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Community News | Welcoming Communities | Health & Wellbeing | Age Friendly Marlborough Youth | Training | Council | Events & Notices



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Cover image: Cape Campbell Lighthouse, Destination Marlborough 2023

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



Nicola.neilson@marlborough.govt.nz

www.marlborough.govt.nz

★ MarlDistCouncil

15 Seymour St, Blenheim 7201

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

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

MDC Community Partnerships

Harakeke Hubs

Harakeke is a local and community led project arising from an identified need in the Marlborough community. The aim is to empower people to make meaningful connections, meet new people, gain support to access the Marlborough community directory of local services, community groups, and organisations information includes health care and support services and much more.

Free Harakeke hubs (venues such as libraries/ cafes) are a welcome place to foster meaningful connections and exchange information. People can come along and have a cuppa and a chat, meet new people, gain some social interaction, and be supported to use the Marlborough community directory to "know how to connect". The hub will be hosted by trained, community-minded volunteers.

Studies have shown that connecting people to groups, organisations, services and their community can help with overall health and wellbeing and improve isolation and loneliness.

What is the Marlborough Community
Directory? An up to date "one stop shop" for people to access local services, groups and organisations including social and community support services. Established and managed by our Citizens Advice Bureau who can also provide face to face assistance and over the phone advice for those unable to access the online directory themselves.

You can get involved in this project by becoming



a signposter or host hub, training is undertaken by Volunteer Marlborough. Check out the council website for dates of the next hubs and training or email harakekehubs@gmail.com.

https://www.marlborough.govt.nz/our-community/harakeke

Welcoming Communities



Statement of Commitment

We are very proud to announce that Marlborough has signed the Welcoming Communities Statement of Commitment at a ceremony in the Marlborough District Council Chambers on November 24th.

The Statement of Commitment was signed by Rawiri Faulker, Pou Toa Matarau of Ngāti Toa Rangatira, Mayor Nadine Taylor, Turi Hippolite, Pou Whakahaere of Ngāti Koata, Corey Hebberd, Kaiwhakahaere Matua of Rangitāne, Mark Wheeler, CEO of the Marlborough District Council and Matilde Tayawa Figuracion, Chair of the Marlborough Multicultural Centre.

This signing is the final step in achieving stage one accreditation as a "Committed Welcoming Community" and a symbol of our journey of working together with Marlborough to welcome and support newcomers and create an inclusive community where everyone can feel they belong.



Previous page:

Main image left to right: Rawiri Faulker - Pou Toa
Matarau of Ngāti Toa Rangatira, Nadine Taylor - Mayor,
Turi Hippolite - Pou Whakahaere of Ngāti Koata, Corey
Hebberd - Kaiwhakahaere Matua of Rangitāne, Mark
Wheeler, CEO of MDC, Matilde Tayawa Figuracion – Chair
of the Marlborough Multicultural Centre
Bottom right: Dancers – Marlborough Girls' College
Measina Whānau Class performing a Tongan dance

This page:

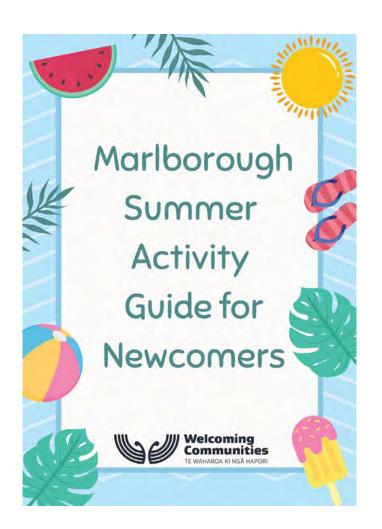
Right: Welcoming Communities Coordinators from Nelson, Marlborough and Tasman, Bill Huppler, Heather Barnes and Birte Becker-Steel







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 Marlborough. As part of our Christmas celebrations, we've arranged a Christmas morning tea on the 13th of December in the garden of our centre at 21 Henry Street, Blenheim. Everyone is welcome to join us, share food from various nations, and enjoy dancing and music.



We've been hosting the La Hora del Cuento program every first Saturday in the month, and the final one for this year will take place on the 2nd of December in the Blenheim library. We've prepared a special Christmas story in Spanish. Families and kids are warmly welcomed to join us, listen to the story and have food and drinks.

The Marlborough Multicultural Centre will assist the Council's New Welcoming Team by organising a morning tea event at Pollard Park on Wednesdays in January. Everyone is welcome to attend.

Are you passionate about food? Here's your chance to play an integral role in the celebration of diversity at the Marlborough Multicultural Festival for 2024. Please feel free to pop in to our office to talk with us or email Maggie at connect@mmc.nz.

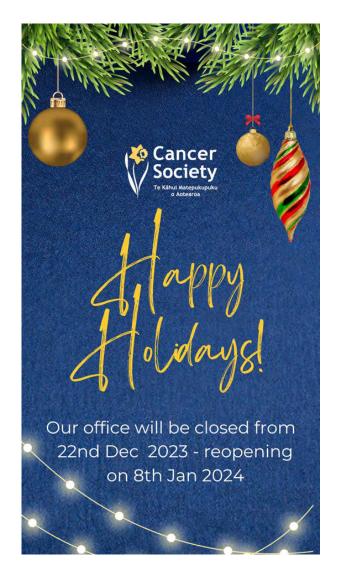




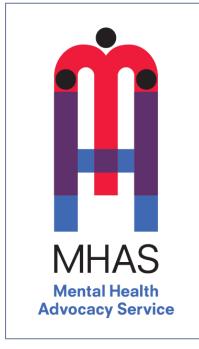


Marlborough House 21 Henry Street Blenheim 7201 T: 03 579 6410 E: info@mmc.nz

Health & Wellbeing







Thank you to all our supporters.

Wishing everyone a Meri Kirihimete and a safe and relaxing break with whanau and friends.

The Mental Health Advocacy
Service will be closed from
December 20th and will reopen
on Monday January 8th

carem.nz

Ministry of Social Development



New option for verifying client identity in MyMSD

When people apply to MSD for financial support we ask them to verify their identity. This helps us protect our clients' identity and ensure we give support to the right person.

Currently, as part of their application, new clients need to confirm their identity by bringing their original government-issued ID into a service centre. From 20 November, if they wish to, they can choose to do this online using Identity Check if they're applying through MyMSD for ongoing financial assistance.

Identity Check will make it easier for many clients to verify their identity, while keeping their personal information safe.

Clients who don't want to use Identity Check, or can't use it, will still be able to verify their identity as they do today, at a service centre.

Who can use Identity Check

Identity Check is an option for new or returning clients using MyMSD to apply for:

- Working-age main benefits
- New Zealand Superannuation and Veteran's Pension, or
- Other ongoing payments, e.g. Accommodation Supplement or Childcare Assistance

To use it, clients need a:

- NZ driver licence current, not expired or suspended, or a
- NZ passport current, or up to 2 years past its expiry date

If clients don't use Identity Check or their check is unsuccessful they can still bring original government-issued ID into a service centre for staff to verify in person. This won't have any impact on whether an application for support is granted.

- Clients' partners won't be able to use Identity
 Check at this stage. They'll still need to bring ID into a service centre for now
- Agents supporting clients still need to bring both their and their client's ID into a service centre

How it works

Identity Check is a safe and secure way to

- confirm identity. The service is provided by Te Tari Taiwhenua | Department of Internal Affairs
- It uses facial recognition technology managed by DIA. This takes a 'live photo' and compares it with the client's driver licence or passport photo
- These images and the biometric information clients provide to DIA when using Identity Check are not shared with MSD
- Identity Check lets the client know in a few moments if their identity has been confirmed
- If the check hasn't been successful, clients are advised to bring their ID into a service centre

Tips for taking a good photo

Here are some tips for taking the photo as part of the Identity Check process. It works best when people:

- Position their face in the frame shown on the screen
- Look straight at the camera, not the screen
- Keep still
- Have a neutral expression
- Are in a well-lit area without any shadows on their face, e.g. avoiding strong lighting coming from behind or above
- Remove anything hiding or shadowing their face, e.g. hats or thick-framed glasses
- Have a good internet connection (the process uses about 12MB of data). Cheap-as data covers use of Identity Check, as well as MyMSD

More information

- There's a news story about Identity Check on the Work and Income website
- The MSD website has information about how we're keeping clients' identity information safe and Identity Check's accuracy
- There'll be guidance for clients on the Work and Income website when we start using Identity Check from 20 November

Please note: From 20 November, clients won't be able to upload their ID documents as part of the identity verification step in the MyMSD application. They can use Identity Check, or bring their ID into a service centre for verification.



Supporting the partners of someone living with cancer Expression of interest

The Cancer Society Marlborough invites partners of someone living with cancer to express their interest in connecting and sharing their experiences.

The support sessions would provide an opportunity to meet, connect with guest speakers sharing information about topics of interest and enjoy peer support and friendship.



Please forward enquiries to Dallace Lilley
Cancer Society Marlborough
dallacel@cancersoc.org.nz
marlborough@cancersoc.org.nz | 03 579 4379
76a Maxwell Road, Blenheim



No one should face cancer alone. We're here to help.

Everyone deals with cancer differently, which is why the Cancer Society offers a range of support services to suit your needs.

Don't know where to start? Contact our friendly team and we can go from there.

Any cancer, any question. 0800 CANCER (226 237) Cancer Information Helpline

Cancer Society Marlborough

76a Maxwell Road, Blenheim, Marlborough 03 579 4379 | marlborough@cancersoc.org.nz www.cancer.org.nz/marlborough

@cancersocietymarlborough

(i) @cancersocietymarl

Nationwide Health & Disability Advocacy Service

Introducing a new contact for Health and Disability Advocacy Service

I'm Liam from the Nationwide Health and Disability Advocacy Service. I am the Advocate for the Christchurch, North Canterbury, West Coast, and Nelson/Marlborough/Tasman regions. We previously had an office in Nelson, in which Hayley Bennett was the Advocate for the Blenheim area. The Nelson office has now closed; however, we are still servicing the Blenheim area remotely, in

which the Christchurch office is now the primary point of contact.

I can be contacted via <u>liam.ward@advocacy.org.nz</u> or on 03 377 7501.

www.advocacy.org.nz



Community Law Marlborough

Introducing Shana Pinker



Ko Tarawera rāua ko Rangitoto ōku maunga Ko Tarawera rāua ko Mangaokewa ōku awa Ko Te Arawa rāua ko Tainui ōku waka Ko Te Arawa rāua ko Ngati Maniapoto ōku iwi Ko Ngāti Rangitihi rāua ko Ngāti Rora ōku hapu Ko Shana tōku ingoa

I would love to introduce myself as the new Māori Liaison/Caseworker at Community Law Marlborough. I am dedicated to providing legal support to individuals and whānau who are facing various challenges and difficulties in life. As a Māori Liaison/Caseworker my primary goal is to empower and advocate for our whānau, helping to navigate through complex systems and access the resources needed to improve overall well being.

In addition to my role at Community Law Marlborough, I am studying to become a legal executive. This has allowed me to delve into various areas of law, giving me a comprehensive understanding of the legal framework that governs our society.

Outside of work, I have various hobbies that bring me joy. This includes my involvement with the Legion Netball Club as the Chairperson and my role as co-owner of Legion Taekwon-Do. Empowering rangatahi and giving back to our community is one of my greatest passions. I strongly believe that our rangatahi are our future, and investing in their well-being and development is crucial for a thriving society.

Community Law Marlborough
14 Market Street
Blenheim
(03) 577 9919 OR 0800 266 529
https://www.commlawmarlb.org.nz/





Holiday Closure

Our office will be closed from 12.30pm Wednesday 20th December and will re-open on Wednesday 10th January 2024 at 9.00am. Phone messages will be periodically checked during this time.

We wish everyone a safe and happy festive season.









Live Stronger is an exercise class specifically designed for women diagnosed with Cancer.

All fitness levels are catered for but if you have any concerns about your suitability please get approval from your physiotherapist, GP or Cancer Specialist Nurse.

Details

Day: Wednesdays Time: 6.00-7.00pm

Venue: Stadium 2000, Kinross Street, Blenheim.

Cost: \$10* per class

For more information please contact:

Paula Olliver on pjolliver@gmail.com / 027 231 3903

*Funding available for session costs via application to Cancer Society Marlborough. Contact: marlboroughecancersoc.org.nz





Marlborough Hospice

Hospice Marlborough Turns 20!

Hospice Marlborough commemorated its 20-year milestone in November with a staff BBQ, paying tribute to its exceptional team. The celebration held a special focus on two integral individuals, Kerri Hale and Dr Andrew Wilson, who have been dedicated members since Hospice Marlborough's opening in 2003.

Dr Andrew Wilson: A pillar of compassion and leadership

Dr Andrew Wilson, a founding member and avid sailor, played a pivotal role in the establishment of Hospice Marlborough. From contributing to the physical development of the Hospice to assuming the position of Palliative Care Medical Specialist, Andrew has been a cornerstone in the organisation's growth. His wealth of knowledge, talent for inspiring others, and consistently calm demeanour have made him an invaluable asset. The entire team expresses deep gratitude for Andrew's enduring commitment as a palliative care specialist, without which the local Hospice could not have thrived.



Kerri Hale (above right): Two decades of dedication and compassionate care

Kerri Hale, Clinical Nurse Specialist, and a vital member of the Community Care team has been an integral part of Hospice Marlborough for two decades. As the sole original staff member, Kerri has witnessed significant changes while upholding the core mission of patient and family care. Her joy in the team's positive atmosphere and dedication to supporting families through difficult times highlight her incredible zest for life. The entire team appreciates not only Kerri's experience and wealth of knowledge but also her unwavering commitment to the Hospice's mission.



Above: Hospice Marlborough CEO Carole, gives thumbs up to Meaters of Marlborough

A special thank you to Meaters of Marlborough Ltd

The celebration wouldn't have been complete without the delicious fare provided by Mike Newman and the team at Meaters of Marlborough Ltd. Hospice Marlborough extends heartfelt thanks for the delectable treats that added to the festivities.

Looking ahead to 2024

As Hospice Marlborough reflects on two decades of compassionate palliative care service, the team eagerly anticipates the future. Here's to 2024 and our 21st year of serving our Marlborough community with dedication, compassion, and a commitment to providing quality care for those facing life-limiting illnesses.



Above: Hospice Marlborough community care & nursing staff

NEW Hospice Marlborough website goes LIVE!

Hospice Marlborough is proud to advise its brandnew website is now live, helping us to deliver an informative, approachable, visually appealing, and resource-rich website for our wider community.

Check out <u>www.hospicemarlborough.org.nz</u> to view our services, latest news, events guide, staff information and ways you could help support Hospice.



Hospice Marlborough volunteers raise crucial funds whilst supporting Garden Marlborough 2023

Hospice Marlborough is pleased to advise fundraising efforts from supporting Garden Marlborough 2023, held from Wednesday, November 8th, to Saturday, November 11th resulted in \$6,334 being raised over the four days thanks to the support and generosity of those that attended the hospice catered garden tours.

One of New Zealand's premier garden festivals, the long-standing partnership between Garden Marlborough and Hospice Marlborough, through the hospice volunteering programme, is a heartwarming collaboration where volunteers assist homeowners of several stunning half-day garden tours by supplying catering, welcoming garden enthusiasts, and serving morning and afternoon teas. In return, collection boxes are present for any donations and a small dollar value per tour guest ticket from these gardens goes directly to Hospice Marlborough to enable the important continuation of providing high-quality palliative care services across all of Marlborough.

In 2023, the wonderful Hospice Marlborough volunteer team of 25, also known as Hospice Marlborough Ambassadors, provided catering and hosting services across eight gardens which included 10 morning teas and 8 afternoon teas. Hosting three lunches also took place and across the four days, a total of 140 volunteer hours were recorded.

Hospice Marlborough thanks the Garden Marlborough team for the opportunity to be part of the festival in 2023 and to the wonderful garden owners for trusting us with your tour guests.

To the following businesses and people, who very kindly donated the delectable treats & tasty morsels for garden catering, your support was crucial to the success of Hospice's fundraising efforts. On behalf of Hospice Marlborough, our heartfelt thanks to Sander, Bianca & team at Karaka Kitchen; Karen, Suzie & the team at Ormond Nurseries; Lynley & Maree at Chateau Marlborough; Mike & Tania at CBD Eatery; Shona & Tracy at Columbus Mitre 10 Mega; Judith Bruce and the Marlborough Women's Club; Mel at Sweet Creations; Lorri Taylor, and Pip Rose.

And, to all our wonderful volunteers, thank you for your continuing unwavering support through your volunteerism, you are truly appreciated.

Farmers Christmas with Hospice 2023 Limited edition Christmas baubles now available at Farmers Blenheim

The eagerly awaited annual limited-edition Farmers







Above, from top to bottom: Volunteers Maria & Frank Nelson at Hortensia House. Beryl & Sandra with Pat Jones, owner of Westgrove. Westgrove

Christmas baubles have officially launched at our local Farmers Blenheim store, located at 39 Market Street. The limited-edition bauble is available now until close of business on Christmas Eve.



This year's unique bauble for 2023 showcases the iconic red flowers of the pōhutukawa, a symbol that resonates with the joy and spirit of the Christmas season. Priced at \$15.99 per bauble, the entire donation amount generously contributes to Hospice Marlborough, a gesture made possible through the ongoing support of Farmers. Both a festive ornament and a meaningful contribution to a worthy cause, this initiative reflects Farmers' commitment to fostering community well-being whilst also supporting Hospice Marlborough.

In addition to the beautiful baubles, the Farmers Tree of Remembrance will again be present at the Blenheim store, providing an opportunity for people to make a donation and inscribe a message on a card in memory of their loved ones. These heartfelt messages can then be placed on the tree, creating a meaningful display during the holiday season.

The amazing Farmers Blenheim store raised just over \$19,000 for Hospice Marlborough through last year's annual Christmas Fundraising Appeal. The community support during this festive season ensures our community continues to receive the exceptional care and support they deserve. Ngā mihi maioha for your support Marlborough.

"Tēnā koe pōhutukawa

Aotearoa Rakau Kirihimete

You are the beginning and the end of the journey of life.

Pōhutukawa taonga of old,

You care for the spirit of those who have passed away.

The star of Matariki.

Pōhutukawa we will remember them; we reflect on them.

May the special pōhutukawa bauble be given as

the spirit of hope, faith and especially love, as we remember them".

- From the Farmers NZ and Hospice NZ 2023 YouTube Video Campaign

Festive fundraiser 2023 for Hospice Marlborough

Grab your \$5 ticket in the Inaugural Festive Fundraiser 2023 Christmas Raffle for Hospice Marlborough on sale now until Tuesday 12th December and be in to win some shopping vouchers, proudly sponsored by the BNI Blenheim Originals chapter and our friends at Pak'nSave Blenheim!

Check out our website for more information and details on where you can buy yours: https://www.hospicemarlborough.org.nz/event/festive-fundraiser-2023-for-hospice-marlborough/



Z Good in the Hood – Little Token. Big Impact for Hospice Marlborough

During the September 25 to 23 October 'Z Good in the Hood' campaign, where \$1 million is generously distributed across all its Z service station sites in New Zealand, Hospice Marlborough was proud to have been included as one of the four deserving charities, alongside our friends at the Stroke Foundation of New Zealand, Marlborough

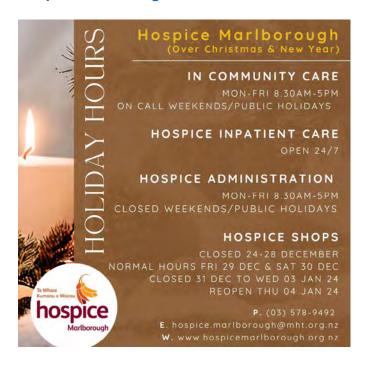
Community Foodbank and the Graeme Dingle Foundation. We were each vying for a share of \$4,000 at the Z Redwood Station located on Scott Street in Redwoodtown.

With just over 2,789 tokens received by the Z station at the close of the campaign, Hospice Marlborough was thrilled to have learned it received 1,123 of those tokens, sitting in the Top 3 receivers of 12 Z sites across the Top of the South and resulting in a total share of the \$4k pool of \$1,611!

We look forward to receiving our donation certificate from Z in the coming days but in the meantime, we are overwhelmed by the generosity of our community. Hospice Marlborough thanks you all for your incredible support.



Hospice Marlborough Hours



Marlborough Hospice
Gate 2 Hospital Road, Blenheim
T: 03 578 9492 hospice



OUR MISSION

Connect Marlborough Trust exists to help the people of Marlborough to improve their physical, mental and spiritual wellbeing through specific courses and programmes that provide skills and strategies and opportunities for social connection and support.



WHAT WE DO

SHINE GIRL & SHINE WOMEN

A 8 week course for girls ages 10-17 years and women 18 -108. A fun filled programme celebrating individuality using an inspirational, practical and experimental approach. Defining and building on worth, strength and purpose.

DAD'S OF MARLBOUROUGH

Post natal support - Join at any time for 8 weeks of relevant topics, like work/life balance, supportive partner relationships, connecting with your little ones, and more. Dads social Group - a gathering of fathers meeting together weekly with their kids, a coffee and a chat

CONNECT YOUTH

Free weekly Wednesday evenings starting at 6pm for ages 11-16 during term time. Fun, games, friends, trips and food. What teen doesn't like that?!



CONNECT COFFEE

Address:

Phone:

03-578 3676

Email

Weekly coffee morning for all ages and stages, Come together and meet others in a safe space whilst sharing morning tea. Donation appreciated

SCHOOL HOLIDAY COOKING PROGRAME

CMT is currently running very popular School Holiday Cooking programs for 11 to 15 year olds.

BACK TO BASIC COOKING

This is a four week course aimed at helping people to become more confident in the kitchen and learn more cost effective ways to prepare delicious and nutritious meals.

EMERGENCY COUNSELLING

CMT provides a one off counselling session with a qualified counsellor in emergency situations. This can provide people struggling with their mental health a safe first point of contact where options for access to other services can be explored

AND SO MUCH MORE



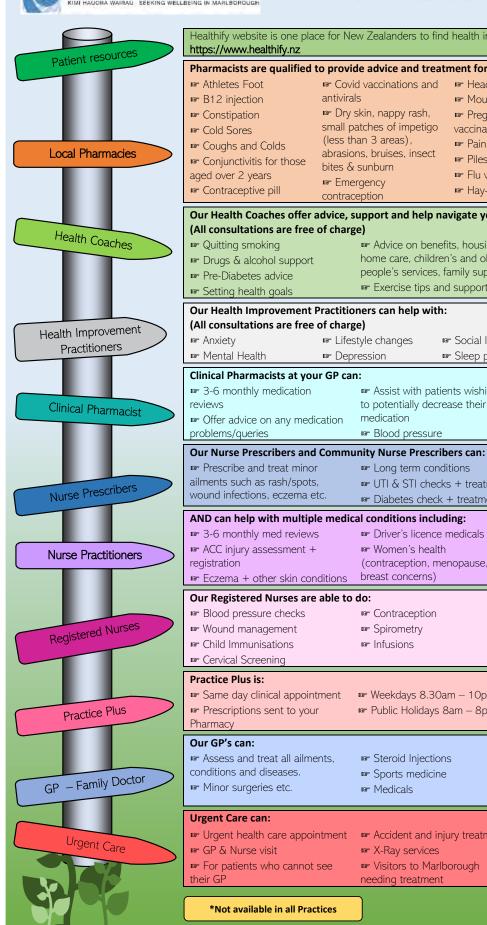
OUR HISTORY

Connect Marlborough Trust began in July 2021, after the success of social programs set up to combat the social isolation caused by the Covid 19 lockdowns.

The success of these programs highlighted some of the needs in our community, which inspired the Trustees to look at ways we could help people within the community to help themsele,. with a overall view of building a more resilient Marlborough.



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:

- Athletes Foot
- B12 injection
- Constipation
- Cold Sores
- Coughs and Colds
- aged over 2 years

- antivirals
- □ Dry skin, nappy rash, small patches of impetigo (less than 3 areas),
- abrasions, bruises, insect bites & sunburn
- contraception
- Mouth ulcers
- vaccinations
- Pain relief
- r Piles Flu vaccinations
- Sore throats & earache
- for less than 3 days
- Thrush (between ages
- 16 to 65)
- ☞ UTI (between ages 16 -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
- F Help and advice on financial 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

 □ Depression
- Social Isolation
- Sleep problems
- Stress/Burnout

 Offer education session for patients on their medication

Clinical Pharmacists at your GP can:

- 3-6 monthly medication reviews
- ☞ Offer advice on any medication problems/aueries
- Assist with patients wishing to potentially decrease their medication
- Blood pressure
- Long term conditions ■ UTI & STI checks + treatment
- □ Diabetes check + treatment
- Treat minor ear & eye infections

Long term conditions

management

Blood pressure reviews

AND can help with multiple medical conditions including:

- 3-6 monthly med reviews
- F ACC injury assessment +
- Eczema + other skin conditions
- Driver's licence medicals
- Women's health (contraception, menopause,
- breast concerns)
- Long term conditions clinic − review conditions such as; Asthma, COPD, Heart Failure, Gout, Cardiovascular disease

Our Registered Nurses are able to do:

- Blood pressure checks
- Wound management
- ☞ Cervical Screening
- Spirometry
- Infusions
- Travel consults + vaccination
- Other vaccinations
 ■

Practice Plus is:

- Same day clinical appointment
- Prescriptions sent to your
- Weekdays 8.30am 10pm
- Public Holidays 8am 8pm
- For enrolled, un-enrolled & international people

Our GP's can:

- Assess and treat all ailments, conditions and diseases.
- Minor surgeries etc.
- Steroid Injections
- Sports medicine
- Medicals
- □ Long-Acting Reversable Contraception removal + insertions, such as IUD's &

№ 8am to 8pm daily

Urgent Care can:

- Urgent health care appointment
- GP & Nurse visit
- For patients who cannot see
- Accident and injury treatment
- X-Ray services
- Wisitors to Marlborough
 ■
 Visitors to Marlborough
 Visitors to Marlborou needing treatment
- *Not available in all Practices

Credit: Civic Family Health Care

Marlborough Community Vehicle Trust

The future comes to local Trust

The Marlborough Community Vehicle Trust is very pleased to announce the arrival of two replacement vehicles. Chairman of the Trust, Brian Henstock, said that the Trust is very excited to move with the times by purchasing two Honda Vezel hybrid cars. These cars are second-hand, however, they are much newer than the old cars they are replacing. They are more comfortable and are significantly more fuel efficient.

The vehicle replacement project started in early 2023 when the Trust successfully applied for funding from the Lotteries Commission and then followed up on that success with an application to the Rātā Foundation earlier this year. With total funding of \$40,000 plus two trade-in vehicles this enabled the Trust to form a procurement team and purchase the two hybrids.

"Our largest monthly operating cost is fuel, and the Trustees have wanted for some time to focus on moving forward in a more sustainable manner by bringing hybrid vehicles into the fleet" said Brian.

The Trust's primary focus is to transport Malburians to medical appointments in Blenheim and Nelson. Trust members pay a small membership lifetime fee of \$20 to become a member of the Trust. The tariff for a return trip to Nelson for Blenheim or Picton residents is \$60. For Picton residents who need an appointment in Wairau Hospital the fee is \$30. This year alone the Trust has completed more than 450 trips. All drivers and trustees are volunteers.

A new car is shown below.

To find out more about the Trust please check out www.marlboroughvehicletrust.org.co.nz



T: 03 574 1311



Age Friendly Marlborough

U3A Marlborough Inc

Inspiring those no longer in full-time work or raising a family?

U3A Marlborough Inc is part of an international movement whose aims are the education and stimulation of mainly retired members of the community. This is seen as a time in your life where you have the opportunity to undertake learning for its own sake. There is no minimum age, but a focus on people who are no longer in full-time employment or raising a family.

Members do not work towards qualifications - learning is purely for pleasure.

The purpose of U3A is to:

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

U3A Marlborough Monthly Meetings

These are held on the 2nd Monday from February to December from 2.00pm to 4.00pm, in the Cloudy Bay Funeral Services rooms, Boyce Street, Blenheim. Our last monthly meeting for 2023 is on Monday 11 December and we will recommence meetings on February 12 2024.

Anyone interested in joining us, or just finding out more about U3A Marlborough, is always welcome to come along to the monthly meetings where you will be greeted at the door and personally introduced to at least one other member so you are not left feeling alone.

At the beginning of the meeting a mini-talk is usually presented. This can be a member sharing their knowledge or experiences or Study Groups reporting on their activities, or a

preview of upcoming new groups.

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

Special Interest/Study Groups

Each group is usually limited in size, particularly when they are held in homes, and are a great way to get to know other members. However some interest groups are able to accompany larger numbers, e.g. the Garden Group, the Amblers and Afters Group, the Current Issues Group, and the Wine Appreciation Groups. Each of our groups meets on a specific day and week of each month, some in the morning, others in the afternoon.

Many Study Groups use DVDs produced by the Great Courses organisation which provides a wide variety of opportunities to continue learning with some of the world's greatest professors and experts on history, science, religion, health, travel, and more.

We regularly offer new Groups and Lecture Series which are quickly subscribed to. There is no upper limit to how many groups a member may belong to. The only restrictions are you must be a financial member of U3A Marlborough (annual subs are only \$10 each) and, of course, your time!



C/o Cloudy Bay Funeral Services 15 Boyce St, Blenheim T: 03 578 0109 E: u3a.marlborough@gmail.com

www.marlborough.u3a.nz















Mentoring Programme

MENTORING

Positive role models are important to a child or young person's development. Family Works mentors provide positive, one-to-one attention for children and young people aged 5-15 years. They are trained and screened volunteers who receive regular supervision.

Mentors and mentees are matched according to their interests and to the needs of the child or young person. They meet weekly to engage in activities that they both enjoy – going to the park, playing games, cooking, crafts, fishing and other outdoor activities.

Children and young people who work with a mentor will develop:

- » Improved self-esteem and confidence
- » Increased awareness about the wider world and the opportunities open to them
- » Increased motivation
- » Improved decision making (making better choices)
- » Stronger, more stable friendships

CONTACT

To find out more about the Mentoring programme, please contact:

P. 027 333 6354

E. marlboroughmentoring@psusi.org.nz

We're located at 22 Alfred Street in Blenheim. Get in touch today!

FW024_123

www.familyworksuppersouth.org.nz

Barnardos Marlborough

Incredible Years programme - 21 February 2024

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

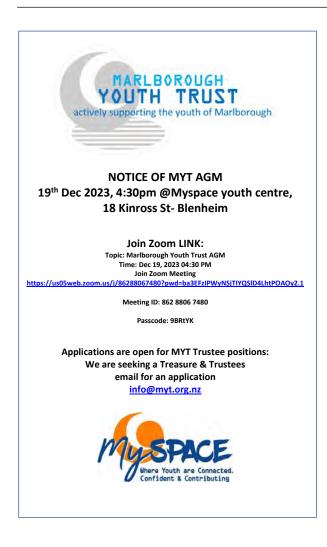
The purpose of this course is to resource parents and caregivers with tools to understand their children's behaviour and development, promote positive parenting and healthy communication within the family.

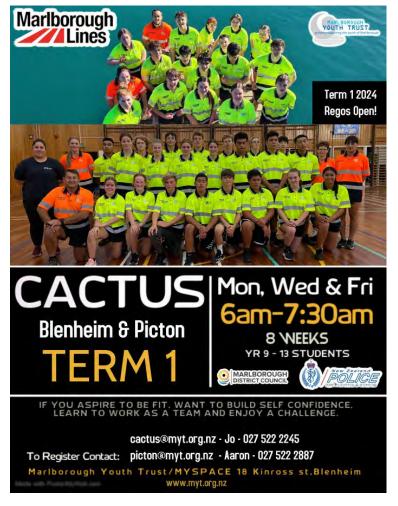
If transport or childcare is a barrier please let us know as we may be able to help with this.

If you would like any more information please contact Barnardos at Blenheim@barnardos.org. nz, 03 578 6491.











Public Health Postgraduate Programmes offered in Christchurch.

The University of Otago, Christchurch offers a **Postgraduate Certificate**, **Postgraduate Diploma or Masters of Public Health**, here in Christchurch. Students with an undergraduate degree in any discipline can apply to study Public Health.

Students can develop skills relating to:

- · Health Promotion
- Research Methods
- Public Policy
- Environment and Heath
- Society and Health

- Epidemiology
- Hauora Māori
- Health Economics
- Health Systems

We also offer a Postgraduate Diploma in Health Management and Master of Health Sciences endorsed in Health Management.

HWNZ funding is now available for Nurses in some circumstances.

Enquiries are welcomed regarding our Public Health Postgraduate Programmes and we ask that you display the enclosed information in a prominent place within your workplace.

Please get in touch if you would like more copies of the enclosed information.

Dr Angela Curl

Postgraduate Course Director

Malisha Gaundan

Client Services Administrator

03 364 3602

publichealth.christchurch@otago.ac.nz

Make a difference through the study of Public Health



Become a Sign-poster and/or Hub Host for the Harakeke - Community Connectedness Project Help reduce loneliness and increase belonging and inclusivity



EMPOWER PEOPLE

- ...to make meaningful connections
- ...to access the Marlborough
 Community Directory
- ...to gain support in accessing:
 - local services
 - · community groups
 - · health care
 - support services

FULL TRAINING PROVIDED

FOR MORE INFO ON TRAINING, OR TO VOLUNTEER, VISIT

HTTPS://TINYURL.COM/YN6X2VMC OR EMAIL HARAKEKEHUBS@GMAIL.COM



Marlborough District Council

Let's get it sorted: wheelie bins coming



Marlborough's new kerbside collection service, which has been expanded to include Grovetown, Havelock, Rarangi, Rai Valley, Renwick, Seddon, Spring Creek and Tua Marina, will switch from rubbish bags to wheelie bins from 1 July next year.

Two wheelie bins will be delivered to each household - one for household rubbish and one for recycling, except glass. Glass bottles and jars will go into the red crate, which is currently used for recycling in the existing kerbside collection area.

The bins come in three sizes - 80 litre, 140 litre and 240 litre - sizes were chosen by residents during public consultation earlier this year. Those who didn't respond will receive the standard medium-size 140 litre bin, which is what most people opted for.

Collection days will stay the same for those already on the kerbside collection, with household rubbish collected one week and

recycling the next. The recycling bin and crate for glass will be collected on the same day.

The wheelie bins - even the smallest 80L size - have a larger capacity than the existing bags. Residents have until 30 June 2024 to redeem any Council rubbish bag vouchers and get a rebate.

Council rubbish bags can continue to be used and taken to the Waste Sorting Centre without charge but will not be collected from the kerbside from 1 July 2024. Any bag left on the kerbside after 30 June 2024 will not be collected.

The kerbside rubbish collection is funded through a targeted rate and therefore there is no opportunity to opt out of the service. The calculation of the targeted rate includes all costs associated with the service, divided by the number of households within the service area. This ensures that all households within that area pay the same amount.

The new collection areas are available to see on the Council's Smart Maps page at: https://links.marlborough.govt.nz/kerbside

If you have questions about the new system go to the Frequently Asked Questions section under 'Recycling and Waste' on our website at: www.marlborough.govt.nz/services/recycling-

and-waste/changes-to-waste-services-from-1-july-2024/faqs-proposed-kerbside-rubbish-and-recycling-collection or phone Council on Ph 03 520 7400.

Waste Management NZ Ltd was awarded the contract for managing Marlborough's waste collection service earlier this year.

Friendship seat aims to inspire sense of community

A new 'friendship seat' has been installed at Pollard Park.

The seat is part of Council's Age Friendly Strategy, an initiative which aims to improve the lives of older adults.

Situated to take in views of the gardens, it features a plaque which reads "It's the friends we meet along the way that help us appreciate the journey."

The seat was installed last month, coinciding with International Day for Older Persons on 1 October.

Community Partnerships Advisor Jodie Griffiths says the seat is a small way to encourage a sense of community.

"While the seat is not only for our older adults, it's hoped that it will play a small part in strengthening their sense of belonging and encourage them to get together in one of our most beautiful parks."



Above: Councillor Thelma Sowman and Presbyterian Support Team Leader Tricia Dawson on the new friendship seat at Pollard

"Social isolation is common among older adults and can lead to poor health outcomes. It is hoped the seat will encourage people to connect with one another."

"It offers a tranquil setting to sit and enjoy time with loved ones or just take in the view."

Marlborough Emergency Response Team marks 10 years

Ten years on, the Marlborough Emergency Response Team is rated among the best in the country.

From modest beginnings in 2013, when there were just seven, today there are 25 in the team which is now an accredited national response team by the National Emergency Management Agency (NEMA) which can be deployed anywhere in New Zealand. The oldest member is 55 and the youngest 33, with men and women equally represented.

Mayor Nadine Taylor said she was impressed how the group had grown from those early days. "The team can now deploy at speed and scale across Marlborough or New Zealand.



They are well trained and well-resourced and therefore well placed to help New Zealanders in both a local and national emergency."

She also said the team deserved special

recognition for the role they played in Marlborough's response to two storm events in 2021 and 2022. "The response team was able to stand up quickly in order to reach our remote communities to provide support where it was most needed."

Team Manager Gary Spence said members of the response team had a diverse range of skills, from technical expertise to strong interpersonal skills, all of which are critical in an emergency.

Gary admits they design their own training manual and had to "write the book" along the way. "We started with only a little bit of kit including one vehicle and since then it has just exploded."

Today the team operates two vehicles and has six trailers prepped and ready to respond within two hours to full deployment. For rescue work they can deploy in 15 to 20 minutes.

The team has helped in many emergencies including the Seddon earthquake in 2013, Kaikōura earthquake in 2016, the Gita and Fehi storms in Nelson/Tasman, the flood response on the West Coast, the Pigeon Valley fires in Nelson, the two storm and flood responses in Marlborough in 2021 and 2022, the Auckland floods and Cyclone Gabrielle.

There is a rigorous training programme to be part of the team. New volunteers are always welcome, and anyone interested can enquire through Council, Ph: 03 520 7400.

Stadium stalwart recognised

Simon Halliday's 24 years of service to the Marlborough Stadium Trust were acknowledged at a presentation at Council's Assets and Services Committee meeting in November.

Mayor Nadine Taylor thanked Simon for his years of work while Stadium chair Matt Kerr described him as "phenomenal" to work with.

During his report - his first since taking over from outgoing chair Luke van Velthooven - Mr Kerr said the stadium had delivered a surprisingly strong performance last year with more than one million people through the door and a turnover of \$4.1 million.

"We have a world-class facility and asset here – don't underestimate that – and we're embarking on a 20-year strategy to make sure we keep ahead of the game," he said.

He noted that the Stadium was an integral part of the community, the busiest public facility in Blenheim and one where people felt safe and secure which he attributed to the "fantastic and welcoming" staff.

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! https://www.marlborough.govt.nz/your-council/have-your-say-consultations

Events & Notices









WILDFIRE READINESS AND PREVENTION

September 2023 – April 2024

Before you light, always check the local fire danger level at checkitsalright.nz

Approximately

3%

of wildfires develop into large scale events

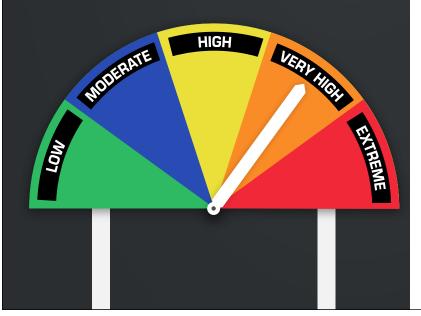
98%

of wildfires are caused by people in New Zealand

Annually there are

4,500

wildfires in New Zealand (based on 5-year average)



THE PROBLEM

The risk and impact of wildfire is increasing in New Zealand due to climate change, but also how and where we are living.

We're seeing an increase in the frequency of significant wildfires in New Zealand over the last 3-4 years.

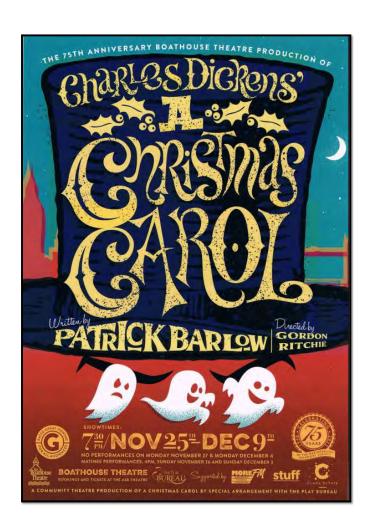
Large wildfires like the 2017 Port Hills, 2019 Tasman, 2020 Lake Ohau, 2021/2022 Waiharara fires are occurring every 1-2 years, resulting in significant impact and losses. In addition, many of these significant wildfires are happening in the shoulder months rather than the typical summer period.

THE CAMPAIGN

Preventing wildfires and increasing our communities' preparedness continues to be the focus of our Wildfire Readiness and Prevention campaign. We will:

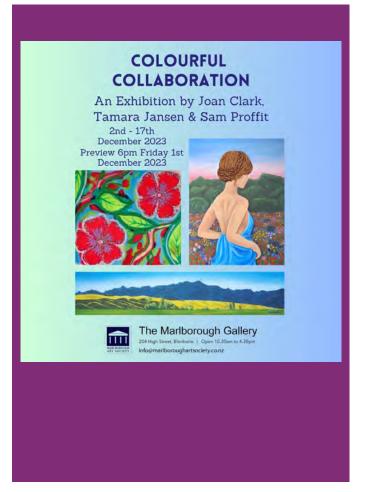
- Push real-time, local fire danger status to people in key locations through various online channels and digital outdoor billboards if the fire danger is high, very high or extreme
- Deliver real-time and localised fire danger level and fire season information across MetService's desktop and app platforms
- Drive the public to checkitsalright.nz
- Inform rural and semi-rural communities about how they can maintain a 'defensible space' around their home and buildings
- Engage with key stakeholders to help get important outdoor fire safety messages to our target audiences.

In addition, our media team is continuing to pitch wildfire safety stories to media, provide our people for interviews and publicise fire season changes, using the opportunity for further education.











Santa Paws Drive

to benefit the SPCA and Marlborough 4 Paws

From now through to December 14th, we will be collecting items to help out our furry friends



Small Animals:

Food puzzles

Pet Nursing Bottles

Harnesses

Food

Toys

Donations can be dropped off at:

Volunteer Marlborough

1 Market Street

Blenheim Central

Cats & Dogs:

- Food
- Toys
- Food puzzles
- Harnesses
- · Collars
- Blankets
- Beds
- Pet Nursing Bottles
- Cat scratchers
- · Cat litter
- Litter boxes

Also:

- Cash donations
- Vouchers



Venues for Hire

Beavertown Hall

- **2** 03 578 1712
- n Brayshaw Park, Blenheim
- info@marlboroughmuseum.org.nz

Canvastown Memorial Hall

2 03 574 1407

Fairhall Community Hall

- **2** 03 578 3556
- New Renwick Road, Fairhall

French Pass Hall

- **2** 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

- **2** 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

- **6** 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

- **2** 03 573 5400
- Carried 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

- **2** 027 2575 683
- 252 Rarangi Beach Road, Rarangi

Redwoodtown Community Centre

- **2** 021 108 7637
- Meld 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

- **6** 03 572 9688
- 8 Uxbridge Street, Renwick
- info@renwickeventscentre.co.nz
- www.renwickeventscentre.co.nz

Riversdale Community House

- **2** 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

- **a** 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

- **2** 03 575 7975
- @ awaterecom@xtra.co.nz