# COMMUNITY February March 2024 COMMUNITY February March 2024



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**Cover image:** Bay of Many Coves, Destination Marlborough 2023

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







**●** MarlDistCouncil



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.



NAU MAI, HAERE MAI

# Seniors' Expo

featuring recreation and activities

# TUESDAY 5 MARCH 9.00am-1.00pm

Marlborough Events Centre Alfred Street, Blenheim

Come and find out more about recreation and activities for older people in our community.

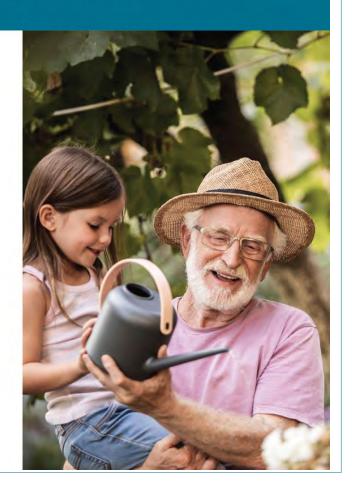
#### There will be:

Music

Information stalls

FREE entry, light refreshments, all welcome





# Welcoming Communities



# **Newcomer Summer Meet-Ups**

Welcoming Communities teamed up with the Marlborough Multicultural Centre to host four Newcomer Summer Meet-Ups this January at Pollard Park. It was lovely to meet under the big, shady trees and enjoy snacks, ice blocks and games with grandmas and grandpas, babies and toddlers, and everyone in between. We had visitors from Chile, China and Canada, new residents in Marlborough from Colombia, France, Philippines and Japan and others who have been here for a bit longer from Brazil, Peru, Singapore, Germany and all over Aotearoa.

We had conversations about great places to visit, where to find work, school, our kids and grandkids and much more. We even had some folks who just happened to be at Pollard Park come join us and

then come again the next week with some more of their friends!

When school starts, the meet ups will be back at the Marlborough Multicultural Centre with the Newcomer Morning Tea's starting again on Wednesday, Feb. 7th at 10:30 at 21 Henry St. in Blenheim. Everyone welcome for a cuppa, conversation and connection.



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

# **Marlborough Multicultural Centre**

#### **News for December and January**

We regularly host Wednesday morning tea to welcome newcomers to Blenheim. We will continue in February and March in our center at 21 Henry Street, Blenheim. Everyone is welcomed to join us.



Marlborough Multicultural Center collaborates with Stadium 2000 to have a Health and Fitness Programme for term 1.

Yoga | Pilates | Aqua Aerobics

Classes start on Tuesday 30th January, duration: 10 weeks







Marlborough Multicultural Center will also have Swimming Programme for different age groups in term 1 at the Stadium 2000

3-5 yeas old | 9-12 years old | adults

Classes start on Thursday 1st February

Duration: 10 weeks





The Marlborough Multicultural Festival 2024 will be held at Churchill Glade, Pollard Park on Saturday, 09 March 2024 from 10:00am to 3:00pm.

The festival, which celebrates Race Unity Day and show-cases the ethnic diversity of Marlborough has become one of the biggest family day events held in Marlborough.



Marlborough House 21 Henry Street Blenheim 7201 T: 03 579 6410 E: info@mmc.nz





# Marlborough Women's Refuge and Sexual Violence Support Centre

Marlborough Women's Refuge and Sexual Violence Support Centre is part of the National Collective of Independent Women's Refuge's. This is New Zealand's largest nation-wide organisation that supports and helps women and children experiencing family violence. Our vision is for all women and children in Aotearoa to live free from domestic and family violence.

At Women's Refuge our confidential services focus on planning for safety and wellbeing. Our services include a 24hr crisis-line 0800Refuge; providing information, advice, and safe housing for women and children experiencing abuse. Our advocates can also support in the community, developing safety in their home and referring to agencies in their community for a further wrap around. We provide referrals to lawyers, health care services, counsellors, and other specialists.

We offer educational programmes, Our Wairau Women's Programme and Wairau children's programme. We will host programmes during the school terms for women aged over 18 and our children's programme is for children 5-12 years. These unique programmes run throughout the year,

please contact us for information and guidance on referrals.

Our Sexual Violence Support Centre supports women effected by sexual violence, either historically or more recent. We support through referrals to ACC counsellors, help to engage with police if wanted and navigate the legal system if needed. Our office hours are Monday – Friday 8.30-4.30 pm. We can be contacted on 03 5779939 or the 24/7 crisis line 0800Refuge. Our email for agency referrals is admin@Marlbrefuge.com

At Marlborough Women's Refuge and Sexual Violence Support Centre we work through a strengths-based practice focusing on safety, protective factors, and education to support women and children in the Marlborough/Kaikoura region. At Women's Refuge, we won't judge you, we will listen to you and support you to make choices for your safety and wellbeing.

Kia kaha.



# **CCS Disability Action**

# Blenheim branch welcomes new manager

CCS Disability Action's Blenheim branch welcomed a new service manager last October. Peter Seelen took over the role after having spent time working at Te Whatu Ora and ACC. Over the new year, he aims to bring awareness to CCS Disability Action's mahi and invites the Marlborough community to get involved.

You can visit the Blenheim branch at 9 Sinclair Street (opposite Blenheim Railway Station), Monday to Friday from 9.00am to 1.30pm. The team provides disability services, advice and advocacy, and can assist with mobility parking applications. For more information, head to <a href="mailto:ccsDisabilityAction.org.nz">ccsDisabilityAction.org.nz</a> or stop by the office for a chat"



TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KATOA



# WORKPLACE RISKS AND RAMIFICATIONS



#### SOME CASE STUDIES WITH NIC SOPER

Now semi-retired, or at least trying to be, Nic was a specialist litigation lawyer for over 30 years. He regularly appeared as senior counsel in the courts of both New Zealand and Australia and before becoming a consultant Barrister headed the Litigation Department of one of the country's largest law firms. Nic acquired particular expertise in health & safety law, representing parties in over 400 investigations, many involving multiple fatalities, as well as the occasional prosecution, on behalf of the (then) Department of Labour.

Some cases of note in which he was involved include: Cave Creek (9 deaths), the Carterton Balloon crash (11 deaths), the Fox Glacier skydiving plane crash (9 deaths) the sinking of the Easy Rider (8 deaths) and Pike River (29 deaths). Nic acted for Pike before, and subsequent to, the disaster and accordingly has an intimate knowledge of, and insights into, both the background and aftermath.

He, and a team of lawyers under his direction, have also acted for some of the country's most significant employers, including the Crown, advising on, and preparing, health & safety policies, and processes, in a range of industries including construction, transport, aviation, mining, forestry, fisheries, tourism and agriculture. Nic has additionally been actively involved in a number of industry "best practice" consultative groups, and has appeared before, and advised, Parliamentary Select Committees on health and safety related matters. In the last couple of years owning a small vineyard, establishing a property in France, being his wife's garden "assistant" and presentations on various legal issues, to a diverse range of bodies, pretty much occupy what spare time he has.

Te Kahu o Waipuna Marlborough District Library Rooms 2 & 3 FRI 9 FEB

10 A M - 11 A M

RSVP interest to eprice@cloudybay.co.nz

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CLOUDY BAY

# **Marlborough Primary Health**

#### Nhauora Māori Team - Māori Health Team @ Marlborough PHO

Kia Ora! My name is Kelly McFadyen, my role is Kaiāwhina in the Hauora Māori Team for the Marlborough PHO. I work alongside Isla Taunoa our Registered Nurse.

The Hauora Team is both clinical and non-clinical.

Kaiāwhina Role is to support whānau that are requiring support and assistance with their health care needs outside of the General Practice.

Kaiāwhina role is to navigate and assist Māori whānau to engage with services and organisations in the community to improve their health and wellbeing.

- Those needing to be linked into health services in the community.
- Those that require an outreach appointment.
- Those whānau that are wanting extra support and would benefit from outside services involvement.
- We can support whānau to enrol in a local General Practice.
- We will also happily support whānau on getting the right information they need.

The Hauora Māori Team are based at the Marlborough PHO in the Community Hub. We are a mobile team and can make home visits.

We can be contacted via:

Email: hauora@marlboroughpho.org.nz

Phone: 03 520 6200







Improve your wellbeing through principles of Te Whare Tapa Wha



MAMA & PEPI
WELLBEING
PROGRAMME

STARTING FEB 23RD Register Below

BRING YOUR BUBBA & 'FILL YOUR CUP' OVER THE NEXT 8 WEEKS WITH



Fitness Healthy Kai Irature Rongoa Connection

Register/Contact: 03 577 9256 l 0800MātāWaka admin@maataawaka.co.nz www.maataawaka.co.nz 56 Main Street, Blenheim



# MAMA & PEPI 8 WEEK PROGRAMME

NOTE: WEEK 5 & WEEK 6 TAKE PLACE ON A WEDNESDAY

WEEK 1 - Friday 23rd February
Maataa Waka
10am-12/12:30pm
Goal Setting

WEEK 2 - Friday 1st March Tamairangi House 10am-12/12:30pm Rongoā & Raranga

WEEK 3 - Friday 8th March Maataa Waka 10am-12/12:30pm Healthy Kai

WEEK 4 - Friday 15th March
Tamairangi House
10am-12/12:30pm
Gardening

WEEK 5 - Wednesday 20th March Stadium 2000 9:45am-11:30pm

Mum n' Bub swim class

WEEK 6 - Wednesday 27th March Grovetown Lagoon 10am-12:30pm Walk & Picnic

WEEK 7 - Friday 5th April
Maataa Waka
10-12pm
Fitness/ Workout Session

WEEK 8 - Friday 12th April 10am-1pm Beach Trip

Days & activities are subject to change, weather permitting

DATE: STARTS FRIDAY 23rd FEBRUARY, 10am VENUE: MAATAA WAKA - 56 MAIN ST, BLENHEIM FACILITATORS: KOWHAI BUCHANAN & ERICA MASON



# **Hospice Marlborough**

## Happy New Year from Hospice Marlborough CEO Carole Crawford

Happy New Year everyone!

The new year is an ideal time for Hospice Marlborough to refresh our focus on delivering our quality specialist palliative care to the Marlborough community and providing palliative care education to carers.

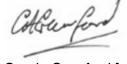
In 2024, we will continue our drive to provide sustainable equitable access to meet patient and whanau demands for our services. Our core values are underpinned by ensuring patients can live and die with compassion, dignity, in comfort, and in peace, preferably in their place of choice. Early contact and specialist palliative care assessment of people diagnosed with a life-limiting illness, helps to increase our collaborative approach working alongside our primary care colleagues, ensuring patient wishes are known and wherever possible upheld.

We look forward to continuing to increase our communication channels with you. I encourage you to check out our new website <a href="https://www.hospicemarlborough.org.nz">www.hospicemarlborough.org.nz</a> where you can easily communicate with us, meet our team, donate, give us feedback, see upcoming fundraising events, hear about any specials at the Hospice Shops, request a guest speaker and watch for any volunteer and job opportunities.

Your amazing on-going support is critical to us



providing our specialist palliative care service in Marlborough. A huge thank you for your ongoing support, it really makes a difference.

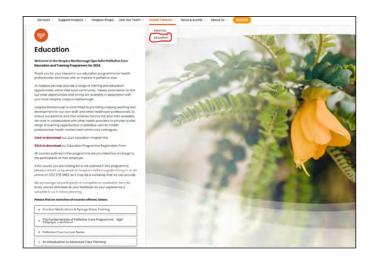


Carole Crawford [she/her]
Chief Executive / Tumu Whakarae
Hospice Marlborough / Te Whare Kumanu o
Wairau

#### **New Education Portal for Health Professionals**

Hospice Marlborough is thrilled to advise the new Education page on our website is now live. The page is focused on helping health professionals, health workers and community colleagues who support and care for those with a life limiting illness so they are able to provide the best care for patients who may be at home, in hospital or in residential care.

To access more information about the Hospice Marlborough Specialist Palliative Care Education and Training Programme for 2024, please visit <a href="https://www.hospicemarlborough.org.nz/health-partners">https://www.hospicemarlborough.org.nz/health-partners</a>



# **Upcoming February & March Hospice Marlborough events**

#### **Hospice Marlborough Summer Market Stall:**

Blenheim CBD Summer Market | Friday 9th February | 9am to 4pm | Market Street

Visit the Hospice Marlborough stall to purchase some great treats & gifts, grab a raffle ticket to be in to win some fabulous hampers or buy a number and take a chance with the Hospice Spin-a-Win wheel for a chance at some great prizes.

All proceeds go to Hospice Marlborough.

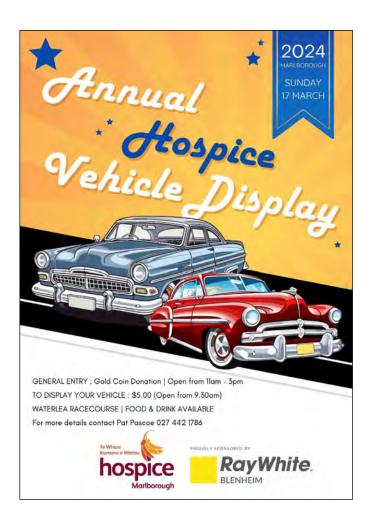
Annual Hospice Vehicle Display: Waterlea
Racecourse | Sunday 17th March | 11am – 3pm |
Gold Coin Donation

Marlborough's annual classic car fundraising event for Hospice Marlborough is back with all your favourite things to see, eat and do, plus some new plans in place for another great family day out.

General Public entry is by Gold Coin Donation

Display your Vehicle for only \$5.00

For more details contact Pat Pascoe (027) 442 1786. All proceeds go to Hospice Marlborough.

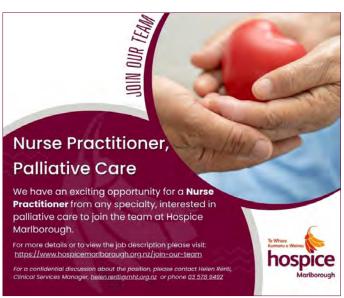














# Fire and Emergency NZ

# Summer holiday fire safety messaging

#### Wildfire messaging

Now that conditions are extreme in some parts of Marlborough the risk of fire is extremely high, so you must always check the conditions before undertaking an activity which can cause heat or sparks.

Ninety-eight per cent of wildfires which occur in New Zealand are human caused, so it's important we take the utmost care when doing anything that can create heat and sparks.

We encourage the public to be vigilant in what they do, even the simple act of mowing the lawn, if dry and windy, the mover hitting a stone can be enough to start a wildfire.

The time when generally the fire risk is greatest is when it is windy and hot, consider whether you should engage in activities that create heat and sparks, so please always check first <a href="https://www.checkitsalright.nz">www.checkitsalright.nz</a>

Fire and Emergency has been working closely with partners such as the MetService to develop ways for making the fire danger information more accessible. On the MetService website and App you can check the current fire danger level and fire season for wherever you are in New Zealand.

In additional to rules, Fire and Emergency NZ has for burning, landowners and councils may also have rules for using fire on the areas they own or administer, please make sure to follow these rules as well.

If you are travelling around the country this holiday season please consider the location fire risk conditions by going to <a href="www.checkitsalright.nz">www.checkitsalright.nz</a>, noting this risk and the requirements to avoid a wildfire can vary from where you live, so don't assume all areas will be the same.

To help our fire firefighters have an enjoyable summer season, just take the two minutes to check the fire risk conditions <a href="www.checkitsalright.nz">www.checkitsalright.nz</a> before having a fire or undertaking an activity which can produce heat

or sparks.

We don't want to stop you having fun this holiday season but it is important you consider the fire risk conditions where you are, simple acts of have a small fire, riding a motorbike or driving a vehicle through long grass can start a major wildfire.

If you are in an area of Marlborough that is "restricted", you will require a fire permit before having a fire, make sure to get one, and follow the conditions contained on the permit.

A reminder to farmers appreciating this is a busy time of year on the farm, if hay making, please do not rush the drying period between cutting and baling as this is critical in getting good feed but also reducing the risk of spontaneous combustion which can lead to loss of precious winter feed (and shed/s). For advice and guidance please follow the Farm Safety Fire Risk and hay guide on the Fire and Emergency website.

If you are planning to burn some waste this holiday season, please following the advice contained in our new how to 'pile burn safely video' which can be found on <a href="https://www.checkitsalright.nz">www.checkitsalright.nz</a>

If you haven't already prepared your property for the wildfire season, this maybe you last chance because when there is smoke in the air it's too late to prepare:

- Keep grass short and green around buildings and structures
- Prune large trees
- Remove vegetation from gutters and around wooden decks
- Remove highly flammable plants close to the house or other buildings
- Remove stacks of firewood from against buildings
- Dispose of dead sticks and leaves
- Make sure your rural address number (Rapid) is visible
- Ensure accessways are wide enough and clear of overhead branches so increase of

- needing a fire truck we can access your property.
- Check water supplies for firefighting they have water in them and can be easily accessed.

#### Lithium-ion batteries:

Fire and Emergency are seeing an increase in the number of fires caused from charging devices with these types of batteries

It's important to take care when using these batteries as they are a fire risk when not stored, charged, used, or disposed of correctly. Always use the correct battery and charger for your device – check the manufacturer's instructions to make sure they're compatible.

Make sure you charge batteries and devices on a hard, flat surface not under a pillow, on a

bed or couch - they can overheat and cause a fire. If you notice anything unusual with your battery, stop using it straight away. Also make a point of charging devices, when you are up and about (not when sleeping), so that you will quickly notice if something is amiss.



Lewis Jones Advisor Community Risk and Recovery

Nelson Marlborough District 4 Wither Road PO Box 4109 Blenheim 7201

# **Marlborough Community Vehicle Trust**

# Marlborough COMMUNITY VEHICLE TRUST

## New year and a new vehicle needed

Happy New Year to everyone,

In the week before Xmas we had thought, yippee, it is the festive season. The year 2023 had been a most successful one for MCVT.

Our local MP Stuart Smith had suggested that we contact the Lotteries Commission to obtain funding in order to purchase a Hybrid car, second hand of course, to replace our two original Toyotas purchased in 2016 with assistance from MDC. Those cars both had 300,000 on their odometers. We also applied to Rata Foundation and in December 2023 we took possession of two newish Honda Vezels Hybrids.

We had a drivers function on December 7th for everyone to ooh and aah over the new cars. What could possibly go wrong?

On December 15th one of our drivers was returning from Nelson Hospital and transporting two passengers who had undertaken dialysis treatment at Nelson Hospital. Yes, we are still providing that service. The car was our Holden Cruz. When approaching the bridge at Hira our driver realised that an approaching car was

travelling on the wrong side of the road and a crash was inevitable. Both cars became write offs, but thanks to air bags and seat belts there were no injuries.

The driver of the oncoming car was a French tourist who had forgotten that we drive on the left in this country.

The Nelson police took charge of the situation and we sent another car to bring our driver and passengers home to Picton.

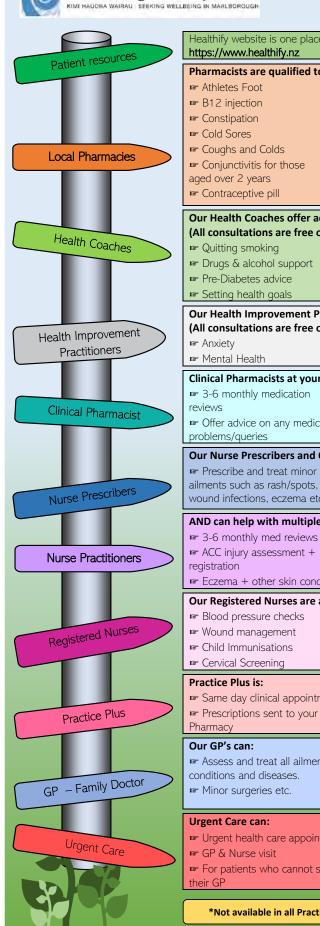
We are fully insured but our fleet has now been depleted by 25% and the write off value does not cover the cost of a replacement. However, we have managed to meet all our obligations to passengers, sometimes asking them to share cars.

Once again we will be fundraising but we are optimistic that we will overcome the setback and remain the preferred choice for Marlborough residents attending for medical matters in Wairau or Nelson hospitals.

We can be contacted through our website, www. marlboroughvehicletrust.org.nz or phone our coordinator on 03 574 1311.



#### KNOW THE RIGHT PROFESSIONAL



Healthify website is one place for New Zealanders to find health information and self-care resources. https://www.healthify.nz

#### Pharmacists are qualified to provide advice and treatment for:

antivirals

- Athletes Foot
- **™** B12 injection
- Cold Sores
- Coughs and Colds
- Conjunctivitis for those aged over 2 years
- Dry skin, nappy rash, small patches of impetigo (less than 3 areas),
- abrasions, bruises, insect bites & sunburn

■ Covid vaccinations and

- contraception
- Mouth ulcers
- Pregnancy vaccinations
- Pain relief
- r Piles
- Flu vaccinations
- Sore throats & earache for less than 3 days
- Thrush (between ages 16 to 65)
- 65, not pregnant)
- Warts & verruca's

#### Our Health Coaches offer advice, support and help navigate you towards community support: (All consultations are free of charge)

- Quitting smoking
- Drugs & alcohol support
- Pre-Diabetes advice
- Setting health goals
- Advice on benefits, housing, home care, children's and older people's services, family support.
- Exercise tips and support
- matters, benefits such as WINZ and job seeking
- □ Diet and lifestyle support

#### Our Health Improvement Practitioners can help with: (All consultations are free of charge)

- Anxiety
- □ Lifestyle changes
- Social Isolation
- Stress/Burnout

- r Mental Health
- □ Depression
- Sleep problems

#### Clinical Pharmacists at your GP can:

- 3-6 monthly medication reviews
- Offer advice on any medication problems/queries
- Assist with patients wishing to potentially decrease their medication
- Blood pressure
- Offer education session for patients on their medication
- Long term conditions management

#### **Our Nurse Prescribers and Community Nurse Prescribers can:**

- Prescribe and treat minor ailments such as rash/spots, wound infections, eczema etc.
- Long term conditions
- UTI & STI checks + treatment
- □ Diabetes check + treatment
- AND can help with multiple medical conditions including: ☞ Driver's licence medicals ■ Women's health
  - (contraception, menopause, breast concerns)
- r Treat minor ear & eye infections ■ Blood pressure reviews
- Long term conditions clinic −

review conditions such as;

Asthma, COPD, Heart Failure,

Gout, Cardiovascular disease

#### ■ Eczema + other skin conditions Our Registered Nurses are able to do:

- Blood pressure checks
- Wound management
- ☞ Cervical Screening
- Spirometry Infusions
- □ Travel consults + vaccination
- Ear Suctioning

#### **Practice Plus is:**

- Same day clinical appointment
- Weekdays 8.30am − 10pm
  - ☞ Public Holidays 8am 8pm
- For enrolled, un-enrolled &

#### Our GP's can:

- conditions and diseases.
- Steroid Injections

international people

- Urgent health care appointment
- For patients who cannot see
- Sports medicine
- Medicals
- Contraception removal + insertions, such as IUD's & **Implants**

□ Long-Acting Reversable

#### **Urgent Care can:**

- r GP & Nurse visit
- their GP
- Accident and injury treatment
- X-Ray services
- Wisitors to Marlborough needing treatment
- № 8am to 8pm daily

\*Not available in all Practices

Credit: Civic Family Health Care

# Flaxbourne Heritage Centre

#### **New Centre nearing completion**

The swinging front doors are hung and the Flaxbourne Heritage Centre in Ward is standing large all set to open its doors later this year.

But before those two doors to the new state-of-the-art Heritage Centre can open to the public, the Centre Trustees need to raise in the vicinity of \$250,000 to complete the interior fitout which is in the hands of curator Sally Peter and professional museum display designer Sally Papps. Their joint skills and passion will see this as a very special attraction in the landscape of Marlborough, showcasing and telling the stories of days past for the future generations

To date the build has been funded mostly by Lotteries funding coming from the post-earthquake relief fund set up after the devastating East Coast earthquake of 2016. Other donors have come on board and the Marlborough District Council has helped with in-kind support and a \$250,000 grant. Marlborough Lines has also given concessions to the build by waiving some fees and finding savings to the electricity infrastructure.

The Trust headed by Kevin Loe is now turning to the wider community to come on board and raise the outstanding amount. A short sharp fundraising campaign is about to begin and the Trust is looking to both corporate funders and the lesser amounts more likely to be donated by individuals and families to be a part of this legacy that will stand proud in south Marlborough

"We have already had some generous donations from locals and businesses and we know there are many others who are just waiting to be approached so that will be where the effort goes in the coming weeks," Kevin says.

It is vital that the campaign is successful and that



Above left to right: Sally Papps, Sally Peter and Kevin Loe at the new Heritage Centre.

the facility can open debt free. A further stage of the build is to be a cinema room and will be the focus of Trustees attention once the Centre is open for all to see just what has been achieved in this bold project

Located at the junction of the Whale Trail as it enters Ward, adjacent to the Town Hall and just around the corner from the school, the Centre will provide the much-needed hub for for the East Coast community which lost so much due to the 2016 earthquake.

If you or your organisation wish to donate to this, the first new museum to be built in the District since the 1980s, or hold a fundraiser for the Centre feel free to contact the secretary, <a href="mailto:admin@fht.co.nz">admin@fht.co.nz</a>. Or turn to the website <a href="mailto:https://fhc.org">https://fhc.org</a>. nz/ or Facebook page <a href="mailto:https://www.facebook.com/groups/2180521355391960/</a>



# **Changes to Incorporated Societies**

## **Background information**

A new Incorporated Societies Act has been passed into law. This law will affect all incorporated societies. The law will require incorporated societies to undertake three key tasks in the next few years and will provide some new rules which all incorporated societies will have to follow. If these tasks aren't done by March 31 2026, the group will lose their incorporated status, meaning that they will have difficulties:

- continuing to operate, and
- applying for funding

#### **Key points:**

- New law: A new Incorporated Societies Act has been passed
- Who it affects ... the law affects all incorporated societies. It won't affect charitable trusts, society trusts or groups set up by statute (which will include some churches and many educational institutions)
- Tasks to be done: All incorporated societies will need to do three things:
  - 1. update their constitutions
  - check that none of their senior management or Committee are disqualified, and
  - 3. apply to re-register on a new online register of incorporated societies.

Some incorporated societies will also have to comply with new financial reporting requirements.

• Timeframe: Groups will need to do these three tasks sometime between 01 October 2023 – 31 March 2026. It sounds as though they have lots of time but, in reality, for most groups this period covers only two AGMs in 2024 and 2025. Groups will ideally have this done well before the end of 2025 (and before they apply for any funding that will cover the April 2026 onwards).

- Consequences if this is not done:
   Groups who don't do this will lose their incorporated status. The new law would also mean that they would have to donate their assets to another non-profit group which has re-registered.
- Choices: Groups can choose to:
  - Do nothing (in which case their group's incorporated status will lapse, and they will face the risk of personal liability and the obligation to donate the group's assets to another non-profit group), or
  - Update their constitution and reregister by 31 March 2026, or
  - **3. Wind up/close** before the 31 March 2026. or
  - **4. Merge/join** with another group before 31 March 2026 (and, ideally, no later than 2025).

The group might be able to let their legal status lapse and then apply for future funding under an umbrella. However groups may be better not to rely on that at this stage.

- Where groups can go for further information
- The Registrar of Incorporated Societies
  has useful information on his website:
  <a href="https://is-register.companiesoffice.govt.nz/law-changes-for-societies/">https://is-register.companiesoffice.govt.nz/law-changes-for-societies/</a>. Groups can also sign up for email updates from the Registrar or follow the Registrar on Facebook.
- Their lawyer (if the group has one)
- If a group doesn't already have a lawyer,
   Community Law are happy to help and provide advice.

# Age Friendly Marlborough

# **Alzheimers Marlborough**

#### **Open Day**

Alzheimers Marlborough's Community Team are available to support people who have recently been diagnosed or are waiting on a diagnosis of dementia mate wareware. This is a confidential and free service.

They run a monthly Carers Support Group and a Monthly Evening Social Group. Those that attend say it is the best support network that they have.

We offer education sessions with on going support for individuals or groups, and available to come and speak at your organisation about the role we have in the community.

For further information, phone 03 577 6172 or email manager.marlb@alzheimers.org.nz



#### **OPEN DAY**

### Alzheimers Marlborough is having an Open Day

#### We would like to invite;

- Health Professionals
- Anyone interested in older persons health or are interested in volunteering
- Stakeholders
- Family/whanau who are experiencing the onset of dementia
- Diversional Therapists
- Retirement/Rest Home Staff
- · Community and Social Service Agencies



# Tuesday 13th February 2024 | 10am-7pm 8 Wither Road, Blenheim

Come along and meet our friendly team. Hear about and see firsthand the work that we do at our centre and in the community. Information will also be available on becoming Dementia Friendly Support services, information and help available.

Tea. coffee and refreshments will be provided. For further information, please phone 03 577 6172







#### **Renwick Anglican Local Eldercare Team** and Age Concern

Start SAYGO classes, a weekly falls prevention and fitness class

Starting Thursday 8th February 2024

For our local Gold Card Holders

Thursdays 9.30am - 10.30am, Anglican Church Hall, 54 High Street Renwick

**Cuppa to follow** 

Come along and join the class for gentle exercise and socialisation.

For more information, please call Maria 0274782328

Cost: \$3 per class

#### Renwick's Golden Oldies



Is back for 2024 on Monday 5th Feb at 11.00 am Anglican Church Hall, 54 High St, Renwick

Our speaker Mr Lewis Jones with a hot topic from the;



His message will cover the following;

- Fire safety education/ resources
- Community meetings
- Fire awareness and intervention program
- Working with the vulnerable (those living alone, have a disability and totally deaf without hearing aids







# 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 \$3 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 \$3 92 Weld Street Blenheim.

#### Keep U Moving

Gentle Walking Exercise in the hall for Seniors Every Thursday 11:30am-12.30pm, St Christopher's Church Hall (Except 4th Thursday in each month) Stay for a cuppa & chat afterwards. Cost \$3 92 Weld Street Blenheim

#### Older Persons Seminar

4th Thursday each month at St Christopher's Church Hall, 10am to 1pm Interesting speakers, entertainment, community news, quizzes, jokes Morning tea & a light lunch provided. Cost \$6 92 Weld Street Blenheim





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



# Age Concern Marlborough

#### **New Board member wanted**

Age Concern Marlborough Inc is looking for new people to be part of our local governance board.

We are a registered charity looking for people with experience and knowledge, especially in these areas:

- Strategic planning
- Fundraising and marketing
- Financial management
- Community health and welfare

Age Concern is affiliated to Age Concern NZ Inc, and our role us to support older people in the community to ensure they are respected, supported, empowered, and valued. We rely on grants, contracts, and donations to deliver our services.

Our board members meet monthly, usually for one to one and a half hours on a Thursday at 4pm. There are occasional extra meetings and some delegations.

The role is a voluntary one and in return for your contribution you will receive the satisfaction of helping your community and the friendship of like-minded people.

Please send a letter expressing your interest and a brief outline of your experience to: admin@ageconcernmarlb.org.nz by September 08,2023.

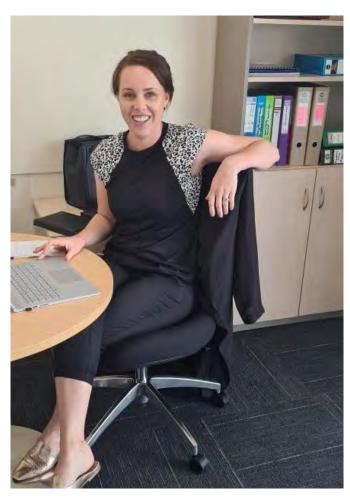


**Above: Friendship Group January meeting** 

#### Friendship group

What a great turnout we had at our Friendship Group! This month we ran a workshop by Mel Keenan from Westpac Bank. She talked to us about scams and keeping safe online. It was a real eye opener to the types of scams that are circulating at the moment and how to protect yourself. Our Friendship Group members also enjoyed a wonderful cuppa, morning tea and catch up. If you want, or know someone that would like to come along to our Friendship Group then please contact the office on 03 579 3457 we would love to see you there!

#### **Bobbys back**



**Above: Bobby Houlahan** 

We would like to welcome Bobby Houlahan back to Age Concern Marlborough. Wow did that year go quickly! Bobby has been off looking after her daughter Eden, but we are happy to have her back from maternity leave. So, if you need anything from the ladies in the office you will now be contacting either Bobby or Meryl.

#### **Wool wanted**

In her spare time, Patricia, our treasurer knits cot blankets for Plunket. These are distributed to local families. This requires a constant supply of wool. If you have any to spare- from 1 ball upwards, Patricia would be very happy to receive this. It must be wool, not acrylic, and can be 3 ply, 4 ply or double knit. If you can help and/or need a declutter we would love to hear from you. Please either contact the office on 03 579 3457 or drop the wool into the Age Concern office at 25 Alfred St between 10-1pm daily.



#### Volunteer visitor

Join us as a volunteer visitor and make a difference.

Our visiting service volunteers come from a wide range of backgrounds and age groups.

Age Concern is committed to ensuring that our volunteer visitors have a rewarding, safe, and enjoyable experience.

Having a regular visit is something to look forward to, and makes a real difference to the health and happiness of an older person.





Age Concern Marlborough Room 5/25 Alfred Street Blenheim 7201 T: 03 579 3457

E: admin@ageconcernmarlb.org.nz

# Events for Seniors March 2024

Every Tuesday in March there is something happening for seniors.

Starting with the expo which runs 9am - 1pm at the Events Centre.

The middle two Tuesdays will offer an afternoon of presentations on a range of topics, held at the Nativity, 2 - 3:30pm.

Finally on 26 March everyone is being encourage to check out a community facility or group





5 March 9am Seniors Expo

Marlborough Events Centre

12 + 19 March 2pm Seminars for Seniors Nativity Church



https://www.marlborough.govt.nz/our-community/positive-ageing

#### GREY POWER MARLBOROUGH SEMINARS



These seminars are free and suitable for anyone 50 years and over for yourself or if you would like to gain information for family or friends. The topics being covered are below. There will be time for general questions, but specific question for a person will not be able to be answered in this public forum.

#### Tuesday 12th March 2024 - Nativity Centre 2 - 3:30pm

#### **Rest Homes**

Gain a bit more insight into things such as what is the criteria to go into a rest home, choosing a resthome etc.

#### Ministry of Social Development

What is important to know about superannuation and other entitlements through Work and Income.

#### **Warmer Kiwi Homes**

What resources and information are key to having a healthy home.

#### Rates rebate

Who qualifies for a rates rebate and how do you apply.

#### Fire and Emergency NZ

Fire safety in the home.

#### Tuesday 19th March 2024 - Nativity Centre 2 - 3:30pm

#### Stadium 2000

Find out more about the great programmes and activities offered at the stadium and pool.

#### **Community Law**

Legal advice on a number of key topics.

#### Hospice

What services and care is offered by Hospice Marlborough.

#### **Estate Busters**

This unique service in Marlborough explains the support they can offer.

#### **Emergency Management**

How people can be prepared for an emergency.

# Interested in learning more about the **Emergency Services in Marlborough?**

Offering a wealth of programmes and activities Marlborough Youth Trust (MYT) run a Youth in Emergency Services (YES) programme aimed at those with a passion to work alongside some of Marlborough's greatest heroes.

The YES programme began as an initiative designed to strengthen the connection between young people and their communities by way of hands-on engagement with the work of volunteer emergency services in their area.

Organiser Aaron Waters says, "Keen to become a team member in either Fire and Emergency NZ (Urban & Rural), Coastguard, St John, Civil Defense Emergency Management, Surf Life Saving, or Land Search & Rescue? Join the Y.E.S Marlborough program and learn some valuable life skills and possibly become a volunteer for an emergency service.

"This 8-week program will help you understand what it takes to volunteer for one of the above emergency services and gain valuable skills that will help you in many situations. This program will help build resilience, teamwork and problem solving along with having a whole lot of fun!" If you are between the ages of 16 and 24 get in touch with @ Marlborough Youth Trust via www.myt.org.nz/yes.html or e-mail yes@myt.org.nz to learn more.

# Youth in **EMERGENCY SERVICES** programme

#### YES INFO NIGHT Thursday 29 Feb, 7-9pm

MySpace Youth Centre, 18 Kinross St, Blenheim Email: yes@myt.org.nz | Phone: (03) 579 3143 Ages 16-24 years

#### 8 WEEK COURSE - APRIL 2024

#### Thursday 5pm & Sunday 8am

Taster course for each Emergency Service in Marlborough. First Aid course, learn life-saving techniques, FREE hoodie AND MORE.

Applications due 4 March.































**Incredible Years Programme** Wednesday 21st February 2024 The Wesley Centre - 3 Henry Street 10.00am-12.30pm

Incredible Years is a free 14-week programme for parents and caregivers of children aged 3-8 to grow their positive parenting skills.

It provides practical help and support focused on enhancing children's social skills · child-led play · using praise and enhancing positive behaviours · establishing routines · setting clear rules and boundaries.

The purpose of this course is to resource parents and caregivers with tools to understand their children's behaviour and development, promote positive parenting and healthy communication within the family.

If transport or childcare is a barrier please let us know as we may be able to help with this.

If you would like any more information please contact Barnardos at

Blenheim@barnardos.org.nz 03 578 6491



Kia eke ai te hunga taitamariki ki ngā rangi tūhāhā



# **m** Barnardos

# Incredible Years Parenting Programme





The Wesley Centre
3 Henry Street, Blenheim



Wednesday 21 February - Wednesday 19 June

(A two-week break occurs during school holidays.)



10am - 12:30pm

This course is suitable for parents/carers of children aged three-to-eight years.

Incredible Years is a free 14-week programme for parents and caregivers of children aged three-to-eight years old, to grow their positive parenting skills.

It provides practical help and support focused on:

- enhancing children's social skills
- child-led play
- using praise and enhancing positive behaviours
- establishing routines
- setting clear rules and boundaries.

The purpose of this course is to resource parents and caregivers with tools to understand their children's behaviour and development, promote positive parenting and healthy communication within the family.

If transport or childcare is a barrier, please let us know as we may be able to help with this.

If you would like any more information please contact Barnardos.







blenheim@barnardos.org.nz

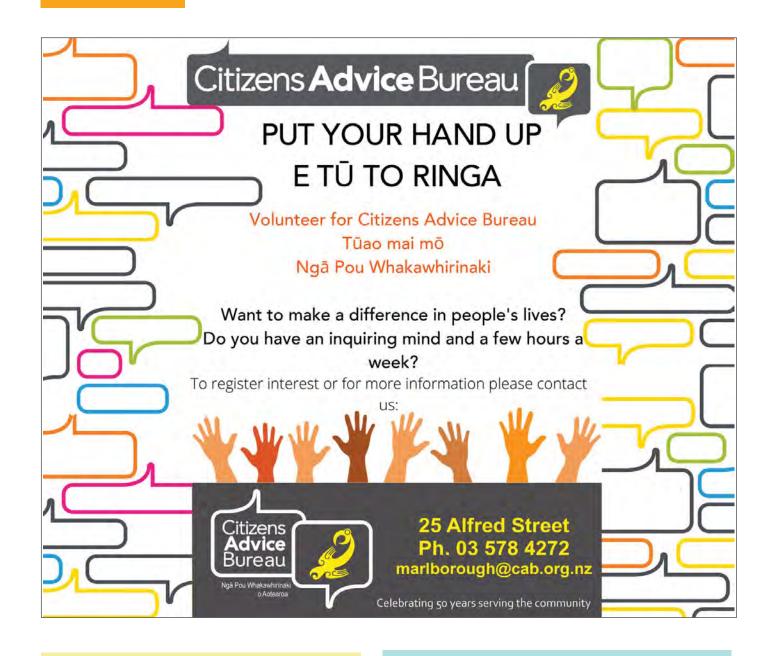


03 578 6491



Kia eke ai te hunga taitamariki ki ngā rangi tūhāhā





#### Marlborough Community Vehicle Trust

Drivers (Picton to Nelson return):
Volunteer drivers take people from
Picton (or nearby) to Nelson and back for
medical appointments. Volunteers will
need to be available for most of a day as
they will wait in Nelson for the patient.
Email Volunteer Marlborough at vm@
volunteermarlborough.org.nz

www.marlboroughvehicletrust.org.nz

#### **Picton Dawn Chorus**

Trap Line Volunteers needed: If you enjoy long walks in native bush then this role is perfect for you. We rely on a large team of volunteers to check the rat, stoat and possum traps placed out on the town's reserves every weekend. If you can do one weekend day a month or one a week we would love to hear from you. Induction and training is given. Email volunteering@pictondawnchorus.nz

www.pictondawnchorus.nz

# **Marlborough District Council**



Above: Safe Haven by Caroline della Porta, Corner of Waikawa Rd and Beach Rd, Picton

#### Chorus cabinet artworks springing up

Marlborough artists are showing their creativity with a colourful array of artworks appearing on Chorus cabinets around the province.

Chorus partnered with Council to beautify cabinets across the district as part of a nationwide scheme - and put the call out to local artists to apply to have their works considered.

The painted cabinets bring colour and life to the streets, often telling stories about the communities in which they are located and help discourage tagging.

Caroline della Porta painted her Waikawa cabinet featuring a summery display of a dinghy and oar during the Christmas break

and had great interaction with the community with many positive comments.

Sam Proffit painted her Setting Sun in Sussex Street Picton while Vasu Singh's Retro Camera decorates an Anglesea Street Renwick cabinet and Mary Ashwell's tui is in Vickerman Street Grovetown.

There is now an online library of Marlborough's street art.

Go to Marlborough street art maps

The website will be continually updated.

#### Water restrictions continue in Picton and Waikawa

Every drop counts - that's still the message to Picton and Waikawa residents and visitors who are being asked to continue to save water.

A total sprinkler ban remains in place as well as no boat or car washing and limits on Council's irrigation of local parks.

Council's Operations and Maintenance Engineer Stephen Rooney says the community's response to the call to save water has been helpful. "We thank everyone again for their efforts and say 'keep it up' and do more if you can," he said.

"Make every drop count. Don't use sprinklers, take a short shower, turn off the tap when brushing your teeth and don't wash your car or boat."

Hand-held hoses are permitted for watering gardens.

The restrictions are:

- A total sprinkler ban
- No boat or car washing
- · Limits on irrigation at Endeavour Park
- Closure of the water play area on the Picton Foreshore
- Limits place on commercial water use including by cruise ships

The restrictions apply to all properties on the Picton and Waikawa supply until further notice.

Mr Rooney said the Council had long planned to install waters meters in the town, beginning this year or next.

"Water meters encourage people to conserve water. After meters were installed in Renwick, Seddon, Wairau Valley and Havelock we have seen demand drop in those townships by up to 35 per cent. Wasteful leaks have also been eliminated through the metering programme."

"There are no cheap or easy options for sourcing more fresh water for Picton so metering is by far our best and most cost effective solution for reducing future demand."

He said the Barnes Dam in Essons Valley has



storage for 58,600 m3 of water.

"The Essons Valley treatment plant usually delivers between 600 and 1800 m3 at a flow rate of 25 litres per second. However, as summer progresses and natural flows from the catchment reduce, the volume of water behind the dam reduces. When the natural flow reduces, the water behind the dam begins to warm up, which encourages algal growth. The algae in turn makes the water much harder for us to treat. If we're unable to treat the water, access to about a third of Picton's drinking water source is lost."

"This algal process normally occurs much later in the summer and coincides with less garden watering, so usually water restrictions are not necessary. However, this year the algal growth and warming started early and quite suddenly, mainly due to the dry spring caused by the El Nino weather pattern."

"We went from treating 1,800 m3 per day to not being able to treat at all within four days - the speed of the change was unusual this year."

"These are the first major water restrictions we've seen in Picton since the summer of 2000/01."

Go to more information on the 2024 Picton and Waikawa water restrictions

#### **Disposing of batteries safely**

Fire risk is front of mind during summer but did you know you might be creating a fire risk by disposing of batteries in your household waste?

Council's Solid Waste Manager Mark Lucas says when batteries are put in the rubbish or recycling, they end up in the landfill where they can create a fire risk. "As all of the waste is compacted either in a collection truck, transfer station or landfill there is a potential that this will cause sparks and start a fire, posing a risk to staff and the environment," Mark said.

"Even if they don't cause a fire, old batteries contain chemicals and other materials that are harmful to the environment. They take over 100 years to break down, so we do not want them in the landfill at all. Also, as all batteries are recyclable, and in Marlborough we recycle batteries, there is no reason for them to go to landfill in the first place," he said.

Batteries are found in all manner of gadgets, toys, power tools, phones, laptops and many other devices. "When it's time to dispose of a battery, don't throw it out - bring it to one of Council's small battery recycling bins," Mark said.

"There is no charge to drop off batteries at any of our collection points - the costs are covered by your rates. If you have vehicle batteries or damaged small batteries, please take them straight to the Hazardous Waste Centre



on Wither Road in Blenheim, opposite the Resource Recovery Centre."

Some helpful tips:

- Use rechargeable batteries instead of single-use ones where possible
- Sell or donate unwanted, battery-powered electronic items instead of throwing them away

There are a number of sites where you can drop off used batteries. Go to our Dry Cell and Small Batteries webpage to find the location nearest to you:

Go to our Dry Cell and Small Batteries webpage

# Access other Council newsletters for up to date information

Legislation of the Food Act is constantly changing, keep up to date with the latest information we have available by reading our Food Newsletters.

https://www.marlborough.govt.nz/services/food-business-information/newsletters

Resource Consent Team newsletters

https://www.marlborough.govt.nz/services/resource-consents/resource-consent-team-newsletters

Follow-me Marlborough events newsletters

https://www.marlborough.govt.nz/recreation/events

Also keep up to date on any Council public consultations. Everyone's opinion is important! <a href="https://www.marlborough.govt.nz/your-council/have-your-say-consultations">https://www.marlborough.govt.nz/your-council/have-your-say-consultations</a>

# Events & Notices











Following the

# MORE FM MARLBOROUGH COMMUNITY FOODBANK STREET APPEAL

on Monday 27th November 2023,

the Event Coordinators and the Management Committee of FOODBANK would like to pass on our heartfelt.....

#### THANK YOU !!

To all our sponsors and to those who planned,
publicized and managed this highly successful event.....
To all the collection teams - those who pounded the pavements,
those who drove the vehicles and those who sounded the sirens!
To the volunteers at the Foodbank, who, faced with a tidal wave of bags and
boxes, sorted and stacked until they were exhausted
- and still the sorting and stacking goes on.....

And Most Of All....

To the whole Marlborough community that once again rose to the occasion and simply blew us away by the extent of its generosity!

The approximate 1000 banana boxes full of food items collected during the street appeal is going to provide our Foodbank with a wonderful start for 2024!

TO EVERYONE INVOLVED - THANK YOU!!





# Venues for Hire

#### **Beavertown Hall**

**2** 03 578 1712

Brayshaw Park, Blenheim

info@marlboroughmuseum.org.nz

#### Canvastown Memorial Hall

**6** 03 574 1407

#### **Fairhall Community Hall**

**2** 03 578 3556

New Renwick Road, Fairhall

#### **French Pass Hall**

**6** 03 576 5287

French Pass

laurence@steadfastsail.com

#### **Havelock Town Hall**

**2** 03 574 2555

61 Main Road, Havelock

hcaoffice@havelock.co.nz

www.havelock.co.nz

#### **Havelock Sports Pavilion**

**6** 03 574 2555

Neil Street, Havelock

hcaadmin@havelock.co.nz

#### **Homewood War Memorial Hall**

**2** 03 579 8232

Marys Bay, Pelorus Sound

hopai@actrix.co.nz

#### **Linkwater Settlers and Memorial Hall**

**6** 03 574 2201

1351 Queen Charlotte Drive, Linkwater

jysmith1173@gmail.com

#### **Myspace Youth Centre**

**2** 03 579 3143

18 Kinross Street, Blenheim

events@myt.org.nz

#### **Picton Community Centre Hall**

**6** 03 573 7289

7 Wairau Road, Picton

picton.earlylearning@xtra.co.nz

#### **Port Marlborough Pavilion**

**6** 03 573 5400

The Endeavour Park, Picton

manager@endeavourparkpicton.co.nz

www.endeavourparkpicton.co.nz

#### Rapaura School Hall

**6** 03 570 5752

349 Hammerichs Road, Rapaura

@ office@rapaura.school.nz

#### **Rarangi Community Centre**

**6** 027 2575 683

252 Rarangi Beach Road, Rarangi

#### **Redwoodtown Community Centre**

**2** 021 108 7637

Weld Street, Redwoodtown. Blenheim

www.redwoodtown-community-centre-hall.business.site/

#### **Renwick Memorial Hall**

**2** 03 572 8158

39 High Street, Renwick

heather@renwick.school.nz

#### **Renwick Sports & Events Centre**

**2** 03 572 9688

8 Uxbridge Street, Renwick

info@renwickeventscentre.co.nz

www.renwickeventscentre.co.nz

#### **Riversdale Community House**

**6** 03 578 0469

131 Budge Street, Blenheim

riversdalecommunityhouse@xtra.co.nz

#### **Spring Creek Hall**

**2** 03 579 6036

24-26 Ferry Road, Spring creek

info@yogaroom.co.nz

#### St Andrews Church and Hall

**6** 03 578 7119

5 Henry Street, Blenheim

st.andrews.church@xtra.co.nz

www.standrewsblenheim.org.nz

#### **Tua Marina Hall**

**2** 03 570 5583

SH1, Tua Marina tuamarinahall@gmail.com

#### **Wairau Valley Hall**

**6** 03 572 2535

Morse Street. Wairau Valley Township

wvcommunityhall@gmail.com

www.wairau-valley.co.nz/wairau-valley-hall.html

#### **Ward Town Hall**

**2** 03 579 2336

SH1 Ward

#### **Yealands Awatere Memorial Hall**

**6** 03 575 7975

awaterecom@xtra.co.nz

# St. Andrews Church

### Connecting with the community



We are proud of the facilities we have and invite the community to consider also using them.

Did you know that our church was designed by Sir Michael Fowler who ensured the acoustics were of a high quality. This makes us a wonderful place to hold concerts as many do. We invite other groups to consider also doing this.

We are fortunate to house a Steinway grand piano that started its life in the Albert Hall in England, as well as a Wagner. Both pianos are available for a small fee allowing musicians to have individual time playing them.

Our hall has a variety of different sized rooms as well as a large well equipped kitchen all available for hire at reasonable prices. We welcome people to come in on a weekday morning to walk around and see if any may meet your or your group's needs.

Our small community has a friendly walking group that enjoys a stroll along the river bank



once a fortnight followed by a cuppa. We also have a craft group where individuals are welcome to bring their current project to work on while enjoy a chat and cuppa together.

For further information please contact our office on 578 7119 or email <u>st.andrews.</u> church@xtra.co.nz