



THE SUPPORTED
LIFE STYLE
HAURAKI TRUST

THE LIFE STYLER

MARCH 2018

The Supported Life Style Hauraki Trust
Administration Office, 726 Queen Street, PO Box 524, Thames
Ph 07 868 5038 info@suplife.org.nz www.suplife.org.nz
Onsite Team Leaders 0800 787 543

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

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.

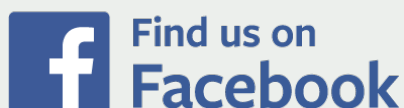
The team came up with some fantastic ideas about how we might better empower our Life Stylers, their families and the people who support them.

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 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



Fish group

Fishing Trip



Clayton Burnee



Wayne Richardson & Carol Morrow



Office of The Mayor

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*

Wish for Fish

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