



THE SUPPORTED  
LIFE STYLE  
HAURAKI TRUST

# THE LIFE STYLER

MARCH 2018

The Supported Life Style Hauraki Trust  
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## Alastair Lye's Weight-loss Story

Hi everyone  
I just wanted to let people know that I have lost 13kgs. It hasn't been easy it has been worth it. There have been times when I have wanted to give up, but with the support and help from my staff I have stayed on track. I have been doing lots of exercise. I walk everywhere, I do swimming once a week, I do Jacob's ladder once a week and I go to the gym once a week. I also have a new paper run. I have changed my diet and with help am making healthier choices with my food. I am still allowed to have the not so healthy stuff - just not as often.  
Ali Lye



## Community Involvement

Alice Huggard has joined the community group Boomerang Bags. She attends the monthly sewing group making reusable bags to help rid Thames of plastic bags. This is a lovely photo of Alice holding one of the bags. Jane Cawood

*Boomerang Bags works to reduce the use of plastic bags by engaging local communities in the making of Boomerang Bags – community made, using recycled materials. Boomerang Bags provide a free, fun, sustainable alternative to plastic bags.*

*By getting involved, you are participating in a global movement, celebrating a grassroots initiative focusing on community building and sustainability. To find out more or to donate materials please contact [boomerangbags.org/thames](http://boomerangbags.org/thames)*

## Chief Executive

Hello Everyone

I have just returned to work from three weeks with family in Denver Colorado. The temperature upon my arrival back to New Zealand certainly took some time to acclimatise to.

The day after my arrival I accompanied our senior management team on a two-day strategic meeting. The focus for this group in this forum was to ensure that our service was heading in the right direction to meet the results of the ongoing system transformation being undertaken by the MOH.

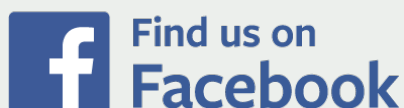
The team came up with some fantastic ideas about how we might better empower our Life Stylers, their families and the people who support them.

We hope to hear more about how families in particular feel that we can more empower them to be heard. This year is a family survey year so I do encourage you to have your say when you are contacted as this is a real tool for service improvement for us.

I look forward to sharing some of our exciting new ideas with you this year as they unfold. I can't emphasize enough the importance of your input into the shape of the organisation in the future so...

If you have anything you feel you need to say or would just like to catch up please feel free to contact me either by email [slee@suplife.org.nz](mailto:slee@suplife.org.nz) or on 021 466 251.

Samantha Lee  
CE



## Farm News

The spotlight this month is on Terry Dwyer. Terry regularly attends the farm at Kerepehi and takes care of the lawn mowing. He has been mowing the from house lawns for many years now and takes great pride in keeping them nice and short.

Over the years Terry has had numerous mowers which he loves and cares for. Pictured is Terry with his latest mower a Lawn master President.

When the lawns are done Terry also enjoys gardening and helping out in general. Terry is reliable and a valued member of the farm team. *Matt Flude*





Clayton Burnee & David East

# Fishing Trip



Clayton Burnee



Fish group



Wayne Richardson & Carol Morrow



13 February 2018

The Supported Life Style Hauraki Trust  
PO Box 524  
Thames 3540

Dear Life Stylers,

Congratulations to everyone who has been involved with the planting and harvesting of the Supported Life Style Hauraki Trust's fruit and vegetable garden.

Nothing is more rewarding and delicious to eat than fresh fruit and vegetables from your own garden so well done.

Congratulations also to Clinton Care for growing New Zealand's largest pendent heliconia. 16 years is a long time to grow the plant but your patience and superb care for it has been rewarded.

On a sad note, our sincere condolences for the loss of your friend, Warren Murphy earlier this month.

All the best for 2018. Keep up the good work in your garden.

Kind regards,

Mayor Sandra Goudle  
Thames-Coromandel District Council

Everyone remembered to Slip, Slop, Slap and there was plenty of food and drink. We caught plenty of fish - 16 good sizes for us to take home all filleted and smoked.

Thank you to Bryce and his team at Wish for Fish for the invitation - an awesome day had by all. Thanks to Carol for her support and making this trip possible. *Janeen Fountain*

Giving people with a variety of mental and physical disabilities the opportunity to experience salt water activities. Based in the Bay of Plenty, **Wish for Fish** in a non-profit charitable trust which is driven by a team of trustees, patrons, ambassadors, crew and volunteers. Our main aim is to raise enough funds to purchase our own suitable vessel, therefore controlling our own destiny. Funds will be raised through a variety of methods including sponsorship/donations from individuals, businesses and community trusts..

# WHAT'S ON calendar

MARCH 2018

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY    |
|---|---|--|--|--|--|-----------|
|   |   |  | <b>1</b><br><b>THURSDAY'S</b><br>* 9 EXERCISE<br>* 10-3 WORX<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS<br>* BEACH CLEAN<br><b>POETS CORNER</b><br>900 Q / 10am  | <b>2</b><br><b>FRIDAY'S</b><br>* 1-4 DVD's<br>* 1-2 BAKING/ JULIA<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS  | <b>3</b><br>9am to<br><b>THAMES</b><br><b>MARKETS -</b><br>Pollen St   | <b>4</b>  |
| <b>5</b><br><b>MONDAY'S</b><br>* 9:30 WORX<br>* MUSIC MON<br>* KARAOKI<br>* UKELELE CLUB  | <b>6</b><br><b>TUESDAY'S</b><br>* 9 EXERCISE<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS<br>* 3pm BOWLS  | <b>7</b><br><b>WEDNESDAY'S</b><br>* 9 EXERCISE<br>* 10-3 WORX<br>* 9-12 MOSAIC<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS  | <b>8</b><br><b>THURSDAY'S</b><br>* 9 EXERCISE<br>* 10-3 WORX<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS<br>* BEACH CLEAN<br><b>POETS CORNER</b><br>900 Q / 10am  | <b>9</b><br><b>FRIDAY'S</b><br>* 1-4 DVD's<br>* 1-2 BAKING/ JULIA<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS  | <b>10</b><br>9am to<br><b>THAMES</b><br><b>MARKETS -</b><br>Pollen St  | <b>11</b> |
| <b>12</b><br><b>MONDAY'S</b><br>* 9:30 WORX<br>* MUSIC MON<br>* KARAOKI<br>* UKELELE CLUB   | <b>13</b><br><b>TUESDAY'S</b><br>* 9 EXERCISE<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS<br>* 3pm BOWLS | <b>14</b><br><b>WEDNESDAY'S</b><br>* 9 EXERCISE<br>* 10-3 WORX<br>* 9-12 MOSAIC<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS | <b>15</b><br><b>THURSDAY'S</b><br>* 9 EXERCISE<br>* 10-3 WORX<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS<br>* BEACH CLEAN<br><b>POETS CORNER</b><br>900 Q / 10am | <b>16</b><br><b>FRIDAY'S</b><br>* 1-4 DVD's<br>* 1-2 BAKING/ JULIA<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS   | <b>17</b><br>9am to<br><b>THAMES</b><br><b>MARKETS -</b><br>Pollen St<br><br> | <b>18</b> |
| <b>19</b><br><b>MONDAY'S</b><br>* 9:30 WORX<br>* MUSIC MON<br>* KARAOKI<br>* UKELELE CLUB   | <b>20</b><br><b>TUESDAY'S</b><br>* 9 EXERCISE<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS<br>* 3pm BOWLS | <b>21</b><br><b>WEDNESDAY'S</b><br>* 9 EXERCISE<br>* 10-3 WORX<br>* 9-12 MOSAIC<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS | <b>22</b><br><b>THURSDAY'S</b><br>* 9 EXERCISE<br>* 10-3 WORX<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS<br>* BEACH CLEAN<br><b>POETS CORNER</b><br>900 Q / 10am | <b>23</b><br><b>FRIDAY'S</b><br>* 1-4 DVD's<br>* 1-2 BAKING/ JULIA<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS   | <b>24</b><br>9am to<br><b>THAMES</b><br><b>MARKETS -</b><br>Pollen St  | <b>25</b> |
| <b>26</b><br><br>2pm -<br><b>ROLL CALL</b><br><br><b>MONDAY'S</b><br>* 9:30 WORX<br>* MUSIC MON<br>* KARAOKI<br>* UKELELE CLUB | <b>27</b><br><b>TUESDAY'S</b><br>* 9 EXERCISE<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS<br>* 3pm BOWLS | <b>28</b><br><b>WEDNESDAY'S</b><br>* 9 EXERCISE<br>* 10-3 WORX<br>* 9-12 MOSAIC<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS | <b>29</b><br><b>THURSDAY'S</b><br>* 9 EXERCISE<br>* 10-3 WORX<br>* ART & GAMES<br>* 9:30-11:30 COMPUTERS<br>* 1-2:30 COMPUTERS<br>* BEACH CLEAN<br><b>POETS CORNER</b><br>900 Q / 10am | <b>30</b><br><br><br>GOOD FRIDAY | <b>31</b><br><br>Happy Easter   |           |