



## Finding friendship and connection

Club supports Nelsonians living with cognitive change

For many years, Enliven has supported older people across the region to stay connected, active and supported through meaningful relationships and a sense of belonging.

In Nelson, Harakeke Club is one way the organisation continues to walk alongside older people and their whanau living with memory loss or cognitive change.

More than a day programme, Harakeke Club is a welcoming community where people are encouraged to take part at their own pace, enjoy companionship

and feel valued for who they are.

From sharing stories over morning tea to enjoying music and activities, or simply having a friendly conversation, the club creates moments of connection that can make a real difference.

One family member says, "Mum comes home smiling. She feels safe there, and it has given her something to look forward to again."

Another describes Harakeke Club as "a place where people are patient, kind, and genuinely care."

The purpose-built dementia facilities provide a safe, relaxed environment, supported by professionally qualified staff and a dedicated team of trained volunteers. Morning tea, lunch and afternoon tea are provided each day, with transport available in many areas.

Volunteers are an important part of the Harakeke Club whanau. Through companionship, conversation and small acts of kindness, they help older people feel seen, heard and connected.

"As a volunteer, you often leave feeling uplifted yourself," one volunteer says. "The friendships and conversations mean a lot."

Enliven welcomes enquiries from people interested in attending Harakeke Club, as well as those keen to volunteer and help foster connection, dignity and belonging for older people in the Nelson community.

For more information, contact the team on 03 265 5224, email [maaikef@psusi.org.nz](mailto:maaikef@psusi.org.nz) or visit [psuppersouth.org.nz](http://psuppersouth.org.nz).



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## Presidents Report

Sue Sara

Hello to all our members.

Our AGM has once again been and gone. Sadly, we did not reach a quorum of 20. With more than 4900 members, this is very disheartening.

A special general meeting was held in the Grey Power office meeting room at 33 Putaitai St on Tuesday, 26 May.

This year is shaping up to be a busy one, with a number of Meet and Greet guests planned to give talks in our office meeting room.

We have already hosted Harcourts on downsizing, Geeks on Wheels to help sort all things tech, and Access Mobility, sharing information on walkers, mobility scooters and more.

Coming up on Thursday, 18 June, the Fire Service will be visiting, so please mark that one in your calendar.

We were proud to host Hon Casey Costello, who presented her Better, Later, Life Action Plan. This was attended by 75 people and sparked some great discussion.

I am still getting out and about speaking at rest homes and organisations. If you belong to a group that would like a speaker, please contact me.

There are still vacancies on our committee. We meet once a month in the late afternoon for about one and a half hours, and we would love to have you on board.

Join us before you need us.

“Genius is one per cent inspiration, ninety-nine per cent perspiration.”

Thomas Edison



## Winter fire safety: small actions can save lives

Rob Collins

Winter is one of the most dangerous times of year for house fires, as homes rely more on heating, electric blankets, and cooking appliances. Fire and Emergency New Zealand (FENZ) reports a rise in residential fires and fatalities during colder months. Many fires start at night while people are asleep, making early warning and quick escape critical.

Common risks include heaters too close to furniture, overloaded power outlets, and unsafe use of electric blankets. Keep heaters at least one metre from anything that can burn, switch off heaters and electric blankets before bed, and never dry clothes on heaters. Fireplaces and chimneys should be cleaned regularly, and ashes disposed of safely.

Working smoke alarms are the most effective life-saving tool in a house fire. FENZ recommends long-life smoke alarms with 10-year batteries in every bedroom, hallway, and living area.

Regular maintenance is essential:

- Test alarms monthly
- Clean every six months
- Check expiry dates yearly
- Replace alarms every 10 years

If your home still uses alarms with 9-volt batteries, replace them every year—or upgrade to 10-year battery alarms.

Better still, interconnected photoelectric smoke alarms provide faster warning—if one sounds, they all do. This alerts everyone quickly, no matter where a fire starts, and can make a life-saving difference, especially in larger or multi-storey homes.

Just as important is having a

home escape plan. Make sure everyone knows two ways out of each room and practises regularly. Choose a safe meeting place outside, and remember:

Get out, stay out—never re-enter a burning home. This winter, a few simple steps could save lives.

Rob Collins is Senior Advisor, Community Readiness and Recovery, Te Ihu - Nelson/Marlborough

**Presentation**  
at Nelson Grey Power  
33 Putaitai St, Stoke  
10.30am  
Thursday 18 June

## World Elder Abuse Awareness Day 15 June

Since 2006 World Elder Abuse Awareness Day is acknowledged on June 15 in many countries. Publicity puts the spotlight on elder abuse, and older people's rights to live free from exploitation and abuse.

Elder Abuse Response Service

The Elder Abuse Response Service is a free, confidential 24-hour helpline.

If you have concerns about how you are being treated or feel frightened or at risk, help is available.

Freephone: 0800 32 668 65

Text: 5032

Email: support@elderabuse.nz

If you are in immediate danger, call 111 and ask for the police.

*What is elder abuse?*

Elder abuse can involve many different types of behaviour - it's not just violence or assault. It could also be:

- being threatened, humiliated or harassed
- someone misusing or stealing your money
- someone trying to pressure you to sign legal documents
- any non-consensual sexual activity.

If you feel scared, frightened or at risk, the Elder Abuse Response Service can help.

*What happens when you call the helpline*

When you call the helpline, you'll be put in touch with a trained coordinator who works in your region.

The coordinator will:

- ask for consent to assess your situation
- work with you to make sure you are safe and help you manage the risk of abuse or neglect
- identify and work with other organisations who can help and support you, including police, health providers, lawyers, banks and government agencies.



For more useful information  
and advice visit  
[greypowernelson.org.nz](http://greypowernelson.org.nz)



## Subsidies open to insulate older homes

With the Warmer Kiwi Homes programme, funded by EECA, your home could be eligible for an insulation subsidy that covers between 50 percent and 100 percent of the cost of ceiling and underfloor insulation. Terms and eligibility apply.

This support is available to homeowners who meet a certain criteria. To qualify for an insulation subsidy:

1. Homes built prior to 2008
2. Occupied by the homeowner and located in an eligible area OR
3. Owned and occupied by a holder of either a Community Services Card or a SuperGold Combo Card.

If you have received a subsidy for a previous home, you can still apply for your current home.



Troy and Paul Brockie of Absolute Energy.

Why should you insulate. Good insulation plays an important role in keeping warmth inside your

home where it belongs.

Ceiling and underfloor insulation slow down heat loss, which means your home stays warmer for longer and needs less heating to stay comfortable.

This can also help reduce moisture, making homes drier and healthier to live in.

If you are unsure where to start, you are welcome to visit the Absolute Energy office 146 Pascoe Street, Stoke, from 8am-4:30pm, Monday-Friday.

Warmer, drier homes are not just about comfort, they support better health and everyday living.

To find out more and to see if your home qualifies, call us on 0800 423 454 or email [info@absoluteenergy.co.nz](mailto:info@absoluteenergy.co.nz).

## Have you paid your 2026-2027 membership?

If you have already paid, thank you for your continued support. Please disregard this notice.

If you are unsure whether you have paid, check your membership card.

The label should now be green, and the expiry date should read 31/03/2027.

If you have not renewed, please consider this a reminder. No invoices will be sent.

### How to pay

There are several ways to renew your membership.

#### IN PERSON, CASH ONLY:

McGlashen Pharmacy, Oxford St, Richmond

Triton Hearing, Bridge St, Nelson

The Guardian Motueka, Wallace St, Motueka

Please leave cash with a completed form. Payments are held securely and collected once a week for processing. Forms and envelopes are available at both locations.

#### INTERNET BANKING

Westpac account: 03-1709-0071804-01

Account name: Nelson Grey Power Association

Please quote your membership number.

#### VISIT US

33 Putaitai St, Stoke

Cards can be issued on the spot. Eftpos and cash are accepted. Paywave and credit cards are not available.

Opening hours are 10am to 3.00pm, Monday to Friday.

Single subscription: \$25

Double subscription: \$40

Membership cards will be posted once payment is received.

To access the many benefits Nelson Grey Power offers, you must remain a financial member. These include Grey Power Electricity, automatic \$2000 accidental death and dismemberment insurance, and national and local discounts.

## Be prepared with a St John ICE booklet

In an emergency, every second counts. That's why having your vital health information easily accessible can make all the difference. The St John ICE (In Case of Emergency) Booklet is a simple tool to help keep you safe and prepared.

This handy booklet stores all the critical details first responders and healthcare professionals need. With just one glance, emergency personnel can learn about your medications, medical conditions, patient history, and emergency contacts. No searching, no delays, just accurate information when it matters most.

Ideal for seniors, people with chronic conditions, or anyone who wants to be prepared, the ICE Booklet offers peace of mind

knowing your health details are always close at hand. This resource ensures caregivers and first responders can provide the best possible care without unnecessary delays.

Each booklet comes with a clear pouch and a magnet, making it easy to keep on your fridge door, right where emergency responders look first.

The ICE Booklet can also be quickly taken with you if you need to leave home in a civil defence emergency, ensuring your essential health information is always with you.

ICE Booklets are available at our Grey Power Office.

St John Ambulance Membership Another way to be prepared is to have St John Ambulance Membership. For less than the

cost of an ambulance call-out, your household can be covered for an entire year. With this annual prepaid fee - if you need St John in a medical emergency, you won't have to pay any part-charges.

Annual membership covers:


- Free - Hato Hone St John attendance in a medical emergency if required.

- Free - Transport to hospital or emergency medical clinic in an emergency if required.

- Free - Attendance and/or transport for accident-related injuries more than 24 hours old if required


For more information about joining St John Ambulance Membership please phone 0800 785 646 or [info@stjohn.org.nz](mailto:info@stjohn.org.nz)

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**03 547 7278 or [endowment@helirescue.co.nz](mailto:endowment@helirescue.co.nz)**





## Rates Rebate Scheme

The Rates Rebate Scheme provides a refund for low-income earners who were paying rates for the home they were living in on 1 July. The rating year runs from 1 July to 30 June.

Application forms are available from your local council or can be downloaded at [www.govt.nz/rates-rebates](http://www.govt.nz/rates-rebates).

You need to apply to your local council. Applications close on 30 June.

What do I need to provide?

Accurate information about your income (and that of any spouse/partner and/or joint homeowner who lives with you) for the previous tax year & your regional council rates bill if received separately.

Where do I go for help?

Contact your local council. Their details will be on your rates bill.

Whether you're eligible and how much you get depends on, for example:

- the total amount of rates you pay
- how many dependants live with you
- your total household income before tax
- the ownership of your property
- your living situation
- if you have a SuperGold card.

You cannot apply for a rebate if:

The property is used principally for farming, commercial, industrial or business purposes or if the property is a rental property.

## Congratulations to the paying early prize draw winners

MARCH

1st Prize \$50 Woolworths Voucher

**G & R Birch**

2nd Prize Gift Basket

**M & G Hugman**

3rd Prize Gift Bag

**P & D Witty**

All Winners have been notified

Thank you to Top South Media, Harcourts & Grey Power Electricity, for donating prizes.

## 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.

\* 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](http://greypowernelson.org.nz)

## NELSON GREY POWER ASSN INC.

### Membership Form

Office Use Only

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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](http://www.greypowernelson.org.nz)

### Nelson Grey Power 33 Putaitai Street, Stoke

Mon-Fri 10am - 3pm

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P. O. Box 2190 Stoke 7041

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