

NAPIER and DISTRICTS

# GREY POWER

QUARTERLY NEWSLETTER



SUMMER ISSUE 2020



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Watchman Road Intersection

# GREY POWER NAPIER

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## Editor's note

Kia ora all

Wow! What a crazy year it's been! Covid-19 "out to get us"; Ashley Bloomfield & Jacinda putting us into lockdown; Levels 1 2 and 3; long drawn out general elections with conspiracy-driven contenders; two referenda, a landslide Labour win; now Jacinda's brand new cabinet, including our new Seniors Minister, first-term MP Dr Ayesha Verrall. Whoa!

Hopefully we will have more of the leadership that brought us through the first wave of the Covid pandemic, now keeping us safe while the rest of the world is in a second or third killer wave. Fingers crossed, hands washed and QR codes scanned that we stay in our near-normal bubble!

For the first time ever, the Grey Power Federation has elected a woman President - Jan Pentecost, QSM, long time Federation secretary and an all round nice person. Yay! I don't envy her work ahead: to bring the Federation back from the danger of rapidly-falling membership and invisibility in the public eye. The Federation must spend money on marketing and media to put us out there. We are our country's best kept secret.

Christmas can be a very stressful time for many, so if you want some company and yummy food you can go to a community Christmas luncheon at either Havelock, with free transport from Age Concern Napier; or at the Salvation Army, Tait Drive here in Napier. See page 12 for details.

Take care, see you soon at the Christmas luncheon!

Nga mihi *Maxine*



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*Thanks*

## PRESIDENT'S REPORT

Warm greetings to you all!

Since the last newsletter in August, we held our Annual General Meeting and elected our 20-21 executive. Surprisingly, it looks remarkably like the last one! You can put names and faces together on the back page with our team photos. Congratulations all!

With our policy of not holding meetings in Level 2, we didn't know until the last minute whether or not we could hold our September candidates' meeting. Happily we got the all clear and had 10 candidates in the General Election and close to 200 attendees so it showed that we seniors do have an interest in the politics of our city and nation.



Our monthly meetings are always well attended

We congratulate Stuart Nash being re-elected as our Napier MP; Meka Whitiri re-elected for Ikaroa-Rawhiti; and Dr Elizabeth Kerekere becoming an MP from the Green Party list. Thank you to all other candidates for putting your names forward.

At our October meeting, our guest speakers were Jane Jackman and Malcolm Craig from the Peoples Advocacy Society who shared with us the benefits available to super annuitants and others struggling to make ends meet. We don't always know what we could be entitled to and advise you to contact the PAS if you want free advice.

I also want to thank Beth Shan Funeral Directors for their contribution towards the cost of our afternoon teas and Princess Alexandra Retirement Village for the generous supply of savouries at our October meeting that everyone enjoyed.

October 1st was International Day of the older persons; this is a time to recognise the importance of the older people in our society and the valuable contribution they make every day. We along with Age

Concern supported Napier Council in a launch of the Positive Ageing Strategy at the city's Rose Garden.

Hawkes Bay District Health Board: Now that we are back to normality (Level 1) we are starting to have meetings again with the management team at the hospital. These meetings are normally four times a year in conjunction with other Grey Power Associations and Age Concerns from Hastings, Central Hawkes Bay and Wairoa. If you have any issues, concerns or ideas that you think could be worth sharing at these meetings please let me or Isabel our secretary know. I can't promise a positive outcome but would certainly let the management know of the situation.



Grey Power Life Member June Graham, who we nominated for this year's Napier Citizens Civic Award was accepted for the award which was presented to her at a ceremony on November 4th.

This was a very proud moment for all of us as

June is a very special person who through the years has been an extremely hard-working loyal member of Grey Power as well as other community groups. While I nominated her (on behalf of our committee), June was seconded by Rex Graham (no relation!), Chair of the Hawkes Bay Regional Council. Her work with the Ahuriri Estuary Protection Society, Forest and Bird, Baywatch and other environmental groups contributed to the strength of her nomination. We have been so fortunate to have had June working as part of our team.

Our Christmas Luncheon is being held on Tuesday November 24th at the Pukemokimoki Marae where kai (dining room). We like this venue due to its size, amenities and parking. It is a welcoming and attractive place to hold this enjoyable get-together as we move into the spirit of Christmas. It will be our last meeting for the year. We look forward to seeing you. We're expecting Mayor Wise and Cr Boag. Make sure to book as spaces are limited!

It has been an unusual year with having to adjust our lives around Covid 19 and with the year almost gone let's hope that 2021 will be so much better for many of us. I am sure it will be.

Best wishes to you all, Kindest regards

*Bruce Carnegie* | President

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Grey Power Napier and Districts Invite you to our

# Christmas Luncheon

on Tuesday 24th November 2020

Being held at the PUKEMOKIMOKI MARAE. 191 Riverbend Road, Maraenui.

Starting at noon (12-00 o'clock)

Entertainment Ross Hart

Subsidised cost of \$10-00 per person. **Bookings essential - contact:**

Isabel on PH: 843 0524 or e-mail iawood@slingshot.co.nz

or Bruce on PH: 844 5635 or e-mail bpcarnegie@gmail.com

By Friday 20th November to book your place.

### On the day

Best to arrive about 11-30 am, the Maori wardens will be there to guide you with parking.

- Please bring money for the raffles —\$2 per ticket, or \$5 for three.
- Item for the Napier Food Bank or Christmas Cheer

*We look forward to seeing you for an enjoyable time together.*

*Kindest regards Bruce Carnegie*



**Just follow  
the Doctor's orders!**

follow us **facebook**

follow us on Facebook  
@greypowernapier  
or website

<http://napiergreypower.org>

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# Grey Power

NEW ZEALAND  
FEDERATION  
INCORPORATED



## Gets a Woman President!



Jan Pentecost, QSM has recently been elected as the Grey Power Federation's new President. A long-serving Federation Board secretary, Jan is a hard-working member with a solid understanding of the job she has taken on. We wish her all the best – Kia Kaha Jan!

## From your Membership Secretary

Hi everyone, firstly a big thank you to all those members who paid their subscriptions between 1 April and today. In spite of the difficulties caused by our Covid lock down the majority of you managed to get the money to me or our treasurer somehow, and many times I opened my locked letterbox in the morning to get my paper out, to find a number of envelopes there with your subscriptions. That worked very well. I still got a few cheques in the mail but when I returned those you found a way of paying by other means.

I have a couple of pleas though: if you get electricity from Pulse Energy, don't call it Grey Power as that is us - we do not provide electricity to anyone - that's the job of Pulse. It might also mean you miss out on a prompt payment discount, so ensure your electricity payment only goes to Pulse!

The second one is this - when you leave a message on my answer phone, and you want me to ring back, leave me your number as my phone does not record who the message came from. And when you have a long 10 digit mobile number, speak slower than you would in a conversation as there is no lipreading with an answer phone.

Finally, I hope you all have a fantastic Festive Season, and I look forward to meeting you all at our next meeting. A reminder that the 2021 subscriptions are not due till after 1 April next year .



**John Wuts**  
Membership Secretary  
Grey Power Napier and  
Districts

- 2 x committee members. If you feel you could contribute to the governance of our association, we would like talk to you.
- 2 x volunteers to help set up tables etc at our monthly meetings. Ideally suit an active person as lifting is involved.

**If you have an interest and would like to know more please contact Bruce on Ph. 844 5635**

## Volunteers Required

### Grey Power Napier needs your help!

We require volunteer/s for the following situations.

- 2 x Phoners, phoners contact our members to remind them about future meetings or to communicate important messages.
- Newsletter deliverer for the Marewa area. Newsletters are delivered to our members four times during the year.



## Why advocacy matters more than ever

With Covid-19 affecting people's financial and emotional well-being, it was timely to hear about the free support provided by the Peoples Advocacy Society (PAS), from our guest speakers Jane Jackman (General Manager PAS) and Malcolm Craig (volunteer PAS) at our last monthly meeting.



*Jane Jackman*  
General Manager  
PAS



*Malcolm Craig*  
Volunteer  
PAS

Peoples Advocacy Society is a non-profit volunteer organisation with offices in Napier and Hastings. They are particularly skilled in assisting people with information or to resolve issues they may have with Work & Income and other government welfare agencies. Their service is free.

Peoples Advocacy Society's vision is to enhance people's welfare by working with them to empower and assist them to have their welfare needs met.

### They can help people with the following:

- Understanding what assistance is available to you.
- If you are receiving the financial assistance you are legally entitled to.
- Support in your relationship with MSD and other agencies.
- Help because your income is not keeping up with the cost of living.

- Clarity on what your rights and entitlements are before going to your MSD appointment.

To contact the People's Advocacy Society in Napier, call 06 843 7280.

Appointments are available Monday, Tuesday, Wednesday, Friday 9:30 am – 2:30 pm at the Napier Family Centre.

They are also looking for volunteer advocates to train.



**Like a treasure hunt** – members looking for their name tag before our last meeting.

**No matter who you are,  
or what you are going through,  
Samaritans are here to listen.**



Samaritans listen without judgement, available 24/7, so that no-one in New Zealand ever has to feel alone when dealing with life's challenges.

**samaritans** 0800 72 66 66  
Aotearoa New Zealand samaritans.org.nz

## International day for the Older Person

Napier City Council's Positive Ageing Strategy was launched on 1 October - International Day of Older Persons. The Strategy outlines an age-friendly approach for Napier with the overall vision of people 'living well and ageing well'.

"Our city's senior population is steadily increasing, and our Positive Ageing Strategy will help Napier to be ready as our elderly population grows," says Councillor Greg Mawson, who holds the Positive Ageing portfolio.

The strategy, which covers the years 2020-24, considers the impacts a growing elderly population may have on Napier. It has seven city-wide priority areas that contribute to its overall vision of "Living Well, Ageing Well – Kia Tika Te Ora, Kia Tika Te Tipu".

The strategy was developed alongside a host of agencies and providers who offer services to older people in Napier. There was also input from many residents with a lived experience of ageing.

Just over 10,000 people aged 65-plus live in Napier. In 20 years' time, possibly earlier, one in four, or just over a quarter of Napier's population will be aged over 65.

Copies of the Positive Ageing Strategy are available at Napier's libraries and Council Customer Services Centre, and online.

To celebrate International Day of Older Persons and acknowledge launch of the strategy, Napier City Council, Grey Power and Age Concern hosted tours of Kennedy Park's beautiful rose gardens. The walking tours were guided by Rosarian Jo Rhodes.

*Left:* Council Rosarian Jo Rhodes guided tours of interested people around the Rose Gardens, sharing her knowledge and affection for her prickly charges!



Launch of Positive Ageing Strategy in the Rose Garden, with some of its drivers: (Back row) NCC Senior Advisor Policy Michele Grigg, Napier Grey Power President Bruce Carnegie, with Grey Power Deputy Chair Cr Maxine Boag, and seated: Age Concern Napier President Gail Mulvey, with members Janet Smith, Margaret Workman and Diane Tyrell.



## Candidates' Meeting

In September, we held a candidates' meeting for those running in the General Election for both the Napier and the Ikaroa-Rawhiti electorates. It was our first public meeting since July, and only our third meeting this year, because of Covid-19 restrictions. Thank you to the 200 or so who attended!

The issues we asked them to speak on were:  
 raising the age of pension eligibility,  
 the government's COVID response and  
 reducing inequities for Maori.

Each candidate came prepared and presented very well to the meeting.

Congratulations to those who were elected:



Above: Green candidate for Ikaroa-Rawhiti Elizabeth Kerekere speaking at the meeting.  
 Other candidates: Front from left, Meka Whaitiri (Labour, Ikaroa-Rawhiti); Deborah Burnside (New Conservative, Napier); Stuart Nash (Labour, Napier); Judy Kendall (ACT, Napier)  
 Back row: Kelly Thurston (NZ Outdoors Party, Ikaroa-Rawhiti); John Smith (Independent, Napier); James Crow (Green, Napier); Ian Gaskin (Independent, Napier); Katie Nimon (National, Napier).

## Grey Power dates for 2020:

ALL our meetings are at 1:30 pm, at St Columba's Presbyterian Church, 176 Gloucester Street, Taradale, the third Tuesday of the month (unless otherwise notified). They are advertised in the Courier and by email or phone to members.

*Members of the public are welcome.*

16 February; 16 March; 20 April; 18 May; 15 June (our AGM); 20 July; 17 August; 21 September; 19 October; Christmas luncheon 23 November.  
 There will be four local newsletters, in March, June, August and November.

Stuart Nash (Labour – Napier); Meka Whaitiri (Labour – Ikaroa-Rawhiti) and newcomer Dr Elizabeth Kerekere (Green Party – List).

## Referendums

We asked people to fill out a mock referendum response form as they came into the meeting, to circle Yes or No on the two referendum questions.

Of those of you who answered, 44 of you said "Yes" to cannabis legalization and 64 "No"; but 68 said "Yes" to End of Life Choices; only 38 said "No". Interesting to compare with the final referendum figures!

*Maxine Boag* | Publicity officer, Napier Grey Power.

**PLEASE DO NOT PAY YOUR GREY POWER ELECTRICITY BILL INTO OUR ACCOUNT!**  
 If you pay us on line, please help us identify you! We need a membership number or a full name

## Kirsten Wise: One Year On



The 2019 - 2022 triennium saw the election of a new mayor (namely me), five new councillors and seven returning councillors. A diverse range of elected members with more females than males for the first time ever here in Napier, with ages ranging from early 30s to early 70s, our second Maori councillor (the first having been elected in 2016) and a wide range of backgrounds, knowledge and experience. It has been a pleasure to work alongside and get to know each of them over the past twelve months. We may not always agree when debating an issue at the council table, as we shouldn't, however we do all agree that the community is first and foremost in every decision we make.

For me personally I entered my first term as Mayor determined to follow through with my campaign promise of a council committed to engaging with our community in an open and transparent way. Over the past twelve months I have initiated a number of initiatives to achieve this including:

- review of the Code of Conduct & Standing Orders
- the live-streaming of all Council & Committee Meetings
- summary videos for Facebook after Council meetings
- introduction of my Town Huddles, in person and on Facebook Live

- daily Facebook videos during COVID alert level 3 and 4 (51 days in total)
- the use of Facebook Live Q&A sessions for our Annual Plan consultation
- introduction of a monthly email newsletter (you receive this if you have signed up to receive your rates notice by email)

While I appreciate you may not all be online, I have made every effort to reach everyone, through the Courier and with information and help available by phone and in our libraries.

The start of the new triennium saw some immediate challenges with a number of contentious issues flowing through from the previous term. One in particular was very personal for me being the return of the correct name on the Napier War Memorial Centre and I was very pleased when this was actioned in December 2019. We are continuing to work on the restoration of the war memorial elements to the site and a reference group consisting of the local RSAs, heritage and community representatives are currently working with the architects on the design concept. It is taking longer than anticipated however it is vital we get it right and I look forward to sharing the design concept with the wider community.



Water of course continues to be our number one priority and this year we are spending an extra \$10.9 million over and above what we had originally planned to spend. In addition to that we have received funding of \$12.1m from Central Government for our three waters delivery which has enabled us to do

even more in this area. At the top of the list is clean drinking water and fixing the ongoing dirty water issues that some community members have been experiencing. So we are fast-tracking the projects to address this and are aiming to have these finished by the end of this year.

We have also commissioned a review of our drinking water treatment options to see how we can move to a chlorine-free water supply, the draft report is due this month and will help us plan the next steps.

Other projects of note which have moved forward this year include the new library with the decision made to return this to Station Street. Work is about to commence on a masterplan for this area which will also include the old and a new civic building. And the controversial aquatic centre development on which we have pressed pause and are testing for contamination on the Onekawa site to help us decide how to move forward.

Last but certainly not least no wrap up of the year would be complete without mentioning COVID-19 and I would like to take the opportunity to thank the many people who pulled together to get us through both the lockdown and the months that followed. Thank you to the many community organisations such as Age Concern and Te Taiwhenua O Whanganui A Orotu who provided food parcels to those in need. Thank you to the council staff who were required to work throughout the lockdown, many doing their normal roles and also assisting with the civil defence response to ensure essential services were maintained. And thank you to our community, individuals and businesses alike, who followed the guidelines throughout the various alert levels so that we are now able to enjoy our beautiful city and country relatively free of the fear of this disease, certainly compared to many other countries around the world.

You can play your part in keeping us Covid-free by continuing to scan or record your presence wherever you go, as this could stop any future outbreak from spreading.

We still have much work to do over the coming months to mitigate the ongoing impact of COVID however I have confidence that we will continue to work together to achieve the best possible outcomes for our community.

See you at your Christmas Luncheon!

*Kirsten Wise* | Napier Mayor

## TARADALE SENIOR CITIZEN'S CENTRE NEWS



Isabel Wood, President

With all the disruption of Covid19 it was great to get back to being able to partake of all the Club activities again. Many of our members missed the companionship of their friends at the centre.

At our August meeting we welcomed Christine, one of our volunteer cooks, recently returned from Volunteer Services Abroad, who entertained us with stories from her time in both Vanuatu and Papua New Guinea. While Christine recounted positive and happy stories, it had certainly been very demanding at times making do with whatever was available, particularly food wise. Listening to Christine made us all aware of how lucky we are here in New Zealand.

An important event for the centre in August was celebrating our 45th birthday with a special afternoon tea, well attended by members. Our four Life Members, Ann Hammond (an original Committee member) Jean Campbell, Denise Rugman and Ailsa Overington were all present. The President had found the original report of the inaugural meeting which she was delighted to share with the members. The birthday cake was cut by Ann Hammond and Jean Campbell, and Ann entertained us with snippets from the early days.

Our October meeting incorporated the AGM where the President was pleased to present a Life Membership Certificate to retiring secretary-treasurer John Chung and to Alan Overington, in recognition of their contributions to the centre over many years. After this meeting the six Napier Electorate Candidates were welcomed and gave us their views and opinions on the questions asked.

The highlight in Novembers will be the 80's and over High Tea, taking place on 12 November 2020 and we are expecting many of our older members to attend.

Bowls, cards and housie are activities offered by the centre, also a \$10.00 two course meal is served Tuesdays and Fridays at noon by our wonderful volunteer kitchen staff, and on Wednesdays a smaller \$5.00 meal – winter fare soup and buns and summer salads and cold meats. These meals are looked forward to each week by many members.

Of course new members are always welcome.



**Napier City Council** was live.  
October 22 at 10:57 AM · 🌐

Future Napier Committee

**Together  
we've  
got this  
Kia Kaha  
Napier**

22th October 2020, 10:58 am

*Video recordings are made of every Council meeting.  
You can see them on the Council website or Facebook page.*

## Digital exclusion – when you don't have a computer

By Maxine Boag, taken from National Council of Women remit to Conference 20 by the Whanganui branch.

Not everyone has access to a computer, and the wide spread use of digitisation has disadvantaged many members of our community who are not online.

Throughout provincial New Zealand, towns have experienced the closure of government departments, insurance companies, utilities and banks, all of which are now moving rapidly towards digitised business practices.

A trail of issues has emerged in the wake of these changes, some of which came under the spotlight during the recent COVID-19 pandemic lockdown period.

Cheques were gone: payment of accounts was virtually impossible unless through on-line banking and obtaining information was testing for everyone. Seeking assistance proved difficult with local offices closed, phone calls put on hold or unanswered and messages frequently not returned. Sending an email was a last resort, hoping for a timely response. For the digitally isolated, distress was considerable.

Almost 30 per cent of New Zealanders have no connection to the internet (1). This particularly affects the elderly and low-income families living in public housing. Census data suggest that between 45,000 and 70,000 people in New Zealand have no landline and internet.

A recent comprehensive report from Citizen's Advice



Bureau (Face to face with digital exclusion, 2020) discusses the number of people struggling to access government services and support because digital is the only option or other options are hard to find or access.

The government has a legal obligation in its provision of public services to ensure that it does not exclude people from the services, rights and obligations they are trying to access.

Many government services are particularly important for already-marginalised groups within the community: people with disabilities, Maori and Pacific peoples; older people, and those for whom English is not a first language.

Universal access to central and local government services is a human right.

What do you think should be done to overcome this barrier?

(1) Beeby R. 2020. Digital divide 'means vulnerable will miss Covid-19 updates'. <https://www.researchprofessionalnews.com/rr-news-new-zealand-2020-4-digital-divide-means-vulnerable-will-miss-covid-19-updates/>

### Community Luncheons Christmas Day 2020



If you're going to be on your own, or find Christmas a little tough, join others on Christmas Day at a sponsored luncheon in either Napier or Havelock.

Here in Napier the Christmas Day community lunch 2020 is again being served at the Salvation Army Premises, Tait Drive, Greenmeadows.

Up to 100 guests can be catered for and transport can be provided by those in wheelchairs or needing assistance to get to the venue.

As in previous years, it is organised by Jim and Joanne Gaudin (from the Trinity Methodist Church) together with a team of helpers. Support and sponsorship is from the City Council, businesses and community groups, and the Napier Inner-city churches.

If you want to book, help, or both, contact the team at 027 395 1702; 06 844 4634; or [napiercommunitychristmaslunch@gmail.com](mailto:napiercommunitychristmaslunch@gmail.com)

As well, there's another Christmas Day Community Lunch organised by Age Concern Havelock North and being held in the Havelock North Function centre. Age Concern Napier is providing free van transport, phone 650 4999 to book.

## Time to start thinking about conserving water

With summer approaching, Hastings and Napier residents are being urged to use less water to help reduce the possibility of shortages and restrictions.

There are simple things everyone can do to help manage demand on the water supply over the months ahead, and these are outlined in a campaign being launched by the Hastings District, Hawke's Bay Regional and Napier City councils this week.

By working together and all doing our bit we can conserve thousands of litres of water every day in the urban areas, and the "Saving H2O is the way to go" campaign will be sharing useful tips that show small actions can be very effective.

They include waiting to have a full load before doing the washing, which can save 1400 litres of water a month.

Other conservation measures include lifting the lawnmower blade up a notch so grass is longer and doesn't dry out so fast, not filling the bath up too high, and not letting the water run while brushing teeth.

One of the biggest contributors to water reserves

dropping throughout summer and during periods of low rainfall is garden and lawn watering. Outdoor watering efficiently, including only doing so on alternate days and using hoses rather than sprinklers where possible, is one of the main ways people can help conserve water. On rural properties, people are also urged to consider how they manage, use and save water.

By making small changes as individuals, Hawke's Bay people can make a big difference collectively when it comes to conserving water.

Keep your ears open and your eyes peeled in the weeks ahead and get on board with this fun campaign that will help you do your bit to be careful with water, and ensure there is enough for everyone. The water conservation messages will be spread through radio, papers, social media, the councils' websites and digital ads, and run until the end of March.

**For more information about water conservation go to the Napier City Council website.**





## Independence and quality of life for older people are at the heart of Enliven's work.

Enliven Older People is a service of Presbyterian Support East Coast. We work across Hawke's Bay and focus on restoring the physical, mental and social wellbeing of people in our care through home support, day programmes, social activities and exercise classes.

Day programmes give older people the opportunity to socialise, share a meal and participate in programmes and activities. These are held at the Enliven Centre at 2087 Pakowhai Rd and Sally's Place, 34 Te Aute Rd, Havelock North.

We are delighted that Age Concern Havelock North is now sharing Sally's Place with us. That means our clients will be able to access the best possible service in one place.

A major part of our work is in falls prevention – allowing people to live stronger for longer in their own homes, on their own terms. ACC has appointed us to promote falls awareness and support local providers to provide safe exercise classes. Look out for accredited Enliven Community Group Strength & Balance Classes across the region.

**To find out more about Enliven's home support, day programmes or Community Strength & Balance classes, call: 06 281 2534 or email [enliven@psec.org.nz](mailto:enliven@psec.org.nz).**

### WHY JOIN GREY POWER?

For only \$15 per year (single) or \$27 for a couple, you can become a member of the Grey Power Federation as well as Napier & Districts Grey Power for the year 1 April 2020 to 31 March 2021.

#### Membership benefits:

- Free local Discount Book
- Four local and four national newsletters per year
- Free Accident Insurance Cover - \$2000 paid by AIL in event of death by accident or loss of a limb
- Reduced Health insurance
- Cheaper gas & electricity through Grey Power Electricity's low user rates for members

Your membership is vital to our effectiveness in seeking discounts and advocating on matters you care about. By the way, you don't have to be over 60 to become a Grey Power member - anyone can join and get the benefits!

**Call President Bruce 844 5635 for more information.**

**Newsletters:** These are produced each quarter with the next three issues planned for:

- Tuesday 17 November, Issue 4
- Tuesday 9 March, Issue 1 2021
- Tuesday 8 June, Issue 2 2021

If you have any news or items of interest that you think could be good in the Newsletter please contact Maxine Boag our editor, [Maxine.boag@gmail.com](mailto:Maxine.boag@gmail.com) or 021 0247 0484

### LILLE Healthcare

## ANXIETY AND INCONTINENCE

Incontinence episodes are often a cause for anxiety. Studies of the relationship between incontinence and anxiety have shown that due to incontinence being shown as an embarrassing social taboo and stigmatised by the media, people often feel ashamed to seek help. The good news is that anxiety and depression are both treatable conditions. This blog provides an overview of the relationship between incontinence and anxiety and ways in which incontinence-related anxiety can be decreased.

We know that incontinence can prevent a person from engaging in social activities that they normally would do which can lead to depression. From causing low self-esteem, avoiding sexual intercourse to social isolation and despair.

Some other common symptoms of anxiety may include:

- sweating and/or hot and cold flushes
- tightening of the chest
- racing heart
- uncontrollable worry
- obsessive thinking and compulsive behaviours.

Many people experience negative emotions regarding incontinence concerns because of the considered loss of a natural bodily function that they no longer have control over. They then become fearful, upset and anxious over unexpected accidents that may occur, but could incontinence also occur because of high levels of anxiety?

Severe anxiety turns off the part of the brain that controls urination and defaecation. It is fairly rare to be incontinent during these times except in the case of terror, extreme fear or facing a life or death situation. This is due to the limbic system, a combination of brain areas that control the 'fight or flight' responses switching off other messages from the brain.

That is why during extreme periods of anxiety i.e. before an important exam you feel the need to go to the toilet more

frequently. In life-threatening situations, the limbic system's orders become so urgent that you can't even make it to the bathroom.

Incontinence and worrying can have a disabling effect on a person's life and an important part of decreasing incontinence-related anxiety is talking to your doctor. The sooner you can address your problem, the less anxiety it will cause.

A comprehensive health treatment plan and counselling support is a positive step to management of incontinence and associated anxiety. If you are suffering from extreme anxiety related to incontinence and believe it's affecting your quality of life it is particularly important for both your physical and mental health to discuss treatment and management options with your health care professional.

Ref: <https://www.ontexhealthcare.com.au/articles/anxiety-and-incontinence/> September 20, 2016

editorial supplied by Lille Healthcare New Zealand



## Thank You

By Stuart Nash MP

Warmest thanks to the Napier Electorate for your support in the 2020 election. I am overwhelmed and humbled by the vote of confidence in me as MP and in the Labour Party as the preferred government.

We all know that the really hard work has to continue. Not only do we have a pandemic to keep in check, but there is also much to be done for the economic recovery of the region and the whole country.

I once again express my heartfelt thanks in your confidence in electing me to represent you in parliament.

Being the MP for Napier is a privilege that I will never take for granted.

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# Grey Power Napier committee 2020-2021



From left: Bruce Carnegie (President), Maxine Boag (front – deputy chair and publicity);  
Jacquie Hurst (back – committee member); Allie Beattie (committee – catering);  
Ian J Cook (treasurer); Lily Anne Mitchell (committee member); John Wuts (membership);  
Russ Wyeth (committee); Isabel Wood (secretary) Absent: Rana Dallas (committee)

## PRE ORDERED FROZEN MEALS NOW AVAILABLE from Age Concern Napier

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