



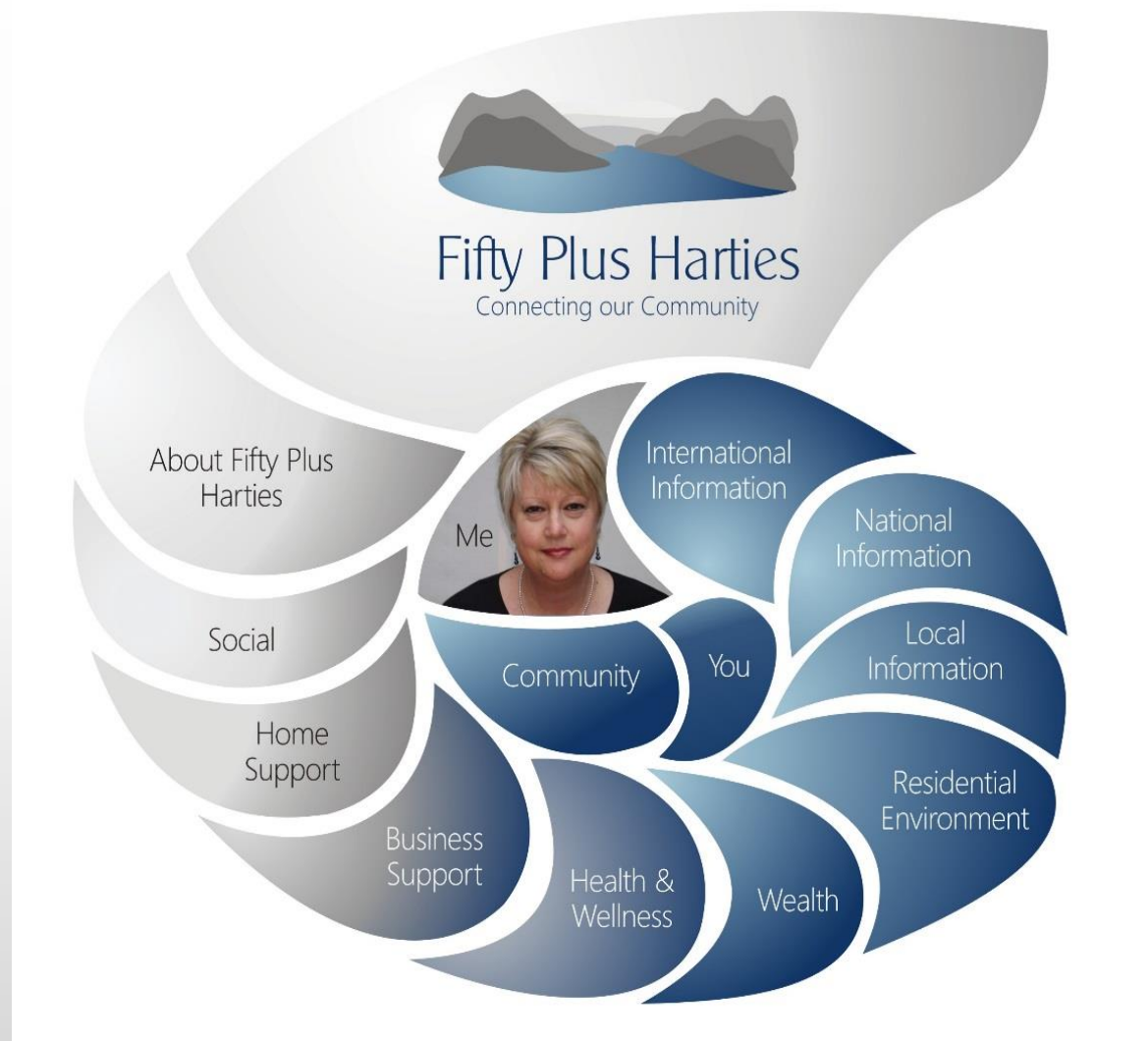
Individual and Business members connecting,
collaborating and communicating about our local
Hartbeesport area with a focus on the needs of those 50 plus.

www.fiftyplusharties.co.za

**Fifty Plus Harties is an Information and Communication Hub
focusing on Longevity risks and opportunities, Healthy and Proactive ageing.**

How the shell was developed...

- Research with a number of local and national “Fifty plus” Harties individuals and other people interested in their future health and lifestyle.
- On-line research around Longevity risks and opportunities, Healthy and Proactive ageing.
- “Refirement” coaching training with Lynda Smith of Refirement Network.
- Identification of the need for an information and communication hub to provide individual and small business support within the local Harties Community.
- Integration of the elements identified during the research into the seven key areas of focus for Fifty Plus Harties.



Information



We are in the “information overload” age and there are so many sources of information and things going on it is sometimes difficult to know what to read and even what to believe.

We have reviewed a number of web sites, newsletters and other media which we hope will be relevant to you. Articles will be posted on the web site – www.fiftyplusharties.co.za and on Facebook, Twitter and by e-mail – a list of web sites will be provided for you to review at your leisure.

- **International - what’s going on in other countries?**

- Information and trends in longevity, health, proactive aging and retirement

- **National - what’s happening in South Africa?**

- Updates on South African legislation and regulation impacting current and future retirees –

- **Local - what’s happening in Harties?**

- Updates on Hartbeesport and North West Province issues –Documentation – where to go for Passports, Driver’s licences and other Documentation and people who can do it for you.

Social



As we move into our later years our social interaction becomes key to a healthy and proactive life.

On-going learning keeps our minds active – so many people are looking for interaction with others but don't know how to get started or where to find information – this aspect is probably the most important one for Fifty Plus Harties to work on!

- Things to see in Harties
- Things to do in Harties
- Places to stay in Harties
- Places to eat in Harties
- Travel – Local, National and International
- Area history and historical sites
- Clubs
 - Sports clubs – Golf, Cycling, Walking, Running, Squash, Tennis, Motorcycling
 - Leisure – Gardening, Books, Wine
- Events specifically for Members
- Training for Members – Social Media, Budgeting & Home Finance, Finding things on-line, Smartphones, Languages

Community



If you have some spare time or money and would like to spend time helping others who may be less fortunate, make sure that you are spending your time and money wisely and preferably on our local community challenges.

- Faith Based Organisations
- Volunteering
- Donating to charitable organisations
- Lobbying

Home Support



Whether you are young and able to manage all your home requirements yourself or whether you need help, we anticipate information about the following products or services may be required.

- Odd jobs, plumbers, electricians, builders and other maintenance type issues
- Vehicle maintenance and repair
- Pet care - Vets, Kennels, House Sitters
- Safety in the home
- Meals on Wheels, pre-prepared meals
- Domestic workers and gardeners
- Carers – part time or full time (live in)
- Transport to Shops, Medical facilities, Events
- Technology – TV, Computers, Phones, Smart Buildings, Panic Alerts, Social Robots
- Financial – Budgeting, Financial Planning & Investing, Medical Aid, Insurance
- End of life arrangements, Wills, Trusts and Funerals

Business Support



You may need support for your existing small business (SMME's) or you might be thinking of starting one – the following products or services may be required and may be provided by other Members.

- Business coaching, Life Coaching, Pre-retirement and Retirement Coaching
- Business mentoring,
- Business Strategy and Planning
- Staff and payroll, Security vetting, Recruitment, Staff benefits
- Accounting, Book keeping, Budgeting, Financial Management, Tax
- Legislation, Regulation and legal issues
- Risk Management, Insurance
- Personal Assistant, Secretarial
- Marketing, Social Media, Web Sites, Advertising
- Technology – TV, Computers, Phones

Health & Wellness



A fit and healthy lifestyle is important as we age, how close are the facilities that you might need to achieve this?

An Emergency Plan is recommended to ensure that you receive timeous care for both injuries and illnesses.

- Hospitals, Clinics, Medical Centres, X Ray facilities, Blood tests
- Medical practitioners and specialists, Dentists
- Support – Alcohol abuse, Drug abuse, Depression
- Medication – Pharmacies, Natural, Herbal
- Healthy eating, nutrition, weight loss
- Spa treatments, Relaxation, Alternative Medicine
- Emergency Plan and Assistance – Ambulance, First Aid
- Exercise – Gyms, Exercise facilities, Yoga, Pilates, Walking groups
- New Medical Technology

Wealth



Whether you have managed to save enough for your future or not, protecting and managing what you have is essential!

There are many scams that people fall prey to from investing to franchises so get the best advice from qualified professionals. A small change in your financial awareness or behaviour might make a big difference later in your life.

- Financial and retirement planning
- Estate planning
- Investing your savings
- Wills and End of Life planning
- Budgeting
- Banking

Residential Environment



You need to keep up to date with what is happening in your environment - that might involve your Residential Estate and/or your Local Suburb and includes retail therapy.

This aspect may be extended in the future to attract new residents to the area.

- Existing Residential Estates – details of the Estate Administration and HOA/Board, facilities and general information.
- New and planned Residential Estates
- Suburbs or Communities
- Shopping Centres
- Speciality Shops

Objectives



- a) Focus on the needs of Individual and Business Members in line with our purpose.
- b) Research and share information - Local, National and International.
- c) Provide various media for Members to connect with the Community – Web site, Facebook, Twitter, E-mail.
- d) Identify and source services and support for Members, preferably utilising Member's skills and Businesses, identify new business opportunities, training requirements and events.
- e) Remain independent and committed to enhancing the future of our Community through our Members.



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Go to www.fiftyplusharties.co.za and join
as an Individual member or as a Business today!