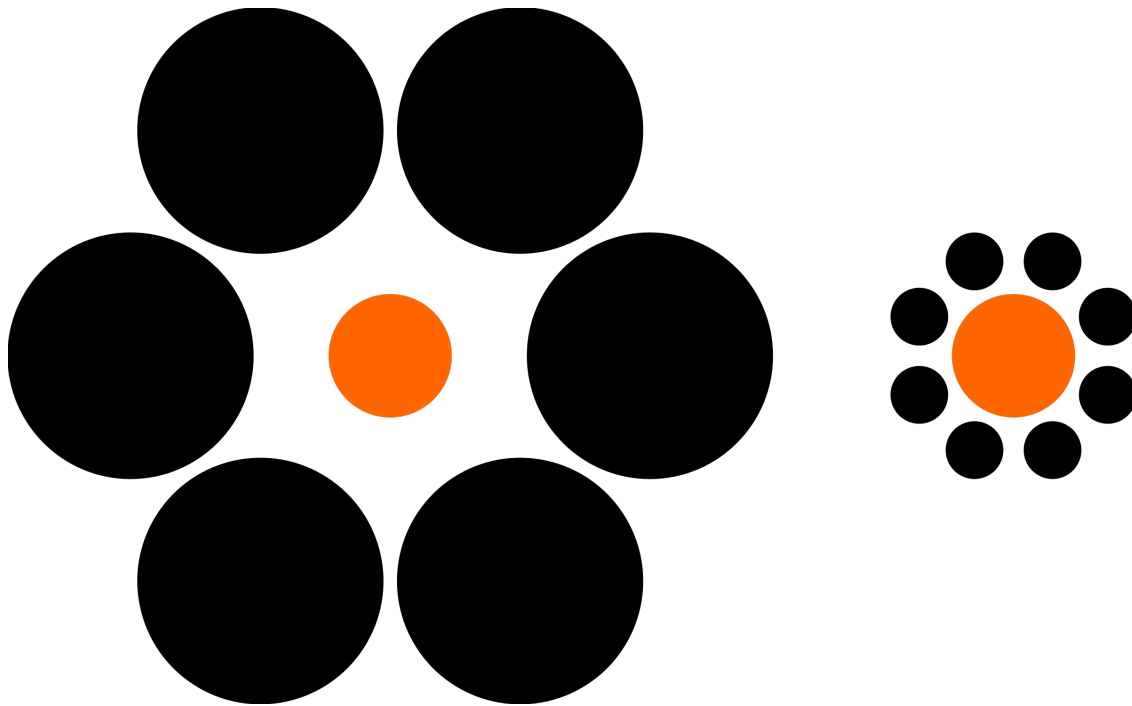
We're really excited at Age Concern Nelson Tasman to be one of the lead organisations (alongside Volunteer Nelson) that has created Wellby. It's a new community initiative that's helping the people of Nelson Tasman to better connect to their communities and improve their wellbeing. Wellby does this in three simple ways: hosting Talking Cafes, like this one pictured at McCashins in Stoke recently. Our very own Marnie is the host for this fortnightly cafe, open to absolutely anyone.



The second thing is to train members of the public to become Signposters (pictured right is a recent training session), and they can then help point people to the information they need to socially connect. And the third thing is promoting the [Found Directory](#) - an online listings site of hundreds of clubs, organisations and groups to get involved with. Find out more about Wellby at our [website](#).



Q: Which orange circle is larger?



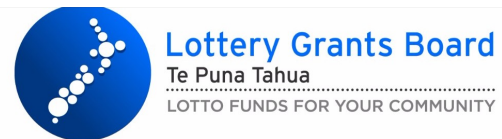
A: They are the same size. This is called the Ebbinghaus Illusion.



Manawaroa features 5 stories of older New Zealanders from diverse cultural backgrounds, exploring their lives and views on social connectedness, especially across the generations. The research team is showing the film to diverse audiences in order to raise awareness about societal views on ageing

and inter-generational connection. [Click here](#) to watch the feature.

We are very grateful to all our funders and sponsors





Whittaker Trust



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