

**Meeting of Nelson Tasman Positive Ageing Forum held at 1.00 pm  
on Monday 28 November 2016 at Constance Barnicoat Room, Richmond Library**

**Present:** Charles Tyrrell (Anglican Church/Age Concern) (Chair), Mike Tasman-Jones (Tasman District Council), Dana Wensley (Tasman District Council Councillor), Brian Say (Blind Citizens), Kathy King (St Barnabas Church, Stoke), Rona Abbott (Fresh FM), David Kemp, Heather Lackner (Alzheimers), Frances Kemble Welch (Driving Miss Daisy), Zoe Norquay (RSA), Sarah Holman (Tasman District Council), Pauline Daly (Grey Power), Linda O'Dea (Grey Power), Gail Collingwood (NCW), Hilary Gench (Public Health), Sue Tilby (Age Concern), Jim Ward (Heartland), George Inglis (MenzShed), Kim Howell (Life Unlimited Hearing), Hilary Clifton (CAB Nelson Tasman), Jill Harris (MSD Regional Office), Shirley Winter-Cow (Seniornet Nelson), Kaye Latham (DIA), Matt Walls (NCC), Trish Armstrong (Enliven at Presbyterian Support), Roy Reid (Golden Bay Grey Power), Chris Allison (Health Action Trust), Linden Visser (Health Care NZ Community), Nicola Berthelsen (Waimea Senior Care), Janice Emery (Remax – Elite), Di Connolly (Remax – Elite)

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

### **Apologies**

Moved Charles Tyrrell/Mike Tasman-Jones

That apologies for absence from Yvonne Smyth, Peter Sutton, Hayley McElwain, Nicky McDonald, Kaye Halkett and Ruby Aberhart, Bevan Grant and Annette Nistor be received.

Carried

### **1 Confirmation of Minutes – 26 September 2016**

Moved Charles Tyrrell/Mike Tasman-Jones

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum, held on 26 September 2016 be received.

Carried

### **2 Matters Arising**

David Kemp asked if there was any progress being made in relation to housing for older people. Cr Wensley replied that the Environment and Planning staff at Tasman District Council are working on a Richmond Housing Plan Change. Staff are also talking about intensification and deferment of development contributions.

Jill Harris mentioned that the Nelson Tasman Housing Trust are building 5-6 new houses in Orchard Street, Stoke. She said it would be beneficial for people who are moving from a Housing New Zealand house to talk to WINZ as there are payment assistance schemes to help them into a new house.

Sue Tilby advised that there are plans for a new Abbeyfield in Richmond in the near future.

### **3 Chair's Report**

The Chair tabled his report and included commentary on:

- A letter to Age Concern from the Minister of Older Persons, Maggie Barry regarding encouraging people to sign up for the Senior Citizens newsletter online and to make it available to people wherever possible.
- Nicky McDonald and Charles attended an Office for Senior's meeting in Wellington in September which was well organised and the people were helpful and encouraging. Charles looks forward to the group carrying on. He does not know of any future meetings as yet but they will be happening next year.
- Cr Wensley advised she has talked to Paul Hawkes (current Motueka Ward Councillor and ex-chairman of the Motueka Community Board) about the Motueka transport issue and noted that it is a work in progress. This topic is something that she wants to push and noted it is a big issue.

### **4 Positive Ageing Principles Discussion**

There was a discussion on Positive Ageing Principles which covered:

#### **Ageing in Place**

Older people feel safe and secure and can age in place

- Sue said Age Concern have seen an increase in financial abuse. There has been an increase in scams which has been put down to the recent Kaikoura earthquake with people impersonating EQC workers. There is a continuing upsurge of self-neglect in the community with social isolation being something Age Concern are looking into.
- David Kemp promoted the idea of social seating. He said an indicator of a healthy community is seeing people sitting around and talking to each other. He gave an example of the CBD in Hastings which is great with artwork and lots of seating.
- Rona Abbott said there is a Study into Loneliness looking for Older Participants being promoted via the November 2016 Gerontology Matters Newsletter. People are invited to fill in a series of questions about isolation. Here is the [link](#).
- Gail Collingwood suggested that at the next Office for Senior's meeting Charles asks the group to look at the wording of the title "Ageing in Place" – if you don't age in the community where do you age? The focus is feeling safe and secure and the title does not indicate this.
- George Inglis said that the Men's Shed have started story nights where people can attend and talk about past history, which has been successful. Men's Shed have also been making buddy seats for primary schools (if children don't have anyone to sit with in the playground, they sit on the buddy seat and someone will ask them to play).
- Every Wednesday morning at St Barnabas Church in Stoke has a new social drop in opportunity, they put out a sign inviting people to come in and enjoy a coffee.

#### **Cultural Diversity**

A range of culturally appropriate services allows choices for older people

- Hilary Clifton said a senior's group meets every Friday morning at the Victory Community Centre and play African drums.
- Sarah Holman said they have incorporated papakainga housing in the Nelson Resource Management Plan. She said we need to consider being flexible to allow multi units for smaller households.

- Gail Collingwood said it was important that appropriate questions are asked by the service provider. The sharing of information between providers is also important.
- Charles suggested that he approach representative people to see if they would be happy to attend and contribute to the Positive Ageing Forum to make it an even better Forum for different ethnicities.

## **5 Discussion about issues on Positive Ageing**

Tasman District Councillor, Dana Wensley, was in attendance and presented a Powerpoint about her perspective and what she can bring to the Forum:

- for the last three years she has advocated for families, older adults and their carers on the Hospital Advisory Committee;
- is an independent advisor to the National Ethics Advisory Committee – Advice on Dementia to Associate Minister of Health was published on 11 August 2016. In June 2014 a document was published on Advanced Care Planning;
- gave an overview of the Community Development department of Council;
- What next? Explore new opportunities for partnerships within the community and encourage intergenerational activities that promote a greater connectedness between the seniors in our community and the younger generation;
- creating age-friendly communities ie accessible, affordable transport, affordable housing, active opportunities, adaptive;
- focus areas are housing, transport – Queen Street upgrade, accessibility, policy support for future needs;
- partnership – seniors are a valuable resource and they are making us rethink our views of retirement.

David Kemp asked Cr Wensley how she is going to go about direct communication with the people involved? Cr Wensley said we need to get out in the community more, particularly the rural areas like Motueka, Golden Bay and Ngatimoti. She is open to ideas.

Brian Say asked if there are ways to measure wellbeing and how can you establish this? Cr Wensley advised that when she was living in Canada, there was huge community consultation on where they were at in regard to meeting the needs of their community.

## **6 Helping You Make Your Next Move**

Janice Emery and Di Connelly from Remax Elite were in attendance and introduced a new booklet that offers contacts for services people may need for the downsize, from solicitors to housecleaners. They have recently held some seminars about providing people with information about the move process. They will be holding a couple of seminars in 2017 as well. Topics that Di and Janice discuss at the seminars/included in the booklet are:

- helping you to make the decision;
- downsizing means different things to different people;
- what do you need to consider – advise them to make a list of what you need now and in the future;
- what is your next step – talk to family and friends and let them know what you're thinking. Free of charge to make an appointment with Janice and Di to put a value on your home;

- how to prepare for the move – de-cluttering;
- a financial advisor talks at the seminar.

They are producing a new booklet and encourage feedback from everyone if there are additional services they need to include.

## **7 Ticking the Boxes Seminars**

Kathy King, St Barnabas Anglican Church Senior's Outreach Community Coordinator, was in attendance and gave an update about the Ticking the Boxes Seminars which are a series of free seminars, running monthly until November 2017. Each seminar is going to start with a 'bring your own' lunch. Kathy said 40+ people came to the first seminar. The next one is in February and the venue is Church on the Hill in Richmond. "Staying in your own home" is the next topic. The seminars will be held at different venues.

Ro Cambridge wasn't in attendance to discuss Mudcakes and Roses. The Forum said they have enjoyed the new layout of the Mudcakes and Roses publication.

## **8 Update from Age Concern**

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

- the latest newsletter has been produced and a survey is included. The survey is based on finding out who the people are that Age Concern are reaching in the community and what we can do for them. Age Concern will share the information with other agencies;
- the summer activity programme commences on 14 February 2017 which is for 65+. This year Nelson City Council have handed it over to Age Concern. The activities take place in Nelson parks (Tai chi classes, singalong in the park, heritage and edible walks, disc golf at Iseil Park and a half marathon over five weeks). Please let Sue know of any sponsorship she can receive for t-shirts for the half marathon.

## **9 Update from Ministry of Social Development**

Jill Harris gave an update on what is happening at the Ministry of Social Development:

- Kaikoura / Seddon earthquake – pointed out that people that have been affected can apply for earthquake assistance for immediate accommodation / temporary accommodation through MB.
- Tenancy Advocates NZ booklet about renting
- A Guide for Carers publication
- if there are any changes to the NZ superannuation payment dates she will send them through to Mike
- Super Seniors newsletter.

## **10 Update from Nelson Grey Power**

Linda O'Dea gave an update on what is happening at Nelson Grey Power:

- free defensive driver courses start in December – 1.30 pm and 7.30 pm from Nick Smith's office;

- talked to Nelson City Council about the footpaths in Songer Street which are being repaired;
- improved lighting in Marlow Street;
- AGM in April and they are looking for some more committee members.

## **11 General Business**

Kim Howell from Hearing Therapy Services Life Unlimited:

- free course "Live well with hearing loss group" runs for 4 weeks, 1.5 hr sessions from Tuesday 14 February to 7 March at Richmond Library;
- drop in sessions at Richmond Library – opportunity for public to come and chat about hearing concerns. Tuesday 6 December and 28 February 10.30-11.30 am;
- Hearing week is from 26 February to 4 March. The theme is Action for hearing loss / make a sound investment. Kim will be at Nelson Library on 2 March from 12.30 pm to 2.00 pm.

David Kemp

- attended a meeting at the Nelson District Health Board. Thought their sentiments were good.
- 30 January is going to be the 175<sup>th</sup> anniversary of Nelson. Going to focus on Stoke and its heritage. He'll be talking about Stoke's royal family.

Charles

- Email attachment about Hopsla sent from Mike Tasman-Jones. He encouraged people to read the document and respond by the 22 December.
- Positive Ageing Expo is on 31 March at the Headingly Centre from 10.00 am to 3.00 pm. Stallholder registrations open on 1 December. Mike will send out the registration form in the next few days. 75 stalls available;
- Nelson Tasman Summer Guide is due out this week/early next week. Council and libraries will have the publication available if you don't get a copy in your letterbox.

## **12 Positive Ageing Forum Meetings for 2017**

20 February 2017

1 May

10 July

25 September

27 November

The meeting closed at 2.43 pm