

AUTUMN 2019 QUARTERLY NEWSLETTER
www.ageconcernnt.org.nz



Age Concern Nelson Tasman

Serving the needs of older people

ACTIVE SENIORS NELSON TASMAN



Fishing Van Trip
(photo courtesy of Martin De Ruyter)

Our Summer Activity Programme for Seniors starts soon. Details inside.

For advertising phone Dave 027 652 5220 or email dave@pukekoprint.co.nz

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We are grateful to all our funders:



Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Nelson. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

Words from the Chair



now I think I understand.

Dear Age Concern friends and readers, Another year! I remember when I was in my 20's (aeons ago), talking to a friend who was getting depressed by the swift movement of time. She wasn't even 50 then! I thought she was exaggerating but

When we are fully employed either with a career or in managing a home and family, then time does seem to pass quickly. But the earth rotates at much the same speed it always has and time is constant. It is we people who change.

That is a challenge to us all to set priorities and not to let time slip through our fingers like sand. Only YOU can determine what your priorities are. They could include, contacting an old friend; saying sorry to someone and mending a relationship; going out for a meal; reading a book; taking more exercise, and more besides.

I retired a little while back but I am now busy doing a mixture of paid and voluntary work. I love it that my abilities and experience are being utilised and I hope to carry on like that while I have health and strength. We had the first Age Concern Nelson Tasman Board meeting for 2019 recently. We are privileged to have a great mix of people who work hard to provide support and guidance for Caroline and her wonderful team. Our Board consists of working professionals and retired people all of whom combine to provide pertinent leadership and accountability.

Your Board doesn't stand still! We learn from the past, care for the present and prioritise our work for the future. Listen out for further exciting developments of this exciting branch of Age Concern.

Let us go forward as partners in this work.

Have a strong and healthy 2019.

Charles Tyrrell QSO
 Chair of the Board of Age Concern Nelson Tasman Inc.

Loneliness and Social Isolation

Loneliness is indiscriminate. There is an abundance of research on this subject in New Zealand currently and young people are just as likely to feel lonely as older generations. It is known that levels of loneliness in this country are escalating and as anyone who has ever experienced it will agree, the feeling can seem insurmountable once it settles in our tummies and our lives.

The importance of being aware of and talking about loneliness and lack of social relationships has been proven to be as bad for health as smoking.

There can be many reasons for being lonely, such as health, mobility impairment, sensory loss, changes to driving ability and bereavement. There are all sorts of things happening as we age which can make getting out of the house increasingly difficult and so social isolation can cause loneliness.

When people are no longer able to drive, that's where Driving Miss Daisy comes in! Driving Miss Daisy is the connection from home to the community. They make it their priority to ensure each and every journey is filled with laughter, kindness and positivity.

Driving Miss Daisy clients can have the same driver every time which is great for building relationships. The drivers also love to catch up with the clients and will do everything possible to make the journey enjoyable. That can be as simple as a trip to the supermarket or regular hairdresser appointments. Sometimes, it can be more adventurous and include trips further afield; outings to the beach for a breath of fresh air or coffee with friends; anywhere the heart desires.

Driving Miss Daisy is committed to helping clients get out and about, so every client can live life to the full and enjoy every moment.

Editorial supplied by Driving Miss Daisy

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Meet the staff

Manager, Caroline Budge



Caroline has been with the agency for nearly 5 years, and is relishing the challenge of managing the team as they continue to grow and provide much needed services for our older community.

Elder Abuse Response Service Advisor, Mal Drummond



Mal continues in this vital role as we continue to deliver our Elder Abuse Response service. Older people can find themselves in a vulnerable situation quite suddenly and we're here to offer support and advice to whoever needs it.

Accredited Visitor Service Coordinator, Registered Social Worker, Susan Arrowsmith



Susan looks after our AVS and Carer Relief services, both of which use valuable volunteers from within the community, and offer companionship and friendship to those seeking some more social connections. We have now expanded services into Golden Bay.

Community Support Coordinator Marrit Walstra-Russell



In her varied role, Marrit really enjoys meeting people in the community through taxi assessments, Tea & Talk, community events or general enquiries.

AgeConnect Coordinator Breffni O'Rourke



Breffni is very busy in her role, working on a variety of projects that help build friendships and encourage community connection.

Fundraising and Communication Officer Miriam Clark



Miriam is busy working in all aspects of fundraising and fine tuning our communications and branding.

Age Concern Hall Update

We are busy working on plans to upgrade the Hall and hope to make a start with some improvements in the next couple of months. The Hall has been thoroughly cleaned and the building washed. Existing groups have continued to use the Hall as they always have and during 2019 we are looking to increase Hall usage and introduce more activities and encourage new groups to use it. We are also looking for 1950s and 1960s memorabilia to help create a retro vibe for the Hall. All donations from this timeframe are welcome. If you have anything please drop it into the Age Concern offices at 62 Oxford Street.

We have also set up an online donation page at Give A Little, where people can make a donation to help us with the cost of improvements. If you would like to make a donation please visit www.givealittle.co.nz/org/age-concern-nelson-tasman.



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Where community shapes the heart of your retirement

Ernest Rutherford Retirement Village



Ernest Rutherford Retirement Village in Stoke is a vibrant community where residents enjoy a carefree retirement in the company of like-minded friends.

The village enjoys stunning views of the Tasman Bay ranges, spacious grounds and beautifully landscaped gardens.

With independent townhouses and apartments, serviced apartments, resthome, hospital and dementia care there is often no need to move away from the village that has become your home if your health needs change.

Discover all that a Ryman village has to offer.



To enquire about availabilities at the village phone Debbie on 03 538 0882
49 Covent Drive, Stoke





**-- FEEDBACK PLEASE --
TELL US WHAT YOU THINK**

In 2016 we conducted a survey of readers, the responses to which were hugely helpful in showing us what the key concerns and priorities were among our members.

We'd like to update the survey and would be very grateful to any reader who can take some time to fill out it and return it to us at: Age Concern Nelson Tasman, 62 Oxford Street, Richmond by 31 March 2019. Thank you very much in advance. All responses will automatically be put into a prize draw.

Name (Optional): _____

Phone: _____ Age: _____

Location: (eg Nelson, Richmond, Motueka, Golden Bay etc) _____

Do you know what Services/Events/Activities Age Concern provides? Y / N

Have you used any of these Services? Y / N

If Yes, which one(s)? _____

If not, why not? _____

Are there any other events or activities which you think Age Concern could provide? Please list

What do you think the main issues facing 65+ years in the Nelson Tasman region are?

Do you read our magazine? Y / N

Any suggestions for improvements to the magazine?

Do you have access to a computer? Y / N

If yes, what is your main online activity

Do you use any of the following? (please circle):

Email Internet Facebook

If you'd like to receive our monthly e-newsletter, please write your email address below and we will add you to the database.

Carer Relief

Did you know we have a Carer Relief Service? This service provides informal at home respite care to eligible clients with a chronic health condition. It allows the primary carer some time out to participate in activities they enjoy without the worry of who's taking care of their loved one. During respite, the client remains in their home while their primary carer takes a break. This supports the well-being of both the client and the carer.

Our Carer Relief service has been gradually expanding and during 2018 we provided carer relief to 19 families, a 58 percent increase from the previous year. Currently we have 14 families receiving respite, usually on a weekly basis. We have 16 carer relief volunteers.

Carers who use the service find it very helpful. One



person wrote "We found Michael to be sincere, empathetic, congenial and totally trustworthy ... We are more grateful than words can say".

If you would like to know more about our Carer Relief Service or know someone who would benefit from it please contact Susan on (03) 5447624 or email coordinator@ageconcernnt.org.nz

Dates for Upcoming Staying Safe Driving Courses and CarFit

Are you an older driver who would like to brush up on your road knowledge or do you know someone who does? Upcoming dates and locations for Staying Safe Driving are:

- **Monday 25 February** in Motueka, venue Te Awhina Marae, Pah Road from 10am to 12pm, All Welcome. Please RSVP to Marrit at Age Concern.
- **Wednesday 8 May** at 10am in Golden Bay, venue The Golden Bay Anglican Church room.

We also run CarFit workshops, an AA programme that offers senior drivers a free check to ensure they're seated in their cars as safely and comfortably as possible. Dates and locations for CarFit are:

- **Friday 22 March 2019**, during the Postive Ageing Expo at the Headingly Centre, appointments from 10am and bookings are necessary.

If you would like to attend any of these workshops please register with us by contacting Marrit on (03) 544 7624 or emailing community@ageconcernnt.org.nz

Tea & Talk Update

Have you been to one of our Tea & Talk sessions yet?

They provide a weekly opportunity for those over 65 years to get together for a cuppa and a chat. Tea & Talk runs in five locations across the Nelson Tasman region from 10am to 11.30am and costs up to \$3. A delicious morning tea is provided. Locations are listed below:

Age Concern Hall | 62 Oxford Street, Richmond
Every Wednesday

Victory Community Centre | 1 Totara Street, Nelson
Every Monday

Elma Turner Library | 27 Halifax Street, Nelson
Every Friday

Gateway Housing Tust | 24A Tudor Street, Motueka
Every Wednesday

Anglican Parish Hall | 42 Commercial Street, Takaka
Second Wednesday of Every Month

For more information please contact Marrit at Age Concern on 544 7624 or community@ageconcernnt.org.nz



Christmas Care Packages Delivered

Thank you so much to everyone who made donations for our Christmas Care packages in 2018. We were humbled by your generosity. Richmond School decorated the boxes and made lovely Christmas cards to include in the packages. Students from the school also helped us create each package. We delivered 57 packages across the region. These made a huge difference to those receiving them. Thanks again!



Maitahi Waka Ama Club

Waka Ama, also known as outrigger canoeing, is one of the fastest growing watersports in the Pacific Rim. It is a great sport for older adults and offers the opportunity to have fun, get fit, enjoy the outdoors, enjoy other people's company and challenge yourself. For many outrigger paddling speaks to us spiritually and culturally, and appeals because of its emphasis on teamwork, respect and co-operation.

The Maitahi Outrigger Canoe Club has been going for a number of years and has a strong contingent of Golden Masters (over 60) paddlers. Recently the Golden Masters, using funding from the Network Tasman Charitable Trust, received specialist training from Hiria Rolleston, a national and internationally recognised Waka Ama coach. Over the course of three days, eleven paddlers, aged 62 to mid 70s, participated in theory, land based drills and water sessions in an OC6 (six seat waka). They developed their skill and knowledge base that they will then pass on to the younger members of the club.

The majority of over 60 paddlers in the Maitahi Club paddle for a team called "Whai Rere", with some others in women's only or mixed teams. Whai Rere promotes Golden Master paddling and are currently seeking new members, and are looking to promote Golden Masters waka paddling competitions in the South Island. They have commissioned master carver Brian Fintoff to create a trophy based on the legend of the Whai (Stingray) and the Croiselles/Whakatu area.

If anyone is interested (male or female) in trying out the sport of waka ama have a look at Maitahi's website, www.maitahi-outrigging.org.nz, or phone/text John Young on 021 110 7547.



Positive Ageing Expo 2019

It is hard to believe it's that time of year again, but this year's Positive Ageing Expo is booked in for March, and we'd like to encourage you to come along and discover recreational, health and social services that can help you live life to the fullest.

The Expo has been running since 2007 and this year, along with over 80 stalls, there will be seminars, demonstrations and a chance to have a go at a range of activities, as well as the opportunity for some quick health checks. Last year over 2000 people attended the Expo, proving it is a popular event.

As one of the organising agencies, Age Concern will have a strong presence at the Expo. We hope to have some young volunteers helping to share their knowledge of modern technology with older people. We will also be running our regular CarFit check-ups, offering older drivers a FREE opportunity to have a check to make sure they are seated as safely and comfortably in their car as possible.

The Positive Ageing Expo is a collaboration with Tasman District Council, Nelson City Council, Positive Ageing Forum, Age Concern and the Ministry of Social Development. The Expo is on Friday 22 March 2019, 10.00am to 3.00pm at the Headingly Centre, Richmond. There will be a free bus service running from Sundial Square in Richmond to the Headingly Centre during the day.



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"We specialise in providing safe caring transport and assistance for our senior citizens. We cover a wide area including Nelson, Richmond, Wakefield and Motueka but will also travel further afield to pick up those living out of the main urban areas," says Sheryl.

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Nelson Denture Clinic

We are happy to announce the Nelson Denture Clinic will be lead by our new clinician, Thomas Gu. Thomas has studied and worked at the Otago University's Faculty of Dentistry in Dunedin for over 10 years. He has led various departments in removable prosthetics including partial dentures, full dentures, implant supported prosthetics, and orthodontic appliances. In addition, he has worked at a private clinic in Christchurch, for 4 years. As a result, Thomas has an extensive and wide array of experience from complex and highly specialised hospital cases, to the conventional dentures and prosthetics.

With the combination of specialised expertise and his down to earth and friendly demeanour, Thomas and his team are looking forward to provide you with the finest quality dentures that are comfortable, functional, and aesthetically pleasing, to give you your natural smile back.

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Editorial supplied by Nelson Denture Clinic

Inspirational Older Person: Lorraine Lindsay

Lorraine Lindsay is a 70 year old motorbike-riding businesswoman with a distinctive funky appearance who, on retiring, set up her own company, Himalayan Motorcycle Adventures, taking tours in Nepal and Tibet. Her personal plans for the future include motorcycle trips to Morocco and North Vietnam and getting her motorcycle business up and running.



Lorraine has been riding a motorcycle most of her life. A self-confessed 'tomboy' as a child, she played with trucks and cars, never wore dresses or had long hair and felt the boys had all the best toys. Lorraine learnt to ride as a teenager growing up in Winton (near Invercargill.) Her father, who knew Burt Munro, would take her to bike rallies. She would watch Munro practising on the beach and was impressed by his bike and riding skills and still remembers the noise his bike made.

As a teenager Lorraine was a high achiever, quite happy to stand out from the crowd and be different. She had a funky appearance that she maintains to this day. At High School she was Head Girl, captain of the hockey team and Dux. After training as a teacher Lorraine embarked on her OE for five years and she based herself in England. With a group of friends, also Kiwis and Australians, she would work for a while earning enough money to go on month-long motorcycle tours around Europe. This was a fantastic way to see the countries and gave them an unbridled sense of freedom and adventure, although her one regret is that they did not make it to Morocco.

Lorraine returned to Auckland after her OE and immersed herself in her career for 20 years. She taught PE and Science and was a Dean at a large secondary school. During this time riding became even more important as a great stress release. She covered the whole country many times attending the many motorcycle rallies that existed then.

Personal circumstances saw her relocate to Nelson in 1994 having retrained as a Health, Body and Beauty

Therapist. Lorraine set up Body Ambience, one of the first Health & Beauty Spa's in Nelson and ran this as a successful business for 17 years, employing up to seven staff. She was asked to set up the Beauty Therapy course at Nelson Marlborough Institute of Technology and says she loved the combination of teaching and beauty therapy and worked there for eight years before retiring in 2015.

During her time living in Nelson Lorraine has made multiple trips overseas to go bike touring. She has visited India eight times, and been on tours to Bhutan, Sikkim, Nepal, Cambodia, Laos, Thailand, Japan, Hawaii, Australia, and USA. Some of these more than once. She has traversed some of the highest mountain passes in the world, including Taglang La and Khardung La in the Himalayas, been through jungle, ancient ruins, witnessed breathtaking scenery, and experienced local culture. On some of these trips she was Tour Co-Leader working for a Kathmandu based adventure tour operator. Lorraine feels an affinity with mountains and her favourite places are North India, Bhutan, and now Nepal because "the people are the nicest". India is the last frontier of riding as there are no rules – this is great if you are good rider but scary if you are not, she says! As well as motorbiking, Lorraine and a friend went bicycling through Cambodia and Laos. They camped in the grounds of temples with monks so they stayed safe. At the age of 62 Lorraine learnt to ride off-road but has recently given this up as it is "too hard on my body".

Over the years, Lorraine has had the odd mishap such as monkey attacks, market rip-offs, near misses on unpredictable roads and a dislocated hip (which occurred off the bike while travelling in a remote part of the high Himalayas which led to a challenging evacuation) but in true Southern style Lorraine views these as "all part of the experience".

Lorraine loves bike touring as a way to see a country, "you get to go off the beaten track and really see the country and its people. You can make detours into villages and stop when you

want". As an older female rider with pink hair she inevitably gets a lot of attention whenever she stops: a large crowd usually forms with the men "gobsmacked" at her age and the women often too shy to engage. Lorraine carries a small collection of toiletries, which she discreetly hands out to the women and loves seeing the look of delight on their faces. Her advice when travelling through Asia is to leave Western values and opinions behind, experience life as it, and not view it through Western eyes.

Although officially retired Lorraine still works one day a week at home providing advanced skin and beauty services. She set up her motorcycle company in 2017 as a way to keep riding and touring, "After I retired I didn't have the same income so needed another way to be able to go touring". Her goal for 2019 is to promote her tours and increase the up-take. She offers four comprehensive tours including a women only tour: The Nepal Experiences (14 days), The Roof of the World – Journey to Tibet (16 Days), The Forgotten Kingdom of Tibet – Ride to Upper Mustang (16 Days), and Ladies Only – The Best of Nepal (12 days). She also offers custom designed tours and off-road riding for experienced riders looking for a challenge. The Tours are open to anyone. A motorbike licence is required for those wishing to ride but there is the option of non-riders going in the back up vehicle. Motorbikes are provided as part of the tour.

Motorcycling has provided Lorraine with lots of opportunities and experiences, but she also likes to give back. She has been a member of the Ulysses Motorcycle Club since 1990 and President of the Nelson Branch for many years. She also had a long involvement with the Women's International Motorcyclists Association. Lorraine still rides every weekend and is currently mentoring an older woman, "there is an increasing number of women coming into motorcycle riding later in life so it is great to be able to mentor them". They intend going to the Burt Munro Challenge in February this year.

If you would like to learn more about Lorraine and her motorcycle tours please look at her website

www.himalayanmotorcycleadventures.com

or email her on eagleview@xtra.co.nz.



Upcoming Van Trips

There is a \$5 donation/koha per trip which is a donation towards petrol and expenses. These trips are open to anyone over the age of 65 but spaces are limited so make sure you let us know if you would like to join in on one as soon as possible. Please contact Breffni on ageconnect@ageconcernnt.org.nz or 5447624 to book your spot.

Details of upcoming trips is listed below:

Tea & Talk

Every Wednesday! Pickups from 9am around the Stoke and Richmond area. \$3 for morning tea at Tea & Talk.

Every Friday! Pickups from 9am around the Tahunanui, Bishopdale, Atawhai and Nelson areas. \$3 for morning tea at Tea & Talk.

Shopper Dash

Every Wednesday we can pick up one Richmond resident and take them to the shops and back between 10-11am.

Wednesday 27 February

Morning: A drive to Nelson for a guided Heritage Walk at Miyazu Gardens (part of the Age Concern Summer series) followed by a cuppa at Founders Park. Cuppa and treat at own expense.

Afternoon: A drive to Wakefield to have a trip down memory lane at Carols Emporium, and then a cuppa and a treat at Villa Tearoom. Cuppa and treat \$9.

Thursday morning 28 February

A great way to start a Thursday, with a Legends Aquafit class at Riverside pool. Open to residents in Tahunanui/Nelson/Bishopdale areas. The class is free so you just need togs, towel and \$5 for the Red Cross van.

Wednesday 6 March

A drive to Wakefield Bakery to pick up some afternoon tea to enjoy after a look around at Faulkner Bush. Afternoon tea treats at own expense.

Wednesday 13 March

Join the Heritage Walk at Isel Park (part of the Age

Concern Summer Activities For Seniors series) or perhaps just enjoy the garden at your own pace and a cuppa and treat at the café afterwards. The choice is yours. Cuppa and treat at own expense.

Thursday 14 March

Morning: A morning trip to Occasional Monarchy, local breeders of monarch butterflies, based in Hope. See the butterflies up close, hear the amazing story of how Occasional Monarchs came into being and where in the world their monarch butterflies go. \$10 which includes morning tea. Pick-ups from 9am, home around 12:15pm

Afternoon: A **blokes afternoon trip** to take a look around the changes in the Nelson Port area with tour guide Darcy and go for bevv and a bite at Anchor Bar & Grill overlooking the marina. Bevv and bite at your own expense.

Wednesday 20 March

A tour of the brand new Pic's Peanut Butter World. To make the 1:30pm tour, pick ups will be starting from 12: 20pm for this trip. So an early lunch may be required. The tour is free but you may wish to bring some money to buy some peanut butter or a jar of their boysenberry jelly.

Wednesday 27 March

Life Before Dinosaurs - Permian Monsters exhibition at Nelson Provincial Museum. Entry is \$4.

Wednesday 3 April

Afternoon outing to Mapua for a look at the shops (including Tessa Maes homewares/gifts) and afternoon tea at Jellyfish.



Fishing Van Trip
(photo above courtesy of Martin De Ruyter)

Wednesday 10 April

An afternoon trip to Dave Walkers magic shed of steam, tractors, firefighter gear and other nostalgia pieces. Dave's shed is in Appleby so we might have to sneak into Grape Escape or somewhere for a cuppa afterwards. Dave welcomes donations towards his shed upkeep and the cuppa and treat will be at your own expense.

Thursday 11 April: Blokes Day Out Day Trip

A trip to Tractorworld Motueka (home to many tractors and some very blokey conversation), lunch at Toad Hall (at your own expense) and then a peek at Motueka Aerodrome. \$5 entry to Tractorworld

Wednesday 17 April

A trip to Cable Bay with a few stops along the way and a visit to the Cable Bay Cafe. Refreshments at the café are at your own expense. BYO togs if you feel like a swim.



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Editorial supplied by Shone & Shirley

Movie Night Fundraiser: Swimming With Men

Are you interested in a heart-warming tale with a laugh along the way? Then come along to our movie fundraiser of 'Swimming With Men'. In this British comedy, a man suffering from a mid-life crisis finds new meaning in his life after joining an all-male, middle-aged, amateur synchronised swimming team. What could possibly go wrong? More to the point what could possibly go right? This movie is based on a true story and has a star cast including Rupert Graves, Rob Brydon and Jane Horrocks.

Please come along, enjoy an entertaining evening out and help raise funds for Age Concern Nelson Tasman. Money raised will go towards renovating the Age Concern Hall. The movie will be shown on Wednesday 24 April at the Suter Art Gallery, Nelson at 7pm. Doors open for drinks and nibbles at 6pm. You can either get your tickets from our office at 62 Oxford Street in Richmond, phone 5447624 or online at www.eventbrite.co.nz. Tickets cost \$20.



We create a loving, warm and homely atmosphere where each person is supported to experience each moment richly.

Tasman offers every level of aged care, so no matter what the future holds, you will never need to move.

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14 Browning Crescent, Stoke, Nelson
Please contact AI on (03) 547 6867
www.tasmanrh.co.nz

SUMMER ACTIVITY PROGRAMME FOR SENIORS 18 February – 27 March 2019 Come join us for FREE!

The Summer Activities Series for Seniors kicks off on 18 February. Over the course of the following six weeks there is a range of activities in a number of locations across the region, including Nelson, Stoke, Richmond, Motueka and Golden Bay. Bookings are not required, simply turn up and enjoy. Full details are listed below:

Date	Time	Activity	Location	Meeting Point
Mon 18 Feb	10-11am	Tai Chi	Victory Square, Nelson	Meet near the playground
Wed 20 Feb	10-11.30am	Guided Walk	Maitai Walkway, Nelson	Meet at Miller's Acre Car Park
Thu 21 Feb	10-11.30am	Sing-a-long in the Park	Washbourn Gardens, Richmond	Meet at the Fuchia House
Fri 22 Feb	10-11.30am	Guided Walk	Inlet Walkway, Motueka	Meet at the Motueka Community Gardens
Mon 25 Feb	10-11am	Tai Chi	Broadgreen Gardens, Stoke	Meet Outside Broadgreen House
Wed 27 Feb	10-11.30am	Heritage Walk	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Fri 1 Mar	10-11.30am	Edible Walk	Orphanage Stream Walk	Saxton Road East by Covent Drive - where walkway commences
Mon 4 Mar	10-11am	Tai Chi	Miyazu Gardens, Nelson	Meet at the carpark off Atawhai Drive
Wed 6 Mar	10-11.30am	Guided Bike Trail	Richmond Estuary Trail, Richmond	Meet with bikes at carpark just before ASB Aquatic Centre
Fri 8 Mar	10-11.30am	Mobility Scooter Guided Trail	Stoke Railway Reserve, Stoke.	Meet at entrance almost opposite Bunnings
Mon 11 Mar	10-11am	Tai Chi	Washbourn Gardens, Richmond	Meet at Fuchsia House
Wed 13 Mar	10-11.30am	Heritage Walk	Isel Park Tree Walk	Meet in front of Isel House
Fri 15 Mar	10-11.30am	Guided Bike Trail	Monaco Loop Bike Trail	Meet at Humpback Bridge by Nelson Airport
Mon 18 Mar	10-11am	Tai Chi	Founders Park, Nelson	Meet at the Village Green in the centre
Wed 20 Mar	10-11.30am	Guided Walk	Te Waikoropupu Springs, Golden Bay	Meet at the Carpark
Fri 22 Mar	10-11.30am	Edible Walk	Stoke Railway Reserve, Stoke	Meet at Standish Place, off Main Road Stoke
Mon 25 Mar	10-11am	Tai Chi	Botanical Reserve, Nelson	Meet at Milton Street next to clubhouse
Wed 27 Mar	10-11.30am	Sing-a-long in the Park	Anzac Park, Nelson	Meet in the centre of the park



Tyson's TV Debut

PetConnect is proving to be a very popular initiative from AgeConnect. Usually it is dogs who visit retirement villages and resthomes, however in November a very special PetConnect occurred. Tyson, the Clydesdale cross, visited The Wood Resthome & Hospital and the Enliven Day Centre at Presbyterian Support Services. This was a truly magical day and seeing the response of the residents to Tyson had many people in tears. For those living in care who come from rural or animal loving backgrounds, the mere sight, the clip clop sounds or smell of a horse can bring a rush of memories and emotions to the fore. It can be a spine tingling experience to share in those moments when Tyson and his owner Sally Curtis of Motueka make their way along a line of chairs, wheelchairs and hospital beds. Sally is a very

intuitive person so it should be no surprise that her horse Tyson is similar. He truly seems to know when an older person needs an extra moment of "Tyson time" and would often just "be" with them for a while sometimes gently nuzzling them. The resulting smiles say it all.

The buzz about Tyson the Clydesdale's visit to The Wood reached far and wide. So far in fact that the TV programme Seven Sharp heard about it and came down to film a story about it. This aired on 18 December 2018. Rumour has it that this might not be the last we see of Tyson on our televisions. So far Tyson has had a really busy start to 2019. He has visited Oakwoods Resthome & Hospital, Woodlands Retirement Village and Kensington Court.

If you would like to know more

about where he is going next or to arrange a visit please make contact through the "PetConnect Nelson Tasman" Facebook page or contact Breffni O'Rourke at Age Concern on Ph: (03) 544 7624 Ext 5.

**Wherever he goes
Tyson gets swamped
with people wanting
to touch him,
pat him and kiss
him. Tyson is so
incredibly gentle
and patient in return
and takes it all in
his stride.**

(The photo essay below captures some of this magic.)

