

Mudcakes and Roses

SENIOR GENERATION ACTION
AND ISSUES – NELSON TASMAN



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Positive Ageing
Expo a hit

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Super Grans to
the Rescue

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Green
Prescriptions

Ahh, winter. A time to hibernate indoors, feast on hearty foods and curl up on the couch for the next few months – right?

Errr, no! Sorry to disappoint, but our June issue is all about getting active and staying healthy. We talk to Green Prescription Coordinator Leigh Dalzell about 'Excuses that have no uses' and take a look at some of the many activity classes for seniors available through the Nelson Tasman Recreation Cluster community hubs. We also find out what a registered dietician can do for you and why you should be getting a flu jab this year.

One of the most important components of staying healthy and happy as we age is staying connected to our communities – and the SuperGrans on page 4 are a great example of this. They're on the look-out for new recruits (grans and granddads), so if you have a few hours to spare, a passion for helping families and good household management skills, why not give them a call?

Pitt & Moore Legal Executive Lynne Cottrell-Hunter offers some practical advice on getting a 'Legal Fitness Check' and Nelson Library gives it's picks for some good winter reads.

Your feedback, story ideas and creative writing contributions are always welcome – please email mudcakes@hothouse.co.nz or call us on 03 928 0091 or write to us at Mudcakes & Roses, Hothouse Communications, 4/203 Queen Street, Richmond 7000.

How to get your copy!

Mudcakes and Roses is no longer mailed free to readers. The magazine is still widely available at Council's Office, Service Centres, Libraries and the Richmond Mall. You can also read it online at the Tasman District Council website, www.tasman.govt.nz/mudcakes.

Alternatively, readers can pay a \$10 annual subscription to receive Mudcakes in the mail. Contact Shailey McLean at the Tasman District Council Ph. 03 543 8578.

Positive Ageing Expo Gets Better with Age

The 2014 Positive Ageing Expo held in Richmond in April drew a record crowd with over 3000 visitors and 68 stall-holders.



Ladies in Red – Min Bulcock, Margaret Doormen and Deb Knapp of Taoist Tai Chi

This annual event is an opportunity for people to talk face to face with suppliers and experts on everything from health, hobbies and entertainment to welfare, retirement and finance – the things that contribute to making ageing a positive experience.

Speaking at the event, the Minister for Senior Citizens, The Honourable Jo Goodhew told attendees that getting older should be about living longer and accepting that as we live longer, our needs change.

"It's about finding out how you can get the most out of life and about what services can meet your needs as they change," she said.

Jo Goodhew said 635,000 New Zealanders are now aged over 65 and in just the last

two years, the numbers of those aged over 65 has risen by over 48,000 – around the size of the population of Nelson. By 2031, it's predicted there will be around 1.1 million older New Zealanders - just over a fifth of the total population and in the Nelson-Tasman area, the older population is expected to increase to 28% by 2031.

"We know an older population can bring many positives if we make the right preparations. I'm excited by how your region takes an active – and positive – view on the needs of your residents. In particular, the Nelson Tasman Positive Ageing Forum has been running for over ten years and has a staunch base of attendees, from volunteers to government agencies, health providers and leisure and recreation providers and groups. The forum is a great way to exchange information and network it out into the wider community," she said.



Bev Marsh browses info at the Age Concern stand staffed by Gail Nurse

Thanks to our sponsors



Mudcakes & Roses is part of the Tasman District Council's family of community recreation publications.

Mudcakes & Roses Noticeboard

Aged Care Workforce Survey

New Zealand Work Research Institute at AUT is undertaking an Aged Care Workforce Survey to identify workforce trends that will help to inform workforce planning for both providers and industry policy makers. For more information about the survey contact Dr Katherine Ravenwood, AUT University. Email: katherine.ravenwood.aut.ac.nz

Think.Deaf.Discover Workshops – Free workshops for health professionals.

Deaf Aotearoa New Zealand is pleased to announce that the Ministry of Health has agreed to fund a number of Deaf Awareness workshops for health professionals this year. Should your workplace be interested in hosting one of these free workshops, please contact **Becky Hadfield on Ph 021 920 023 or Email: becky.hadfield@deaf.org.nz who will be happy to discuss with you the full details of these workshops.**

Positive Ageing Forum Meetings

You're invited to come along to the Nelson Tasman Positive Ageing Forum meetings. Hear about what's happening locally to help make aging a positive experience.

Next meeting is: Monday 25 August, 1.00 pm, Constance Barnicoat Room, Richmond Library.

Story Telling Grans/Grandads Wanted for Nelson South Kindergarten

Jenna a Teacher at Nelson South Kindergarten is looking for story telling Grans or Grandads as they currently have none. This is a voluntary position where somebody comes to read to the children at Kindergarten for an hour a week on their chosen day. Some of the children don't have grandparents living in Nelson and would benefit from this experience. Police vetting is required but the Kindergarten Association will do this. They would love to have a different person every day so have at least five positions available. **Please contact Jenna at the Kindergarten on 548 9970**

A Productive Ageing Workforce – Are We Ready?

Thursday 4 September 2014, Nelson

Tag this date for a stimulating one day symposium with high calibre local and national speakers. Learn about the make-up of our region's workforce, the impact of the ageing population, and how to enable this 'silver tsunami' of workers for high productivity without ill effect on health and wellbeing.

'Organisational adaption will be a key element in achieving the human resource needs for a world with fewer younger workers and greater numbers of older workers'

World Economic Forum 2012

This is a local event organised by Health Action Trust, Optimise Limited and the Nelson Regional Economic Development Agency. The event has support and sponsorship from the Nelson Regional Economic Development Agency, the AUT Work Research Institute, and Business NZ. There will be a small charge for this event. Registrations open in June.



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SUPERGRANS TO THE RESCUE

SuperGrans Kiri Self (front) and Betty Soane

Unlike Superman, SuperGrans aren't in the business of swooping in, rescuing people and disappearing. Instead what they do is to empower people to help themselves.

Older people don't always realise how much valuable knowledge they have to pass on, says Nelson SuperGran Coordinator Betty Soane. "Sometimes the little things we take for granted can be a really big deal for some families."

SuperGrans is a free service open to people in Nelson and Richmond who want practical assistance and support in learning the basics of home management and life skills to better provide for themselves or their families. The SuperGrans are volunteer mentors who go into homes to help clients with anything from practical cooking to budgeting, menu planning, shopping on a budget, sewing, gardening, literacy and numeracy to household management skills.

Betty and SuperGran Kaiawhina Kiri Self have both been with the service for about four and a half years and have seen it all – from clients who didn't realise they should put lids on pots when boiling veges to those unable to understand common recipe abbreviations such as tsp, to a client who would go to KFC every day to buy potato and gravy. "When I showed her how easy it was to make, she cried," says Betty. "It's all about upbringing. Through no fault of their own, they just don't have the knowledge that many people of our generation take for granted."

Some families approach the SuperGrans themselves, but most are referred through midwives or organisations such as Work and Income. The service helps people of all ages – from elderly people who have lost partners through to young families. Currently there are seven SuperGran volunteers who range in age from their 50s to their 90's and who work with about 50 clients a year for anywhere from three months to a year. While all of the current volunteers are women, there have been some SuperGrandads in the past as well. Each family sets their own goals but some of the most common requests include budget shopping and basic cooking skills.

"Mince and sausages are staples and we've got a lot of ideas!" says Kiri. "It's all about empowering people to do things themselves and building their confidence."

Kiri says there are also some things the SuperGrans DON'T do. "We're not babysitters or house cleaners! If there are dishes in the sink that need doing, we might assist, but we're not there to clean for people or look after their children while they go out. We're a mentoring service."

Kiri says the overwhelming majority of clients are very grateful for the SuperGrans help, and many become life-long friends. "Personally I feel very fortunate to have this job working alongside young mums and passing on knowledge – it's amazing."



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Key Facts

- The Nelson SuperGran programme is run under the umbrella of Te Korowai Trust and is funded through the Ministry of Social Development. It's part of a national network of SuperGran organisations.
- The Nelson SuperGran programme also receives assistance from the Fifeshire Foundation and Canterbury Community Trust and local companies such as Sealord Group Ltd also support the programme.

Get Involved

- To become a SuperGran volunteer, you'll need to be able to spare an hour or two each week or fortnight and be willing to go into people's homes. (The Coordinator or Kaiawhina go into homes first and would never put a SuperGran into an environment that was unsafe).
- All SuperGran volunteers must undergo a police check, provide the names of three referees, sign a confidentiality agreement and undergo some basic training. You'll need to have empathy and understanding as well as useful skills to share.

- Donations of good quality household items are another way you can assist.
- To find out more contact Betty Soane, SuperGran Coordinator on Ph 03 547 5958 ext 703 or mob 027 414 4960 or Email: betty@tekorowaitrust.co.nz

What SuperGrans Clients Say:

"My SuperGran is always a friendly face and happy to help."

"She's full of helpful knowledge that she can pass on to me."

"I can bounce ideas off her and she never puts them down. My ideas are taken seriously."

"She is easy to talk to, no pressure."

"Kids love my Super-Gran."

"I still use my daily routines and roster sheet, also love my menu planner as this helps us with our budget and I know what we are having and how much I need to buy."

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Website: www.healthcarenz.co.nz



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Community Hubs Work Together to Help Seniors Stay Active

Staying active is so important as we age. Regular physical activity can improve our health and wellbeing as well as making it easier to perform daily tasks. Locally, there are 10 regional community hubs which work together under the umbrella of the Nelson & Tasman Recreation Clusters to offer a wide range of programmes and activities designed to help keep seniors stay active. There are over 10,000 individual participations a year in these classes. The Nelson & Tasman Recreation clusters have developed out of the Way2Go Active Community Initiative, and while most of the Hubs will soon stop using the Way2Go brand, the classes will continue to run.

Activities vary across the different communities but include things like circuit classes, cycling, gardening, walking, line dancing, cooking, Tai Chi and the very popular Sit and Be Fit seated exercise classes. There's a strong focus on affordability and a big part of the classes is the social aspect – getting people together to gather, socialise and make friends. The hubs are constantly looking to engage with users to develop new ideas for appropriate physical activities.

Why not get in touch with your local hub and see what's on offer? You can also check out the listings for upcoming programmes and activities at each hub in the Mudcakes & Roses Recreation and Service Directory.



Photos from Victory Community Centre programmes

Victory Community Centre

Contact: Centre Staff
Phone: 03 546 8389
Email: gareth@victory.school.nz

Tahunanui Community Centre

Contact: Jo
Phone: 03 548 6036
Email: tcc@ts.co.nz

Saxton Stadium

Contact: Centre Staff
Phone: 03 538 0072
Email: stadium@sporttasman.org.nz

Sport Tasman @ Richmond Town Hall

Contact: Mary-Ann
Phone: 03 544 3955
Email: mary-ann.m@sporttasman.org.nz

Brightwater and Wakefield Hubs

Contact: Bryony
Phone: 027 378 0310
Email: bkbeninyo8@gmail.com

Moutere Hills Community Centre

Contact: Vanessa
Phone: 027 511 8826
Email: vanessa@mouterehills.org.nz

Murchison Sport, Recreation and Cultural Centre

Contact: Katie
Phone: 03 523 9360
Email: murchison.centre@clear.net.nz

Motueka Recreation Centre

Contact: Centre Staff
Phone: 03 528 8228
Email: jody.m@sporttasman.org.nz

Golden Bay Community Centre

Contact: Dave
Phone: 03 525 8876
Email: recreation@gbcw.co.nz



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Yoga Teacher Maureen McKin and Green Prescription Coordinator Leigh Dalzell share a laugh at the Positive Aging Expo



A Prescription for Life

When it comes to excuses for not exercising, Green Prescription coordinator Leigh Dalzell has heard them all – ‘I’m too fat, too old, the water’s too cold, I can’t drive...’

Leigh heads up a team of five Green Prescription Patient Support staff whose job it is to help people to be more active, thereby helping to keep the community healthy. People are normally referred to the Green Prescription service by their doctor or practice nurse and those over 50 make up a high percentage of referrals, although it’s open to anyone over 18 who wants to make healthy changes. Clients are often referred with conditions such as high cholesterol, high blood pressure, being overweight, pre-diabetes or type 2 diabetes.

After being referred, a Green Prescription support person will contact the patient and set up a meeting or phone call to discuss ideas on suitable activities and the behavioural changes needed to actually make it happen. Leigh and her team use a range of motivational techniques and help clients to come up with their own ideas to suit their own lives.

“We don’t focus on the ‘exercise’ word,” says Leigh. “We encourage sitting less and moving more. It can be simple things like parking your car further away, taking the stairs instead of the lift or brushing your teeth straight after tea, so you’re not tempted to have another biscuit after your last meal!”

“Green Prescription support is tailored to the person and it’s about finding the right activity for their body for the right amount of time at the right level that fits with their lifestyle. We focus on helping the person find an activity that they enjoy and that will be sustainable in the long-term.”

The Green Prescription team provides three months of coaching support, followed by a review and a report back to the referring clinic. Sometimes there’s an extension for another three months.

One of the key Green Prescription programmes is ‘Kickstart’ which is run in partnership with CLM at the Riverside Pool in Nelson and ASB Aquatic & Fitness Centre in Richmond. It costs just \$2 and is a motivating group experience that combines

exercise and education. A 2014 evaluation of Kickstart participants found 99 percent said they were more physically active as a result, 75 percent had toned up or lost weight and 93 percent were more confident about eating well and choosing healthier options.

Other popular activity options for Green Prescription participants include the Green Prescription ‘WaterWorx’ aquarobics session, walking, cycling, gym and swimming. The Green Prescription team are knowledgeable about all of the activities and classes available locally and have backgrounds in areas such as health, fitness and nursing.

“The support team are people who have lived a bit and understand health issues. They’re empathetic and helpful. You won’t just be talking to a fit, young 20 something who has never had a sore back!” says Leigh.

About Green Prescriptions

- Green Prescriptions have been around for 13 years nationally and the local service is funded by the Nelson Marlborough District Health Board.
- There are four Green Prescription support staff based in Nelson and two in Motueka. Telephone support is available for clients in Golden Bay.
- The Green Prescription team links in with other services provided by Nelson Bays Primary Health such as pre-diabetes, type 2 diabetes and cardiac education and the community nutrition service.
- If you think a referral to Green Prescription is right for you, ask your doctor or practice nurse for a referral.

What Kickstart participants say

“Very helpful with healthy eating info and you can work at your own pace – very motivating.”

“Even if you think you can’t, just try it, and you feel so much better.”

“Combination of exercise and learning got me into a better routine.”

Gardening tips for Winter



Hi, winter is here again and I'm gazing at my garden with longing. I am still recovering from my hip replacement and my huge perennial garden is looking slightly worse for wear. The rain we had from mid-autumn has caused the weeds to multiply like crazy so I will definitely have my work cut out for me when I can garden without hesitation again.

This is the time of year when hellebores (winter roses) come into their own. These gorgeous perennials form the backbone of my winter garden and I wouldn't be without them. Hellebores are really hardy and once established they produce their stunning flowers from early winter right through until late spring. New foliage appears after this and remains right through summer and autumn – what more could a gardener ask? Most of the varieties available are easy to grow with the exception of *H. niger* "White Magic" which can be a bit temperamental.

My favourite thing to do at this time of year is to regularly peek down into the base of my existing hellebore clumps for signs of new growth or flower buds. The minute I see them, I cut back all of the old foliage and give them a couple of handfuls of sheep manure pellets. Cutting back the foliage allows more light and air to reach the crown of the plant and I find they are more robust and flower more profusely because of this.

Flowers brighten up dull winter days and pansies, primula, polyanthus, stock, wallflowers, violas and lots more can all be planted now. If you love foxgloves it is worth noting that the "Foxy" variety will flower this coming spring whereas the apricot or white foxgloves are biennial (flowering in their second year). Russell lupins are generally biennial too.

July is the month to prune your roses so take time to check your secateurs are sharp and your pruning saw isn't rusty. If your roses still have a lot of foliage on them, giving them a copper spray a few weeks before pruning will encourage leaf drop. Early afternoon on a fine day is the best time to prune – after the morning dew has dried and before the evening damp sets in. For detailed pruning advice refer to my column in June/July 2012 or view it online at <http://www.tasman.govt.nz/council/media-centre/tasman-district-council-publications/mudcakes-roses-pdfs/>.

The soil temperature has dropped a lot which means any vegetable plants you put in now may struggle to grow. An exception to this is the humble broad bean which manages to germinate even when sown directly into your vegetable garden in the middle of winter. I think this is just wonderful – they must be powerful beans indeed. I used to sow my broad beans in mid-late autumn but last year I tried sowing them in mid-late winter and I got a much better crop.

Leafy crops such as fancy lettuces, spinach, silverbeet, rainbow beet and brassicas will all grow well in large containers in a sunny, sheltered spot as will herbs such as rocket and coriander. If you are lucky enough to have a heated glasshouse you can plant to your heart's content. A warm conservatory will work too, as long as there is adequate ventilation.

If you have any questions or topic suggestions, I'd love it if you would email me at foeslamb@xtra.co.nz or write to me c/- Mudcakes and Roses. My radio show, *Green Thumbs & Dirty Fingers* is full of more gardening tips and airs each fortnight on Fresh FM, Nelson-Tasman 104.8, Golden Bay 95.0 on Tuesday at 10.40am, replayed the following Saturday at 2.40pm. Happy gardening.



Philippa Foes-Lamb

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DON'T FORGET YOUR LEGAL FITNESS CHECK

By Lynne Cottrell-Hunter
Legal Executive at Pitt & Moore

While we all know it's important to have a regular physical check-up as we get older, it's easy to forget that legal matters also need regular consideration. Your needs can change and what might have been relevant for your life five years ago may not be as relevant today or provide the protection and outcomes you want for your future. If you have a trust, want to plan for residential care in the future, are considering powers of attorney, funeral plans, wills or financial arrangements it might be time to take stock and ensure you have control over your life, income and future.

To help you consider your legal WOF here are few comments about wills and gifts.

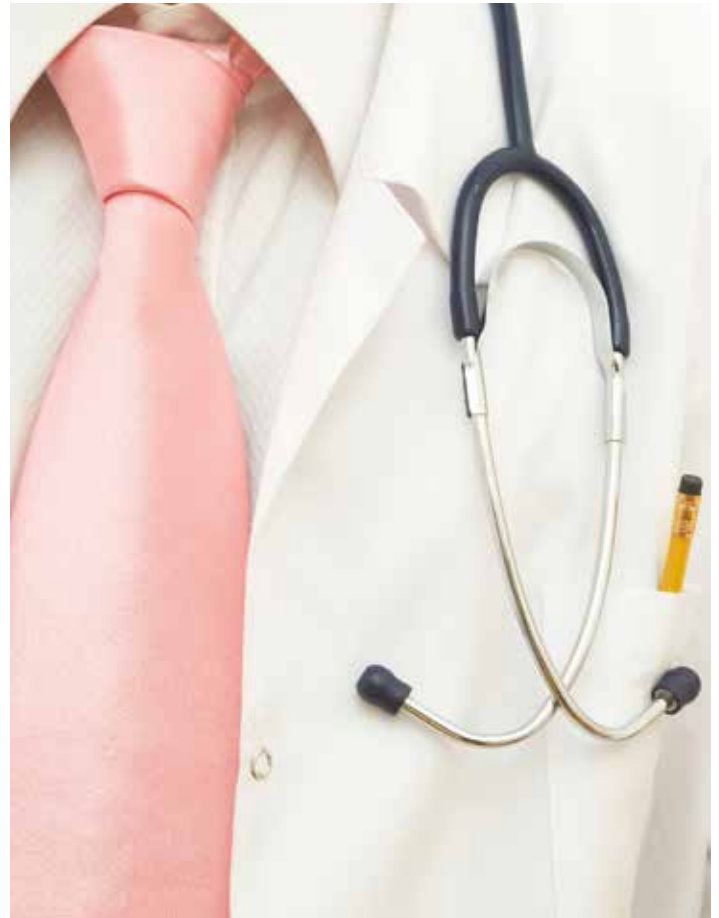
Making a will

It can come as surprise to many people that what they put in their will could be challenged after their death. You need to know your rights and obligations when creating a will and how factors such as a second relationship can affect it. There are so many situations where careful consideration needs to be made regarding a will. A few examples include where children have lent money to a parent to meet rest home costs or where a person has given up a home and career to live and care for an elderly relative on the promise that they will be given the house or a financial settlement on the death of the person being cared for.

There are also obligations under the Property (Relationships) Act so it pays to talk to a lawyer to find out what will work in your situation.

Gifts

The rules around gifts and rest home subsidies are complex. What is clear is that you are expected to pay for your own care until your assets drop to the threshold levels. If any potential donor has aspirations to obtain a rest home subsidy then they must think very carefully about the position before making a large one-off gift. A gift, once made, is irreversible. In particular, if there are rest home subsidy issues underlying a



gifting programme, then it is most important that advice be given about the effect of any large one-off gift.

Other points to note are that gifts of assets on which depreciation has been claimed have the potential to create a tax liability and property gifted ceases to be part of a deceased person's estate.

For More Information please contact:

Lynne Cottrell-Hunter

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Ph 03 548 8349 Email: lynne.cottrellhunter@pittandmoore.co.nz

W. www.pittandmoore.co.nz

A pair of black-rimmed glasses is shown against a white background. The words "WE BRING CLARITY TO YOUR LEGAL ISSUES" are written in a bold, black, sans-serif font across the lenses and the bridge of the glasses. The word "CLARITY" is written across the left lens, "TO YOUR LEGAL ISSUES" is written to the right of the glasses, and "WE BRING" is written above the bridge.

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Don't Let The Flu Knock You

Did you know older people are at greater risk?

Influenza (or the flu) is spread by droplets which can travel up to two metres and can survive on surfaces for up to a week.

Although people with health conditions are most at risk of getting influenza, previously healthy people can also get the flu.

Influenza is more than just a 'bad cold'. Influenza is much more severe. At its worst, influenza can put you in hospital and can even be fatal. In most cases, influenza can keep you in bed for a week or two, and drain your energy keeping you from anything that requires leaving the house. Older people are at greater risk of developing serious complications due to their reduced immunity response.

Don't let the flu knock you.

Get immunised. Seasonal influenza vaccinations are recognised as being the single most effective way of reducing the impact of the flu.

How do you tell the difference between a cold and the flu?

Influenza	A Cold
Sudden onset, moderate to severe, lasts about 7-10 days	Mild illness
Fever (usually high)	Mild fever or no fever
Headache (may be severe)	Mild headache from congested sinuses
Dry cough, may be moist	Sometimes a cough
Severe muscle aches	No muscle aches
Shivering	A runny nose
Bed-rest necessary (can't get out of bed)	
Can suffer severe complications e.g. pneumonia	



What to do if you get the flu?

Protect yourself. Protect your family. Protect your community. Stop the spread by:

1. Staying at home until you are better
2. Washing & drying your hands regularly or use an alcohol-based hand wash
3. Using a disposable tissue when you cough or sneeze
4. Cough or sneeze into your elbow if a tissue is not available
5. Avoid touching your eyes, nose and mouth
6. Don't share drinks
7. Avoid crowded places

Don't take the risk! Discuss with your doctor or practice nurse. You are eligible for a FREE vaccination if you are over 65 years.

For more information contact:

Vicky Bryant

Immunisation Facilitator, Nelson Bays Primary Health

Ph: 03 539 1823 / 0800 731317

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What a Dietitian Can Do for You

Registered dietitians work in a wide variety of settings throughout the community. In the Nelson Tasman region, registered dietitians work alongside general practice to provide each practice with a dietitian clinic or service. To find out more, talk to your general practice.

Personally tailored advice

A registered dietitian will ensure you receive personalised nutrition advice specific to your particular concern. At your initial visit, expect to do a lot of talking while the dietitian does a lot of listening. After learning about your health history, favourite foods, eating and exercise habits, a registered dietitian will help you set goals and prioritise changes. Follow-up visits will focus on supporting on-going progress, maintenance advice and monitoring your progress.

Help managing chronic diseases

If you have high cholesterol, high blood pressure, diabetes or cancer it can be hard to know what to eat. A registered dietitian can review your blood test results with you, and provide education about the food and nutrients that affect it. They will help you create an eating plan that includes all

the important dietary factors that can help you manage your condition. They may also suggest community education programmes such as 'Living with Type 2 Diabetes'.

Guidance navigating food allergies, sensitivities and intolerances

When you suffer from conditions like coeliac disease, food allergies or lactose intolerance, it's easy to be overwhelmed by what you think you can't eat. That can translate into a boring diet and may even lead to nutrient deficiencies. A registered dietitian can teach you how to read food labels so you'll know which ingredients to avoid and help you find substitutions to keep your diet balanced and tasty, too.

A weight-loss programme that really works

Fad diets may sound like the quick ticket to weight loss but they rarely work for very long. A registered dietitian can help you develop a safe, effective weight-loss plan that you can stick with for the long haul. To guide and motivate you, a registered dietitian will use creative strategies to help with meal planning, grocery shopping, mindful eating and trouble shooting.

If you think you could benefit from an appointment with a dietitian, ask your doctor or nurse if they can book you into the next dietitian clinic. This is a free service provided by Nelson Bays Primary Health.



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The unlikely pilgrimage of Harold Fry / Rachel Joyce Harold Fry sets off to post a letter to a friend from the distant past who he has just found out is in a hospice. Harold's journey is one of memories as well as geography; of enlightenment and despair as well as a simple tale of a man and the people he meets along the way.

Never go back / Lee Child

The latest Jack Reacher adventure – true to the usual page-tuner formula and promising wild surprises – a must for all Lee Child fans.

Land of decoration / Grace McCleen

Ten year old Judith is full of guilt, full of religious fervour, and living alone with her sad and troubled father. Bullied at school and lonely at home Judith creates her own world – and talks to God. It is a sad but compelling book about guilt, love and trying to do the right thing.

Beyond the front line / Mike McRoberts

Television journalist McRoberts gives an honest portrayal of his 25 years of reporting from the world's most dangerous places.

Whispers / Rosie Goodwin

Jess Beddows buys the old manor house that has stood empty for years, in an attic room she finds a journal. As Jess is drawn into the heartbreaking tale in the journal, the whispers begin.

Leftovers / Stella Newman

A novel about friendship, hope and the power of pasta – about the leftovers we carry with us from our past, the things we need to leave behind.

Poppet / Mo Hayder

Not for the faint hearted – the mentally ill patients in Amberly Secure Unit are highly suggestible; a hallucination can spread like a virus. Detective Inspector Jack Caffery is looking for the corpse of a missing woman – having to distinguish between hallucination and pure evil.

Nelson at War
Nelson Public Libraries, Tasman District Libraries and Page & Blackmore Booksellers are holding a short story competition: **Nelson at War**. Stories must be set in the Nelson region during or immediately after, and relating to, the First World War. Go to nelsonpubliclibraries.co.nz for details and entry form. Stories must reach us by 4.00pm Friday 30 August 2014.

No car? No problem

The key to coping without a car is to plan ahead, says the Minister for Senior Citizens the Honourable Jo Goodhew.

A brochure entitled 'No car? No problem! Getting around your community without a car' has recently been updated by the Office for Senior Citizens and the New Zealand Transport Agency. It outlines ways to plan for your future transport needs after stopping driving.

"People stop driving for a variety of reasons. Adjusting to life without a car doesn't mean losing your independence and freedom," says Jo Goodhew.

"The key is to plan for your future transport needs now, so stopping driving isn't a big problem later. Ensuring that people are informed about their transport options keeps them connected to their communities, family, and friends."

Different solutions suit different people, depending on their circumstances and needs. Some possible solutions include:

- getting lifts from family or friends
- using taxis
- walking more often
- using a mobility scooter
- keeping your car, to make it easier for others to give you lifts
- using public transport through the SuperGold card

The brochure is available from the Office for Senior Citizens and can be downloaded from the Ministry of Social Development website www.msdc.govt.nz

For Your Professional Foot Care

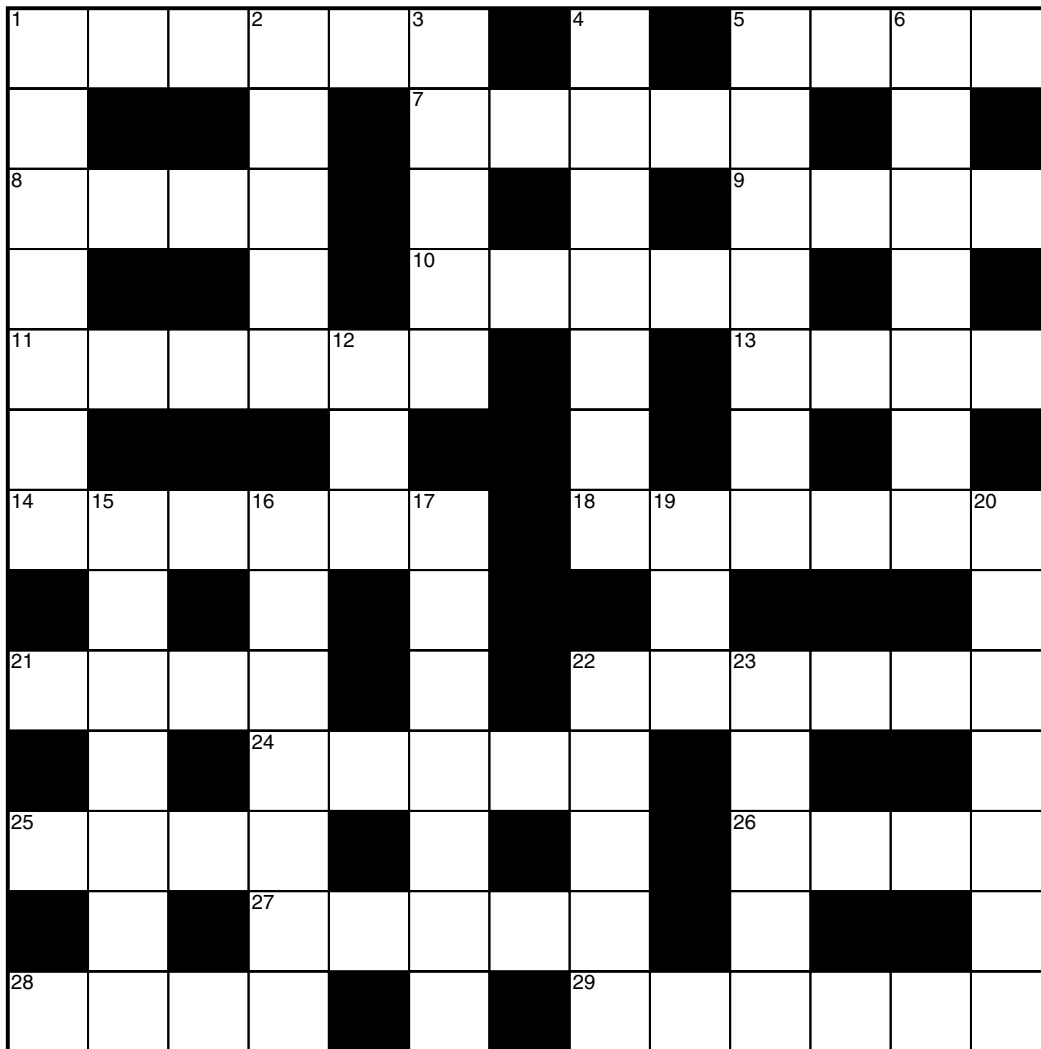
Mobile Feet Podiatry
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Mobile: 021 0247 4037
Phone: 03 927 5120
www.mobilefeet.co.nz

design by kreativkitchen

Crossword



Clues

Across

1. Floral memorial ring
5. Beaten by tennis serve
7. Presentation
8. Travel around
9. Dull pain
10. Vagrant
11. Dismisses
13. Vats
14. Side dishes
18. Nakedness
21. Wound mark
22. Roar
24. Raised river bank
25. Rouse from sleep
26. Very short skirt
27. Sweetener
28. Current units
29. Uttering

Down

1. Dampness
2. Go along (with)
3. Stops
4. Model of virtue
5. Adjusted
6. Display
12. Bottle top
15. Praise
16. Unventilated
17. Recover (wreck)
19. Employ, make... of
20. Gaping tiredly
22. Grizzly animals
23. Not smooth

Answers page 19.

Nelson Denture Clinic

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Specialising in:

- BPS Dentures - latest technology injection moulded dentures. Excellent fit and extremely natural appearance

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Gilbert Matravers, Clinical Dental Prosthetist Ph/Fax: 548 1478 (0800 2 SMILE) 35 Waimea Road, Nelson

What's On

JUNE/JULY 2014

SOME HIGHLIGHTS FROM THE REGIONAL EVENTS DATABASE. WWW.ITSON.CO.NZ

Saturday 31 May – Sunday 8 June 2014

Founders Book Fair

The annual Founders Book Fair begins Queens Birthday weekend. A huge variety of second-hand books, DVDs, tapes, records and puzzles will be for sale at bargain prices. Again, the Book Fair will be based in the Energy Centre, with the children's books located in the Granary Hall. Purchase a \$5 nine-day pass or pay a daily entry fee of just \$2. The Book Fair will be open from 10am-4.30pm every day. Founders Heritage Park, 87 Atawhai Drive, Nelson

Wednesday 21 May – Tuesday 12 August 2014

Motueka Arts Council's Winter Workshops

Workshops include poetry writing with acclaimed poet Riemke

Ensing, a presentation by musician Richard Nunns, Needle-craft workshops with the amazing Emma Marshall, and much more - including Improvised Theatre, Dance, Chinese Cookery, Painting, Flute-making, Tie-dying, Hand printing, Mosaics, Silver-jewellery making ... and even more! To view the programme and register, visit: <http://www.motuekaonline.org.nz/clubs/arts/arts-council-winter-workshop-programme-2014.pdf> or Ph 03 528 4115

Monday 23 – Sunday 29 June 2014

Winterruption Festival

Richmond will host big screen movies, an old time dance, cooking demonstrations, fashion parades, street sport exhibitions and fitness classes to entice people to come out of winter hibernation. The Winterruption Festival celebrates all things winter. The Richmond Town Hall

will return to its movie-theatre roots, offering a midday movie matinee – as it once did back in 1939. It will also host an old-time dance, complete with live music and supper, and a series of free fitness classes. Lunchtime shows and demonstrations will take place in the Richmond Mall. Sundial Square and adjoining car park will host a winter street sports showcase, with inline hockey and roller derby exhibition matches on display. Retail stores will also play a part in the festival, offering sales and discount bargains on their winter merchandise.

Friday 11 – Sunday 13 July 2014

Art Expo Nelson

Art Expo Nelson 2014 is a three-day show promoting artworks from more than 100 Nelson/Tasman and South Island artists. Take the chance to choose from over 1500 artworks in one location. Unique and affordable art from the best of the region's painters, ceramists, sculptors, jewellers, glassworkers, photographers, and multi media talent. With an onsite café to relax, chat, debate and deliberate over the surrounding art choices. This is a Nelson event art lovers must not miss! Cash and carry. Eftpos available. Friday 10-5pm, Saturday 10-6pm, Sunday 10-4pm, Saxton Field Sports Complex, Saxton Road East, Stoke, Nelson. Tickets: Adult \$5, Seniors/students \$4, Children free (0-15 years)

Friday 11 – Sunday 13 July 2014

Light Nelson

A walk in the dark – an exhibition of light. Light Nelson is set to brighten up the winter with an outdoor gallery of brilliant light installations, clustered around the lily pond and massive trees of the city's historic Queens Gardens. In a collaboration of art, science and technology, over 30 artists let their creativity loose through a range of innovative media including laser technology, digital imagery, performance, music and poetry. This new art event

on the Nelson calendar thrilled thousands of viewers last year. It's an irresistible mix: a garden walk in the clear dark night of winter with magic moments of illusion, beauty, interaction and fun. What's more, thanks to huge sponsor support, admission to Light Nelson is free!

Friday 11 – Sunday 27 July 2014

Nelson Winter Music Festival

'Nelson by day – music by night' is the theme for the 20th annual Nelson Winter Music Festival, which is set to bring some mid-winter magic to the city from 11-27 July. The festival offers a broad range from contemporary to the classics, in a programme headlined by an evening with iconic singer-songwriters Dave Dobbyn and Don McGlashan. Expect to see the enchanting Tim Beveridge and friends presenting favourites from the musicals, the Nelson Symphony Orchestra celebrating WW1 composers and breath-taking circus theatre with The Dust Palace. There will also be storytelling and local talent in Pecha Kucha and Poetry Slam, the deeply resonant voice of Brendan Dugan presenting Johnny Cash and Roy Orbison music, plus Silent Movie's accompanied by the Nelson Jazz Quartet, with Gabor Tolnay on piano. This year's festival shows will mainly be staged in Nelson's new favourite heritage venue, Old St Johns, with the charming 'church hall' alongside converted to a cozy festival club and bar to gather for a delicious Nelson wine before the show begins.

Tickets: Ph. 03 548 9477



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0800 284 663.

PLEASE NOTE: What's On is for one-off events in Nelson and Tasman that are likely to be of interest to Mudcakes & Roses readers. Most of the information is taken from the regional events database – www.itson.co.nz and preference for inclusion is given to community events. Details of regular events and activities that used to feature on this page can now be found in the Recreation & Service Directory.

Recreation & Service Directory

FOR FULL LISTINGS GO TO WWW.FOUND.ORG.NZ

JUNE/JULY 2014

Golden Bay

Age Concern

Offering support services, information and advocacy to older people in the Bay. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford Street, Richmond, on 03 544 7624.

Astanga Yoga

GB Community Centre, Tuesdays 5.45 pm, Doris or Keryn Ph 03 525 9525. Thursdays 9.00 am, Michelle or Pam Ph 03 525 9033.

Belly Dancing

Senior Citizens Hall, Mondays 5.00-6.00 pm. Leena, Ph. 03 525 9393.

Genealogical Group

Sally Ph. 03 525 8086 or Email pands@gaffneys.co.nz

Gentle Exercise Classes

(through Golden Bay Physio Clinic) Held at Golden Bay Community Hospital, Mondays 10.00 – 11.00 am. No charge. Erica Ph. 03 525 9708.

Golden Bay Contract Bridge Club

Leigh Ph 03 525 9744.

Golden Bay Garden Club

Diane Ph 03 525 6121.

Golden Bay Patchwork and Quilters Guild

Liza Ph 03 524 8487.

Hearing Therapy Services Life Unlimited

Free MOH service 16+ providing screening, guidance with management of hearing loss issues including tinnitus 2 Monthly clinic. Bookings Contact Heartlands 03 525 6151

Indoor Bowls/Cards

Senior Citizens Clubrooms, Monday afternoons 1.30pm – 4.00pm. Mary Ph 03 525 8445.

Marble Mountain Country Music Club

2nd and 4th Sunday of each month at the Senior Citizens Club rooms. Nancy Ph 03 525 9491.

Motupipi Indoor Bowling Club

Thursday nights, 7.30 pm at The Motupipi Hall. Supper and games for \$1. Nancy Ph 03 525 9491.

Pohara Bowling Club

Jennifer Ph 03 525 9621.

Probus

Joan Ph 03 525 9224.

Puramahoi Table Tennis

Rene Ph 03 525 7127.

Relaxation and Restoration Yoga

\$10 per class, regular classes and private sessions in Takaka. appointments essential. Terry Ph. 03 525 7422.

SeniorNet [Golden Bay]

Beginner courses in home computing, based in clubrooms at the Takaka Showgrounds. Morfydd Ph 03 525 7465.

Sit and Be Fit

Golden Bay Community Centre, Tuesdays 10.30 am-11.30 am. \$2 donation. Jacinda, Ph 03 525 8770.

Tai Chi for Arthritis

Ann Ph 03 525 8437.

Takaka Golf Club

Ph 03 525 9054.

Takaka Golf Club Ladies Section

G. Turley Ph 03 525 9122 or Email cgturleys@xtra.co.nz

Takaka Spinning Group

Jan Ph 03 525 9374.

Takaka Table Tennis

Rene Ph 03 525 7127.

University of the Third Age (U3A)

Moira Ph 03 525 7202.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Uruwhenua Women's Institute

2nd Tuesday each month Anglican Church Hall, 1.30 pm Nancy Ph 03 525 9491.

Wednesday Walkers

Meet at Information Centre carpark, Takaka, leaving 9.00 am. Bring morning tea, raincoat etc, light boots or walking shoes. Contacts: Erhard Wingels Ph. 03 524 8372 Jenny Maclaren Ph. 03 525 7440 Alan Gotlieb Ph. 03 525 8209.

Hope

Hope Midweek Badminton Club

Carolyn Ph 03 541 9200.

Nelson Veterans Tennis Club

Hope Courts every Thursday Ph 03 547 6916.

Mapua

Low-Impact Aerobics and Pilates

Wakefield, Upper Moutere and Mapua. Lynda Ph 03 543 2268.

Mapua Friendship Club

Mapua Public Hall Valerie Ph 03 540 3685.

Mapua Bowling Club

Dave Ph 03 540 2934.

SeniorNet (Motueka)

Computer learning for the over 55s at 42 Pah St. Maureen Ph 03 528 0630.

Motueka

Age Concern

Support services, information and advocacy to older people in Motueka. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. Office: 62 Oxford St, Richmond. Ph 03 544 7624.

Arthritis New Zealand

Immersion Therapy session. 10.30 am, Mondays at Ngawhatu Pool. Bus leaves Motueka 9.30 am. Susan Ph 0800 663 463.

Better Breathing Classes

Held 3rd Monday of the month 2 – 3.15pm, Motueka Community Health rooms. Light exercise with a focus on breathing and relaxation. Phone Hilary for support and

information, Nelson Asthma Society 03 546 7675.

Cycling

Thursday night social biking group meets 5.45 pm out the back of Coppins Cycles (New World carpark). No fancy lycra, no expensive gear required, no fees. Rides about 12km.

Diabetes Support Group

Heather Smith Ph. 03 528 9689.

Gym & Fitness Centre

Studio Gym 275 Catherine Ph. 03 528 4000.

Hearing Therapy Services Life Unlimited

Free MOH service 16+. Screening, guidance with management of hearing loss issues including tinnitus Monthly clinic JIF Hospital Community Health Services. Bookings @ Nelson NNS reception 03 547 2814

Indoor Bowls

Motueka Senior Citizens Hall. George. Ph 03 528 7960.

Line Dancing (Beginners)

Huia Clubrooms, High St. Mondays 7.00-9.00 pm. Sue Ph 03 528 6788.

Marching

Motueka Veteranettes Marching Team Bev Ph 03 528 9125.

Motueka 50+ Walking Group

All walks leave Deck's Reserve carpark, where transport is arranged. To see the walks schedule, go to www.motueka50pluswalkers.org.nz. Meetings on the last Thurs of each month in the RSA Club, High Street, Motueka, 9.30 am. Contacts: Secretary Gill Gately Ph. 03 528 5399, President Tim Rich Ph. 03 528 6922. For details about alternate walks, contact Lesley or Ray Cranefield Ph. 03 527 8113.

Motueka and District Historical Association

Meets fourth Saturday of the month, April to November, Community House, Decks Reserve, 1.30 pm. Coralie Ph 03 528 8241 or Patsy Ph 03 528 5003.

Motueka Bowling Club

Sue Ph. 03 528 9121 Peter Ph. 03 528 5412.

Motueka District Museum

Summer Hours: (Dec – March) Mon to Friday 10.00 am - 4.00 pm and Sun 10.00am – 3.00pm. Rest of year: Tues – Fri 10.00am – 3.00pm and Sun 10.00am – 3.00pm, 140 High St. Ph 03 528 7660.

Motueka Recreation Centre Senior Activity Programmes Term 1 2014

Silver Sneakers – specific to Falls Prevention Focus on posture and balance. Mon 9.30 am Cost \$4 Social Badminton Mon 11am Cost \$4 **MOVE2MUSIC** Fun 50+ Aerobic Class /Weights 9.30am Tues & Thurs Cost \$4 SitnBeFit Fun seated aerobic Class / weights. 10.30am Tues & Thurs Cost \$4 **Walking Circuit** 2 min intervals walk 2 mins weights 2 mins Fri 9.30am \$4 Fitness Centre: Open 9.00 am-8.30 pm Monday to Friday, 9.00 am-4.00 pm Saturday, Closed Sunday. Wendy, Ph. 03 528 8228, Email wendy.b@sportasman.org.nz

Motueka Social Dance Group

Dances at Mapua Hall, 7.30-11.00 pm. Ph. Prue 03 540 2242.

Riwaka Bowling Club

School Rd, Riwaka Kathy Ph. 03 528 4604 Pat Ph. 03 528 8347.

Riwaka Croquet Club

Sally Ph. 03 528 9704

Scottish Country Dancing

Valerie Ph. 03 543 2989.

SeniorNet [Motueka]

Computer learning for the over 55s at 42 Pah St. Wendy Ph. 03 528 7105 Helen Ph. 03 528 6305.

Social Recreation

Kiwi Seniors (Motueka) Vonnie Ph. 03 528 7817.

Sport Tasman

Jogging-Entry level jogging group in Motueka. Learn how

Recreation & Service Directory

FOR FULL LISTINGS GO TO WWW.FOUND.ORG.NZ

JUNE/JULY 2014

to jog gradually & safely we focus on enjoyment rather than distance Sarah.H@ sporttasan or Ph Sarah 9232313 for more info.

Stroke Foundation

Two Monthly Stroke meetings for people who have suffered a stroke and their carers. Inquiries to Anne-Marie, Community Stroke Advisor on Ph. 03 545 8183 or 027 216 0675

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

U3A (University of the Third Age)

Have fun learning co-operatively. Variety of courses available. Cushla Ph. 03 528 6548.

Yoga

Dru Yoga classes in Upper Moutere. Contact Jill for details. Ph. 03 527 8069

Murchison

Age Concern

Offering support services, information and advocacy to older people in Murchison. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service. Phone the office, 62 Oxford St, Richmond, on Ph. 03 544 7624.

Nelson

Age Concern

Support services, information and advocacy to older people. Services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph. 03 544 7624.

Angie's Aerobics

Burn calories and increase muscle and energy levels in this fun, easy aerobics and circuit class. Thurs 9.15 am-10.15 am, Tahuna Presbyterian Church, Muritai St. \$6. Angie Ph. 03 547 0198.

Aquatics/Swimming/Gym

Riverside Pool Ph. 03 546 3221.

Art Group Nelson

Meets first Wednesday of the month. All welcome. Philippa Ph. 03 546 7337.

Arthritis New Zealand

Services available to members in Nelson: Toenail clinics, Sit and be fit, Pool sessions at Ngawhatu and Nelson hospital pools All services managed from Christchurch please call 0800663463 for more information. Arthritis educator available through Nelson Bay Primary Health – Ph 03 539 1170

Belly Dancing

Sabina Ph. 03 546 8511

Belly Dancing

Zenda Middle Eastern dancing with Gretchen and Debbie. Ph. Debbie 027 689 0558 or Email: dbsumner@xtra.co.nz or Gretchen Ph. 03 548 8707.

Better Breathing Classes

Held 2nd & 4th Wednesdays of the month 2 – 3.15pm Reformed Church, Enner Glynn. Exercise with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Better Breathing Hydrotherapy pool classes

Held 3rd Wednesday of the month 1-2pm at Nelson hospital. Supervised exercise with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Brook Waimarama Sanctuary

Volunteering can be an extremely rewarding experience and there are plenty of opportunities at the Brook Waimarama Sanctuary to learn new skills and experience. Volunteer roles include Visitor Centre Volunteers, Public Events, Track Cutting, Invasive Plant Control, Trapping, Lizard Monitoring, Bird Monitoring. For more information visit www.brooksanctuary.org.nz support or Ph. 03 539 4920

Cardiac Support Group

Information and support to people affected by cardiovascular disease. Contact Averil for support and information. Ph. 03 545 7112.

Diabetes Support

Nelson Bays Primary Health for education, awareness and support. Bee Williamson Ph. 03 539 1663. www.nbph.org.nz

Diabetes Support Group (Nelson)

Joan Whipp Ph. 03 548 6263

Golf Croquet

Nelson-Hinemoa Bev Ph. 03 548 2190.

Government Superannuitants' Association

Graeme Ph. 03 547 6007 Email nelson@gsa.org.nz

Grandparents Raising Grandchildren

Paula Ph. 03 544 5714

Gym

Cityfitness, Quarantine Rd, Nelson. Ph. 03 547 4774 or see website for class timetables www.cityfitness.co.nz

Hearing Association Nelson

Card Group Mondays from 1.15 pm. Free talks on all hearing issues, free hearing aid clinics (cleaning and drying) first Friday of the month at Presbyterian Support, Annesbrook Drive, Nelson. Please phone for an appointment. Other clinics available as well. Ph. 03 548 3270.

Hearing Therapy Services Life Unlimited

Clinic now at Nelson Nursing Services Building 469 Main Road Stoke Free MOH service 16+. Hearing screening, hearing loss management, tinnitus. Bookings phone reception NNS 547 2814

Housie Evening

Stoke Rugby Clubrooms, Neale Ave, Stoke. Wed nights, 7.15 - 9.45 pm. Buddy Ph. 03 547 3230 John Ph. 03 547 1689.

Marching

Silveraires Leisure Marching Diana Ph. 03 548 9527.

Nelson Community Patrol

Suzy Ph. 03 539 0409.

Nelson Dance Along

Rosalie Ph. 03 548 2236.

Nelson Electronic Organ and Keyboard Club

First Tuesday of each month, Stoke School Hall, 7.30 pm. \$2. Supper provided. Valerie Ph. 03 540 3288.

Nelson Grey Power

Nelson Grey Power is a lobby organisation promoting the welfare and well-being of all those citizens in the 50 plus age group. Ph. 03 547 2457 or Email nelsongreypower@xtra.co.nz

Nelson Male Voice Choir

Rehearsals: old St John's Hall, Hardy Street, Monday evenings. Dick Ph. 03 548 4657 or Ernie Ph. 03 548 7291.

Nelson Petanque Club

Wed and Sun 1.15 pm at Highland Pipe Band Hall Paru Paru Rd. Boules and tuition provided. Adrienne Ph. 03 545 0070.

Nelson Philatelic Society

Stamp collectors meet second Tuesday of the month, 7.30 pm, Stoke School. Ph. 03 547 7516 or 03 548 6269.

Nelson Provincial Museum

For details, visit www.museumnp.org.nz

Nelson Public Libraries

Branches at Stoke, Tahunanui and Nelson, provide free library services to the community. We also have free computer and wifi access, computer classes, a home delivery service, local and family history information and hold regular events, eg: Elma Turner Library Bookchat – second Tuesday of each month, 10-11.30am Stoke Library Bookchat - third Wednesday of each month, 5.00 pm – 6.00 pm For more events, our reader's evenings, book launches and more, see www.ltsOn.co.nz or Ph. 03 546 8100.

Nelson Savage Club

A club for entertainers. Variety Concert on the second Wednesday of each month. Presbyterian Church Hall, Muritai St, Tahunanui at 7.30 pm. \$2. Joyce Ph. 03 548 1224 or Philipa Ph. 03 547 7022.

Nelson Social Dancing Club

Dance at Broadgreen Intermediate School Hall, Nayland Road, Stoke, Nelson 7.30 pm to 11.15pm

the second Sat of each month. Ballroom, Latin, Rock 'n Roll and sequence dancing. Live music. Members \$10; non members \$15. Please bring a supper contribution, and your own drinks (including water) and a glass. Note: no stiletto heels please!! Enquiries Ph. 03 544 2324 on 021 177 4943.

Nelson Scrabble Club

Meets every Wednesday 7.00 pm at the Nelson Suburban Club, 168 Tahunanui Drive. Tony Ph. 03 545 1159

Nelson Senior Citizens Social Indoor Bowling Club.

Valda Ph. 03 544 1487.

Probus

Stoke-Tahunanui ladies branch meets third Wednesday each month. Pauline Ph. 03 547 5238.

SeniorNet [Nelson]

Computer instruction for people aged 50+. Clubrooms at Pioneer Park, Hastings St, Ph. 03 548 9401 and we will ring you back.

Senior Service - Nelson Baptist Church

Inter-denominational service on second Sunday of the month every second month starting from February, 2.00 pm – 3.30 pm. Transport available. Alan Ph. 03 548 7381.

Sit and Be Fit

A 35min class to music. Victory Community Centre, Totara St, Nelson, Tuesdays 10.00 am Leigh Ph. 03 548 1689.

Sport Tasman

Jogging-Entry level jogging group in Nelson. Learn how to jog gradually & safely we focus on enjoyment rather than distance Sarah.H@ sporttasan or Ph Sarah 9232313 for more info

Cycling-Entry level

cycling groups in Nelson and Richmond join us for weekly cycles around our wonderful cycle ways focus is on enjoyment rather than distance Sarah.H@ sporttasan or Ph Sarah 9232313

Walking-Entry level

Walking groups in Nelson and Richmond, join us for weekly walks around our wonderful shared pathways focus is enjoyment rather

than distance Sarah.H@ sporttasman or Ph Sarah 9232313

Stroke Foundation Caregivers Support Group
Meets once a month.
Anne-Marie Ph. 03 545 8183.

Super Seniors (65+)
10.30am - 12.30pm
Meets third Friday each month (except April 11th)
All Saints Church Foyer
30 Vanguard St, (city end)
Nelson
Includes: morning tea, guest speaker, activities, light lunch.
Suggested donation \$5
Ph Anne-Marie 548 2601

Support Works
Assesses the needs and co-ordinates services for people affected by disability.
For a free assessment,
Ph. 03 546 3980 or freephone 0800 244 300.

Suter Art Gallery
Exhibitions, floortalks, lectures and films. See www.thesuter.org.nz for details. 208 Bridge Street, Nelson.

Table Tennis
Nelson Table Tennis Club Inc.
Ph Kay 03 547 5066 or Glenda Ph. 03 544 8648.

Tahunanui Bowling Club
Welcomes summer and winter bowlers.
Barbara Ph. 03 547 5071.

Tahunanui Community Centre
A range of activities and services on offer, walking, gardening, cycling and free counseling.

Monday Movers: Gentle bike ride along railway reserve.
Monday \$2, 9.30am

Tuesday: Fun Group Fitness: Ladies only outdoor group fitness, all abilities. \$5, 6pm

Wednesday: Rusty Riders: Regain confidence on your bike, supportive group, bikes provided. \$2, 1.30pm

Wednesday: Garden group, 1st Wed of the month \$3, 10.30am.

Thursday: Way2Go walking group: 9.45am
Thursday: Book Club \$80 per year membership, 7pm.

Contact Jo at TCC Ph. 03 548 6036 for details on any of our activities or visit www.tahunanui.org

Tai Chi with Gretchen
Classes in Nelson, Richmond and Stoke. Gretchen Ph. 03 548 8707 or Email kitesfun@ihug.co.nz

Taoist Tai Chi Internal Arts for Health
A variety of classes available. Ph. 03 545 8375 and leave a message and we will call you back. Help yourself to better health. Suitable for all ages.

U3A
Paul Ph. 03 548 7889, Email membership@u3anelson.org.nz

Ukulele with Gretchen
Nelson and Richmond, Groups or private sessions. Ph. 03 548 8707.

Upright and Able for Falls Prevention
Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Victory Community Centre
Offers a variety of classes during term-time. Ph. 03 546 8389 or Email reception@victory.school.nz for a programme brochure or visit www.victorycommunitycentre.co.nz

Victory LaughterYoga Club
Stretch, breathe, laugh, relax. Gareth Ph. 03 546 8389.

Victory Senior Support
Meet every Tues at 1.30pm at Anglican Church, 238 Vanguard St, Nelson for cards and games. Jan Ph. 03 546 9057.

Victory Sit and Be Fit
Thursdays 10.00-10.45 am, 238 Vanguard St. Shirley Ph. 03 546 9057 or 03 547 1433.

Nelson 50+ Walking Group
Mini-walks and longer walks every week to suit all fitness levels. Everyone welcome. Noel Ph. 03 544 2286.

Yoga
Hatha Yoga classes with Maureen. Classes in Nelson and Stoke and Summertime Yoga on the Beach. Ph. 03 546 4670.

Yoga
DruYoga classes with Sue. Ph. 543 2125 for details.

Yoga
HotYoga Nelson Ph. 03 548 2298.

Richmond

Age Concern
Support services, information and advocacy to older people in the community. Our services include Elder Abuse & Neglect advice and support, and an accredited visitor service for older people. We also distribute the Total Mobility Taxi Voucher scheme for Nelson & Richmond. Our office is at 62 Oxford St, Richmond. Ph. 03 544 7624.

Badminton Richmond Morning Badminton
Dawn Ph. 03 544 4120.

Better Breathing Classes
Held 1st Wednesday of the month 11-12.15pm at Richmond Snr Citizens. Light exercise with focus on breathing and relaxation. Phone Hilary for support and information, Nelson Asthma Society 03 546 7675.

Body Power Pilates & Yoga Centre Richmond Town Hall
Sue Ph. 029 281 3735.

Bridge Lessons
Monday evenings or Tuesday afternoons All enquiries to Shirley Ph. 03 544 6734. Richmond Bridge Club, 348 Lower Queen St.

Club 50
A social group of mature adults looking for companionship, recreation and enjoyment. Sport Tasman, Richmond Town Hall, Cambridge Street. Ph. 03 544 3955. Email: Club50.rrc@sporttasman.org.nz or www.sporttasman.org.nz
Meet every Tues 9.30am (unless otherwise stated) at the Richmond Town Hall. All sessions cost \$4 (unless otherwise stated).

Croquet
We welcome new members to Golf croquet in Richmond, Thurs & Sundays at 1.00 pm. Ph Sheryl 03 541 0623. Association croquet, Wed & Sat 10.00 am. Ph Betty Ph. 03 544 7268. Club lawns opp. new health centre, Lower Queen St.

Easy Exercise
For men and women. Tuesdays, 10.00 am at Indoor Bowls Stadium, opposite Neill Ave. \$3. For Arthritis NZ. Maureen Ph. 546 4670.

Euchre
Warm and friendly, \$2 with cuppa, raffles at Richmond Bowling Club. Friday 1.30 - 4.00 pm. May to September. Monica, Ph. 03 544 2749.

Gym
Contours Health & Fitness. Ph. 03 544 0496.

Hope-Ranzau Women's Institute
1.15 pm on the first Wednesday of each month at Age Concern Hall, 62 Oxford Street, Richmond. Visitors welcome. Brenda Ph. 03 544 5872.

Indoor Bowls for Seniors
Church of Christ Hall. Cnr Croucher & D'arcy Sts. Tuesday 1.00 - 3.00 pm Mary-Anne Ph. 03 544 2596.

MenzShed Waimea
A&P Showgrounds, Richmond. Ph. 027 289 0185.

Nelson Dance Along
Old Time Sequence, New Vogue, Richmond Town Hall 7.30pm to 11pm
Live Music by Richard Wakelin, Cost: \$6.00 per person
Saturday 8th, 22nd February 2014
Saturday 8th March 2014
22nd March 2014
Contact Rosalie Winter Ph. 03 548 2236.

Pilates Courses
Richmond Recreation Centre. Positively change your body by learning how to tone your stomach, improve strength and flexibility. Ten-week course, Mondays 12.30-1.30 pm, or Wednesdays 9.15-10.15 am. Sue, Ph. 03 538 0318 or 021 034 4109.

Pottery
Tutored classes at Craft Potters, 202 Ranzau Rd, Hope. Wednesdays 10.00 am - 12noon. Any or no experience. Ph. 03 541 8953.

Richmond Bowling Club
Have a go. Tuesday 1.00pm, Thursday 1.00 pm and 5.45pm. Bowls and shoes provided. Jean Ph. 03544 8060 or club Ph. 03 544 8891.

Richmond Indoor Bowls
Mondays 1.30-3.30 pm Richmond School hall, Oxford St. A friendly session. All welcome. Gwen Ph. 03 544 7953.

Richmond Physiotherapy
Weekly classes in their spacious, sunny gym Exercise For the Older Adult. Monday 10.30-11.30 am, \$8. Knee Class: Physiotherapist-led exercises to strengthen the lower limbs. Suitable for those with achy or arthritic knees wanting to keep or improve their strength to remain active Thursday 10.00 am-11.00 am, \$10.

Richmond Senior Citizens Assn Inc
Seniors on the Go! 62 Oxford St Richmond Costs are only \$2 per daily visit.

Tues gam - 12pm open for visits and Morning Tea Wedgam-2pm Quiz, Housie and Activities and Indoor bowls
Cards from 1pm-4pm
Thursday 9am-Noon Craft & Company Morning
Cards from 1pm-4pm
Friday 9am-Noon Light Exercises 10am-11am OR
Join us for lunch at Noon.
Cards-Rummikub 1.30pm-4pm
First Wednesday of each month an outing is organised, costs will vary.
Contact Elaine Mead the Custodian/Coordinator for further information or hall bookings
Ph. 03 544 5654 or A/H 03 970 0023

Richmond Slimmers Club
Meets every Wednesday at the Richmond Town Hall. Fun club. \$3 a meeting. Eileen Ph. 03 544 6392.

Richmond Waimea Community Whanau Group
A networking group to share information and learn more about your community. (Just turn up.)
Meets the first Tues of each month, 12 noon-1.00 pm, Richmond Library.
Guest speaker at most meetings. BYO lunch (tea & coffee provided). For further information contact Sue Tilby, Age Concern 03 544 7624

Saxton Seniors
Classes are designed to improve flexibility, strength, balance and general wellbeing.

Senior Walking Group:
Tuesday and Thursday 9.30-10.30 am. \$5.

Recreation & Service Directory

FOR FULL LISTINGS GO TO WWW.FOUND.ORG.NZ

JUNE/JULY 2014

Senior Circuit: Tuesday 10.00 am \$5. A low impact all-over workout using resistance bands and light weights. An indoor, all-weather activity, followed by a cup of tea.

Sit and Be Fit:

Monday, 10.00-11.00 am. \$4.

Tai Chi for Health:

Ph. 03 538 0072 to book, or Email stadium@sporttasman.org.nz

Social Cards

Richmond Senior Citizens Rooms 62 Oxford St Richmond Tuesday & Thursday 1pm-4pm Friday Rummikub 1.30pm-4pm. Contact Kath Ph. 03 544 5563.

Sport Tasman

Cycling-Entry level cycling groups in Nelson and Richmond join us for weekly cycles around our wonderful cycle ways focus is on enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 9232313

Walking-Entry level

Walking groups in Nelson and Richmond, join us for weekly walks around our wonderful shared pathways focus is enjoyment rather than distance Sarah.H@ sporttasman or Ph Sarah 9232313

Sport Tasman's Club Recreation

9 Cambridge St, Richmond Ph. 03 544 3955.

\$4 Fitness

Easybeat: Monday & Friday 9.00 am

Ease in2 Easybeat: Monday & Friday 11.15 am

Shapeup: Mon & Fri 10.10 am

Sit & Be Fit: Fridays 11.15 am

Ease in2 Cycling: Social cycling Mon & Wed 1.00 pm, \$4. Please ring that morning for meeting place.

Club50: Tuesdays 9.30 am, Seniors, social recreation & outings. New member welcome, \$3.

Walking Group: Mondays 9.30 am, no charge.

Fun Housie with prizes.

Designed for those with special requirements. Fridays, 2.00 pm-4.00 pm, \$3.

Spinning, weaving

Richmond Spinning & Weaving Group meets every 2nd & 4th Thursday of the month, Felting & Weaving

group meets 9.30am, 3rd Thursday of the month at at Birch Hall, Richmond Showgrounds, 9.30 am. New members & learners welcome. Mary Ph. 03 547 2611.

Tasman Tennis Club

Social tennis Tuesday mornings 9.30 am, beside the Badminton Hall, Gladstone Rd. Coaching sessions available. Kolie Ph. 027 829 3306 or the centre Ph. 03 544 6083.

Tasman Visual Arts Group

Last Wed of the month (Feb to Nov) Richmond Town Hall, Cambridge St. New members welcome. Steph Ph. 03 544 5126

Tai Chi with Gretchen

Richmond Town Hall and Oakwoods. Gretchen Ph. 03 548 8707.

Ukulele

Friday afternoons, Oakwoods, lower Queen St. Gretchen Ph. 03 548 8707.

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Veterans' (55+) 9 hole golf

Greenacres Golf Club, Best Island, Richmond. Last Monday of every month. Ph. 03 544 6441.

Yoga

DruYoga class in Richmond, Contact Fiona for details Ph. 03 527 8095.

Stoke

Angie's AquaFitness

Get back into activity in a warm-water pool. All abilities, shapes and sizes welcome. Tuesdays, 10.45 am-11.45 am, Thursdays 6.00 pm -7.00 pm. \$6. Ngawhatu Pool, Stoke. Angela Ph. 03 547 0198.

Aqua-therapy

New sessions for hip, knee, ankle, shoulder, back issues. Exercise professionals with you in the warm water. Ngawhatu pool. Bookings essential. Angie Baker Ph. 03 547 0198 or 021 330 905.

Arthritis New Zealand

Sit and Be Fit classes each Tuesday morning - Call 0800 66346 for more information.

Breast Prostheses and Masectomy Bras

11 Keats Crescent, Stoke, Nelson. Helen Clements Ph. 03 547 5378 www.classicoutours.co.nz

Clogging/Tap Dancing

Nelson Sun City Cloggers. Georgina Ph. 03 545 1037.

Hydrotherapy

Ngawhatu Therapeutic Pool. Day and evening sessions Thelma Ph. 03 547 6384.

Nelson Savage Club

A social club for all entertainers. Variety Concert held at 7.30 pm on the second Wednesday of every month @ the Stoke Primary School Hall, Main Road, Stoke. Admission \$2. Raffles. Supper. Everyone welcome. Contact: Sunny Ph 03 548 6683 Anne Ph 03 547-2660 (Wk)

Ngawhatu Bowling Club

300 Montebello Ave, Stoke. Friendly, welcoming club. Wednesday 1.00 pm. Twilight bowls Thursday 5.45 pm. Mary Ph. 03 547 4340.

Pottery

Nelson Community Potters, 132 Rutherford St. Social group on Thursday mornings or Twilight Pottery on Monday evenings, 7-9 pm. Free to members & \$7 for casual (new members welcome). Contact Sue Ph. 03 548 5741 or Megan Ph. 03 547 5252.

Presbyterian Support

Harakeke Club welcomes people who have had a diagnosis of Alzheimer's Disease or another dementia. We provide opportunities for socialising, participating in a varied activities programme, and more. Mon-Fri, 10.00 am to 3.00 pm. Totara Club offers day programmes for older people, socialising and participating in a personalised activity programme. Tue-Fri 10.00 am - 3.00 pm. Both clubs also provide a two-course cooked lunch and door-to-door transport to and from the centre. Trish Armstrong. Ph. 03 547 9350.

Safety & Confidence

Kidpower, Teenpower, Fullpower Trust Cornelia Ph. 03 543 2669.

Stoke Bowling Club

Allen Ph. 03 547 1411.

Stoke Central Combined Probud Club

Meets every 4th Tuesday 10.00 am at Nick Smith's Rooms, Waimea Rd. Sue Ph. 03 548 6062.

Stoke Companions Inc.

Fellowship and aerobics group for 50+ years. A reasonable level of fitness. 9.00 am Wednesday, St Barnabus Church Hall, Stoke. Ph. 03 547 2386.

Stoke Seniors Club

Contact Ruth, Karen or Anne, on Ph. 03 547 2660

Email: stokeseniors@xtra.co.nz

Regular activities:

Drama Group - Mondays from 10.30 am-noon. Gold coin donation.

Art class - Mondays 10.00 am. \$6.

Scrabble Club - Mondays 1.00 pm.

Euchre - Tuesdays 10.30 am.

Mah Jong - Tuesdays 1.00 pm.

Walking group - Tuesdays 10.00 am from the Stoke Memorial Hall carpark. A casual walk of about 1 hour.

Tai Chi - Tuesday 1.30 pm. \$6.

Sit and Be Fit exercises to music - Tuesday and Wednesday at 11 am. Gold coin donation.

500 Club - Wednesdays 1.00 pm.

Strength & Balance with Cher - Wednesdays 1.30 pm Cost: \$4

The Sun City Ukles - Thursdays, 10.00 am - noon. Gold coin donation.

All the above classes meet in the Stoke Memorial Hall.

Monthly Movie - Ph. 03 547 2660 for details.

Housie - second Tuesday and last Wednesday of the month. \$5 a card.

Social Seniors Choir - The Musical Demons meet Thursdays from 11.00 am to noon. Contact Anne.

Girls Own - Fridays

Lads @ Large - Fridays Monday Out & About Trips & picnics. Thursday Out & About 11.00 am. A van tiki-tour.

Weekly Afternoon Entertainment - contact

office for details. Also Tues-Thurs Meals - a two-course meal at midday for \$8 (members), \$10 (non-members). Ph. 03 547 2660 to book (preferably by 9.30 am the day before).

Upright and Able for Falls Prevention

Free 4-week course for those over 65 who have had a fall. Ph. 03 539 1812 or Email Cherie.Thomas@nbpho.org.nz for more information and registration.

Yoga - Hatha

Maureen Ph. 03 546 4670.

Tapawera

MENZSHED

Contact Graham Ph. 03 522 4938 or Roger Ph. 03 522 4560 Email: tapaweramensshed@gmail.com

Visual Art Society

Kaye Ph. 03 522 4368.

Walking

Rural Ramblers. Ph. 03 541 9200.

Wakefield

Live Well, Stay Well Activity Group

Meets every two weeks on Tuesdays. Contacts: Margaret Ph. 03 541 9693 or Yvonne Ph. 03 542 2235.

Tai Chi

Wakefield Village Hall, starting Friday 9 May from 10-11am, \$3. Contact Julia 03 541 8521

Walking

Rural Ramblers Ph. 03 541 9200.

Way2Go activities

Pilates - Village Hall, Mon at 7.00 pm.

Active Seniors Class - Village Hall Tues at 11.00 am.

Sit and Be Fit Classes - Village Hall Thursdays at 10.00 am.

**FOSSIL RIDGE
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Creative Writers

Our literary section salutes the short-story writers and poets in the Nelson-Tasman region. Fossil Ridge winery awards a bottle of fine wine to the winner each month. Congratulations to **Beryl Lindup**, who takes the prize for June/July.

My Little Ash Tray

By Beryl Lindup

I laugh, I sigh, I play, I smile,
So many different emotions in often
quick succession
My special little kitten has grown as fast
as a mushroom
With energy and mischief to match.

I have been told she is as useful as an
ash tray on a motor bike
A time and money waster
Which may be all correct.

But to me she brings the joy of life
Even when she shreds the toilet roll
To play with all the paper
Or drops and sometimes breaks my things
It's all just part of play.

Mischievous cute loving looks
And cuddles full of love
Melt my heart and take away
Any pain or anger felt that day.

SEND ENTRIES TO:

Fossil Ridge Creative Writers, Mudcakes and Roses, HotHouse Communications, 4/203 Queen Street, Richmond 7050
or Email mudcakes@hothouse.co.nz

This issue's crossword solutions

W	R	E	A	T	H	P	A	C	E	D		
E		G		A	W	A	R	D	X			
T	O	U	R	L		R	A	C	H	E		
N		E		T	R	A	M	P	I			
E	X	P	E	L	S	G		T	U	B	S	
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	C		I		A		S			A		
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wine@fossilridge.co.nz Closed Monday and Tuesday



Elder Abuse – some of the facts

Elder abuse – those aren't words that many of us like to read, or hear about. Unfortunately it's all too common in our society today and is a widespread issue in New Zealand. And that includes Nelson. Age Concern locally is the region's leading source of support and information to counter elder abuse and neglect, and is recognised as the go-to agency for anyone needing advice, advocacy or information.



Our Elder Abuse and Neglect Prevention (EANP) adviser Jess Breeze deals with new cases regularly. In fact since January this year she has dealt with 58 cases – that's an average of three a week. Around the country as a whole, Age Concern receives more than 1600 referrals a year, or six every working day. The types of abuse identified in cases referred to Age Concern are:

- Psychological 62 percent
- Material/financial 50 percent
- Physical 20 percent
- Neglect 20 percent

The majority of elder abuse cases are financial abuse; and of those, family members account for around 80 percent of abuse. Much of it goes unreported as people feel ashamed or embarrassed about their situation. Jess works closely with the people who do come to us, helping them through difficult decision-making and establishing a good trust-based relationship to resolve their issues. She also works very closely with many local agencies such as the police, community law and other support services.

Awareness Day on 15th June

One of the challenges in tackling elder abuse is raising awareness within the general public, as well as empowering and educating older people to know their rights. Age Concern Nelson gives regular talks to rest homes, retirement villages, senior citizens groups, churches and agencies on the kinds of cases we see, and how people can help. Every year Elder Abuse Awareness Day is marked on the 15th of June. This year we're organising a number of events to spread the word and raise awareness:

- Street Appeal – we'll be set up in Richmond Mall on Friday 20th June all day to promote our services and gather donations from the public.
- Community corner at Nelson Elma Turner Library, Wed 18th June from 10am to 12pm. Come along to ask any questions about Age Concern and the work we do.
- Specialist talk on online security by John Parsons – July, date to be confirmed.
- Financial abuse/fraud – Bronwyn Groot, Security and Fraud co-ordinator with BNZ will be in the region to give a talk. August – date to be confirmed.

To register interest for the talks, please call Age Concern on 544 7624, or email: ageconcern.nelson3@clear.net.nz.

Suffering from unsightly, aching varicose veins?

Would you like to wear shorts again?



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