



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

The new library, open since July, is a must see. Visiting gives a chance to sign up, if you are not already. You can browse, use the IT facilities and have something to eat and drink - all in the same building.

Members have asked why the adult fiction, apart from large print, is upstairs, which some find difficult to access. I put this question to our mayor recently. This is the rationale.

The downstairs area where people research, use computers and the meeting room is more interactive. People come in and out more frequently with much more hustle and bustle.

Upstairs is more suitable for people who want to quietly browse and read. The downstairs space is too small for adult fiction, the biggest section of books and DVDs in the library.

This area is also very interactive for children. Parents can watch them and peruse books at the same time, unlike the old library. I myself spent an interesting hour with my great-grandson up there. Watching adults and children alike was fascinating; everyone looked happy.

The Council is aware of the issue of not being able to take mobility scooters in the lift. Library staff are there to help anyone who is struggling by offering the use of walking frames; you only have to ask.



Grey Power Membership

Join! Renew! Encourage others to join! Why not give a membership as a birthday present, especially to a 50 year old!

There is a serious point to such a little elbow dig. The birthday 'boy or girl' will thank you as they realise the benefits of Grey Power membership. They can receive many good local deals in the discount book or join Grey Power

Electricity with its competitive rates. They can appreciate our advocacy to local and central government on behalf of members.

Grey Power membership begins at 50 years old and costs \$29 single, \$43 double.

Join on-line at <https://www.greypowermarlborough.co.nz/joiningpm> or visit

the office, Room 19, in the Marlborough Community Centre in Alfred Street. It is also accessible from the carpark opposite the new library.

Office hours are 9-1pm weekdays or phone (03) 578 495. For enquiries regarding Grey Power Electricity, call 0800 473 976.

Office snippets

• We are still chasing up some unpaid subs. Please let us know if you are not renewing this year. Grey Power Electricity customers need to renew membership to keep our power discounted rate.

Check your email Spam and Junk folders, as sometimes the invoices and newsletters end up there.

If you believe that you have paid, but still have a blue sticker on your card, please check your bank statements. Some payments made to a no longer

used bank account number return to the member's bank account a day or two later. We remain unaware that you have tried to pay, and the membership remains outstanding. If you have a green membership card and Discount Book, your membership has been renewed. Thank you very much for your continued support.

• Let us know of any changes of address, phone numbers and emails. Following up unpaid subscriptions, we learnt that many members have discon-

nected their landline home telephones and now rely on mobile phones. If you joined us years ago and pay online, we may not have caught up with changes in your contacts. Please let the office know by emailing office@greypowermarlborough.co.nz or telephoning 578 4950.

• Discount Book. If you have a business and would like to advertise next year, please get in touch with the office as we begin work on this shortly. office@greypowermarlborough.co.nz Current advertisers will be contacted.

Election Meetings

Grey Power is hosting three general election meetings this election year. All welcome.

These "meet the candidates" meetings

have been arranged as follows:

In Blenheim, two meetings, Tuesday 12th September, 10.00am at St Mary's Hall and 7.00pm at Wesley Centre.

In Picton, on Thursday 14th September, 3.00pm at Picton RSA, Wellington Street.

Why not take a bus?

The passenger transport bus in Blenheim and Picton is free for those who hold a seniors' Gold Card.

Travelling times are 10am - 3pm. This gives a good part of the day

to shop, have lunch or a coffee with friends.

It saves the hassle of driving, carparks and parking meters.

Going on a bus gives you time to look

around and see what is happening.

The Blenheim library stop off point will start soon, so keep an eye out for when it is in place.

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Let's talk!

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We are delighted to be bringing you the

GREY POWER MARLBOROUGH

monthly newsletter.

Wednesday Sun
Blenheim Marlborough

Marlborough's largest circulating newspaper



GREY POWER MARLBOROUGH

Advocating for people 50 +

REAP afternoon tea sessions

Seniors (55 years +) are invited to REAP Marlborough for afternoon tea and the opportunity to make friends with your cell phone.

REAP's Kate and Shona will make you feel welcome there and individually answer basic cell phone questions. Practice using your cell phones,

text messages, apps etc, in an informal, supportive environment. Bring family or a friend for support and come to as many sessions as you like.

These free afternoon tea sessions take place fortnightly on Tuesdays during October and November (October 3rd and 17th, November 1st and 14th,

2 - 3pm). The venue is REAP Marlborough, 65 Seymour St, Blenheim.

To RSVP (REAP prefers you do) or for more information contact Kate Horrey, REAP's Coordinator Digital Support, phone 578 7848, but it's also OK to just drop in then, with cell phone fully charged.

Kiwi Can Corner

Grey Power supports your chatting with your grandchildren, your mokopuna, your next-door neighbours!

By listening to their ideas and sharing your wisdom, you can help reinforce and extend their learning beyond the school gate.

Positive Relationships are the name of the game!

This school term, Kiwi Can children have been learning about positive relationships, explained as: "working and playing in safe and thoughtful ways with others".

The children's learning covers three main modules:

Fairness and Fair Play - playing by the rules, and how we share our ideas with each other.

Conflict Resolution - how we solve problems between people and learning a range of strategies to support that.

Leadership - supporting others and helping everyone to work together effectively.

Time to Talk...

How about talking with the children in your life about positive relationships?

Here are ten conversation starters to get the ball rolling:

- What are some things we do in our



Positive Relationships
Whakawhānauatanga
Means working and playing in safe and thoughtful ways with others.



family or culture to have or support positive relationships?

- When might fairness mean that everyone gets or does the same amount? When might being fair mean that everyone gets or does a different amount?

- Why do we have rules (e.g. in games, at school, on the road etc)?

- What would being a 'bad sport' look like? What are some ways you can be a 'good sport' and show fairness to another team?

- What are some strategies you can use when you need to calm down when you are starting to feel cross or during conflict? How many different ways can you think of to help manage or solve a conflict?

- What are some things people do

that make a conflict bigger (instead of helping resolve it)?

- Do we always have to agree with others? Who have you seen recently disagree with someone but do it really effectively? What happened?

- What does it mean to be a good role model? How does a good role model behave in class? In the playground? When walking to and from school? In our neighbourhood?

- What makes a good leader? 'If your actions inspire others to dream more, learn more, do more and become more - then you are a true leader.' Do you think that's true? Why?

- Can you name three places you could use your knowledge about positive relationships? How could you use this understanding?

Staying Safe

Age Concern and Waka Kotahi offer a refresher course for older drivers. This classroom-based course will help you to revisit transport rules and safe driving practices, gain more knowledge about other transport options and help stay independent for longer.

This course is free, with a free lunch and no test! Bookings are essential! Phone 03 579 3457.

Picton Friday 13th October starting at 9.45am for the course to run from 10-2pm at Marina Cove in Waikawa Road.

Blenheim Wednesday 22nd November starting at 9.45 for the course to run from 10-2pm at Connect Blenheim, 8 Beaver Road.

Events this month

Falls Prevention session at Stadium 2000, Thursday 21 September, 10am - 12pm. Book in with Emma Sorenson-Brown, phone 021 790 415, emma.sorenson-brown@nph.org.nz

Alzheimers Art Trail 2023 takes place Saturday 23 and Sunday 24 September. Tickets, \$25 per person, are available from Blenheim and Picton I-Site Centres, Millennium Art Gallery and Marlborough Alzheimers Centre. Contact 021 126 2508 marlboroughadmin@alzheimers.org.nz

Plus living

This magazine with interest for seniors in Nelson/Marlborough is available from New World, doctor's surgeries, hospital waiting rooms etc. 20 copies of each issue will be available in our office in the future.



AGE CONCERN MARLBOROUGH
He Manaakitanga Kaumātua Aotearoa

Age Concern Marlborough Inc.

Annual General Meeting 2023

Will be held on
Thursday 21st September 2023
at the Marlborough Community Centre
Seminar room
25 Alfred Street
Commencing at 2pm

All members, supporters and other interested persons are cordially invited to attend.

Join us at our
Open Day Tuesday, 26 September 2023

Whether it's the voices of people we cherish, the bustle of a busy cafe, the pulse of nature, or the rhythm of a song - these are the real sounds of life.


Get a FREE hearing check & trial the latest hearing aids. Spaces are limited, contact our clinic to book your spot.

Hearing and the brain seminar at 2pm.
Afternoon tea provided.



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Alzheimers Marlborough

Book - A - Fair

THIS WEEKEND

Saturday 9th and Sunday 10th September
9am - 3.30pm
At Alzheimers Rooms, 8 Wither Road, Blenheim.

\$3 a book - huge selection!
Cash and Eftpos accepted.
Come and support us.