

THE LIFE STYLER

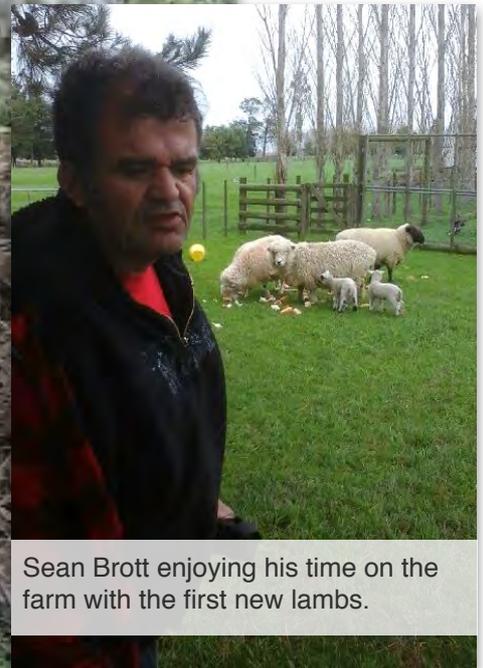
THE OFFICIAL SUPPORTED LIFE STYLE HAURAKI TRUST NEWSLETTER

AUGUST 2016

Farm News



Barry Bashford - very proud feeding the cows on the farm.



Sean Brott enjoying his time on the farm with the first new lambs.

Chief Executive

It's been very wet here in the last month but that hasn't stopped us being as busy as ever.

The beginning of the month saw us receive a visit from the auditors our three yearly certification audit. This is a positive opportunity for us to benefit from external feedback and advice on how best to keep the Trust on the quality improvement pathway.

I have had the opportunity to catch up with a couple families who I have not met before and enjoyed hearing their thoughts on the areas the Trust could really focus on as we move into the next twenty years.

The conversations with families have started me thinking that we really need to develop a platform for the families of our Life Stylers to become more involved in the direction that the service is heading. I know that a great many services have benefitted from the creation of a family group of some description. I would love to hear your thoughts on whether you believe that this would be positive for our Trust. Please email me at: slee@suplife.org.nz.

We welcomed two new Life Stylers in the last month, Ashley and Melissa. Melissa is a young lady who loves music and dance and Ashley is by all accounts a fantastic swimmer. We look forward to getting to know these two new members of our Trust.

We have exciting news on the Special Olympics front. Special Olympics will now be coordinated by Jo and Murray Thomas. I would like to thank Jo and Murray both for this extensive commitment to Special Olympics as the team could not function without them.

In news from wider in the sector the New Zealand disability strategy has been released in a first draft. This year the Trust held a workshop at 900 Queen Street to generate some input into the development of the strategy. This workshop was supported by many Life Stylers who enjoyed the opportunity to have their say on the new strategy. I encourage everyone to visit the website www.jointheconversation.nz to view the draft strategy.

In August we will be attending the national conference for the New Zealand Disability Support Network. This conference is a great opportunity for everyone in the disability sector to discuss changes, new ideas and also collectively look outwards to see what best practice has to offer our little service here in Thames. I will report on the conference in the next newsletter.

Samantha Lee
CE



A group of Life Stylers will be attending the NZ National Disability Regional hui in Tauranga...

**Peter Moyes
Dylan Levien
Kodi Kau Hou
Arty Chambers**

We held our first workshop in May 2016, giving feedback to the Ministry

Topic:

"JOIN THE CONVERSATION"

Where:

Tauranga

When:

Monday 15th August

NAU MAI HAERE MAI

Special Olympics



Training is now in full swing for those athletes wanting to qualify for upcoming events.

Bocce training is now held every Wednesday at 3pm at the Bocce Court. Our Bocce players will be attending a qualifying event in Hawkes Bay in October so practice we must.

We welcome Hamish Marshall who has recently joined our Bocce Team. Upcoming events for August:

Thursday 4th August 10am - Colleen Black who is our Regional Manager will be meeting with all of our athletes who reside within the Trust. It will be a great opportunity for our athletes to meet with Colleen and she will be talking about the upcoming National Games and the commitment required to qualify. Morning tea will be held after the meeting.

Saturday 6th August - Thames Valley will be hosting the Indoor Bowls Ribbon Day in Ngatea. Our nine Indoor Bowlers will be attending along with Murray and Jo Thomas.

Thames Valley Special Olympians.

HAPPY – HARI KOA

Happy means being well and feeling good.



HUMAN RESOURCES

Hello everyone

Well we are certainly in the middle of winter now. There always seems to be a flurry at the beginning of winter when we all catch up with needing new heaters and making sure there's some extra layers of clothing. While that all seemed to get organized for most Life Stylers very quickly it took a while for it to really feel cold.

We've had a few frosts now so there's no doubt about winter...but I have been enjoying some aspects of the mild parts of this winter. Most of you will know by now about our wonderful café that operates Monday to Thursday for Life Stylers, staff and visitors.

Our café Coordinator, Davina, along with her team, has been rising to the challenge of producing delicious meals for everyone who comes to the café for lunch and dinner. In fact the numbers of people eating at the café has been rising and there are often 70 people served in a session along with different requests for takeaway food on top of that.

I have been enjoying regular lunches, often introducing new staff to the experience of dining at our cafe. There have been many days when it's been mild enough to eat in the winter sunshine at one of the big outdoor tables.

The menu always includes a vegetarian option and there are meals designed for people who have special dietary needs. But the best part of the whole experience is the quality of the food and the warm social atmosphere.

I particularly like taking new staff down to the café as part of their Induction and seeing and experiencing what a welcoming place our café is. It's truly one of the hubs of the Trust and demonstrates some of our Trust values – Integrity; being about the quality of food and dining experience, Respect; in the way that everyone is treated by the café staff and the way people interact with each other and Inclusiveness; which is again demonstrated on a daily basis.

Our most recent recruits have been Maree Limpus and Kevin Driver, who are both currently in Induction. A big Trust welcome goes out to both of them.

Ka kite ano,

Nigel



WOODWORK900

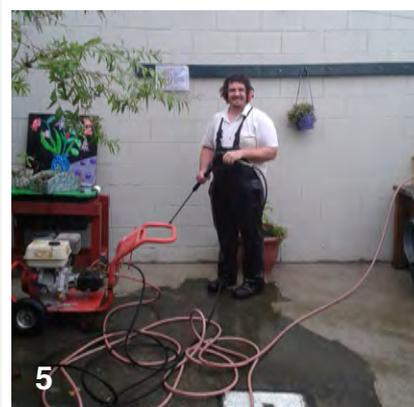
Thanks to all the Life-Stylers that attend woodwork... 'you make it a fun place to be'.

1. **Wayne Richardson** and Norman... starting their new project. A kitchen chair. "Keep up the good work Wayne".
2. **Margaret Sinclair** has just finished her... 'Tall barstool'. Full marks for achievement.
3. **Dean Waitere**, And his new Mail box.. 'The best mail box in Thames'. Send that letter to your Mum, Dean.
4. **Barry Bashford** chose to make a pull along toy BULL for his niece. Keep up the good WORX Barry.
5. **Terry Manning**. He made the place look brighter. Thank you Terry for all the hard work you put in.

Many thanks to you all.
Regards...Pete Randall.
900WORX.

News from John Harrod

I have been working some extra hours at the cafe, partly to cover for Brett while he is on leave and also due to Elliot and I swapping shifts. This is a temporary move and things should revert to normal upon Brett's return.
John Harrod



WHAT'S ON calendar

AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>MONDAY'S</p> <ul style="list-style-type: none"> * Music Monday * Ukelele - 3pm * Morning exercise@ 900 Sit & be fit/ Jump Jam/ Tai chi 9-9.30am 	<p> BOWLS 3pm</p> <p>TUESDAY'S</p> <ul style="list-style-type: none"> * Sports Waikato - Gym or Swim * Never Surrender Gym 9:30-10:30 * Woodwork with Peter * Craft & Mosaics with David * Relaxation * Morning exercise 	<p>3</p> <p>WEDNESDAY'S</p> <ul style="list-style-type: none"> * Fishing Club * Woodwork with Peter * Morning exercise * Relaxation * Mosaics & Garden art * Computer * Horse riding 	<p>THURSDAY'S</p> <p>4 Sports Waikato - Gym or Swim</p> <ul style="list-style-type: none"> * Aquarobics * Morning exercise 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean 	<p>5</p> <p>FRIDAY'S</p> <ul style="list-style-type: none"> * Beach trip/picnic * Morning exercise * Julia's cooking class * Woodwork with Peter * Computers with Gary * Kodi flax weaving * Art & Crafts 	<p>6</p> <p>WEEK END ACTIVITIES</p> <p>Saturday Markets</p> <p>MOVIES</p> <p>Personal Shopping</p> <p>Pool</p> <p>8 Cards</p> <p>SOCIALISING</p>  	<p>7</p> <p>Jacob's Ladder Challenge 3pm - See Hamish Babe</p> 
<p>8</p> <p>MONDAY'S</p> <ul style="list-style-type: none"> * Music Monday * Ukelele - 3pm * Morning exercise@ 900 Sit & be fit/ Jump Jam/ Tai chi 9-9.30am 	<p> BOWLS 3pm</p> <p>TUESDAY'S</p> <ul style="list-style-type: none"> * Sports Waikato - Gym or Swim * Never Surrender Gym 9:30-10:30 * Woodwork with Peter * Craft & Mosaics with David * Relaxation * Morning exercise 	<p>10</p> <p>WEDNESDAY'S</p> <ul style="list-style-type: none"> * Fishing Club * Woodwork with Peter * Morning exercise * Relaxation * Mosaics & Garden art * Computer * Horse riding 	<p>11</p> <p>THURSDAY'S</p> <p>11 Sports Waikato - Gym or Swim</p> <ul style="list-style-type: none"> * Aquarobics * Morning exercise 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean 	<p>12</p> <p>FRIDAY'S</p> <ul style="list-style-type: none"> * Beach trip/picnic * Morning exercise * Julia's cooking class * Woodwork with Peter * Computers with Gary * Kodi flax weaving * Art & Crafts 	<p>13</p> <p>WEEK END ACTIVITIES</p> <p>Saturday Markets</p> <p>MOVIES</p> <p>Personal Shopping</p> <p>Pool</p> <p>8 Cards</p> <p>SOCIALISING</p>  	<p>14</p> <p>Jacob's Ladder Challenge 3pm - See Hamish Babe</p> 
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<p>29</p>  <p>9am</p> <p>ROLL CALL</p> <ul style="list-style-type: none"> * Ukelele - 3pm 	<p> BOWLS 3pm</p> <p>TUESDAY'S</p> <ul style="list-style-type: none"> * Sports Waikato - Gym or Swim * Never Surrender Gym 9:30-10:30 * Woodwork with Peter * Craft & Mosaics with David * Relaxation * Morning exercise 	<p>31</p> <p>WEDNESDAY'S</p> <ul style="list-style-type: none"> * Fishing Club * Woodwork with Peter * Morning exercise * Relaxation * Mosaics & Garden art * Computer * Horse riding 				