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GREYPOWER

NAPIER ASSOCIATION INC

AUTUMN ISSUE 2026



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for Seniors** *Page 12*

John and Pam Wuts
enjoying the cycle trails
Photo: Kirsten Simcox

Grey Power membership expires on 31 March. Renew or join up for 2026-2027 inside (page 23); at a meeting, on our Website www.greypowernapier.org or phone Bruce for information

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From the Editor

As a newbie retiree, I've been listening to a lot of advice and information about how "not working" actually works.

One "expert" on a podcast said we're likely to experience four phases: the first stage is when you take a holiday, enjoy sleeping in and the freedom of not being on the treadmill; followed by the second phase which is when you start feeling useless, like you have no purpose now you're not obliged to do anything; the third phase is when you look around, try out different hobbies, voluntary or part time work, to find something meaningful; and finally when you find that activity or interest/s that give your life meaning again.

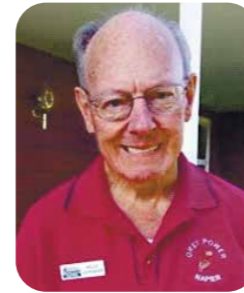
Sounds good, but I somehow seem to have jumped phases 1 to 3 and am as busy as I was before, working long voluntary hours in my various charitable groups (including Grey Power). I love everything I'm doing but - bring on the holiday!

Bruce reminded me at our volunteers Lunch in January that I'd been volunteering with Grey Power for 20 years and presented me with a certificate and a bouquet!



Hard to believe really, but what keeps me going is the dedicated committee and you, our fellow members. Advocacy for the vulnerable is my middle name, and the work we do in that field gives me a purpose in life. So please renew your membership, or join up for the year: it's your support that keeps us going.

Ngā mihi **Maxine Boag** | Publicity Officer



Bruce Carnegie
President

PRESIDENT'S REPORT

A great way to start the new year was to have our volunteers' luncheon, enjoyed by 26 loyal, committed volunteers. It gave me great pleasure to award Joanna Johnston with the 10-year Volunteer Activity Award and to award Maxine Boag a

20-year Activity Award. We now have 18 volunteers who have achieved the 10 years plus award and 1 volunteer with the 20 years' service award. Congratulations to all our volunteers without whom we would not be the Grey Power Association that is highly respected within the community. Well done everyone!

Talking about volunteers we are going to need a new secretary and I would like to encourage you to think about this and if you are interested you can contact Isabel to learn what being the secretary entails.

We are also requiring a newsletter distribution organiser. Again, to learn what this entails you can contact Bruce. Training would be given to both positions.

Since the last newsletter we now have a new Mayor and congratulations to Mayor Richard MacGrath, Deputy Mayor Sally Crown, as well as Napier City and Hawke's Bay Regional councillors. We wish all of you every success in continuing to make our city the best for everyone.

We finished last year with our Christmas Luncheon enjoyed by many at the Taradale Club, with entertainment provided by the ukelele group The Lovettes (see photo top of next column).



A committee planning meeting in January saw us looking forward to the year ahead, with priorities of retaining and growing our membership, (977 at that time); succession planning for our committee members (our secretary for example is stepping down this year), keeping up high attendances at our meetings and continuing to advocate for seniors with local and central government at every opportunity. Cr Mawson has put his hand up to be our connection with the City Council, and with Maxine retired, he will present regular reports to us at our meetings.

Hard at work at our Planning Meeting



(Presidents Report - continued on page 4)

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admin@butlerhewitt.co.nz | 31 Niven Street, Onekawa

(Presidents Report - continued from page 3)

We presented a petition to Council in August last year asking them to consider free parking for Gold Card holders in the CBD during weekdays (as is done in Palmerston North and Whanganui). We were assured that they would look into this possibility – which we see as a win-win for retailers struggling to attract customers and bringing more seniors into town to spend money – but as yet have heard nothing back from the new council. Watch this space!

As you will see in this newsletter, there are a lot of issues for seniors to contend with – affordable rentals, the cost of living, waiting times for health services, the closure of post offices, and the reduction of the Total Mobility subsidy which is a lifeline for many of us who don't drive. These are all issues Grey Power is actively advocating for at both the Federation and local levels. We encourage members to keep us informed on what is of concern to you; and for you to make submissions also.

At our monthly meetings, we do our very best to have a suitable guest speaker that relates to our age group, and we encourage you to come to our meetings and to bring a friend. To give you a bit of an incentive we have introduced a Loyalty meeting card, a bit like the café cards. In our case when you receive 3 stamps you go into a draw to win a prize. If you bring a friend or friends, you will receive an extra stamp for them as well. All a bit of fun with the hope of more people coming to the meetings as well as growing the membership.

The Parliamentary elections in November this year will make for an interesting time trying to work out which party and person to vote for. To help you to decide we are already planning having the candidates speak to us in September. In the meantime if you have any questions that you would like us to ask at that time please send an email to Maxine with any background information that we could use.

Grey Power Napier is here to support and advocate for you and other senior citizens. We depend on your membership to keep us alive!

I wish you all the best for the year ahead!

Kindest regards *Bruce Carnegie* | President

PLANNING AN OVERSEAS HOLIDAY?

Travelling overseas for 26 weeks or less

If you get NZ Super or Veteran's Pension and plan to go overseas for 26 weeks or less, your payments may continue while you're away. If you're delayed and return to NZ after 26 weeks, we may still be able to help.

Information

If you're only getting NZ Super or Veteran's Pension, you don't need to advise Work and Income about your travel plans. If you're getting any other payments from Work and Income, you must advise them before you leave New Zealand.

Getting other payments

Examples of other Work and Income payments are:

- Winter Energy Payment (paid from 1 May to 1 October every year)
- Accommodation Supplement
- Disability Allowance
- Temporary Additional Support

Work and Income need to know your travel dates and reason for travel.

Information

If you're only getting Winter Energy Payment (from 1 May to 1 October), you only need to tell Work and Income if you're going overseas for more than 28 days.

Book an appointment, you will need to take:

- Your passport
- Another form of identification
- Your travel itinerary or tickets

Travelling overseas for more than 26 weeks?

If you get NZ Super or Veteran's Pension and plan to go overseas for more than 26 weeks, you **must apply** to keep these payments going. You need to meet certain criteria to apply for this.

What happens to your payments while you're overseas

NZ Super or Veteran's Pension will continue for up to 26 weeks if you meet the criteria. Other payments may continue for up to 28 days if you still meet the criteria while you're overseas. This means your costs, e.g. accommodation or disability costs, must continue while you're overseas. If not, your other payments will stop when you leave New Zealand.

Information from Work and Income website - travelling overseas

Community Catch Up



We're upgrading essential infrastructure around Clive and Memorial Squares in the CBD, including new stormwater pipes, safer intersections, crossings and footpaths. While we're at it, we're refreshing 'The Zip' between the Squares with improved lighting, more places to sit, safer paving and better connections to the surrounding area. The end result will be future-proofed infrastructure and attractive, user-friendly public spaces for events and the community.

While work is underway the Napier Urban Farmers' Market has temporarily relocated to Herschell Street until November 2026. You'll find your favourite stalls popping up next to Napier Library and MTG Hawke's Bay.



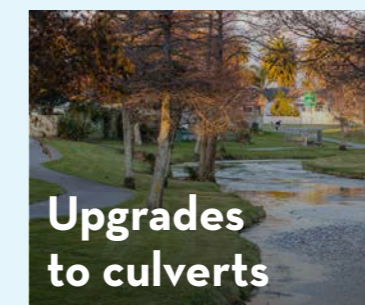
On Sunday 1 February, we gathered at Waiapu Cathedral to remember the 1931 Hawke's Bay earthquake. Among those present were five survivors of the earthquake, seated alongside younger generations, a powerful living link between our past and our future.

We remembered those who were lost, honoured those who endured and acknowledged the resilience that enabled Napier to rebuild and move forward.



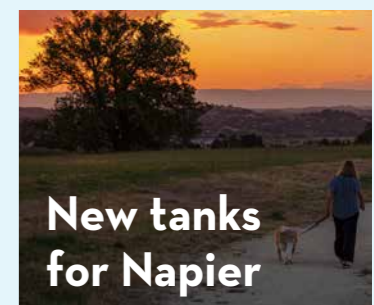
Fill the sink when washing dishes

Plug the sink and fill the basin instead of letting the tap run, so you use only what you need and avoid sending litres of clean water straight down the drain.



Upgrades to culverts

We are upsizing stormwater culverts beneath Taradale Road and Herrick Street, improving how stormwater flows through central Napier. The upgrade will increase capacity, helping reduce flooding during heavy rain. Thanks for your patience while temporary traffic changes allow this work to be carried out safely.



New tanks for Napier

We are in the design phase of a new reservoir at Hospital Hill/Mataruahou which will increase water storage capacity. Two nine-million litre tanks, with space for a third, will be built over the next three years. The project also includes a new booster pump station and upgraded connections to improve water pressure and resilience.

Keep up to date with all things Napier at napier.govt.nz

Closure of Post Offices

By Maxine Boag and Rafaella Mello (NZME)

The planned closure of 142 postal outlets across the country has been met with dismay by many older people, who often use the postal system for sending cards, writing letters to relatives who don't use computers, sending parcels to grandchildren and such.



Grey Power Napier's secretary Isabel Wood is one of these disappointed seniors. A resident of Onekawa, with limited mobility, she said she is "appalled" that Onekawa, Pirimai and Greenmeadows outlets are being closed. "Many of the residents in those areas are pensioners, and frequent users of the "snail mail" system.

"I use the Onekawa outlet on a regular basis and now I will need to go to Marewa or Taradale which involves using my car."

Another Napier resident, Stacey Giersbach uses the Onekawa branch at least once a week and said its closure would hit her and her 83-year-old mother particularly hard.

"I drive, but I've got osteoarthritis in both my knees, so I can't walk far distances," she says.

"My mum walks with a walker. We're not going to places where there's no parking and you have to pay in a meter."

"In Onekawa I can zip in, do what I need to do, pick up milk, get veggies, go to the pharmacy. It's a multi-stop place."

Giersbach said the closures would disproportionately impact those who are not young, mobile or able to travel easily.

"For the elderly and the disabled, they're not gonna go downtown ... we need things in our community that are easy to access. I don't think they've thought this through."

NZ Post said feedback on the closures would be considered, and it would respond to the feedback it received.

NZ Post General Manager Consumer, Sarah Sandoval, said the changes followed an extensive national review and public consultation undertaken during

MBIE's update of the Deed of Understanding in 2025.

"Before making any decisions about the shape of our future network, NZ Post took a careful, evidence-based approach to understand how people are using NZ Post today," she said.

Last year, NZ Post identified some stores that customers were "visiting less often" and advised store owners early so they could prepare.

Sandoval said the final decisions were based on "customer patterns, drive times, local insights and retail network data".

"Ensuring access to our services is one of our top priorities, but we acknowledge these changes will be an adjustment for some customers," she says.

"We have communicated these changes as early as possible, so that customers have time to plan."

But, as Isabel Wood said, "I understand that this is not negotiable with the powers that be and is a decision that is unlikely to be reversed by protest," she said.

"How many more such decisions will we face in the future?"



Annette Brosnan
Former Napier
Deputy Mayor

Rates Caps won't fix the problem

(Opinion – a letter to the Editor, HB Today, December 9 2025 by Grey Power member and former NCC Deputy Mayor Annette Brosnan)

The government's announcement of a 2 to 4 per cent rates cap by 2029 sounds good, for many households it will feel like relief. But let's be honest: it does not fix what's broken.

New Zealand has one of the most centralised tax systems in the OECD, with Wellington collecting \$93 out of every \$100 tax you pay. Councils maintain billions in assets with the smallest funding share.

Treasury's Local Government Cost Index rises faster than CPI. Insurance, roads, stormwater, waste and resilience costs climb faster than inflation every year. Expecting councils to maintain services under a capped model without new funding tools is unrealistic and screams orchestrated failure, to prompt more central control.

Government's Future for Local Government Review made that clear. It did not recommend rate capping. It recommended returning GST on rates (did you know the government taxes 15 per cent of your rates?), expanding funding tools, strengthening regional collaboration and modernising local government.

The cap sits beside structural reform, including possible amalgamation. Whether people fear or welcome it, the word is back because the system cannot sustain rising costs and expectations.

Cap rates, fine. However, to work Government must also deliver the funding reforms recommended. Otherwise services, infrastructure, community wellbeing and democracy itself will pay the price.

This is not the final local government announcement. It just can't be.

If you are buying a watch from Amazon
– **be warned!**
I learned the hard way
that if it says you can swim with it.
This only applies if you can swim without it.

7 Best Advice for people in their 70s

1. Guard your peace like your last treasure – distance yourself from anyone who steals your calm, even family if needed
2. Move your body every single day – because once movement stops, independence slowly follows
3. Choose people who make you laugh – joy heals wounds that medicine never can
4. Release the fear of judgement – everyone is too busy surviving their own struggles
5. Speak what your heart holds – love, apologies, and gratitude become regrets when left unsaid
6. Share your wisdom freely – your pain has already paid the price, now let others learn
7. Capture moments, write stories, leave memories, - everything fades, but the legacy you leave behind doesn't

BeGratefulVibes

Changes/benefits to prescriptions

From 1st February, New Zealanders will benefit from a major improvement in medicine access, with the Government extending the maximum prescription duration from 3 months to 12 months to make managing long-term health conditions easier and more affordable.

What's changing?

- Currently:** Most prescriptions are limited to 3 months. Patients must return to their prescriber for repeats.
- From early 2026:** Prescribers can issue prescriptions for up to 12 months, if it is safe and appropriate.

Medicines will still be dispensed every 3 months from pharmacies.

What it means for you:

Your doctor will decide if a 12-month prescription is appropriate based on your health. You'll still pick up your medicines from a pharmacy at least every 3 months, but you won't need to return to your doctor for a repeat prescription each time.

For Grey Power Electricity complaints or questions, contact details are:

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Is There a Better Way to Care for Older People in Emergency

Departments? *Adapted from a Spinoff article by Venetia Sherson*

Older people are arriving at hospital emergency departments (EDs) in greater numbers than ever before, contributing to long waits and poorer health outcomes for those who are frail. Two New Zealand hospitals say there is a better way. The question is whether government will act.

At Waikato Hospital's ED, an elderly woman lies curled across two hard plastic chairs, moaning in pain. They are designed to be durable and easy to clean — not comfortable for someone suffering. Nearby, an 84-year-old woman waits with legs swollen from fluid build-up, despite her specialist requesting immediate admission. Five hours pass, with many more to come.

Scenes like this are becoming increasingly common, says Dr Victoria Henderson, geriatrician and clinical director for older people's health at Whangārei Hospital. As New Zealand's population ages, the pressure on EDs is intensifying.

Research shows emergency department use rises sharply after age 70. Older adults now attend ED at higher rates than any other age group except infants. Te Whatu Ora data shows ED visits by people aged over 65 increased 45 percent between 2016 and 2024.

For frail older people, ED can be harmful. Noise, confusion and long waits increase the risk of delirium and infection. Hospital stays often lead to rapid physical decline and loss of confidence, sometimes triggering a downward spiral of repeated admissions.

Henderson says there is a proven alternative known as "front-door frailty care", based on a model used widely in Scotland and the UK. Introduced at Whangārei Hospital four years ago, it places specialist geriatric staff in ED to identify frail older patients early, assess their needs quickly, and decide whether hospital admission is truly necessary.

Where possible, patients are discharged home with appropriate community supports rather than being admitted unnecessarily. "An older person just dipping their toe into ED can start a downward trajectory," Henderson says. "Deconditioning can happen very quickly."

The approach is holistic. It treats the immediate medical problem but also addresses underlying issues — mobility, medications, housing, mental health or social isolation — that often contribute to repeat ED visits.

Hawke's Bay Hospital geriatrician Dr Rachel Leigh, trained in Scotland, has seen the benefits firsthand. Last year

she led a 10-week Frailty Intervention Team (FIT) trial in Hawke's Bay, building on earlier funding for two geriatric emergency department intervention (GEDI) nurses.

Hawke's Bay has an older and more deprived population, with Māori and Pasifika developing age-related conditions earlier. Many patients arriving at ED have complex, overlapping needs — dementia, chronic illness, mental health issues and social challenges. "ED is set up for younger patients with single problems," Leigh says. "That's not who we're seeing."

During a heatwave, many older people arrived after dehydration-related falls. Others presented with pneumonia or gastroenteritis, but underlying issues such as depression or suicidal thoughts were uncovered. Busy ED doctors often lack time to explore these complexities. Specialist frailty teams can.

There is also a crucial 72-hour window in which frail older people must be mobilised to prevent rapid decline. Missing that window significantly increases the risk of death in the following months.

GEDI clinical nurse specialist Lani Preston, who led the Hawke's Bay trials, says the results were compelling. Nearly half of GEDI patients required little or no ED doctor time. Admissions fell, and around 100 people who would otherwise have been admitted were safely discharged home with support.

"The cost of one or two specialist nurses in ED is far lower than funding the same services later in the community," Preston says. ED doctors are now among the programme's strongest supporters.

Minister for Older People and Associate Minister of Health Casey Costello has acknowledged that models like this deliver shorter hospital stays, lower readmission rates and better patient flow. A new Ministerial Advisory Group on Aged Care has been established to provide advice on improving national outcomes.

Older New Zealanders are already showing what works. The question now is how quickly the system will respond.



Part of the Hawke's Bay landscape since 1956

The Napier District Masonic Trust was formed by members of the Masonic Lodge, who were looking for ways to support the region's ageing community. The Charitable Trust was incorporated on December 1st, 1961, with the first specialised accommodation for Napier's elderly, opening in Onekawa in June 1963.

Today, that legacy of care continues, with 9 residential villages, a rest home and hospital, and a dementia care home and hospital. You could say the journey to giving back started by looking forward, because in January 2026, construction began at Onekawa Lifestyle Village. A safe and secure gated community consisting of 34 one-and-two-bedroom villas on Morris Spence Avenue.

Brand new and affordable too, these purpose-built homes will be attainable and sustainable, surrounded by green spaces, and places to meet friends and family, like the community pavilion complete with BBQ.

Partnering with retirement village and aged care specialists Kensway Consultants, Ikon Architects, and Brendan Murray Construction, Vicki Lee, CEO of Napier District Masonic Trust says, "we're excited to be able to bring these stylish new-build homes to the Hawke's Bay market, and particularly pleased to be able to offer them to people who thought they couldn't afford retirement living." Jamie Couzens, the Village Sales



Manager agrees, "they're perfectly positioned, affordably priced, and available to buy off plan today".

Feel free to drop in to the sales showroom at 8 Elbourne Street, Taradale to find out more about what's on offer.

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Architectural render for visual reference.

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Construction has already begun so don't miss out!
Call **0800 ONEKAWA** (0800 663 5292) or visit our website to secure your villa today. ndmt.co.nz/villas-available


Napier District
Masonic Trust

from the Mayor
Richard McGrath

There's a lot of work happening around Napier and it all comes back to doing the basics really well. To make sure we have a city and neighbourhoods that are thriving and connected we need to have infrastructure that is reliable, safe and built to last.

Some key projects that may be of interest to you as you enjoy our places and spaces are the upgrades around Clive Square. We are fixing ageing pipes, improving kerbs and channels, and making intersections and crossings safer. Footpaths are being upgraded at the same time to make sure they are safe for everyone and the area is easy to get around in. When finished, it will be more accessible, and have better lighting, seating and paving. It will still function as a street day-to-day, but during events it can be closed to traffic, making it inviting and versatile. While this work is underway, the Farmers' Market will temporarily move to Herschell Street. The work runs through to November.

We're also upgrading stormwater culverts under Taradale Road and Herrick Street near Marewa. These upgrades strengthen the network and help protect homes, businesses and public spaces from the effects of flooding. Doing both projects together saves time and money and allows us to use skilled crews efficiently. If you've been around that area recently you will have seen temporary traffic changes. Both southbound lanes between Alpers Terrace and Hyderabad Road roundabout are temporarily closed while this project is completed. Thanks to everyone for their patience while we get this essential job done. Work finishes on Taradale Road in May and Herrick Street in July.

We have some major water projects in the pipelines. This includes building new reservoirs on Hospital Hill/Mataruahou. This is a long-term investment that strengthens Napier's water supply infrastructure, improves our storage capacity and gives the community confidence that the system is safe, secure and resilient. The location gives us natural advantages. The elevation allows water to move efficiently across the city with limited requirement to pump water through the water supply network. The reservoir project will be supported by new borefields and pipelines.

In other areas of the city we are installing a new roundabout at the Latham Street–Wellesley

Road intersection and repairing footpaths along Hyderabad Road and Georges Drive to make sure they're safe and accessible for everyone.

Much of this work is linked to post-cyclone recovery and building greater resilience for the future. Some projects are responding to the State Highway expressway widening, while others are part of our regular maintenance programme.

We appreciate your understanding while we complete this work. Traffic management is there to protect workers, the public and the worksite itself. Weather can affect timeframes, but we're doing everything we can to minimise disruption and keep Napier moving.



Together our community will help end homelessness

Please donate to the Napier Homeless Shelter, Āhuru Mōwai
All contributions welcome

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Bank account: 38 9026 0839905 01
Donations are tax deductible

For receipts:
napier.homeless.shelter@gmail.com

Some of the Volunteers at the January Volunteers' Luncheon at Clubs Napier



Ilan Cook and Kaye Nesdale



Rachael Brownrigg and Audrey Nelson



Carol Brunton and Allie Beattie



Carol Stitchbury, Robin and Jane Dalmar



Gayle Peters and Helen Twort



Linda Mellor and Joanna Johnston

Ministry of Social Development Useful contact numbers

Seniors	0800 552 002	Veterans affairs (not MSD)	0800 483 8372
Working age	0800 559 009	Residential Care	0800 999 727
Supergold card	0800 254 565	Residential support (under 65)	0800 999 779
Community Services card	0800 999 999	International Services	
information@supergold.govt.nz		(from NZ)	0800 777 227
Veteran pension	0800 650 656	international.services@msd.govt.nz	
veteranspension@msd.govt.nz			

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www.beth-shan.co.nz



Abbeyfield Hawkes Bay

Offering an Alternative Older Folks Accommodation Option

Affordable housing for seniors poses a growing problem in our city, with not all of us able to afford buying into a retirement village and market rentals often beyond the means of those living solely on the pension.

Abbeyfield Hawke's Bay, a not-for-profit, is planning to build the area's first Abbeyfield residence on council land next to the Greenmeadows East hall, on the corner of Spriggs Avenue and Tait Drive.

The house will consist of 14 studio apartments with an internal courtyard, communal living spaces and shared laundry facilities. Residents are supported by a housekeeper who manages nutritional meal preparation, supplies and communal living area upkeep. Designed to accommodate over 65s, the rent is affordable for those living on superannuation only.

Abbeyfield houses aim to offer companionship, affordability and practical support to enable those over 65 years to live a dignified and independent life.

The Abbeyfield housing model originates from the United Kingdom. There are currently 13 houses in New Zealand and all affiliate to the NZ Abbeyfield national entity. Further information about Abbeyfield can be found on the website:

www.Abbeyfield.co.nz

Fund-raising for the build and applications to philanthropic sources continue.

A project of this nature takes the involvement of many. If Grey Power members in Hawkes Bay would like to participate in bringing this much-needed housing provision to Napier, the organising committee would appreciate hearing from you.

Supporting the committee and participating in fund-raising activities are some of the opportunities available. If you are short on time but want to make a one-off or regular donation to the build, Abbeyfield Hawkes Bay are IRD registered as a charitable entity.

**The bank account for donations is
Abbeyfield Hawkes Bay Inc.
account number
06-0645-0651767-00**

**If you would like more information,
please email
penny.humphreys13@gmail.com
or message her on 021 0241 6080**



Model of Abbeyfield House for Napier

Proposed Total Mobility Changes Risk Undermining Independence for Disabled and Older New Zealanders



Photo MZME

Grey Power New Zealand has expressed serious concern over proposed changes to the Total Mobility Scheme, warning that they risk further disadvantaging disabled and older people who already face significant barriers to independence and social participation.

Grey Power New Zealand President Gayle Chambers says the proposals appear to prioritise cost-cutting over the real-world impacts on some of the country's most vulnerable citizens.

"The Total Mobility Scheme is not a luxury. It is a lifeline that enables people of all ages with disabilities to remain independent, connected, and active in their communities," Ms Chambers said.

The scheme currently provides subsidised transport through taxis, community transport services such as Driving Miss Daisy, and other user-pays providers. For many people who cannot drive or use public transport, this support is essential for everyday activities such as shopping, medical appointments, and social engagement.

Under the proposed changes, the current subsidy of up to 75 percent would be reduced to 65 percent, eligibility criteria tightened, and a tiered system introduced that would limit support for high-use customers.

"These changes come just days after the release of the New Zealand Disability Strategy, which speaks of inclusion, dignity, and participation," Ms Chambers

said. "Yet the reality for disabled people could be increased isolation, higher personal costs, and reduced access to their communities."

Grey Power is particularly concerned that the proposals target people who already struggle to maintain independence, rather than addressing broader systemic efficiencies.

"We urge the government to reconsider these proposals and to engage meaningfully with disabled people, older New Zealanders, and advocacy organisations," Ms Chambers said. "Total Mobility works. It should be strengthened, not weakened."


Gayle Chambers | National President, Grey Power NZ Federation Inc

Editor's Note: I spoke to the Regional Manager Transport, who explained that there is an opportunity to make submissions to the government on these changes, the relevant document being at <https://www.transport.govt.nz/consultations/proposals-to-strengthen-total-mobility>

While the reduction of the subsidy is not up for discussion, there are other changes worth commenting on.

- The proposal is to make assessments for eligibility more rigorous (you will have to get a medical certificate) and users will have to get reassessed rather than retaining eligibility.
- At present users have a fare cap of \$50, above which they pay. The proposal is to make that \$40 maximum. With us having only one hospital, this could disadvantage Napier people needing to go to the Hastings hospital; and Hastings people needing to go to the airport.

Grey Power Napier will be discussing this at our committee meeting on Friday 20 February and preparing a submission. Deadline for submissions is 22 March."



I took my suit to the drycleaners, and they wanted to charge me \$15.00. So, I gave my suit to the charity shop next door. They cleaned and pressed it and put it in the window. I bought it for \$4.50.

“Surviving, Not Living” How Inflation Is Hitting Pensioners Hardest

(from an article in Stuff by Emma Ricketts)

A 68-year-old pensioner living in rural South Auckland says she is “surviving, not living”.

Paula* has been retired for three years and relies entirely on New Zealand Super and the accommodation supplement. Over that time, she says keeping up with the cost of living has become increasingly difficult.

“Inflation has gone up, but my income has stayed the same. So, in effect, my income is decreasing.”

Although superannuation rates rise with inflation, any increase is treated as additional income by Work and Income. That results in a reduction to her accommodation supplement — meaning she sees little, if any, real gain.

“I feel like the Government is giving with one hand and taking away with the other.”

Since Paula retired, inflation has risen by more than 10 percent. In practical terms, she says, that feels like a 10 percent pay cut.

Just Covering the Basics

Paula’s pension and accommodation supplement cover her weekly expenses — but only just.

Her rent is just over \$300 per week, with the supplement covering about a third. The rest of her pension goes on utilities, insurance and groceries, which cost around \$100 a week.

“The only extra — if you want to call it that — is Sky TV. I need that because I can’t afford to go out. I live rural, so every trip means fuel.”

By the week before her next payment, she recently had just \$71 left. “Not even a week’s worth of food.”

When unexpected costs arise, food is the first thing to go. Paula already limits herself to one meal a day to save money.

“I don’t have breakfast, lunch and dinner — just one late afternoon meal. But when there are constraints, the first thing you cut is food.”

Pensioners Hit Hardest

Paula’s story reflects a broader national trend. New data from Statistics New Zealand shows retirees

experienced the highest inflation rate in the year to December 2025.

Superannuitant households faced inflation of 3.8 percent, compared with the 2.2 percent average across all households. Beneficiaries experienced 3.1 percent, while the highest-expenditure households saw just 0.8 percent.

Unlike the Consumer Price Index, the Household Living-Costs Price Index measures the real impact on different groups, including the effects of interest rates and mortgage payments.

Economist Shamubeel Eaqub says the difference comes down to spending patterns.

“The areas where costs are still going up are necessities, whereas prices are coming down the most on discretionary items and mortgage payments.”

Lower-income households spend a far greater proportion of their income on essentials such as food, power and transport. Higher-income households benefit more from falling mortgage rates and cheaper discretionary goods.

For Paula, nearly all her money goes on rent, utilities and food. Price drops on TVs or furniture make no difference to her.

Inflation Easing — But Not Enough

There are signs inflation is slowing. The quarterly increase for superannuitants from September to December 2025 was 0.4 percent, down from 1.5 percent in the previous quarter.

Economist Matt Roskrug says that will be encouraging for the Government heading into an election year.

“But prices are still eye-wateringly high, and those struggling most are still seeing rises in core necessities — albeit more slowly.”

For Paula, that offers little comfort.

“It’s like a joke. A very, very bad joke. Food prices are still going up — even if it’s slower. You just can’t win.”

What worries her most is the future.

“In my head, I’m still young. I don’t think of myself as a pensioner. But how long can I keep going like this? What if I live to 80? Or 90? I really don’t think I could.”

* Not her real name

Napier City Council Elected Members 2025-2028



From Left: Cr Lawrence (Napier Central Ward), Cr Mawson (Napier Central), Cr Taylor (Taradale), Cr Price (Ahuriri), Cr Chrystal (Taradale), Cr Raihania (Te Whanga ward), Mayor McGrath, Deputy Mayor Crown (Ahuriri), Cr Morley (Ahuriri), Cr Brownlie (Ahuriri), Cr Isaac-Sharland (Te Whanga), Cr Simpson (Taradale)

COMMUNITY DAY PROGRAMMES: ENLIVEN OLDER PEOPLE

Enliven Havelock North, located at JH Mason Village on Durham Drive, reimagines community day programmes with a fresh approach in a cozy hall setting. We offer morning tea and lunch, accredited falls prevention exercise classes, and a variety of engaging activities on Tuesdays, Wednesdays, and Thursdays.

**We have community day
programme spaces!**

To find out more about community day programmes for you or your family, ask your GP about Enliven Older People services, call a Needs Assessment Service Coordinator (NASC) directly on 06 834 1871, or have a chat with our Enliven Older People team on freephone 0800 436 548.

To donate to support local older people, call 0800 002 953 or we can come to you with a mobile EFTPOS terminal in Napier or Hastings.



**CARING, ENABLING, SUPPORTING
WHILE YOU LIVE AT HOME**

Ask your GP about Enliven services or contact us:

Freephone **0800 436 548**
Email enliven@psec.org.nz
Visit our website psec.org.nz

enliven
PRESBYTERIAN SUPPORT EAST COAST

Are you: Warm, friendly and enjoy a chat?



Able to give about one hour per week on a regular basis?

Respectful, kind, caring, empathetic?

If this sounds like you, you could be an Age Concern Accredited Visitor.

The Visiting Service is a befriending service for Hawkes Bay people over the age of 65, and is aimed at reducing social isolation and loneliness amongst older people who are lonely or socially isolated and matching them with volunteers who are keen to spend time getting to know them.

Our service supports and cares for ageing people to enhance the lives of Visiting Service clients, giving them the opportunity to share their knowledge, life experiences, develop ongoing friendship, have fun and engage with another person in their life.

Our volunteers are police checked, trained and spend about an hour each week sharing conversation and activities with their older friend. This service offers a safe way for older people to connect in an ongoing one-to-one relationship, share interests, activities and support them and where possible, to make other community contacts. Client-volunteer matches are made carefully on the basis of personality, shared interests, and location.

We are currently seeking new volunteers to join our Visiting Service team.

If you would like more information on the Visiting Service , please contact us at Age Concern Napier on 0274 227 355 or email avs@ageconcernhb.org.nz

BLIND PEOPLE WERE ABLE TO READ AGAIN

This week's good news roundup



'Revolutionary' implant enables blind people to see

In a medical breakthrough that sounds like the stuff of science fiction, blind people have been able to read again thanks to a revolutionary eye implant.

The microchip was inserted under the retinas of 38 blind people as part of a landmark global study, the results of which were published this week. All those taking part had untreatable age-related macular degeneration, which is the leading cause of blindness for over-50s and affects some five million people worldwide. For 84% of participants, the device enabled them to see again.

"I was an avid bookworm, and I wanted that back," said Sheila Irvine (main image), who took part in the multi-country trial at London's Moorfields Eye Hospital. "It was dead exciting when I began seeing a letter. It's not simple, learning to read again, but the more hours I put in, the more I pick up. It's made a big difference. Reading takes you into another world, I'm definitely more optimistic now."

Designed by US-based Science Corporation, the chip is paired with a set of video recording glasses, which transmit live footage to a pocket computer that converts the footage into an electronic signal. This signal is then beamed to the chip, which sends it through the retinal and optical nerve cells and into the brain, where it is interpreted as vision.

"In the history of artificial vision, this represents a new era," said Mahi Muqit, senior vitreoretinal consultant at Moorfields. "[It has] has never been done before."

Ref: Positive News

Te Tiriti, Partnership, and Better Outcomes

Te Tiriti o Waitangi is a living agreement about how we choose to live together in Aotearoa New Zealand. Every society, at some point, has to answer a simple but uncomfortable question: who counts, and who decides?

The greatest strength of Te Tiriti is not power. It is inclusivity. Not the easy kind that pretends difference does not exist, but the demanding kind. The kind that recognises difference, protects dignity, and refuses to leave people behind.

The Human Rights Commission describes Te Tiriti as a promise by two peoples to take the best possible care of each other. That framing matters. Care creates responsibility. It asks us to think beyond what is efficient or expedient, and towards what is fair, durable, and wise.

The late Moana Jackson often reminded us that Te Tiriti is not only about rights, but about the rightness that comes when we accept responsibilities to one another. That shifts the question away from "what do I get?" and towards "what can I contribute?" Who is missing? Who carries the consequences of our decisions?

That is where te ao Māori brings real value. Not instead of technical expertise, but alongside it. Engineers, scientists, planners and economists help us understand how things work. Te ao Māori helps us understand what those decisions mean over time. It encourages us to look wider, to consider who else is affected, and to identify risks that may not be obvious at first glance.

This is why the whakataukī He waka eke noa still resonates. We are all in this together. A waka does not move because everyone is identical. It moves because people paddle in the same direction. Some steer. Some keep time. Some provide strength. All matter.

When different knowledge systems are brought together, decisions improve. Risks are identified earlier. Unintended consequences are reduced. Environmental and social impacts are better understood before they become problems passed on to the next generation.

In Napier, we are learning this in practical ways. When mana whenua are involved early, not as an afterthought but as partners, outcomes are stronger. Places carry more meaning. Projects fit better with their surroundings. Decisions reflect not just what is possible, but what is responsible.

Cultural impact assessments are one example. Once treated largely as compliance, they are increasingly understood as insight. They tell us about place, history, relationships, and impacts that technical reports alone cannot fully capture.

This is not symbolism. It is good governance. Good judgement. And good stewardship.

So, when Te Tiriti is dismissed as divisive, it is worth saying this plainly: Te Tiriti does not take belonging away. It expands it. Exclusion is what divides us.

The choice before us is not complicated. Do we close ranks, or do we make room?

Do we rely on one way of knowing, or do we strengthen our decisions by listening more widely?

I choose the country that makes room.

That keeps the door open.

That says: you belong here.

Because a waka only moves forward when the paddles are in the water, pulling together in the same direction.

Sally Crown
Deputy Mayor, NCC



Here to Listen, Here to Help

Katie Nimon MP for Napier

katie.nimonMP@parliament.co.nz
06 835 2569

Sign up to the Newsletter



Authorised by Katie Nimon, Parliament Buildings, Wellington.



Investing in Our Future: How Te Taiwhenua o Te Whanganui ā Orotu Serves Hawke's Bay

As members of Grey Power, we know that a community is only as strong as its connections - the way we look after our neighbours, our environment, and the generations following in our footsteps.

In the heart of Ahuriri (Napier), Te Taiwhenua o Te Whanganui-ā-Orotu is a driving force for this unity.

Led by Tumu Whakarae (CEO) Mathew Mullany, the Taiwhenua serves as the mandated iwi authority for our rohe. Their mission - *kia tupu, kia hua, kia puāwai* (to grow, prosper, and thrive) - is backed by disciplined delivery and measurable results that benefit every resident of Hawke's Bay.

Fulfilling the Potential of Our Mokopuna

We all want to see our rangatahi (young ones) fulfil their potential and grow into the skilled workforce that will drive the prosperity of Hawke's Bay for decades to come.

The Taiwhenua's He Poutama Rangatahi initiative is doing exactly that. This past year, the programme enrolled 200 young people and successfully placed 180 local rangatahi into further education, training, or employment. By turning potential into participation, they are strengthening our local economy.

Education remains a top priority. The Taiwhenua's Student Attendance Service is currently a national exemplar. While many regions struggle with truancy, this team has achieved an 86% success rate in closing unjustified absences—a staggering 16% higher than the national benchmark. The team has resolved non-enrolments 16% faster than the national average and reduced repeat referrals to just 13%. These aren't just statistics; they represent classrooms full of local tamariki staying connected to their learning and their future.

Leadership Through Wisdom: The Kāhui Kaumātua

A cornerstone of the Taiwhenua is the Kāhui Kaumātua. Every Thursday at 5:30 pm, between 25 and 50 kaumātua gather at the Wellesley Road offices. Led by Matua Matiu Eru and Beverley Kemp-Harmer, this group provides the "cultural compass" for the region. They meet regularly with local and central government agencies, ensuring that the wisdom of our seniors shapes the decisions made for Ahuriri. It is a powerful example of how age and experience are vital to modern governance.



Members of the Kāhui Kaumātua from left, Matiu Eru, Cheryl Whare, Rosy Hiha, Lexia Puna, Beverley Kemp-Harmer

Wellbeing and Resilience

Health and isolation are concerns we all share as we age, but the Taiwhenua is tackling these challenges at the root. This year, they supported more than 100 individuals and their whānau through physical and mental therapy to empower the individual, and cultural reconnection to anchor them in their community. Their focus on hauora (wellbeing) has led to measurable reductions in stress, helping whānau remain active and deepening the intergenerational relationships that sustain us all.

This commitment is further cemented through Toikuranui, a programme nurturing 30 emerging leaders. By equipping them with traditional knowledge and practical tools, the Taiwhenua ensures they have the grounding to serve their community for a lifetime. Whether through these leadership pathways or restoring the mauri (life force) of our environment, Mathew Mullany and his kaimahi (staff) are proving that values-led leadership produces the real-world results we all want to see.

Why This Matters to Grey Power

You might ask how this work affects the wider 65+ community. The answer lies in *whanaungatanga* - the Māori concept of deep relationship and connection. When the Taiwhenua succeeds, our entire community becomes more stable.

Relieving the Health System: By providing proactive therapy and wellbeing support to over 100 whānau, the Taiwhenua helps reduce the overall strain on our local medical services.

Strengthening the "Sandwich Generation": When our grandchildren are thriving in school and our adult children are in stable employment, the pressure on

us as grandparents is lifted, allowing for more joyful family time and less financial stress.

A Vibrant Place to Call Home: Their work in environmental restoration and cultural identity ensures Ahuriri remains a soulful, beautiful place for us to enjoy in our retirement.

Ultimately, Mathew Mullany and his team are proving that when we focus on *whakamana* (uplifting others), everyone wins. Our goals are *kotahitanga* (unity): a Hawke's Bay where every generation has the opportunity to grow, prosper, and thrive. *Kia tupu, kia hua, kia puāwai*.

Age-Friendly Ahuriri Napier - Looking Ahead to 2026

Recently, community members, agencies and organisations came together for a collaborative workshop to help shape the priorities for Age-Friendly Ahuriri Napier for 2026. It was a valuable morning of discussion, ideas and shared commitment to making Napier an even better place to age.

With the population aged 65 and over continuing to rise, New Zealand is heading towards becoming a 'super aged' society. This shift brings both opportunities and challenges, particularly around infrastructure, healthcare and the workforce. It is important for our group to remain aware of current and emerging issues so we can effectively advocate for older adults within the Napier community.

Guest speakers such as Nigel from Fire and Emergency New Zealand (FENZ) and Liz from Volunteer Hawke's Bay help keep us informed about key issues and how we can work alongside organisations to share practical safety information and create meaningful opportunities for older adults to contribute their skills and experience in the community. We look forward to continuing to work

with both agencies as new initiatives develop.

Alongside new initiatives, we will continue popular programmes such as the Silver Screen Series and our celebration of the International Day of Older Persons in October, as well as advocating through submissions where needed. We are proud to be accredited as an Age-Friendly City under the World Health Organisation's Global Network for Age-Friendly Cities and Communities, reflecting Napier's commitment to environments that support connection, independence and wellbeing.

We are also seeking volunteers who would like to help implement our programmes. If this sounds like you, or would like to learn more about what's involved, please contact Rachael at communityservices@napier.govt.nz

Keep an eye out for upcoming flyers and more information — we look forward to seeing you at future events.

Rachael Kawana

COMMUNITY RESILIENCE ADVISOR



Made up of representatives from groups supporting seniors, with Cr Mawson representing council, the Age-Friendly Committee wound up a busy year with a Christmas Lunch at the newly-refurbished Art Deco centre.



Nigel Hall, Fire and Emergency NZ addressing a recent workshop for the Age-Friendly group, where members looked at priorities for the year ahead.

WHĀNAU FEST

Free
Event!

Settle in and soak up a vibrant community day for whānau and friends!

28 FEBRUARY
ANDERSON PARK · NAPIER
JOIN THE FUN FROM 10AM - 3PM

FOOD TRUCKS · LIVE MUSIC · CULTURAL STALLS

CULTURAL PERFORMANCES · SKATE & SCOOTER

DANCE · HUNGER BALL · BAY HAWKS BASKETBALL

PICNIC ZONE · SENSORY SPACE · PĒPI AREA

FREE FACE PAINTERS · BUBBLES IN THE BAY

Find out more at
napier.govt.nz



Join us at this Whānau Fest on the 28 February! Look for our Grey Power flag.

Guest speakers for 2026 meetings – mark your calendars!

February Tuesday 17th	Kevin Faure, Resonate Hearing
March Tuesday 17th	Huia Broughton, Manager, Āhuru Mōwai Homeless Shelter
April Tuesday 21st	Inspector Bryan Smith, Police
May Tuesday 19th	Kaweka Health Campus, Emma Ellison
June Tuesday 16th	Mayor Richard McGrath
July Tuesday 21st	Claire Severinsen, Brain Injury
August Tuesday 18th	Juliet Mawley, Nationwide Health and Disability Advocacy Services
September Tuesday 15th	Parliamentary Election Candidates
October Tuesday 20th	Nigel Hall, Fire Prevention Officer
November Tuesday 24th	Christmas luncheon

Our meetings are open to the public, all are at St Columba's Church, 176 Gloucester Street, Taradale, starting at 1:30 pm. Bring money for raffles, bring a friend and stay to chat over a cuppa and a delicious afternoon tea!



Pets bonds: what's changed for renters

Good news for pet lovers who rent: new tenancy rules will give renters more certainty and confidence when thinking about bringing a pet into their home. In the new rules implemented on 1 December, landlords can still require written consent for a pet, but they can only decline a request for specific reasons based on practical factors — such as whether the home is suitable for the animal, or if local bylaws don't allow certain pets — rather than personal preference. Landlords will be able to request a pet bond of up to two weeks' rent, and may set reasonable conditions such as carpet cleaning at the end of the tenancy. This helps give landlords confidence while giving tenants more opportunity to enjoy the companionship of a pet.

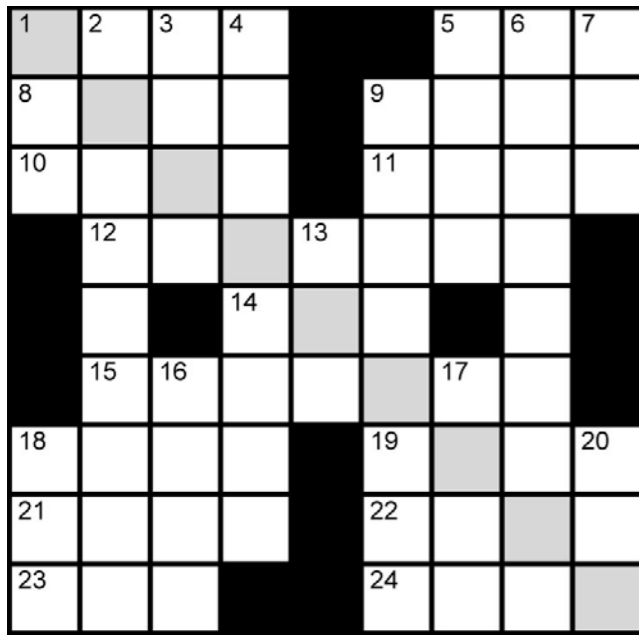
LIFE LIVED WELL

Life should not be a journey to the grave with the intention of arriving safely in a well-preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming –

"Woo Hoo what a ride!"



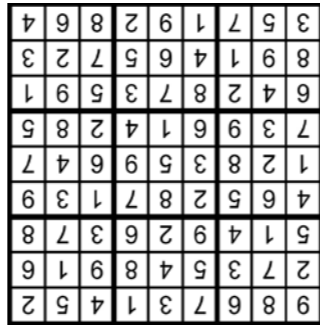
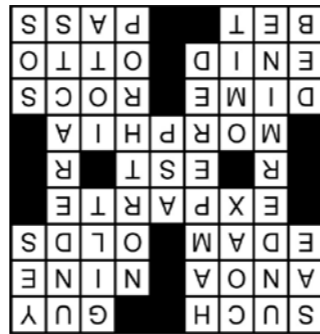
Quick Pic



- Across**
1. Similar
5. Chap
8. Celebes ox
9. Opening time, maybe
10. ___ cheese
11. Cutlass, e.g.
12. From one side only
14. "C'___ la vie!"
15. Narcotic

18. Kind of store
19. Enormous birds of myth
21. "Idylls of the King" character
22. "Beetle Bailey" dog
23. "Wanna ___?"
24. Hail Mary, e.g.

- Down**
1. Ed.'s request
2. Sabotage
3. Cajole
4. Impeded
5. Gold-plated
6. Restrained stage performances
7. "Absolutely!"
9. A chemistry Nobel: 1946
13. Death on the Nile cause, perhaps
16. Leave out
17. Bit
18. Center of a ball?
20. "Help!"



The crossword headline is a clue to the answer in the shaded diagonal

Country Singers

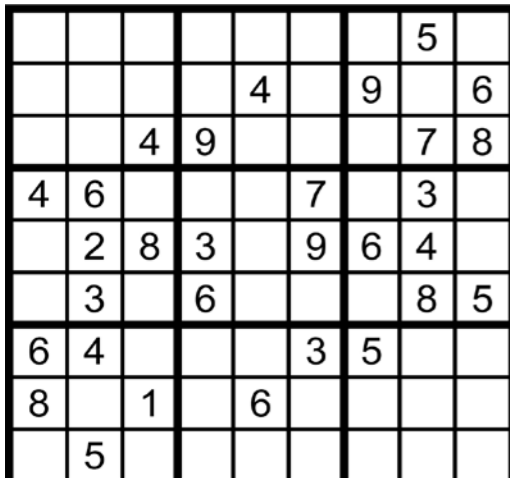


How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.

Photos supplied by Neill Gordon

- CONWAY TWITTY
EDDY ARNOLD
ELVIS
EMMYLOU HARRIS
ERNEST TUBB
FRED ROSE
HANK SNOW
JIMMY DEAN
JOHNNY CASH
KENNY ROGERS
- KITTY WELLS
PATSY CLINE
RAY CHARLES
RED FOLEY
RICKY SKAGGS
ROY ACUFF
ROY CLARK
ROY ROGERS
TEX RITTER
THE JUDDS
WAYLON JENNINGS

SUDOKU



Why join Grey Power?



- To be eligible for a range of discounts – see <https://www.greypower.co.nz/the-benefits>
- To support an organisation that will advocate (lobby) for our protection and concerns on matters like superannuation, health, housing, justice – locally and nationally
- Monthly meetings with excellent speakers that relate to our interests; plus good fellowship over a delicious afternoon tea
- Cheaper gas, electricity and broadband for Grey Power Members
- Opportunities to volunteer
- Three local newsletters – 24 pages of current news and views each time
- Quarterly Federation magazine
- An Appreciation Volunteers Luncheon
- End of year Christmas Party / Luncheon for all

MEMBERSHIP APPLICATION/RENEWAL FORM

Membership Subs are now due for the 2026/27 year

Cost is \$25 single and \$40 couple. Membership year is 1 April 2026 - 31 March 2027

ANYONE CAN JOIN - YOU DON'T HAVE TO BE OVER 65!

To pay your membership, you can:

- Pay your sub online to **bank account number: 38-9009-0434068-00** Grey Power Napier & Districts; put your Surname, Initial and Grey Power membership number if renewing. If you are a new member, please email greypowernapier@gmail.com or phone Bruce 06 844 5635 to let us know you have joined. **OR**
- Complete this form and mail it to us at Grey Power Napier & Districts, PO Box 4247, Marewa 4143 or phone Bruce and he will pick it up. Or scan and email. **OR**
- Join online on our website www.greypowernapier.org

Your name/s

Address

Phone email

You are paying \$25 for 1 member (tick if applies) or \$40 for a couple

Amount paid: Payment Type:

Can we email your newsletter?

M'ship no

www.napiergreypower.org

Find us on Facebook @greypowernapier



Grey Power Napier Committee 2025-2026



Front from left: Carol Brunton, Allie Beattie, Ian Cook
Middle: Gayle Peters, Isabel Wood, Linda Mellor
Back: Maxine Boag, Bruce Carnegie, Kay Nesdale

Speaker for 17 March meeting is **HUIA BROUGHTON**

Manager Āhuru Mōwai Shelter for the
Homeless

Hear how things have progressed in
the eight months since it opened;
and how you can help keep the doors open



Sender: Napier & Districts Grey Power
PO Box 4247
Marewa 4143

