

ISSUE 02, 2025

www.ageconcernmarlb.org.nz

Age Concern Marlborough



**AGE
CONCERN
MARLBOROUGH**

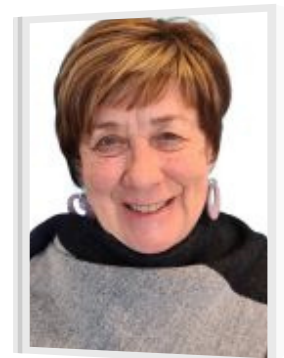
He Manaakitanga
Kaumātua Aotearoa



Greeting to all our friends and supporters

As I write this, it is cheering to see signs of Spring with some blossoms and spring flowers peeking through. It has been a tough few weeks with too much rain and some very cold nights. The winter heating allowance has been very important and much appreciated.

A quick reminder about our very useful hot water bottles – older bottles may have deteriorated and do not have the safety features required by current regulations. Check the neck of your rubber or PVC hot water bottle for a permanent mark, not a sticker. If you buy a new bottle, it should only have BS 1970:2012 marked on the neck. It is a good idea to replace these regularly. If you have any doubts about the safety of your bottle, report it to the Commerce Commission. Our Office will be pleased to help you make this contact.



Our Local Body elections are coming up in October. Our Local Councils make very important decisions about how we live, and we need to be involved. Make sure you are enrolled, and make sure you exercise your right to vote. If you are unsure about aspects of this, talk to someone in our Office.

Enjoy the upcoming Spring and don't forget we are here to help. Just contact our Office, which is open from 10 am to 1 pm every weekday.

Best wishes,
Marge Scott
Chair Age Concern Marlborough.

Contact Information

Phone: (03) 5793457
Email: admin@ageconcernmarlb.org.nz
Address: Marlborough Community Centre
Room 1, 25 Alfred St Blenheim 7201

Office Administrator
Meryl Jones 10.00am – 1.00pm
Monday to Friday
admin@ageconcernmarlb.org.nz

Community Welfare Coordinator
Bobby Houlahan
support@ageconcernmarlb.org.nz

Volunteer Coordinator
Liz Fargher
volunteer@ageconcernmarlb.org.nz

Fire Safety Tips for Older People in Blenheim

As we head into the colder months, keeping safe and warm is a priority—especially for our older community members in Blenheim. Fire safety is an important part of that. Older people can be more vulnerable to fire-related accidents, so taking a few simple precautions can make a big difference in protecting yourself and your home.

Here are some practical tips to help keep you safe:

Check Your Smoke Alarms

- Make sure smoke alarms are installed on every level of your home, especially near bedrooms.
- Test them monthly by pressing the test button.
- Replace batteries at least once a year, or sooner if they start to beep.
- If your alarms are over 10 years old, consider replacing them.

Be Careful with Heating

- Keep heaters at least one meter away from curtains, furniture, and anything flammable.
- Never leave heaters unattended or use them to dry clothes.
- Use electric heaters with safety features like tip-over switches and automatic shut-off.
- If you use a fireplace or wood burner, make sure it's properly maintained, and the chimney is cleaned regularly.

Safe Cooking Practices

- Never leave cooking unattended—stay in the kitchen while using the stove.
- Keep flammable items (like tea towels and paper) away from the cooking area.
- Use timers to remind you when food is cooking.
- Consider using a microwave or slow cooker for safer meal preparation.

Be Mindful with Smoking

- If you smoke, always smoke outside.
- Use deep, sturdy ashtrays and make sure cigarettes are fully extinguished before disposing.
- Never smoke in bed.

Plan Your Escape

- Make sure you have a clear, easy-to-access exit route from every room.
- Practice your escape plan with family or caregivers.
- Keep a phone near your bed in case you need to call for help during the night.

Ask for Help if Needed

- If mobility or memory issues make fire safety difficult, ask a trusted friend, family member, or Age Concern Marlborough for assistance.
- Local fire services also offer home fire safety checks—contact your nearest fire station to arrange one.

Remember: Small steps today can prevent a disaster tomorrow. Fire safety keeps you and your loved ones safe and gives peace of mind as the chilly months arrive.

For more information or assistance, contact Age Concern Marlborough or your local fire service.

Stay warm, stay safe, and look after one another this winter!

Aquatic Fitness

AQUACISE - Monday, Wednesday & Friday 9.00 am

Moving, twisting, and using equipment to add resistance in chest deep water. Buoyancy of the water reduces weight bearing stress, allowing greater ease of movement with less strain on bones, joints and muscles.



AQUAGENTLE - Tuesday & Thursday 10.00 am

Exercising in water provides a supportive environment for your body. This makes aquagentle aerobics a good choice of low impact fitness class for those new to exercise, those who can't move easily, and those who want to get fit and lose weight.



AQUA JOGGING

Public spaces for aqua jogging are always available in the sport pool unless there is a sport booking. The programmes pool will usually have an aqua jogging lane available in the morning. Aqua belts, noodles and dumbbells are provided. We also have a stationary aquabike available.



SPA

Stadium 2000 has a spa pool available during regular pool opening hours and features hydrotherapy jets for a relaxing experience. At select times, spa blowers may also operate to enhance relaxation. The activation of spa blowers is managed at the discretion of lifeguards, based on operational requirements.



Senior Citizens \$5.00

For more information, please call Marlborough Lines Stadium 2000 on 03-577 8300

Upcoming Social & Community Activities

St Christopher's Older Persons Seminar

What: A fun and interactive gathering for ages 65+, featuring a guest speaker, light entertainment, morning tea and homemade soup lunch.

When: Fourth Thursday each month, about 10 am–1 pm.

Where: St Christopher's Anglican Church, 92 Weld Street, Redwoodtown.

Cost: Around \$6 per session.

SAYGO- Exercise & Wellbeing Classes

Steady As You Go (SAYGO): Gentle balance and strengthening, on daily.

Cost: Approximately \$2-3 per class.

CARE Marlborough Support Centre

Daily Activities: Drop-in environment offering peer support, arts & crafts, gardening club, social outings, cooked meals, tea/coffee & wellness talks.

When: Open every day, 10 am–2 pm.

Where: CARE Marlborough, 26 Percy Street, Blenheim.

Cancer Society Marlborough Groups

Living Well support & peer forums: Groups for men and women to meet, share experiences and listen to guest speakers.

Blue Brothers exercise for men with prostate or cancer: Tuesdays at 10 am at Stadium 2000.

Art for Wellbeing (Toi Ora): Therapeutic art sessions Wednesday afternoons (register for Term 3 and 4).

Look Good Feel Better skincare workshops: Next session Thursday 7 August, 12 pm–2:30 pm.

Cost: Some are free; small fees or funding assistance available.

Out & About – Enjoy the Outdoors

Blenheim Riverside Railway

Take a scenic ride along the Taylor River with the volunteer-run heritage railway society. A gentle, sociable outing with historic charm.

Whale Trail (Blenheim–Seddon Section)

What: A recently opened 33 km section of shared walking/cycling trail, ideal for stretches or gentle strolls with friends.

Why: Great for fresh air, light exercise, and pleasant conversation.

Summary Schedule: Late July – November 2025

Activity/Event	Frequency / Dates	Location	Notes
Older Persons Seminar	4th Thursday monthly	St Christopher's, Weld St	\$6, includes lunch
SAYGO / Stretch & Breathe / Walking	Monday/ Tuesdays / Wednesdays / Thurs	Multiple locations	\$2-3 per class
CARE Marlborough centre drop-ins	Daily (Mon–Sun)	26 Percy Street	Meals, crafts, outings
Cancer Society support/art groups	Various (register ahead)	Cancer Society, Maxwell Rd	Free or low-cost
Heritage Railway rides	Check schedule with society	Riverside Railway Park	Volunteer-run, scenic
Whale Trail excursions	Anytime	Blenheim–Seddon route	Self-guided walks/cycles



New Cooking Classes for Men

“Man With a Pan”



We're thrilled to announce the launch of a fantastic new class brought to you by Age Concern, with the generous support of our wonderful volunteer chef, Kim Boyce.

“Man With a Pan” is a fun and social cooking group just for men. Designed especially for those looking to boost their kitchen confidence, these classes focus on teaching how to cook healthy, affordable meals for one or two people. Whether you're a complete beginner or just looking for some fresh ideas, this group is the perfect place to learn.

But it's about more than just food – it's about friendship. The sessions have quickly become a highlight of the week, full of laughter, good conversation, and great company. The men are not only learning new skills but also building strong friendships along the way.

Leading the way is our talented volunteer chef, Kim Boyce, who brings energy, warmth, and a passion for food. Kim has a real knack for making everyone feel welcome and has been inspiring the group with a range of exciting and tasty recipes that are easy to recreate at home.

If you or someone you know would like to get involved, we'd love to hear from you. Come along, pick up a pan, and discover just how enjoyable cooking – and connecting – can be.

Gold Card

Need a Photo ID? Add a Photo to Your SuperGold Card – For Free in Blenheim

If you don't currently have photo ID such as a driver licence or passport, did you know you can add a **photo to your SuperGold Card – at no cost?**

This can be especially helpful for older residents who need photo ID for banking, travel, or accessing certain services.

How to Add a Photo:

Visit the AA Centre in Blenheim (3 Main Street) with:

- Your current SuperGold Card
- Three forms of identification showing your name and date of birth
- Proof of address, such as a power bill, rates notice, or bank statement

The AA team will take your photo and submit it to the SuperGold Card office. A new card—with your photo on the back—will be posted to you.

It's free, and no appointment is needed.

For more information on Gold Card visit - <https://supergold.govt.nz>



Gardening Tips for Blenheim

August to October



August: Late Winter / Early Spring Prep

- Prune deciduous fruit trees and roses before buds start to swell—this encourages strong growth and better fruit/flowers.
- Prepare soil by adding compost or well-rotted manure to garden beds for healthy spring planting.
- Start seeds indoors: Tomatoes, capsicums, and chillies can be started in seed trays now to get a head start.
- Plant bare-root roses and fruit trees while still dormant.
- Keep an eye out for pests like aphids emerging early; use organic sprays or encourage beneficial insects.
-

September: Spring Awakening

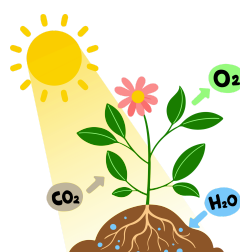
- Plant out seedlings of brassicas (cabbage, cauliflower, broccoli), lettuce, spinach, silverbeet, and peas directly into prepared soil.
- Sow carrots, beetroot, radish, and spring onions in well-drained soil.
- Mulch garden beds to retain moisture and suppress weeds as temperatures rise.
- Divide perennials and ornamental grasses to encourage healthy new growth.
- Fertilize established plants with a balanced, slow-release fertilizer to support growth.

October: Mid-Spring Growth

- Plant warm-season crops like tomatoes, beans, capsicum, cucumbers, and zucchini once soil temperatures rise above 12°C.
- Keep watering regularly, especially newly planted seedlings, but avoid waterlogging.
- Deadhead spring-flowering bulbs like daffodils and tulips to encourage bulb energy storage for next year.
- Control weeds early while they're small to prevent spread.
- Start monitoring for pests such as caterpillars and slugs; consider organic controls.

Bonus Tips for Blenheim's Climate:

- Blenheim is one of New Zealand's driest and sunniest spots, so be prepared to water regularly during dry spells.
- Use mulch and shade cloth in summer to protect young plants from harsh sun.
- With relatively low humidity, fungal diseases are less common, but watch for powdery mildew on sensitive plants.



Interesting Facts About Blenheim, NZ

One of New Zealand's Sunniest Towns

Blenheim receives over 2,400 hours of sunshine per year, making it one of the sunniest spots in the country. Its dry, sunny climate makes it perfect for growing grapes—and for outdoor living



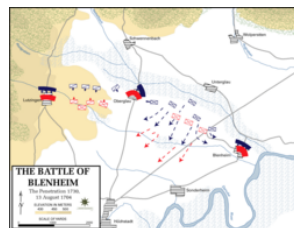
New Zealand's Wine Capital

Blenheim is the heart of the Marlborough wine region, which produces over 75% of the country's wine. Its Sauvignon Blanc is world-famous, and the first vines were planted in the 1970s. Today, there are over 140 wineries in the region.



Home to the Omaka Aviation Heritage Centre

The Omaka Aviation Heritage Centre, backed by filmmaker Sir Peter Jackson, displays rare WWI and WWII aircraft. The immersive exhibits use props and figures made by Wētā Workshop, famous for their work on The Lord of the Rings.

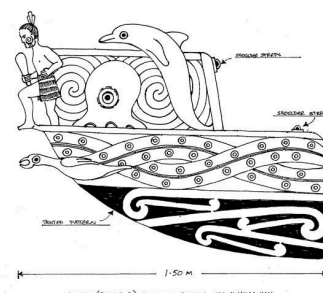


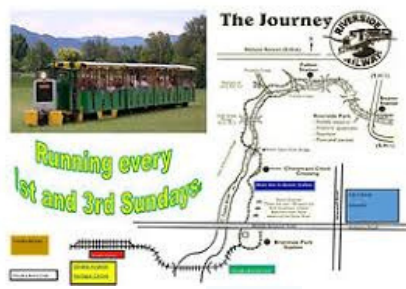
Named After a European Battle, Not a Place

Blenheim was named after the Battle of Blenheim (1704), where the Duke of Marlborough led the British to victory against the French. The name was chosen in colonial times to reflect British pride and military heritage.

Long Māori History – Te Tauihu o Te Waka a Māui

The Blenheim area is part of Te Tauihu o Te Waka a Māui, the prow of Māui's canoe. The Wairau Valley, near Blenheim, was historically settled by Māori iwi including Ngāti Toa, Rangitāne o Wairau, Ngāti Rārua, and Ngāti Kuia. The Wairau River was a vital food and transport route.



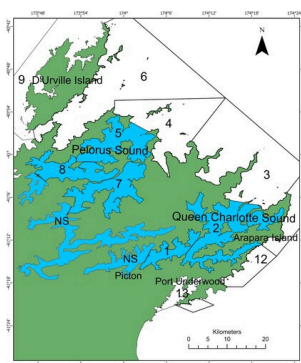


The Railway Changed Everything

Blenheim's development surged in the late 1800s with the arrival of the railway, connecting it to Picton and making it a key agricultural and trade hub. The Blenheim Riverside Railway, run by volunteers, honours this legacy.

Olympic Gold Medal Hometown

Blenheim is the hometown of Joseph Sullivan, who won Olympic gold in rowing at the 2012 London Olympics with Nathan Cohen in the men's double sculls.



Close to the Iconic Marlborough Sounds

Just 30 minutes away, the Marlborough Sounds offer 1,500 km of coastline, marine reserves, and hidden bays. Blenheim is the perfect base for visitors exploring this natural wonder.

Part of the Whale Trail – A New Cycle Route

The Whale Trail is a 210 km cycle trail linking Picton to Kaikōura, passing through Blenheim. Named for the historical whaling routes and coastal stories, the trail aims to boost eco-tourism and community connections.



Upcoming Movies at Event Cinemas Blenheim

Picks for Those 65+

If you're over 65 and looking for enjoyable cinema outings in Blenheim over the next three months, here are some great films to consider:

The First Hymn

Genre: Drama, Music

Why watch: A heartfelt and inspiring story about a young composer overcoming challenges to find his voice. Perfect if you enjoy uplifting, music-centered dramas.

Release: Late July / August

Tip: Great for those who appreciate classical music and emotional storytelling.

André Rieu's 2025 Maastricht Concert: Waltz the Night Away!

Genre: Music, Concert Film

Why watch: Enjoy a beautifully filmed live concert from renowned violinist André Rieu, featuring timeless waltzes and classical pieces. Ideal for music lovers and fans of elegant, relaxing entertainment.

Screening Dates: August 30 & 31

Tip: A wonderful shared experience to enjoy with friends or family.

Met Opera 2024-25 Season Screenings

Genre: Opera, Performance

Why watch: Watch world-class Metropolitan Opera performances right in Blenheim. A special treat for fans of opera and classical music.

Screening Dates: Various dates throughout the season

Tip: Perfect for a cultural outing that feels special and sophisticated.

Detective Conan: One-Eyed Flashback

Genre: Animation, Mystery

Why watch: Though animated, this mystery film offers a gentle, engaging plot that could be enjoyable for seniors who like lighthearted crime-solving stories or wish to experience a popular Japanese series.

Screening Dates: Late July / August

Additional Tips for Moviegoers 65+ in Blenheim:

Event Cinemas offers discounted ticket prices for SuperGold Card holders and don't forget your card!

Consider matinee showings for quieter theatres and better parking availability.

Bring a light cardigan or shawl, as cinema air conditioning can be cool.

Helping Local Seniors Feel Less Alone: Age Concern Marlborough's Visiting Service

Age Concern Marlborough, based right here in Blenheim, is working hard to tackle loneliness and isolation among older people in our community.

Why It Matters:

Research shows that loneliness in later life is linked to a decline in mental and physical health, including:

Heart disease

Dementia

Depression

Poor sleep

Reduced quality of life

A recent study by the University of Otago confirmed that loneliness tends to increase with age and has serious health impacts.

The Visiting Service:

Age Concern Marlborough runs a free Visiting Service that connects trained volunteers with older locals who'd enjoy a friendly chat, a cuppa, or a regular visit.

It's all about building meaningful companionship, and many clients say these visits are the highlight of their week.

Volunteers and older people are carefully matched based on shared interests and personalities to ensure a great connection.

Get Involved Locally:

Want to receive a visitor?

Interested in becoming a volunteer?

Get in touch with Age Concern
Marlborough, located at 25 Alfred Street,
Blenheim.

Phone: 03 579 3457



Recipes

Sticky Toffee Coffee Pudding



Pudding

- 170g unsalted butter, plus extra for greasing (at room temperature)
- 340g self-raising flour, plus extra for dusting
- 450g fresh Medjool dates
- 1 level teaspoon ground cinnamon
- 1 whole nutmeg, for grating
- 50g walnut halves
- 170g golden caster sugar
- 170g dark muscovado sugar
- 4 large free-range eggs

Caramel

- 250g unsalted butter
- 125g golden caster sugar
- 125g dark muscovado sugar
- 50ml espresso
- 50ml dark rum
- 250ml double cream
- 70g walnut halves

Method

- Preheat the oven to 180°C/350°F/gas 4. Grease and lightly flour a 26cm bundt tin or a 20cm x 30cm baking dish.
- Destone the dates and put into a food processor with the cinnamon and 300ml of boiling water, then finely grate in the whole nutmeg. Leave the dates to soak with the lid on for 10 minutes, then blitz to a purée, stopping occasionally to scrape down the sides to help it along.
- Add the walnuts to the food processor and blitz again. Add both the sugars and the butter and blitz until combined. With the motor still running, crack in the eggs. Add the flour and a pinch of sea salt, then pulse until combined. Pour the pudding mixture into the prepared tin, then bake for 45 minutes, or until an inserted skewer comes out clean.
- When your pudding is almost ready, make the sauce. Place a wide saucepan over a medium heat, cube and add the butter, then sprinkle over the sugars.
- Once the butter has melted, stir in the espresso coffee, carefully add the rum (it may splatter), then bring to the boil. Add the cream and walnuts, then reduce the heat to low and simmer for 5 minutes, or until the sauce has thickened and turned a lovely deep golden colour.
- Remove the pudding from the oven. If using a bundt tin, flip out the cake onto a platter and brush it all over with the sauce – as the cake cools down, the sauce will harden into a delicate crisp layer. If using a baking dish, poke holes in the top and pour over one-third of the sauce.
- Decorate the sponge with the walnuts, using a fork to remove them from the sauce. Serve with a jug of the remaining sauce and some double cream, ice cream or custard, if you like.

Sudoku

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MEDIUM

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Wordsearch - Nobel Peace Prize

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- ADVISORS
- ARCHBISHOP
- BISHOP TUTU
- BOURGEOIS
- CARTER
- COMMITTEE
- DALAI LAMA
- DE KLERK
- DUNANT
- FRATERNITY
- GORBACHEV
- HAMMARSKJOLD
- MOTHER TERESA
- OSLO
- PEARSON
- PRIZE
- PROFESSORS
- RECIPIENT
- RED CROSS
- SCHWEITZER



AGE CONCERN MARLBOROUGH MEMBERSHIP RENEWAL/NEW

Please complete the following and return to Age Concern
Marlborough, Room 1, 25 Alfred Street, Blenheim 7201.
Phone 03 579 3457 / email: admin@ageconcernmarlb.org.nz

Date:

Name:

Address:

Phone:

Email:

Payment may be made either to the office or online to our bank account:

Westpac - 03 0599 0475319 00

Be sure to include your name in Particulars and 'subscription' in reference.

As a not-for-profit Charity, we welcome Donations and Bequests to help us continue to support and promote the welfare of older people in Marlborough.

Office use only: Receipt # Membership Card given: Entered:



Please pass these on to your friends and family



JOIN OUR SOCIAL MOVEMENT AGAINST AGEISM NOW!

Find out more about becoming an
Age Concern Dignity Champion and
sign up at www.ageconcern.org.nz

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