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2016
 JUN - JUL

1 September, 1pm, Malvina Major - Come and hear from the Mayoral Candidates and take the chance to ask them your burning question.

Speaker's Meeting - 31 March 2016 – Dr Russell Tregonning Improving our Health by Climate Action

1. Climate change is a global health hazard and there is increasing concern among doctors about it.
2. Russell compared the low level of response of government in New Zealand to the U.K. where there is cross-party agreement on action.
3. He asked 'Can we afford to wait?' And answered with a firm NO! We must act now. The level of CO₂ in the atmosphere is putting us on the path to a 4°C rise in temperature with resultant health effects such as drought, leading to mass migration and water-borne diseases.
4. In NZ nearly half our greenhouse gases are from agriculture. Intensification of dairy farming leads to pollution. It would be better to reduce the number of cows and return to a more natural style of dairy farming, and this would not only be less polluting but also makes better economic sense.
5. Roads also cause many problems which threaten our health, and a shift to diesel fuel is no help. The speed of cars leads to more death and injury. He asked "Are cars the new tobacco, where the damage they cause to health is known but society is reluctant to change, as it was with tobacco for so long?" Transport action: light rail, railcars, public mass transport would all help and are possible.
6. Inactivity is the 4th leading cause of death in NZ and cars are part of that problem too. He urged us all to be more active.
7. Diet: eating too much meat, is a known cause of some cancers. He introduced the word 'Demitarians' for people who ate meat less as a good first step.
8. He commented on the health benefits of home insulation and that it should be promoted and subsidised more.

Speakers Meeting - 16 June 2016 - Anna-Marie Miller Positive Aging

Speaker: Anna- Marie Miller, Community and Neighbourhood Advisor, Community Services, Wellington City Council (WCC)

The meeting was attended by a small number of members.

Anna-Marie's job focusses on Positive Aging. The relevant WCC policy covers:making Wellington:

- an attractive and safe place for older people to reside
- a place in which older people feel valued and able to contribute

WCC funds Age Concern, and supports one off events like the Seniors Week (10-16 October) and the Car Fit event (which was run in conjunction with AA and the Lions). WCC will look to run more Car fit events.

WCC also provides other resources aimed at making Seniors' lives easier:

NB: Links to handouts are as follows:

The Positive Ageing Policy

<http://wellington.govt.nz/~media/your-council/plans-policies-and-bylaws/plans-and-policies/a-to-z/positiveageing/files/positive-ageing.pdf?la=en>

Emergency Preparedness Poster

<http://wellington.govt.nz/~media/services/community-and-culture/resources-for-neighbourhoods/files/emergency-resource.pdf>

Information about the mobility scooters and the accessible Wellington Map:

<http://wellington.govt.nz/services/community-and-culture/accessibility-services/mobility-transport>

Information about the libraries housebound service

<http://www.wcl.govt.nz/about/joining/housebound.html>

There were discussions from the floor, re meeting space in central Wellington, walkers on buses, and community brochures in the Service Centre of the WCC.

Thanks to both speakers for some thought-provoking words.

More to come next time for Speaker at the AGM...

YOU DON'T HAVE EMAIL? We have been emailing out news that can't wait until the next Newsletter – but we can't afford to print and post these additional messages to those who don't have email addresses. We'd really like to get the news to you all!

If you don't have email, is there someone who could receive your messages and pass them on to you? A neighbour, or relative, or friend? Please let us know their email address, and we will be delighted to include you (and them) in these email blasts.

Home and Community Support Update - Transition to Access Homehealth September 1st 2016

Hutt Valley District Health Board (HVDHB) and the Capital & Coast District Health Board (CCDHB) have contracted **Access Homehealth** to be the provider of Home and Community Support Services (HCSS) for older people across the Hutt Valley and Greater Wellington region, including Kapiti, from 1 Sept 2016.

HCSS provide personal care and household management services to people over the age of 65 years, and those people with disabilities who fit funding stream criteria.

During the last months, Access Homehealth has been working closely with the DHBs, Unions, NASCs and the exiting providers (Healthcare New Zealand and Enliven) to ensure a smooth transition.

The aim is to provide as much continuity for clients as possible, and reassure support staff they have continued employment, if they take the opportunity to move to Access Homehealth.

Clients have been advised about the change by letter and phone contact will be made with all clients prior to September 1st. A call free number, 0508-110045, has been established for clients and support workers, to answer any questions they may have about the change to the new service.

Healthcare New Zealand and **Enliven** will continue to provide services until the end of August 2016.

Please do not hesitate to contact Ondine Claridge (ondine.claridge@sidu.org.nz) if you require any further clarification.

Social Isolation and Loneliness

Grey Power Central were recently invited by Anna-Marie Miller from the Wellington City Council (who spoke at our last speakers' meeting) to send a representative to a meeting they were organising on Social Isolation and Loneliness. Pat Hubbard from the committee attended. A very wide group of community, voluntary and government groups were represented, and reported on their activities. Pat found it very interesting to hear from them and to learn about all these groups working in our community. It opens up opportunities for us to share with Grey Power members news about what is going on and there will be more such meetings.

New Committee Member

The Committee is pleased to report that Lloyd Falck has agreed to be co-opted. Lloyd offered at the AGM to help us to work on the Gold Card transport issues and has been very helpful in this regard.

Meetings with Politicians re the SuperGold Card and transport concessions

Acting President Bruce McLachlan briefed the meeting on 16th June on the Wellington Central Grey Power action on the Super Gold Card transport issues since the AGM. Letters have been sent as agreed and committee members have met with Annette King, Grant Robertson and their chief advisor, and we met with the Regional council on 30th June. The committee will continue to report back to members via the newsletter.

This is copied from the MSD SuperSeniors Newsletter for June 2016.

Visit <http://www.superseniors.msd.govt.nz/news-events/superseniors-newsletter/index.html>

AT HOP changes from 1 July 2016

As a SuperGold Cardholder in Auckland you are entitled to travel free on local trains, selected buses and ferries, after 9am weekdays and all weekend.

The Government's commitment to the SuperGold Card transport concession has not changed.

But, from July, Auckland Transport will require you to use an AT HOP Card to access your free off-peak public transport.

Auckland Transport advises its AT HOP Card will cost \$10 plus \$5 credit for a total one-off cost of \$15. The SuperGold Card concession will then be loaded onto the AT HOP Card at an AT Customer Service Centre.

If you already have a blue AT HOP Card, you can swap it for a gold AT HOP Card in the next 12 months. AT HOP Cards can be bought online and from retailers.

To get an AT HOP Card and for more information about what's happening and for seniors travelling to Auckland:

- call Auckland Transport on **09 366 6400** or **0800 AT GOLD** (0800 28 4653)
- visit an Auckland Transport Customer Service Centre.

Comment from Grey Power Wellington Central:
To read what Auckland Transport have to say about their expensive issue of gold AT HOP cards, go to www.at.govt.nz/supergold.

Media statement
13 July 2016

Gold Card still Super for all Bus Travel in the Wellington region

SuperGold will continue to be the only public transport card senior Metlink customers will need when the region's bus ticketing system becomes seamless in early 2018.

Greater Wellington Regional Council announced this week it's in negotiations with Snapper Services Ltd to provide a common electronic ticketing system on all regional bus services.

Chris Laidlaw, Chair of the Regional Council, assures SuperGold card holders that their card will still be absolutely fit for purpose. "SuperGold card holders won't have to buy a new card, nothing will change for them. They'll continue to use their SuperGold card to travel free during off peak times on Metlink buses, trains and harbour ferries."

Caroline Hubbard, a member of Grey Power Wellington Central Committee, says senior citizens will be delighted they will still be able to use their SuperGold for all bus travel. "The SuperGold is our integrated travel card and it makes public transport so easy and convenient."

The new bus electronic ticketing system will be an interim solution for the bus network only, Mr Laidlaw said. "The Regional Council is committed to introducing a fully integrated electronic ticketing and fares system for the entire Metlink public transport network of trains, buses and harbour ferries. And we are working with the National Ticketing Programme (a group of Regional Councils and the NZ Transport Agency) on a national road map for a ticketing system.

"A fully integrated ticketing system is still some years off and no decisions have been made about how the SuperGold fits with this."

For media comment, call 021 914 266

Practical Retirement Income Solutions Seminar

Our retirement years are very different to our working years. We used to save, we now spend to support our lifestyle in retirement. Learn more about new approaches to converting retirement savings into retirement income from our panel of experts.



Martin Hawes
Author and financial journalist
"Enjoy your twenty good summers"



Dr. Judith Davey
Retirement expert, Victoria University
"Thinking through the options"



Bernard Hickey
Financial journalist and commentator
"Real retirement economics"



Robbie Schneider
Financial adviser and commentator
"Common financial sense comes first"

Dowse Art Museum, Lower Hutt, Tuesday 26th July 2016 at 6.00pm. Refreshments will follow.

To reserve your free place, call us now on (04) 472 7902 or visit lifetimeincome.co.nz


RETIREMENT INCOME

The Retirement Income Group Limited owns 100% of Lifetime Asset Management Limited, the issuer of the Lifetime Income Fund and 100% of Lifetime Income Limited, the insurer who provides retirement income insurance. Lifetime Income Limited is licensed by the Reserve Bank of New Zealand. Lifetime Asset Management Limited is registered by the Financial Markets Authority. The Fund's trustee is the Public Trust.

GREY POWER WELLINGTON CENTRAL: MEMBERSHIP APPLICATION FORM

Name: Mr/Mrs/Miss		Membership Number: (for Renewals)	
Address:		Phone No:	
		Mobile Ph:	
		Post Code:	
Email:		Date of Birth:	
Subscription for year:	Apr 2016—March 2017	Individual (\$15)	Couple (\$20)
Donation: \$		(Amount) \$	
I am interested in helping: <ul style="list-style-type: none"> Giving a lift to a member in my area to meetings Helping with phoning members reminding them of meetings Working on the Committee Anything else?		Do you want to receive promotional material? YES / NO	
Payable by Cash or cheque to "Wellington Central Grey Power" (attach to this form) Or: pay by Internet Banking to Kiwibank, A/c 38-9008-0407615-00 (Please include your name and/or membership number in banking details and send this form to PO Box 13-755 Johnsonville)			
PLEASE NOTE: Processing of your application cannot be completed until payment has been received			

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W www.greypowerelectricity.co.nz

Grey Power Electricity

Benefits of Grey Power Electricity

Low Grey Power Price

The Grey Power Plan has a competitive price and Price Protection on your Energy Rate. We don't have a prompt payment discount as we have already built this into our prices. On the Grey Power Plan, we simply offer you a great price upfront. This is an exclusive offer available to Grey Power members.



Transparent Billing

We provide transparent billing on your electricity bill by itemising the charges so you know what you are charged for. On your electricity bill you will be able to see your charges for Energy (Energy Rate) and Delivery, which includes Network Services, Retailer Services, Metering, and the Electricity Authority Levy.



“Over 18,000 Grey Power Members have switched their electricity and gas accounts to Grey Power Electricity. Hundreds more are choosing to switch each week as news of the Grey Power Plan spreads and people become more confident that the plan and partnership is here to stay.”

*Terry King,
Former Grey Power
Federation President*

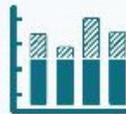
Price Protection

The Energy Rate for Grey Power Electricity is protected and cannot go above what it is now until 31 March 2019. Delivery charges are not subject to Price Protection. Delivery charges include: Network Services, Retailer Services, Metering, and the Electricity Authority Levy.



SmoothPay

SmoothPay spreads your electricity payments more evenly through the year. This payment option makes budgeting easier and can help avoid having to make higher payments during winter.



Grey Power Customer Care

As a Grey Power Electricity customer, you will have access to our New Zealand based Customer Care team. Our team strive to provide excellent service.



Grey Power Electricity Discounts

All Energy Discount
If you have Natural Gas or LPG we can offer it to you as part of the Grey Power Plan. By combining your electricity and gas account you will receive our All Energy Discount.

Direct Debit Discount
Direct Debit is the most convenient and secure way to pay your bill. You will also receive a discount every month by choosing this payment option.

Online Discount
My Account allows you to keep track of your energy bills and make payments online. Sign up to My Account and by receiving your bill online, you will receive a discount every month.

Easy to Switch

Our friendly team will take care of the switching process making sure it is hassle free for you. There will be no interruption to your electricity or gas supply during the switching process.



I would like to find out more about Grey Power Electricity

If you would like us to contact you, you can do one of the following options:

- Fill out this form and return it to us at
Freepost 225388
PO Box 10044
Dominion Rd
Auckland 1446

OR

- Go to our website and fill out the online form at www.greypowerelectricity.co.nz/contactme

Please print in BLOCK CAPITALS

Your Name

Your Address

Your Phone Number

Email Address

Best time to call AM PM

I am interested in (tick which options apply to you) Electricity Natural Gas LPG