

ISSUE 02, WINTER 2026

[www.ageconcernnt.org.nz](http://www.ageconcernnt.org.nz)



**AGE  
CONCERN  
NELSON  
TASMAN**

He Manaakitanga  
Kaumātua Aotearoa

# Age Concern Nelson Tasman



*Bus-Buddy and eBus advocate Bill*

**All on Board:**  
How a simple bus ride is opening doors for older people.  
*Read the full story in this issue*

# Looking ahead

## with the Manager

**As we look ahead to an extraordinary milestone, I want to begin by expressing my deepest gratitude to everyone who has been part of our journey. This year marks our 50th year of operating in the Nelson Tasman region - a significant achievement that belongs to our community, our partners, and most especially our dedicated staff and volunteers.**

Reaching half a century provides a powerful opportunity to pause and reflect. We honour the tremendous vision, courage, and commitment of those who first established our organisation. Their foresight laid strong foundations and set a clear mission - one that continues to underpin and guide our work today. The values they championed remain just as relevant, shaping how we respond to the needs of our community and how we strive to make a positive difference in people's lives.

Over the coming months, we will be actively compiling and sharing stories from yesteryear - memories, milestones, and moments that capture where we have come from. These stories remind us that our organisation has always been about people, relationships, and a shared belief in supporting one another.





While reflection is important, this milestone is also about looking forward, positioning our organisation to remain strong, adaptable, and sustainable in the years ahead.

As we celebrate our achievements, we will be using this time to engage more with families and young people, inviting them to help guide where they see our services and activities being of greatest value. Their voices are essential in ensuring our work continues to evolve and remains responsive, relevant, and meaningful for future generations.



Finally, I want to acknowledge the incredibly hard-working and committed staff and volunteers who bring our mission to life every day. Their professionalism, passion, and care are at the heart of our organisation. Thank you for all that you do, past and present, as we step confidently into the next chapter together.

**Nicola Woodward**  
Manager, Age Concern Nelson Tasman

### Contact

-  (03) 544 7624
-  nicola@acnt.org.nz
-  www.ageconcernnnt.org.nz
-  AgeConcernNelsonTasman



### Richmond Office

-  62 Oxford Street, Richmond
-  9:00 am - 4:30 pm, Mon - Fri

### Nelson Office - Closed

Our team remain active across Nelson and community programmes are still running. We are working towards a long-term solution and will share updates across our usual channels.

### Motueka Office

-  20 Wallace Street, Motueka
-  9:00 am - 12:00 pm, Tues - Thurs



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*He Taonga te Tāngata - 50 years of caring together*

# Thank you to our supporters

As a registered charity, Age Concern Nelson Tasman is hugely appreciative of the funding that enables us to continue to grow and provide services to the 65+ population across the region. We rely on our contracts with local authorities and government, grants from funders, membership, individual donations, corporate sponsorship and legacy bequests. **Each and every dollar makes a difference.**

## Would you like to support us?

If you'd like to donate, contribute, sponsor, volunteer or help in some way, please contact the Manager - Nicola.

**021 225 0991 | nicola@acnt.org.nz**

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 Reference: Your surname



*He Taonga te Tāngata - 50 years of caring together*

# Celebrating 50 years

Age Concern Nelson Tasman – Incorporated 24th May, 1976

**Since the 1950s there have been a growing number of organizations and advocacy groups in NZ whose prime purpose has been to enrich the quality of life and wellbeing of the older population. Age Concern is one of these. So where did Age Concern come from and what has it been up to over the past 50 years?**

*What will follow are some insights about the emergence of a variety of organizations who for several decades have supported and/or been advocates for older generations, with the main character in this story being Age Concern Nelson Tasman and its beginnings.*

One of the first New Zealand organizations to emerge intent on supporting those in their later years was the Old People's Welfare Council in Dunedin in 1948. It was in response to concerns about such things as poverty, poor housing, ill health, loneliness, and lack of adequate support for the local older folk.

Once established, the Welfare Council soon had 'outposts' in other parts of the country.

But despite their intentions, providing additional attention and/or resources to a small percentage of the NZ population in the 1950's and 60's was not a high priority for the government of the time.

After all, only 6 - 8%, or 195,000 of the population were 65 or over. Furthermore, at the time, life expectancy for men was 68 and women 73 years.

Let's compare this to today. The 65+ years population make up approx 18% of the total population (i.e. 900,000 people) with men's life expectancy 80 and women 83 years. Over the subsequent years, similar organisations have come and gone, but our government now plays a greater role, and with Age Concern and others, the wish is that all 'older' people can age well, their rights are respected, and they are fully included in the life of their community.

By the mid-1960's a few other local and national organisations with similar intent were getting established. All were strong advocates for enhancing the lifestyle and well-being, as well as ensuring older voices were heard.

These included the Nelson Senior Citizens Old Folks Association (founded 1951), NZ Returned Services Association (founded 1916), New Zealand Superannuitants Federation (renamed Grey Power in 1986), and the local Richmond Senior Citizens Club (founded in 1964).

Given NZ was part of the Commonwealth, it's no surprise this mirrored some of the developments happening in the UK. One of these was when in 1971 the Old People's Welfare Council adopted the Age Concern identity. Two decades later in 1991 the name was changed to Age Concern NZ.

## Early days in Nelson/Tasman

The first significant development with regards to a community-based organisation to support the older people of Nelson occurred in 1951.

This was the result of Robert King-Turner (Robert John William Bismark King-Turner) calling a few public meetings to discuss why the local older people were underrepresented by community activities or when needing support for more personal reasons.

Unsurprisingly, there was overwhelming local endorsement, so he went and established the Nelson Senior Citizens Old Folks Association. A committee was formed and they soon set about raising funds in order to purchase or rent "a property to house the activities of the Association which will enable the aged, invalid and widowed to grow old gracefully". By chance, there was a vacant section owned by the Nelson City Council at 67 Trafalgar Street, overlooking the Maitai (Mahitahi) River - an ideal site for the organisation.

In 1952 the Senior Citizens Association presented a plan to the City Council for building a facility in which they could offer a variety of activities and/or support for the local older people. Acknowledging the Association's generosity and purpose, the Council agreed to "lease the land at a peppercorn rental".

This meant the Association could start raising funds that enabled them to build, and in 1956 occupy the Old Folks Hall.

Not surprisingly, the hall proved to be very popular and by the mid-1970's the Association had grown to over 350 members. But with the passing of time, membership numbers dwindled, as other nation-wide organizations like Age Concern were offering a variety of programmes and 'support' designed to enhance an individual's health, independence and well-being.

From the mid-1970's other organizations were complementing as well competing against some of what was already happening in Nelson. But there was a convivial relationship between the various organizations. After all, they were ultimately supporting older people in their later years. What's more, Age Concern was renting space in the Old Folks Hall that was owned by the Senior Citizens Association. However, by the mid-1990's the Senior Citizens organizations were experiencing a steady decline of members and the end was nigh. But let's not forget the foresight and generosity of Robert King-Turner who was 'ahead of his time' with providing a variety of support over five decades for the older people of Nelson.



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**Anniversary  
1976-2026**

*He Taonga te Tāngata - 50 years of caring together*



*Old Folks Hall, following a refurbishment in 1967*

Image credit: The Nelson Photo News

# A brighter future, built together

## Honouring the volunteers of Age Concern Nelson Tasman

**Across Aotearoa New Zealand, volunteers are the heartbeat of strong, connected communities. National Volunteer Week celebrates this spirit of mahi aroha - the generosity of people who give their time and care to uplift others**

In our community, this spirit is powerfully reflected in the volunteers who work alongside staff at Age Concern Nelson Tasman, helping to create a brighter future for older people across our region.

Age Concern is dedicated to ensuring older adults can live meaningful, independent lives in an inclusive society. From social connection and transport support to elder abuse response, carer relief, education, and advocacy, its services respond to both the practical challenges and emotional wellbeing of an ageing population. Behind this work is a skilled team of staff - and standing beside them, a remarkable group of volunteers.

These volunteers make a difference in ways that are deeply human and profoundly impactful.

They visit older people who may be socially isolated, building friendships that reduce loneliness and restore a sense of belonging. They support carers by providing trusted relief, help with shopping and transport, and encourage older adults to stay active and connected within their communities. Small acts of kindness, repeated week after week, create lasting change.

Volunteering at Age Concern is not a solo effort - it is a partnership. Volunteers are trained, supported, and valued as essential members of the team, working alongside staff to meet growing demand and evolving community needs. Together, they extend care beyond services and into relationships.

As we acknowledge National Volunteer Week, we pause to recognise the dedication, compassion, and consistency of our volunteers. Your commitment strengthens our community, safeguards dignity, and reminds us that a thriving future is built together.




**To every volunteer giving their time and heart, thank you. Your impact is felt every day.**



**Te Wiki Tūao ā-Motu  
National Volunteer Week**

**#NVW2026 | 14-20 June 2026**

**To learn more about volunteering with us, contact our team today:**

 **(03) 544 7624**

 **contact@acnt.org.nz**



## Locally Owned Independent Hearing Services



**L**ocated in Nelson's CBD since 2019, Little Bird Audiology has been providing expert hearing care from the region's most experienced audiologists. Providing comprehensive diagnostic and treatment services tailored to you.

Because we're fully independent, we're not tied to any manufacturer. That means no sales pressure and no biased recommendations, just honest advice and hearing solutions based entirely on what's right for you. If you're looking for a refreshing alternative to the typical hearing aid sales approach, we'd love to help.

Come see us now at 354 Trafalgar Square, Nelson or from August at our new premises at 238 Songer Street, Stoke.

**Contact Helen today** to book an appointment with Jackie or Anita.

### WHY CHOOSE LITTLE BIRD?

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



# All on Board

How a simple bus ride is opening doors for older people

**For many of us, getting out and about used to mean hopping in the car without a second thought. But as driving becomes less appealing, or less possible, staying connected can start to feel harder than it should. Across Nelson Tasman, Age Concern's All on Board eBus outings are quietly changing that story, one shared bus trip at a time.**

These outings are not about ticking off destinations. They are about confidence, independence, and rediscovering how easy it can be to say yes to an afternoon out.

That sense of ease was clear on a recent Age Concern eBus outing to Broadgreen House in Stoke. The day began simply: meeting at the Richmond Interchange, collecting more passengers along the way, and travelling together through to Stoke. For some, it was their first time using the eBus. For others, it was a return after many years. Doing it together made all the difference.

With SuperGold and Bee Cards used for free off-peak travel, and friendly drivers assisting walkers and sticks, the practical barriers faded quickly. What remained was the pleasure of the trip itself, the conversations sparked between stops and the relief of not worrying about traffic or parking.

This relaxed, supported approach is at the heart of All on Board, Age Concern's initiative designed to help older people feel comfortable using public transport again.



## More than a destination

At Broadgreen House, volunteer guides Ann and Pieter welcomed the group and led smaller tours that allowed everyone to move at an unhurried pace. Stories of the Buxton and Langbein families brought the 1850s cob house to life, from its clay-and-straw walls to the well outside that once supplied water.



Inside, the details sparked memories and conversation: heavy curtains, six fireplaces, and beautifully crafted stair banisters that drew admiration. Outside, sunshine in the gardens offered a gentle pause before the return bus and the all-important cuppa.



It was, by all accounts, an easy afternoon. And that is precisely the point.

## Building confidence beyond the trip

Across the region, Age Concern has been pairing practical bus education with real-life outings like this one. Information sessions held in libraries, retirement villages and local café's cover everything from reading timetables to tagging on and off with a Bee Card. Then comes the fun part, travelling together on one of the six eBus routes to places like Mapua, Tahunanui, Wakefield or the Brook Sanctuary.

Travelling in a group removes the pressure of "getting it right." People can ask questions, watch how others do things, and learn in a relaxed environment. As one participant put it, "An organised trip takes the worry out of using the bus for the first time."

The impact is tangible. Since the programme began in 2025, there have been nearly 3,000 more senior trips on Nelson Tasman buses, a quiet but meaningful shift towards greater independence and connection for older residents.

*"I laughed because me and my friends from school used to look at older people on the buses and say they are watching us... now I'm that person."*

– New eBus user

## Why it matters

Each of those trips represents something personal: a visit with a friend, a medical appointment made manageable, a spontaneous decision to go out for lunch. Public transport becomes not just a service, but a bridge back into everyday life.

Importantly, these outings also highlight how accessible and welcoming the local eBus network can be. Drivers who are patient and helpful, low-floor buses that accommodate mobility aids, and routes that link towns and suburbs in practical ways all contribute to the experience.

## Still boarding, still going places

All on Board's message is simple: local outings do not need to be complicated. With a bit of support, a shared bus ride can open the door to confidence, connection, and the freedom to say, "Yes, I can do this."

If that sounds like something worth being part of, keep an eye on our facebook page for the next All on Board outing dates, there will be a seat waiting, likely a good conversation too.

**Jackie**

*Community Support Coordinator,  
Age Concern Nelson Tasman*



## Would you like to feel more confident to travel with the eBus?

If you're curious about using buses to get around, but not sure where to start, why not come along to one of our drop-in information sessions.

These informal sessions offer a friendly environment to answer questions and share information. You can see route maps, get help reading timetables and learn how to purchase a Bee Card. Next step... plan an outing or join one of our guided journeys together with Age Concern Nelson Tasman.

No bookings required - just turn up enjoy a cuppa and a chat and learn about the bus system.

### Nelsons ReStore Café

The Nook, Tahunanui

**Thursday 2nd July**

10 am – 11:30 am

### The Suter Cafe

Beside Suter Art Gallery, Nelson

**Tuesday 4th August**

10 am – 11:30 am

### The Coffee Factory

Pomeroy's in Stoke

**Monday 24th August**

10 am – 11:00 am

**Take the Step. You're Not Alone.**

You don't have to face things alone. If something doesn't feel right, if someone is making you uncomfortable, or if you're unsure where to turn - take the step.

**You're not alone.**

There are people who will listen. People who will support you. People who care about your safety, your dignity, and your wellbeing. Reaching out is not a burden. It's an act of strength. And when you do, we'll walk with you, every step of the way.

**Take the step. You're Not Alone.**

Help is here when you're ready.

**Contact us:**

[www.ageconcernnt.org.nz](http://www.ageconcernnt.org.nz)

0800 32 668 65



**Elder Abuse Awareness Week**  
15 - 22 June



**Take  
the  
Step**

**You're not alone.**

**A little purple, a lot of care**

From 15th – 22nd June, we encourage all event participants, activity attendees, and our wider team to wear purple for World Elder Abuse Awareness Day.

Wearing purple is a simple but powerful way to show solidarity and raise awareness about elder abuse in our communities. It sends a clear message that respect, dignity, and safety matter at every age. Whether you're attending an activity or supporting others, wearing purple helps spark conversation and inspire change.

*Together, let's stand united, show our support, and make a visible difference - one splash of purple at a time.*



**Elder Abuse Awareness Week 15 - 22 June**



# Take the Step

You're not alone.



**Elder Abuse Awareness Week**  
15 - 22 June

## Key Trends 2024-2025

Age Concern has 14 response teams across Aotearoa New Zealand. Last year, we supported over 3,000 older New Zealanders address and stop abuse. In 69% of these cases, abuse continued for more than three months, and in 38%, abuse occurred for more than a year.

Whatever people's circumstances or community, response is a call away. New Zealanders are taking the step and seeking support, and last year 13% of our cases were reported by the people experiencing abuse and 21% from family, friends, or community groups.

### Of those who harm older people:

**84%** are family members

**49%** are adult children and their partners

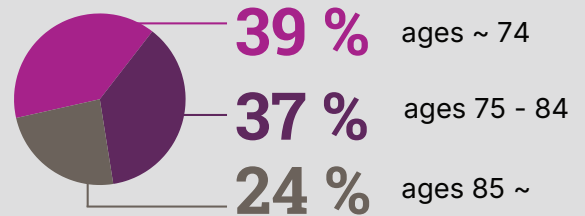
**9%** are grandchildren

There are several places to get support, and the important thing is to take the step and know you're not alone.

Last year, with Age Concerns' support these people took positive steps to change their lives.

Elder abuse and neglect are never okay, but they are preventable. Speaking up, asking for help, or checking in on someone can make a powerful difference. Whether you are an older person, a whānau/family member, friend, neighbour, or professional – take the step, you're not alone.

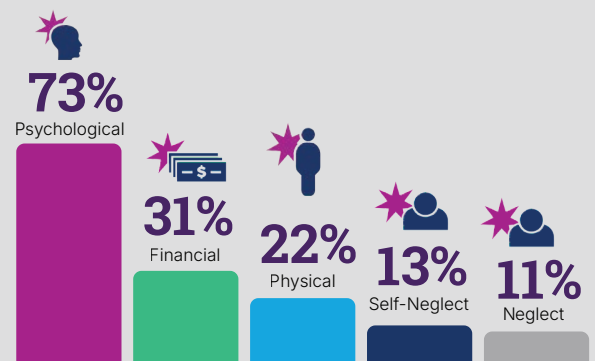
### What was their age?



### How were they living?



### How were they abused?



**Call**

Elder Abuse Response Helpline: **0800 EA NOT OK** | Age Concern: **0800 65 2 105**

# Not Everything About Your Vision Is “Just Age”

Early detection can help  
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# Get set up for safety

Spotting and protecting yourself from SCAMS

**What is a Scam? A scam is a made-up story to trick people out of money or steal their information. It could be a fake product, fake service, fake person or fake situation. Scams are on the rise and getting harder to spot.**

## Trust, Hope, and Fear

Scams usually tap into a combination of trust, hope or fear, as these are powerful human emotions.

**TRUST:** Scammers often impersonate trusted organisations like banks or government departments. They might even pretend to be a friend or family member.

**HOPE:** Scammers offer something too good to be true - quick money, an amazing health product, or even love.

**FEAR:** Scammers may try to scare you to act quickly, claiming they have compromising information or that a loved one is in danger.

## TOP TIPS

**Stay Skeptical:** Be cautious of unexpected messages or offers. Always verify the story independently by using official or alternative contact methods.

**Share Carefully:** Be careful what you share online. Scammers can use personal information to manipulate you or steal your identity.

**Secure Your Data and Devices:** Use strong passwords, two-factor authentication, and a password manager if possible.

## Spot the Red Flags & Take Action with SCAMS

- S SURPRISE:** Be cautious of unexpected messages or calls, especially if they claim to be from official organisations like banks or utility companies.
- C CONTROL:** Scammers may rush you to make a quick decision or move to a different online space. They might say you'll miss out on a prize or be penalised if you don't act immediately.
- A ACCESS:** Be wary if asked to share passwords or personal information. Scammers might ask you to verify your account, correct an error, or give remote access to fix a problem.
- M MONEY:** Be suspicious if asked to pay online for something. Scammers might ask for a processing fee, gift cards, cryptocurrency or credit card details.
- S STOP COMMUNICATING, SEEK SUPPORT:** Don't click on links, give information, or send money. Hang up the phone if they've called you. Contact your bank and the police if you've paid any money.

C H ● R U S

netsafe

## Get Set Up for Safety

Netsafe's free Get Set Up for Safety resources have more tips and advice about online safety topics from scams to information security. Find out more: [netsafe.org.nz/olderpeople](https://netsafe.org.nz/olderpeople)

# Legal Bites

## When does an Enduring Power of Attorney have effect?

### What about my Will?

**In your lifetime, there will be a number of important documents that will impact you and/or that you are strongly encouraged to set up. Two of the most important documents that you should complete is an Enduring Power of Attorney (EPOA) and a valid Will.**

In New Zealand, an Enduring Power of Attorney (EPOA) and a Will serve very different legal purposes, although both are important parts of your personal planning. Both documents involve appointing another party (or parties) to make important decisions for you when you are not able to.

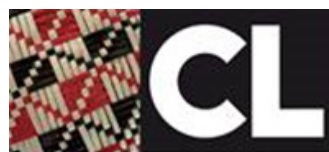
An Enduring Power of Attorney (EPOA) takes effect only during your lifetime. It allows you to appoint one or more trusted people to make decisions on your behalf if you become unable to do so yourself because you lose mental capacity to make decisions. There are two types of EPOA: one for property, which generally covers financial and legal matters involving assets that you own (or have an interest in), and one for personal care and welfare, which covers health and living decisions. You may appoint the same person to undertake both roles (this person/s must consent to doing the role). For property, you may appoint more than one person to do the role, and you can even opt for it to begin straight away (whilst you still have mental capacity). EPOA's are especially important in situations where you may suffer illness, injury, or cognitive decline.

Setting up these documents allows another party to continue to make legal or important decisions on your behalf (and in your best interests) when you are unable to do it yourself. Upon your death, the EPOA no longer has effect. Whilst you have mental capacity you can set up your EPOA with a lawyer, The Public Trust, or Perpetual Guardian.

A Will, by contrast, only takes effect after your death. It sets out how your assets are to be distributed, who will administer your estate (pay outstanding accounts, debts and look after your estate until distribution), and, where relevant, guardianship arrangements for children. Your Will has no legal authority while you are alive. We recommend that you do not draft your Will yourself (even with the help of a 'do it yourself Will kit'), and see your lawyer, The Public Trust or Perpetual Guardian so that they can do this for you after talking with you. We recommend that you review your Will every 5 years.

In summary, an EPOA works for you while you are alive but incapacitated, while a Will ensures your wishes are followed, after you die. Both documents work together to provide comprehensive legal protection.

*To learn more about these documents, please contact Nelson Bays Community Law for more information. This is a free service.*



community law

free legal help

nelson | tasman | buller

Community Law provides free, independent legal advice to people across Aotearoa who may not be able to afford a lawyer. We work alongside individuals and whānau to explain rights in plain language, resolve problems early, and support communities to navigate the legal system with confidence.

# Rachel Boyack

MP for Nelson

**Nelson Electorate Office:**

03 539 0480 | 77 Tāhunanui Drive

nelson@parliament.govt.nz | [f/RachelBoyackNelson](https://www.facebook.com/RachelBoyackNelson)



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## Events & Activities

# Tea & Talk

**Anyone is welcome to join us for an easy-going socialising opportunity with morning tea, to meet others, and hear from occasional guest speakers and entertainers.**

We regularly host seven Tea and Talk sessions all over the region:

### **Victory Community Centre**

2 Totara St, Nelson

Every **Monday**, 10 – 11:30 am

### **Elma Turner Library**

27 Halifax St, Nelson

Every **Friday**, 10 – 11:30am

### **Age Concern Hall**

62 Oxford St, Richmond

Every **Wednesday**, 10 – 11:30 am

### **Gateway Housing Trust**

24A Tudor St, Motueka

Every **Wednesday**, 10:30 – 12:30 pm

### **Anglican Parish Hall**

42 Commercial St, Tākaka

2<sup>nd</sup> & 4<sup>th</sup> **Wednesday** each month 10 – 11:30am

### **Pākawau Memorial Hall**

1299 Collingwood-Puponga Rd, Pākawau

3<sup>rd</sup> **Friday** of the month, 10 – 11:30 am

### **St Peter's Anglican Church**

77 Main Road, Tapawera

Last **Tuesday** of the month, 10 – 11:30 am

Thanks to support from:



**good bitches**

BAKING

## Tech Advice *with Dave & Sarah*

**Would you like to improve your digital literacy?  
Do you want to learn how to do different tasks online?  
Need to connect with the grandkids on WhatsApp?  
Want to feel safer online?**

Bring your digital device and get help from our tech-savvy volunteers – Dave & Sarah. Bookings are required. Visit our page to book your 30-minute one-on-one session.

### **Tech Advice sessions**

Age Concern Hall, 62 Oxford St, Richmond

Monday session times

**1:30 pm | 2 pm | 2:30 pm | 3 pm**



Visit: [ageconcernnt.org.nz/events-and-activities/tech-advice](https://ageconcernnt.org.nz/events-and-activities/tech-advice) to see availability and book your 30-minute session instantly, Or contact us on (03) 544 7624 and we will assist you with your booking.



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## STAY WARM, STAY MOBILE, STAY INDEPENDENT THIS WINTER

As the colder months settle in, everyday tasks can become a little more challenging—but the right support can make all the difference. Maintaining independence through winter is not just about comfort, it's about confidence, safety, and continuing to live life on your terms.



### COLDER MONTHS, MADE EASIER

Staying warm is essential for circulation and joint comfort in winter.

Arthritis gloves and soft possum fibre gloves provide gentle warmth for sensitive hands. Foot comfort is essential, especially for those with diabetes or swollen feet. Supportive slippers or shoes, such as the Dr Comfort range, paired with quality socks, help improve circulation, reduce pressure, and protect feet.

### RAIN OR SHINE, BE READY



Mobility scooters remain a lifeline and winter shouldn't slow you down. Accessories like canopies and windshields help protect you from the elements, keeping you warm and dry wherever you need to go.



### COMFORT & SUPPORT

With smooth, powered lifting mechanisms, they gently assist you to stand or sit without strain. Plush cushioning and supportive positioning can ease pressure on joints and improve circulation.

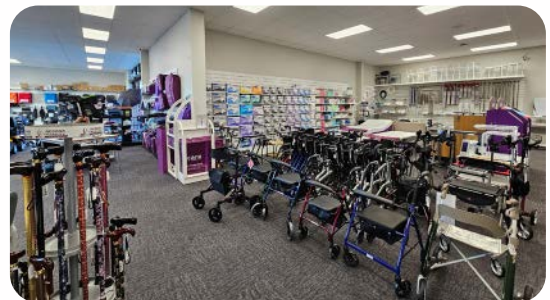
### IN-HOME SERVICING



With convenient in-home servicing available, staying on top of maintenance is simple and stress free speak to our team to arrange a service at a time that suits you.

## COME AND SEE OUR FRIENDLY TEAM!

Our friendly team is here to help you find practical ways to make everyday living easier and more comfortable. Pop in for personalised advice and discover simple ways to stay warm, mobile, and independent.



**2 Brock Way, Lower Queen St, Richmond**  
**03 544 7717**

# SpinPoi classes

SpinPoi has been scientifically proven to improve grip strength, balance and ability to sustain attention in older people, as well as being great fun.

Sessions are run in Nelson and our Richmond office. The cost is \$3 per person.

**Age Concern Hall**  
62 Oxford St, Richmond  
Thursdays, 1 – 2 pm

**Nelson**  
Venue/s subject to change, contact us  
for details: (03) 544 7624



## tō tātou reo

### advance care planning

Advance Care Planning is about thinking ahead, talking with your whānau and healthcare team, and making decisions about the care you want if you are unable to speak for yourself. Join this helpful info session to understand the basics of advanced care planning and prepare for completing your own written plan.

No registrations required, just turn up.

**Age Concern Hall**  
62 Oxford St, Richmond

**Tuesday, June 30**  
12:30 pm - 1:30 pm

**Wednesday, August 26**  
12:30 pm - 1:30 pm

*For more information, contact Mary-Ann Hardcastle:*

📞 021 790 967 @ acp@nbph.org.nz



### More Stable More Able

The More Able More Stable course can provide you with helpful information and tips & techniques to reduce your risk of falls. In a free 2.5 hour session participants learn about the causes of falling, strength and balance exercises, ways to make your home safer, how to maintain bone strength and eating well to stay on your feet.

No registrations required, just turn up.

**Age Concern Hall**  
62 Oxford St, Richmond

**Tuesday, June 16**  
1:00 pm - 3:30 pm

**Monday, September 21**  
11:30 am - 2:15 pm

*For more information, contact Ange Baker:*

📞 021 790 415 @ angela.baker@nbph.org.nz



# Events for older drivers

Adapting your journey as travel needs change

## Staying Safe driving workshops

This is a classroom-based workshop that offers a road rule refresher. Led by a qualified driving instructor, it covers all the basic road rules as well as offering drivers the chance to ask questions.

### Age Concern Hall

62 Oxford St, Richmond

Monday 6th July, 10:00 am - 12:30 pm

### All Saints Anglican Church

30A Vanguard Street, Nelson

Wed 9th September, 10:00 am - 12:30 pm



For more information or to register, please contact Jackie:

📞 021 195 8108 @jackie@acnt.org.nz



## Life without a car

Living without a car doesn't have to limit your activities or prevent you from enjoying life.

We can help you stay mobile even when you are no longer driving. Come along and find out how to maintain your independence and freedom.

### The Wood Retirement Village

156 Milton Street, Nelson

Wednesday 19th August

1:30 pm - 3:30 pm



For more information or to register, please contact Jackie:

📞 021 195 8108 @jackie@acnt.org.nz

Thanks to support from:



Driving  
Miss Daisy®  
We're There For You



**Cheers for  
the vote of  
confidence**

**Winner of the most trusted retirement village brand.**

Thank you to everyone in New Zealand who voted for us. A special shout-out to our residents too, for making Summerset communities warm and welcoming.

Come and see for yourself what makes Summerset so special. Our doors are always open.

**Love the life you choose.**

**0800 SUMMER**  
[summerset.co.nz](http://summerset.co.nz)

