

August 2026

www.ageconcernmarlb.org.nz

Age Concern Marlborough



AGE
CONCERN
MARLBOROUGH

He Manaakitanga
Kaumātua Aotearoa



Contents

August 2026 Newsletter

03	Greeting from the Chair
04	3 Steps for Life
05	Could you be a friend to someone in Picton? / SilverTech Tip Corner
06	Old Blenheim
07	Strength and Balance
08	New SAYGO opens in Havelock
09	Did you Know?
10	Driving Course
11	Fire Safety / Taxi Card Changes
12	Scam Alert
13	Spring Gardening
14	Silver Tech Tip Corner
15	What Age Concern Marlborough offer
16	Kiwi-style Pasties
17	Easy Peach Cobbler
18	Winter Word Search
19	Become a Volunteer Visitor
20	Age Concern Marlborough Membership

Greeting to all our friends and supporters

Welcome to our latest newsletter. As we move through the year, it is wonderful to see so many of our members enjoying the wide range of activities, programmes, and services offered by Age Concern Marlborough. Staying connected with others is so important, and it is encouraging to see our community continuing to support one another.



With the colder months gradually behind us, we can all look forward to the arrival of warmer weather and the opportunities it brings to get outdoors, catch up with friends and family, and enjoy everything our beautiful region has to offer. Spring is a wonderful reminder that new beginnings are always around the corner, and we look forward to another busy season filled with events, learning opportunities, and social connections.

One of the great strengths of our community is the willingness of people to look out for one another. A friendly phone call, a visit to a neighbour, or joining a local group can make a significant difference to someone's wellbeing. We encourage everyone to take the opportunity to stay active, keep learning, and remain connected with those around them. Small acts of kindness help create a stronger, more caring community for us all.

I hope you enjoy this edition of our newsletter and encourage you to take advantage of the many opportunities available through Age Concern Marlborough. We look forward to seeing you at one of our upcoming events and wish you all a happy, healthy, and enjoyable spring.

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

3 Steps for Life

Our Volunteers Complete 3 Steps for Life Training

A big thank you to our wonderful volunteers who recently took part in the 3 Steps for Life training course, delivered by the lovely and talented Stan Bevan.

The course equips everyday people with the confidence and practical skills to respond in a medical emergency before professional help arrives. Participants learned three simple but potentially lifesaving steps: how to recognise when someone needs help, call 111 quickly, and provide immediate assistance, such as CPR and use of an AED (defibrillator) if required.

The training was engaging, hands-on, and informative, with Stan's friendly teaching style making everyone feel comfortable and confident. His wealth of knowledge and ability to explain things in a practical, easy-to-understand way was greatly appreciated by all who attended.

Our volunteers play such an important role in supporting older people throughout the Marlborough community, and having these additional emergency response skills is another way they help keep our community safe.

We sincerely thank Stan for sharing his time, expertise, and enthusiasm with us, and we congratulate all of our volunteers on successfully completing the course. We are incredibly grateful for their ongoing commitment to learning new skills and making a positive difference in the lives of others.



Could you be a friend to someone in Picton?

Age Concern Marlborough is currently looking for caring, friendly volunteers to join our **Accredited Visiting Service (AVS) in Picton**.

Many older people in our community experience loneliness and social isolation, and something as simple as a regular visit can make a world of difference. As a volunteer visitor, you'll spend around an hour each week or fortnight chatting over a cup of tea, sharing stories, going for a short walk, or simply providing companionship. There are no personal care duties—just the opportunity to brighten someone's day through friendship.

Volunteering is incredibly rewarding. Not only will you make a positive difference in the life of an older person, but you'll also build meaningful connections and become part of a supportive team of volunteers.

If you have a little spare time and enjoy meeting people, we'd love to hear from you. Full training and ongoing support are provided.

Together, we can help ensure no older person in our community feels alone.

To find out more about becoming a volunteer visitor in Picton, contact Age Concern Marlborough today. We'd love to welcome you to our team!

Phone: (03) 5793457

Email:

admin@ageconcernmarlb.org.nz

Address: Marlborough Community Centre

Room 1, 25 Alfred St Blenheim 7201



Old Blenheim

A Glimpse Into Old Blenheim: Market Street South

This wonderful historic photograph shows Market Street South in Blenheim, captured in the early 1900s. Looking at the image, it is hard not to imagine what life was like in the town over 100 years ago. The unsealed road, horse-drawn transport, bicycles and early shopfronts provide a fascinating glimpse into a much quieter time. In those days, Blenheim was a growing rural town at the heart of the Marlborough farming community. The street was lined with local businesses serving the needs of residents, including shops, tradespeople and services that became important gathering places for the community. The hills in the background remind us that, although the town has changed greatly, the beautiful Marlborough landscape has remained a familiar sight.



Many older residents will remember a Blenheim where people knew their neighbours, shopping trips involved stopping for a chat, and local businesses were part of everyday social life. Photographs like this help preserve those memories and allow younger generations to see how our town has grown and changed. Blenheim has continued to develop over the decades, but the heart of the community remains the same – the people who live here, support one another and contribute to making Marlborough a special place.



Strength and Balance

Stronger Today, Safer Tomorrow: Why Strength and Balance Exercises Help Prevent Falls

As we get older, it's natural to notice changes in our strength, balance and mobility. While these changes are a normal part of ageing, they can increase the risk of falls. The good news is that there is something simple and effective we can do to reduce that risk – regular strength and balance exercises.

Falls are one of the leading causes of injury for older adults, but many falls can be prevented. Research has shown that exercises specifically designed to improve strength and balance can reduce the risk of falls by up to 30%.

Why are strength and balance so important?

Strong muscles help support your joints, making everyday activities like getting out of a chair, climbing stairs, carrying groceries and walking much easier. Good balance helps you stay steady on your feet and react quickly if you trip or lose your footing.

As we age, we naturally lose muscle strength and our balance can become less reliable. Without regular exercise, these changes happen more quickly. Fortunately, it's never too late to start improving your strength and balance.

The benefits go beyond preventing falls

Regular strength and balance exercises can also:

- Increase confidence when walking and moving around.
- Improve posture and flexibility.
- Help maintain independence for longer.
- Reduce the fear of falling.
- Make everyday tasks easier.
- Improve overall health and wellbeing.
- Provide opportunities to socialise and meet new people.



Staying active together

One of the best ways to stay motivated is to exercise with others. Group classes provide encouragement, support and plenty of laughs along the way. Many participants find they not only become stronger but also make lasting friendships.

At Age Concern Marlborough, our Steady As You Go (SAYGO) classes are specifically designed for older adults. The gentle, evidence-based programme focuses on improving strength, balance and confidence in a safe and welcoming environment. Exercises can be adapted to suit different abilities, making the classes suitable whether you're active or just getting started. With seven SAYGO classes operating throughout Blenheim and one in Picton, there's likely to be a class near you.

Take the first step

You don't need to wait until you've had a fall to start protecting yourself. Investing just one hour a week in a strength and balance class can make a significant difference to your health, confidence and independence.

If you'd like to find out more about our SAYGO classes, contact Age Concern Marlborough. We'd love to help you take the first step towards staying stronger, steadier and safer.

New SAYGO Class Opens in Havelock!

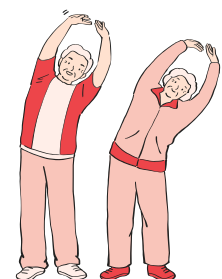
We're delighted to announce that **Age Concern Marlborough's Steady As You Go (SAYGO)** programme has expanded, with a brand-new class now running in **Havelock, Thursdays 1.30-2.30pm!** This is fantastic news for older people in the Pelorus community who want to improve their strength, balance, and confidence while enjoying the company of others.

SAYGO is a gentle, evidence-based exercise programme designed to help reduce the risk of falls, improve mobility, and support people to stay independent for longer. The classes are suitable for all fitness levels and include a combination of seated, standing, and walking exercises in a friendly, relaxed environment.

It's not just about exercise—SAYGO is also a wonderful opportunity to meet new people, make friends, and enjoy the social connection that comes with being part of a supportive group.

With the addition of Havelock, **Age Concern Marlborough now offers nine SAYGO classes across the region, including seven classes in Blenheim, one in Picton, and one in Havelock.** If you've been thinking about becoming more active or would like to improve your balance and confidence, we'd love to welcome you to one of our classes.

For more information about class times and locations, please contact the **Age Concern Marlborough office.** We look forward to seeing you there!



Did you know?

 Did you know the human brain can store an estimated 2,500,000 gigabytes of information?

Our brains are incredibly complex, containing around 86 billion nerve cells that help us learn, remember and experience the world.

 Did you know bees communicate by dancing?

Honeybees use a special “waggle dance” to tell other bees where to find food, including the direction and distance to flowers.

 Did you know the Moon is slowly moving away from Earth?

The Moon drifts about 3.8 centimetres further away from Earth every year. Millions of years ago, it appeared much larger in the sky.

 Did you know trees can communicate with each other?

Through underground networks of fungi connected to their roots, trees can exchange nutrients and send chemical signals to one another.

 Did you know octopuses have three hearts?

Two hearts pump blood to the gills, while the third pumps it around the body. Their blood is also blue because it uses copper instead of iron to carry oxygen.

 Did you know honey never really expires?

Archaeologists have found ancient honey in Egyptian tombs that was still preserved thousands of years later.

 Did you know there are more stars in the universe than grains of sand on Earth?

Scientists estimate there are billions of galaxies, each containing billions of stars.

 Did you know Australia has more kangaroos than people in New Zealand?

Kangaroos are one of Australia’s most iconic animals, with populations numbering in the tens of millions.

 Did you know the world’s oldest known recipe is for beer?

An ancient Sumerian tablet from around 1800 BC describes how to make beer.

Driving Course

Stay Safe and Keep Driving with Confidence

Driving is an important part of maintaining independence, allowing us to stay connected with family, friends, appointments, and the wider community. As we get older, our driving needs can change, but with the right knowledge and skills, we can continue to drive safely and confidently.

Age Concern Marlborough's Staying Safe Refresher Driving Course is a friendly, informative programme designed for drivers aged 65 and over. The course covers topics such as changes to road rules, recognising hazards, managing the effects of ageing on driving, and practical tips to help you stay safe behind the wheel.

The course is interactive, relaxed, and a great opportunity to ask questions, share experiences, and learn alongside other local drivers. Many participants tell us they leave feeling more confident and reassured about their driving.

Whether you've been driving for decades or simply want to refresh your knowledge, the Staying Safe course is a valuable way to keep your skills up to date and continue enjoying the freedom that driving provides.

If you're interested in attending our next **Staying Safe Refresher Driving Course**, please contact **Age Concern Marlborough**. We'd love to help you stay safe, confident, and independent on the road.



Fire Safety Reminder

Fire Safety Reminders: Stay Safe at Home

Most household fires can be prevented by taking a few simple precautions. A little preparation can help keep you safe and give you peace of mind.



Kitchen safety

- Never leave cooking unattended.
- Keep tea towels, curtains and other items away from heat sources.
- Turn off appliances when you have finished using them.

Heating and electrical safety

- Keep heaters at least one metre away from curtains, furniture and bedding.
- Check electrical cords for damage.
- Turn heaters and appliances off before going to bed.

Smoke alarms save lives

- Test your smoke alarms regularly and replace batteries when needed.
- Make sure you have a clear escape route from your home.
- Have a plan: **Get out, stay out, and call 111.**

Taking a few minutes to check your home for fire risks can make a big difference. Stay safe and look after yourself and your whānau.

Taxi Card Changes

Total Mobility Scheme Changes

From 1 July 2026, changes have been made to New Zealand's Total Mobility Scheme, which helps eligible people with disabilities access subsidised taxi travel. The biggest change is that the fare subsidy has reduced from 75% to 65%, meaning cardholders now pay a larger share of the taxi fare. In many regions, the maximum subsidy available per trip has also been reduced, although eligibility for the scheme has not changed.

At Age Concern Marlborough, we understand these changes may have an impact on those who rely on the Total Mobility Scheme to stay connected with their community, attend appointments, or do their shopping.

If you have questions about how these changes affect you, or if you think you may be eligible to apply for a Total Mobility card, please get in touch with Age Concern Marlborough. Our team is happy to provide information, assist with applications, and help you understand the support available.

Scam Alert: Don't Be Caught Out!

Scammers are becoming increasingly clever, using phone calls and text messages to trick people into handing over money or personal information. They often pretend to be from trusted organisations such as your bank, NZ Post, Health New Zealand, Inland Revenue (IRD), or even a family member in need of help.

Common scams to watch out for:

"Your parcel couldn't be delivered."

A text asks you to click a link to pay a small delivery fee or update your address.

Bank impersonation calls or texts.

Someone claims there is suspicious activity on your account and asks for your banking details or security code.

The "Hi Mum" scam.

You receive a text from an unknown number claiming to be your son, daughter, or grandchild who has a new phone and urgently needs money.

Stay Scam Safe

- ✓ Never click on links in unexpected text messages.
- ✓ Never share passwords, PINs, or banking security codes.
- ✓ If you're unsure, hang up and contact the organisation using the phone number listed on their official website or the back of your bank card.
- ✓ Take your time—scammers rely on creating a sense of urgency.
- ✓ If something doesn't feel right, talk to a trusted family member or friend before taking any action.

Remember, it's okay to hang up or ignore a message if you're unsure. A genuine organisation will never pressure you into making an immediate decision.



Spring Gardening

🌻 Spring Gardening: Enjoy the Season Safely

With Blenheim enjoying some of the highest sunshine hours in New Zealand, spring is the perfect time to get back into the garden. Whether you're planting vegetables, pruning roses, or freshening up your flower beds, gardening is a fantastic way to stay active, boost your mood, and enjoy the outdoors. However, after a quieter winter, it's easy to overdo it.

Here are a few simple tips to help you garden safely this spring:

- 🌱 Warm up with a few gentle stretches before you start.
- 🌱 Pace yourself by working in shorter sessions and taking regular breaks.
- 🌱 Mix up your tasks to avoid putting too much strain on the same muscles.
- 🌱 Lift correctly by bending your knees and keeping heavy items close to your body.
- 🌱 Use the right tools to reduce bending and make gardening easier.
- 🌱 Protect yourself from the sun by wearing a hat, applying sunscreen, and keeping a water bottle nearby.
- 🌱 Finish with a stretch to help prevent stiffness the next day.

Gardening should be enjoyable, not painful. By taking a few simple precautions and listening to your body, you can enjoy a productive and injury-free gardening season while making the most of Marlborough's beautiful spring weather. Happy gardening! 🌻☀️



SilverTech Tip Corner

Our recent SilverTech class covered practical smartphone skills that can make everyday life easier, safer, and more enjoyable. Here are a few useful tips:



Set up your emergency contacts so important information can be accessed quickly in an emergency.

Try Speech-to-Text by tapping the microphone icon instead of typing—perfect for longer messages or if you find typing difficult.



Share photos with family and friends by attaching them to a text message, helping you stay connected with loved ones.

Keep your phone secure by using a PIN, fingerprint, or Face ID to protect your personal information.



Want to learn these skills and more? Our friendly SilverTech Smartphone ?

Courses are designed to help you build confidence using your smartphone in a relaxed, supportive environment. Whether you're new to smartphones or just want to learn a few more tricks, we'd love to help.

Contact Age Concern Marlborough to find out when our next course begins.



'Love and respect, not abuse and neglect'

We provide:

- SAYGO exercise classes
- Staying Safe Senior Driving courses
- Monthly friendship group
- Smartphone courses run regularly
- In home visiting and care relief
- Confidential and friendly support
- Quarterly newsletter
- “Man with a Pan” social cooking classes
- Total mobility scheme assessors

We are open 10am – 1pm, Monday to Friday
Marlborough Community Centre,
Room 1, 25 Alfred Street, Blenheim

T: 03 579 3457

E: admin@ageconcernmarlb.org.nz

Recipes

Kiwi-style Pasties



Ingredients

- 500 gram beef mince
- 200 gram potato, finely chopped
- 200 gram swede, finely chopped
- 1/2 onion, finely chopped
- 1 tablespoon worcestershire sauce
- 1/3 cup tomato sauce, plus extra, to serve
- salt and plenty of black pepper
- 4 sheets store-bought shortcrust pastry
- 1/4 cup milk, for glazing

Method

- Preheat oven to 190°C.
- In a mixing bowl or processor, combine the mince, potato, swede, onion, sauces, salt and pepper and mix well to combine.
- With a bowl or cutter, cut the pastry sheets into nine 15cm diameter circles, rerolling the trimmings.
- Brush pastry edges lightly with water and spoon ¼ cup of mixture into the centre of each; shape into an oblong. Draw the sides of the pastry over the middle and crimp.
- Place all the assembled pasties on a greased tray and brush with milk. Bake for 25-30 minutes or until golden and crisp. Serve hot with tomato sauce.

Note:

- You could swap shortcrust for puff pastry if you prefer to have a flaky crust.
- Add 1 cup of frozen peas or mixed vegetables to the mixture, if desired. You could also add your favourite herbs to the filling – try parsley, thyme or sage.
- Individually wrapped pasties will freeze well.

Recipes

Easy Peach Cobbler



- 1 cup all-purpose flour
- ½ cup brown sugar
- ½ cup white sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon vanilla extract
- ¾ cup milk
- ½ cup butter or margarine, melted
- 1 (29 ounce) can sliced canned peaches, drained
- 1 teaspoon ground cinnamon

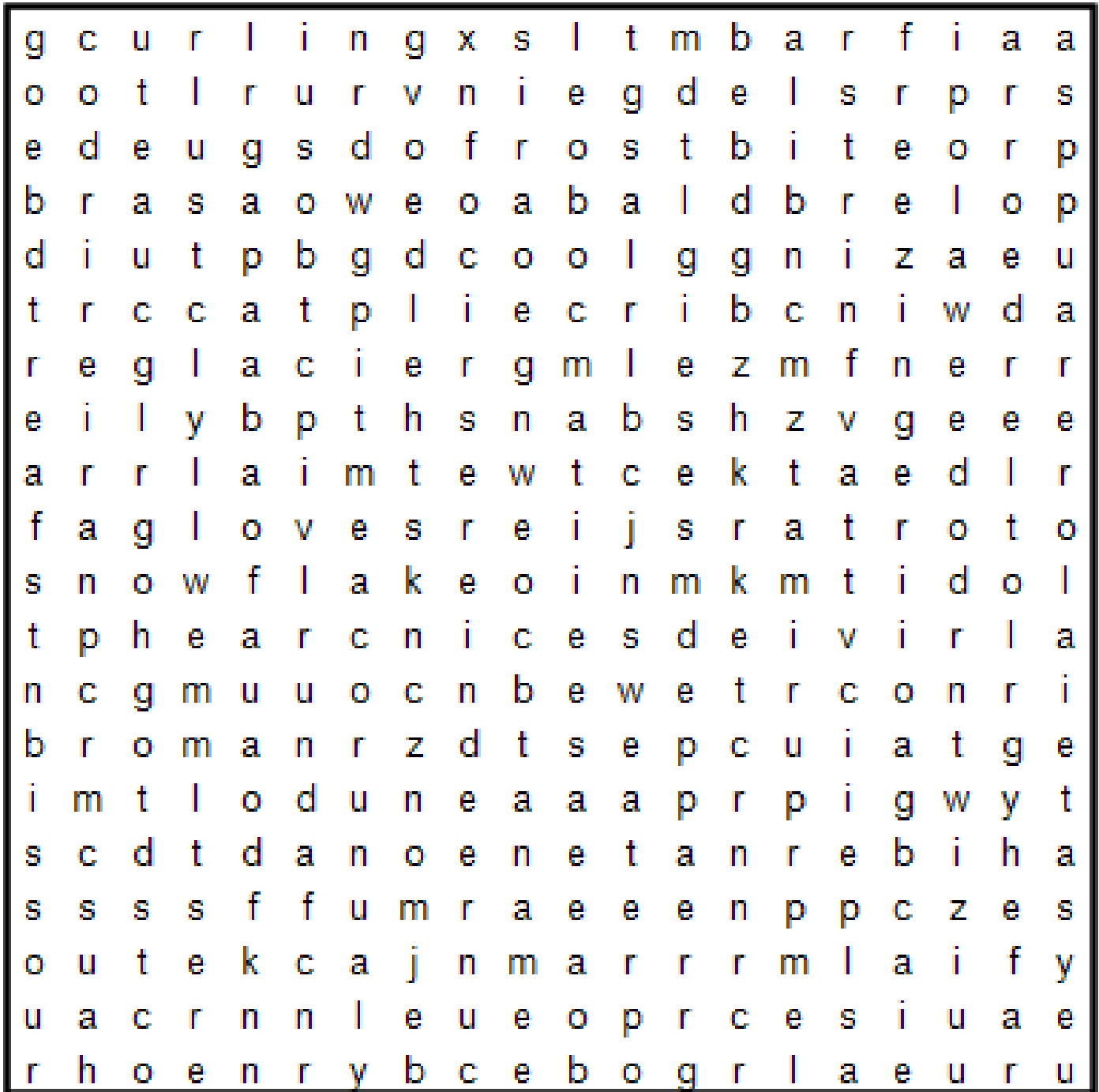
Method

- Preheat the oven to 400 degrees F (200 degrees C). Grease a 9x9-inch baking dish.
- Combine flour, brown sugar, white sugar, baking powder, salt, and vanilla in a large bowl. Pour milk into dry ingredients, and then stir in melted butter. Mix thoroughly.
- Pour mixture into prepared baking pan. Arrange peaches on top and sprinkle with cinnamon. Bake in preheated oven until golden brown, about 30 minutes.

Note:

- You can substitute 4 cups peeled, sliced fresh peaches for the canned peaches.
- To peel peaches, bring a pot of water to a boil. Remove from heat. Carefully drop peaches into hot water; let stand for 1 minute. Use a slotted spoon to transfer peaches to an ice water bath; when peaches are cool enough to handle, skin will slip right off.

Winter Word Search



Blizzard

December

Frostbite

Gloves

Reindeer

Sledge

Sweater

Cold

Ear muffs

Frozen

Hibernate

Skating

Snowball

Wind

Curling

Freezing

Glacier

Jacket

Ski

Snowflake





BECOME A VOLUNTEER VISITOR

Make a Real Difference

One of the simplest yet most meaningful ways to support older people in our community is by giving the gift of your time. At Age Concern, we are always looking for caring, reliable volunteers in both Blenheim and Picton to join our Volunteer Visitor Programme.

This programme matches volunteers with an older person who may be feeling lonely or socially isolated. The role is simple but incredibly important—visiting once a week for a friendly chat and a cup of tea. These regular visits provide companionship, conversation, and a much-needed connection to the wider community.

For many older people, these weekly visits become a highlight of their week. A familiar face and a friendly conversation can make a world of difference, helping to reduce loneliness and brighten everyday life. At the same time, volunteers often tell us how rewarding and enjoyable the experience is for them as well.

You don't need any special qualifications—just kindness, reliability, and a willingness to listen and share a little time. We provide support and guidance to ensure you feel comfortable and confident in your role, and we carefully match volunteers with someone suited to their personality and interests.

Whether you can spare an hour a week or a little more, your time could have a lasting impact on someone's wellbeing and happiness.

If you are interested in becoming a volunteer visitor in Blenheim or Picton, we would love to hear from you.

Please contact the Age Concern office on 03 579 3457 to find out more or to register your interest.

A small amount of time can make a big difference—and it might just be the most rewarding hour of your week



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:

Subscriptions
Single \$20
Couple \$35
Donation
Total:

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

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