



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

What a nice surprise hearing that as of April 1 seniors will receive a cost of living pay increase. For those seniors who have no other income this will be of great benefit, and the winter heating payment is just around the corner as well. Something to smile about.

March has been a very positive month for Grey Power Marlborough. First of all, we had a site at the Seniors Expo. What an amazing event this was. I had the chance to look at all the sites and the wealth of information on offer was incredible; there was something there for everyone. From a Grey Power perspective, it was a real buzz to talk to people who were proud to be Grey Power Marlborough members and for them to share the benefits of this membership. We also signed up some new members.

We held a second afternoon tea for all members Saturday March 18. This was well attended and all those who came enjoyed the afternoon.

We have also been busy with our outreach programme visiting Seddon, Picton, and Havelock. This programme allows those who live in these rural districts to ask us questions about Grey Power, pay their subs for the year, join as a new member or just come in for a chat.

Our AGM was held on the 20th of March with all current committee members being voted back onto the committee.

Gayle Chambers



Committee Member Robyn Blackburn

I first joined Grey Power a year ago even though I am still working full time. My Dad had used Cresswell Electrical to fix an issue with his lights and received a discount because he was a Grey Power member. When I realised anyone over 50 years of age

could become a member and receive a number of discounts on various things, I thought I would take advantage of that too.

I have since joined the Committee and have picked up the Access and Mobility portfolio. I would like to make

sure we can all safely use our transport mode of choice, and access all shops, businesses, and public areas. Since being a part of the committee I have learned that Grey Power has strength in numbers and plays an important advocacy role in our community.

MCVT Coordinator needed

Are you a people person who helps others?

The Marlborough Community Vehicle Trust needs such a person as a volunteer coordinator to support their team. The Trust transports people who need assistance with travel from Picton to Blenheim hospital

and residents of Blenheim or Picton to Nelson for medical matters. The travel coordinator takes their phone calls and allocates a car and driver. This is a work from home position. Full training and assistance will be provided. There is no requirement for physical fitness, and back up



will be available. Minimal computer ability is required.

If you are interested please contact 03 574 1311 or email soundsvehicle@gmail.com

Canine Friends Pet Therapy

Canine Friends is a nationwide network of dog owners that visit hospitals and rest homes/hospices on a regular basis. Sharing a dog's company is known to be one of the most beneficial and stress reducing activities. They are seeking people with "any size of dog that has a

gentle loving nature" to join the programme. If you have a little time to offer on a regular basis and would like to join the local group, Canine Friends would love to hear from you.

More information can be found on the website. Or you can call the



Blenheim Coordinator Melanie Spence on 027 340 1870.

Changes to rubbish and recycling collection from July 2024

Grey Power Marlborough has taken the opportunity to host a public meeting at the Wesley Centre, Henry Street on Wednesday 12th April at 2pm where Dr Alec McNeil, Council's Solid Waste Manager, will be talking about the following change, the

options, and will answer any questions.

Council has written to property owners on the expanded kerbside collection route asking which wheelie bin size they would like to use when the new service rolls out on 1 July 2024.

The standard wheelie bin size is 140 litres and if property owners are happy with that, they don't need to do anything. If the property owner would prefer a smaller (80 litre) or larger (240 litre) bin set size, they need to let Council know by the end of April.

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Let's Talk!

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Kiwi Can Corner – it's all about Respect!

The 2023 Kiwi Can programme has begun in 15 primary schools around Marlborough - teaching children important values and lifelong skills needed for successful future workplaces and to become contributing members of our communities.

This first school term, Kiwi Can children learnt all about respect, explained as: "treating people, things and places as important".

Their learning has been structured around "Respect for our school", "Respect for our community - Respect for our environment".

Time to Talk...

How about talking with the children in your life about respect? Why not chat with your grandchildren, your mokopuna, your next-door neighbours! By spending time listening to their

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

Here are ten conversation starters to get the ball rolling...

1. When you think of the word respect or manaakitanga, what kinds of thoughts and actions come to mind?
2. What are some of the values and things that are important to you – or us as a family? How do we uphold those when we are at school or in the community?
3. Does a person have to earn respect, or do all people deserve it? Why?
4. Why is respect important?
5. What makes a 'good community'?
6. Can you have a good school or a good community without respect? Why, or why not?
7. Whose responsibility is it to con-



Some of the Kiwi Can children from Whitney Street School help their blind-folded buddies.

tribute to the community? Just some people – or everybody? Grown-ups – or kids too?

8. What is your favourite place outside or in nature? What makes it special? What is the one of the ways you help keep it special?

9. What would happen if no one took the responsibility for looking after our environment? Who do you think should be responsible? Why?

10. How does being respected make you feel? How does being respectful make you (and others) feel?

Visit by Aged Care Commissioner

Carolyn Cooper, the Aged Care Commissioner, is coming to Blenheim on 26 April and at 1pm is speaking at a public meeting at the Wesley Centre. There will be a question and answer format for those interested to hear her.

She will also be attending the Older Person's Forum and visiting Alzheimers Marlborough.

Office Snippets – April 2023

Thank you to all who have paid their renewal subscriptions already. With thousands of members trying to renew their subscriptions, both in person and online, please be kind and patient. We will get to everyone.

Office hours are 9am – 1pm, Monday to Friday. A few members are turning up in the afternoons to pay their subs, unaware of the afternoon closing.

Payments can be made by online banking, or eftpos and cash are available at the office. Sorry, no credit cards or payment by telephone.

Volunteers as Tech Helpers to empower seniors to use laptops, tablets, and smart phones. are needed. For more information or to apply: go online - www.volunteermarlborough.org.nz, phone Julie at VM - 03 577 9388, or email vm@volunteermarlborough.org.nz-

Online shopping for Seniors Seminar: 19th April, 10:30 - 11:30am at Sowman's Lounge, Corner Hutcheson & Parker Streets, Blenheim. Registrations required. RSVP to Kate: 03 578 7848 or email kate@reapmarlborough.co.nz

Making Marlborough feel like home

Building connections between locals and newcomers means everyone feels included, knows they belong and that Marlborough feels like home." A recent survey has been launched to help find out what makes new residents in Marlborough feel welcomed. Marlborough has recently joined

thirty other councils to implement here the new Immigration NZ programme "Welcoming Communities - Te Waharoa ki ngā Hapori". Coordinator Heather Barnes says community involvement in welcoming newcomers is key to the programme's success.

Newcomers, or anyone who has ideas to welcome those who are new, are invited to fill in the short online community survey - "there's even a \$50 supermarket voucher up for grabs each month between now and May 2023." Go to <https://www.surveymonkey.com/r/MWC2023>

University of the Third Age U3A

This group's aims are the education and stimulation of mainly retired members of the community - those in their third 'age' of life where there is opportunity to undertake learning for its own sake. There is no minimum age

and the annual sub is just \$10. Monthly meetings are held on the 2nd Monday from February to December from 2.00pm to 4.00pm, in the Cloudy Bay Funeral Services rooms, Boyce Street, Blenheim. New members are

made most welcome. At the meetings usually there is a mini-talk, a report or a preview, with a break for refreshments, then a main speaker. There are also Interest groups meeting on a specific day and week of each month.

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