

2026 - ISSUE 3
SPRING

Beyond the Face

Sharing stories and
challenging ageism

David Kemp photographed by Tim Cuff for the
Beyond The Face 2026 exhibition. See page 10.



AGE
CONCERN
NELSON
TASMAN

www.ageconcernnnt.org.nz

Thank you to our supporters

Behind every service we provide is a community of people and organisations who believe that older people deserve to age with dignity, connection, independence, and support.

We extend our heartfelt thanks to our funders, sponsors, donors, volunteers, members, and community partners whose generosity enables Age Concern Nelson Tasman to continue delivering services that make a real difference in the lives of older people across our region.

Thanks to our major sponsors and funders:



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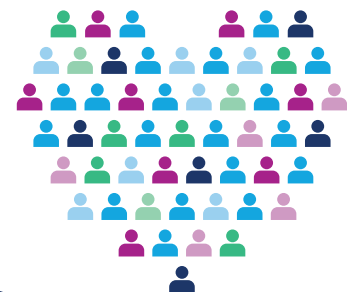


Frimley Foundation

Thanks to our project sponsors and funders:



Supporting older people to live with dignity, connection, and purpose, is at the heart of everything we do.



Thanks for the donations in kind:



AGE CONCERN NELSON TASMAN

He Manaakitanga
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Visibility matters

Nicola Woodward

Manager, Age Concern Nelson Tasman

As we head towards International Day of Older Persons on 1 October, it's a good time to reflect on what visibility really means for older people in our communities. It goes beyond being noticed or acknowledged. It's about being heard, valued, included and represented in the conversations and decisions that shape everyday life.

For many years, Age Concern organisations throughout Aotearoa New Zealand have marked this United Nations observance by celebrating the contribution older people make to their families, neighbourhoods and communities. It's also an opportunity to shine a light on issues that affect ageing well, and to advocate for a society where older people can participate fully, safely and with dignity.

At Age Concern Nelson Tasman, advocacy and representation are not separate from our day-to-day work. They sit at the heart of it.

Every conversation with a client, every wellbeing visit, every phone call, programme, volunteer placement and community partnership helps us understand what matters most to older people right now. We hear about the challenges people face, but we also see the resilience, experience and contribution that older people bring to our region every day.

Communities change, and so do people's expectations and needs. What worked well five years ago may need to look different today. That's why we pay close attention to what we are hearing from older people and those around them. Those insights help shape the services we deliver, the programmes we develop and the issues we raise with decision-makers. It is an ongoing process of listening, learning and responding.

In this edition, you'll see examples of that approach across our work. Some stories highlight direct support and advocacy. Others showcase opportunities for connection, participation and healthy ageing. Together they reflect our commitment to ensuring older people remain visible, connected and actively involved in community life.

As we celebrate International Day of Older Persons this spring, I encourage all of us to think about how we can make our communities more inclusive of older voices and experiences. Visibility is not only about recognising older people for a day. It's about creating space for people to be seen, heard and valued throughout the year.

Thank you to everyone who contributes to that vision, whether as a volunteer, supporter, partner, whānau member or older person sharing their experience with us. Your voice helps shape the work we do.

Contact

(03) 544 7624
 contact@acnt.org.nz
 ageconcernnt.org.nz
 AgeConcernNelsonTasman

Richmond Office

62 Oxford Street, Richmond
 9:00am - 3:30pm, Mon - Fri

Nelson Office Opening October

Hearing House,
 354 Trafalgar Square, Nelson
 9:30am - 2:00pm,
 Tues, Wed, Thurs

Motueka Office

20 Wallace Street, Motueka
 By appointment
 - call (03) 544 7624



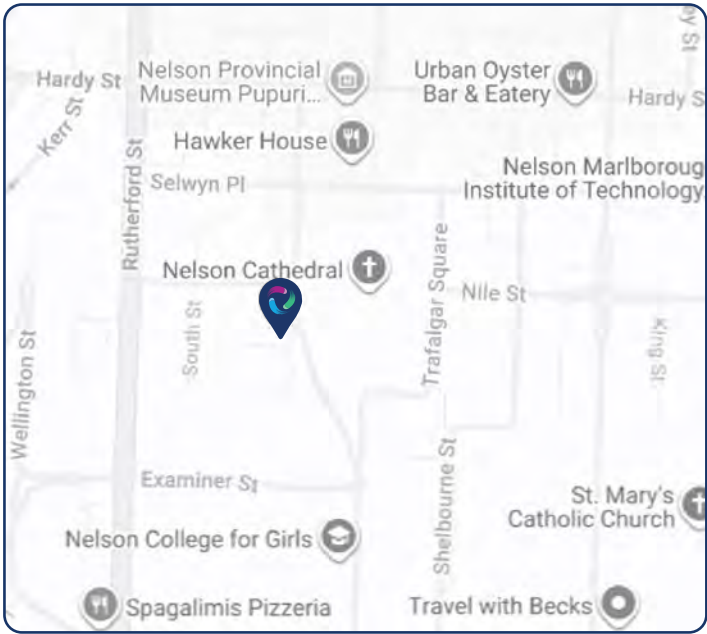
He Taonga te Tāngata - 50 years of caring together

Nelson office update

A new home for Age Concern Nelson Tasman

We're pleased to share that Age Concern Nelson Tasman has secured a new Nelson office location at Hearing House, 354 Trafalgar Square, Nelson.

Since the closure of our previous Nelson office, many people have contacted us to express their support, share their concerns, and highlight the importance of having Age Concern services available locally. We are genuinely grateful for that feedback and for the patience shown while we worked to find the right long-term solution. The response reinforced how valued local services, programmes, and social connections are for older people across Nelson.



Our new home at Hearing House will provide a welcoming and accessible community environment. Alongside office space and client meeting room, the facility will in-

clude a versatile function room that will support workshops, community activities, information sessions, and other programmes that help older people stay connected,

informed, and involved in community life. We are currently preparing the space and expect to be open to the public in early October. Operating hours, available services, programme details, and an official opening date are still being finalised and will be announced in our September newsletter and via facebook. In the meantime, our team continues to deliver services and programmes across Nelson, and we look forward to once again having a dedicated local base where the Nelson community can drop in, seek support, attend activities, and connect with our staff and volunteers.



Housing survey response

Angela Zame
Social Navigation Support Coordinator

Our recent Home owners housing and Renters needs surveys gathered nearly 500 submissions from our community! These results will contribute towards future decision-making and improved outcomes in housing for seniors. On behalf of Age Concern Nelson Tasman and Nelson City Council, we wish to thank everyone who took the time to participate. Congratulations to Megan of Nelson, the winner of the \$100 Pak 'n Save voucher (drawn at random).



THURS 1ST OCTOBER 2026

INTERNATIONAL DAY OF OLDER PERSONS



AGE
CONCERN
NELSON
TASMAN

50
1976-2026

Jubilee

Founders Heritage Park, Nelson

10:30am - 2pm FREE FOR ALL AGES

Live Entertainment

Food & Hot Beverages

Exhibition Opening

Proudly sponsored by:

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Funerals


Nelson City Council
Te Kaunihera o Whakatū

 **tasman**
district council
Te Kaunihera o
te tai o Aorere

COPYART
BeyondPrint

Nelson Creative
Fiona Terry & Tim Cuff



Dedicated routes

Nelson Bus Hub



Founders Park

Departing every 30 minutes from 10:15 am - 2:15 pm

Motueka - 20 Wallace Street

Departs 9:30 am



Arrives 10:30 am

Returning 1:30 pm



Arrives 2:30 pm

Richmond Interchange → **Founders Park**

Richmond IC → Stoke → Nelson Bus Hub → Founders

Departs 10:28 am



Arrives 11:30 am

Returning 1:30 pm



Arrives 2:30 pm

Stoke Interchange



Founders Park

Stoke Interchange → Nelson Bus Hub → Founders

Departs 10:41 am



Arrives 11:30 am

Returning 1:30 pm



Arrives 2:15 pm

**SCAN HERE
TO LEARN MORE**



www.ageconcernnt.org.nz/50th

The Longevity Lens

Housing older New Zealanders with dignity

Bevan C Grant

Emeritus Professor, ACNT Board Trustee

In an ideal world, people in the later years would live in a house that satisfies their needs and aspirations. Furthermore, their place would be safe, relatively small, easily accessible and in a place where you can build social connections, achieve good health and independence. In other words, you could enjoy the later years in an age friendly house.

Unfortunately, we know this isn't the case for increasing numbers of people which suggests a need to better understand the increasing diversity of needs and how to solve the problem.

It's easy to talk about good housing for people in their later years but there's no simple solution to over-coming the shortage of appropriate, affordable and well-located housing. Of course, it's easy to share the concerns with housing providers, developers, investors in existing homes, local authorities, and private landlords. This often means sharing information about the need for and value of providing tiny homes, granny flats, sharing a home and/or living in a small studio or apartment. Yes, these are possibilities for those who can afford them when required but what about those people that can't?

One thing we do know is that older renters are twice as likely as

homeowners to live in houses that are poorly maintained. As a consequence, they are also more likely to suffer from health problems and enter residential aged care rather than be supported within the community. This alone indicates there are some unexpected challenges and inequalities with regards to housing for many of our older citizens. It is however pleasing to note that Tasman District Council and Nelson City Council have housing as a part of their respective age-friendly city agenda. At least this acknowledges an ageing, and increasingly diverse population means the need for considering a variety of ways to provide diverse forms of housing.

Our website contains tips on how to navigate services and manage your housing needs as your own needs change with age. To learn more, visit: www.ageconcernnt.org.nz/services/navigating-support-services

Kensington Court Village

18 McMahon Street, Stoke

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All on Board with Age Concern

Helping older people get moving with confidence



Pictured are
eBus learning
sessions at
Victory Tea and Talk
and in Richmond

Age Concern Nelson Tasman's All on Board initiative has been helping older people across Nelson and Tasman embrace public transport with confidence, independence and enthusiasm since September 2024.

Funded by Nelson City and Tasman District Councils and delivered by Age Concern Nelson Tasman with the support of our dedicated volunteer Bus Buddies, the programme provides practical information sessions and guided eBus journeys that make public transport more accessible and less daunting for older people.

Over the past year, 550 older people attended eBus information sessions and a further 213 took part in guided bus journeys. The programme has been warmly received, with 90% of participants

reporting they felt confident to use the eBus independently after taking part.

The initiative is also helping drive increased public transport use among older residents. Senior eBus patronage increased by an average of 33.5% compared with 2023. Overall, senior patronage grew by 32.3% in Nelson and 35.8% in Tasman, demonstrating a significant increase in confidence and uptake of public transport among older people.

Beyond the numbers, participants consistently highlighted the value of travelling in a supportive group environment, learning new skills, making social connections and gaining the confidence to access services, activities and destinations they may otherwise have found difficult to reach. The pro-

gramme is again proving that with the right support, older people can successfully change travel habits, remain connected to their communities and maintain their independence.

All on Board is a powerful example of what can be achieved through collaboration between local government, community organisations and volunteers, creating lasting benefits for older people and contributing to a more age-friendly Nelson Tasman.

To learn more about our upcoming info sessions or to take part in a guided eBus journey, visit: **www.ageconcernnt.org.nz/all-on-board**



International Day of Older Persons

Each year on 1 October, people around the world mark the International Day of Older Persons. Established by the United Nations in 1990, the day draws attention to the opportunities and challenges associated with an ageing population, while recognising the important role older people play in society.

The observance encourages discussion about issues that affect people as they age, including health, social inclusion, accessibility, well-being, and human rights. It also provides an opportunity to challenge ageist attitudes and highlight the need for environments where people can continue to participate, contribute, and make choices about their lives as they grow older.

For Age Concern Nelson Tasman, International Day of Older Persons is a chance to acknowledge the experience, knowledge, and perspective that come with age. Older people strengthen our region in many ways, whether through paid work, volunteer-

ing, caring for whānau, mentoring others, or simply being active and engaged members of local life.

The day also reminds us that an age-friendly community benefits everyone. When people are supported to stay connected, informed, and involved, they are better able to maintain independence and continue sharing their skills, insights, and life experience with others.

International Day of Older Persons is both a celebration and a call to action. It recognises the value of older people today and encourages ongoing efforts to ensure they are respected, included, and heard in the decisions that affect their lives.

Did you know?

- The number of people aged 60 years or over has more than doubled, from around 541 million in 1995 to 1.2 billion in 2025 and is projected to reach 2.1 billion by 2050. By 2080, persons aged 65 or older will outnumber children under 18.
- Global life expectancy has reached 73.8 years in 2026, an increase of 8.9 years since 1995. The number of persons aged 80 years or over is growing even faster and is projected to surpass the number of infants by the mid-2030s and reach 265 million.
- As populations age, the demand for healthcare and social support has surged, especially for those with conditions like dementia, a major cause of dependency and disability in older adults. Specialized care is now essential to meet these growing needs.
- Women, who comprise most care recipients and caregivers, contribute roughly 70% of global informal care hours. This is especially true in low- and middle-income countries with limited care services, making women more vulnerable to poverty in old age.



Blair Cameron for Nelson

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Across Nelson Tasman, I'm hearing your concerns about rising rates and the cost of living. That's why I'm campaigning on capping annual rates increases at 2-4% and NO NEW TAXES.

✉ blaircameron.office@national.org.nz
☎ 022 066 1231
f BlairCameronNelson
bc.kiwi



Authorised by B Cameron, 35 Waimea Road, Nelson



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Nelson Creative
Fiona Terry & Tim Cuff

Looking Beyond the Face

The creative partnership behind the stories

David Kemp is just one of the people photographed by Tim Cuff for *Beyond The Face*.

For five years, *Beyond the Face* has challenged our community to look beyond appearances and see the stories, experiences, and contributions that shape a person's life. Through portrait photography and storytelling, the exhibition supports Age Concern Nelson Tasman's mission to challenge ageism, increase the visibility of older people, and celebrate the value they bring to our community.

At the heart of this work are photographer Tim Cuff and writer Fiona Terry, long-term creative partners whose talents have helped bring the stories of dozens of older people into public view. Together, they have created a space where participants are seen not simply for their age, but for the lives they have lived, the challenges they have overcome, and the legacies they continue to build.

In this interview, Tim (who's been involved since the exhibition's inception) and Fiona (who's been involved since 2025) reflect on their contribution to *Beyond the Face*, the privilege of sharing other people's stories, and why ensuring older voices are seen and heard remains as important as ever.

What have you learned from each other's craft through working together on *Beyond the Face* over the years?

Tim: We've worked together for the last thirty years, even going around the world a couple of times working on travel features. From the get-go we've had a symbiotic approach to our work. People will find there's a fairly seamless transition from being interviewed by Fiona to then having their photographs taken by me. The interview might carry on again for a while before I jump in again to shoot some more pictures. We can exhaust our subjects very easily that way!

Why do you believe it is important for older people to have their stories seen, heard, and celebrated?

Tim: As journalists we've constantly been searching for fascinating stories about interesting people. These days social media and the internet provide an outlet for all and sundry to promote themselves. There's a never-ending torrent of information out there. But our older people often don't have either the chance or the opportunity to tell their unique sto-

ries, their hidden histories. I love the fact the exhibition gives them not just a face, but a voice.

You've met many remarkable older people through this project. What consistently surprises or inspires you about the individuals you interview and photograph?

Fiona: We feel hugely privileged to have met and interviewed/photographed the people we have through the exhibitions. I'm constantly surprised that they often don't consider their own stories worthy of being told, and yet they've all achieved such wonderful things and lived remarkable lives.

Are there moments from participant interviews or portrait sessions that have stayed with you long after the exhibition ended?

Tim: I remember all of the portraits I've shot over the last five years, but one fun one was a lads' road-trip with two participants from the 2021 exhibition taking Ralph to Wakefield (where he'd helped create the Domain) and picking up John along the way to find some sheep to photograph him with (he

was famous in shearing circles). Wherever we drove we couldn't find a paddock with sheep and had pretty much given up looking. But after photographing Ralph using his walking stick to pretend he was playing cricket on his domain, we spotted a mob in a front garden in Spring Grove. John managed to get his walker over to the fence where we grabbed a couple of pictures before the sheep lost interest and wandered off.

Both men had a lovely afternoon and discovered they had quite a few family and friend connections too. Sadly, John died a couple of years ago, but his family asked to have a copy of his portrait for the funeral.

What responsibility do you feel when someone entrusts you with telling the story of their life?

Fiona: I feel a huge responsibility that the way in which each individual's story is represented is a

true reflection of events. I feel it's an absolute privilege that they're sharing their story with me and with the audience, so it's important to me that I interpret everything accurately, and that I write it in a way which reflects their character.

What continues to motivate you to contribute your time and talents to *Beyond the Face* each year?

Tim: These stories will hopefully be a little time capsule for the Age Concern community as they build up each year. All the people we've met and had the privilege of interviewing have had wonderful lives and they deserve to be able to tell their stories. If you look at the spark in the eyes of many of our BTF subjects, it's obvious that many don't feel seventy, or eighty, or even ninety.

If *Beyond the Face* could leave one lasting legacy for future generations in our community, what would you hope it would be?

Fiona: That it's always important to see beyond the face. People lead remarkable lives and it's not until we stop to talk to them about their experiences that we appreciate the challenges they've overcome, how much they've contributed to the community, created, built, seen, achieved, continue to achieve – and how remarkable they really are.

This year's *Beyond The Face* 2026 exhibition will be unveiled at the Founders Heritage Park Energy Centre, Thursday 1st October as part of our 50th Jubilee event.

Learn more by visiting:
www.ageconcernnt.org.nz/50th



Fiona Terry and Tim Cuff, bringing the stories of older people into public view.

Elder Abuse Response team

Taking time to make informed decisions

Are others influencing your decisions or making decisions on your behalf?

Some decisions are simple; others feel difficult or overwhelming. You do not have to make important choices alone.

Your rights and choices

Older people in New Zealand have the same rights as everyone else to make decisions about their lives, including where they live, how they manage money, who they spend time with, and what support they accept.

Receiving advice and support

Whānau, friends, and professionals may offer advice, but growing older does not remove a person's right to make their own choices.

Older New Zealanders should be treated with dignity, respect, and independence, with their views central to decisions about their life, wellbeing, and future.

Thinking about safety

We often talk about big life decisions, but less often about how we protect ourselves from harm, including elder abuse. Elder abuse is often considered only after something has gone wrong. Thinking early about safety, support, and trusted advice can help older people stay safe, respected, and heard.

When support becomes a long-term commitment

Matt wanted to help his granddaughter, so he guaranteed her car loan. When she moved overseas

and repayments stopped, he was left responsible for the debt.

If you are asked to make a legal or financial commitment, pause. Make sure you understand the agreement, talk with someone you trust, and seek independent advice if needed.

Taking care with important decisions

Important decisions can have lasting consequences. It is okay to take time if something feels unclear, rushed, or uncomfortable.

Before making an important decision, consider:

- Pause before agreeing.
- Talk with someone you trust.

- Ask questions until you feel clear.

- Seek independent advice for legal or financial decisions.

Thinking through possible outcomes can help you feel more confident and protected.

If you are concerned

If you are worried an older person may be experiencing abuse or neglect, please do not wait. Talk to us in confidence for practical information, support, and advice.

Our team can help you recognise the signs, consider options, and connect with the right support.

Start the conversation today. We're here to help.

Talk to our team: 0800 652 105 or email: EARS@acnt.org.nz



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Introducing our new **Supporter model**

Age Concern Nelson Tasman is proud to launch our new Supporter Model, offering more flexible and meaningful ways for people to support older people in our community.

Whether you're a long-time member, volunteer, donor, service user, or someone who shares our vision for positive ageing, there is now a supporter option to suit your level of involvement and contribution.

Our new Supporter Model recognises that people wish to support Age Concern in many different ways. By moving beyond a traditional membership structure, we can focus more resources on delivering age-friendly services that directly benefit older people in our community, including information and advice, advocacy, social connection activities, wellbeing programmes, and practical support.

This change also helps build a stronger community of supporters united by a shared commitment to ensuring older people in Nelson Tasman can age with dignity, respect, independence, and connection.

We invite you to explore the new supporter options and join us in creating a community where older people feel valued, supported, and connected.

Talk to us today about the option that feels right for you, or visit our website to learn more.

Together, we can make Nelson Tasman a better place to age.

Popular

Friends of Age Concern Nelson Tasman

From
**\$5
per month**

Less than the price of a
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(*\$60 annually*)

Friend benefits:

- Access to Care & Repair digital portal
- Our quarterly magazine (*digital - via email*)
- Custom lapel pin - silver



Guardians of Age Concern Nelson Tasman

From
**\$10
per month**

Less than the price of a
coffee & slice
(*\$120 annually*)

Guardian benefits:

- Access to Care & Repair digital portal
- Our quarterly magazine (*delivered*)
- Custom lapel pin - gold



Ambassadors of Age Concern Nelson Tasman

From
**\$20
per week**

Less than the price of a
coffee & cake with a friend
(*\$1,040 annually*)

Ambassador benefits:

- Access to Care & Repair digital portal
- Our quarterly magazine (*delivered*)
- Custom lapel pin - gold / black



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.

Victory Community Centre

2 Totara St, Nelson
Every Monday 10am – 11:30am

Halifax Street Cafe

28 Halifax St, Nelson East
Every Thursday 10am – 11:30am

Elma Turner Library

27 Halifax St, Nelson
Every Friday 10am – 11:30am

Age Concern Hall

62 Oxford St, Richmond
Every Wednesday 10am – 11:00am

Gateway Housing Trust

24A Tudor St, Motueka
Every Wednesday 10:30am – 12:30pm

Anglican Parish Hall

42 Commercial St, Tākaka
2nd & 4th Wednesday of the month
10am – 11:30am

Pākawau Memorial Hall

1299 Collingwood-Puponga Rd, Pākawau
3rd Friday of the month 10am – 11:30am

St Peter's Anglican Church

77 Main Road, Tapawera
Last Tuesday of the month
10am – 11:30am

Sing Yourself Well

Do you enjoy singing and like being around other people?

Come along to our fortnightly singing sessions in Richmond. You don't have to be an experienced or confident singer, just enjoy the experience and benefits of singing.

The cost is \$3 per person.

Richmond

Age Concern Hall
62 Oxford St, Richmond
1st & 3rd Tuesday every month
10am – 11:30am – currently full

Cooking classes

Learn New Skills. Eat Well. Connect with Others. Each 2 hour class includes guided cooking with a qualified chef, plus time to sit down and enjoy what you've made together. It's about confidence, connection and great food.

Richmond Anglican Church

27 Dorset Street, Richmond

Mondays 12th October – 23rd November

10:30am - 12:30pm

\$30 for the full 6-week course Limited sessions available - don't miss out!

To book your place,
contact our team on 03 544 7624

Spin Poi 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.

Richmond

Age Concern Hall

62 Oxford St, Richmond

Thursdays 1:00pm – 2:00pm

Nelson

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

Tuesdays 1:00pm – 2:00pm

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.

Age Concern Hall

62 Oxford St, Richmond

Monday, September 21

11:30am - 2:15pm

For more information, please contact Ange Baker: angela.baker@nbph.org.nz

Legal Bites - Information sessions

A series of short talks on important topics, brought to you by Age Concern, with Kaye Lawrence from Nelson Bays Community Law.

Age Concern Hall

62 Oxford St, Richmond

Topic: EPOA (Enduring Power of Attorney)

Thursday, September 10 11:00am - 12:00pm

Topic: Wills

Thursday, September 17 11:00am - 12:00pm

Topic: Residential Care Subsidy

Thursday, September 24 11:00am - 12:00pm

Register for these sessions by email:
contact@acnt.org.nz

Tech Advice with Dave & Sarah

Would you like to improve your digital literacy? 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.

Age Concern Hall

62 Oxford St, Richmond

Monday – session times

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

Visit: ageconcernnt.org.nz/events-and-activities/tech-advice to see availability and book your 30-minute session or contact us on (03) 544 7624 and we will help make your booking.

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.

Age Concern Hall

62 Oxford St, Richmond

Tuesday, October 6 | 12:30pm - 1:30pm

For more information, please contact Mary-Ann Hardcastle: acp@nbph.org.nz



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**Showroom Hours: Monday - Friday 9am - 5pm
Saturday 9am - 1pm**

2 Brock Way, Lower Queen, Richmond Ph: 03 544 7717