

**Meeting of Nelson Tasman Positive Ageing Forum held at 1.00 pm  
on Monday 11 July 2016 at Constance Barnicoat Room, Richmond Library**

**Present:** Charles Tyrrell (Anglican Church/Age Concern) (Chair), Mike Tasman-Jones (Tasman District Council), Peter Sutton (U3A Nelson), Rona Abbott (Fresh FM), David Kemp, Ruby Aberhart, Mayor Richard Kempthorne (Tasman District Council), Mayor Rachel Reese (Nelson City Council), Pauline Daly (Grey Power), Linda O'Dea (Grey Power), Jim Ward (Heartland), Bevan Grant, Sue Tilby (Age Concern), Malcolm Drummond (Age Concern), Gail Collingwood (NCW), Lisa Clarkson (toenail cutting), Yvonne Smyth (Anglican Church, Richmond), Melodie Prescott (Stoke Community Centre), Heather Lackner (Alzheimers Nelson), Trish Armstrong (Presbyterian Support), Gaile Noonan (Cr Nelson City Council), Judene Edgar (Cr Tasman District Council), Wendy Stawbridge (HAT), Laschelle Walker (AHDC), Mary-Ann McNatty (Sport Tasman), Nicole Brown (Nelson Public Library), Ward Steel (Nelson Bays Primary Health), Ruth Chignell (Blind Association), Kaye Halkett (Blind Association)

**In attendance:** Tara Fifield (Tasman District Council)

**Apologies**

Moved Charles Tyrrell/Mike Tasman-Jones

That apologies for absence from Annette Nistor, Kathy King, Gabrielle Stent, Kamaya Crawford, Glenis Bell, Ros Vercoe, Rachael Large, Ann Armstrong, Kim Howell be received.

Carried

*Prior to the forum there was a facilitated discussion led by the Chair with Nelson City Council Mayor Rachel Reese and Tasman District Council Mayor Richmond Kempthorne. The Mayors were asked questions about how our local authorities are working for the good of their older citizens.*

**1 Confirmation of Minutes – 2 May 2016**

Linda O'Dea from Greypower noted that her surname is O'Dea not O'Dee.

Moved Charles Tyrrell/Mike Tasman-Jones

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum, held on 2 May 2016 be received.

Carried

**2 Correspondence**

Nil

**3 Chair's Report**

The Chair's report was circulated prior to the meeting and hard copies were made available. The report included commentary on:

- Positive Ageing Mayoral Forum.
- Office for Seniors, Wellington – Charles will be attending a one-day conference in Wellington in September.
- Nelson Community Contact Programme for third year medical students is happening 22-26 August. Sue Tilby mentioned that in the past it's been disappointing when the students have made a presentation and hardly anyone has attended. Gail Collingwood said that the Positive Ageing Forum wasn't informed of the final feedback session last year or the year before. Ruby Aberhart said the last presentation was at the PHO and it was excellent and suggestions were made on how to go forward. Charles said that if you want your group to be part of this programme, to please let him know.
- Charles attended the Nelson Bays Primary Health Trust meeting on 2 June and attended the Trustpower Community Awards on 27 June.
- The International Day of the Older Person's service is on 2 October at 10.00 am at the Nelson Cathedral.
- We will be continuing our discussions on the Positive Ageing Principles at the next Forum meeting.

#### **4 Nelson Bays Primary Health**

Angela Frances, Chief Executive of Nelson Bays Primary Health, provided an update on the NBPH and the future of healthcare. She talked about the health system in New Zealand and how it operates:

- We are increasingly having to do more with less. NBPH oversees both the contract negotiations and deliverables of GP practices – there are 26 GP practices in Nelson/Tasman.
- The referral pathway happens through primary or GP practices first of all. Via the PHO there are a number of programmes that are of interest to older people – falls prevention programme, green prescription programme (Sit and Be Fit). The PHO links with Alzheimer's NZ and also attends quarterly meetings with Healthcare NZ.
- PHO funds a number of older people initiatives and this is seen as a priority. In future, this has an impact on PHO in particular as the GPs are getting older as are the practice nurses. In 17 years' time we may need another 82 GPs.
- Moving health services closer to home and treating a person in their own home or in their community with a wraparound service to support that. They are looking to pilot and trial an initiative in the Nelson/Tasman area.
- We need to be thinking about the "well" elderly looking after the "unwell" elderly.
- "Tele-health" is somebody sitting in their home who can talk through a computerised system and can have their blood sugar levels etc read.
- On 3 August the NZ Nurses Association are holding a free education session on supporting the vulnerable.
- At a GP practice in Christchurch, instead of having people coming in and making an appointment they had a triage phone system – they noted that a third of the patient list didn't actually need to come in.
- Peter Sutton asked if the PHO does anything to encourage protecting your health by being active not only physically but also active mentally – play games like chess, and crosswords. Angela acknowledged the importance of both an active body and an active mind.
- Ruby Aberhart said the PHO have historically been involved with the Forum, for example if they were creating new brochures, they would ask for input from the Forum.

Angela said they definitely want the Forum to be involved and reminded members of the with the recent stakeholder survey.

## **5 Update from Age Concern**

Sue Tilby gave an update on what is happening at Age Concern:

- The government have renewed the elder abuse contract for another year.
- Have been working quite closely with a few people within the Forum and can certainly see there is a need for us to be collaborating more with agencies that have expertise in what they are doing. There is a huge value in volunteers and we are looking at how we can increase our volunteering in Nelson/Tasman and the diversity we could be offering people in our community.
- Age Concern are putting together their own training package for the new health and safety legislation and if anyone's interested let Sue know.
- There was discussion about the talk Matthew Parsons did about people remaining in their homes for longer and the well elderly looking after the unwell elderly. Ruby mentioned that Age Concern had been proactive and the audience was targeted at over 65 years. She personally thanked Age Concern for recently helping her.
- Richmond is lacking in social connectedness. Volunteer Nelson are also working on this area too.
- Community whanau meetings will be run four times a year and there are interesting speakers coming along to the meetings.

## **10 General Business**

- Lisa Clarkson introduced her new toe nail cutting business called Toe Nail Cutting (ph 526 7420). She offers a mobile service and will see people in their own homes and charge \$30.
- September is Alzheimer's Awareness Month. The memory walk is on 18 September at Founders Park.
- Ruby Aberhart spoke on behalf of Rachael Large and talked about the "Picturing the Prow" booklet produced by the Nelson Youth Council. She said booklets are available at Nelson City Council.
- The next Accessibility for All meeting is on 12 August.
- Nominations for Council or for the District Health Board open on 15 July and close on 12 August. Information is available on both council and DHB websites.
- Health and disability advocacy is now 20 years old.
- David Kemp said as part of the family heritage month in August, he will be giving a talk of his family's story which also ties in with Age Concern telling their history stories.
- The Headingly Hall is a great wee facility for a small donation.
- TDC community grants are now open and close on 31 July.
- Volunteer Nelson have secured funding for the senior volunteering programme for the area. Would like as many stakeholders to be part of it.

## **11 Next Meeting**

Monday 26 September 2016

The meeting closed at 2.56 pm.