

swell on air

with **Plains FM 96.9**



Supporting the wellbeing and inclusion of our older residents in Selwyn

Following on from swell give it a go fortnight, swell is taking to the airwaves to bring you interesting interviews from people and organisations supporting older people living well in Selwyn. Hear about social activism, healthcare, life planning, community groups and even about rare breed animals.

Pop on the jug, get comfy and tune in to fascinating programmes at Plains FM.

Monday 22 November	Episode 1 9am	Swell on air - what ageing well in our community looks like Selwyn Mayor, Sam Broughton introducing Swell on Air. We will hear from James Richmond (Active Selwyn) and Rebecca Logan (Sport Canterbury), Abby Wilson (Green Prescription) and Justine Holmes (Zumba Gold) about living longer, stronger.
	Episode 2 9.30am	Older people the happiest of them all and Boulevard Village Rolleston Robyn Johnston from Transition Navigators will talk about her PhD study at the University of Canterbury researching the wellbeing of those 65 years or older. We then interview Karen Harris, an example of a business making people happy in Rolleston.
Tuesday 23 November	Episode 3 9am	Explore Selwyn's homes and gardens We talk to the owners of Rhodo Direct, Gunyah Country Estate, Glenlothian Farm and Chateau Pritchard.
	Episode 4 9.30am	West Melton's accessible garden and Hāpai Access Card Helen and Brian Coker of Stoneycrop Gardens will share their love of their garden and why it was so important that it was created with accessibility as a key feature. Then Susan Jackman from Hāpai Access Card will discuss how people with disabilities are able to use the card.
Thursday 25 November	Episode 5 9am	Brain Health, alcohol, drugs and ageing Brain Health with Lee Andrews from Dementia Canterbury. Lynne Glynn talks about alcohol, drugs and ageing.
	Episode 6 9.30am	Important actions in ageing well Enduring Powers of Attorney with Kate Warren from Tavendale and Partners. Advanced Care Planning with Jenna Cook: what it is, why we needed it and how to set up a plan.
Thursday 2 December	Episode 7 9am	Online safety and thinking of your own business? Cyber security advisor, Aram Raof-Karin will talk about what you need to know to keep safe online. This is followed by Chris Kirk talking about how to go about setting up your own business later in life.
	Episode 8 9.30am	Warm and cosy homes with care Caroline Shone from Community Energy Action will talk to us about ways to make your home warm and cosy. Adeola Salami from Deo Home Care Services will join us to discuss how to get the home care you need.
Thursday 9 December	Episode 9 9am	Health and social supports Find out what social support systems are in place in Selwyn. We will hear from Chris Guerin from Enliven Homeshares, Helen Gee from Eldercare Canterbury and Lynne Taylor from Diabetes Canterbury.
	Episode 10 9.30am	Getting involved in your community and finding advice Volunteering Canterbury's Glenda Marking talks about why volunteering is so important and its value to the both the community and volunteers. We will then be joined by Selwyn Central Community Care and Citizens Advice Bureau.
Thursday 16 December	Episode 11 9am	Driver safety, opportunities and Age Concern Jess Fairbrass from Selwyn District Council talks about driver safety and we hear from Simon Templeton, CEO of Age Concern Canterbury who comes along to chat about the services they offer.
	Episode 12 9.30am	Hear from Probus then looking after you Margaret Drake from Probus will talk about what Probus has to offer you. Later we will be joined by The Book Discussion Scheme and Rita Yosef from My Home Chef. We will finish with massage therapist Hillary Cross talking to us about the benefits of massage.
Thursday 23 December	Episode 13 9am	NICU Cuddle Hearts project Lisa Paget will share her story about getting involved with making cuddle hearts for wee babies in Neo-Natal Intensive Care Units (NICU) , along with how the community can get involved and help.
	Episode 14 9.30am	Retirement living – what to consider Deb Moody from Bupa's Ashcroft Village will talk about what residents of Bupa are offered, Nigel Matthews from Retirement Residents Association discusses how they serve their members. Later, new business RU Solutions tells us how they support people getting into residents.