

No risk...
no story.



NP Positive Ageing, Newsletter - Taupaenui October 2024 Issue 117

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

Editorial - Your mental health and wellbeing matters...

Message...
from
Lance
Girling-
Butcher



The one thing that puts mankind above the rest of the animal kingdom is the superior quality of the brain we shelter in our fragile skulls. This delicate, nerve-packed, much folded grey protein mass is capable of amazing performances. It is still the subject of continuing speculation about its full capabilities.

When performing well it is capable of incredible artistic, scientific, practical achievement, but when it runs amuck the damage can be catastrophic.

The devastating achievements of people like Adolf Hitler and Joe Stalin are examples of what can happen when mental processes go astray, but the achievements of others in creating a better world fortunately more than balance out their negativity.

On a more personal level the harm and negativity created by depression can cause living hell for those growing number of people who suffer mental illness.

To assist people to better understand those with this devastating illness New Plymouth Positive Ageing, Age Concern Taranaki and Grey Power are holding a free public forum in the New Plymouth District Council on October 17.

Speakers will be:
Dr Tyrone, Taufaga-Godinet,
Dr Lisa Baker, Clinical Psychologist and
Beth West, Occupational Therapist.

They will have plenty to talk about.

Latest available information from the 2021 General Social Survey show that New Zealanders' overall mental wellbeing has declined since 2018, Stats NZ reports.

Most New Zealanders remained satisfied with their lives as a whole in 2021, with a mean overall life satisfaction rating of 7.7 out of 10, the same as in 2018. However, the proportions of people who said they felt cheerful and in good spirits, calm and relaxed, active and vigorous, woke up feeling fresh and rested, and had a life full of interesting things all or most of the time, have all declined significantly since 2018.

The data showed a significant increase in the proportion of people with poor mental wellbeing, up from 22 percent in 2018 to 28 percent in 2021.

Considering the worst results of these statistics and recent changes in the way we care for the mentally ill, these figures are most disturbing. Poor mental health can lead to suicide, serious crimes and appalling depression. Since the awful days when we locked up a lot of these people in mental institutions through to the more enlightened treatments with most living in the community has helped, but also added complications and a new worry is that police will no longer be involved in incidents involving the mentally ill.

"While, the intervention is not always welcome, at least it's usually prompt but with a depleted health staff who knows how long it will take

Continued on Page two

In this OCTOBER Issue...

Editorial: Your mental health and well-being matters	1
Young new leader chosen to lead Maori	2
Parklands Medical Centre to close—more may follow	2
The madness of the NZ Police versus NZ Gangs continues	3
Police withdraw services to support mental health services	3
Mental Health Awareness Week—more awareness needed	3
Age Concern Taranaki - Activities for October	5
Opportunities available for people in need of nourishment	5
Being involved, connected and contributing	6
Advance Notice—Free Public Forum - Your mental health matters... Forum on Anxiety, Depression and Stress in Older Adults 17 October 9.30-11am at the NPDC	6

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'

"Positive Ageing—Taupaenui" is edited by Gordon Hudson. Ph 06-753-9815 or email gordonandjanr@xtra.co.nz

Continued from Page one

properly trained people to arrive at disturbances,”. work and wellbeing statistics senior manager Becky Collett said.

“While, the intervention is not always welcome, at least it's usually prompt but with a depleted health staff who knows how long it will take properly trained people to arrive at disturbances,”. work and wellbeing statistics senior manager Becky Collett said.

Coffee and tea will be served beforehand and the event will start at 9:30 am and is designed to end before 11 am so those who decide to park around the building don't extend beyond the free parking time for seniors.

Thank you—Lance Girling-Butcher

**If I am ever on
life support,
unplug me...
Then plug me back in..
See if that works..**

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

**You Know That
Little Voice
In Your Head
That Keeps You From
Saying Things
You Shouldn't?
I Should Probably
Get One Of Those...**

How appropriate was Lance Girling-Butcher's last column about appropriate times for some leaders to retire from positions of power.

Lance was mainly relating to the fiasco that dominates American politics when both Joe Biden and Donald Trump were contesting the next election. Sense prevailed in Joe Biden's case when he eventually saw the light and announced his intention of not seeking another term and, cautiously endorsing the younger, vibrant Kamala Harris to lead the Democratic Party into another term. Hopefully, the younger leader will prevail.

In New Zealand we had the sadness of the recent passing of the Maori King - Kiingi Tuheitia Potatau Te Wherowhero V11. His successor, evidently chosen from a wide field of possible contenders was no other than the late Kiingi's daughter, 27 year old Nga Wai Hono i te Po (pictured) as the new Queen.



Kuine Nga Wai Hono i te Po has been chosen to represent Maori at a pivotal time for relations between the government and indigenous people of Aotearoa/New Zealand.

The choice of such a young educated woman, steeped in Tikanga Maori has been applauded by both Maori and Non Maori alike.

It is a wonderful example of how younger people are stepping up to accepting key leadership roles. Let's hope that we see a similar change in America.

Opinion: Gordon Hudson

Parklands Medical Centre in Bell Block closing and may not be the last to do so.

Justin Butcher (pictured) made this announcement and prediction in mid September. He should know as he is the Pinnacle Health Midlands Network chief executive. Butcher claims that it is not only a major funding issue but also a major recruitment issue. Parklands Medical Centre ended up not having a GP for its 2,600 patients.



Other practices in Taranaki are also experiencing recruitment and retention difficulties. This is an issue that successive governments have been unable to address and will, as a result, continue to become a major health issue for the people of Taranaki - as it is elsewhere in the country.

While Pinnacle Health and local GP practices have worked hard to accommodate the former patients of Parklands Medical Centre, these 'bail outs' will become more difficult to achieve as population numbers grow (and age). Sadly, there appears to be only one option on the table and that is to cut health spending and see what happens.

Many of us will have already experienced significant increases in GP fees at our GP practice. How families with kids will manage I do not know. How Emergency Departments at our hospitals will manage is clearer. They will not.

Opinion: Gordon Hudson.



The madness of the NZ Police versus NZ Gangs issues continue...

Getting tough on gangs is a political ploy to garner votes from their more right ring constituents. It sounds good. It even sounds reasonable to many.

Getting tough on gang related crime - now that is a different story. Everyone, other than criminals, is keen to see the police succeed on reducing crime and keeping us safe. And the Police are succeeding as witnessed by recent gang related illicit drug hauls. That is success.

But, I ask again, Who is driving the absurd notion that Police need to ban gang gatherings and gang patches from our streets? Not only that, but the Police are now going to be able to search gang members private homes and confiscate and apprehend gang members with any gang related regalia.

It will only take one large gathering of gang members, with their patches, and one delusional Police Officer to order police into the firing line to break up the gang gathering, to attempt to confiscate their patches and begin the process of prosecution.

Such an action could be the spark that sets off a national gang versus police war. A war that the Police has little chance of winning.

Gangs are very well versed in their activities. They are mobile and dedicated to protecting, indeed, enhancing their patch.

Even if the Police were able to mobilise the NZ Defence Force, there still would not be sufficient numbers to combat any united gang opposition.

The Police claim they are recruiting 500 new police, largely to tackle the gang 'problem'. They may, but I very much doubt it, be able to recruit 500 Police in the next two years but will lose twice that many from their existing ranks. Already, since the Coalition took office, the Police have had a negative loss of over 100 police. Gangs, on the other hand, will have no trouble recruiting new members. Having a stoush with the Police will appeal to many current members and to potential new recruits.

No wonder retiring Police Commissioner Andrew Coster was keen to

take up the lesser role of Secretary for the Government's new Social Investment initiative. The substantial drop in salary will be well worth it to escape the toxic political environment with the likes of Minister of Police Mark Mitchell and Justice Minister Paul Goldsmith and all three Coalition Government leaders.



Whether the coalition government will be able to enforce the new legislation to ban public meetings of gangs and/or the wearing of gang patches in public is a mute point. Attorney General Judith Collins advised Ministers that the proposed Gang Bill would be a breach of human rights. This advice should be listened to. Not that it was as Justice Minister Paul Goldsmith added the new ability for police to enter homes of people who had previously been found wearing gang insignia.

The Bill applies to 41 named gangs in New Zealand. Maori make up the vast number of gang members. Maori already have ample grievances to vent their anger at this government. Opinion: Gordon Hudson.

Police withdrawing services for supporting Mental Health Services to manage community based mental health related call outs.

To be fair, Police have always objected to the increasing use of their scarce resources to support the mental health crisis teams to urgent call outs for their services. The Police receive minimal training in dealing with emergencies involving somebody in an emergency situation. The role of police supported interventions has increased to the degree that much of the wider community know that the first point of contact in a mental illness related crisis is directly to the Police and to let them liaise with Mental Health Services.

Virtually no notice has been given to the struggling mental health services to now effectively manage these crisis situations without either the help of the police or sufficiently trained people within existing mental health services. But who cares? Not the Minister of Police, that is for sure.

The real losers will be the unfortunate people finding themselves in a mental health crisis. They and their whanau. Their whanau and the wider community.

Still, this will have the immense benefit of freeing up police to tackle those pesky gang patches. That will look good. People will see the police harassing gang members and feel ever so much safer for doing so.

What a waste of resources. What a waste of space. Opinion: Gordon Hudson.

Mental Health Awareness Week 2024 - 23 - 29 September...

What a start to the recognition and celebrations of Mental Health Awareness Week with the sudden discontinuation of police support in managing critical mental health events in the community. The sudden withdrawal of past police cooperation and support will discontinue in November.

There seems to be no end, no limits, to what this coalition government will do to disadvantage the already disadvantaged. The acutely mental unwell, already facing difficulties in getting the help they may urgently need will now have to depend on an already stretched assessment teams at our hospitals.

Mental health services throughout New Zealand need the governments increased support to function effectively. Instead, all they get is further barriers. 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
CAFÉ

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.

Tuesday mornings

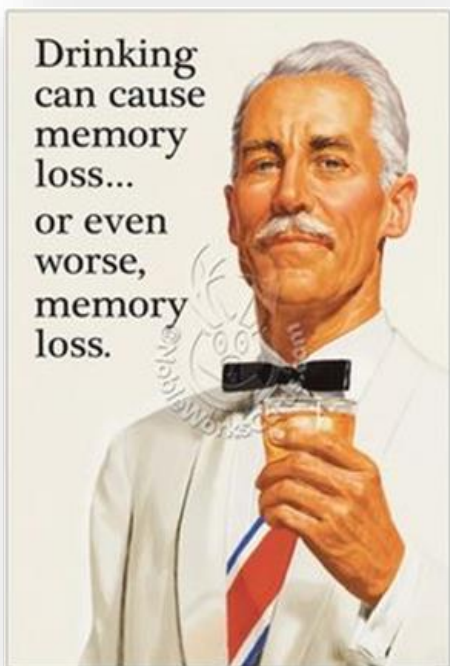
7.30 - 10.00 am

(Last orders at 9.45am)

Everyone welcome.

They will be excited to see you!

Drinking
can cause
memory
loss...
or even
worse,
memory
loss.



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



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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, Margaret McCall and
Callum Williamson

Newsletter - Gordon Hudson.

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

Wednesdays (every off week of super - On the House for over 65s. Methodist Church hall 2-3pm

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



Activities in October...



33 Liardet St will be closed for a month, as from 28 September.

AQUA WALKING: Tuesday: 1, 8, 15 and 22: 10-11 - It's amazing! Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$4. Please register with Pauline (06 759 9196) prior to entering the class.

WARM UP WEDNESDAY: 9, 23, held at 33 Liardet Street, NP. 9.30-11.30am. A really fun morning. Winter wellness, music and ore. Hot soup and toast. Gold coin donation.

DROP IN CAFÉ / SOCIAL MORNING: Thursdays, 3, 10, 17, 24 and 31: 9.30-11.30am. Held at Age Concern premises, 33 Liardet St. Socialise, connect and make friends. Varied programmes with the 19th promoting Prostate Awareness.

INTERNATIONAL DAY OF OLDER PERSON 2024
 “To the amazing older people in our lives, your presence enriches us in countless ways. Today we celebrate and honour you”
 He Manaakitanga Kaumatua Aotearoa.

Age Concern Taranaki, North and South Taranaki members and friends will be celebrating together at Pioneer Village Stratford on Wednesday 2nd October from 11.15 am. Cost \$33 which is payable to our Office prior to the event. It will be a great day to share together. Ph 06 759 9196 Robyn, Pauline or Bex to express your interest and secure your spot.

Contact: Pauline Julian
 Age-Connect Service Coordinator
 06 759 9196 or 0800 652 105
 pauline@ageconcernaranaki.org.nz

Office Hours:
 9.30-1.30pm Monday to Friday.

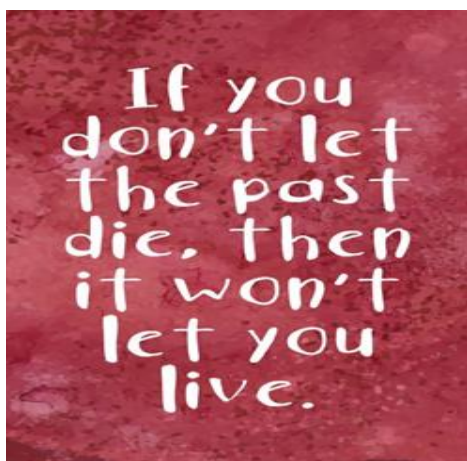
Procrastination is totally a good thing. You always have something to do tomorrow, plus you have nothing to do today.

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.



Together, we can, and do, make a difference

Mental Health Matters...

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

Anxiety, Depression and Stress in Older Adults

Sadly, an increasing issue ...

This forum will be held on Thursday 17th October, 9.30 – 11am at the NPDC Debating Chamber

Presenters are from the Mental Health Services for Older People at Te Whatu Ora—Taranaki (formerly the Taranaki DHB)

***Dr Tyrone Taufaga-Godinet—Psychiatrist
Dr Lisa Baker—Clinical Psychologist
Beth West—Occupational Therapist***

Do come along and hear what those responsible for assisting those needing mental health services in Taranaki.

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

NP Positive Ageing, Age Concern Taranaki and Grey Power.

And, of course, the New Plymouth District Council.

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Being involved, connected and contributing...

Spring has sprung, the grass is riz, as the saying goes. With that of course comes the typical unsettled weather and boy, it's living up to its reputation.

However on a far more positive note, most of us will be enjoying the change to daylight saving and the benefits that brings.

I recently had the opportunity to attend the AGM of Age Concern Taranaki, and it was pleasing to see the numbers attending for an AGM. Most people avoid them like a plague, just in case they may end up with a job - heaven forbid. However the team at Age Concern had all that covered and the audience could rest easy.

Their membership has increased by approximately 50% which is wonderful, as I believe that more than ever, that our sector (Aged) need to increase our visibility to the wider community. Bigger memberships are one sure-fire way of spreading the gospel.

Positive Ageing, Age Concern, Grey Power and the Taranaki Disabled Information Centre Trust are working on an event next year. This event will hopefully get us all some major exposure, as a section of the community that can still contribute to the community, and problem solve some of the issues.

Like so many things in life, it is not until the times when we have to deal with circumstances that directly affect us, do we then seek the assistance that is often readily available when we need it.

Many folk even in the age group that we cater for, have no knowledge of our existence and we need to try and change that.

There are plenty of issues out there that should be concerning us. Health, Rest Home accessibility, the lack of suitable Housing and all that entails. The fact that the "On the House" organisation has a special service for the over 65's symbolises some of the widespread needs out there.

**Wally Garrett – Chair, NP Positive Ageing
New Plymouth Positive Ageing Trust**

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

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.



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