

The Supported Life Style Hauraki Trust
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Gone Fishing

Our 3rd Friday Group of 4 went fishing on Friday 6 March & what an amazing group they were. Lots of fun with everyone working together extremely well and helping each other where possible. What an amazing time Gary Calder had! He was super prepared with a tackle box that weighed a tonne containing his secret weapon - shiny lures. Gary caught the biggest fish of the day with a 7 pounder. His line got snagged but he dealt that in minutes & was back in action. He made fishing look effortless.

Elliot Grant was also super helpful; congratulating others when they landed a fish, keeping up morale and he caught some decent sized snapper himself.

Michelle Boshoff is a machine and in her element fishing. She managed to catch 2 or 3 decent snapper, the only gurnard of the day and a baby hammer head shark. She proudly asked for photos - such an independent young lady that said that she would love to do this again.

Dean Richardson did extremely well considering he is still getting used to the Trust and his peers. He handled his anxiety levels well and he slowly warmed up to the group. He caught the 3rd biggest fish of the day & I took a good video of him pulling it up. Dean also engaged well with captain Dan who was an amazing skipper who kept everyone safe and explained his rules well throughout the day with reminders to listen to instructions given.

Stuart Saunders is an avid fisherman letting those on board know when he's hooked up ("yaaaah baby this a big one" Stuart's words), getting some nice snapper, also great helper and motivator to have on board.

It was an awesome day with 18 snapper and 1 gurnard caught. There were no incidents, just pure fun seeing a different side to the Life Stylers, all in sync and accepting of each other. Having fun out on tangaroa. Catching fish is a bonus, being out on the water is good for the wairua (soul) definitely refreshing. Looking forward to planning more in the near future! *Jacob Tawhara*



1. Alice Huggard, Janeen Fountain, Jaryd Doughty
2. Jamie Kininmonth, Jaryd Doughty, Paul Moleta
3. Paul Moleta, Mark Cobb, Jaryd Doughty

Snippets



Mark Samson, with his amazing Black Sabbath artwork.



Aaron & Louise Seagar, proud as punch with the sunflowers they raised and planted.



Jonathan Read has an amazing tomato harvest this season- what a shame he doesn't like them!

We were lucky enough to have a very special guest at February's Roll Call.

Jinxiang is a well known singer from Beijing China who tours the world entertaining people with her amazing voice. She certainly impressed us.



Health and Wellbeing

There's no 'one size fits all' approach to workplace wellbeing. Every workplace is unique,

Here are Five Ways to Wellbeing

- **Connect:** Talk, Listen, be there, feel connected.
Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.
- **Keep Learning:** Embrace new experiences, see opportunities, surprise yourself.
Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.
- **Be Active:** Do what you can, enjoy what you do, move your mood.
Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.
- **Give:** your time, your words, your presence.
Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.
- **Take Notice:** Remember the simple things that give you joy.
Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

Reference; Mental Health foundation www.mentalhealth.org.nz

Robyn Wake

Health & Safety Quality Manager



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

General Manager

Hello Everyone
Isn't the year flying! Here is a very brief snapshot of the past month.

Internal news

New Life Stylers:

We would like to give a warm welcome to new Life Stylers that have moved in to the Trust over the past two months. They are (from left) Scott Rountree, Dean Richardson, Caleb Starkey, Mark Hollister and Jaryd Doughty



900 Queen Street/ Vocational activities

The Trust is currently repurposing 900 Queen Street to become a residential house. This project is almost at completion and the house is looking amazing. So what does this mean for the vocational hub of the Trust you ask?

With the amount of people accessing vocational activities we needed to move to a bigger workshop. Therefore, this has moved down to the workshops on Kirkwood. I hope everybody is enjoying the bigger space and the programmes run by Nigel Sparrow and Debbie Brock and Peter Randall. Check out at some of the photos on Facebook!

External news

It is with a sad heart, that I inform everyone that **Laura Fergusson Trust Incorporated** is closing this year. This Trust began in 1967, so has been open 53 years! It is a very sad time for the people and families and has come as a shock to the sector.

With this news, The Supported Life Style Hauraki Trust, has made contact with LFT and have supported some people to transition into our Trust.

Until next time,

Talk soon,

Phil Wightman
GM



 Find us on
Facebook

Community Access Workshop Catchup

Creativity Workshop Feb 2020

Hello Everyone

I'll start with a big thank you to all the people, both staff and Life Stylers (and members of the public) who have been making our creativity workshops such a big success. On Monday 24 we had so many people working on projects together that we ran out of seats! Jessica continued with her sewing project while standing up and had a great time. Its great to see so many people enjoying themselves.



Jessica Edwards

As you all know Deb and I are open from Monday-Thursday and starting new projects every week. We did our first screen printing on Monday and some people like Krissy and Jamie both did their first prints, along with Ali, who is making a cushion.

Mosaic classes continue on a Tuesday and there are sessions for people to come and make things or spend some creative time each morning from 9am-12pm and then, in the afternoon, from 1pm to 4pm. We also host the boomerang bag group who make bags for our local market. They come in on a Friday once a month and donate time and materials to make more recycled bags for public use. We supply the place and the sewing machines – a great community collaboration.

Deb and I put out a schedule but we also work with individuals to find out what they would like to try.

So come and visit us at the workshop anytime Monday to Thursday. Come by yourself or ask your staff to make contact with Deb or Nigel so we can set up a good time for you to enjoy.

Ka kite ano, Nigel



Deb Brock & David Armstrong



BACK IN TIME

Hello everyone - while rummaging thru our archives I found copies of "The Life Styler Gazette". Thought I'd share excerpts of these monthly to give you a glimpse into the past of the Trust's progress. Hope you enjoy!

Sandra Higgs Executive Assistant

The Life Styler Gazette – November 1997

Glimpse into the Future

Our long term goal will be to continue in maintaining our supported residential accommodation, with a cluster housing system. We are possibly looking at 2-4 more people to join us, then that is it!

It is not our desire to develop our service delivery to a grand scale, we know that this could affect the quality of care and this is not part of our vision.

What we would like to see established is:

*Short term respite care holiday packages. Offering a time out programme in Thames.

*Vocational Training – a on-going programme that will always be up for review for the client group – with different areas to grow and develop in.

*The establishment of a Horticultural allotment – to develop our lifestyle philosophy 'To have Self Sufficiency and meaningful daytime activities.'

*We are endeavouring to find a package of land around about 2-10 acres, within a comfortable travelling distance from Thames.

Our aim will be to keep farm animals and grow horticultural requirements. We see this as another avenue that will give us a new area to work in and the ability for us to achieve our lifestyle approach.

In summary it has been extremely hard work getting the Trust to this point, but to see the changes has been extremely rewarding. The Trust has undergone many changes in the past and will continue to do so in the future.

I now see the positive outcomes in our individuals though our collective approach.

I would like to thank all who have stood by us in this process of establishing the Trust to date, your contribution has made all the above achievable.

A Merry Christmas and a Happy New Year

Peter Rutherford November 1997

Summer Camp – Waharau Park 13 February to 23 February 1998

This will be a chance for the Chaps to get out and rough it in the big outdoors. It will give them the chance to enjoy the sun, plus get involved with all the bush and water activities that will be available.

Human Resource Update

Welcome to the month of March everyone
It's been a busy few weeks with our recruitment drive continuing on from last month. Quite a few interviews have been held, resulting in a number of new staff members joining our Team, with more commencing early April (if not beforehand). Please introduce yourselves when you see them out and about.
We fare welled Sarah Sanders, who has worked across both MOH and ACC Teams. Sarah will be greatly missed by both Life Stylers and Staff alike. We wish Sarah all the best for her future ventures and look forward to her visits when in Thames next.

Up Coming Staff Training:

11th March 2020 - Diabetes Awareness

17th March 2020 - Relationships and Sexuality Workshop



Please contact your Team Leader if you are interested in attending these Training Sessions
The weather is starting to get cooler especially at nights, so please keep safe, keep warm and keep smiling
Until next time...

Alesha Te Amohanga
HR Administrator



Cooking Classes

John Harrod, Kim Forrest
and **Sunny Howett**

learning how to make
scrambled eggs with Melissa
O'Neil, 104 Cafe Team
Leader



Snippets



Mark Hollister, sharing a moment
with a feline friend.



Scott Rountree, having a laugh with
Jeff Gregory.



Jacob Tawhara
and **Quintin Chappel**
out cycling

WHAT'S ON calendar

MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>30 MONDAY'S 9:30-3:30 -INTRO TO WEAVING 9:30-3:30 -MUSIC MON 9:30-11:30 and 1-3pm -KARAOKI -UKULELE</p>  <p>2pm - ROLL CALL</p>	<p>TUESDAY'S 31 9 EXERCISE 9-3 MOSAIC -ART & GAMES -WEAVING WORKSHOP 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -DANCING -YOGA 6:45pm. HEALTH GROOVE</p>	<p>WEDNESDAY'S 4 -HORSE RIDING -9 EXERCISE -10-3 WORK -ART & GAMES 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -3pm BOWLS</p>	<p>THURSDAY'S 5 9 EXERCISE -10-3 WORK -ART & GAMES 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -BEACH CLEAN</p>	<p>FRIDAY'S 6 -1-4 DVD's 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS</p>	<p>7 9am to THAMES MARKETS -Pollen St -HORSE RIDING -LOTUS REALM CONCERT HALL & TEAROOM</p>	<p>1 -LOTUS REALM CONCERT HALL & TEAROOM</p>
<p>9 MONDAY'S 9:30-3:30 -INTRO TO WEAVING 9:30-3:30 -MUSIC MON 9:30-11:30 and 1-3pm -KARAOKI -UKULELE LESSONS 1-2pm</p>	<p>TUESDAY'S 10 9 EXERCISE 9-3 MOSAIC -ART & GAMES -WEAVING WORKSHOP 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -DANCING -YOGA 6:45pm. HEALTH GROOVE</p>	<p>WEDNESDAY'S 11 -HORSE RIDING -9 EXERCISE -10-3 WORK -ART & GAMES 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -3pm BOWLS</p>	<p>THURSDAY'S 12 9 EXERCISE -10-3 WORK -ART & GAMES 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -BEACH CLEAN</p>	<p>FRIDAY'S 13 -1-4 DVD's 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS</p>	<p>14 9am to THAMES MARKETS -Pollen St -HORSE RIDING -LOTUS REALM CONCERT HALL & TEAROOM</p>	<p>15 -LOTUS REALM CONCERT HALL & TEAROOM</p>
<p>16 MONDAY'S 9:30-3:30 -INTRO TO WEAVING 9:30-3:30 -MUSIC MON 9:30-11:30 and 1-3pm -KARAOKI -UKULELE LESSONS 1-2pm</p>	<p>TUESDAY'S 17 9 EXERCISE 9-3 MOSAIC -ART & GAMES -WEAVING WORKSHOP 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -DANCING -YOGA 6:45pm. HEALTH GROOVE</p> 	<p>WEDNESDAY'S 18 -HORSE RIDING -9 EXERCISE -10-3 WORK -ART & GAMES 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -3pm BOWLS</p>	<p>THURSDAY'S 19 9 EXERCISE -10-3 WORK -ART & GAMES 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -BEACH CLEAN</p>	<p>FRIDAY'S 20 -1-4 DVD's 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS</p>	<p>21 9am to THAMES MARKETS -Pollen St -HORSE RIDING -LOTUS REALM CONCERT HALL & TEAROOM</p>	<p>22 -LOTUS REALM CONCERT HALL & TEAROOM</p>
<p>23 MONDAY'S 9:30-3:30 -INTRO TO WEAVING 9:30-3:30 -MUSIC MON 9:30-11:30 and 1-3pm -KARAOKI -UKULELE LESSONS 1-2pm</p>	<p>TUESDAY'S 24 9 EXERCISE 9-3 MOSAIC -ART & GAMES -WEAVING WORKSHOP 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -DANCING -YOGA 6:45pm. HEALTH GROOVE</p>	<p>WEDNESDAY'S 25 -HORSE RIDING -9 EXERCISE -10-3 WORK -ART & GAMES 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -3pm BOWLS</p>	<p>THURSDAY'S 26 9 EXERCISE -10-3 WORK -ART & GAMES 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS -BEACH CLEAN</p>	<p>FRIDAY'S 27 -1-4 DVD's 9:30-11:30 COMPUTERS -1-2:30 COMPUTERS</p>	<p>28 9am to THAMES MARKETS -Pollen St -HORSE RIDING -LOTUS REALM CONCERT HALL & TEAROOM</p>	<p>29 -LOTUS REALM CONCERT HALL & TEAROOM</p>