

**Meeting of the Nelson Tasman Positive Ageing Forum held in the Constance Barnicoat Room, Richmond Library, Queen Street, Richmond on Monday 25 February 2013, commencing at 1.00 pm.**

**Present:** Ruby Aberhart (Chair)  
Gail Collingwood (NCC)  
Sgt. Mal Drummond (NZ Police)  
Rachael Large (NCC)  
Elizabeth Wiblin (St John's)  
Krista Hobday (TDC)  
Ian Barker (NCC)  
Jill Harris (MSD)  
Sarah Downs (TDC)  
Brylee Wayman(NCC)  
Jenny Hawes (NCC)  
Kim Howell (Life Unlimited)  
Roy Reid (Golden Bay Grey Power)  
Mike Rodwell (Nelson Residents)  
Robin Godbaz (Rich-Waimea RSA)  
Sue Bateup (Health Action Trust)  
Craig Piner (NZ Fire Service)  
Annette Nistor (Dietician)  
Heather Lackner (Alzheimers Nelson)  
Mark Preston-Thomas (ACC)  
Tony Naylor (Sport Tasman)  
Pam Wildermoth (Nelson Asthma Society)  
Kay Peterson (Holy Trinity Church)  
Bev James (Public Policy and Research)  
Kay Saville-Smith (CRESA)  
Heather Kelly (St John)  
Megan Riddell (NZ Red Cross)  
Sue Tilby (Age Concern)  
Linden Visser (Healthcare NZ)  
Judene Edgar (TDC)

**In attendance:** Valerie Gribble (Tasman District Council)

**Apologies:** Charles Tyrrell (Anglican Church), Liz Thomas (GB Workcentre), Caroline Pitman (Nelson Federation Women's Institute), Jane Kinsey (Nelson Bays Primary Health)

**M Tasman-Jones**

Mrs Aberhart advised that Mike Tasman-Jones is absent because of a cycle accident and those in attendance signed a card to be sent to him wishing him a speedy recovery.

**Moved K Howell/G Collingwood**

**That the apologies from Charles Tyrrell (Anglican Church), Liz Thomas (GB Workcentre), Caroline Pitman (Nelson Federation Women's Institute), and Jane Kinsey (Nelson Bays Primary Health) be accepted.**

**CARRIED**

## **1. CONFIRMATION OF MINUTES – 3 December 2012**

**Moved J Harriss/I Barker**

**That the minutes of the Positive Ageing Forum held on 3 December 2012 be received.  
CARRIED**

## **MATTERS ARISING**

Minutes are now on the TDC website under  
<http://www.tasman.govt.nz/tasman/community/older-persons/positive-ageing-forum/>

Telephone Directory – Yellow Pages have decided to revert to the original size and will be on matt paper.

## **2. CORRESPONDENCE**

Nil

## **3. CHAIRPERSON'S REPORT**

The Chairperson's report was included in the agenda and had commentary on:

- Expo – will be held on 5 April 2013.
- Digital TV – changeover date is 28 April 2013.
- Enduring Power of Attorney – Expo on 5 April 2013, (poster to be distributed with minutes). Age Concern running two seminars this year – Talking about the Tricky Stuff – Living Wills, Enduring Power of Attorney and Facing the Funeral. The second one is Healthy Eating – Cooking for One or Two. Richard Till will conduct the seminar. Charissa McKenzie from Public Trust and Francis Day from Marsden House will be at the expo. Comprehensive packs will be available on the day.
- Premium Only Aged Residential Care Facilities and Stand Down Provisions for Mixed Facilities
- Brochures
- Communication
- Prescription Charges – now \$5 per item. People should check whether they qualify for extra disability allowances with the higher prescription charges. People should also check with their Chemist to make sure they get a card which gives them free prescriptions after 20 items.
- Calendar of Events – a database was suggested for all events. Everyone should check calendars to make sure there are no clashes with dates. It was suggested that Positive Ageing put a submission to Nelson City Council and Tasman District Council's annual plans supporting a database on their websites. Sport Tasman is having an adults' seniors' activities day on 16 April 2013. (A poster was tabled.) It was suggested that older people might not be able to get to Saxton Field and said other days could be held in Motueka, Golden Bay or Murchison. Found is a good database to put everything on, and it encompasses every group in Nelson/Tasman. Rachael Large said Found is still current and NCC funds Found Nelson to keep it updated. Rachael undertook to follow up on the current status of Found. Ultimately it would be best to have one avenue. [www.ltson.co.nz](http://www.ltson.co.nz) is currently linked to both Council websites, as a one-stop shop.

## **Moved I Barker/M Riddell**

**That the Positive Ageing Forum writes to NCC suggesting the possibility of having the events on the <http://www.itson.co.nz/> website.**

**Carried**

- Information on Emergency Card/Yellow Medication Card
- Guidelines on Physical Activity for Older People
- Telecom – the A4A Group will have a stall at the expo displaying the R203 telephone that has large raised buttons, sends texts, and has an FM radio and torch.

Mrs Aberhart expressed surprise that NZTA had put together a brochure “Supporting Senior Drivers” when there is already a similar brochure available through the Office for Senior Citizens (OSC).

Mrs Aberhart also advised that the Office for Senior Citizens has contacted NCGs and Ambassadors re helping to promote Neighbours Day. The OSC would like to hear of groups in the Nelson/Tasman area who are organising events, also asking who would like to use the emergency cards as part of Neighbours Day events.

## **Moved Ruby Aberhart/Gail Collingwood**

**That the Nelson Tasman Positive Ageing Forum Chairperson’s report be received and adopted.**

**CARRIED**

## **Nelson 2060**

The Nelson 2060 consultation is being undertaken, and seeking feedback on does it make sense, do they understand it, do you see yourself as part of the solution, if taking action would you use it, are you interested in working together with NCC and others. Sarah Yarrow is happy to talk to individuals and groups with further information. An email will be sent to all Positive Ageing members with a link to the website.

## **Nelson Housing Issues – Choice, Need and Affordability**

Jenny Hawes and Brylee Wayman gave a powerpoint on the Nelson Housing Issues.

## **Community Resilience and Good Ageing: Doing Better in Bad Times**

Kay Saville-Smith and Bev James gave a talk.

([www.goodhomes.co.nz](http://www.goodhomes.co.nz)). How can older people’s housing protect people and cater for adverse events, eg floods. For most people in NZ flood rather than earthquake would be the cause of their house being damaged, or communication out.

Older people are more at risk and they recover less quickly. They know their communities and understand them and know where risk areas are.

Research is around how people can prepare their homes better to survive natural adverse events, eg climate change. How people can help each other and prepare to support each other in the events. The goal is to try and assist people to look at their houses in ways they can deal with them now, and help work out solutions to deal with some of the vulnerabilities, but help people to make choices around what’s good or bad in the community in terms of houses. It is a two year programme, firstly looking for help from the community. Doing work

across Top of the South, also doing work in urban areas, like Wellington and Hutt Valley and particularly with people in rental accommodation in urban areas.

Nelson/Tasman/Marlborough are dominated by owner occupiers. In Wellington there is a lot of social housing. Work is being done in Kawerau as they had the Edgcombe earthquake and many of those houses were not properly repaired. 30 years later people are still feeling the effects of the earthquake. Want to look at houses and say if we'd repaired them like this would they be better. Way to get insurance and building about being clearer about how they repair houses and help recovery.

Bev James said this year they are hoping to talk with older people who have experienced adverse natural events, ie storm, coastal inundation, slips, flooding and either living in the same house or in the same community. Looking for people who would be happy to talk to us. She tabled a flyer with contact details for voluntary participation. They want to hold a workshop in Nelson/Tasman with older people and organisations working with older people to talk about experiencing adverse natural events, some of the issues, particularly around how safe do people's houses keep them in an adverse event. Would like advice about when to hold it, thinking before September 2013 and who we should invite. They want good, well established networks. Wanting to get information out and not clash with other things. They are also doing some national surveying which Kay Saville-Smith is leading. Several surveys are happening, because they're national, someone you know might be rung up. We'd like to get information out advising what the survey will be asking. Next year, all information gathering will help develop tools. We want to come back and bring one or more of the tools back to do community testing before the tools are finalised. Happy to talk to individuals or groups about what we're doing. Suggested it be included in Mudcake n Roses.

### **Neighbours Day Aotearoa 22/23 March 2013**

Neighbours Day is a national campaign which is championed by Lifewise Inspiring Communities, Mental Health Foundation and Neighbourhood Support. The Neighbourhoods Day website has lots of great tips and resources available. [www.neighbours.org.nz](http://www.neighbours.org.nz). <http://neighboursday.org.nz/joininyourneighbourhood>.

The contact is Virginia Barker, Senior Advisory Office, Senior Citizens Ministry of Social Development. [Virginia.barker002@msd.govt.nz](mailto:Virginia.barker002@msd.govt.nz).

Mal Drummond, advised there is a Neighbourhood co-ordinator in Nelson covering 33% of houses in Nelson City. There are advantages to the community. Appointed a co-ordinator for Waimea/Richmond, Marty Price who works out of the Richmond Police Station. He is re-establishing support groups in Richmond/Waimea, with 90 at the moment. It dovetails into Police. They've got Neighbours Day, getting to know your neighbours on 23-24 March 2013. Mayor Parker in Christchurch was asked what was the most effective recovery options subsequent to earthquakes and he had said it was neighbourhood support.

### **Hearing Therapy Services in Golden Bay**

Kim Howell, Life Unlimited Charitable Trust, said she has extra funding for Takaka hearing services and has a two-monthly contract for 2013. She asked that people make use of the service or it won't be extended. They are open to the public. Hearing week is 26 – 31 March 2013 and the theme is "helping people who are deaf and hearing impaired to achieve better quality of life".

## **A4A**

Sarah Downs, advised that at the last meeting of A4A, the "Good Business check list" was launched. It looked at building codes, barrier-free information and put together a check list for businesses in Nelson, Richmond, Motueka and Takaka to use, either when setting up or retro-fitting their businesses to look at what is good accessibility. A secret shopper went out to find good places that highlighted what we thought showed good access. Nelson Post Shop, Hardy Street, won the award for Nelson businesses, McGlashens Pharmacy won for Richmond, Astrolabe won for Motueka and Golden Bay Museum for Takaka. Leaflets are available at both councils and representatives from business communities have put them on their websites. A4A will have a stall at the Expo. She has been working with the Mayor and Richmond Councillors looking at signage outside shops which can be a real problem. 15 March 2013 is the next meeting of A4A.

## **General Business**

### **Kid Power, Teen Power**

Mrs Aberhart said a "Keeping Women Safe" programme is being run. Three sessions at Women's Centre on 2 March 2013, Victory Community 16 March 2013, and Maori Cultural Group no date as yet. Mrs Aberhart wanted to know about meetings in Richmond, as those three are all in Nelson. Phone 543 2669 for more information about the courses.

### **Men's Shed**

Mr Mike Rodwell had national conference here. Richmond membership of 120, great place for retired people to meet other guys. Putting in metal work shed. Take on community projects, such as chairs for Saxton Field.

### **Cycleways**

Mr Rodwell is involved in Richmond Information Centre, which is mostly elderly people. They promote the cycle trail. It had been suggested at a Nelson Residents meeting that NCC and TDC could be involved in getting elderly people who can't use the tracks onto quad bikes to take them to see.

Sarah Downs undertook to take the matter to appropriate Council staff.

### **Speed Bylaws**

TDC is currently reviewing all speed bylaws, all roads. Specific suggested amendments, eg Queen Street reduction to 30 kph including Croucher Street Sundial Square area. Submissions close Monday 25 March 2013.

### **Regional Funding Expo**

7 June 2013 at Hope Community Church, Ranzau Road. Information on not just funding, but managing, accountability and looking after not-for-profit organisations.

### **Sue Bateup, Health Action**

Sue noted that dogs were good for all mental health (refer to minutes). There will be a joint community and whanau meeting on 6 March 2013 at Te Awhina Marae covering older mental health, community and health.

Met with Alan Kissell to supply resources for Men's Shed and they are keen to talk to retirees and people transitioning.

21 March 2013 – Master Class Advances and Innovation 21 March 2013. Registrations close 11 March 2013.

### **Sue Tilby**

15 March 2013 and 22 March 2013 – run with police, fire service, CD, to enlighten and make people aware of personal safety issues. Keeping themselves safe.

### **Jill Harris**

Super annuitants need to put in just the amount out of Services for Seniors, not supplementary income. Asset limits for residential care costs are reviewed annually and next change will be 1 July 2013.

Stoke Community Link in Strawbridge Square has a community room and groups are welcome to use that room for meetings. If interested in booking the room, talk to the receptionist there.

### **Expo**

NZ Fire Service asked for a registration form for a stall. Not just for older people, but for children of older people also.

The meeting concluded at 2.53 pm.

Next meeting Date: Monday 27 May 2013