

# COMMUNITY NEWS

June 2023



Community News | Welcoming Communities | Health & Wellbeing | Age-Friendly Marlborough  
Volunteer | Youth | Foodbank | Council | Events & Notices



**MARLBOROUGH  
DISTRICT COUNCIL**

The Community Newsletter is compiled by the **Marlborough District Council Community Partnerships team.**

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 MarlDistCouncil

 15 Seymour St, Blenheim 7201

**Contributions to this newsletter are welcome, and can be emailed to the above email address.**

**If you wish to receive an electronic copy of the Community Newsletter via email or no longer wish to receive a hard copy, please contact us.**

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**Cover image:** *Destination Marlborough 2022*



## May was all about Youth in Marlborough

This year's youth council is made up of 21 young, positive and enthusiastic students from Richmond View School, Marlborough Girls College, Marlborough Boys College, Queen Charlotte College and a student who is home schooled. The youth council offers an opportunity to bring the voice of our youth into the council.

A swearing in ceremony for our young councillors was held in the council chambers on the 1st of May, the ceremony requires the youth council members to read and sign a declaration of commitment to their role on council in the presence of the mayor, other councillors, whanau and family.

The 14 to 18-year-olds bring a range of interests including art, technology, the environment and sport and have clear ideas about how they can contribute to the community and make a difference

to the region. They bring aspirations and wishes on behalf of young people plus have an opportunity to raise issues and become involved in the democratic process and learn about local government. During the year the youth council involves itself in youth focused projects and events and contributes to council's decision making by providing a youth perspective.

They have already been involved in various projects including organising a youth week event at our wonderful new library, an event that celebrated tech week and youth week with inspiring tech speakers, a scavenger hunt with prizes and an opportunity to explore the new facility was enjoyed by 70 participants.

Check out all the other great events that happened over Youth Week and as part of Pink Shirt day on

Marlborough Youth Trust's Facebook page. Also see some youth leadership quotes and photos in the Youth section.

### Coming up in June ...

The Future of Work will be held - Wednesday 14 June 9.00am to 7.00pm at the Marlborough Events Centre.

This is a one-day conference aiming to showcase what the workplace of tomorrow looks like for Marlborough's young people, with inspiring speakers; Jazz Thornton, Stanley Henry, Riki Welh, Te Wehi Wright and Lucy Blakiston and more than

40 industries and 80 businesses are signed up to attend (in the Interactive Workstation Zone).

From 5.00-7.00pm, all Year 7-13 students and their whānau are welcome to come along, experience the Interactive Workstation Zone and connect with tertiary providers – including all New Zealand universities. There will be a short presentation by the universities starting at 5.30pm sharp, followed by the opportunity to ask questions and get information about their courses, hostels etc. This replaces the combined Colleges "Career Expo" which is usually held at this time.



# Welcoming Communities



## Welcoming Communities round-up

Marlborough is a diverse community of people with 17% of Marlborough residents born overseas (2018 census data). Our community includes Māori, former refugees, international students, RSE workers, kiwis who are new to Marlborough, people who are first generation New Zealanders and others who have lived here for generations. Marlborough community members being involved in welcoming newcomers in a variety of ways is key to the success of the The Welcoming Communities – Te Waharoa ki ngā Hapori Programme. Building connections between locals and newcomers means everyone feels included, knows they belong and that Marlborough feels like home.

There are 8 elements that make up the Welcoming Communities – Te Waharoa ki ngā Hapori Programme (right graphic).



We are highlighting some of the elements in this year's editions of the Community Newsletter. For the June newsletter we wanted to share some photos taken by photographer Brya Ingram at the Marlborough Multicultural Festival in March. These photos support the Welcoming Communications element. Part of what success looks like for this

element is “Council communication materials and messages are inclusive and reflect the diversity of the local community. Council encourages other agencies, businesses and organisations to follow this model.” These photos were taken, with the permission of the lovely people in the images, to be used in future Marlborough District Council publications. Hopefully these beautiful portraits are a reminder to think about choosing images that reflect the diversity of our Marlborough community when creating content online or in print.

Please contact Heather Barnes, Welcoming Communities Coordinator at the Marlborough District Council if you would like more information about the The Welcoming Communities – Te Waharoa ki ngā Hapori Programme.

**Heather Barnes**  
**Heather.barnes@marlborough.govt.nz**  
**0204 043 7144**



## Kia Piki Te Ora | Suicide Prevention

**Kia Manaaki ai te Iwi** - 'Let the people be cared for' has long been the ethos of Maataa Waka Ki Te Tau Ihu. The impact of suicide on rangatahi (youth), whānau (family), and hapori (wider community) is extremely concerning. With the voice of our community, this is an area we are committed to finding a solution to create a unique preventive response.

Recently Te Aka Whai Ora has commenced a strategy to work with communities throughout Aotearoa to re-design, enhance and expand the Kia Piki Te Ora Māori suicide prevention services. We are excited to advise that we have been given the opportunity to take a lead role in the development of this service for Wairau and Whakatū in Te Tau Ihu (Nelson/Marlborough). The initial focus will be engaging with community partners, whānau, hapū, iwi and hapori to reflect their lived experience and aspirations for a positive solution underpinned by te ao Māori approaches to Suicide Prevention.

In view of this we have attached a short survey which we hope you could spare some time to complete. Your ideas and views will be instrumental in guiding services for the future that meet the needs of our unique community.

Kia Piki Te Ora | **Suicide Prevention Survey** – Wairau/Marlborough

<https://www.smartsurvey.co.uk/s/KiaPikiTeOraWairau/>

Kia Piki Te Ora | **Suicide Prevention Survey** – Whakatū

<https://www.smartsurvey.co.uk/s/KiaPikiTeOraWhakatū/>

Below you will find an outline of the mahi we are available to support.

### Suicide Prevention Education

We are available to support access for anybody who you have concerns that may be suicidal, our Kia Piki Te Ora suicide prevention team can equip you with the skills and confidence to address this.

We are available to provide a face to face session to support your workplace, business or school to support you with identifying risk factors, warning signs and how to approach the topic of suicide with the people you care about. Our next steps would be to strengthen the knowledge and confidence to respond in a compassionate, safe and effective way and identify services that are available in our community that provide people with the support they need.

### Navigation of Support

If you are struggling with your mental health and are unsure what supports are out there to help you, our team can provide a one-off session to help identify your needs and point you in the right direction. Please note, this is not a crisis or counselling service.

### Community Events

We recognize the benefits of raising community awareness and are often supporting community events. If you would like us to support an event you have, please let us know how we can support.

Ngā mihi nui aroha  
Maataa Waka Ki Te Tau Ihu

MAATAA WAKA KI TE TAU IHU TRUST



Contact us on now  
0800 Mātā Waka (6282 9252) | 03 577 9256  
or email [admin@maataawaka.co.nz](mailto:admin@maataawaka.co.nz)

# Grief Matters

## Building Family/Whānau and Rangatahi/Youth Resiliency

Dr Chris Bowden has been invited to our community to help acknowledge the impact of suicide and help resource the community to enhance resiliency and connectedness.

Wednesday 28 June  
**Rangatahi/Youth Hui only**  
ASB Theatre 5.00–7.00pm  
Provide a safe forum for youth to share their experiences/advice and what they need. (Food and drink provided so please RSVP [everylifematters@nmdhb.govt.nz](mailto:everylifematters@nmdhb.govt.nz))

**Building Family/Whānau Resiliency**  
Events Centre 7.00–8.00pm  
**Family/Whānau Supporting Rangatahi/Youth through Grief**  
Events Centre 8.30–9.30pm

Thursday 29 June  
**Supporting School Students/Ākonga**  
Events Centre 4.00–5.00pm  
**Self-care for Teachers/Staff/Kaiako**  
Events Centre 5.00–6.00pm

Friday 30 June  
**Community Supporting Rangatahi/youth and others After Suicide**  
Events Centre 9.30–11.30am and 1.00–3.00pm

All sessions facilitated by Dr Chris Bowden – lecturer in Child and Adolescent development and mental health, suicide bereavement and trauma researcher from Victoria University.





## Work and Income has a call back service

We're aware that calling Work and Income can mean long wait times for our clients and we are trying to make improvements to this service.

When expected wait times on the 0800 559 009 line are longer than seven minutes, clients will be given the option to wait in the queue or to be called back by a Customer Service Representative at the time when their call would have been answered. (The client needs to be calling from a phone number that is registered with Work and Income and not withheld or private.)

If a client misses a call back, a second attempt to contact them will be made. If they miss the second call back and they have called from a cell phone, a text will be sent to them which says: 'NO REPLY Work and Income: Sorry we couldn't get hold of you. If you still need to talk to us, call 0800 559 009. We'll hold your spot for the rest of today.' Clients who call back on the same day, from the same cell phone number, are prioritised over other calls in the queue.

Work and Income Contact Centres operate from 7am – 6pm on weekdays and 8am – 1pm on Saturdays. Call wait times are often low at the start of the day and very high during the lunchtime period (12- 2pm), so it is worth trying to call at off-peak times. (Note that the call back service may be suspended temporarily if we are dealing with the likes of a Civil Defence emergency).

### Census 2023

MSD is supporting the Census team at Stats NZ to actively encourage everyone in Aotearoa to take part in the 2023 Census if they haven't already. Census Day was 7 March, and each and every one of us needs to be represented.

It's super quick and easy to take part. You can:

- complete it online. You'll need an access code – it's on the letter your household received, or freephone 0800 236 787 and the team will give you your code
- fill out a paper form – to request one, freephone 0800 236 787

MSD, other Government agencies and lots of other organisations rely on Census data to plan for community supports for the years ahead, so it's vitally important we gather an accurate picture of what life's like for us all. Thank you!

Sarah Fry  
Community Liaison Adviser  
Nelson, Marlborough, West Coast  
Ministry of Social Development  
T: 03 989 7072 | E: sarah.fry002@msd.govt.nz



**MINISTRY OF SOCIAL  
DEVELOPMENT**  
TE MANATŪ WHAKAHIATO ORA

## Marlborough Community Vehicle Trust

The Marlborough Community Vehicle Trust, MCVT, is pleased to announce that we have a new Coordinator, Ian Blowers, who will be the first contact point for those needing to use our services. Kevin Blake, our much admired friend and previous coordinator has been forced to retire due to ill health and we are pleased to say that he is now on the mend following surgery. Ian can be contacted on 03 574-1311 for those requiring transport who are already members of the Trust.

MCVT are hoping to update our vehicle fleet with the purchase of an almost new Hybrid vehicle having received a substantial donation from the

Lotteries Commission. This will allow us to dispose of one of our clunkers with almost 300,000 km on the odometer. That car has been maintained by Picton Tools and Tyres, one of our sponsors.

The future looks bright for MCVT.



T: 03 574 1311

<https://marlboroughvehicletrust.org.nz/>

## It's ok to ask for help

### Mental Health support services in Marlborough

Contact your own GP or Practise Nurse

CARE Marlborough—Advocacy Service Ph 03 579 5304

Adult Mental Health Team (Witherlea house)

Ph 03 520 9907 after hours 0800 948 497 option 1

Te Piki Oranga Ph 03 5437016 or 0800 672 642

Infant, Child and Adolescent Mental Health Service (iCAMHS)

Ph 03 520 9905 after hours 0800 948 497 option 2

Victim Support Ph 0800 842 846

Supporting Families Marlborough Ph 03 577 5491

Age Concern Ph 03 579 3457 or 0800 652 105

### Need to Talk? Free Helplines open 24/7

1737 Phone or text 1737

Depression and anxiety Ph 0800 111 757 or text 4202

Lifeline Aotearoa Ph 0800 543 354 or text 4357

Suicide Crisis Ph 0508 828 865

Alcohol Drug Helpline Ph 0800 787 797

Youth Line Ph 0800 376 633 or text 23

Marlborough Suicide Postvention Group



**Free support to resolve your concerns about a Health or Disability Service**

**TO TALK THROUGH YOUR OPTIONS CONTACT AN ADVOCATE:**

**Freephone 0800 555 050**  
**Email: [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)**  
**[www.advocacy.org.nz](http://www.advocacy.org.nz)**

**The Code of Health and Disability Services Consumers' Rights**

Everyone using a health and disability service has the protection of the Code of Health and Disability Services Consumers' Rights.

An independent Commissioner promotes and protects these rights under the Health and Disability Commissioner Act 1994.

**Your Rights when receiving a Health or Disability Service**

- Respect
- Fair Treatment
- Dignity and Independence
- Proper Standards
- Communication
- Information
- It's Your Decision
- Support
- Teaching and Research
- Complaints

More detailed information about the Code of Rights and Health and Disability Commissioner is available by visiting [www.hdc.org.nz](http://www.hdc.org.nz) or by contacting the Nationwide Health and Disability Advocacy Service.



The Nationwide Health and Disability Advocacy service operates independently of the Commissioner, the Ministry, purchasers, health care providers and disability services providers.

Advocates employed in the service provide a free complaint resolution service. The advocate will support or guide you to express, and try to resolve your concerns directly with the provider of the service.

Advocates promote awareness of the rights of health and disability service consumers by providing free education to consumers, those providing health and disability services, and community groups.

More detailed information about the Nationwide Health and Disability Advocacy Service and role of the advocates is available by visiting:

**[www.advocacy.org.nz](http://www.advocacy.org.nz)**  
 by contacting **0800 555 050**  
 or calling one of the advocacy phone numbers listed on the next page.

**CONTACT DETAILS FOR THE NATIONWIDE HEALTH & DISABILITY ADVOCACY SERVICE:**

**Freephone 0800 555 050**  
**Email: [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)**

- Kaitiaki** 09 408 0006
- Whangarei** 09 430 0166
- North Shore** 09 441 9001
- Central Auckland** 09 525 2700
- West Auckland** 09 838 8068
- South Auckland** 09 273 9549
- Hamilton** 07 834 3960
- Tauranga** 07 577 1715
- Rotorua** 07 349 0182
- Turangi** 07 386 5207
- Gisborne** 06 868 3590
- Napier** 06 835 1640
- New Plymouth** 06 759 2111
- Whanganui** 06 348 0074
- Palmerston North** 06 353 7236
- Porirua** 04 237 0418
- Lower Hutt** 04 570 0850
- Wellington** 04 389 2502
- Nelson** 03 544 4116
- Christchurch** 03 377 7501
- Timaru** 03 687 2291
- Dunedin** 03 479 0265
- Invercargill** 03 214 0415

## Introducing new Pathways to Employment manager in Blenheim

Tēnā koutou e te whanau,  
Nō Ingarangi ahau,  
Kei Wairau ahau e noho ana.  
Ko Harata taku ingoa.  
Kei te rīpeka whero o Aotearoa ahau e mahi ana.  
E kī ana te whakatauki,  
He aha te mea nui o te a o?  
He tangata, he tangata, he tangata.  
Nō reira,  
Tēnā koutou, tēnā koutou, tēnā tatou katoa.

Hi everyone,

It is my pleasure to introduce myself as the new Pathways to Employment Manager with New Zealand Red Cross Migration Team in Blenheim. I shall be working alongside former refugees to assist them into employment, or further study, whichever is appropriate.

You may know me from my previous roles, when I worked for English Language Partners, Top of the South Neighbourhood Support and Marlborough District Council as Recovery Navigator.

What is the most important thing in the world? It is the people, it is the people, it is the people. Gaining employment is important for building independence and a sense of belonging. The Pathways to Employment team works to connect local employers with refugee-background job seekers who are skilled, hard-working and available for immediate start.

For more information, please go to <https://www.redcross.org.nz/support-us/information-for-employers/employing-refugees/>



My contact details are here for when you'd like to get in touch.

Charlotte Wood (she/her)  
Pathways to Employment Manager



New Zealand Red Cross  
Rīpeka Whero Aotearoa  
Mobile: 027 222 9590  
Email: [Charlotte.Wood@redcross.org.nz](mailto:Charlotte.Wood@redcross.org.nz)  
[www.redcross.org.nz](http://www.redcross.org.nz)  
NZ Red Cross Service Centre,  
33 Redwood Street, Blenheim 7201



# MARLBOROUGH STROKE SEMINAR

## Stroke pathways, fatigue and neuroplasticity in stroke recovery

Date: Wednesday, 12th July

Time: 5.30pm

Location: Connect Blenheim, 8 Beaver Road, Blenheim

Who: For stroke survivors and their family/whanau/carers

### TOPIC

- Speakers from Te Whatu Ora - Stroke pathways, fatigue and neuroplasticity in stroke recovery.
- Amelia Petherick (Neurorehabilitation Physiotherapist) – Rehabilitation Principles, Neuroplasticity and upper limb rehabilitation.

Drinks and nibbles provided after and an opportunity to connect with other people affected by stroke.

Brought to you by the Stroke Foundation and Marlborough Stroke Club

RSVP to Emily May, Community Stroke Advisor  
027 455 8301 or [marlborough@stroke.org.nz](mailto:marlborough@stroke.org.nz)



**Te Whatu Ora**  
Health New Zealand  
Nelson Marlborough

**STROKE**  
FOUNDATION • NZ

## Donate Food

Drop in during our open hours to donate food or contact us to arrange to pick up or alternative options for donating food.

### We love:

- Fresh fruit and vegetables
- Frozen and fresh meat
- Dairy products
- Eggs
- Frozen food
- Pre-packaged food in sealed, original packaging
- Unserviced food from catering
- Bread and bakery products
- Fruit juice and non-alcoholic beverages

### We can't take:

- Shellfish and high-risk seafood
- Raw chicken
- Food that has decayed or spoiled
- Food past its use by or expiry date
- Catered food that has already been served to customers
- Scraps, peelings, leftovers
- Food in opened or damaged packaging

**SUMMIT**

## crossroads

Our mission is to promote social justice, and strengthen families and individuals to build a healthy, safe, inclusive society.



Supported by:

**Ankit Sharma**

Sales and Marketing Consultant  
ankit.sharma@summit.co.nz  
027 379 2288 | 03 578 3366

## Gather

verb

1. come together; assemble or accumulate.

"the community **gathers** together to share food and time together."

1. bring together and take in from scattered places or sources.

"we **gather** produce and supplies to prepare and distribute to the community."

## Nourish

verb

1. provide with the food or other substances necessary for growth, health, and good condition.

"meals are provided to **nourish** our bodies and give us energy."

1. keep (a feeling or belief) in one's mind, typically for a long time.

"people enrich and **nourish** each other as they share together over a meal."

## Empower

verb

1. give (someone) the authority or power to do something.

"we **empower** you to advance your way in the world."

1. make (someone) stronger and more confident, especially in controlling their life and claiming their rights.

"our community is **empowered** by the connections we make with each other."

## Find your place

### Referrals and advocacy

Advocacy is freely given to assist those who find it difficult to access or communicate with other agencies, such as Work and Income NZ. Community Health Clinic referrals can be made available for those who cannot afford or gain access to a GP if they are not previously registered.

### We provide facilities to those in need:

Shower

Washing machine and dryer

Emergency food parcels

Telephone

Postal address

### Donate Financially

Donate financially to help run Crossroads.

### Direct Credit:

You can donate via direct credit to our Westpac bank account:

03-1355-0510290-00

### 300 Club

You can provide regular financial support to us by joining our 300 Club. Our goal is to reach 300 regular financial supporters to help us pay for our ongoing running costs and allow us to focus on fostering current and new programmes to benefit the community.

### Receipts:

We are a NZ Registered Charity and can offer donation receipts on request.

## Koha Cafe

Open on weekdays, the Koha Cafe offers low cost food and sweet treats, hot drinks and fresh fruit.

Drop in for breakfast from 8:30am and lunch from 10:00am to enjoy our cafe, chat with us, and join our community events.

## Urban Harvest

Seasonal fruit, veges, bread, cans, and other supplies are shared with our community. Come in to make use of the shared resources that have been donated from home, gardens, businesses, and people with you in mind.

## Evening Community Meal

John's Kitchen operates every Wednesday night and provides a warm atmosphere and a family meal. The doors open at 5pm and dinner is served at 5.30pm.

Takeaway meals are available by arrangement.

# How does Winter Effect Dementia?

Dementia symptoms can flare up or worsen as the winter goes on. This effect happens for several reasons, and you may wonder how to make winter experiences better for your loved one.

## Sleep problems due to shorter daylight hours

One of the biggest reasons winter worsens dementia symptoms is because it interferes with quality sleep. Sleep is one of the most important parts of your loved one's health.

People with dementia may experience sleep disturbances as it gets darker earlier in the evening throughout the winter. Their circadian rhythms will be out of tune, and sleep cues may not come as naturally as they do during the rest of the year.

Without enough quality sleep, people with dementia often suffer from heightened confusion, aggravation, and cognition problems.

## Sundowning worsens

If you notice your loved one struggles more in the evening, there is a scientific reason behind it. A phenomenon called "sundowning" happens during the evening in people with dementia.

As afternoon turns into evening, many dementia patients get more agitated and confused. Since this typically occurs as it gets dark outside, sundowning can be harder to deal with during winter when darkness comes early.

## Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder affects people of all ages and backgrounds yearly. People with dementia can also experience SAD when daylight hours become shorter.

Your brain needs a certain amount of sunlight to produce mood-boosting brain chemicals like serotonin. During winter, many people become depressed, anxious, irritable and isolated due to the lack of sunlight.

Combined with sundowning, SAD can make life difficult for people with dementia and their

caregivers.

## How to cope with dementia struggles during the winter

### 1. Take advantage of daylight

When ever possible, take your loved one outdoors to soak up the sunlight during the winter months.

Taking walks and sitting on the front porch are great ways to take advantage of limited sunlight in the winter.

Sun exposure promotes vitamin D production in the body boosting mind, immunity, and cognitive functioning. If you cannot go outside for sun exposure, consider adding vitamin D supplement to your rou-tine.

### 2. Use SAD lamps

Special lights are designed to simulate sunlight without the sun's harmful UV rays. These are usually called "SAD lamps," as they combat the seasonal affective disorder.

SAD lamps emit a specific type of light that can boost your mood, regulate sleeping schedule, and reduce confusion about the time of the day.

### 3. Remember to take care of yourself

As a caregiver, you must make time and space for yourself to properly care for your loved one. Your mental health is just as important as your loved one's.

Ask for support from trusted family members so you can take a break form caregiving. This might mean taking a whole day to yourself of having a short solo lunch break outside the house.



Catherine Donnelly (Manager)  
Alzheimers Society Marlborough Inc.  
8 Wither Road, Blenheim 7201  
Ph 03 577-6172  
E: [manager.marlb@alzheimers.org.nz](mailto:manager.marlb@alzheimers.org.nz)



# Age Friendly Marlborough

## U3A Marlborough

The purpose of U3A is to:

- Encourage further learning by listening, understanding, contributing, researching and participating in discussion and relevant excursions about new topics.
- Tap the great reservoir of knowledge, skills and experience of retired men and women.
- Provide a venue for the meeting together of like minded people to learn, contribute and to make new friends in their local community

### Monthly Meetings

These are held on the 2nd Monday from 2.00pm to 4.00pm, in the Cloudy Bay Funeral Services rooms, Boyce Street, Blenheim from February to December.

New members or anyone interested in learning what we do are most welcome to attend.

At the beginning of the meeting a mini-talk is usually presented. This can be a member sharing their knowledge or experiences or study groups reporting on their activities, or a preview of upcoming new

groups.

After a short break for refreshments and an opportunity to socialise the main speaker of the day is introduced.

### Special interest/study groups

Our interest groups generally meet in members' homes or are held in appropriate venues. A convenor from the group organises the "nuts and bolts". Each of our groups meets on a specific day and week of each month. Some of the groups are presented as a lecture series on DVD's with University Professors speaking, others involve outings or hands on learning.

There is no upper limit to how many groups a member may belong to but they must be a financial member to take part. Membership subscriptions are just \$10 a year.

Contact: [u3a.marlborough@gmail.com](mailto:u3a.marlborough@gmail.com)



## Are you aged 50+?

Grey Power is an organisation promoting the welfare and well-being of everyone over 50.

Members receive discounts with approximately 70 local businesses and cheaper electricity rates with Grey Power Electricity/Pulse Energy.

Join online at [greypowermarlborough.co.nz](http://greypowermarlborough.co.nz) or come in and see us at Room 19, 25 Alfred Street (closest entrance is off Farmers car park).

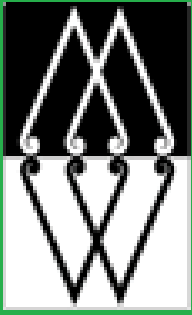
Our opening hours are 9am to 1pm, Monday to

Friday.

Cash, Eftpos and online banking payment options available.

Have questions? Come and have a chat with our friendly staff, or call 03 578 4950





# Maataa Waka Ki Te Tau Ihu Trust

*"Kia manaaki ai te iwi"*  
*"Let the people be cared for"*

*"Poipoia Kaumātua"*  
Keeping our elderly safe



## Older People Aging Safely

**We will...**

**Respect and value your views**  
**Empower you to be self-determining,**  
**independent and confident**

If you, a whānau member or friend  
need support we are here to help.

*We encourage you to contact us on...*

0800 Mātā Waka | 0800 6282 9252 | 03 577 9256  
[www.maataawaka.co.nz](http://www.maataawaka.co.nz)

## St Christophers Eldercare Coordinator



**Older Persons Seminar**

Every 4th Thursday of the Month  
St Christopher's Church Hall  
92 Weld St, Redwoodtown

Guest Speakers  
&  
Entertainment

Quizzes . Jokes . Socializing

10am – 1pm Morning tea & light lunch provided  
Cost \$5

Donna Wahrlich  
Eldercare Coordinator  
donna@stchristophers.co.nz 027 385 2333  
fb St Christophers Community Eldercare

I'm Donna Wahrlich I have been working as the new Eldercare Coordinator at St Christopher's for 3 months now. I have come from a background from working in the funeral industry and as a HCA in the community and Care Home facilities. I love working alongside our elderly, I think it's very important to give them opportunities to feel they are still part of the community. We run 3 exercise programmes through the week and once a month we hold a Older Persons Seminar with a guest speaker and entertainment.



Donna Wahrlich  
Eldercare Coordinator  
St Christopher's Church  
027 385 2333  
fb St Christophers Community Eldercare



# Community Eldercare

## Steady As You Go (SAYGO)

Gentle Exercise & Balance Class for Seniors  
Every Tuesday 11:30am-12.30pm, St Christopher's Church Hall  
Stay for a cuppa & chat afterwards. Cost \$2  
92 Weld Street Blenheim.



## Stretch & Breathe

Gentle Stretching & Balance Class for Seniors  
Every Wednesday 10am-11am, St Christopher's Church Hall  
Stay for a cuppa & chat afterwards. Cost \$2  
92 Weld Street Blenheim.

Supported by:



## Keep U Moving

Gentle Walking Exercise in the hall for Seniors  
Every Thursday 11:30am-12.30pm, St Christopher's Church Hall  
(Except 4<sup>th</sup> Thursday in each month)  
Stay for a cuppa & chat afterwards. Cost \$2  
92 Weld Street Blenheim

## Older Persons Seminar

4<sup>th</sup> Thursday each month at St Christopher's Church Hall, 10am to 1pm  
Interesting speakers, entertainment, quizzes, jokes  
Morning tea & a light lunch provided. Cost \$5  
92 Weld Street Blenheim

For more information contact Donna Wahrlich, Eldercare Coordinator  
027 385 2333 or [donna@stchristophers.co.nz](mailto:donna@stchristophers.co.nz)  
 St Christophers Community Eldercare



## FRIENDSHIP GROUP

Join us for a chat and morning tea with a guest speaker and raffle. Held on the second Tuesday of each month. As the name suggests we are a friendly bunch!

10am to 11.30am

## STAYING SAFE DRIVER REFRESHER COURSE

Our Driving Course is a FREE classroom-based refresher workshop for older road users.

### Meeting dates:

**June 13, July 11, August 8**  
Please phone the office  
579 3457 to register your  
attendance for catering  
purposes by Monday.

Cost is just \$2.  
Sowmans Lounge,  
Hutcheson Street,  
Blenheim.

Maintain and improve  
your safe driving  
practices and increase  
your knowledge of other  
transport options to help  
our road users remain  
safely mobile.

Phone the office  
03 579 3457 for  
upcoming course dates.

## More Stable More Able

The “More Stable More Able” Falls Prevention Education Session.

This is a free 2-hour session for anyone over 60 years who is at risk of, or has had a trip, tumble or fall.

It is quite informal and allows for the group to speak openly about their own views and feelings about why they may have fallen. We have a strong focus on the proactive with strong education on how to prevent falls.

The focus areas are relevant physical activity for strength & balance, how to access ACC approved exercise classes in the community, obstacles in and outside the home, nutrition, hydration, bone health and how to get up off the floor following a fall.

The Falls Prevention Sessions incorporates the ACC directive “Live Stronger for Longer” and the ACC app” NYMBL” all Information is shared in a relaxed, informal group setting with morning or afternoon tea provided.

No referral is required to attend these sessions so if you’re a little unsteady on your feet or just curious, please contact us on fallsprevention@nbph.org.nz to make your booking.



Nelson Bays Primary Health  
Hauora Matua ki Te Tai Aore

**Emma Sorensen-Brown**

Marlborough Community Falls Prevention Coordinator

Tel: 03 539 1170

www.nbph.org.nz

### More Stable More Able falls prevention sessions 2023

Date	Time	Venue
Thursday 15th June	10:00 am - 12:00 pm	Stadium 2000, Kinross Street, Blenheim
Wednesday 16th August	10:00 am - 12:00 pm	Marina Cove, 53 Waikara Road, Picton
Thursday 17th August	10:00 am - 12:00 pm	Stadium 2000, Kinross Street, Blenheim
Thursday 21st September	10:00 am - 12:00 pm	Stadium 2000, Kinross Street, Blenheim
Wednesday 1st November	10:00 am - 12:00 pm	Marina Cove, 53 Waikara Road, Picton
Thursday 2nd November	10:00 am - 12:00 pm	Stadium 2000, Kinross Street, Blenheim
Thursday 7th December	10:00 am - 12:00 pm	Stadium 2000, Kinross Street, Blenheim

*hau mai Haere mai*



# **WORLD ELDER ABUSE AWARENESS DAY**

*Maataa Waka Poipoia Kaumātua would like to welcome you to join us to acknowledge the day and raise awareness of this important kaupapa*

**THE FORUM  
MARKET ST, BLENHEIM  
15TH OF JUNE | 11AM-2PM**

**Free Sausage Sizzle + Enter our Raffle**

**MAATAA WAKA KI TE TAU IHU TRUST**

Poipoia Kaumatua

Keeping our Elderly Safe

### 'Elder Abuse'

We will provide support that is responsive to your individual needs

We will advocate on your behalf to ensure you know and understand your rights.

If these following statements come up for you and you have answered 'no' to any of them, you may wish to **talk to someone you can trust.**

- I am **treated with respect** by family, friends and/or caregivers
- I know how my **money** is being spent
- I **choose** what happens in my home
- **Decisions** about my life are in my **best interest**
- My Will/Power of Attorney reflects **my own decisions**
- I **know** where my **medication** is

If you experience, witness, or suspect elder abuse contact us on:

0800 matawaka (62829252)

Sharlene Eden (027 610 8313) John Lyons (027 576 9717)

[Admin@maataawaka.co.nz](mailto:Admin@maataawaka.co.nz)

[www.maataawaka.co.nz/referral-form](http://www.maataawaka.co.nz/referral-form)





## Trade Aid Picton - Volunteers wanted

If you've ever wandered into the Picton Trade Aid shop, you will know it as a wonderfully warm, colourful and fragrant space.

Manager Lorna McMahon and her team of volunteers are proud of the shop's welcoming atmosphere and enjoy seeing shoppers take their time browsing the huge range of stock, sourced from trading partners in Africa, Asia, Latin America and the Pacific.

Trade Aid is also a part of the local community. Over Easter, the store ran its Good Egg promotion where deserving Picton people were nominated by someone else to go into the draw for a giant Easter egg. The lucky recipient, Lyn Richan, accompanied by her nominator Jill Barrington, are pictured right.

The Trade Aid organisation is run on a social enterprise model – it's a wholesale business with a number of retail shops, run along commercial lines. Based in Christchurch, Trade Aid is a New Zealand initiative, established by Vi and Richard Cottrell in 1973 as a way to create fairness in trade. The Picton store is staffed by the manager and a small team of committed volunteers.

We are currently looking for new faces to join the team. If this sounds like you - you have some time to give to a good cause and you



**Above: Good Egg Lyn Bichan (right) with Jill Barrington**

enjoy meeting people and promoting Trade Aid values – pop into the store on Picton High Street to pick up a volunteer pack. We'd love to meet you!

Trade Aid Picton

40 High Street, Picton

T: 03 573 7344

E: [picton@tradeaid.org.nz](mailto:picton@tradeaid.org.nz)

 trade aid



**Alzheimers** Marlborough

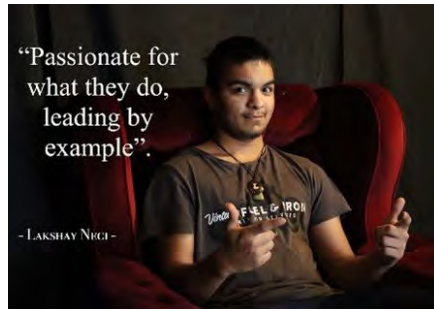
Alzheimers Marlborough is looking for volunteers to join our amazing team. Volunteer roles include driving our vans, working in the day centre and helping with fundraising.

For any enquiries please call Catherine at Alzheimers Marlborough on 03 577-6172 or email [manager.marlb@alzheimers.org.nz](mailto:manager.marlb@alzheimers.org.nz)



# Leadership





## It's ok to ask for help

Te Piki Oranga Rangatahi/Youth Services - 0800 672 642  
My Space/Marlborough Youth Trust - 03 579 3143  
Maataa Waka Rangatahi/Youth Services - 03 577 9156  
iCAMHS - 03 520 9905 or 0800 948 497 (after hours)

### 24/7 phone helplines:

1737 - Phone 1737 or txt 1737  
Youthline - 0800 376 633 or txt 234  
The Lowdown - 0800 111 757 or txt 5626  
Lifeline Aotearoa - 0800 543 354 or txt 4357  
Alcohol Drug Helpline - 0800 787 984 or txt 8681

### Other helplines and downloads:

What's Up - 0800 942 8787 (open 11am-11pm)  
Outline - 0800 688 5463 (open 6pm-9pm)

Manawa App <https://tinyurl.com/MPVGS>

- the Mental health foundation's safety plan app

## Toroa Career Navigator - helping young people soar!

Toroa Career Navigator is a free programme tailored specifically to 15-24-year olds in the region who are not currently in work or training – but keen to be!

Described as “a gamechanger” by previous students, Toroa provides a great opportunity to build confidence, learn new skills and prepare effectively for the world of work. Rangatahi will also make new connections, gain insights from industry, and have valuable learning experiences that they can add to their CV.

89% of 2022 Toroa graduates are now in work or training!

Who do you know that could benefit from Toroa?

Reach out to Megan Slape now to find out more or get the ball rolling: 021 025 06222 or [megan.slape@dinglefoundation.org.nz](mailto:megan.slape@dinglefoundation.org.nz)

**Parents, whānau and supporters...**

**Do you know a young person who is:**

- Stuck in a rut at home?
- Unsure of their future direction?
- Anxious and uncertain about getting a job?

**Let us help!**

**Enrol now for the next intake!**

**Toroa | Career Navigator**

 **GRAEME DINGLE FOUNDATION**

For a confidential, no obligation chat, please contact Megan Slape  
021 025 06222 or [megan.slape@dinglefoundation.org.nz](mailto:megan.slape@dinglefoundation.org.nz)

**FUTURE OF WORK CONFERENCE** | MARLBOROUGH

**Wednesday 14<sup>th</sup> June**  
**5.00-7.00pm**  
**Marlborough Events Centre**  
**For whānau of Year 7-13 students!**



80+ businesses | 40+ industries | Universities + tertiary providers



## OUTWARD BOUND SCHOLARSHIPS

### For Youth in Employment Skills Programmes

Outward Bound is one of New Zealand's leading personal development organisations. Our focus lies in building **transferable skills and attitudes** that remain far beyond a participant's time with us. Lessons learnt are applicable to work, study, home – and they last for life.

Our 21 day **Classic** course (for ages 18-26) is the iconic Outward Bound experience; a perfect balance of **adventure and reflection**, where students take time to consider their values and work out what's important.

You'll find a sense of belonging, leaving Outward Bound with new connections and with a better understanding of yourself and your relationship to the wider world.

### SCHOLARSHIP OFFER

The scholarship value is \$3600. Scholarship recipients are asked to contribute \$749 towards their course fee. Payment options and support are available.

*“My relationships with other people are so much better, my confidence is much stronger, and I am happier than I previously was. Outward Bound changed my life in so many ways.”*

Zac - Classic, 2018

**OUTWARDBOUND.CO.NZ**  
**0800 OUTWARD**  
**@OUTWARDBOUNDNZ**

### AFTER THE PROGRAMME

#### Students will have:

- New confidence to make fast and effective decisions
- Experience of leading and influencing
- Increased resilience and determination
- A calmer attitude and approach when under pressure
- Better relationship-building and communication skills
- A collaborative and team-based approach to challenges
- The focus and perspective to decide on future direction
- Understanding of how to make positive health choices

#### Students will be:

- More effective and efficient thanks to a raft of new soft skills
- Better prepared to deal with change
- Focused on taking responsibility for their own development
- Appreciative of the diversity and value of others around them

**96%** SAID OUTWARD BOUND HAD A POSITIVE IMPACT ON THEIR LIFE

1 IN 4 ALUMNI WERE MOTIVATED TO START A NEW JOB

**88%** AGREE OB HAS TAUGHT THEM TO BE A BETTER TEAM PLAYER

**70%** HAVE MADE POSITIVE HEALTH CHOICES SINCE THEIR COURSE

**91%** HAVE MORE CONFIDENCE AND SELF-BELIEF



# FOOD FOR THOUGHT

Volume 15, Issue 2  
Autumn 2023

## From the Chair . . . . .

Hello once again,

As the picture below shows, we had another successful catchup and connection with some of our amazing volunteers over great food and drinks.

*Thank you*

This picture below was the women chatting and laughing and telling a story or two. I can't speak of the men who were at another table, but I'm sure they enjoyed the opportunity to tell a story or two.

We are, as always, very busy providing food parcels for those in need of assistance in our community. Without our volunteers this would not happen, so we are very grateful for their ongoing commitment.

**Bridget Nolan, Chairperson**





*Thank  
you*

Thank you to all the staff at  
**“Kono Seafood”**  
 for the awesome donations of  
 food items and toiletries!

*Thank  
you*



**Fantastic !!**



Thank you to all the stallholders at  
**“Redwoodtown Market”**

Your donations enable us to purchase meat  
 for our families/individuals  
 requiring assistance



*Thank  
you*



Thank you to  
Robert & Alan Jones of  
**Garlico** for gifting us with  
lots and lots of fresh shallots!  
&  
*Thank you Cindy Morrison*  
for volunteering your  
time to collect them!

## A Big "Thank You" !!

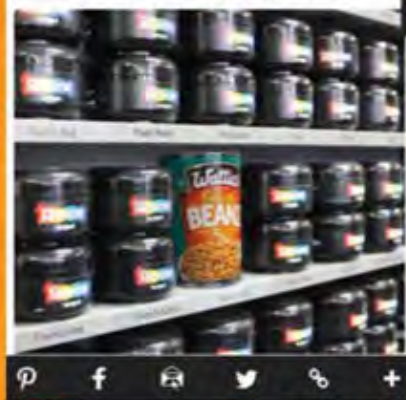
### RESENE PAINTS

The "Hunger for Colour" promotion was run again during February encouraging people to swap canned food for paint test pots.

Cans were collected and have been donated to the local Salvation Army, who in turn passed them on to the Foodbank.

Swap 2 cans of food for 1 FREE Resene testpot 60-80ml. By adding a little more colour to your life you can also help those in need.

### HUNGER FOR COLOUR



7-28 February 2023 or while testpot stocks last.



## GRANTS & DONATIONS RECEIVED

February 2023 - April 2023

### DONATIONS:

- K & H Arnott - \$ 520.00
- G M Mutch - \$ 600.00
- J M Clayton - \$ 300.00
- R & L Kennedy - \$ 1,000.00
- N Wood - \$ 650.00
- V Mooney - \$ 150.00
- D E & M G Gardiner - \$ 1,500.00
- S Klempel - \$ 150.00
- C Small - \$ 450.00
- Beavertown Lions Club - \$ 2,000.00
- M Wright - \$ 60.00
- Redwoodtown Market - \$ 1,550.00
- St Christopher's Church - \$ 370.00
- PA & KG Dick - \$ 1,000.00
- A & K Leach - \$ 50.00
- D & E Murphy - \$ 150.00
- Oasis Family Church - \$ 2,500.00
- She CONNECTS - \$ 2,400.00
- EB & J Williman - \$ 200.00

Thank  
you!

## MINISTRY OF SOCIAL DEVELOPMENT

Thank  
you

For supporting the  
Marlborough Community Foodbank  
with another Community Food Response  
grant to buy food



## Fresh Produce

“ Thank you ”

to both the

**Salvation Army Community Garden**

and the

**Red Cross Community Garden**

For supplying our Foodbank with  
fresh vegetables on a regular basis

A continuous big “thank you” to the  
**NZ Lottery Grants Board, Community Organisation Grants Scheme (COGS)**  
and **Rata Foundation**  
for all of the ongoing support we receive



# THANK YOU FOR YOUR SUPPORT!

- Blenheim Baptist Church
- Blenheim Lions
- Blenheim New World
- Community Fruit Marlborough
- Countdown Blenheim
- Countdown Redwoodtown
- Countdown Springlands
- Crossroads
- First Lane Insurance
- Marlborough District Council
- Marlborough Youth Trust
- Meaters of Marlborough
- Meat the Need - Silver Fern Farms
- Nativity Church
- Pak 'n' Save
- Redcross Community Garden
- Rotary Club of Blenheim
- Salvation Army
- Spring Creek Four Square
- St. Andrew's Presbyterian Church
- St. Christopher's Church
- St Mary's Catholic Church
- St Vincent de Paul
- Wesley Centre Methodist Church
- Mark Yurjevich
- All our Volunteers

## LATEST PARCEL STATISTICS

	2017	2018	2019	2020	2021	2022	2023
Jan	71	78	83	94	145	85	151
Feb	82	110	100	119	185	165	177
Mar	124	85	106	163	200	256	216
Apr	109	73	82	166	158	122	136
May	131	85	97	143	145	163	
June	108	90	89	115	142	144	
July	119	71	136	142	150	157	
Aug	138	95	119	130	214	173	
Sept	114	80	106	152	151	166	
Oct	101	85	109	116	173	155	
Nov	108	101	128	129	139	203	
Dec	124	131	139	219	209	204	
	1,329	1,084	1,294	1,688	2,011	1,989	680

## We are short of.....

Canned Fish      Pasta Sauce      Kings Soup Mix      Longlife Milk  
Rice                      Sugar                      Baby Food



**New World**  
**"Family 2 Family"**  
**Foodbank Appeal 2023**

*All donations are very much appreciated*

## GENERAL MEETINGS

ALL HELD AT SALVATION ARMY ROOMS

18TH MAY

20TH JULY

21ST SEPTEMBER

16TH NOVEMBER

## ANNUAL GENERAL MEETING

THURSDAY 25TH MAY 2023

2.00PM

*Mark these dates in your diaries and come along to support your local Foodbank*

*We appreciate your attendance*



**Motorworld**

KIA ISUZU VW SUZUKI

Thank You **Motorworld** for regularly cleaning our delivery van free of charge  
Much appreciated!!



### Make your artistic mark on Marlborough

Applications are open for the Chorus cabinet art project which aims to promote artwork in the community, encourage artists to show their skills and brighten up neighbourhoods.

The art initiative began in Auckland in 2010 to reduce vandalism to telecommunications cabinets. It proved so successful it was extended throughout the country and more than 100 murals are completed each year. Council has teamed up with Chorus to run and promote the project in Marlborough.

Local artist Charlotte Buskin, 22, has painted two cabinets in Hospital Road and Percy Street and plans to apply again.

The self-taught, full-time artist says she is surrounded by creative people in her family and has painted ever since she can remember, and began selling her art when she was 12. "I'm particularly inspired by nature and I love painting native birds,"

she said.

Painted cabinets caught Charlotte's eye and when she saw one underway she approached the artist to find out more.

"She put me on to the website and so I submitted a design which was accepted," she said.

Artists are paid for their materials and time and Charlotte encourages other budding and established artists to submit, describing it as a very rewarding project to be involved with.

Applications will be assessed by a Cabinet Art committee including Councillors Jonathan Rosene and Barbara Faulls, two Council staff and two community representatives.

Sites in Picton, Waikawa, Renwick, Grovetown and Blenheim have been identified for the 2023/2024 year.

Applications are open from mid-June. For more information go to the Chorus Cabinet Art Website

[Go to the Chorus Cabinet Art Website](#)

**Main image: Marlborough artist Charlotte Buskin and Councillor Jonathan Rosene with Charlotte's kingfisher on the corner of Hospital Road and Redwood Street.**

## Marlborough secures road recovery funding

Marlborough District Council has been successful in its bid to gain further central Government funding to help repair its storm-damaged roads. Two heavy rain events in July 2021 and August 2022 caused extensive damage across its network running into the hundreds of millions of dollars.

The Waka Kotahi board agreed to fund 95 per cent of \$52.39M, or \$49.77M. The Council would provide the remaining five per cent, or \$2.62M.

"This is fantastic news and I'd like to thank everyone who contributed to this outcome," Mayor Nadine Taylor said.

"Thanks in particular to Waka Kotahi for agreeing to the financial assistance rate (FAR) of 95%. I understand and appreciate the Government is under significant pressure and facing funding requests from North Island regions for the Cyclone Gabrielle recovery and rebuild."

The new funding enables Awatere Valley, Northbank

and Waihopai Valley road repairs to be completed, as well as a one-year extension of barge and water taxi subsidies in the Marlborough Sounds. The new money also includes funding for design for repairing high priority sites on Queen Charlotte Drive, and costs for some repairs in the Sounds that are necessary to maintain access, prior to the outcome of the Marlborough Sounds Future Access Study.

"This is great news for our communities. There is however some way to go with the next round of public engagement Council is conducting on the Marlborough Sounds Future Access Study coming up at the end of this month, when we will be seeking public feedback on the 'emerging preferred option' for each of the five damaged areas in the Sounds."

Previous funding allocations of \$85.3M and \$3.45M were provided at a 95% FAR by Waka Kotahi, bringing Marlborough's total storm recovery funding to date to \$141.14M.

## Future Marlborough Sounds transport network engagement starts 20 June

The next phase of public engagement for the Marlborough Sounds Future Access Study starts on 20 June. The public will be asked for their views on an 'emerging preferred option' for each of the five storm-damaged areas of the Sounds. Information on other possible options will also be made available at next month's meetings and online.

From 20 to 28 June, seven community drop-in sessions will be held in Blenheim, Picton, around the Sounds and in Nelson. There will also be an online webinar for people who live outside Marlborough or who can't make one of the drop-in meetings. A survey will seek the public's input, with

feedback due by 11 July.

Council embarked on the study to support the case for funding safe and resilient long-term access solutions for the Sounds, both for itself and to obtain funding assistance from Waka Kotahi.

Mayor Nadine Taylor said this next phase of engagement follows eight months of technical analysis by engineering consultancy Stantec and community feedback from stakeholders and Sounds' landowners, homeowners and businesses, garnered from a survey in February.

"Based on this analysis and feedback, Council

and Stantec have identified an emerging preferred option for the five areas in the Sounds that includes building back roads and also considers improved marine access options.”

“Stakeholder and public feedback will also be sought for an alternative, climate-resilient option for each area that is a combination of short-term actions and longer-term options in case we get more major weather events.”

“The harsh reality is we need a transport system that can cope with the damaging impacts of climate change, sea level rise and earthquakes, well into the future.”

“The drop-in sessions and survey are for everyone with an interest in our Marlborough Sounds transport network to provide their views.”

“Once we have completed this second round of engagement, Waka Kotahi will be able to consider all the analysis and feedback in our business case and make their decisions, which will include how much funding they will be able to provide or request from the Government.”

“I know that Sounds residents have been living with damaged roads since mid-2021 and want clarity about what is happening in the short, medium and long term. We are getting closer to that with this second round of public discussion on the preferred and alternative options.”

“The options being presented will have high-level cost estimates that cover repairs from the August 2022 event, capital improvements and ongoing maintenance costs. What we won’t know at this stage is the funding mix between Government and Council, but as there will be a significant impact on rates, we will be asking both Sounds residents and Marlborough ratepayers as a whole what they might be willing to pay for a resilient transport network in the Sounds.”

“I encourage people to come to a drop-in session to find out more and then to provide their views through the survey.”

“Following this engagement and any decisions by Waka Kotahi, Council will re-assess its preferred options and undertake a special consultation

process under the Local Government Act on those and proposed funding before making final decisions.”

### Drop-in sessions

#### **Tuesday 20 June**

5.00 pm – 7.00 pm

Blenheim, Lansdowne Park Sports Hub

#### **Wednesday 21 June**

10.00 am – 12.00 pm

Waitaria Bay Hall

#### **Thursday 22 June**

10.00 am – 12.00 pm

French Pass Hall

#### **Friday 23 June**

2.00 pm – 4.00 pm

Linkwater Hall

#### **Monday 26 June**

10.00 am – 12.00 pm

Rai Valley, The Millers Rest

#### **Monday 26 June**

5.30 pm – 7.30 pm

Zoom online: <https://us06web.zoom.us/j/81708059434>

#### **Tuesday 27 June**

3.00 pm – 5.00 pm

Nelson, Trafalgar Centre, Northern Extension

#### **Wednesday 28 June**

12.00 pm – 2.00 pm

Port Marlborough Pavilion

At the drop-ins, the public will be able to view the emerging preferred option and an alternative climate-resilient option for each of the five geographic areas of the Sounds and ask the project team any questions. A consultation document, background information and videos will help explain the options and will be distributed prior to these events.

From 20 June, a link to the survey and more information will be available on the [project web page](#).

## Dr Liz Ward can't wait to start

New Marlborough Museum manager Dr Liz Ward is excited about her new role and particularly looking forward to working with the local community to build a positive and welcoming atmosphere.

"I can't wait to start," she said. "I love history and I love museums and I see the museums as the interface between those of us who have a deep love and knowledge of history and the public who want to know more."

Mayor Nadine Taylor said it was wonderful to have Dr Ward on board and is looking forward to seeing the strategic work she will lead in the heritage sector.

"As a history graduate myself, I understand the value heritage brings to our community," she said.

Dr Ward has a PhD in New Zealand history and extensive experience in the heritage and history sector having worked on a variety of projects and lectured in New Zealand History at Massey University.

One of the recent projects she worked on was funded by the Ministry of Education and assessed the capability of the museum sector to support the Aotearoa Histories Curriculum.

"This work gave me an extensive overview of the museum sector and a good understanding of the potential within museums," she said.

Dr Ward is keen to work with volunteers, historians, iwi and locals and partner with the wider heritage community to develop a strategic vision for the Marlborough heritage sector.

"Marlborough has so much wonderful history, which is not only significant to local historians but also important in our national story," she said. "I believe we can attract people from all over New Zealand and the world to learn about the central role of the Marlborough region in the history of New Zealand."



Project Lead Arts, Culture and Heritage Nicci Neilson said she and Dr Ward would be working together in the lead up to next year's long term plan and will develop a strategic vision for the Marlborough Museum and Edwin Fox Maritime Museum.

In partnership with the Marlborough Historical Society, they will undertake an audit of assets and refresh exhibitions.

Nicci said part of Dr Ward's future focus would include working with Marlborough schools to identify their education needs and plan a path forward.

Dr Ward was disappointed over the recent loss of Ministry of Education funding. "I plan to make it a top priority to explore ways that museum education can continue and review the programme in preparation for the next funding round," she said.

The new Marlborough Museum team includes a curator of archives, collections manager and museum coordinator. Karen McLeod and staff will stay on at the Edwin Fox.

The museum closes temporarily on 1 July to allow for a short transition period. The archives and research facility will remain open by appointment.

## Marlborough Decorative and Fine Arts Society

### About the Society

The Arts Society, one of the world's leading arts charities. Founded in 1968 in England by Patricia Fay, there are now more than 375 Societies throughout the UK, Europe, Asia, Australia and New Zealand, with a combined membership of over 90,000. Each local Society brings together like-minded individuals to share their appreciation of, and commitment to, the arts. In 2001 the very first UK- accredited lecturer visited Christchurch to launch New Zealand's inaugural Society. In the intervening 15 years, Societies have been established in Auckland, Wellington, Nelson, Waikato, Hawke's Bay, Dunedin and Marlborough, and New Zealand is very proud to now have over 1,400 members nationally.

While all New Zealand Societies come under The Arts Society umbrella and operate in a similar way, each is a separate entity, run by volunteers. The Societies are not-for-profit and membership is by subscription, offering a program of eight or nine lectures each year.

### The Marlborough Society (MADFAS)

MADFAS is open to new members who can join at any time during the year. Each lecture is delivered by international and New Zealand experts and offers a wide range of fine arts including, art history, sculpture, design, porcelain, craft, archaeology and ceramics. Lectures are lively, interesting and beautifully illustrated.

The Marlborough lectures start at 6.15pm in the Marlborough Wine Research Centre, 85 Budge Street Blenheim. Lectures are an hour long and finish with a glass of wine and a sandwich and an opportunity to meet the lecturer.

### Membership

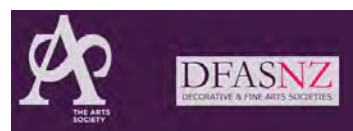
New members: The annual subscription is \$120.00 per person, or \$220.00 for a couple, a discount is applied for subscriptions part way through the year. To join Marlborough DFAS, please email [marlboroughdfas@gmail.com](mailto:marlboroughdfas@gmail.com)

### Guests

There are limited door sales available at \$25.00 per lecture. Members wishing to bring guests are given priority for spare seats, provided you contact us by the Monday preceding the meeting date. After that date supporters and casuals will be accepted on a 'first request' basis.

The cost for a casual attendee is \$25.00 and the fee for visiting DFAS members is \$20.00.

For more information and a list of the upcoming lectures please visit the website <https://www.dfasnz.org.nz/marlborough/>






**MARLBOROUGH ART SOCIETY**

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**ANNUAL DINNER & AUCTION**

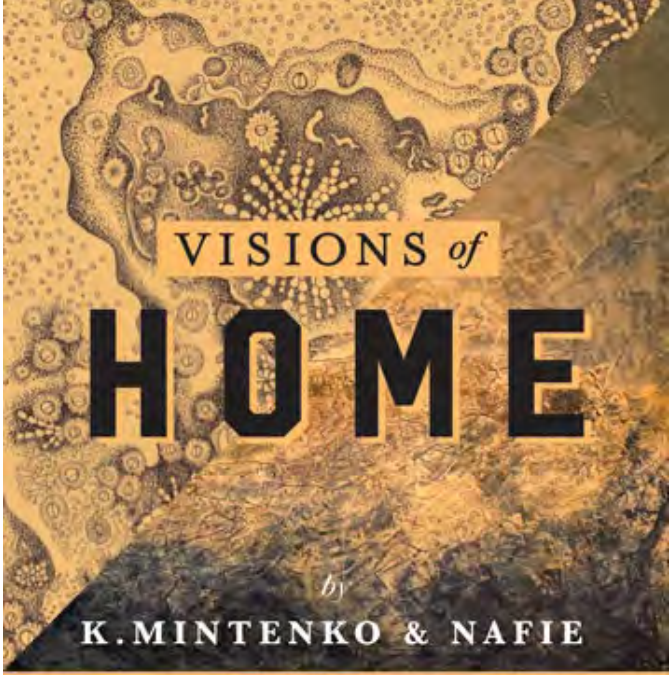
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**BAMBOO GARDENS,  
BLENHEIM  
TUESDAY 11TH JULY  
2023  
6PM - 10PM**

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For tickets or further information  
please email [info@marlboroughartsociety.co.nz](mailto:info@marlboroughartsociety.co.nz)


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**VISIONS of  
HOME**

by  
**K. MINTENKO & NAFIE**

FROM 30 JUNE TO 2 JULY  
**MARLBOROUGH ART SOCIETY**  
OPENING NIGHT FRIDAY 30 JUNE 6PM



The Marlborough Gallery  
204 High Street, Blenheim  
Open 10.30am to 4.30pm  
[info@marlboroughartsociety.co.nz](mailto:info@marlboroughartsociety.co.nz)



Sponsored by  
**ROCK FERRY**  
WINE OF NEW ZEALAND



**OUTSIDE IN!  
Plein Air Group**

Preview Friday 7th July at 6pm  
Exhibition runs from 8th July-23rd July 2023



The Marlborough Gallery  
204 High Street, Blenheim | Open 10.30am to 4.30pm  
[info@marlboroughartsociety.co.nz](mailto:info@marlboroughartsociety.co.nz)



ASTROLABE

**The 2023 Art of Wellbeing Exhibition  
Art Workshops at CARE Marlborough**



Celebrating the healing power of creativity

**Art Workshops with Verena  
From 3rd May- 28th June  
Wednesdays 12:30pm  
Starting with Vinyl Art**

Contact Carla or Jelena 03 578 0302 / 027 5754750 [manager@carem.nz](mailto:manager@carem.nz)





## Marlborough Farmers Market Community Stall

The Marlborough Farmers' Market has an opportunity for local community groups to come along on a Sunday morning between 9am – 12.00 and join us on our community stand.

You may be wanting to increase your community profile, attract new members or raise funds for a project by being part of the Farmers' Market for the morning. The free stall will enable you to connect with the hundreds of visitors we host every Sunday morning rain or shine.

To make this the best possible opportunity for your group or organisation we will only have one group per weekend, so you have the spotlight! Therefore, bookings must be made in advance for your preferred weekend and one booking per group at a time.

We ask in fairness to our paying stallholders that you refrain from selling items such as fresh baked goods, jams & chutneys, sweets and any produce or goods already being sold at the market.

All bookings will need to be approved by our Market Manager in advance and we reserve the right to decline an application. Please note, in fairness we cannot host religious, political or prejudicial groups. Please ensure that those representing your community group have read and understood Marlborough Farmers Market operating guidelines, including our code of conduct and health & safety policies.



Marlborough Farmers Market  
P O Box 991  
Blenheim

E: [admin@marlboroughfarmersmarket.co.nz](mailto:admin@marlboroughfarmersmarket.co.nz)

# Figure & Form

Preview 9th June 6pm  
Season 10th - 25th June 2023

**COGS**  
Community Organisation Grant Scheme

**The Marlborough Gallery**  
204 High Street, Blenheim | Open 10.30am to 4.30pm  
info@marlboroughartsociety.co.nz

**ASTROLABE**

## Marlborough Team Challenge

Marlborough Team Challenge is an online step count and exercise challenge that lets you get into teams with up to four friends and track your steps and distance together along a virtual map from Marlborough to Milford sound. Register at [www.eventfinda.co.nz](http://www.eventfinda.co.nz) search Marlborough team challenge

**1st July to 12th August**

**BIG TEAM CHALLENGE**

12,124 Steps!

**San Francisco**  
San Francisco is the most diverse and ethnically diverse city in the U.S. and the only city in the U.S. with a population over 8 million people.

Proudly supported by:

**PAVILION**  
Our Place

**MARLBOROUGH DISTRICT COUNCIL**

## WORKSHOPS & DEMONSTRATIONS TRADE SITES AVAILABLE

# Rural Readiness Expo

**WANT TO BE INVOLVED?**  
Contact Angela Woolf 027 303 8380  
[wvruralhubcoordinator@gmail.com](mailto:wvruralhubcoordinator@gmail.com)

Alternative Energy → Communication  
Animal Welfare → Resilience → Safety  
Home Security → Food & Refreshments

### SATURDAY 26 AUGUST 2023

Wairau Valley Hall Complex, Morse St Wairau Valley

Wairau Valley Hall Community Trust acknowledges the co-funding of this project by the Ministry for Primary Industries

In an emergency and in everyday life-

Who will you call for help?



# Shortest Day Market

**JUNE  
17**

**Havelock Town Hall  
9.00am to 1.00pm**

**SAUSAGE SIZZLE  
CRAFTS & MUCH MUCH MORE**



*All proceeds from goods sold by Lions or site sales will be donated to projects in the Pelorus area.*

Enquiries for a site, contact: Ian Cameron, Phone 574 2558



# Thank you!



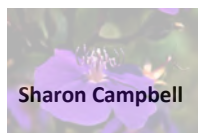
We would like to say a big thank you to everyone that supported our event at Bamboo Garden. It was a great night and we raised over \$2000.

Ngā mihi from all of us here at CARE Marlborough.



Carol and Brian Boswell

From AirBnB  
Mahau Magic





Ngati Toa Rangatira ki Wairau



# MATARIKI

## MĀORI NEW YEAR

**THURSDAY 13TH JULY 2023**

**6AM - MILLENIUM ROCK, RĀRANGI**  
**TRANSPORT AVAILABLE**

COME ALONG OBSERVE MATARIKI, LEARN ABOUT THE MĀORI NEW YEAR, PAY RESPECTS TO THOSE WHO HAVE PAST & WE WILL FINISH WITH PARAKUIHI (BREAKFAST)



**FREE EVENT**  
**VANS LEAVE 5.30AM**  
**BREAKFAST BACK AT MYSPACE**  
**AFTERWARDS**

**Te Whatu Ora**  
Health New Zealand



FOR TRANSPORT ENQUIRIES  
[EVENTS@MYT.ORG.NZ](mailto:EVENTS@MYT.ORG.NZ)

# Tips for tenants



1. Take photos of the property when you first move in
2. Take a friend or family member with you when viewing the property or meeting with the property manager/ landlord
3. Your Tenancy agreement should contain statements from the landlord including one regarding the property's insulation and information about the property's insurance policy.
4. Discuss any house rules with the landlord: For example, are there any rules about smoking or having pets?
5. Read the tenancy agreement before signing it. Ask your landlord about anything you don't understand.
6. Take photos and let the landlord know about any damage or repairs
7. Up-to-date contact details: Check that you have up-to-date contact details for the landlord and they have your contact details
8. After your fixed term expires you may have the right to move to a periodic tenancy and not have to sign a further fixed term  
[www.tenancy.govt.nz/ending-a-tenancy/expiry-of-a-fixed-term](http://www.tenancy.govt.nz/ending-a-tenancy/expiry-of-a-fixed-term)

## Questions to ask your landlord before you move in

source: [www.myrent.co.nz/first-time-tenant-advice](http://www.myrent.co.nz/first-time-tenant-advice)

1. When is the property available?
2. Is it a fixed-term tenancy or a periodic tenancy?
3. How much is the rent?
4. How much bond is required?
5. Is the property fully furnished?
6. What whiteware (eg. washing machine, refrigerator, microwave, etc) is included?
7. How many people are allowed to live in the property?
8. Is subletting allowed?
9. How secure is the property? Are there any deadlocks or an alarm?
10. Who is responsible for mowing the lawn?
11. Is it OK to smoke inside?
12. Are pets allowed?



## Resilience

### Taikaha

Means coping with challenges and bouncing back.

## THE KIWI CAN CORNER



As we learn more about problem solving this week, we are focussing on simple ways to help us problem solve effectively. Our older Kiwi Can kids are also learning to make active changes to overcome challenges that arise. When you see your child changing the way they are going about working to achieve their goal this week – celebrate their creativity! There are many ways to reach success 😊

Kōrero mai – why not chat at home about:

- When you find something tricky, what could you do to help before you try, try again? (This might be things like breathing techniques to calm down, a message to say to yourself, taking a short break, trying a different approach...etc).
- What were some of the challenges we faced as a community when we had the flooding recently? What were some of the ways people worked around those challenges? How did they show resilience?
- Can you tell me about a time you showed resilience this week?

 Follow [@GraemeDingleFoundationMarlborough](https://www.facebook.com/GraemeDingleFoundationMarlborough) to stay up to date



**QUIZ NIGHT**

RVAS Leo Club fundraiser  
**24th June at 6:30 pm**  
 Teams 4-6  
 \$10 per person  
 Food available at the Millers Rest  
 Millers Rest, Main Road Rai Valley

Bring family & friends to enjoy an entertaining quiz night and auction fundraising for secondary school camps and a local charity.

Please email [ella.jenner@rai.school.nz](mailto:ella.jenner@rai.school.nz) to book a table

**\*Booking is essential\***




Marlborough

Winter Events

[follow-me.co.nz](http://follow-me.co.nz)

Pick up your copy from Marlborough District Council



# Give a damn about your community?

Apply now to Allen + Clarke's 2023 Pro Bono programme.

Like you, we care deeply about our communities. That's why each year Allen + Clarke donates up to 1,000 hours of consulting services to community focused organisations.

Our Pro Bono Programme connects organisations throughout Aotearoa to a large team of expert advisors, who will design a bespoke package of professional services that support your mission.

Apply now at [allenandclarke.co.nz](https://allenandclarke.co.nz)

If you are, or know of, a community focused organisation, we want to hear how we could help.

Applications close 23 July 2023.



# We give a damn about improving peoples' lives and wellbeing.

Pro Bono allows us to give back to communities throughout Aotearoa.



**7,596**

Hours  
Donated

**51**

Projects  
Completed

## Who should apply

If you are a purpose-led organisation, supporting a community in need, anywhere in Aotearoa, we want to hear from you.

Applying takes just 20 minutes via our website.



*Thank you Allen + Clarke for your support, you have helped our service move forward immensely and we will always be grateful."*

Wellington Homeless Woman's Trust

*Allen + Clarke took the time to understand our unique needs, and that of our members, taking a personalised approach to the project. So happy with the end result, definitely recommend the pro bono programme!"*

Multiple Sclerosis New Zealand

Share the news with an organisation you support.

Visit [allenandclarke.co.nz](http://allenandclarke.co.nz)





# Venues for Hire

## Redwoodtown Community Centre

- ☎ 021 108 7637
- 🏠 Weld Street, Redwoodtown Blenheim
- 🌐 [www.redwoodtown-community-centre-hall.business.site/](http://www.redwoodtown-community-centre-hall.business.site/)

## Wairau Valley Hall

- ☎ 03 572 2535
- 🏠 Morse Street. Wairau Valley Township
- ✉ [wvcommunityhall@gmail.com](mailto:wvcommunityhall@gmail.com)
- 🌐 [www.wairau-valley.co.nz/wairau-valley-hall.html](http://www.wairau-valley.co.nz/wairau-valley-hall.html)

## Spring Creek Hall

- ☎ 03 579 6036
- 🏠 24-26 Ferry Road. Spring creek
- ✉ [info@yogaroom.co.nz](mailto:info@yogaroom.co.nz)

## Linkwater Settlers and Memorial Hall

- ☎ 03 574 2201
- 🏠 1351 Queen Charlotte Drive, Linkwater
- ✉ [jysmith1173@gmail.com](mailto:jysmith1173@gmail.com)

## Picton Community Centre Hall

- ☎ 03 573 7289
- 🏠 7 Wairau Road, Picton
- ✉ [picton.earlylearning@xtra.co.nz](mailto:picton.earlylearning@xtra.co.nz)

## Renwick Memorial Hall

- ☎ 03 572 8158
- 🏠 39 High Street, Renwick
- ✉ [heather@renwick.school.nz](mailto:heather@renwick.school.nz)

## Yealands Awatere Memorial Hall

- ☎ 03 575 7975
- 🏠 Foster Street, Seddon
- ✉ [awaterecom@xtra.co.nz](mailto:awaterecom@xtra.co.nz)

## Havelock Town Hall

- ☎ 03 574 2555
- 🏠 61 Main Road, Havelock
- ✉ [hcaoffice@havelock.co.nz](mailto:hcaoffice@havelock.co.nz)
- 🌐 [www.havelock.co.nz](http://www.havelock.co.nz)

## St Andrews Church and Hall

- ☎ 03 578 7119
- 🏠 5 Henry Street, Blenheim
- ✉ [st.andrews.church@xtra.co.nz](mailto:st.andrews.church@xtra.co.nz)
- 🌐 [www.standrewsblenheim.org.nz](http://www.standrewsblenheim.org.nz)

## Fairhall Community Hall

- ☎ 03 578 3556
- 🏠 New Renwick Road, Fairhall

## Canvastown Memorial Hall

- ☎ 03 574 1407

## Homewood War Memorial Hall

- ☎ 03 579 8232
- 🏠 Marys Bay, Pelorus Sound
- ✉ [hopai@actrix.co.nz](mailto:hopai@actrix.co.nz)

## Ward Town Hall

- ☎ 03 579 2336
- 🏠 SH1 Ward

## Beavertown Hall

- ☎ 03 578 1712
- 🏠 Brayshaw Park, Blenheim
- ✉ [info@marlboroughmuseum.org.nz](mailto:info@marlboroughmuseum.org.nz)

## Rapaura School Hall

- ☎ 03 570 5752
- 🏠 349 Hammerichs Road, Rapaura
- ✉ [office@rapaura.school.nz](mailto:office@rapaura.school.nz)

## Rarangi Community Centre

- ☎ 027 2575 683
- 🏠 252 Rarangi Beach Road, Rarangi

## Renwick Sports & Event Centre

- ☎ 03 572 9688
- 🏠 8 Uxbridge Street, Renwick
- ✉ [info@renwickeventscentre.co.nz](mailto:info@renwickeventscentre.co.nz)
- 🌐 [www.renwickeventscentre.co.nz](http://www.renwickeventscentre.co.nz)

## Port Marlborough Pavilion

- ☎ 03 573 5400
- 🏠 Endeavour Park, Picton
- ✉ [manager@endeavourparkpicton.co.nz](mailto:manager@endeavourparkpicton.co.nz)
- 🌐 [www.endeavourparkpicton.co.nz](http://www.endeavourparkpicton.co.nz)

## Havelock Sports Pavilion

- ☎ 03 574 2555
- 🏠 Neil Street, Havelock
- ✉ [hcaadmin@havelock.co.nz](mailto:hcaadmin@havelock.co.nz)

## Tua Marina Hall

- ☎ 03 570 5583
- 🏠 SH1, Tuamarina
- ✉ [tuamarinahall@gmail.com](mailto:tuamarinahall@gmail.com)

## French Pass Hall

- ☎ 03 576 5287
- 🏠 French Pass
- ✉ [laurence@steadfastsail.com](mailto:laurence@steadfastsail.com)

