



A season of reflection, hope and giving

As the festive season approaches, Nelson Tasman Hospice invites the community to pause, remember and give through this year's Trees of Remembrance campaign - a long-running and heartfelt tradition.

Families, friends and colleagues are invited to honour loved ones who are no longer with us while making a meaningful contribution to the hospice.

2025 Activation Dates:

- Farmers Trees of Remembrance (Farmers Nelson & Farmers Richmond Mall) - 13 November to 24 December 2025
- Community Trees of Remembrance (New World Nelson City, Woolworths/ New World Stoke & NBS Richmond) - 5 to 7 December 2025

When you visit the installations, you will be invited to:

- Write a personal message in memory of a loved one.
- Make a donation or purchase a dedicated bauble or memorial card (available on-site).
- Place your message on the Christmas trees, becoming a visual tribute to those we remember.

The 28th of November marks the beginning of the Nelson Airport Trees of Remembrance activation with a display of trees at the airport sponsored and decorated by local businesses who have chosen to support Nelson Tasman Hospice this Christmas. The trees will be on display until the 8th of January and all visitors to the airport can vote for their favourite tree.

Nelson Tasman Hospice provides free specialist palliative care for people of all ages in the region, supporting them and their whānau through illness, death and bereavement. The service cares for more than 210 patients each



Richmond Lions Volunteers in the Richmond Mall

month. A significant annual shortfall of \$4.5m must be raised through community support each year to ensure that these services remain free of charge for those that need it most. "As the festive lights go up and the

year draws to a close, our Trees of Remembrance offer more than decoration. They provide a moment to reflect and give hope to others," says Donna Ching-Tregidga, Head of Supporter Engagement and

Income Development at Nelson Tasman Hospice. "Whether you are commemorating someone dearly missed or simply supporting the work we do, your involvement makes a real difference in our

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Presidents Report

Sue Sara

As this is our final newsletter for the year, I would like to take the opportunity to wish you all a Merry Christmas and a prosperous New Year.

On behalf of myself, I want to express my gratitude for the support I have received over the past year. Our committee has faced challenges with ill health, but we continue to keep things moving.

I would love to see a few more people step forward to lighten the load. Both men and women are welcome. We meet once a month on a Wednesday afternoon from 3pm for about an hour.

Membership renewal time is coming up soon. Please note the increase in fees for couples to \$40. This adjustment helps us cover newsletter production, office expenses, capitation fees, and the wages of one much-needed office administrator.

Following a very successful visit from Geeks on Wheels, we have plans for more regular meetings with different organisations. Planning is already underway, so watch this space.

Thank you once again for your commitment and contributions throughout the year. We also say goodbye to Jan Rice, who has volunteered on the front desk for just over 20 years, and we wish her well.

Wishing you peace, good health, and happiness over the festive season. Remember: join us before you need us.



Jan Rice and Kim Harding.



HELP US SAVE YOU & FUTURE GENERATIONS

Our Endowment Trust provides a powerful way for our community to help create a reliable and secure revenue stream, ensuring that we can plan for the future with certainty. The Trust's funds will remain in perpetuity, growing year after year for generations to come. If you would like to make a living gift or a bequest please contact us for a confidential conversation.

03 547 7278 or endowment@helirescue.co.nz

Nelson Marlborough Rescue Helicopter Endowment Trust

Supporting safer community access

At Driving Miss Daisy Nelson, we're always looking for new ways to make our clients feel safer and more comfortable when out and about. That's why we've introduced High Viz Daisy Vests, as recently highlighted in the *Nelson Weekly*.

We use these vests to help signal to others that our clients might need a bit more space and patience when out and about. It's a small gesture, but it can make a big difference for peace of mind and the safety of our outings.

Our focus has always been to support people in ways that matter most—sometimes it's practical help, other times it's

simply offering a listening ear or friendly company. The High Viz vest is just one example of how we're adapting to meet the real needs of our clients and to raise awareness of being mindful of others.

As a trained occupational therapist, I know the importance of people being able to engage in their community, and when that becomes a challenge, we can see a decrease in that person's overall well-being. We try to bridge that gap and offer support and assistance to those who need it, whether it's solely for transport getting to and from appointments or grocery shopping, or providing a com-

panion service tailored specifically to each client.

Our team is passionate about helping people to maintain their community independence and connection, and we really do believe that getting out of the house and into the community is the best medicine.

If you would like to keep updated on what we get up to, please find us on: facebook.com/DrivingMissDaisyNelson/

And if you would like more information, we would love to hear from you! You can contact Sophie or Rob on 03 547 2133 / 021 319 397

Pay your subscription early and win

Members who renew their subscriptions early for the next membership year will go into monthly prize draws. All memberships are due by 31 March 2026.

Subscriptions cost \$25 for a single membership and \$40 for a double. To avoid the rush, pay early in January, February or March 2026 for the upcoming membership year ending 31 March 2027. There will be a prize draw after each of these three months.

Payments can be left at Triton Hearing Nelson on Bridge Street, McGlashen Pharmacy in Richmond or The Guardian office

in Motueka. No change will be given, but payments will be collected.

You can also pay directly into the bank account 03-1709-0071804-001 via internet banking.

Membership cards will be posted for any of the above options, or you can visit 33 Putaitai Street, Stoke between 10am and 3pm. Eftpos is available, but credit cards and Paywave are not accepted. Cards will be issued on-site.

Good luck to all members who enter the draws.



For more useful information
and advice visit
greypowernelson.org.nz

Moving Made Easy – Free Event

Thinking about making a move but not sure where to start? Join us at the Grey Power Offices, 33 Putaitai Street, Stoke, on Wednesday, 14th January 2026 at 10:30am for a relaxed and informative morning designed to help you take the next step with confidence.

Whether you're exploring low-maintenance living, considering a new lifestyle in the Nelson area, or simply

wanting to understand the ins and outs of buying and selling, this event is the perfect place to begin.

Local real estate experts Jonathan Gough and Sophie Short from Harcourts Nelson will be on hand to answer your questions, share insider tips, and help make your moving journey simple and stress-free. As New Zealand's most trusted real estate brand, Harcourts sells

a property every 13 minutes, so you'll be learning from a team that truly knows what works.

Enjoy a cuppa and a biscuit in a friendly setting while you gather practical advice and connect with others exploring similar options.

Whether you're ready to move or just planning ahead, come along and get the guidance you need to make smart, informed decisions.

Banking support: how to get extra help when you need it

Navigating banking can sometimes feel overwhelming – especially during life's more challenging moments. Whether you're dealing with financial hardship, a bereavement, or simply need help accessing your accounts, engaging with your bank often leads to real solutions. The earlier you reach out, the more options you may have.

How to ask for extra support

If you're calling your bank's general enquiry number, here are a few tips to help you get the right support:

- Clearly explain your situation.
- Mention if you have a carer or support person.
- Banks have committed to Guidelines to help banks meet the needs of older and disabled customers. If you're deaf, hearing-impaired, or speech-impaired, banks offer NZ Relay to communicate.
- If you're struggling to get support, you can ask if there are other avenues for rais-

ing your concern, such as with an "extra care" or "customer care" team.

Many banks in New Zealand have teams who are there to help when customers need extra support.

If things aren't going well

If you feel your bank isn't listening or treating you fairly, start by using your bank's complaints process. Your bank's website and app will have information about how to make a complaint.

You can also get support from the Banking Ombudsman Scheme – a free and independent service that helps resolve banking complaints. Contact the scheme on 0800 805 950, help@bankomb.org.nz or make a complaint on the website www.bankomb.org.nz.



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Plain language isn't just good writing

Do 'hard to understand' documents and websites, full of 'small print and legal speak' really get you going?

Volunteers at Citizens Advice Bureau (CAB) know it's important to understand something before you sign it, because they regularly help folk who didn't really understand, but signed anyway. Being able to explain all kinds of things in plain English is one of CAB's strengths – and this includes our website.

At NZ's 'Plain Language Awards' in 2021, CAB won Plain English Champion - Best Organisation', for our clear, empathetic and accessible communications when helping Kiwis understand their rights or accessing services.

This year, CAB's Konae: My Records Guide, won an Award of Distinction.

Government commissioned, Konae is a response to the Royal Commission of Inquiry into Abuse in State and Faith-based Care, which found people facing many barriers to accessing personal records.

The Konae website, written with insights and advice from survivors and others with lived experience, gives support and guidance to those wanting to access up-to-date, plain language information about requesting personal records from over 60 organisations.

The Plain Language Award Judges praised Konae's simplicity, using commonly asked questions, warm, supportive and reassuring language, so people can find their records and navigate difficult processes with care and clarity. Since its launch in February 2025, there have been 40,000 visits, 100,000 page views and 1,000 requests made.

Plain language isn't just good writing. Its social justice in action!

In a world of complicated documents and maze-like government departments, seniors experiencing digital exclusion, newcomers facing language barriers, renters with disputes, couples having issues need CAB volunteers to help sort things out!

If you're looking for a community role where you keep learning, using your life and work skills, to help others, apply to become a CAB volunteer now.

Comprehensive training begins Feb/Mar 2026.

CAB Nelson Tasman: 9A Cambridge St Richmond
Mon to Thurs
Age Concern Bridge St Nelson Mon & Fri
Talk: 035482117 **Type:** nelsontasman@cab.org.nz
Read: www.cab.org.nz



Awanui Labs in Stoke

Have you recently needed to use the facilities of former med lab?

Now known as Awanui Labs, they are located in the new building at the end of Bail Street in Stoke.

On a recent visit for my 3 monthly blood test, I was surprised to hear many are just walking in hoping to get a test done.

Some appointments can take up to

3/4 of an hour so those appointments are necessary.

A phone call will take you to their main hub and divert to Nelson.

Please call them on 03 523 8900 or

email nelson.reception@awanuilabs.co.nz

Their hours are daily Monday-Friday: 7:30am - 4:15pm

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Membership Form

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Office Use Only

Date

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Actioned By

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SURNAME..... FIRST NAME YEAR OF BIRTH.....

POSTAL ADDRESS

POST CODE PHONE NUMBER

ANNUAL SUBSCRIPTION \$25 Single or \$40 Double Plus optional donation

Total Payment \$.....

Payment methods:

Visit Nelson Grey Power, 33 Putaitai St, Stoke (Eftpos available).

Internet Banking: 03 1709 0071804 001. Please use surname as reference and mark NEW if a new membership.

Subs can be left at Triton Hearing, 95 Bridge St, Nelson or McGlashen Pharmacy, Richmond.

Your details will not be given to any other organisation for the purpose of sending you promotional material.

All memberships expire 31 March.

Phone 547 2457 | Office hours 10am to 3pm | www.greypowernelson.org.nz

Benefits of joining Nelson Grey Power

* Use of Nelson Grey Power discount book – which gives more than one hundred business discounts and is updated and republished biennially.

* Membership confers automatic free \$2000 accidental death & dismemberment insurance.

* Provides an avenue for bringing concerns and ideas for improving welfare and well-being of older persons.

* Opportunity to meet with other members and socialise and form friendships.

* Access to a wide range of information brochures and education/learning opportunities.

* Opportunities to volunteer in the work of Nelson Grey Power.

**To become a member visit
greypowernelson.org.nz**

Nelson Grey Power

33 Putaitai Street, Stoke

Mon-Fri 10am - 3pm

Ph: 03 547 2457

P. O. Box 2190 Stoke 7041

admin@greypowernelson.org.nz

www.greypowernelson.org.nz

Nelson Grey Power Office Christmas Hours

Office closed for a Volunteer Xmas lunch on Tuesday 9th December
from midday for the rest of the day, and back open Wednesday 10th at 10am.

ALSO CLOSED FOR THE CHRISTMAS PERIOD

From Friday 12th December from 1pm and Re-opening Monday 5th January 10am

MERRY XMAS & A HAPPY NEW YEAR TO YOU ALL



For more useful information
and advice visit
greypowernelson.org.nz