

# THE LIFE STYLERS

THE OFFICIAL SUPPORTED LIFE STYLE HAURAKI TRUST NEWSLETTER

JUNE 2016

## Monday Music



Every week on Wednesday afternoons Life Stylers can enjoy some music, singing and down time with tutor Gary Comrie.

*Top left: Tim Gooding & David East    Top right: Sean Brott (front), Tim Gooding, David East, tutor Gary Comrie  
Bottom left: from left Sean Brott, Tim Gooding, David East & Gary Comrie    Bottom right: Sean Brott*

## BIG THANKS

To all the people that contributed to the wonderful event at Bright Smile Gardens. A warm and hearty thanks.

It sure was a moment within my career and my journey with the Trust.

Thank you for your kind words, cards and gifts.

I am extremely proud and pleased with what I have achieved.

Big thanks for all those that have trusted and supported me to make this dream "The Trust" come true..

My deepest thanks to the Life Stylers, without them the Trust would not exist.

with love and warm thoughts  
cheers for now

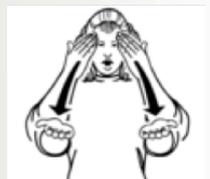
*Peter Rutherford  
Founder*



## RESPECT – WHAKANUI OR WEHI

Respect is an attitude of caring about people and treating them with dignity.

Respect is valuing ourselves and others.



## 104 Cafe Update...

Although winter has officially started, we still have another month before we start our new Winter Menu.

It feels like time is flying! The boys in the Cafe have had some changes to routine and roles yet have adjusted and implemented these with no problems at all. We have introduced the 'Employee of the Month', with the following acknowledgements;

**April** - John Harrod for going the extra mile without being asked. Hamish Marshall, for wanting to do more than just fold the laundry, busying himself in and around the Kitchen/ Cafe

**May** - Elliot Grant for willingly filling in for everyone and "trying". and Darren Watters, who came up with SOLUTIONS to procedures around his role.

It was a hard decision as everyone had something positive to contribute to the running of the Kitchen/Cafe. So I remain very proud of this Kitchen Brigade!

The boys understand and acknowledge that everyone has to do their part and do it well, as we strive to provide a good service to one and all who dine at Cafe 104. So I hope everyone is happy and if you have any queries we always have a listening ear. Thanks to Alli, Lorreen and our staff who lend their helping hands, this never goes amiss. Lorreen is off to Thailand for her 8 day 'retreat', eat well, be well and return well rested lady lol.

Regards D  
Cafe Team Leader

## HUMAN RESOURCES

Hello from the HR desk:

It's been a very busy month with all of us getting to grips with the different challenges that life and work at the Trust brings up.

We started the month with a long list of things to review from policies that need updating to preparing for one of our ongoing audits that usually come along every two or three years. And then there's the normal day-to-day activities supporting our Life Stylers in their lives in the community.

As part of all these processes our managers will be undertaking some internal auditing training with the DAA group in June. This training will hopefully see the processes at the Trust being developed in a way that will see us working with continuous quality improvement built into all our internal systems.

We had another great training set up by Maria Julian and her team at 900 Queen St It was an education workshop called "Join The Conversation". This was presented in conjunction with the Ministry of Social Development who are developing the new disability strategy for N.Z for 2016/2017. It was an important opportunity for our Life Stylers to have the opportunity to have input into the strategy; all their feedback goes back to the Ministry as part of the consultation process.

In other training we have just completed a full First Aid certification course with our wonderful First Aid trainer, Shaun Cleaver. Shaun has provided this training to the Trust, both staff and Life Stylers, for many years now. He is one of the most entertaining people, combining serious first aid training with a lot of laughter. A true professional.

We were able to invite some new staff on board at this training as a final part of their Induction. A big welcome to Ashley Lemberg, Cheryll Bayer and Mike Chapman.

*Until next month Ka kite ano,*

Nigel



## Thames Valley Special Olympics Update...

Our team's focus is to train, train, train. With the Summer National Games in Wellington now only 18 months away attendance and commitment are vital.

Our team has regular meetings which are held in Paeroa under the guidance of Jane Davis and Anna Walters who are the President and Vice President, respectively. Colleen Black who is our Regional Manager was also in attendance at our May meeting and she stressed the importance of training in order to qualify and attend The Summer National Games.

Our next event will be the Joyce Sweeney Memorial Day for Indoor Bowls and this event will be held in Blockhouse Bay, Auckland on June 18<sup>th</sup>. We have eight athletes from the Trust attending alongside our team mates from Paeroa. Our results will be published in our next month's edition of The Life Styler newsletter.

Over and out  
Thames Valley Special Olympians

*PS. Please support our fundraising efforts and come into the 726 office to buy your chocolate treats.*



**SWEETS FOR NEEDS**

**FUNDRAISER**

**Fundraising for  
Thames Valley  
Special Olympics**

**\$2**

<b>WHY:</b>	Fundraising for our National Summer Games, Wellington - November 2017
<b>COST:</b>	\$2 each
<b>WHERE:</b>	Cash'n'Carry from 726 Queen St

**INDULGE YOUR SWEET TOOTH AND  
SUPPORT YOUR FAVOURITE CAUSE**

# What's happening at 900?

## Education Workshop

On Friday 20th May we held an Education Workshop at 900 called, 'Join The Conversation'

It was all about Life Stylers participating and contributing toward the new 2016 disability strategy for N.Z.

## The Wood Workshop

One of the outstanding projects to be recently finished is Jamie Kininmonth's "Pirates Treasure Box".

This project was cut out and made available to Jamie to continue to it's finish state. Jamie glued and nailed, and filled the nail holes.

Adding flashing strips on the outside to give the box that "old style". Sanded to an excellent finish.

As everyone knows Pirates are "grubbing little things". So the box was finish by using a paint wash. (Giving the impression that the box is old, and used.)

By mixing black and brown paint together in a watered down solution, it gives the box the right look.

Jamie purchased the hardware from Read's Hardware. And was supported into the community to make this purchase by a Life Coach team member.

Remember, new students are always welcome.

Ka kite ano,  
Pete Randall.  
900WORX



We focused on 3 parts of "Join The Conversation" these were the Topics:

1. Taking part in your community
2. Feeling like an important part of your Community
3. *Think about your life in 10. years.*

*We had some really good conversation and some clear feedback from Life Stylers particularly around;*

*\*\* Discrimination toward others with differing and challenging abilities.*

*\*\* Language is still discriminating in NZ (the word DIS-ABILITY is still used in all National documents and references when referring to service users:(we made a recommendation that the words disabled and disability need to be replaced with "differing abilities" or "different challenges"*

*\*\* More funding for Education, Training and employment opportunities for Service providers like the TSLSHT.*

*\*\*Educating and promoting within Communities and with Employers to develop a better understanding and experience around people with differing abilities.*

*\*\*More funding available for families with children and teenagers who experience all these challenges.*

*\*\* This comment made clearly by Arty Chambers: 'LABEL JARS NOT PEOPLE'*

We collated our feedback which we sent off to the Ministry of Social Development, participants said it was a valuable exercise to complete as it reinforced how important it is that people are treated with respect and dignity regardless of their abilities or how they look.

Empowering morning for all.

*Maria Julian, Outcomes Coordinator, 900 Queen St*

*Below: Celeste Osterman getting involved at the Workshop*



**Topic:** "JOIN THE CONVERSATION"

**Where:** 900 Music Room

**When:** Friday 20th May 10.am/12.pm

**Why:** To help build a new disability strategy for NZ.  
Its important for you to have your say

*Workbook & Morning Tea provided*

**NAU MAI HAERE MAI**

## Green Fingers



Life Stylers have enjoyed this ongoing project, from growing the plants to painting the baskets and then taking them home to nurture and look after.

Dean Waitere showing a couple of the potted baskets of Lobelia at 900

Dean has made a variety of colourful baskets and potted them

up to put on his verandah at his home he is very proud of his creations.

*We would appreciate any donations of baskets (they need to be deep enough to plant into) also any funky old containers or old leather working boots that can be transformed into Garden Art pieces.*

# WHAT'S ON *calendar*

JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1 WEDNESDAY'S</b> * Fishing Club * Woodwork with Peter * Morning exercise * Relaxation * Mosaics & Garden art * Computer * Horse riding	<b>2 THURSDAY'S</b> * Sports Waikato - Gym or Swim * Aquarobics * Morning exercise * Relaxation 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean	<b>3 FRIDAY'S</b> * Beach trip/picnic * Morning exercise * Julia's cooking class * Woodwork with Peter * Computers with Gary * Kodi flax weaving * Art & Crafts	<b>4</b> WEEK END ACTIVITIES <b>Saturday Markets</b> MOVIES Personal Shopping Pool Cards SOCIALISING	<b>5</b> Jacob's Ladder Challenge 3pm - See Hamish Babe MOVIES Personal Shopping Pool Cards SOCIALISING
<b>6</b>  <b>Queens Birthday</b>	<b>7 TUESDAY'S</b> * Sports Waikato - Gym or Swim * Never Surrender Gym 9:30-10:30 * Woodwork with Peter * Craft & Mosaics with David * Relaxation * Morning exercise	<b>8 WEDNESDAY'S</b> * Fishing Club * Woodwork with Peter * Morning exercise * Relaxation * Mosaics & Garden art * Computer * Horse riding	<b>9 THURSDAY'S</b> * Sports Waikato - Gym or Swim * Aquarobics * Morning exercise * Relaxation 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean	<b>10 FRIDAY'S</b> * Beach trip/picnic * Morning exercise * Julia's cooking class * Woodwork with Peter * Computers with Gary * Kodi flax weaving * Art & Crafts	<b>11</b> WEEK END ACTIVITIES <b>Saturday Markets</b> MOVIES Personal Shopping Pool Cards SOCIALISING	<b>12</b> Jacob's Ladder Challenge 3pm - See Hamish Babe MOVIES Personal Shopping Pool Cards SOCIALISING
<b>13</b>  <b>BOWLS 9am</b> * Music Monday * Ukelele - 3pm * Morning exercise@ 900 Sit & be fit/ Jump Jam/ Tai chi 9-9.30am	<b>14 TUESDAY'S</b> * Sports Waikato - Gym or Swim * Never Surrender Gym 9:30-10:30 * Woodwork with Peter * Craft & Mosaics with David * Relaxation * Morning exercise	<b>15 WEDNESDAY'S</b> * Fishing Club * Woodwork with Peter * Morning exercise * Relaxation * Mosaics & Garden art * Computer * Horse riding 	<b>16 THURSDAY'S</b> * Sports Waikato - Gym or Swim * Aquarobics * Morning exercise * Relaxation 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean	<b>17 FRIDAY'S</b> * Beach trip/picnic * Morning exercise * Julia's cooking class * Woodwork with Peter * Computers with Gary * Kodi flax weaving * Art & Crafts 	<b>18</b> WEEK END ACTIVITIES <b>Saturday Markets</b> MOVIES Personal Shopping Pool Cards SOCIALISING	<b>19</b> Jacob's Ladder Challenge 3pm - See Hamish Babe MOVIES Personal Shopping Pool Cards SOCIALISING
<b>20</b>  <b>BOWLS 9am</b> * Music Monday * Ukelele - 3pm * Morning exercise@ 900 Sit & be fit/ Jump Jam/ Tai chi 9-9.30am	<b>21 TUESDAY'S</b> * Sports Waikato - Gym or Swim * Never Surrender Gym 9:30-10:30 * Woodwork with Peter * Craft & Mosaics with David * Relaxation * Morning exercise  <b>cafe theme night</b>	<b>22 WEDNESDAY'S</b> * Fishing Club * Woodwork with Peter * Morning exercise * Relaxation * Mosaics & Garden art * Computer * Horse riding	<b>23 THURSDAY'S</b> * Sports Waikato - Gym or Swim * Aquarobics * Morning exercise * Relaxation 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean	<b>24 FRIDAY'S</b> * Beach trip/picnic * Morning exercise * Julia's cooking class * Woodwork with Peter * Computers with Gary * Kodi flax weaving * Art & Crafts	<b>25</b> WEEK END ACTIVITIES <b>Saturday Markets</b> MOVIES Personal Shopping Pool Cards SOCIALISING	<b>26</b> Jacob's Ladder Challenge 3pm - See Hamish Babe MOVIES Personal Shopping Pool Cards SOCIALISING
<b>27</b>  <b>9am ROLL CALL</b> * Ukelele - 3pm	<b>28 TUESDAY'S</b> * Sports Waikato - Gym or Swim * Never Surrender Gym 9:30-10:30 * Woodwork with Peter * Craft & Mosaics with David * Relaxation * Morning exercise	<b>29 WEDNESDAY'S</b> * Fishing Club * Woodwork with Peter * Morning exercise * Relaxation * Mosaics & Garden art * Computer * Horse riding	<b>30 THURSDAY'S</b> * Sports Waikato - Gym or Swim * Aquarobics * Morning exercise * Relaxation 1-1:30pm * Woodwork with Peter * Computers with Gary * Art & crafts Julia * Beach Clean	<b>FRIDAY'S</b> * Beach trip/picnic * Morning exercise * Julia's cooking class * Woodwork with Peter * Computers with Gary * Kodi flax weaving * Art & Crafts		