



**NP Positive Ageing, Newsletter - Taupaenui MAY 2026... Issue 135**

*Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakalofa lahi atu, Talohani, Bula vinaka, Ni Hao, Namaste, Greetings...*

**Our next free public forum is on...**

**Tuesday**  
10am - 12pm  
5th May 2026

**Guest Speaker...**  
**Hon Stacey Costello**  
**Minister for Seniors**

**Discussing the**  
**Better Later Life Plan**  
**for 2025 - 2028**

**At the New Plymouth**  
**International Hotel**

**Hosted by Grey Power NP**

**See you there...**



**Please join the Minister for Seniors, Hon Casey Costello to discuss the Better Later life Action Plan for 2025 - 2028...**

**At this event you will hear how the Government's working to support older people, responding to cost-of-living pressures, strengthening aged care and helping people stay independent and connected as they age.**

**You will also have the opportunity to meet local organisations and services that support wellbeing in our community.**

**There will be time for korero, questions and informal networking.**

**When and where:**

**Tuesday, 5 May from 1.30—3.00pm**  
**At the New Plymouth International Hotel,**  
**220 Courtenay Street, New Plymouth.**

**Please share this invitation to people and organisations you feel may be interested. This event is open to all - there is no need to register.**

**Hosted by Grey Power New Plymouth and supported by NP Positive Ageing, Age Concern Taranaki and others.**

**Finally old enough to do anything I want.**

**Too tired to actually do it.**



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**A Newsletter for those interested in improving the quality of life for all persons in Taranaki**

**Please NOTE: The views/opinions expressed in this newsletter may not necessarily reflect those of Positive Ageing**

**"Positive Ageing—Taupaenui" is edited by Gordon Hudson. Ph 06-753-9815 or email gordonandjanr@xtra.co.nz**



*Taranaki Kowhatwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'*



### Chair's message:

Over the past 20 years, New Plymouth has experienced steady economic growth and transformation, but this progress has come with

clear trade-offs. Once heavily dependent on oil, gas, and agriculture, the city has diversified into construction, healthcare, tourism, and professional services. This shift has helped sustain growth, with Taranaki maintaining one of the highest GDP per capita levels in New Zealand for much of the period.

One major benefit of this progress has been increased employment and business activity. Construction alone has created thousands of jobs since the early 2000s, reflecting ongoing infrastructure and housing development.

New Plymouth has also become the economic hub of the region, generating billions in GDP annually and supporting surrounding rural communities. Investments in amenities like the Len Lye Centre and the Coastal Walkway have boosted tourism and improved the city's reputation as a desirable place to live.

However, the "price of progress" is evident in several areas. Rapid development has increased pressure on housing, with the city needing hundreds of new homes each year to meet projected population growth. This can lead to rising costs, urban sprawl, and strain on infrastructure. Additionally, the transition away from traditional energy industries has created uncertainty. Oil and gas once formed a large share of the regional economy, and moving toward a low-emissions future requires job shifts and economic restructuring.

There are also social and environmental costs. Expanding infrastructure and industry can impact natural landscapes, while economic change can leave some workers and communities behind. At the same time, maintaining growth requires significant public investment in transport, housing, and services.

In summary, New Plymouth's progress has brought prosperity, opportunity, and improved lifestyle - but at the cost of economic uncertainty, environmental pressure, and growing demands on housing and infrastructure.

Wally Garrett - Chair

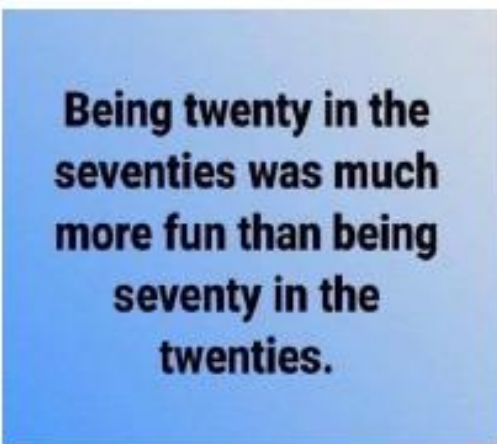


**THURSDAY 14 MAY**  
**10AM-12PM**  
**TSB STADIUM NEW PLYMOUTH**  
**FREE EVENT**

Join us to hear practical, friendly advice from health professionals. An opportunity to connect with community support services and learn ways to keep yourself moving. Want to try a new activity or learn about your balance? Come dressed to move

- Wander through expo stalls and speak with services 10am-12pm
- Speakers scheduled 10:30am-12pm. (Timetable available on the day)

Contact Hilary Blackstock  
(021) 480 180 [hilary.blackstock@sporttaranaki.org.nz](mailto:hilary.blackstock@sporttaranaki.org.nz)





One of the great quandaries facing New Zealand this century is how to deal with a fast ageing society so it is timely that the Minister for Seniors is visiting Taranaki shortly with some answers.

Former police sergeant and business woman, Stacey Costello is on a national fact finding and information spreading tour and will be in New Plymouth on May 5 for a free open forum in the Plymouth International Hotel at 1:30 pm.

She will outline the government's new 'Better later life' strategy for seniors along with other appropriate information to what she hopes will be a large attendance of people from all walks of life. There will also be plenty of time for questions from the floor.

The major aim of the talk is to release the government's latest plans for dealing with a bulge in the number of people over 65 who will almost swamp the economy later in the century.

Obviously there is going to have to be significant changes in the economy and in the way the government supports those on superannuation.

Latest statistics indicate that from a present seven working people supporting one retired person the ratio will decrease to two working people supporting one retired person by the 2070s.

National has already indicated that one measure will be to delay the due date for superannuation beyond the existing 65 years of age, but it's obvious that there are going to have to be other measures affecting both central and local government.

It's not all black however, the latest newsletter from the Office for Seniors has a reminder from Costello that those in this age bracket still make a very significant contribution to the economy.

It is time to test assumptions, challenge thinking, and build a more shared understanding of what population ageing means beyond our sector

across government, business, and communities.

We must have the conversation about population ageing from something we need to plan for in the future, to something we need to actively respond to now.

Older New Zealanders contribute around \$8.7 billion a year through paid work, and more than \$20 billion through unpaid work such as caring and volunteering. This is projected to reach around \$120-130 billion a year by 2074. Seven percent of New Zealand's entire workforce is 65 or over and that proportion is continuing to rise.

Older people also contribute significantly through tax and spending in local economies. They contribute around \$13-15 billion in tax today, projected to rise to at least \$80 billion by 2074.

Taken together, these inputs from older people represent a large and rapidly growing share of New Zealand's economic activity.

Opinion: Lance Girling-Butcher

## Free Public Forum...

Taranaki Community Law Centre

Thursday, June 18

10.00—11.30am

At the new venue...

**Plymouth International Hotel**

*Presenter...Angela Solomons*

*This session is relaxed, supportive, informative and*

**Plenty of parking there at no cost. No need to register**

**Tea and coffee available**

Sponsored by...

*NP Positive Ageing Trust Age Concern Taranaki and gGrey Power NP*



## Startling Research!!!

A recent study by a reputable university, involving 1000 regular drinkers of alcohol, particularly wine and beer, and the regular imbibing of such led to an increase in weight in the stomach area.

Well...fancy that!  
Who would have thought?



I guess their next research will be whether there was a greater gain by drinkers using their

left or their right hand.



## Getting older and possibly needing a caregiver—or becoming one...?

Recently a thoughtful guest gave me the Internationally best-selling book 'Man's Search for Meaning' by Victor E Frankl—a psychiatrist who survived several years as a prisoner in a number of German Prisoner of War camps.

His parents, his brother and his first wife all died in such camps—as, statistically, 1 in 28 prisoners did.

Frankl's experiences as a long term prisoner were harsh, brutal and, at all times, life-threatening. He witnessed the worst behaviours of mankind as well as the occasional courageous acts of kindness.

Yet, Frankl was able, in almost impossible circumstances, to not only accept the inevitability of his seemingly endless harsh captivity, but to find reasons for hope for himself and his fellow prisoners.

*He wrote... "When we are no longer able to change a situation, we are challenged to change ourselves."*

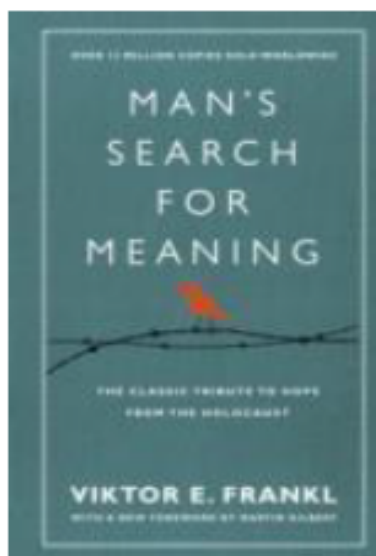
*"Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way."*

Frankl was generous enough to include in his and fellow prisoners' predicament, others in situations where they feel there is little hope and opportunity for considerable despair. He included people incarcerated in prisons everywhere where their rights and freedoms are severely curtailed.

He likened his situation too, to people adversely affected by a severe mental and/or physical illness—their own or that of a loved family/whanau member.

Their situation may not be as brutal as that experienced by Frankl, however, it can be as traumatic if the person(s) affected cannot ac-

cept their circumstances and come to see there is indeed meaning and purpose to their lives.



*"A positive attitude enables a person to endure suffering and disappointment as well as enhance enjoyment and satisfaction. A negative attitude intensifies pain and deepens disappointments; it undermines and diminishes pleasure and satisfaction and may even lead to depression or physical illness," writes Frankl.*

He says that happiness and confidence are emotions that cannot be commanded or ordered or taken from a bottle or drug. It must ensue. It is an individual's challenge to accept their circumstances they are in when those circumstances cannot be changed.

*It is a little like the Serenity Prayer...*

GOD GRANT ME THE  
**SERENITY**  
TO ACCEPT THE THINGS  
I CANNOT CHANGE  
**COURAGE**  
TO CHANGE THE  
THE THINGS I CAN AND  
**WISDOM**  
TO KNOW THE DIFFERENCE

Frankl believes that a person can reinvent an understanding of both the journey's significance and of personal capacity and strength.

I am at an age where I know too many friends facing life changing circumstances in their own health or within their whanau's health. Some are facing life changing circumstances, often alone.

I too am experiencing the long term illness of my partner and have seemingly gone, or are going through, the full gamut of emotions.

Unlike Frankl and his harsh predicament, I see my partner receiving the most supportive care possible. That confidence gives both she and me significant comfort.

The two years that my partner has been in care have been traumatic for the both of us. Certainly life changing. The understanding and support of family and friends is precious, but not always available for everyone.

Fortunately, in Taranaki, there is a range of help and support available and accessing that help is important. On Thursday, May 5 from 10-12 at the TSB Stadium a wide range of services will be promoting their wares. (see advert on Page One)

With so many people reaching an age where their own or their partner's health is deteriorating, often quite suddenly, there does need to be more awareness of support services available and how to access those services.

More importantly, there needs to be still more consideration, more understanding and more support for what can be a very emotional roller coaster for all involved. Not just practical support, but emotional support too.

Opinion: Gordon Hudson.  
(Book available from Poppies)



New Zealand has over 3000 churches.



Each church has a significant number of volunteers providing care and support for the vulnerable. Some provide food and refreshments for those struggling with food security.

A small local church in Waitara has even provided a new small home on site for people needing accommodation, so it is not just the bigger churches that provide comfort of a social, spiritual and practical nature.

Because the wonderful work of churches is done quietly under the radar, much of their work goes under recognized and undervalued. Yet they help those in need, so often more effectively, efficiently and ongoing than much of the work by Governments.

Recent research however, has revealed that churches and/or Christian organisations have contributed a staggering 6.1 billion to NZ in 2018 alone, and this figure excludes numerous indirect benefits and flow on effects across health and well being, life expectancy, employment, finances, education, social cohesion and cultural cohesion and pro-social behavior.

Most churches have a defined membership and those employed by the church and volunteers ensure that Christian values extend to all members, particularly for those in need.

Opinion: Gordon Hudson

### Positive Ageing NP

Your 2025/26 committee is:

Patron - John Major

Chair - Wally Garrett

Deputy Chair - Richard Andersen,

Secretary - Michael Archer

Committee - Brian Eriksen, Lance Girling-Butcher,

Gordon Hudson, Kate Knuckey, Margaret McCall,

Joy Southee and Callum Williamson

Newsletter - Gordon Hudson.

[www.positiveageingtrust.org.nz](http://www.positiveageingtrust.org.nz)

Email: [npnat@owner@gmail.com](mailto:npnat@owner@gmail.com)

### Quips and Quotes from the NZ Listener

*"History is a vast early warning system"*

Norman Cousins

*"Friendship is always a sweet responsibility, never an opportunity."* Khalil Gibran

*"Society is like a stew. If you don't stir it up every once in a while then a layer of scum floats to the top."* Edward Abbey.

*"Go ahead. Try defeatism. Won't work."*

Eric Jarkokinski.

*"America is the only nation in history that, miraculously, has gone from barbarianism to degeneration without the usual interval of civilization."*

Georges Clemenceau.

*Millions long for mortality who do not know what to do with themselves on a rainy afternoon."*

Susan Ertz.

*"Temper is what gets us into trouble. Pride is what keeps us there."* Mark Twain.

*"He ora te whakapiri, he mate te whakatariri."*

*There is strength in unity, defeat in anger.*

Maori proverb.

*"Men occasionally stumble across the truth, but most of them pick themselves up and hurry off as if nothing has happened."* Winston Churchill.

*"Trash is for tossers."* Lauren Singer.

*"Why don't people just accept that life is sad and cheer up. After all, it's not going to last forever."* Jeremy Hardy.

### Dennis The Menace

BY HANK KETCHAM



"Boy, was I WORRIED! This guy said you'd NEVER try and find me!"



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'



**Times are getting tougher in Aotearoa / Kiwiland, but spare another thought for those countries currently affected by the ravages of, or threats of war...**

Greg Brynes of Christchurch in a Letter to the Editor to the Sunday Star Times (March 29 2026) wrote:

As traditional supporters of the United States balk on sending vessels to support Trump to "reopen" the Strait of Hormuz, our Deputy Prime Minister David Seymour is reported as saying "*the United States has not requested New Zealand naval support ... though the Government would consider providing aid.*"

I suggest that the only naval support and aid New Zealand should currently be considering, and then acting on immediately, is sending HMNZS Te Kaha to support the people of Cuba, who are currently under blockade by the United States. An action considered illegal under international law and heavily condemned by the UN General Assembly.

It should be accompanied by HMNZS Te Mana stocked to the gunwales with humanitarian aid, something we should have done at least two years ago in Gaza.

In the words of Desmond Tutu, "*If you are neutral in situations of injustice, you have chosen the side of the suppressor.*"

Opinion: Gordon Hudson.

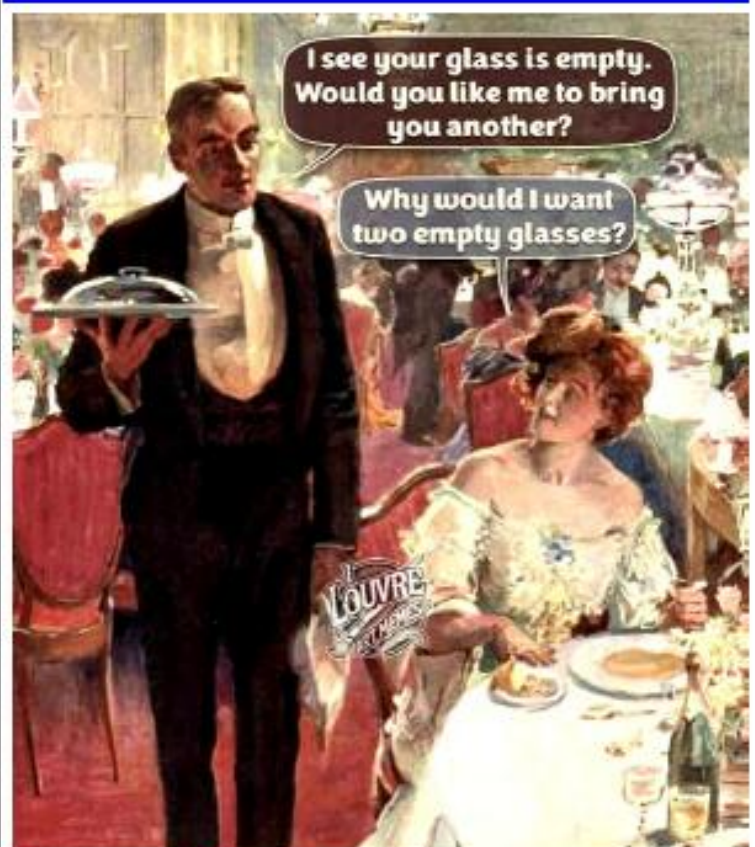
Such support is better late than never...(ed)

*NP Positive Ageing is proud to be supported by:*

**COGS: Community Organisations Grants Scheme,**

**Ministry of Social Development,  
New Plymouth District Council,  
Pub Charities—New Plymouth**

*We are most grateful for their ongoing support.*



## Activities in May...



**AQUA WALKING:** Tuesday: 5, 12, 19 and 26: 10-11am - It's amazing! Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$4. Please register with Pauline (06 759 9196) prior to entering the class.

**WARM UP WEDNESDAY 13 and 27:** held at 33 Liardet Street, NP. 9.30-11.30am. "Warm up" with us and enjoy great music and some tasty hot soup and toast. Gold coin donation.

**DROP IN CAFÉ:** 7, 14, 21 and 28: 9.30-11.30am. Held at Age Concern premises, 33 Liardet St. Socialise, connect and make friends. Varied programmes.

**AGE CONCERN TARANAKI OUTING:** Wed. 18, 11.30am at Butlers Reef, Oakura. Cost: Menu prices. Please let Pauline know in advance.

**MEN'S GROUP:** Monday 18; 11.30am - Breakfast for the Blokes at 33 Liardet Street. \$5 pp.

**POWER OF THE PEN:** 1,15, and 29 May - a new writing group for older adults

**INGLEWOOD REGULAR ACTS...**

**STEADY AS YOU GO:** Every Wed. 10.30am - Strength and Balance classes. Just \$3. per class Inglewood United Church.

**MUSIC AND MOVEMENT:** First Wednesdays of the month at Marinoto Home and hospital.

**SOCIAL AFTERNOON:** 1.30pm Third Thursday each month at the Marinoto Home and hospita

**COASTAL CONNECTIONS OKATO** Tuesday 5: 1 - 3pm at the Hempton Hall Supper Room. Lovely food, great company, excellent guest speaker.

### WHAT'S ON IN WAITARA:

**FRIDAY 1,8,15 and 29th:** Singing and fun and afternoon tea. 1 - 3.30pm, Senior Citizen's hall. 3 Warre Street, Waitara.

Contact: Pauline Julian  
Age-Connect Service Coordinator  
06 759 9196 or 0800 652 105  
pauline@ageconcernntaranaki.org.nz  
www.ageconcernntaranaki.org.nz

Office Hours:  
9.30-1.30pm Monday to Friday.



It's so hard to  
**lose weight**  
when you have  
an over active  
**knife and fork.**



aunty aoid

**BOSS: DO YOU BELIEVE IN  
LIFE AFTER DEATH?**

**EMPLOYEE: CERTAINLY NOT!  
THERE'S NO PROOF OF IT.**

**BOSS: WELL, THERE IS NOW.  
AFTER YOU LEFT EARLY  
YESTERDAY TO GO TO  
YOUR UNCLE'S FUNERAL, HE  
CAME HERE LOOKING FOR  
YOU.**

*Love your hips...*

*Are you at risk?*

Unless you've injured yourself in a fall, avoiding a fall is probably the last thing on your mind.

Falling over shouldn't be considered part of the normal ageing process, but we need to be realistic. As we grow older, underlying conditions or problems, with balance, strength or mobility do increase our risk of falling.

Each year, one in three people aged 65 and over will fall. For people aged 80 and over, the risk increases to one in two. That said, many falls are preventable.

One of the ways everyday New Zealanders are reducing their falls risks is by attending exercise classes especially designed for them.

Community group strength and balance classes will support participants to improve their strength and balance and help them live stronger for longer.

*Strength and Balance classes...*

*Participants not only benefit physically, but socially as well.*

For further information please see [www.livestronger.org.nz](http://www.livestronger.org.nz) or contact Hilary Blackstock via email...[hilary.blackstock@sporttarana](mailto:hilary.blackstock@sporttarana)



*Keep our local businesses  
in business...*

The Council's libraries are great places to visit for a browse and a chat. But not everyone can, at all times, be able to physically visit their library of choice.

That is why the libraries have volunteers who will deliver books to eligible residents for free!

People needing this wonderful service can choose from a wide variety of fiction, non-fiction and audiobooks.

Just call 06 759 6060 or email: [housebound@pukeariki.com](mailto:housebound@pukeariki.com) to join. It's simple as that.



**GANDHI** said

Keep your thoughts positive because  
your thoughts become your  
**WORDS.**

Keep your words positive because  
your words become your  
**BEHAVIOR.**

Keep your behavior positive because  
your behavior becomes your  
**HABITS.**

Keep your habits positive because  
your habits become your  
**VALUES.**

Keep your values positive because  
your values become your  
**DESTINY.**

For more picture quotes refer <http://www.mysdaarvalentina.com/picture-quotes/>

**Over 50?**

**Share your knowledge/skills  
Make new friends  
Join New Plymouth U3A!!**

**With over 50 different groups  
Monthly general meetings and  
numerous chances to socialize...  
What more could you want?**

Ph: 022 683 0610—u3anewplymouth.co.nz



**Waimanako has Moved!**

Taranaki's support hub has moved. Their new cafe base is now in the Tasman Club (with amazing views across the Tasman!) 35 Octavius Place. You can head there for good coffee or a great lunch and also for support - there is always someone there to talk to.

Opening Hours : Mon, Tues, Thurs, Fri 9am-4pm and Wednesdays 1pm-7pm

Taranaki Retreat also offers other support - residential, outreach, coaching and more; head to [taranakiretreat.org.nz](http://taranakiretreat.org.nz) for more information. Free workshops every week!

For those struggling for food, their food truck Waimanaki offers good home cooked food every weekday: Mon, Thurs, Friday 10am at the Cathedral, Tues 10am at Marfell school. Wednesday 1pm at the Cathedral.



**SUPPORTING COMMUNITY  
WITH SURPLUS FOOD**

**OVER 65'S FREE STORE**

**Fortnightly Wednesdays, 1.30-2.30pm**

*On the off week of NZ Super - SuperGold card required*

Methodist Church Hall

66 Liardet Street, Central

**EVERYONE IS WELCOME, NO BARRIERS OR JUDGEMENT**

**PLEASE BRING YOUR REUSABLE BAGS**



**f** : ONTHEHOUSE.NP



**WWW.ONTHEHOUSE.ORG.NZ**



Taranaki Kowhai/whai panel - The Hammerhead shark, Mangopare - 'Keep positive, see it through'