



NP Positive Ageing, **JUNE 2024** Newsletter - Taupaenui June 2024 Issue 113

Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakalofa lahi atu, Talohani, Bula vinaka, Ni Hao, Namaste, Greetings...

Editorial - Energy Crisis...

**Message...
from
Lance
Girling-
Butcher**



This month's threatened electricity blackouts are yet another reminder of the flaws contained in our Westminster system of democratic government.

Because of the short term elected members have in power, they're thinking of things to dominate, not so much about what they are doing but in finding ways to get back into power at the next election. Nowhere is this vacillation in policy better illustrated than in the tornado of politically motivated changes the coalition has brought since it came in to power a few hectic months ago.

National, Act and New Zealand First seem bent on wiping out every initiative Labour introduced during its term on the treasury benches. This makes long term planning a near impossibility, leaving the country or the local district prone to emergencies like present electricity difficulties.

Couple short term planning with an inability to learn from history, thus reliving the errors of the past, they are constantly creating situations that leave us tearing out our hair.

Sadly, those who suffer most from this chaos are the elderly. Older people tend to be more conscientious and when they want us to save

electricity, we will be at the front of those listening to this message, as we shiver in the winter chill, suffering reduced health and mobility.

Other victims of political swings are the mounting number of civil servants and camp followers left out of work by the coalition's determination to introduce tax cuts in spite of the damage caused by changes to achieve this. It should be noted that this is not something unique to one political drive. The present power situation can be rightly left at the foot of Labour, who, in an off the cuff decision decided to stop all exploration for natural gas, thereby reducing its availability as a fuel for power stations and other potential users.

Politicians in power at the time we're obviously backing hydrogen as a more environmentally friendly

option, but short term in their thinking. We now have the country's largest thermal station at Huntly burning imported coal while mines and miners around New Zealand are idle and environmentalists worry about pollution and contamination of the atmosphere.

Of course politicians are not the only ones who should be budgeting for our electricity needs. They employ highly skilled civil servants to do part of this work, but in the present environment of reducing the civil service these skills are also being reduced.

It's a complex field, and one politicians would be better off leaving to the experts, however, such hands off action is not something that comes naturally to those who are elected to power.

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A Newsletter for those interested in improving the quality of life for all persons in Taranaki

Please note: The views/opinions expressed in this newsletter may not necessarily reflect those of Positive Ageing



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

Continued from Page one

Personally, I believe our national and regional politicians need an extra year in power, taking their term to 4 years and allowing more time for constructive work between elections.

This gives them a year to learn the ropes, a year to look at things like long-term plans, and implement them and a year to worry about re-election. From my own experience on the new Plymouth District Council, I found my first long-term Ten Year Plan the biggest learning curve of my life and a wonderful way to discover the complexities of running a region like the New Plymouth district.

In criticising our politicians for short term thinking we should also remember that our media crisis is also a significant factor in this debacle. Many of our older and more experienced journalists, with better memories than the politicians they comment on, have, in the past, prompted and criticised in such a way that planning gaps are filled. But these people are fast disappearing as the media organisations that used to employ them cut back on operating costs. I'm not sure how we fix the mess, but this is just another reminder of how democracy needs its critics if it is to work at its best.

As an aside, I would like to comment, that I think Stuff's involvement in producing the TV3 news after July will be more successful than some critics suggesting. Production values may deteriorate, but Stuff with its network of journalists sprayed through the countries, many cities and towns should enrich the regional quality of that news even if it's film quality isn't as good. We may get the facts but the packaging might be a bit rough.

This country has been fortunate in that competition between journalists and media organisations has always helped to keep them honest, hard-working and on the ball and having a viable option to TV One's news will only improve this situation.

Together, we can, and do, make a difference.



Police Commissioner Andrew Coster has revealed that a specialised National Gang Unit to tackle gang crime across the country will be established.

Coster said the unit would likely be made up of between 25 and 30 people, as well as District Disruption Units of around seven people per unit to target crime, harm and intimidation caused by gangs.

Police Minister Mark Mitchell said the announced changes were "clamping down on the serious gang problem we have in New Zealand".

He further said "The Government had given police additional powers to crack down on gangs, including banning gang patches in public places and giving police extra powers to stop gang members congregating."

"We have a plan to recruit 500 additional police and we're giving them powers to crack down on gang offending, introducing legislation to ban all gang insignia in public, create greater powers to stop criminal gangs from gathering in groups and communicating, and give greater weight to gang membership at sentencing," he said.

The National Gang Unit will be in place by July 1.

Labour and the Police Association are skeptical that the new legislation and the strength of the new National Gang Unit will have little impact on reducing national crime.

And as for banning gang patches and gatherings of gangs in public, watch this space for an upcoming disaster for the wider community with gangs increasing their numbers and making their presence felt - openly challenging police.

And as for the Police recruiting an additional 500 members in the near future - not any time soon and probably not achievable this decade.

How much better for everyone if the Government focused their resources in combatting gang related crime rather than incensing gang members by confiscating their patches. This will only lead to more criminal behavior.

Opinion: Gordon Hudson



"HERE COMES 'THY NEIGHBOR'... YOU LOVE HIM WHILE I TAKE A NAP."

Don't ruin a good today by thinking about a bad yesterday. Let it go.



Getting boosted is the best way you can support your own health, that of your family/whanau, other friends & your wider community.

0800 237 829



Thank you Gillian Campbell...



Te Whatu Ora - Taranaki's Group Director of Operations, Gillian Campbell, is leaving Taranaki to take up the role as Executive Director of the Queen Elizabeth the Second Jubilee Hospital in Brisbane.

Gillian has been an influential member of the management team for many years having been promoted through the ranks to the top job. Her knowledge of the local needs is unsurpassed and will be sorely missed.

Gillian has led a very strong management team, among them Katy Sheffield. Katy will be the Interim Director of General Operations.

Before leaving Te Whatu Ora, Taranaki, Gillian had set up regular meetings with organisations representing the interests of older people. Hopefully, this arrangement will continue.

Our warm thanks Gillian for your major contribution to the health needs of the people of Taranaki.

The potential of collaboration...

First of all, at the end of this article there is no silver bullet.

As I look around our community here in New Plymouth, like many other communities around the country, I see many worthwhile organisations and groups struggling with their operations for a variety of reasons.

Amongst the reasons, which are many and varied, we have location, site needs, such as the size of the building, access, parking, funding, the lack of volunteers and so the list goes on and on. There is a commonality here that isn't currently addressed.

The lack of volunteers across the board is becoming a real issue as the pool of volunteers slowly dwindle as they age. There doesn't seem to be same number of younger folk coming through the ranks of the various groups to replace those that have done their stint.

These groups on the whole, exist to serve a need in the community and deserve the support of us all. However the bucket of money from funding agencies, local and central Government is only so big. Meanwhile the demands on that bucket are ever increasing and the challenge for the decision makers is, who gets the priority?

Many of today's groups didn't exist in the years gone by. So my question is what has changed so much within society that so many groups exist today? Do we have duplication across the board? Where in fact there would be better strength in numbers for lobbying purposes.

This is why Positive Ageing, Age Concern, Grey Power and the Taranaki Disabled Information Centre have formed a collaboration. This is an informal agreement that may well prove to be better at representing older people of New Plymouth. I think that there is a lot of truth in the sayings about the strength in numbers, and the "United we stand, divided we fall" adages.

Wally Garrett -Chair, N.P. Positive Ageing

NP Positive Ageing is proud to be supported by:

COGS: Community Organisations Grants Scheme,
Ministry of Social Development,
New Plymouth District Council,
TOI Community Trust and
NZ Lotteries Grants Board.

We are most grateful for their ongoing support.

Elder Abuse Awareness Week 15 - 22 June 2024



Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

Elder abuse can fit into different types of abuse, and often several types occur together. These include:

Psychological abuse:

Causing mental anguish, stress or fear. This could include:

- Ridicule or humiliation
- Threats, coercion and bullying
- Control, social isolation, and prevention of choice
- Hostility and lack of affection.

Financial abuse:

Illegal or improper use of money, property, or other assets.

This could include:

- Unauthorised taking of money or possessions
- Misuse of power of attorney
- Failure to repay loans
- Use of home and assets without contributing to costs
- Scams that rely on establishing a relationship with the older person with the intention of exploiting their savings and/or assets, for example, romance scams.

Physical abuse:

Infliction of pain, injury, or use of force. This could include:

- Hitting, pushing, or rough handling
- Over medication
- Inappropriate use of restraints or confinement

Neglect:

Not providing for physical, emotional, or social needs. This could include:

- Inadequate food, clothing or shelter
- Lack of social contact or support
- Not attending to health needs

Sexual Abuse:

Non-consensual sexual acts or exploitive behavior. This could include:

- Inappropriate touching
- Sexual acts which are not wanted.

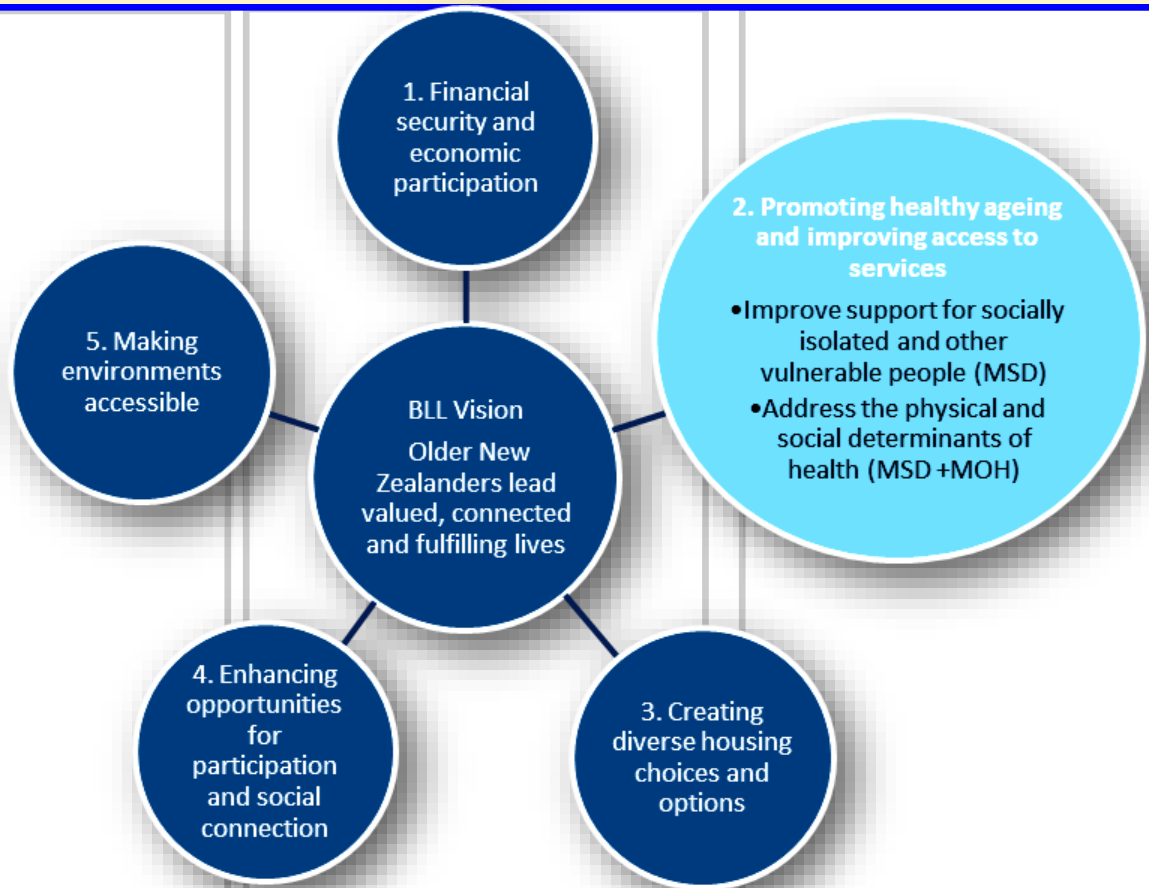
Institutional abuse:

A policy or accepted practice within an organisation that disregards a person's rights or causes harm and distress,

This could include:

- Rigid routines that disregard a person's preferences
- Lack of respect for a person's culture or customs
- Inappropriate rationing of continence products

If you or someone you know has concerns about elder abuse in Taranaki—contact Age Concern Taranaki, 06 759 9196 or 0800 652 105.



This strategy is to ensure that all New Zealanders lead valued, well connected fulfilling lives as they age. The Ministry of Health (MOH) and Ministry of Social Development (MSD) are key players responsible for much of the implementation.

Clearly, older adults are not a homogenous group that experiences better outcomes than the rest of the population.

Based on their study 54% of older people are healthy, have liveable housing, are financially secure and have good social connections and 46% experience vulnerability, many with multiple disadvantages such as deteriorating mental health, paired with compounding housing and financial vulnerability. Maori and Pacific Islanders fared worse than European New Zealanders.

As their data was based on the 2018 Census, numbers of the vulnerable are likely to be underestimated. Factors such as the Covid-19 pandemic, Cyclone Gabriel, Auckland floods and the rapidly rising cost of living is likely to have increased the number of people experiencing vulnerability.

One of the key interests of New Plymouth Positive Ageing is the growing concern for suitable options for housing (No 3 in the grand plan - above).

Decreasing home ownership rates, particularly among the pre-retirement age grouping and the increasing rental prices, Council rates, indeed all household expenses is leading to increased homelessness and increased numbers living in unsuitable housing.

Many local Councils, including our own, took advantage of central government incentives to build pensioner housing, only to have that support removed in the Black Budget in the 1990s, leaving many local council's, including our own I suspect, feeling as if they have been left 'lumbered' with pensioner housing stock.

Our Council has plans to ensure the remaining 145 units are brought up to current housing regulations but does not have any significant plans to increase their range of stock.

This chronic current bed shortage for vulnerable older adults is further exacerbated by the dire shortage of rest home beds, (expected to be

12,000 within the next few years) and the dire shortage of social housing for those most in need. This latter matter is often further complicated by the nature of these housing units and the priority for family/whanau to be housed. Older adults do not compete well.

Successive governments have promised major improvements to social housing but so little has been achieved to meet the growing demand for more suitable accommodation.

The Better Later Life strategy is asking the government to create diverse housing choices and options.

One such initiative being promoted locally by NP Positive Ageing is the idea of older adults 'flattening' in a purpose built facility of 12 -14 people, each with their own bed/sitting room, ensuite and access to an outdoor area. Each facility has a shared dining room and lounge and gardens. A 'manager' of the facility provides lunch and dinner and does the cleaning. All this can be achieved within the current pension. This form of accommodation has so many advantages.

Men's Group Blokes Being Blokes...



On the second Monday of every month, Age concern Taranaki hold an event just for men.

A variety of events have been held and attendances keep increasing. An ideal opportunity to chat with other guys about what interests them and/or you.

There are few enough activities than specifically cater for men so this is a great initiative by the dynamic team at Age Concern Taranaki.

'Give it a Go' if you would appreciate an extra event to look forward to every month. Just call Pauline on 06 759 9196 or see Richard at 33 Liardet Street. They will welcome you with open arms.

Te Whatu Ora Health New Zealand Taranaki

In what is hoped to be a regular meeting with the manager of our local hospital, a group of organisations representing the interests of older adults recently met with Gillian Campbell, boss of Te Whatu Ora-Taranaki.



The big news was of course, her resignation as from June 7.

In the past year or so, the groups present had expressed their concerns about perceived institutionalized ageism from within Te Whatu Ora's Consumer Engagement Council. This had led to some tensions.

The Consumer Engagement Councils are based throughout New Zealand and one more initiative the coalition government has decided - to do away with this form of community engagement, in favour of fewer such councils representing a number of regions. Whether this format will lead to better community engagement, particularly at a local level, is yet to be seen.

The nationalization of much of the management of health services in New Zealand seems to have led to a number of cost saving initiatives, particularly in IT and procurement of services and products.

Elective surgery continues to be a major concern with Te Whatu Ora Taranaki operating at full capacity, but there are many other issues other than surgical capacity to consider eg recuperation, rehabilitation, facilities and service capability.

Mental Health Services have been improved in Taranaki, particularly with initiatives in primary care and early intervention, however, the demand continues at times, to overwhelm the capacity to deliver.

The massive building programme at Te Whatu Ora Taranaki is proceeding, on time, on track, and on budget. What an achievement that is in today's society. Currently the contractors are 'gibbing' the building leading to the finishing touches.

Concern was expressed at the decreasing number of opportunities for the community to have their input into hospital services with a number of key advisory groups being dismantled and disappearing.

Opinion: Gordon Hudson

Social Investment policy targeting the most vulnerable in New Zealand is soon to be launched...again...

The brainchild of former Prime Minister Bill English, the plan was to be launched a few years ago but met with turbulent waters when promoters within the National Party threatened funded community providers. They had to be prepared to share who, what, when, how and why they were supporting a particular family/whanau with a key agency charged with coordinating support, or their funding would be cut. NP Positive Ageing were particularly incensed by this arrogant bullying approach threatening the very people that were at the coalface providing support. Sure, much more could have been done to ensure better coordinated more targeted overall support, but in a way that ensured that confidentiality of their work with the family/whanau was respected.

Let us be clear. NP Positive Ageing was not against the principles of a coordinated focused support programme to work closely with those most in need of a 'wrap around' programme - providing those involved were able to respect client confidentiality and not be forced to share individual client data to all in sundry in the support network. People receiving such support need to be assured that their information is strictly confidential. That way they can potentially trust the community providers concerned.

Be rest assured. NP Positive Ageing will be very interested in ensuring that people at most risk of needing support, receive that support in a manner that maintains their sense of identity and mana. Opinion: Gordon Hudson.



Strength and Balance classes...

Participants not only benefit physically, but socially as well.



For further information please see www.livestronger.org.nz or contact Hilary Blackstock via email:

hilary.blackstock@sporttaranaki.org.nz
Telephone: 021-480-180

Waimanako: The Hope Centre...



Taranaki's kai and support hub. Naumai, haere mai, welcome to "Te Huinga, the Gathering". It is part of Taranaki Retreat - supporting people going through challenging times. A real community support.

The Hope Centre is based at 33 Devon Street West, from 10.30am - 8.30pm, 5 days per week. There is also an excellent range of food and beverages for a koha.

Waimanako/Hope Centre is a 'Pop In' support hub - here to help people through the tough stuff. A good safe place for all. The retreat also offers a peaceful residential space to recover.

Help the Taranaki Retreat help others.

If you would like to know more, contact the Retreat:
06 215 0993

Open 24 hours per day.

THE
good
CAFE

The Good Café is where you can enjoy a delicious breakfast served by loving volunteers, and do a good deed by donating generously for your breakfast.

Based at St Mary's Church's Vicarage, the atmosphere is welcoming, warm and busy where people from all walks of life enjoy great food while supporting local, national and international humanitarian causes.

A minimum suggested koha is \$2 per item. Although blessed with a wonderful team of volunteers who give generously of their time, they still need to purchase the food and beverages so appreciate people's honesty and generosity.

The Good Café appreciates that some people are unable to donate. This is fine. You are still welcome to enjoy breakfast.

If anyone would like to make a donation towards the running of the café, please contact Jen (06) 758 3111.

Tuesday mornings
7.30 - 10.00 am
(Last orders at 9.45am)

This café is in its 12th year and has raised over \$120,000 for local and overseas causes.

A big thank-you to all those supporting this initiative, whether as a diner or volunteer.

Everyone welcome.

Complaining
is not
conversation.

- JAMES VICTORE

Citizens Advice Bureau
Te Pou Whakawhirinaki o Aotearoa

Community House
32 Leach St (next to YMCA)
New Plymouth

06 758 9542
0800 FOR CAB (0800 367 222)

newplymouth@cab.org.nz
www.cab.org.nz



SHOP
Local

Positive Ageing NP


NEW PLYMOUTH
Positive Ageing Trust

Your 2023/24 committee is:

Co Patrons - Peter Tennent
John Major

Chair - Wally Garrett

Deputy Chair - Richard Andersen,
Secretary - Stephanie Hansen

Treasurer - Jean Graham

Committee - Brian Eriksen, Lance
Girling-Butcher, Gordon Hudson,
Kate Knuckey and Margaret McCall.

Newsletter - Gordon Hudson.

www.positiveageingtrust.org.nz
Email: nppat@owner.gmail.com

Quips and Quotes from the NZ Listener...

"Because we are at the bottom of the world...we don't have any near neighbours, so when a rocket's launching from New Zealand, no one thinks we are about to declare war".

Space Minister Judith Collins.

"Has Trump ever considered paying himself hush money?".

Jordan Klepper.

"You don't stop living just because you have a broken heart or a broken spirit. You've still got jobs to do."

Dolly Parton.

"What we do as individuals in these spaces matters, too...we are the richer for our difference, and poorer for our division".

Jacinda Ardern.

"The smallest deed is better than the greatest intention".

John Burroughs.

2024 Influenza immunisation update

Pharmac has announced the 2024 free flu vaccine eligibility criteria for around one million New Zealanders.

This is now available at local pharmacies, GP practices and other private immunisation providers.

It is all a bit like free health insurance - and peace of mind.

Only a few people care.
The rest are just curious.

curtado.com

Unsure where your next meal is coming from?...

Here are some options...

Daily, (except Sunday) 10am-8.30pm **Waimanako Taranaki Retreat Hub**, 33 Devon St Plaza (suggested koha)

Sunday - Dinner - City Life Church. 24 Egmont St (old RSA) Dinner 5.30pm. 2 course meal.

Monday - On the House. St James Presbyterian Church, 2 Lawry St. Moturoa 5-6pm (redistributing quality surplus food. Bring a bag)

Monday, Wednesday and Friday, NP Community Food Bank, 36-38 Vivian St, (behind Peace Hall) 12.30-2pm. 06 758 2757.

Tuesday - Taranaki Cathedral Church—Community Breakfast—Good Cafe, held in the newly transformed Vicarage. 7.30 - 10am - last orders at 9.45am.

Suggested koha is \$2, per item

Tuesday – St Joseph's Catholic Church Hall on Devon St (down from the clock tower) Weekly dinner 5.30pm for 2 course meal.

Tuesdays, Wednesdays and Thursdays - Salvation Army Foodbank, cnr Powderham and Dawson St. Tuesday and Thursday 10 - 12 noon. For appointment, please ring 06 758 9338, Tuesday to Friday. (Closed Mondays)

Thursday - On the House, redistributing quality surplus food. 5 - 6.00pm at 10 Henui St, Fitzroy. Community Hall next to the Holy Trinity Church.

Saturday— Waimanako, 33 Devon Street Plaza—10-3pm—koha.

If anyone knows of other services, please contact me if you would like your service included.

Gordon Hudson: 021-133-7244

Always
BE A WORK IN
Progress

Activities in June...



AQUA WALKING:

Tuesday: 4, 11, 18, and 25: 10-11 - It's amazing! Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$3. Please register with Pauline prior to entering the class.

MONTHLY OUTING:

Wednesday 5 June...

Join us at 11.30am for lunch at Butlers Reef in the covered marquee behind the hotel. Set menu on the day. Please confirm your attendance by ringing Pauline or Robyn - 06 759 9196.

WARM UP WEDNESDAY:

12, 16 June, held at 33 Liardet Street, NP. 9.30-11.30am. Check out our really Big Screen TV - a really fun morning. Hot soup and toast.

DROP IN CAFÉ / SOCIAL MORNING: Thursdays, 6, 20 and 27: 9.30-11.30am.

Held at Age Concern premises, 33 Liardet St., Varied programmes.

SOCIAL MORNING: Thur 13: 9.30-11.30am.

Tasty Pink Ribbon for Breakfast (maybe) Raising awareness for breast cancer.

IN TUNE WITH INGLEWOOD:

Thursday 13 and 27: 1.30-3.30pm. Mamaku Centre for fabulous fun. Gold Coin donation. Singalong - socialize with us - food and fun.

WHAT'S ON in WAITARA: Fridays

7, 14 and 21: 1- 3.30pm: Senior Citizen's Hall (Fun with music). 8 Warre Street. Gold coin or koha appreciated.

COASTAL CONNECTIONS: OKATO... Tuesday, 4 June: 1-3

Party time. With guest speaker. Hempton Hall Supper Room. Afternoon tea provided.

TOMORROW'S MEALS...

Convenient frozen healthy meals available for purchase daily. Excellent value.

Contact: Pauline Julian
Age-Connect Service Coordinator
06 759 9196 or 0800 65 2 105
pauline@ageconcernaranaki.org.nz

Office Hours:
9.30-1.30pm Monday to Friday

Remember... Elder Abuse
Week 15-22 June 2024



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

You are warmly invited to attend a free public forum on...

Your Health Matters

Taranaki's GPs, Hospitals and Rest Homes

This forum will be held on
Thursday 20th June 9.30 – 11am
in the NPDC Debating Chamber.

Wonderful presenters:

Chloe Mercer - Regional Manager - Living Well
Covering GPs in Taranaki

Katy Sheffield - Acting Director, General Operations
At Te Whatu Ora—Taranaki
Covering Taranaki Hospitals

Jo-Anne Deane - Regional Manager for Ageing Well
Covering Taranaki Rest Homes

Do come along and hear what those responsible for these health services have to offer.

There will NOT be a free shuttle bus from the TSB Stadium at the Racecourse and returning after the meeting.

There will be coffee and tea available.

This is a free public forum. There is no need to register.

Sponsored by ...



Grey Power
158 Tukapa St.
06 757 5885

Positive Ageing NP, Age Concern Taranaki and Grey Power.

And - of course - the New Plymouth District Council.

Line Dancing ... not to be mocked!



A warm welcome guaranteed to all those interested in joining our cheerful community for fun, camaraderie, and enjoyable exercise! When you initially join us, one of our club members will gladly assist you with club registration if you're not already a member.

You are invited to participate in our weekly Tuesday night sessions up to three times, with each class priced at \$5. If you discover that line dancing resonates with you, it becomes mandatory to become a member of the New Plymouth Club, which comes at a modest fee of just \$15 (membership forms are readily available at the bar). Additionally, you can become a part of our line dancing activity group by paying a yearly fee of \$10.

Absolute Beginners 5.00 pm to 6.00 pm
Beginner/ Low Improver 6.05 pm to 7.05 pm
Improver / intermediate 7.10 pm to 8.10 pm
New Members are most Welcome.

Subscription: \$5 per class, \$10 per year.
Contact:

President – Maria Dravitzki 027 722 7237
All activity group members need to be a New Plymouth Club members.

Charity AUCTION

22 JUNE 2024 6PM-9PM
NEW PLYMOUTH RACECOURSE

FUNDRAISE FOR FOODBANK

Tickets available soon!
All enquiries to: accounts@newplymouthfoodbank.org.nz

ENTRY
FEE
\$50

ALL PROCEEDS GO TO SUPPORTING
THE MAHI OF WAITARA PATAKA KAI AND
NEW PLYMOUTH COMMUNITY FOODBANK

A welcome drink will be provided along with
delicious finger food sponsored by Kdj Catering



AUCTION SPONSORED BY

Professionals



ACTIVE IN AGE

Promoting health-improving activities for the 50 plus... every Tuesday 10am–12 noon at the TSB Stadium. \$5.00 entrance fee.

Programme includes:

½ hr keep fit exercises, morning tea, then a choice of: marching/walking, stretch & flex, indoor bowls, tai chi, line dancing.

Contact: Joy Marshall for enquiries on 021 0265 0696



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'