

**Meeting of Nelson Tasman Positive Ageing Forum held at 1.00 pm on Monday
25 August 2014 at Constance Barnicoat Room, Richmond Library**

Present: Gail Collingwood (Chair), Mike Tasman-Jones (TDC), Cr Judene Edgar (TDC), Sue Bateup (Health Action Trust), Chris Allison (Health Action Trust), Laschelle Walker (HDC Advocacy), Pauline Daly (Grey Power), Kim Howell (Life Unlimited), Robin Godbaz (Richmond Waimea RSA), Brent Maru (Sport Tasman), Roy Reid (Grey Power Golden Bay), Yvonne Harvey (Harmony & Balance 4 Health), Kay Peterson (Holy Trinity Church), Annette Nistor (Dietician), Sue Hercock (Nelson Public Library Home Delivery), David Kemp, Sue Tilby (Age Concern), Andrea Stanton (Age Concern), Gabriele Abeltshauser (Rural Women), Noel Riley (Menz Shed Waimea), Heather Lackner (Alzheimers Nelson), Nicola Harwood (Nelson City Council), Shanine Hermsen (Nelson City Council), Lindsay Hunter (Senior Net & U3A), Anne Askin (Holy Trinity Budget Advice), Bridget Thomson (Hearing Association), Jill Harris (MSD Regional Office), Helen Reynolds (BUPA Care Services), Charles Tyrrell (Anglican Diocese of Nelson), Gaile Noonan (Nelson City Council), Pam Wildermoth (Nelson Asthma Society), Brian Say (Blind Citizen NZ), Lynne Grueber (Support Works), Frances Kemble Welch (Driving Miss Daisy), Harriet Denham (Life Linc), Elizabeth Wiblin (St John), Rachael Large (NCC)

In attendance: Tara Fifield (TDC)

Apologies

Moved Gaile/Gabbie

That apologies for absence from Glenis Bell, Jo Kara, John Harwood, Stephanie Read, Krista Hobday, Liz Thomas, Helen Goodall, Kyle Anderson, Heather Kelling, Ruby Aberhart and Barry Pont be received.

CARRIED

1 Confirmation of Minutes – 26 May 2014

Moved Gabbie/Sue

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum held on 26 May 2014 be approved.

CARRIED

It was mentioned that the Senior Chef course is presently taking place and there is a waiting list for the next course, contact Annette Nistor for further information.

2 Correspondence

- Congratulations card sent on behalf of the Forum to John Harwood recognising the award of his Queen's Service Medal.

- Nelson City Council’s responses to Nelson Tasman Positive Ageing Forum.
- Invitation from Otago University regarding medical students visit.

From a blind person’s perspective it was mentioned that some of the shapes of seats in Bridge Street are difficult to get around and it makes the pathway narrow.

3 Chairperson’s Report

Gail Collingwood spoke to her report which was included in the agenda in which she commented on:

- TrustPower award for the Positive Ageing Expo.
- Ministry of Women’s Affairs.
- Census Department of Statistic visit.
- Nelson Youth Council heritage project.
- Grey Power Nelson Forum.
- View of meetings attended.

Moved Gail/Brian

That the Chairperson’s report be received.
CARRIED

4 Health of Older People in Nelson Tasman 2013-14 Survey Report, Health Action Trust (Nelson) Mental Health Promotion

Sue Bateup and Chris Alison from Action Health Trust gave a Powerpoint presentation on the Health of Older People in Nelson Tasman 2013-14 Survey Report (see attached). It was noted that Sharyn Croft work was valuable in regard to the research project.

5 Promoting Mental Health for Older People

Chris Allison from Action Health Trust gave a presentation on Promoting Mental Health for Older People report. The document is focused on mental health for older people, and the role of mental health promotion in creating and maintaining wellbeing and resilience for older people (see attached).

Chris said he encourages discussions at Forums, such as today’s Forum, so that the community, councils and government can make informed responses.

Sue invited forum members to attend the symposium being held 9.15 - 3.30pm Thursday 3 September at the Tahunanui Function Centre called “Productive Ageing Workforce – Are We Ready?” Registration cost \$45 and closes Wednesday 27 August. The symposium will be focused on what is happening in our workforces as we age.

6 Update Volunteer Community Coordinator

Chairperson Gail Collingwood spoke to Ruby Aberhart’s report which covered:

- Reminder that our work is guided by the New Zealand Positive Ageing Strategy which was launched in April 2001 and has been regularly updated.
- Senior Road Users Education.
- Enduring Powers of Attorney.
- Be Well Books was launched on 11 April 2014.

It was noted that Nelson City Council are currently investigating the Be Well Books programme.

Moved Gail/Brian

That the Volunteer Community Coordinator's report is received.

CARRIED

7 Update from Age Concern

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

- The well attended and successful BNZ run Scam Savvy seminar which took place last week.
- Another successful driver safety course was undertaken.
- Every month Age Concern meets in Golden Bay and a workshop is held. She said they also have a strong presence in Motueka with volunteers.
- They are seeing an increase in self neglect, asked agencies to be aware of and report
- Thrilled about receiving the TrustPower Community Award.
- Acknowledged Andrea who is a student on placement through NMIT.
- Next big event is International Day of the Older Person lunch on the 1 October at the Richmond Town Hall.
- Age Concern's AGM is on 24 September at Church on the Hill at 11.00 am.

In response to a question on whether the service provision would be in Murchison and Tapawera, they are currently communicating with Murchison to set up services and then will look at Tapawera.

8 Update from the Ministry of Social Development

Jill Harris gave an update from the Ministry of Social Development on the Extraordinary Care Fund – for people receiving the Orphan's Benefit or Unsupported Child's Benefit. She said there are several funding rounds per year and people would need to apply between now and 12 September for the first round; then:

- Second round - 19 and 27 January
- Third round - 18 May and 26 June
- Fourth round - 21 September to 30 October.

Jill said seniors needing assistance with paying for counselling could apply for assistance through a Disability Allowance from the Ministry of Social Development.

9 General Business

Yvonne Harvey from Harmony and Balance (reflexology and Indian head massage) said that she specialised with the elderly for over 10 years as a caregiver in their homes/rest homes. She said that reflexology helps mobilise people (hands, ears and feet) and also helps with arthritis and headaches. She noted it was also beneficial to stroke victims and that it was a calming and gentle massage.

David Kemp talked about positive ageing and his 93 year old mother who exercises regularly. He said there were many 90 degree angles in street furniture which can be dangerous and that urban design should be a bit better.

Brian Say said that there is a telephone dictation option for the October elections for people who are not able to get to polling booths easily. He said people can register and details can be obtained from Blind Citizens or Foundation of the Blind. After 3 September you can cast your vote by calling 0800 028 028.

Heather from Alzheimer's Nelson said that September is Alzheimer's Awareness Month and to kick start, there is a memory walk which is being held at Founders Park Sunday 31 August.

Judene Edgar said that Tasman District Council has the following coming up:

- Community grants (close 31 August).
- Speed Limit Bylaw (submissions close 15 September).
- Richmond Town Centre consultation – early October.
- Rural Review (for use of rural land) – later in the year.
- Waimea Dam funding and governance consultation.
- Regional Land Transport Plan – out mid October.
- Significance and engagement Policy.
- Revised Development Contributions Policy.

Brent Maru from Sport Tasman updated that he is temporarily replacing Dave Tippett as Sport Tasman representative

Sue Hercock noted that both the Nelson Public Library and Tasman Library have a home delivery option. Contact the librarians for information.

10 Next Year's Forum Meeting Dates

It was confirmed that next year's forum's meeting dates will be:

- Monday 23 February
- Monday 4 May
- Monday 13 July
- Monday 21 September
- Monday 30 November

Meeting closed at 2.24 pm.

Next meeting

Monday 24 November