



# GREY POWER MARLBOROUGH

*Advocating for people 50 +*

## From the President's Desk

I would like, firstly, to welcome all our new and returning members to Grey Power Marlborough. I hope you have had the time to go through your discount book and get some deals out of it already. I got a discounted consultation from my optician the other day, so one down and many to go.

Not yet got round to renewing your membership? There is still time.

Thanks to all who took part in our recent survey. We have sent the findings to the Federation. The President was very grateful for the information and will be taking it to the relevant ministers.

We had our quarterly meeting with the Mayor this month. She is very interested in our concerns and opinions about our seniors and is very supportive, as always.

With winter now in full swing, please remember to keep yourself safe from influenza and COVID-19. Unfortunately, some of our frailer seniors have a lower immune system and these viruses can turn into bronchitis and/or pneumonia. So, keep warm, wear a mask if you are going to a public event, and do not ignore signs and symptoms of oncoming flu-like symptoms.

See your GP as soon as possible.

Gayle Chambers  
President



## Office Snippets

If your membership of Grey Power Marlborough is overdue, it is not too late to pay. Please pay, or let us know that you wish to discontinue, as soon as possible. This assists us to manage our budget & expenditure, events etc.

Remember, if you are a Grey Power Electricity customer, you are required to keep your membership of Grey Power Marlborough, or

another Grey Power association, current to access the discounted electricity rates.

If you joined Grey Power Marlborough during January or February, and do not have a green Discount Book, please pick one up, or get in touch with the office.

The latest Discount Book is available to view on our website, [greypowermarlborough.co.nz](http://greypowermarlborough.co.nz)

There are a lot of text scams circulating re NZ Post, please see the NZ Post website for details: <https://www.nzpost.co.nz/about-us/who-we-are/scams-and-fraud> Remember that NZ Post do not use non-NZ telephone numbers. Also, is it likely that your mobile phone number will be written on the parcel? Most parcels will only have an address, not a telephone number.

## Paying your Grey Power electricity bill

If you pay Grey Power Electricity online, please make sure to set up online banking with Grey Power Electricity:

Go to your bank's website, register with their internet banking service and select 'Pulse Energy' as a payee/biller. If your

bank does not have Pulse Energy set up as a bill payee, you will need these details to set this up:

Bank account name: Pulse Energy Alliance LP

Bank account number: (BNZ) 02-0108-

0333798-029 If there is only space for a two-digit suffix, use 29

Reference: Use your Grey Power Electricity account number located top right of your power bill

Particulars: your initials and surname.

## Help with Technology in Marlborough

Ever felt overwhelmed by a SMART phone, computer or laptop or such technology? Shona Winter, who runs Better Digital Futures for Seniors at REAP Marlborough understands and is available to provide individual help, without charge for local people.

Shona is used to helping people solve their computer technology problems and master the basics of device use like setting up and using Whatsapp (a social media application), texting and email, attaching photos etc. She

can assist with setting up and using online banking, surfing the internet and resolving basic phone issues.

Her advice to reluctant learners is 'just learn what you need to learn and take little steps; don't try to learn everything at once.' Take advantage of the free sources of help in the community. Shona can offer one or two individual sessions of one hour at a time, plus Marlborough Libraries provides a similar service with their 'Book a Librarian' service. Both options are free of charge but

require bookings.

REAP also offers short computing courses that are friendly, affordable, welcoming and individualised (numbers are kept low for these reasons).

You can also pick up a Digital & Technology Support in Marlborough brochure from REAP, Citizens Advice Bureau, Grey Power or your local library, visit the REAP website - <https://www.reapmarlborough.co.nz/digital-tech-support> or ring REAP on 03 578 7848 for a chat.

## Grandparents can help!

The Graham Dingle Foundation advises that the "Future of Work" youth conference has a family session on Wednesday 14th June from 5.00-7.00pm at the Marlborough Events Centre.

Parents and grandparents are encouraged

to bring down their children/grandchildren to find out about all the amazing career pathways available to them!

Support our young people to make good decisions about what to do after college.

See this video for a good summary

of details. [www.facebook.com/grae-medinglefoundationmarlborough/videos/638467848189860](http://www.facebook.com/grae-medinglefoundationmarlborough/videos/638467848189860)

Grandparents have so much wisdom to share – here's a great way to get involved by coming down with the grandchildren!

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**HOME SECURITY**

Do you need some advice?

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Tony Sampson from Gary Ching Ltd will give a presentation on the latest home security systems available.

If you want to 'beef-up' your security and feel safe in your space, join us on **Saturday June 10th, 2pm at Linkwater Hall**

**ALL WELCOME**

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## Fire Facts

Our thanks to Lewis Jones, local Fire and Emergency New Zealand adviser, for all the following fire safety advice.

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 were either not installed, or not working.



## Stay fire safe this winter

Modern furnishings and textiles mean that house fires are burning faster and hotter than ever. When a house is ablaze temperatures quickly reach 1100 degrees.

Occupants have only 3 minutes to escape a house fire. Homes in the 1950's took 10-15 minutes to reach fatal temperatures, but today it is only 3-5 minutes.

Creating a 3-step plan to save your life

and that of your whanau is quick and simple to do.

1. Have an initial plan for escaping your house

2. Have a second plan in case the first is not possible due to blocked exits or fire preventing your escape

3. Have a dedicated meeting place (often this can be the letterbox or a neighbour's

house)

You can create an escape plan by visiting [www.escapemyhouse.co.nz](http://www.escapemyhouse.co.nz). The plan takes only a few minutes to create and is sent to your email for printing and displaying in a prominent place. It's a great idea to have a practice run blindfolded, as this helps to understand how disorientating black smoke is.

## Smoke alarms

Early warning of a fire is directly related to surviving a fire, so working smoke alarms are key. It's important to consider your hearing. Can you hear the alarm with your hearing aids removed at night? This is an important question.

It's easy to run your own experiment. Remove your hearing aids. Stand behind a

closed door, and get someone to activate a smoke alarm in another room. If you can't hear it, it won't alert you to a fire, so you are likely to qualify for a Hearing Assistive Technology alarm system (HAT). HAT systems have pillow shakers and strobe lights to alert you to fire. Funding is available to supply and install HAT systems. Call the

team via 0800NZFIRE, ph 0800693473, for an assessment.

Working smoke alarms save lives. Modern alarms have a 10 year battery life and are less susceptible to accidental activation. Consider up-dating your alarm if you suspect it may be the older style. If you are not sure, contact us and we will come and advise you.

## Fire safety hint for electric blankets

For those people getting their electric blankets out of the cupboard and onto their beds it is especially important to check for hotspots.

Lewis Jones recommends people put their electric blankets on high for 15 minutes, switch them off and then check for any hotspots.

If you do feel any hotspots or your electric blanket is over five years old, it is time to replace it.

## 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.
- 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

The Fire Service is here to help. For a free Home Fire Safety Visit contact them by either calling 0800 NZFIRE (0800693473) or contact your local fire station to make an appointment.

[www.fireandemergency.nz](http://www.fireandemergency.nz) has more detailed information to keep you safe from fire.

## Winter fire safety steps

During the cooler months New Zealand households are 29% more likely to have a fire. As the temperature drops the risk of fire increases with people using their heaters, electric blankets and fireplaces.

Some simple steps to prevent or survive a fire:

- Keep a minimum distance of one metre from a heater and fireplaces. This includes drying clothes, warming yourself or having a heater too close to curtains or furnishings.
- Keep looking while you are cooking. One in four house fires start in the kitchen, typically from unattended cooking. Keep your kitchen and oven clean.
- Don't be an over-plugger. Overloaded power multi-plugs and power points can overheat and easily cause a fire.
- Be careful where you stash your ash. Disposal of fireplace or brazier ash is a common cause of fire, so store ash out of the wind, away from your house and in a metal container, preferably with a sealed lid.
- To avoid chimney fires, get your chimney cleaned now before each winter season. Your heater will burn more efficiently and use less wood.
- Turn your electric blanket off before bed.
- Clean the lint from your dryer every cycle. Excess lint in the drier can get very hot and result in a fire.
- 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.

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