Age Concern is once again bringing you a series of fun summer outdoor activities – find out more on pages 8 - 9.
Words from the Chair

Board member and treasurer Dave Ashcroft and I recently attended a one day workshop in Auckland for governors and managers considering future developments for Age Concern. To be honest, I was a bit cynical about the day because other gatherings of a similar kind have produced very little. I needn’t have been. Led by a dynamic facilitator, we had input from speakers, guided discussions and a sense of determination that in order to progress we needed to talk openly and honestly. I will share more about this with you as it comes to hand.

Here in Nelson Tasman while we wait for news about the national organisation we have been as busy as ever. I am pleased to say that Breffni O’Rourke has been appointed to head up our new AgeConnect initiative in Golden Bay. We celebrate the launch of Driving Miss Daisy in Auckland – a monthly morning tea for older people.

Now that we have a new government we are pleased that Tracey Martin MP has been appointed as the new Minister for Seniors. Age Concern NZ already has briefing papers available for the new Minister outlining the important issues people of age are facing today.

Thank you for your support of our work.

Be healthy.

Charles Tyrrell  QSO
Chair of the Board of Age Concern Nelson Tasman Inc.

We are grateful to all our funders:

Frimley Foundation
Whittaker Trust
Trash Palace

Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Nelson. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

Enjoy the festive season with Driving Miss Daisy

Believe it or not we’re heading into the tail end of 2017 already. The days are getting longer and the sun’s warmth has sparked the beginning of a new growth cycle. The abundance of blossoms, daffodils and new vegetable shoots indicate that Winter is well and truly over for another year. It won’t be long and the memorable smell of Christmas pine will be filling the air.

At this time of year Driving Miss Daisy is thinking not only about how we can help our clients to complete their Christmas tasks, but also how they can enjoy the festive season.

Receiving a card in the post with a thoughtful hand-written message is always much appreciated, but due to email it’s becoming a thing of the past. We think it’s a tradition worth keeping due to the joy it brings the recipient, so our Daisies can help you to purchase, write and post greeting cards to your friends and family across the world.

Gift shopping for family and friends can often be a challenge. But we’re often called upon to assist our clients with this task and to be honest, our Daisies love to help. We’ll share ideas, help get you to the shops, assist you with the purchase and can even help with gift wrapping and postage.

The shopping needn’t just be for others – if you’d like to purchase a new season item for your own wardrobe or perhaps treat yourself to a gift, we’d be pleased to help. You might be asked to bring a plate to a pre-Christmas function, or contribute a dish to a Christmas Day meal. We can help plan this dish and shop for grocery items.

Finally, we can assist you to get wherever you need to go for end of year events. You’ll arrive on time, looking fabulous and ready to enjoy the day.

Driving Miss Daisy is committed to helping our clients get out and about, so you can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, if you have a walker or wheelchair.

Keep your independence and freedom with our safe, reliable companion driving service.

We can drive and accompany you to:
  • Medical and other appointments
  • Family/social occasions
  • Shopping trips
  • Scenic drives
  • Take your pets to the vet
  • Airport drop-offs and pick ups

Total Mobility vouchers accepted. ACC approved provider.

Bookings are essential – call Frances today and make your next outing a pleasure!

Driving Miss Daisy

Nelson
Phone: (03) 547 2133
Mobile: 021 319 397

www.drivingmissdaisy.co.nz

Keep you independence and freedom with our safe, reliable companion driving service.
We can drive and accompany you to:
  • Medical and other appointments
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Driving Miss Daisy

Nelson
Phone: (03) 547 2133
Mobile: 021 319 397

Contact Information
Phone: (03) 544 7624  Fax: (03) 544 3187
Email: manager@ageconcernnt.org.nz
Address: 62 Oxford Street, Richmond, Nelson 7020
Postal Address: PO Box 3381, Richmond, Nelson 7050
OFFICE HOURS
8.30am - 4.30pm Monday to Friday

END OF NEWSLETTER
Meet the staff

Manager, Sue Tilby (Justice of the Peace)
I’m very proud to be leading the team as we continue to expand our services and provide a range of excellent and much-needed services. I’d like to take this opportunity to wish all our members and supporters a very Merry Christmas and fulfilled festive season.

Elder Abuse Response Service Advisor, Mal Drummond
Mal continues in this vital role as we undertake a new three-year contract with the newly titled Elder Abuse Response Service. Older people can find themselves in a vulnerable situation quite suddenly and we’re here to offer support and advice to whoever needs it.

Accredited Visitor Service Coordinator, Registered Social Worker, Susan Arrowsmith
Susan looks after our AVS and Carer Relief services, both of which use valuable volunteers from within the community, and offer companionship and friendship to those seeking some more social connections. We have now expanded services into Golden Bay.

Funding and Community Support, Caroline Budge
Caroline works in a role that covers fundraising, event organising and marketing & communications. We recognise the value in encouraging positive and active ageing, and are delighted to be bringing more fun events for the 65+ population in the region.

Community Support Coordinator, Marrit Walstra-Russell
In this new role Marrit really enjoys the variety of her work – from organising events to involvement in the AgeConnect project – and finds it very satisfying to stay in touch with the community. Marrit is currently working on a ‘Don’t forget to Dance’ project, so watch this space!

Season’s Greetings

We can’t quite believe how quickly 2017 has flown by – that saying about the years quickening as we age is certainly true! Christmas and the long summer holidays are just around the corner, and temperatures are creeping up every week.

Age Concern Nelson Tasman staff and board members would like to take this opportunity to wish all our members and supporters a very happy, safe and festive holiday season. We’d also like to thank our members for all their generous donations throughout the year. The money that you give to us helps us to continue to provide our services that are needed by so many people, and continue in our work of supporting the lonely, isolated and most vulnerable people in our communities.

Very Revd Charles Tyrrell
Charles is a retired senior minister of the Anglican Church and is available to assist you as a marriage or funeral celebrant. If you wish to get in touch with him to discuss his availability then please contact the Age Concern Office who will put you in touch. He can then visit you to talk about these services, give advice based on over 40 years as a Christian minister and the costs involved.

So, if you are no longer connected with a Church but would still like a Christian service, Charles would be delighted to assist.

Retirement living and care
at its very best!

Ernest Rutherford Retirement Village provides a full range of retirement lifestyle options along with the very best of resthome, hospital and dementia care.

The village features the latest designs in retirement living, set amongst beautifully landscaped gardens.

The resort-style facilities include a bowling green, swimming pool and spa, gym, beauty and hairdressing salon, library, and even a movie theatre!

✔ All Ryman villages offer fixed weekly fees for life – guaranteed!*

For more information please phone Debbie Edwards on 03 538 0882
49 Covent Drive, Stoke
*Terms and conditions apply
AgeConnect – what’s new?

Many of you have been following our AgeConnect initiative, which got underway back in May, and has since snowballed into a new initiative and a new staff member Breffni O’Rourke (see pg 7).

We wanted to tackle the increasing issue of loneliness and/or isolation among older people in the region, having asked members what they thought the biggest issues were. In the last issue of our magazine we wrote about our action plan that was launched in July, and the steps that had led to it being written.

Breffni’s job will be to keep the momentum going on this very important initiative, and helping to turn the words into action. Nothing happens overnight and real change takes time and effort, but we know that there is a huge amount of enthusiasm and commitment from many sectors of our community who want to help make better connections for our older people.

Working groups

Since our launch in late July, our overarching coalition group has met twice to discuss how we can progress with our actions, and four smaller working groups have been formed. They each cover a particular topic that we believe is key to breaking down the barriers to social connection. They are: Communications, Intergenerational, Transport, and Groups & Organisations. A fifth, focusing on Technology, is yet to be formed.

Initial meetings of all these groups have been held, and there are some great ideas that we’re working on putting into place - they include volunteer drivers to help get people to places, intergenerational projects, buddy schemes, etc.

As Breffni settles into her new role she will be out and about in the community, meeting individuals, representatives of agencies and organisations, businesses and anyone who wants to be involved! Watch this space to find out more, and if you have any ideas or suggestions to put to Breffni, please get in touch with her on (03) 544 7624 or email: ageconnect@ageconcernnt.org.nz

Welcome two new staff members

We’re delighted to welcome Breffni to the Nelson Tasman team, as highlighted on page 6. She has taken on the new, exciting role of AgeConnect Coordinator and her job will be to continue the work we’ve started around tackling social isolation and loneliness in the region.

Breffni has been working as the host on the Breeze FM’s morning show for several years and has worked in the media industry for over 20. She says she’s ready for a new challenge however and is ‘really excited’ about coming to work with us. Breffni has a passion for community work and older people and we think she’s going to be a great asset to the team. Breffni can be contacted on (03) 544 7624 or email: ageconnect@ageconcernnt.org.nz

We have also recently employed a new Elder Abuse Response Service Advisor who will be working over in Marlborough, but as part of our team. It’s the first time the region has had an elder abuse advisor for several years and we’re delighted that Rebekah Hall is taking up the post. Rebekah’s background is as a mental health nurse and she previously worked as the elder abuse service advisor for Age Concern Auckland.

Help us spread some cheer at Christmas

As Christmas approaches and people make plans for the holidays, we’re once again appealing to our kind-hearted supporters to get behind our annual Give A Little Campaign.

Every year we ask people to make a small donation of non-perishable foods, toiletries or other useful items that we can use to make up care packages and distribute to those less fortunate than ourselves. This is the fourth year we’ve run Give A Little, and every year we’re blown away by the generosity and kindness of the wider Nelson community. Last year we managed to make up around 40 packages to distribute.

If you’d like to make a donation, please either drop it into our offices at 62 Oxford Street, Richmond, or call us on (03) 544 7624 and we may be able to arrange to pick them up.

Many thanks in advance.

Dreams and dedication are a powerful combination.

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Physiotherapy in the comfort of your own home.

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Email: admin@physioathome.kiwi
www.physioathome.kiwi

Ezi Rider

Top Seller in UK!

Specially Enhanced for NZ market

• 36v
• 7 Speed
• Shimano
• Range approx 50km
• Weight 25kg

Specially Enhanced for NZ market

• Ragged
• 36v
• 7 Speed
• Shimano
• Range approx 50km
• Weight 25kg

Ezi Rider

Top Seller in UK!
Getting Active over Summer

Fancy getting some gentle outdoor exercise over the summer? Age Concern Nelson Tasman, together with the Nelson City and Tasman District councils, is putting on a Summer Activities Programme. It’s open to anyone over 65 years and offers a range of activities for everyone to enjoy, between 19th February and 30th March 2018.

We ran the first activity programme last year, and it was enjoyed by over 200 people at a range of different events - including tai chi, walks and sing-a-longs.

This year we’re introducing bowling - a sport loved by many around the world - and we are pleased to be extending the programme into Tasman District, including Golden Bay.

There’s lots of research from all around the world to show that there are a number of physical and emotional benefits to being active including keeping minds sharp, bodies strong and spirits high. The Summer Activities programme is a great way to stay fit and active while enjoying the beautiful parks and stunning atmosphere that is Nelson. All events are free and run for approximately an hour.

TAI CHI

We’re running 6 sessions of Tai Chi across various outdoor locations. Tai Chi is a gentle form of exercise which can help maintain strength, flexibility and balance. So whether you are new to Tai Chi or not, it won’t matter, come along and enjoy professional instructors who will guide and assist you and ensure you have an enjoyable experience regardless of your ability.

BOWLS

Bowling is one of those great games that’s played by people of all ages and has many health benefits - including stretching muscles, walking and improving hand-eye coordination. It’s also easy to learn and very social! We’re putting on three have-a-go sessions for anyone to see how they like it.

WALKS

Join us for heritage and edible walks across some of Nelson’s most beautiful locations. Learn about the history of the remarkable Miyazu Gardens and its cultural significance, the Maitai Walkway, Queens Gardens, as well as the stunning Gardens of the World in Hope, the Motueka Inlet and Te Waikoropupu Springs in Golden Bay. There are also a couple of edible walks in Stoke where you can sample the fresh fruits available along the way.

SING-A-LONG

We are also running a couple of sing-a-longs in the park in Richmond and Nelson, where you can join a local choir and test out your vocal chords. Come and join us regardless of your singing ability, it’s all about giving it a go and having fun.

The full programme is listed here. For more information call us on (03) 544 7624 or email: community@ageconcernnt.org.nz

Summer Activity Series 2018 - Nelson City Events

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>ACTIVITY</th>
<th>VENUE</th>
<th>MEETING POINT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 19 Feb</td>
<td>10-11am</td>
<td>Tai Chi</td>
<td>Victory Square, Nelson</td>
<td>Near the playground</td>
</tr>
<tr>
<td>Wed 21 Feb</td>
<td>10-11.30am</td>
<td>Guided Walk</td>
<td>Maitai Walkway, Miller’s Acre Car Park</td>
<td></td>
</tr>
<tr>
<td>Mon 26 Feb</td>
<td>10-11am</td>
<td>Tai Chi</td>
<td>Broadgreen Gardens, Stoke</td>
<td>Outside Broadgreen House</td>
</tr>
<tr>
<td>Wed 28 Feb</td>
<td>10-11.30am</td>
<td>Heritage Walk</td>
<td>Miyazu Gardens</td>
<td>Miyazu Gardens car park, off Atawhai Drive</td>
</tr>
<tr>
<td>Fri 2 Mar</td>
<td>10-11.30am</td>
<td>Edible Walk</td>
<td>Orphanage Stream, Stoke</td>
<td>Saxton Road East by Covent Drive - where walkway commences</td>
</tr>
<tr>
<td>Fri 9 Mar</td>
<td>10-11.30am</td>
<td>Have a go at Bowls</td>
<td>Tahunanui Bowling Club</td>
<td>Clubhouse</td>
</tr>
<tr>
<td>Mon 12 Mar</td>
<td>10-11am</td>
<td>Tai Chi</td>
<td>Queens Gardens</td>
<td>By the fountain in the middle of the park</td>
</tr>
<tr>
<td>Wed 14 Mar</td>
<td>10-11.30am</td>
<td>Heritage Walk</td>
<td>Queens Gardens</td>
<td>By the fountain in the middle of the park</td>
</tr>
<tr>
<td>Mon 19 Mar</td>
<td>10-11am</td>
<td>Tai Chi</td>
<td>Founders Park, Nelson</td>
<td>Village Green in the centre</td>
</tr>
<tr>
<td>Fri 23 Mar</td>
<td>10-11.30am</td>
<td>Edible Walk</td>
<td>Stoke Railway Reserve</td>
<td>Standish Place, off Main Road, Stoke</td>
</tr>
<tr>
<td>Mon 26 Mar</td>
<td>10-11am</td>
<td>Tai Chi</td>
<td>Botanical Reserve, Nelson (Centre of New Zealand)</td>
<td>Milton Street next to clubhouse</td>
</tr>
<tr>
<td>Wed 28 Mar</td>
<td>10-11.30am</td>
<td>Sing-a-long in the Park</td>
<td>Queens Gardens</td>
<td>By the fountain in the middle of the park</td>
</tr>
<tr>
<td>Fri 30 Mar</td>
<td>10-11.30am</td>
<td>Have a go at Bowls</td>
<td>Tahunanui Bowling Club</td>
<td>Clubhouse</td>
</tr>
</tbody>
</table>

Summer Activity Series 2018 - Tasman District Events

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>ACTIVITY</th>
<th>VENUE</th>
<th>MEETING POINT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu 22 Feb</td>
<td>10-11.30am</td>
<td>Sing-a-long in the Park</td>
<td>Washbourn Gardens, Richmond</td>
<td>Fuchsi House</td>
</tr>
<tr>
<td>Fri 23 Feb</td>
<td>10-11.30am</td>
<td>Guided walk</td>
<td>Inlet Walkway, Motueka</td>
<td>Motueka Community Gardens, Old Wharf Road</td>
</tr>
<tr>
<td>Mon 5 Mar</td>
<td>10-11am</td>
<td>Tai Chi</td>
<td>Washbourn Gardens, Richmond</td>
<td>Fuchsi House</td>
</tr>
<tr>
<td>Thur 8 Mar</td>
<td>10-11.30am</td>
<td>Guided Walk</td>
<td>Gardens of the World, Clover Road East, Hope</td>
<td>Please register with Age Concern Nelson Tasman for this event</td>
</tr>
<tr>
<td>Fri 16 Mar</td>
<td>10-11.30am</td>
<td>Have a go at Bowls</td>
<td>Richmond Bowling Club, Lower Queen Street</td>
<td>Clubhouse</td>
</tr>
<tr>
<td>Wed 21 Mar</td>
<td>10-11.30am</td>
<td>Guided Walk</td>
<td>Te Waikoropupu Springs, Golden Bay</td>
<td>Car Park</td>
</tr>
</tbody>
</table>

Make sure it has St John on it

St John is New Zealand’s leading medical alarm provider and is the medical alarm doctors prefer to recommend. The St John Medical Alarm is the only medical alarm that connects you directly to St John, meaning you can continue to enjoy your independence knowing help is at hand any time of the day or night. Also, by choosing a St John Medical Alarm you are helping to support our ambulance and other community services.

Call 0800 50 23 23 or visit www.stjohnmedicalalarms.org.nz
International Day celebrations

Once again we held a wonderful afternoon event to mark International Day of Older Persons - with a fun fashion show, entertainment and afternoon tea, in partnership with Nelson City Council.

Over 160 people came to our event at the Annesbrook Centre on Friday 29th September to mark the day - and they were treated to some fabulous fun fashions and more.

Maryanne from Fashion Centre in Richmond introduced our gorgeous models - some of whom are in their eighties - showing the latest range from her store. There were also some unique and original recycled creations from a group of women who all live at Summerset in the Sun. They had run their own competition to design an outfit from used goods, called Waste to Waist, and showed these off to everyone there.

A beautiful afternoon tea, courtesy of Simplicity Funerals, was served up while local barbershop quartet “The Hemispheres” sang some of their repertoire.

Many thanks to the Nelson city council and Simplicity Funerals for their support in running this event.

New Tea & Talk for Takaka

A new monthly get-together for older people in Golden Bay gets underway soon.

Tea & Talk is a new initiative being set up in Takaka by Age Concern and the Takaka Anglican Church.

We’ve been running a weekly Tea & Talk in Richmond for over a year now with great success, and we are delighted to be launching another. It follows a couple of workshops we held in Takaka over the winter - gathering information and ideas from local community members about social isolation and loneliness, and what could be done to prevent it. One of the points raised was that there weren’t many socialising opportunities for older people there.

Tea & Talk will be an informal get together for people who would like some more company and to have a cuppa and a chat in a safe environment.

The Takaka Anglican Church have been very supportive and encouraging and are offering their hall space to use, while Trash Palace has donated towards the refreshments. A huge thanks to them both for their support.

A group of local volunteers who are visitors with our Accredited Visitor Service and some volunteers from the church will be helping to host this morning event.

The first one takes place on Wednesday, 8th November at 10am at the Anglican Church hall on Commercial Street, Takaka.

For more information contact Marrit on (03) 544 7624 or email: community@ageconcernnt.org.nz
Celebrating Lives

This edition we meet Randall Froude who, at 86, started a new chapter of his life and is now on a mission to help older people untap their full potential.

Randall Froude is one of New Zealand’s most accomplished and successful artists with a career spanning around 70 years. He has sold paintings worth many millions of dollars over the years, and been likened to Monet with his impressionist images of the country.

But, instead of settling into retirement in his eighties, he decided to up sticks last year, selling his home of 23 years at Kemball near Fairlie in South Canterbury, and moved to Richmond.

Now aged 87, Randall has set up a studio in his newly built home on Talbot Street, and runs workshops and four-day long courses, working one on one with people to tap into their creative selves.

“We all have gifts and talents to share. Many people don’t realise what they’re capable of, and I want to help them open that door and walk through.’" But it’s not only painting that Randall wants to help people with - he has a strong desire to encourage older people to feel more valued and to be able to enjoy life to the absolute full.

He says he’s had a new lease of life since moving to the top of the South, and has much to give. ‘About 62 years ago I was a firefighter. My job? To put out fires. Now, my life is reversed and I’m all about getting people fired up! It’s been mind-blowing.’

Lifelong painter

Randall has been drawing and painting all his life. He had an itinerant childhood - born in 1930 during the Depression, his father found it hard to keep a job and so he went to 11 different primary schools, mostly in the Auckland area. ‘I didn’t learn very much. On top of that I was dyslexic, but obviously didn’t know that at the time, so I spent a lot of time drawing and painting and I was always good at it.’

‘I left school after primary and went to Elam art college when I was 12. This was during World War II. Elam was a secondary school but the majority of our time was doing art. After I left, at the end of the war, I went into working as a commercial artist as that was really the only option at the time. But it was a great asset as I learned all about marketing and advertising and that has stood me in great stead ever since. Because even now I think of myself as a marketing man who happens to paint.’

Randall met his wife Jan as a young man - they married and had two children, a boy and a girl. Working as a commercial artist meant a steady income, but he felt frustrated at not being able to produce his own work. When he did start painting, he achieved almost instant success, and made the switch to being a professional painter. He hasn’t looked back. Since then he has sold thousands of paintings worth many millions of dollars, throughout the world. He has painted in 13 different countries, exhibited in public and private collections, been invited to the Royal Academy in London, commissioned by Royal Albert China, and provided paintings to the Hudson Bay Company, to name just a few examples.

Embracing the third age

Randall is a committed Christian who says his life turned around when he became a Christian at the age of 24, and he has a deep faith and strong values that he lives by.

And, despite his unfailing positive approach to life, he has been through the grief of losing Jan four years ago, after 62 years together. He says it’s been a very tough time not to have her with him, having been her full-time carer for 14 years before she died, but he says they spent lots of time talking at length about all sorts of things.

“When she died I had spent nearly three-quarters of my life with her. She was happy to go, she felt it was time. But she was also sad because she knew that I would miss her so desperately. She said to me, ‘Look, when I’m gone you will be free and you will find another lady and get remarried.’ She didn’t want me to sit around moping; she wanted me to get on with it.

And get on with it he did, choosing to move to the Nelson region at the age of 86, bringing very little with him and decided instead to start afresh. ‘I wanted somehow to separate the book from what my life with Jan was. It’s not been easy but, saying that, it’s gone very well. I believe whatever gifts I have, have been given to me to help other people. My life has taken on a new lease since I moved here and if I think about it, most of the big stuff in my life has happened since the age of 65.’

Sharing wisdom

Randall wants people in their 60s and older to recognise that they have amassed a great amount in that time, and that there’s still lots of time to keep growing and learn new things.

‘If you took 30 people aged 65 and put them in one room, that’s around 2000 years of wisdom and knowledge. If you asked each of those people about their lives and what they had achieved, the majority of them would probably think they hadn’t done anything to be proud of. But, I know there’s a gold mine here. How many of them would probably think they hadn’t done anything to be proud of. But, I know there’s a gold mine here.

Randall inside his kitchen/living area, which doubles as his studio workshop space, where he teaches people to paint.

If you took 30 people aged 65 and put them in one room, that’s around 2000 years of wisdom and knowledge. If you asked each of those people about their lives and what they had achieved, the majority of them would probably think they hadn’t done..."
Better Breathers Club
New Monthly Timetable - Come and try a class!

Nelson - 2nd and 4th Wednesday, Reformed Church
15 Burrough Place, Inner Glynn. 1.00pm - 2.30pm
Stoke - 1st Wednesday, Ernest Ruthford
49 Covent Drive. 1.30pm - 2.30pm
Richmond - 1st Tuesday, Town Hall
9 Cambridge Street. 11.30am - 12.30pm
Motueka - 2nd and 4th Monday, Tokomaru Rooms
117 Pah Road. 11.30am - 12.30pm

Call Sue 544 1562 or email asthma.nelson@xtra.co.nz

Wendy Pearson Tall Poppy Nelson
I have been selling real estate in the Nelson Tasman area since 2007, and this is my third year with Tall Poppy. I joined Tall Poppy as I believe in their principles of making real estate FAIR to house sellers through sensible fees, and a thorough and effective real estate process where you only work with one salesperson throughout the whole process and they manage all your buyers, ensuring the best sales result every time.

Tall Poppy believes in values, and treating all parties involved in the real estate transaction with respect, with our focus firmly on achieving the best possible sales result for our vendor.

When we work together to sell your property, I achieve the best price for you through combining the following: proven sales and negotiation skills, gained through many years in sales (in real estate, and prior to that, in other industries), a transparent, flat fee, guaranteed to be the lowest, which leaves thousands of dollars more of the proceeds of your property sale in your own pocket, and Tall Poppy’s excellent ‘behind the scenes’ processes which keep you updated throughout the selling period as well as ensuring complete compliance with current real estate practice.

Let my real estate experience and success, combined with Tall Poppy’s lowest fee guarantee, help you achieve the best result from your house sale. Call me anytime for an appraisal or just a chat about real estate.

Vintage china needed
Everyone loves a beautiful afternoon tea, but we’re convinced it tastes even nicer out of beautiful vintage cups and off china plates! Our collection of vintage china has grown this year and we’ve been using them at our weekly Tea & Talk in Richmond, as well as at bigger events such as International Day of Older Persons. We know people really appreciate the touch.

We would love to be able to give a home to any old china that people have in their cupboards, or tucked away in boxes, that they no longer need. In return we can promise they’ll be lovingly looked after and used and enjoyed by many!

If you can donate some to us, we’d love to hear from you. Call us on (03) 544 7624 or email: community@ageconcernnt.org.nz

Randall describes himself as a ‘multi-faceted artist with a wide range of technique, medium, style and subject.’ His instinct is for the natural world, as is shown in these paintings of New Zealand’s stunning landscapes.
“Someone has to make the best teeth…”

There are many reasons why people lose their teeth at any age which can have a strong impact on their health and quality of life. The benefits of dentures today are that they can be discreet, functional, comfortable and appearance-enhancing solution for a range of ages and dental problems.

With 40 years experience, Gilbert Matravers at Nelson Denture Clinic is an expert in his field and prides himself in making dentures of the highest quality, using the latest materials and techniques to ensure your dentures not only look good but provide fit and function that is second to none.

Gilbert and his team’s professional and friendly manner puts you at ease and you can be confident that you will receive the ultimate in denture care.

For testimonials and information you can go to their website, www.nelsondentureclinic.co.nz

To make an appointment for a complimentary, obligation-free consultation, phone Margaret on (03) 548 1478.

Staying Safe and CarFit

Are you a senior driver who would like some tips on being safer on the roads? Or maybe you’d enjoy refreshing your knowledge of the road rules.

Whatever your reason, why not get in touch with us to sign up for one of our free workshops that we run throughout the year.

Staying Safe is a one and a half hour presentation (including a break for morning tea) where an experience driving instructor gives a refresher of the road rules. It’s based on resources put together by the New Zealand Transport Authority and is aimed specifically at older drivers. There’s no testing involved, simply a chance to brush up on some rules and ask any questions you have.

CarFit is an AA run programme which we deliver locally, and is a great opportunity to be shown how to sit as comfortably and safely as possible in your car.

We use trained volunteers to show you things such as seat and steering wheel position, mirror placement and leg movement. An Occupational Therapist also talks through any issues you may have and gives information and advice on optimum position.

Both workshops are free and anyone is welcome to come along. We don’t have firm dates in the diary, but please get in touch to notify us of interest and we will register you. Call Marrit on (03) 544 7624 or email: community@ageconcernnt.org.nz