



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

We are all aware once we retire, especially those relying on the pension as their sole income, that we need to tighten the purse strings. Even those with a nest egg do not want to be topping up their pension each fortnight just to get by.

Some of our seniors may not realise that Countdown offer 5% discount when you swipe your gold card on a Tuesday. The Warehouse offers the same deal and NPD service station offer good discounts on petrol on a Tuesday. So, if your weekly grocery shop is \$100.00 a week you save \$5.00 per week or \$10.00 a fortnight.

I have also recently signed up for membership at Stadium 2000. Being a senior, you are entitled to join on the corporate scheme which is currently \$11.10 per week. This can be paid weekly, fortnightly or monthly and entitles you to use any of the facilities at the complex including the pool, the aqua fitness sessions held every week day, the spa, sauna and the gym. Your \$5.00 a week savings from other sources goes a long way to pay your membership and it can be a one stop shop for your fitness needs.

Hopefully more businesses will come on board with the cheap Tuesday deals that will help the budget stretch further. We will share any information we get through our monthly newsletter. If you know of any other savings out there, ring our office and let them know.

Gayle Chambers
President.



Meetings with President Gayle

The President and Vice-president Annie Percy are available for personal meetings with members at the Grey Power office.

Next meeting from 10.30 – 11.30 am on 12th July.

Office Snippets

Thank you to all who have paid their subscriptions. It is not too late to pay for this year., either online or come into the office (9am to 1pm Monday to Friday) to pay with cash or to use Eftpos. If your membership card has a yellow sticker, it is out of date.

Our Facebook page is full of local groups events and information that we feel may interest you. Please "Like" and "Share" our posts. This helps to get the

information out to others. Some information is also shared by email.

The latest quarterly Grey Power Magazine has been posted out. If you have not received your copy, please check with us that we have your current address on file, ph 578 4950.

Brian McNamara
Publicity Officer

The Discount Book

Our 2022 discount book lists 75 businesses which offer discounts to our members. Please support them. Each month we will highlight some of them in this newsletter. They're a good reason to join Grey Power Marlborough. Conditions may apply.

- Geoffrey T. Sowman funeral directors ph 03 578 4719 available 24 hours. 10% discount on full funeral professional fee. Corner Hutcheson and Parker Streets. Web site www.sowmans.co.nz email sowmans@funerals.co.nz
- Health 2000 73 Queen St ph 03 579 3586 10% off natural health needs
- Home and Grounds Maintenance ph Sean 027 577 7891 5% discount on labour for maintenance and handyman services.
- Home Maintenance Blenheim phone Henning on 021 2088 882 ah 03 577 8732 for free quote on maintenance jobs around the home by experienced handymen.
- Interislander ph 0800 878 898 for group rates on travel for GP members. See booklet for booking details.
- Jack's Tyres ph 03 578 1255, 9 Main Street Blenheim additional discounts for members up to 15% with free fitting and balancing.
- James Picture Framing Services ph/fax 03 577 5091 88 Howick Road Blenheim or john@jamespfs.co.nz for picture, conservation, museum framing. 10% on custom framing to members.
- Ken's Garden Services ph 579 3319 or 021 0356 675 free quotes for lawns, tidying, trimming, pruning, weed control, garden waste removal. 10% discounts to members for new quotes.
- Laser Plumbing ph 03 579 6001 blenheim@laserplumbing.co.nz discount 15% for labour, up to 20% for materials, for over 55+ year olds.
- Auto Super Shoppe Blenheim will be joining the Discount Book next year. Till then, they are happy to offer 10% discount for Grey Power Marlborough members on both basic and full servicing.



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GREY POWER MARLBOROUGH

monthly newsletter.

Wednesday Sun
Blenheim Marlborough

Marlborough's largest circulating newspaper



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Vehicle Trust

Grey Power Marlborough is proud to support the Marlborough Community Vehicle Trust (MCVT) which transports Marlborough people to and from Nelson hospital.

The Trust has 266 listed Trust members, and has made over

1300 trips since 2016. Its 28 drivers in three well-maintained cars are the backbone of the Trust and include ex-nurses and policemen. All volunteer drivers are police-vetted and have clean driving records.

The Trust transports passen-

gers and not patients. This is very important to note as its staff are not medically trained or qualified. It is now the only means of transport for medical reasons from Picton to Blenheim and Picton/Blenheim to Nelson. Currently the charge

for joining the Trust is \$20, a one off payment for life-time membership.

A trip from Picton to Blenheim for medical matters is \$30, and \$60 from Picton/Blenheim to Nelson for consultations and other medical requirements.

Rising costs are a problem, and MCVT relies heavily on funding from external sources and are often the recipients of donations.

Should you need further details please contact the MCVT coordinator Kevin on 03 574 1311.

More Fire Safety Advice

From Darren Crawford, Fire and Emergency Service.

House fires get real, fast. We don't move any faster as we age but unfortunately house fires grow at the same speed – FAST.

Modern furnishings and textiles mean that house fires are burning faster and hotter than ever. Today a house and its contents will be destroyed within 2-3 minutes, whereas in the 1950s it took 10-15 minutes to reach this stage. When a house is ablaze temperatures quickly reach 1100 degrees.

Early detection and warning of a fire alongside a pre-planned escape route offers you the best chance of surviving a house fire.

FIRE FACTS

Half of the people who died in fires were careless with cigarettes, matches or lighters.

Over half of all fire-related deaths occur in homes while people are sleeping.

Alcohol is a contributing factor in many fatal house fires.

In 80% of house fires Fire and Emergency attend, smoke alarms are either not installed or not working.

To prevent a fire in your house; don't leave cooking unattended. Keep your kitchen and oven clean. Ensure clothing, tea towels and curtains can't make contact with the heat. Turn off

your electric blanket before you get into bed. Keep yourself and clothing, textiles at least one meter from a heater. Ensure you have your chimney cleaned and dispose of ash in a metal bucket. Avoid overloading electrical outlets. Clean the lint from your clothes dryer every time

Escape planning is an important tool to help us to escape a house fire. Consider a first and second escape route. Fire spread is slowed significantly when internal doors are closed. Closing doors before bed allows you more time and can reduce the extent of damage and harm.

Escapemyhouse.co.nz is an excellent resource for planning your escape. It takes only a few minutes and automatically sends you a hard copy of your plan that can be placed in a visible place, such as on the fridge door.

At the first sight of a fire:

Do not attempt to put it out yourself – get out fast

If others are in the house shout - FIRE - FIRE - FIRE

If a fire is well underway – get on your hands and knees and crawl out of the house

Always keep your keys in the door deadlocks

Go to a neighbour – get them to call 111



Always keep your keys in the door.

Never re-enter the house – ever!

If you are unable to escape – close the door to the room you are in and put towels under it to prevent smoke entering. Go to the window and yell – FIRE - FIRE - FIRE

We are here to help, for a free Home Fire Safety Visit contact us by either calling 0800 NZFIRE (0800693473) or contact your local fire station to make an appointment.

www.fireandemergency.nz has more detailed information to keep you safe from fire.

Eldercare events

At St Christopher's Church hall, 92 Weld Street, Redwoodtown, Blenheim.

- Steady as you go (SAYGO). Gentle exercise and balance class for seniors. Every Tuesday 10.30am to 12.30pm at St Christopher's Church Hall.
- Keep U Moving gentle walking exercise for seniors. Every Thursday (except 4th Thursday of the month) 10.30am to 12.30pm.
- Stay for cuppa and chat afterwards. Cost \$2. At St Christopher's Church Hall, 92 Weld St, Redwoodtown, Blenheim.
- On the fourth Thursday the Older Persons Seminar is held from 10am to 1pm. Interesting speakers, jokes, games, chat, morning tea and light lunch provided. Cost \$5.

All volunteers are masked and those attending are encouraged to do so. Social distancing of one metre is practised.


Contact Diana Brooks Eldercare coordinator on 021 2694 198 or email diana@stchristophers.co.nz for more information or phone Parish Office on 03 578 0139.

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