

THE LIFE STYLER

THE OFFICIAL SUPPORTED LIFE STYLE HAURAKI TRUST NEWSLETTER

NOVEMBER 2016

Special Olympics



Mario Ross and David East enjoying an afternoon golfing as part of their Special Olympics training. It has been a long wet spring and at last they can get out and enjoy the sun shine.



The Supported Life Style Hauraki Trust invite you to a Christmas picnic by the beach.

WHEN: Saturday 10th December
WHERE: Te Puru School Hall
Thames Coast Road
Te Puru
TIME: From 1pm

- * Food & Refreshments provided
- * Children welcome
- * Great company
- * Beautiful beach
- * Bring your picnic rugs

RSVP: Friday 25th November
07 868 5038 email: info@suplife.org.nz

To all Life Styler Families
Christmas is fast approaching.

We know how busy this time of year is for everyone.

Can you please advise the Team Leaders of your plans regarding your loved ones over the Christmas period as soon as you can..



Please contact on site Team Leaders:

Phil Wightman - pwightman@suplife.org.nz
Maree Limpus - mlimpus@suplife.org.nz
Jane Cawood - jcawood@suplife.org.nz

SLIP
on
A SHIRT

SLOP
on
SUNSCREEN

SLAP
on
A HAT

WRAP
on
SUNGLASSES

Chief Executive

Hello everyone,
Well here we are at the end of another very busy year at the Trust. As we head into Christmas time there remains much to be done to finish off our very busy year and get ahead of another big year in 2017.

We have just finished the last of Family/Whanau survey to which we have had a great response. The results will be in the 2016 annual report published in December. This feedback from families is an essential part of the information we need to ensure that the future growth of the Trust is responsive to the people who matter most, the Life Stylers and their families.

We will be having our full Christmas party this year at Te Puru School. This is usually a lovely time and it will be great to see everyone. I look forward to seeing faces that I have not seen for a while along with meeting new ones. I encourage everyone to come along on the 10th of December if they can and we look forward to seeing you there. As usual there will be plenty of food for everyone and all are welcome.

It is a very busy time of year the Christmas lead up and there are many preparations to be made. The onsite staff do a fantastic job keeping everything ticking and I would like to say the biggest Thank you to all the frontline staff. Something that the onsite staff often find helpful at this time of year is for everyone to advise of their holiday plans as soon as they become aware of them. It helps everything run more smoothly over this time.



Samantha Lee
CE

 Find us on
Facebook

The Supported Life Style Hauraki Trust in support of Save the Children New Zealand presents...

SUNDAY 13th NOV 2016

5K FUN WALK CHALLENGE

START: 11am from 300 Brown Street

ENTRY: \$5

CIRCUIT: Round trip circuit starting and ending at 300 Brown Street

BBQ PICNIC

SPOT PRIZES

LIFE STYLERS, STAFF, WHANAU & FRIENDS

ALL WELCOME



SUPPORTED LIFE STYLE HAURAKI TRUST

Entry forms available from
104 Cafe, 900 & 726 Queen St

tvnz TVNZ ONDEMAND 1 NEWS NOW



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AMY STREET

Available from Wednesday 2 November on TVNZ OnDemand.

★ ADD TO FAVOURITES

NZ documentary series that looks into the lives of residents at the Supported Life Style Hauraki Trust, living with intellectual disabilities.

<https://www.tvnz.co.nz/ondemand/amy-street>



All episodes of Amy Street will be available on TVNZ OnDemand from Wednesday 2 November on TVNZ OnDemand.



James Carlsson helping on the farm to put the donkeys out on the paddock . James is a keen farm hand and is welcome to join our crew anytime.
Murray Thomas - Farm Crew



Our first fine Spring Sunday afternoon was a great success for the Jacobs ladder crew, we filled the blue van with all of these bods. **Trev Hassall, Matthew Pearson, Dylan Levien, David Armstrong, Simon Ashby, Hamish Marshall** accompanied by **Jane Cawood** and **Hamish Babe**. They all made to the top to see the magnificent view, and what a view it was. The challenge is out again for every one keen enough to join in the fun around 3pm. See you at the top.

HUMAN RESOURCES

Hello everyone

I am writing this having come back from some recent annual leave visiting with some old friends in the USA. Coming back to our shores after seeing some of the different things happening over there, particularly in the political scene as everyone gets ready for the USA elections, made me very happy to be living in New Zealand.

And also very happy personally to be living and working in relatively small communities where the sense of belonging, knowing people and being part of social networks is more personal.

We often acknowledge that we are glad our Trust is set up in a relatively small community and recognize some of the benefits that this has brought us with over the years, especially as a community within a community.

Its increasingly clear that we are now way more than a community within a community (great though that is) and now very much an acknowledged part of the Thames community. Many of you will have seen the wonderful web-based short films that Viv and Kirsty of Bella Pacific Media have made about 8 different LSers. I have been amazed at the number of people who have spoken to me about how much they have enjoyed watching the series since it was released.

I was out having a cuppa with one of our people on Friday when I was approached by two women who had watched the series online. One woman was from Thames and her friend was visiting from out of town. Both women had a lot to say about how much they had enjoyed the series, how much they appreciated what they had seen about our service and how much they had learned about some of the people we support.

It was a real moment of recognition and celebration. I got back to the office to find that our new mayor, Sandra Goudie, had rung to say she wanted to attend this month's Roll-call, her first in her new role.

We will continue to welcome these opportunities to interact and be part of our community.

Ka kite ano,
Nigel




MOVIES

**900 Queen Street
Saturday & Sunday
2pm**



COMPUTER

**900 Queen Street
Saturday & Sunday
9am to 3pm**

LET'S TALK



**868 3851
Saturday & Sunday
4pm to 7pm**








ENTHUSIASM – Ngākau whakapuke

Enthusiasm is being inspired - full of spirit. it is being cheerful and happy. It is doing something wholeheartedly, with zeal and eagerness - giving 100% to what you do. Being enthusiastic is being excited about something, looking forward to it, it comes from having a positive attitude.



WHAT'S ON *calendar*

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>1  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>2</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>3</p> <p>THURSDAY'S</p> <ul style="list-style-type: none"> * Sports Waikato - Gym or Swim * Aquarobics * Morning exercise * Relaxation 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean 	<p>4</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>5</p> <p>9am to 12noon THAMES MARKETS 9am POLLEN ST 3pm COMPUTER/LITERACY SKILLS 900 QUEEN 4pm LET'S TALK 7pm 868 3851</p>	<p>6</p> <p>THAMES MARKETS POLLEN ST COMPUTER/LITERACY SKILLS 900 QUEEN LET'S TALK 868 3851</p>
<p>7</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>8  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>9</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>10</p> <p>THURSDAY'S</p> <ul style="list-style-type: none"> * Sports Waikato - Gym or Swim * Aquarobics * Morning exercise * Relaxation 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean 	<p>11</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>12</p> <p>9am to 12noon THAMES MARKETS 12noon POLLEN ST 9am COMPUTER/LITERACY SKILLS 3pm 900 QUEEN 4pm LET'S TALK 7pm 868 3851</p>	<p>13</p> <p>900 CLOSED</p> 
<p>14</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>15  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>16</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>17</p> <p>THURSDAY'S</p> <ul style="list-style-type: none"> * Sports Waikato - Gym or Swim * Aquarobics * Morning exercise * Relaxation 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean 	<p>18</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>19</p> <p>9am to 12noon THAMES MARKETS 9am POLLEN ST 3pm COMPUTER/LITERACY SKILLS 900 QUEEN 4pm LET'S TALK 7pm 868 3851</p>	<p>20</p> <p>THAMES MARKETS POLLEN ST COMPUTER/LITERACY SKILLS 900 QUEEN LET'S TALK 868 3851</p>
<p>21</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>22  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>cafe theme night PACIFICA</p>	<p>23</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>24</p> <p>THURSDAY'S</p> <ul style="list-style-type: none"> * Sports Waikato - Gym or Swim * Aquarobics * Morning exercise * Relaxation 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean 	<p>25</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>26</p> <p>9am to 12noon THAMES MARKETS 9am POLLEN ST 3pm COMPUTER/LITERACY SKILLS 900 QUEEN 4pm LET'S TALK 7pm 868 3851</p>	<p>27</p> <p>THAMES MARKETS POLLEN ST COMPUTER/LITERACY SKILLS 900 QUEEN LET'S TALK 868 3851</p>
<p>28</p>  <p>9am ROLL CALL</p> <ul style="list-style-type: none"> * Ukelele - 3pm 	<p>29  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>30</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 				