



Remembering all war and service animals

Purple Poppy Day - Sunset Service

Sunday 5.00pm - 22 February 2026

Nelson returned and services association
Lawn Cemetery - Marsden Valley - Stoke - Nelson
Wear something purple - animals welcome
Purple poppies on sale at the service



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03 547 7278 or endowment@helirescue.co.nz



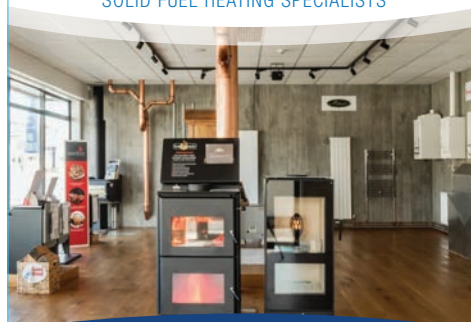
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Presidents Report

Sue Sara

Welcome to 2026, everyone.

I hope you all enjoyed a pleasant break over the holiday season. I'm still waiting to take my own break, but it will happen hopefully once the wind and rain have finally settled!

Sadly, we ended last year with the loss of a much loved Committee member and dedicated volunteer, Pat Curry. Her commitment to our organisation was unwavering. Pat attended all meetings relating to both NDHB and NMDHB, and she carried a wealth of valued knowledge. Her loss is deeply felt, and our thoughts are with her partner Bob and her daughters.



And as this year began, we experienced another great loss with the passing of our treasured and committed Vice President, Kevin Gardener. His years of devotion to Grey Power were steadfast from his time on the Federation Board to being my right hand as Vice President. I will feel his absence immensely. Kevin was always there to guide me in the right direction and offer reassurance when needed.

A reminder as we start the year:

Membership renewals are coming up quickly.

To use Grey Power Electricity, you must be a current financial member of Grey Power.

With this in mind, please ensure that when you make payments through online banking especially if you use Grey Power Electricity that the account names and references are clear and accurate. We are still spending far too much time reversing payments made to us in error, which takes valuable time for both our office administrator and myself.

I look forward to seeing many of you throughout the year at our informative morning chats featuring speakers from various businesses and organisations.

Proposed total mobility changes bring risk

Gayle Chambers

National President, Grey Power NZ Federation Inc

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.

"There is also a real risk that any perceived savings will be offset by the cost of implementing and managing a more complex administrative system," Ms Chambers said. "More rules, more assessments, and more confusion do not necessarily equal better outcomes—or lower costs."

Grey Power New Zealand acknowledges the fiscal pressures facing government but questions why reductions are being directed at a scheme that plays such a critical role in supporting independence and wellbeing.

"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."

Memberships due for renewal soon and can be done now

Memberships are due to be renewed 31 March but paying early before lapsing, puts you in February and March Prize Draws and avoids the busy time, with all members being due on the same date. New members in February will get extra time on their membership until March 2027. We will be available in quite a few other places in March & April to make it more convenient for you to see us. Look for the Out & About list elsewhere in this newsletter.

A timely renewal helps you hold onto all the perks including discounted rates on

electricity through Grey Power Electricity. You will also find that businesses offering Grey Power discounts on products and services will withdraw any savings to you when they notice your membership has expired.

Grey Power members benefit from discounts at a range of local businesses with the discount book the same as last year as they are for two years.

We appreciate your support and look forward to helping you enjoy the full benefits of Nelson Grey Power.

Positive Ageing Expo

Saturday, 21 March, at the Headingly Centre in Richmond, from 10am to 2pm. The Expo brings together organisations, services, and individuals who support people aged 50+ to live well, stay connected, and prepare for their next life stage with purpose and confidence. This year's theme - Living Well, Ageing Better.

Schedule of the speakers:

10:15am Pilates class

10:45am Talk Finding the Wild by Craig Potton

11:30am Talk Investment and Financial Security by Karl Willisroft

12:15 - 1:00pm Talk Age Deliciously: Fuelling Your Best Years by Kate Goodman

1:15 - 2:00pm "Strength & Balance" class with Ange

Look out for the Nelson Grey Power site where you can renew your membership or join.



Fast rising prostate cancer death rate

Bill Fergie, Prostate Cancer Foundation Nelson Group Coordinator advises the alarming facts are finally being acknowledged by at least some specialists that notifications and deaths to Prostate Cancer are heading to doubling in the next decade or so. This Cancer is already the second biggest cancer killer of men and badly lacks a Govt funded screening program and much more recognition and support from the Ministry of Health, Cancer Authority and Pharmac with more and newer generation drug support.

Even today, Prostate Cancer kills well over twice the annual road toll and far more than Breast Cancer.

So, until the true seriousness is realised by all health authorities - right from too many reluctant GP's right to the top, ALL MEN over 50 simply must determinedly, even without symptoms, call their doctors for annual PSA blood tests and track them over several years. For all Maori, Pacific Island and also Caucasian men if Prostate cancer runs in the latter's close family, PSA tests should commence at 40 or 45.

One reading unless it's very high doesn't tell a lot, but critically important is recognizing a rising trend over 2, 3 years or more - this indicates a high probability of Prostate Cancer which if found early is usually curable, but if too late it is usually not.

Until Govt and the medical fraternity recognize this and act, men have to take responsibility for determinedly requesting PSA testing themselves in the hope of saving their own lives, if they are to become one of the rising cohorts who will get prostate cancer.



Where to find us out & about

Grey Power Volunteers and/or Staff will be at the following Venues in March and April so that members have an opportunity to pay their subscriptions somewhere more convenient with renewal due 31 March.

New members will also be welcome to join at these places.

Thursday 5 th March	Richmond Mall	10.00am-2.00pm
Saturday 7 th March	Grey Power Office	10.00am-12.00
Wednesday 11 th March	The Guardian Motueka	10.00am-12.30pm
Friday 13 th March	Ernest Rutherford	3.45pm-4.45pm
Wednesday 18 th March	Waimea Village - Hall	2.30pm-3.30pm
Saturday 21 st March	Positive Ageing Expo	10.00 – 2.00pm
Tuesday 24 th March	Oakwood's Village	10.00am-11.30am
Thursday 26 th March	Nelson Public Library	10.00am-12.30pm
Tuesday 31 st March	Summerset Stoke	10.30pm-11.30pm
Thursday 9 th April	Richmond Mall	10.00am-2.00pm
Saturday 11 th April	Grey Power Office	10.00am-12.00
Wednesday 15 th April	The Guardian Motueka	10.00am-12.30pm
Tuesday 21 st April	Summerset Richmond	10.30am-12.00

WE NEED YOU

2026 is shaping up to be another busy year for Grey Power.

With Election year this year we need to be on top of policies and promises.

With only one member left on our committee, WE NEED YOU.

Over 5000 members?

There must be some of you with interest in your community and organisation willing to pass up 1 ½ hrs a month plus attend public meetings of interest.

PLEASE PLEASE PLEASE. This can't be left up to one person to look out for you all.

Email me at president@greypowernelson.org.nz, call in 33 Putaitai Street Stoke or phone 547 2457.

Waiting to hear from you.

Sue Sara - President



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Make sure everyone understands your wishes

Advance Care Planning helps you share with loved ones and the healthcare team, what matters most to you - your values, goals, and priorities, so that your healthcare reflects this now, and in the future. An advance care plan (ACP) is a document created by you outlining what is important to you and your health care choices should you lose the ability to make health care decisions for

yourself. The plan makes sure everyone understands your wishes, so the best support is provided for you in the future. The plan includes how you would like to be cared for in later life; what quality of life looks like for you; how you like to spend your time; your cultural, religious, spiritual rituals or beliefs, through to end of life care. Stating treatment preferences helps

health professionals and your family understand what your goal of care is. You can add an advance directive, as part of the plan, that gives specific instructions to health professionals regarding what treatments you would or would not want in certain circumstances. The plan can be updated at any time.

Steps in completing the advance care plan: Ask the nurse

at your general practice for a booklet and if there is a cost for you.

Booklets are also available via Grey Power, aged concern, libraries, or download directly from the website: template and guide www.myacp.org.nz/your-plan

Share your plan with people who are important in your life and who will advocate on your

behalf should you become unwell.

Want more information?

Look at the Health New Zealand website: What is advance care planning? – Advance care planning or contact Nelson Tasman Facilitator acp@nbph.org.nz if you want to attend an information session or request a community group presentation.

NELSON GREY POWER ASSN INC.

Membership Form

Office Use Only

Date
Receipt No:
Cards Issued
Actioned By

EMAIL..... MEMBERSHIP NUMBER

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

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



For more useful information
and advice visit

greypowernelson.org.nz