

**Meeting of the Nelson Tasman Positive Ageing Forum held in the Constance Barnicoat Room, Richmond Library, Queen Street, Richmond on Monday 25 November 2013, commencing at 1.05 pm**

**Present:** Gail Collingwood (Chairperson)  
Ruby Aberhart (VCC)  
Rachael Large (NCC)  
Pam Wildemoth (Nelson Asthma Society)  
Jill Harris (MSD)  
Sue Tilby (Age Concern)  
Kay Peterson (Holy Trinity Church)  
Sue Bateup (Health Action Trust)  
Helen Reynolds (Bupa Moems/ACN)  
Jo Kara (Access)  
Robin Godbaz, Richmond – Waimea RSA  
Marg Parfitt (NCC)  
Elizabeth Wiblin, St John  
Sarah Downs, TDC  
Marty Price (Neighbourhood Support, Waimea)  
Heather Lackner (Alzheimers Nelson)  
Pauline Daly (U3A, GreyPower)  
Sarah Hodgson (Sport Tasman)  
Wendy Duffy (Healthcare NZ)  
Barry Pont (Nelson RSA)  
Gabrielle Stent (Inter Rai – Support Work)  
Kim McDonald (Neighbourhood Support, Nelson)  
Anne-Marie Fowke-Stayner (Stroke Foundation)  
Lindsay Hunter (SeniorNet, Nelson)

**In attendance:** Mike Tasman-Jones (TDC)  
Garry Woodgate (TDC)

The Chair welcomed the Forum attendees.

**Apologies:**

**Moved Kay Peterson/Jill Harris**

**That the apologies from Cr Judene Edgar, Cr Gaile Noonan, Heather Kelling, Liz Thomas, Caroline Pitman, Bronwyn White, Stephanie Read, Annette Nistor, Mark Preston-Thomas, Charles Tyrrell, Sgt Mal Drummond, Kim Howell, Jess Breeze, Krista Hobday for absence and from Margaret Parfitt for lateness, be accepted.**

**CARRIED**

**1. CONFIRMATION OF MINUTES – 26 AUGUST 2013**

**Moved Gail Collingwood/Pam Wilderemoth**

**That the minutes of the Positive Ageing Forum, with the corrected spelling of Gwen Sadler, held on 26 August 2013 be received.**

**CARRIED**

## **MATTERS ARISING**

Ruby Aberhart asked if anyone had taken up the offer on an upcoming professional exchange in which 13 people would be selected to go to Japan. There appeared to be no takers.

## **2. CHAIRPERSON'S REPORT**

Gail's Chairperson's report covered the following matters:-

- **Self Introduction**  
Gail advised that she represents the Nelson Branch of the National Council of Women and works with other community organisations such as Fifehire Foundation, Nelson/NZ China Friendship Society, Women in Nelson, Nelson Avonside Old Girls Group and is patron of Abbeyfield, Nelson.
- **Nelson Youth Council**  
The Nelson Youth Council are exploring how they might connect with older people.
- **Heart of Nelson**  
NCC staff asked Gail what two projects would deliver the greatest benefit for Nelson city? In conjunction with Ruby, Gail advised them of the following two projects:-
  1. Improving walking and cycling facilities around the city
  2. Improving design frontages of city buildings.
- **Workshop on the New Zealand General Social Survey**  
A handout on the survey was tabled at the Forum.  
Gail advised that 31% of people surveyed felt lonely last week and 40% advised their health was not excellent.
- **International Day of the Older Person**  
Excellent events and functions held around the 1 October. Gail called for the Forum to build on 2013 and increase the focus on older people for 2014.
- **Right Service Right Time – Breaking the Family Violence Cycle**  
A new referral pathway has been launched by Barnardo's to support families to access community services to address family violence.
- **Positive Ageing Expo Planning – Thursday 3 April 2014**  
St Johns were the first organisation to register. The Minister has been invited to attend.

**Moved Gail Collingwood/Marty Price**

**That the Chairperson's Report be accepted.**

**CARRIED**

## **3. VOLUNTEER COMMUNITY CO-ORDINATOR (VCC) UPDATE - RUBY ABERHART**

Ruby advised that the Positive Ageing Strategy 2001 booklet – this is still **THE** strategy and is being reprinted

Ruby then updated the Forum on a two day Forum she attended in Wellington recently:-

- There were lots of excellent presentations on matters affecting older persons
- Items covered included Housing NZ, VCC work plan, the Business of Ageing, a Review of the property Rights Act, BNZ Scam Savvy brochure – tabled
- BNZ Scam awareness training in partnership with Age Concern is being offered.  
Lindsay Hunter added that John Parsons, a local Internet Safety and Risk

Assessment Consultant provides training and has developed a regular newsletter and website –

[www.simulate2educate.co.nz](http://www.simulate2educate.co.nz)

- Attendees were advised on changes within Government departments that are in the 'operational stage' at present
- Applications have been called for the Director of Senior Citizens as well as for new staff members
- A report on Older New Zealanders is published every two years. A booklet on Independent Health was launched on 1 October 2013 – it is a living document that is to be updated regularly.

Ruby showed an Emergency Contact Card and recommended everybody to get one for themselves and to distribute them as widely as possible.

Gail added that ATMs have two heights – one for those in wheelchairs and one for the general public. She warned that people can see over your shoulder while you use the lower machines. Sarah Downs added that there are no standards for ATM machines.

#### **4. CORRESPONDENCE**

A thank you letter has been sent to Jane Large.

#### **5. NEIGHBOURHOOD SUPPORT WAIMEA - MARTY PRICE, CO-ORDINATOR**

Marty noted that Neighbourhood Support has been in Richmond/Waimea since the 1980s. He said that in November 2012 there were only 50 groups active, and now after one year of working two days a week there were 98 active groups in the region, with 10 more groups to be formed in the coming weeks.

Marty advised that he is based part-time in the Richmond Police Station and that Neighbourhood Support funding had run out for a short time and that he worked during that time on a voluntary basis. Neighbourhood Support funding has since been attained and funding applications are currently in.

Marty said that six letters had gone out to areas in Richmond and it was hoped ten new groups would be set up.

Marty reminded those at the Forum to lock their cars as there had been nine break-ins at the Aquatic Centre recently – only three of which had been reported to Police.

#### **6. PROJECT GOOD HOMES – BRONWYN WHITE**

As Bronwyn was not at the Forum, the Project Good Homes report will be placed on the 24 February 2014 agenda and the Report tabled is to be sent out with these Minutes.

#### **7. NELSON ASTHMA SOCIETY UPDATE – PAM WILDERMOTH**

Pam advised that the Nelson Asthma Society had changed premises and were now at 319 Hardy Street, Nelson.

She spoke of the 'living with COPD' course run by the PHO, which is a respiratory pilot scheme currently being in the Ernest Rutherford village. The course will continue next year with other rest home villages.

Pam advised that the NAS had started a pilot scheme for its Better Breathing Classes (BBC) at the Ernest Rutherford Village. She said it was very popular, and they were hoping to start at other villages soon. Pamphlets on these classes were being printed and will be distributed in due course.

#### **8. GET MOVING AMBASSADOR PROGRAMME – SARAH HODGSON, SPORT TASMAN**

Sarah gave a quick update of her role in Sport Tasman ie. to implement the 'Get Moving' initiative that involves walking, jogging and cycling exercise. The initiative started in April 2013 and currently has 48 adults in the programme. The initiative has been in Richmond for three months, is now in Motueka and will be introduced into Nelson next. Once Sarah's role is completed she hands her role over to volunteer Ambassadors.

To a question from the floor, Sarah advised that the programme does not operate on weekends but that some evening groups do operate.

#### **9. UPDATE FROM THE MINISTRY OF SOCIAL DEVELOPMENT – JILL HARRIS**

The Business of Ageing Project 2013 highlights the contribution older people will make to New Zealand's economic competitiveness over the next 40 years. It looks at the growing value of their labour market participation, income, tax, spending, and voluntary/ unpaid work. Follow the link for the report. <http://www.msd.govt.nz/about-msd-and-our-work/publications-resources/research/business-of-ageing/>

A Guide for Carers was tabled and distributed which is a practical help for people supporting family or friends who are older and need assistance, or who have a health condition, a disability or a mental health, alcohol or drug issue.

Jill advised that Work & Income now has an arrangement with Fisher and Paykel for the supply of new fridges, fridge/freezers, driers and washing machines with warranties. The deal includes supply, delivery, installation and the removal of all packaging. Recipients must be at the premises when the appliance arrives and they must take the appliance with them if they move.

#### **10. NEW ZEALAND TRANSPORT AGENCY (NZTA PAPER) – MARG PARFITT**

Marg tabled an NZTA paper for discussion. A friend of Edwin Rakanui (Senior Education Advisor, NZTA) in the UK sent him a link on driver safety videos <http://www.stillsafetodrive.org.uk> to see if it might be useful for older New Zealanders.

If they are considered useful, NZTA will consider re-shooting them in a New Zealand context.

Edwin would like responses by 30 November 2013. He can be contacted on [Edwin.rakanui@nzta.govt.nz](mailto:Edwin.rakanui@nzta.govt.nz) or on 04 894 5034.

## **Age Concern Staying Safe Education Course**

First course is scheduled for the 12<sup>th</sup> February 2014. Phone Age Concern for bookings.

### **11. NEIGHBOURHOOD SUPPORT, NELSON – KIM McDONALD**

Kim advised of a recent case where an elderly woman in another district was assaulted when she went to retrieve mail from her own mail box.

Kim said that portable alarms are available for \$17.90 each and can be obtained from an electrical shop at 120 Hardy Street, Nelson. The devices give off 130 decibels of alarm. Kim added that if you buy four devices the cost per unit drops to \$15.00 each and the shop offers bigger discounts per unit for larger quantities.

Kim noted that Neighbourhood Support is going well and has 400 groups up and running. Their aim is to have one Neighbourhood Support group in every residential street.

#### Neighbours Day, Aotearoa

This has its own website and Neighbourhood Support is to partake in it next year. It is to be held on 23 March 2014. Its aim is to turn streets into neighbourhoods who hold cups of tea, BBQs, clean ups, movie nights etc.

### **12. GENERAL BUSINESS**

#### **a. SuperGold Card Expiry Dates.**

From May 2010 SuperGold-only cards (those without Community Services Card entitlement) no longer have an expiry date. If you have a SuperGold-only card issued before this date, that has now expired, email [information@supergold.govt.nz](mailto:information@supergold.govt.nz) and you will be sent a replacement card.

#### **b. Holy Trinity Church – Kaye Petersen**

Kaye advised that the Holy Trinity Church's monthly Lunch on the Hill is growing.

She advised that they are to hold a Community Christmas Dinner in Richmond this year on Christmas Day at the Richmond Primary School Hall. Nibbles and non alcoholic drinks begin at 11.30 am and dinner will be served at 12.00 noon. Sponsors are the Tasman District Council and the Teapot Valley Christian Camp who are supplying and doing everything.

#### **c. National RSA – Barry Pont**

Barry advised that the National RSA has 105,000 members and its main objectives are welfare and remembrance.

Barry said that issues with ACC had arisen recently regarding disputes over their decision making and they were surveying the elderly to find out if this was a national or just an RSA issue.

#### **d. Health Action Trust – Sue Bateup**

Sue advised the following:

1. The New Zealand Herald recently had a very well researched article on New Zealand rest homes
2. An event is being planned regarding support for the elderly in the workforce. Any groups interested in helping put this on are to contact Sue please.

**e. Age Concern – Sue Tilby**

Sue advised the following:

1. An invitation to attend a seminar on Hoarding and Squaller was offered. Numbers of those living in squaller had spiked in Nelson recently (19 cases this year). There are no specific services aimed to help with this problem. It was recommended that representatives from St Vincent de Pauls and the Salvation Army be given an invitation to attend.
2. A course of Lifestyle workshops is to be run next year.
3. A series of Nutrition and Healthy Eating workshops are also to be held next year.

**f. Stroke Survey – Anne- Marie Fowke-Stayner**

Anne-Marie advised that if you Google the Stroke Foundation of New Zealand, you can make points to their Strategic Plan on what is lacking for those who have had a stroke.

**g. Meeting Dates – Chairperson**

Gail requested feedback on holding four, five or six Forums per year as this needs to be negotiated with the Tasman District Council in respect of Mike Tasman-Jones' time, the venue and secretarial support.

General consensus was for five meetings per year with a time limit on presenters, same time and same place.

Gail to find out if the Tasman District Council is willing to negotiate this.

The meeting concluded at 2.55 pm.

Next meeting date: Monday 24 February 2014