

WINTER 2021 QUARTERLY NEWSLETTER

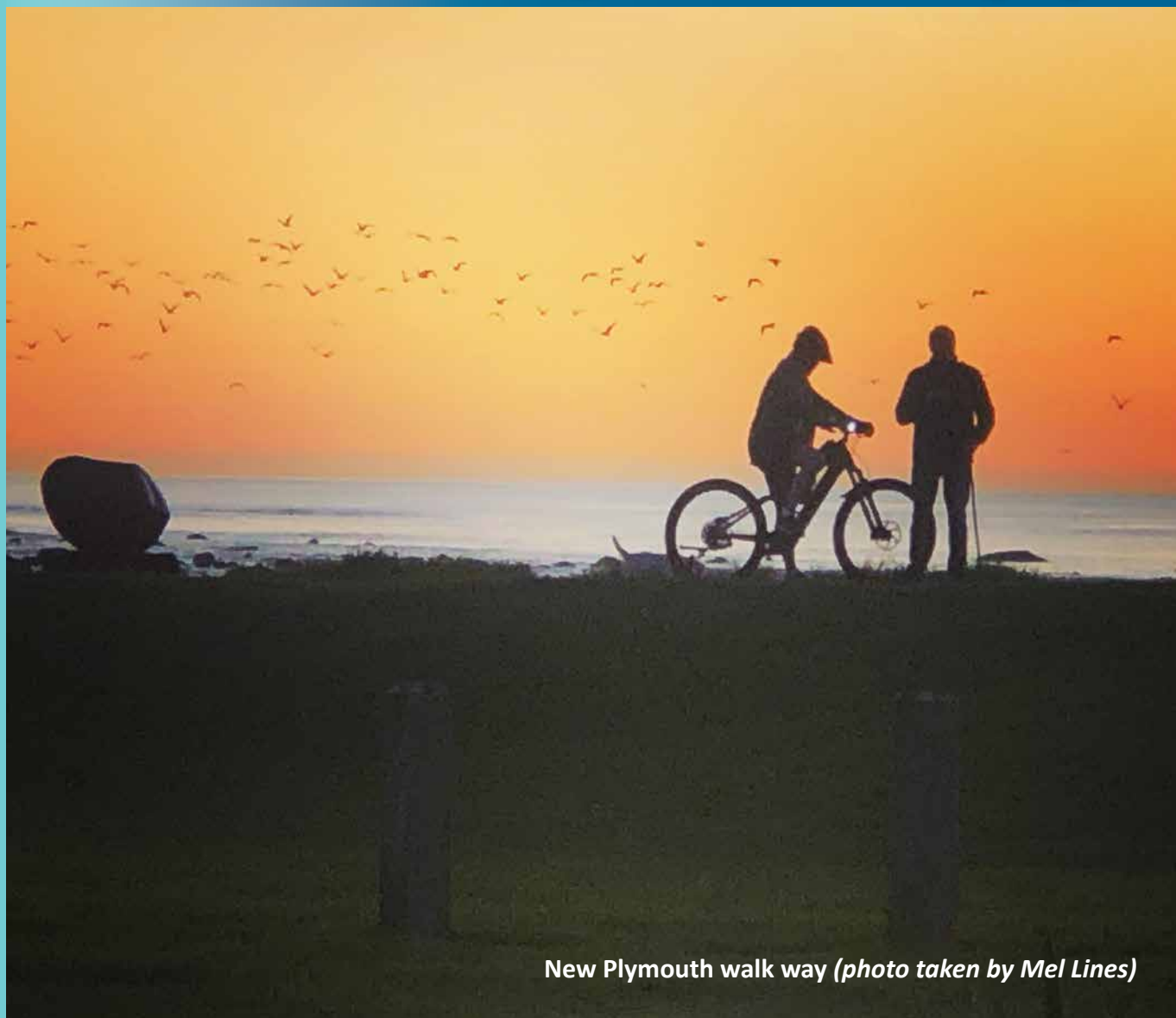
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Age Concern Taranaki

Serving the needs of older people



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OFFICE HOURS

9.30am - 1.30pm Monday to Friday

BOARD OF AGE CONCERN TARANAKI

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Disclaimer: The information contained in this newsletter is not necessarily the view of Age Concern Taranaki. While it is believed to be correct, readers should consult their own advisers.



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0508
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A word from the Executive Officer's Desk...



Welcome to our winter newsletter. I hope you are all warm and well. It's time for flu vaccines, free for New Zealanders who are 65 years and over. Soon it will also be time for the COVID-19 vaccine, I just had my second vaccine before sitting at my computer to

type this; more and more people will become eligible in the next few months to receive theirs. Remember you need to have at least 2 weeks between the Pfizer COVID-19 vaccine and the flu vaccine. Let's stay well and support each other this winter.

The cover photo was taken by a friend of mine – New Plymouth walkway in June 2021 – we live in a beautiful part of the world, send me in your beautiful Taranaki photos, who know – maybe it'll make the cover of our spring newsletter.

Keryn Roderick

Executive Officer

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When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

SCAM ALERT

We have been made aware of a scam involving people calling and saying they are from Age Concern, advising we are no longer accepting cheques as a form of payment and could we have their credit card details. The credit card is then being used to make unauthorised purchases. This is a scam, and we are not making calls of this nature.

If you receive a call like this, please do not give out your credit card details. If you have any concerns, or questions, you can call our office on 06 759 9196.

AVOIDING DEHYDRATION

We all know that hydration is important and that becoming dehydrated can lead to health issues. Older people are more prone to dehydration for a number of reasons, and the health impact can be more significant. Professor Carol Wham, health researcher at Massey University has recently published a pilot study that found that only 15% of the older people studied get the recommendations for fluid intake. 16% of participants were clinically dehydrated and a further 27% had impending dehydration – a total of 43%!

Interestingly, as we age our thirst perception becomes impaired – we simply do not feel thirsty as much, even if our bodies are not receiving enough fluids. Does this ring true for you? Our kidneys function also naturally declines as we age, so maintaining adequate fluid intake is so important. As we age, we cannot rely on responding to our thirst alone; we need to build fluid intake into our daily routines.



Consider having a glass of water at set times or when you watch a certain TV programme or listen to the news on the radio. Or if you are tech savvy, perhaps you could set alarms on your device to remind you.

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Tea & Tech

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A workshop providing the opportunity to receive individual tuition from local high school students on your device (e.g. mobile phone, tablet/ipad or laptop).

Each session will consist of introduction, one on one tutoring followed by review and group chat. A warm cup of tea will be provided. Learning is at your pace and on topics that you are interested in or need help with (e.g. social media, internet searches, photos, apps etc.)

Express your interest

Email project@ageconcerntaranaki.org.nz

Phone 06 759 9196 or 0800 243 625



ELDER ABUSE AWARENESS WEEK 15th-22nd JUNE WORLD ELDER ABUSE DAY 15th JUNE



Kia Ora readers!

Welcome to this quarters section on Elder Abuse.

June is an exciting month for our service as we get to spread the word on Elder Abuse awareness.

Age Concern Taranaki is hosting an event right here in our office on Thursday 17th of June from 9.30am to 11.30am. Social workers Sinead Thomas & Lisa Read will be delivering a presentation on 'What is Elder Abuse', 'What does it look like' and 'what should I do if I see it'

They will also be playing some fun games & quizzes with spot prizes to be won!

Elder abuse Awareness isn't just about promoting the issue in our own backyard though.

That is why our social workers will be heading out into

the cold to spread the word!

Lisa & Sinead will be set up at Huatoki Plaza here in New Plymouth on World Elder Abuse day 15th of June from 10am-1pm to hand out flyers & resources, talk with any interested to know more about the issue, and of course there will be cool prizes & even purple cupcakes to lure people in.

As well as this, Sinead will also be traveling down to Hawera to deliver another Information talk to anyone interested in South Taranaki. This will be held on Tuesday 22nd of June at the Presbyterian Church 35 Argyle Street Hawera. This will run from approx. 11.15am-12.30pm. There will be plenty of resources, lots of discussion and of course yummy food!

Elder Abuse is a global issue and it is important that it is recognised & we have policies & procedures in place to support those who are going through it.

Elder abuse doesn't just affect a small group of people, it can affect anyone regardless of their age, gender, ethnicity, religion or socio-economic status. It's about more than simply being able to identify elder abuse, we as a society need to challenge the

behaviours & attitudes that allow it to happen as freely as it does. This can be challenging ageist attitudes, changing our thinking around things such as "I'm going to inherit it one day anyway, I'm entitled to have it now" or assuming an older person isn't capable of living independently.

So please help by spreading the word and raising awareness for such an important issue!

If each person chooses to stand up for our Kaumātua by showing them dignity & respect the world would be a better place.

Thank you all so much for reading.

Sinead Thomas & Lisa Read

Elder Abuse Response Social Workers
06 759 9196



JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY

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In New Plymouth they are located in the modern premises that was the old press room of Taranaki Newspapers Limited on Courtenay Street, just across the road from the intersection with Carrington Street.

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Over the years Bayleys Taranaki has sponsored or supported a significant number of community groups or events. "As a company that has enjoyed the benefits of working in Taranaki, we believe in putting something back", says Dean.

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ELTHAM

SAYGO > Steady As You Go Falls Prevention Class held on a Thursday **10.00am**. All Saints Church, 88 King Street, Eltham.

HAWERA

SAYGO > Steady As You Go Falls Prevention Exercises held every Tuesday 10.15 am. Presbyterian Hall, Argyle Street, Hawera. Improve your strength and balance. Gold Coin Donation

Casual Cuppa > Held every 1st and 3rd Tuesday of the month 11.15 am Presbyterian Hall, Argyle St, Hawera. Join us to make or meet new friends, socialise and relax.

Drop in Social Morning > Held every Thursday, 10.30 am. Presbyterian Hall, Argyle Street. Hawera. Drop in, make friends, socialise and take part in robust discussions. Guest Speaker every first Thursday of the month.

Social Outing > Held once a month in Hawera. Please contact Estelle for confirmation of details, venue and ongoing dates and times.

Wacky Scooter Club > held on the first Friday of the month in Hawera at 10.30am contact Estelle for details.

INGLEWOOD

In Tune with Inglewood - Singalong and Social Afternoon > Held in The Mamaku Centre, 6 Mamaku St Inglewood. A fun afternoon with singing, fun, instruments and much more. Afternoon tea provided. Every second and fourth Thursday of the month 1.30 pm – 3.30 pm. Starting Thursday April 22nd 2021. Gold coin donation.

MANAIA

SAYGO - Steady As You Go > Starts 7th July 2021 "Watch this Space"

Drop in Coffee Morning > Starts 7th July 2021 "Watch this Space"

NEW PLYMOUTH

Aqua Exercise > This is held weekly on Monday mornings at the Todd Energy Aquatic Centre at 10.15am. Please phone our office (06) 759 9196 to register.

Drop In Cafe > This cosy Drop in Cafe is held on the first, third and fourth Thursdays of the month. Join us at 10am for a cuppa and great company at 33 Liardet Street, New Plymouth.

Social Morning > Our Social morning at 33 Liardet Street is held on the second Thursday of the month. We have interesting Guest Speakers. Starting with morning tea at 10:00am

Warm Up Wednesday > This fun filled morning of Singalong continues every second and fourth Wednesday of the month. Come along and enjoy, music, singalong and make friends. A light lunch is served at the conclusion of the morning. 10am - 12.30pm. Gold coin donation.

Monthly Outing > The first Wednesday of the month. A great day out incorporating lunch and a visit to a place of interest. Please phone Pauline to express your interest.

SAYGO > Steady As You Go, Falls Prevention Strength and Balance Classes. Tuesdays at 9:30 am at the Fred Tucker Memorial Hall 132 Parklands Ave, Bell Block; Tuesdays at 10.30am at St Mary's Complex Lounge, 37 Vivian Street; Fridays 11am at Disabilities Citizens Rooms, 83 Hine Street - \$3 per class.

OPUNAKE

SAYGO > Steady As You Go Falls Prevention Class held on a Monday 10.00am. Tainui Day Centre, 142 Tasman Street, Opunake.

STRATFORD

Chirpy Friday - Music and Singalong > held in The War Memorial Centre, Miranda Street, Stratford on the 2nd and 4th Friday of the month at 10.30am. Morning Coffee/Tea will be supplied, please join us to make or meet friends.

PATEA

Morning Coffee > 10.30am held on the last Wednesday of every month at the Library.

WAITARA

"IN TUNE" > Held on the first and third Friday of the month at The Senior Citizens Hall, Warre Street. 1.30pm - 3.30pm. A fun afternoon of singing, musical instruments and entertainment with Pauline on her guitar. You are invited to arrive from 1 pm and afternoon tea will be served at 2.45 pm.

Drop in Cafe > Held on the 2nd and 4th Friday of the month in The Senior Citizens Hall, (supper room) Warre St Waitara. 1.30pm – 3 pm. Enjoy a quiz or a game or sit and chat over a cuppa tea, coffee and snacks. A great opportunity to make friends.

WAVERLEY

Morning Coffee > 11.30am held on the first Wednesday of every month at Mania school.

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Laugh away those winter blues!



Brrr... Winter has arrived and has brought with it cold temperatures, rain and in some places snow.

While no one likes being cold, it is pretty important older people stay warm. Older adults are typically more vulnerable to cold weather as the skin's protective abilities, bone strength, and the body's ability to regulate temperature all decrease with age. You're at risk of a heart attack, a stroke or even hypothermia if you're exposed to a cold environment for a long time, or to extreme cold for only a short time.

Hypothermia is a lowered deep-core body temperature of 35C or below. It is the lowered temperature of the organs inside the body which is important – an ordinary thermometer cannot measure this. You may not actually feel cold but if you sit in a cold room and do little or nothing to keep warm then you may run the risk of becoming hypothermic or becoming ill with bronchitis or pneumonia. Both are cold-related illnesses.

Here are some other tips to help ward off the cold: Make sure you keep your hands and face warm. As well as wearing gloves and a hat, always wrap a scarf around your face when you go out in cold weather, even for short intervals. This helps to warm the air you breathe.

Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.

If you're sitting down, a shawl or blanket will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level.

Wear warm clothes in bed. When very cold, wear thermal underwear, bed socks and even a hat – a lot of heat is lost through your head.

Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together as this can be dangerous. Check whether your electric blanket can be kept on all night or whether it's only designed to warm the bed before you get in. Get it checked every three years by an expert. If you have continence difficulties, talk to your doctor before using one.

Keep your feet warm. Choose boots with non-slip soles and a warm lining, or wear thermal socks.



Winter Vegetable Soup

- | | | |
|--|----------------------|-----------------|
| 1 swede | 1 onions | 2 cloves garlic |
| 1 potatoes | 1 kumara | 1 parsnip |
| 1 carrots | ¼ pumpkin | 4 stalks celery |
| 1 head broccoli | 2 -3 litres of water | |
| 1 pack Kings Hearty Vegetable Soup Mix | | |

Dice or grate all of the vegetables into bite size pieces and put into the crock pot or a large saucepan. Add the soup mix and water. Simmer for 1-2 hours in a saucepan or 4 hours on low in a crock pot. Season with salt and pepper to taste. Serve with your favourite bread or some nice warm toast.

MUM'S THE WORD

Age Concern Taranaki celebrated Mother's Day on Thursday 6th May at our regular Thursday Drop in Café. We drew the winner of our Mother's Day Raffle. The winner was Peter Harvey who received this fabulous basket of donated goodies. Many thanks to Blackbird Society, Tracy Haldane – Le Reve and Age Concern Taranaki. Staff and families for donating so many exciting and very special pamper products. A big Thank You to all who bought tickets and all proceeds from the raffle going towards Age Concern Taranaki operational costs.



Waitara Activities/Cafe

We invite you to join us on the second and fourth Friday of the month to our Waitara activities and café afternoon. Held in the Waitara Senior Citizens Hall on Warre Street 1.30 – 3 pm. We have games and interactive activities plus a yummy afternoon tea is served. Pictured below - is Dave the Darts champion.



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Steady As You Go

Falls Prevention
Exercise Classes



- Mon 10.00am Tainui Day Centre
141 Tasman St, Opunake
- Tues 10.15am Presbyterian Church
35 Argyle St, Hawera
- Tues 10.30am St Marys Complex
37 Vivian St, New Plymouth
- Wed 10.30am Inglewood United Church
30 Brown St, Inglewood
- Thur 10.00am All Saints Church
88 King Edward St, Eltham
- Fri 10.00am St Andrews Church
88 Regan St, Stratford
- Fri 11.00am Disabled Citizens Society
83 Hine Street, New Plymouth

Contact The Age Concern Taranaki
Office between 9.30-1.30pm
Phone: 0800 243 625 or 06 759 9196

**LIVE STRONGER
FOR LONGER**

PREVENT FALLS & FRACTURES



SAYGo Strength and Balance Exercise Classes are so beneficial for improving strength and balance and preventing falls.

Pictured below is Jan and Anne who benefited greatly from the exercises.



Fact Sheet - COVID-19 Vaccine Record Card

- Getting the COVID-19 vaccine will help protect you and other people from getting very sick with COVID-19.
- A vaccine is an injection in your arm.
- You will need to get an injection two times.
- When you get your first COVID-19 vaccination you will be given a COVID-19 vaccine record card. The card will have important medical information on it:
 - ✓ your name;
 - ✓ the name of the vaccine;
 - ✓ the date you had the vaccine.
- At your appointment, someone will write the time and date of your second vaccination appointment on the vaccine record card.
- Your second appointment will be at least 3 weeks after the first appointment.
- Keep your Covid-19 vaccine record card in a safe place.
- Make sure you go to your second appointment to get your second vaccination. You need to get the second dose to get the best protection against COVID-19.
- Take your Covid-19 vaccine record card with you to your second appointment.

New Zealand Government



Jenny Nager receives Dignity Champion Award

Jenny Nager was blown away to receive her Dignity Champion award from Age Concern New Zealand (ACNZ). A special morning tea was held in Hawera to recognise Jenny, the award and meals were presented to Jenny by Sinead our Service Provision lead and Estelle our South Taranaki Age Connect Coordinator. A lovely article was written in the Taranaki Daily News in recognition of her volunteering in South Taranaki.

Words from Jenny...

I want to thank all at Age Concern for giving me the "Dignity Champion Award". It came as a complete surprise but a very nice one as well. It was the last thing I would have expected. I have always enjoyed the work I have done for people of South Taranaki. Many other people have also been involved. During the last few weeks of my husband's life I was repaid many times over by the care he received at Hawera Hospital. It made all the campaigning worthwhile. I also would like to thank "The Tomorrow's Meals" sponsors for the large container of frozen meals. I have tried a couple and would recommend them to anyone.



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Editorial supplied by Central Audiology Taranaki

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Take or send to your Legal Advisor for incorporation in your Will.

“I give and bequeath the sum of \$_____ (or) _____% of my estate, (or) residue of my estate, (or) property or assets as follows:

free of all charges, to Age Concern Taranaki. The official receipt of the Executive Officer or other authorised officer of the Board shall be a sufficient discharge to my executors”.

Keeping in tune in Inglewood

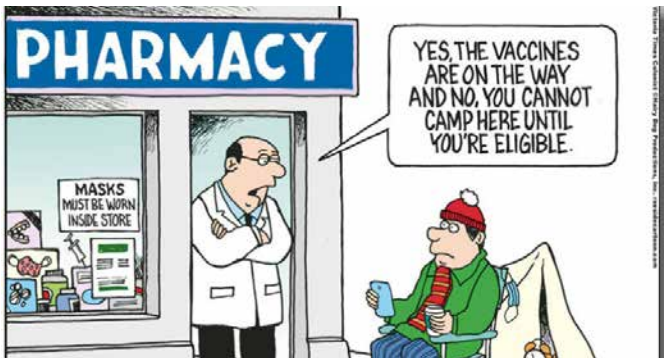
Age Concern Taranaki welcome everyone to join in the fun at this fabulous afternoon in Inglewood. Held on the second and fourth Thursday afternoon of the month we host a singalong and social occasion held at The Mamaku Centre in Mamaku Street Inglewood. You are welcome to arrive from 1pm with time to meet and socialise and talk with others and the singing programme begins at 1.30pm. It concludes with a nice afternoon tea served at 2.45pm.

Singing has numerous health benefits for everyone. We all enjoy a good old singalong with plenty of variation, laughter and toe tapping that triggers memories, improves breathing and promotes a smile. All the words are provided in individual song books and you can choose which songs you want to sing. Pauline Julian leads this programme on her guitar and creates many opportunities for interactive participation and has the group using percussion instruments adding fun and rhythm, doing actions, waving arms and will throw in a couple of music related trivia questions along the way which often results in a lucky spot prize. I also invite others who play musical instruments or who wish to sing in solo to do so. There is certainly a lot a hidden talent around.

A gold coin donation is appreciated and I can guarantee you a great afternoon. Rest Homes are welcome to attend with prior arrangement.

Many Thanks to our valuable supporters, volunteers and sponsors.

Pauline Julian | Social Programme Coordinator
Age Concern Taranaki



LILLE Healthcare

HOW TO CHOOSE CONTINENCE PRODUCTS

Problems with bladder control can increase as you get older, this is known as 'incontinence'. Many people may feel embarrassed and find it difficult to address the problem which can diminish the quality of life for those affected.

There is a range of easy-to-use products that can help, but it's important to choose the right one!

Correct style - The product needs to suit the user's lifestyle. There are pads that can be placed into underwear or pull ups that are an all-in-one style to be worn instead of regular underwear.

Correct absorbency - Pads and pull ups have different absorbency levels from light to heavy. It's important to have the right one to avoid overly moist skin and the associated skin irritation and infections. If you are wearing the pad and still have spillage then we will recommend a higher absorbency. If you are feeling reasonably dry, then it's the right one for you. Of course, the absorbency level you need can change over time.

Correct size - The continence product you choose must fit properly to avoid leaking and inconvenience. There are sizes to fit all body shapes. It's hard to

know which product will best suit your needs, which is why Lille Healthcare offers free samples for you to try before you buy.

Lille Healthcare has a wide range of products that can help you manage incontinence. If you require further advice, contact a continence specialist, nurse or doctor, or visit our online store for more information.

Properly managed incontinence improves independence and confidence, making everyday life more enjoyable.

editorial supplied by Lille Healthcare NZ



Members and friends pictured at The Inglewood Club at the May Monthly Outing. We all enjoyed a delicious roast meal and enjoyed time together.



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District Health Boards start bowel screening. The first national cancer screening programme in New Zealand for both men and women is now underway.

Residents in Taranaki who are aged 60-74, and are eligible for publicly funded health care, are soon to be invited to take part in the free National Bowel Screening Programme (NBSP). The NBSP is currently available in fourteen DHBs. It is being progressively rolled out around the country and will be available nationwide by the end of this year (Dec 2021).

Once bowel screening is implemented in Taranaki and if you are eligible, you will receive an invitation to take part in the national programme. You will also get a free test kit and instructions on how to use it. The test can be done at home and is simple to do. The screening test, along with any further investigations (such as colonoscopy) and treatments organised within the public health system, are free.

Bowel screening is for people who have no symptoms of bowel cancer. It aims to save lives by detecting bowel cancer at an early stage, when it can often be successfully treated.

Auckland businessman David Vinsen completed a test through the Waitemata District Health Board bowel screening pilot in 2015, and was shocked when it came back positive.

“I was sent for a colonoscopy, which found an early stage cancer. I was very fortunate that it wasn’t invasive and hadn’t spread widely,” David says.

David had surgery to remove the cancer, and two years on is doing well. He’s delighted that bowel screening is going to be available nationwide, and is urging those who are invited to take up the opportunity.

“Do the test; don’t be scared about it. It’s not at all embarrassing or awkward. There’s no inconvenience. All you’ve got to do is take one small sample at home, post it off in the envelope and that’s it.

“We look after our vehicles and have them regularly serviced and inspected. We should do the same for ourselves.”

The Clinical Director of the National Bowel Screening Programme, Dr Susan Parry, says about 3,000 New Zealanders are diagnosed with bowel cancer every year.

“Bowel cancer is the second highest cause of cancer

death in New Zealand. Every year, more than 1,200 people die from it.

“The introduction of the National Bowel Screening Programme is a significant step forward for New Zealand. Once it is fully rolled out, it is anticipated that the screening programme will initially detect about 500 to 700 cancers each year. These are cancers which in many cases would have gone undetected until a later stage, when the chances of successful treatment are much lower.

“There’s also an element of prevention. For those who go on to have a colonoscopy after a positive test result, the removal of polyps - or growths - during this procedure can prevent cancers from developing in the future.

“Those eligible to take part will be sent a personal invitation letter, a consent form and a free bowel screening test kit. Eligible participants should receive their invitation within two years of the programme starting in their DHB area. They’ll then be invited to take part in regular screening every two years.

“I would like to encourage people to do the test, but to talk to their doctor now if they have any bowel symptoms that they’re worried about. Common symptoms of bowel cancer can include blood in your bowel motion, or a change in your normal pattern of going to the toilet that continues for several weeks. Although these symptoms are usually caused by conditions other than cancer, it is important to get them checked out.”

Information on the National Bowel Screening Programme is available at www.bowelscreening.health.govt.nz.

June is Bowel Cancer Awareness Month

Are you up to date with your screening?

It's FREE, you can do it at home in five minutes and it may save your life.

TALK TO YOUR DOCTOR TODAY
OR FREEPHONE 0800 924 432
www.timetoscreen.nz

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Ethnicity Origin (or race) (please tick):

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Please help our work by including a donation (tax deductible over \$5).

You can make a donation at any time.

Leave a gift to Age Concern Taranaki in your Will and create a lasting legacy. If you would like to know more about how to bequest or leave a legacy contact your legal advisor.

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TRUSTS

You may be aware that there has been changes to the laws affecting Trusts, with a new Trust Act which came into force on 30 January of this year.

One of the new requirements is that trustees are to notify the beneficiaries of the Trust that they are beneficiaries and provide some basic information to them about the Trust. The reason for this is that beneficiaries need to keep trustees accountable and they can not do that if they do not know that they are beneficiaries. I see it as part of a growing and developing rights-based philosophy in law.

A difficulty can arise with some families who have not informed their children that they have a Trust and that the children are beneficiaries. Some prefer to keep their descendants in ignorance as they fear that knowing that there are trust funds available may disincentivize their children to work, study and advance in the world. Of course, this is true for some descendants but not all. This illustrates the difficulties when laws are passed that affect everybody. We know that everybody is not the same, our children, their needs and abilities, are not the same.

The trustees need to think this through and decide which approach to take. There are various approaches that can be taken depending upon the trustees and the Settlor's wishes. Settlor's wishes remain important still. What were they when he/she/they established the Trust? Where is that recorded? Are the trustees running the Trust to meet those wishes.

The trustees may also wish to consider how many beneficiaries to have for easy disclosure of information. Another aspect of the new law is that trustees need to identify one person who will retain all the records of the Trust. This includes alterations to the Trust Deed, changes of trustees and Trust minutes. Also Trusts must be managed in an appropriate fashion.

Now is the time to review Trusts and some clients are asking "Do I still need a Trust?".

Avoidance of tax was one of the original reasons for Trusts and has been a reason to have a Trust until this century. Management of your affairs to avoid tax is permissible. Tax evasion is not permissible. Using a Trust is generally not viewed as tax evasion. There are also other reasons to have a Trust and they may or may not pertain to your current situation.

We are reviewing Trust deeds for a way forward and we would be happy to talk to you about your situation.

Editorial supplied by QuinLaw

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