



THE LIFESTYLER

The Supported Life Style Hauraki Trust, 726 Queen Street, PO Box 524, Thames. Ph 07 868 5038

info@suplife.org.nz www.suplife.org.nz

CE Update

Tēnā koutou

Hopefully everyone is staying safe and dry through what has been some very wet weather across the country.

We've had a busy few months and much has been happening across the Trust and the wider sector. The System transformation is waiting for outcomes of government discussions in August for next steps. Health Reforms will impact the way disability is viewed and supported going forward and we have been watching this closely to see how it will impact Life Stylers.

Last week we held a strategy day which helped to identify where our focus should be in the coming 12 months and in the current changing environment. Once everything has been put together, we will be looking to everyone to help us shape how this looks in practice so we can be sure we are meeting everyone's needs to the best of our abilities.

In the next newsletter I hope to feedback more on a couple of projects we have been working on around housing and also more on Wayfinder.

Manuia Le Aso

Samantha Lee

What are we working on?



Wayfinder

As we make progress towards a more individualised, people-centric methodology and get ready to incorporate Wayfinder into everything we do; two teams have been established - Creative and Implementation. Through these project teams, we incorporate knowledge and innovation from staff, Life Stylers and families.

Wayfinder focuses on the importance of capability building, where Life Stylers are coached to live independently. Wayfinder will be successful through strong relationships between staff, Life Stylers and families and time is spent continually building them. Wayfinder's (Trust staff) remain pivotal to the success of this. We continue to provide the same care and support, whilst ensuring that we are keeping Life Stylers independent. Wayfinder's spend time with Life Stylers, encouraging them to make their beds, prepare their breakfast or attend a vocational space. They spend time listening and working on achieving Life Styler outcomes and what they want and need to do to achieve them.

Baker Boys



Elliott Grant, Mario Ross and Caleb Starkey spent a rainy day showing off their baking skills, Helped by Crystal, they each made a banana cake. We have a fantastic café here at the Trust and we are spoilt by Mel and her team. But there is nothing better than doing it yourself and keeping independent, whilst sharing a laugh with your mates.



Life Styler Survey

Since April, we have been carrying out Life Styler surveys. The survey is based around the principles of Enabling Good Lives (EGL) and leads nicely into Wayfinder. EGL principles are the fundamentals to a system where supports are tailored to reflect individual strength, preference and aspiration.

The information from the surveys will help to further guide the implementation of Wayfinder; the Trust's individualised people-centric approach and to ensure Life Stylers experience greater choice and control in their lives. Findings so far have shown a mix of independent living; and some examples, where some Life Stylers are having too much support, eg. Having too many things done for them. Life Stylers are confirming they are enjoying living at the Trust and want more activities to take part in. This information gives us a good benchmark to monitor the success of Wayfinder and the development needs of staff.

Some people live their lives in **DENIAL**.

"Don't Even Notice I'm Actually Lying"

Darren Rees

Life Styler Training

Sean Cleaver ran his First Aid course for Life Stylers and staff. Well done to Dean Richardson, Jonathan Read, Rachel Osborne, Jack Moskowitz, Hamish Marshall, Bruce McGregor, Murray Thomas, John Harrod, Andrew Douglas, David East, Quintin Chappel, Arty Chambers & Dean Waitere. Judging by the laughter, this was a fun course to be part of.



Jack Moskowitz

FOR SALE

Jack's own design T-shirts are on sale, \$20 each. Sizes small to 6XL. If you are interested, please call the Trust and we will arrange directly with Jack. TSLSHT 07 8685038



The Trust in the Community *Margaret's Journey*

Margaret and Bubbles (Cat) are happily living at Wharepoa Farm in Kerepehi and is enjoying the peace and quiet, working in the gardens and living with the boys.

Margaret enjoys being able to sit at the table and enjoy a lovely dinner, chat and laugh with everyone. Margaret explains that Bubbles loves her home, there are a lot of cats around so she chooses to stay indoors.

Whilst onsite Margaret took great pride in Grooming/ Cleaning Cars, Gardening and Cleaning at the Thames Community District Council. August last year, Margaret finished working for Spotless Cleaning and started her new job at Thames Collision and Repairs. Margaret's employer "Jaco" shares the following.....

"Thames Collision Repairs Limited is a vehicle accident repair facility based in Thames.

We were looking for a general cleaner/car groomer and employed Margaret in September 2020 when normality seemed to have returned after COVID-19. She has a very dry sense of humour which often brings a smile to everyone's face. I have yet to come across someone who is as passionate about cleaning as Margaret is. She always goes out of her way to ensure things are exceptionally neat and tidy. Clients often overlook the beautiful repairs done to their vehicles, as soon as they see how meticulously clean it is - all thanks to Margaret.

Margaret is indeed a valuable asset to the team and her work ethics is extra-ordinary. She will form part of our business family for many years to come.



Jaco is one of the employers in Thames who has seen the true value and capability that Margaret brings to their space.

Just to open the door and welcome Margaret into this space has allowed her to grow and develop.

And to experience greater choice and control are the fundamentals that we strive to achieve.

Written by Margaret Sinclair with help from Davina Peke.

Roll Call Highlights

In May we had two meetings as the April meeting fell on a Public Holiday. Early May's meeting was a real treat, with Rosi Wernham treating us to a beautiful duet with Gary. They sang "Love is all around me" and we all joined in.

Other Life Stylers have shared how busy they have been;

- Rachel Osborne is making a lantern,
- Kellie Stevens has finished a 3 birth bird hotel,
- Aaron Cadman has almost finished his Dr Who Wardrobe,
- David East had made a Cattle Truck – called a B Train in Australia.
- Mark Samson: has made a 3 D image of the iconic Beatles Album, cover " Abbey Road",
- Bruce MacGregor is working on an aircraft carrier.
- Nigel Sparrow showed some beautiful ceramic mugs, cups, saucers & bowls as well as a Paper Mache pig's head.
- Mark Hollister had made a beautiful mug for his mother.
- Andrew Douglas showed us a really big montage with photos of Andrew hard at work at the farm.

Worker of the month – March was Dean Richardson, April was Terry Manning and May was Brett McGivern.



Thank you's

Dean Richardson & Elliot Grant would like to say thanks to Vince & Crystal for taking a group up to Waionu Beach for a picnic lunch. Everyone had a great time.



Training

First Aid

As we continue our focus on up skilling staff, well done to:

Neil Scott,	Manaia Connor,	Toby Austin,
Ray Schiewek,	Pipi Peke,	Brenna Riley,
Alli Mitchell,	Lauren Scott,	Jo Bates,
Sophy Cagat,	Annaliza Palmere,	Baljeet Sandhu,
Anne Ward,	Emma Mudgway,	Lee Kumeroa,
Karyn Sneddon,	Daniel Bursst,	Rebecca Lee
Rocky Vila,	Shannon Currill,	Neil Scott

for successfully completing First Aid.

Drowning Prevention

Paul Moleta,	Manaia Conner,	Fiona Stephenson,
Abbi Gollan,	Leslie Wilkinson,	Crystal Beach,
Michael Dawes,	Lorreen Wilton,	Dan Gage
Vincent Crause,	Janeen Fountain,	Caleb Patterson
Lou Mabey,	Lauren Scott,	
Linda Astley,	Edyn Peke,	

for passing the Drowning Prevention Training (along with practical exercises).



Congratulations to **Carla Van Deventer & Jonathan Read**, who

did very well at the Special Olympics events with both winning medals.

MAPA

The following staff completed their MAPA training:

Maria Julian,	Shannon Currill,	Neil Scott,
Peta Kavanagh,	Moe Williams,	Clem Eleazar
Samantha Claire,	Lou Mabey,	Crystal Beach.



Staff at MAPA Training - Disengagement physical move.

The MAPA training has been reviewed and improved. One of the new aspects is the introduction of trauma informed care. Jeff

Gregory and Davina Peke have been trained in the new course which is now called Safety Intervention

Vaccinations

34 Life Stylers and 33 staff have had the vaccination through our annual flu vaccination program. COVID vaccinations kick start from the 24 June. Families will be contacted directly, if required.



Performance Review

Over June and July, all Trust staff will have an end of year performance review, where they get to review their performance, through a two-way conversation with their manager, on the previous year and also set goals for the 2021/22 year. This is also an opportunity to raise any development wishes or concerns that staff may have. Part of this process will be to obtain feedback from Life Stylers and peers. The review will consider general performance against role expectations, demonstration of the Trusts values, demonstration of positive interaction and behaviour towards other staff and reliability (including the number of unplanned absences). We want to ensure that the service we provide is high and staff are enjoying a positive employee experience.

Thames Valley Special Olympics Indoor Bowls

On Sunday May 2, the Thames Valley Special Olympics Indoor Bowls teams attended an event at Karaka Memorial Hall. David Armstrong, David East, Kim Forrest, Henry Munro and Alistair Lye all competed along with their Paeroa team mates. Thames Valley had 3 bowling teams present on the day (12 bowlers - 4 on each team). The two B grade teams did well coming home with Second and Third ribbons. Our C grade team achieved a Fourth place ribbon. Congratulations to all of our Indoor Bowlers.



Artsider

Daily creative fun at Artsider, from puppets to paintings, cups to T-shirts:



Chris Bird

My Life at the Trust

Hi I'm Chris, I moved into the Trust on the 12th December 2003 from Levin. I have two sisters and one brother and our family lived in Whanganui New Zealand.

My Life

The many things I love to do are art projects at Artsider, going out for a cooked breakfast in town, Holidays with my sister Jennifer in Whanganui, celebrating Easter and spending time

with family at Christmas. My favorite food is chocolate.

I was able to put in some art pieces into the art exhibition in 2020 and sold some of my art.

August 2020 I celebrated my 70th birthday and went out for dinner with my friends and then lunch with my sisters.

One highlight this year, is going and looking at the beach hop cars in town with friends.

Written by Chris Bird with help from Robyn Wake



Quintin's guitar gets a fine tune

Quintin Chappel

Steve Ritchie helped Quintin fix his electric guitar.



Did you know?

104 Amy Street

Hopefully some of you will recognise one of our favourite properties – yes, 104 Amy Street in its glory in the early years of the Trust. There is also a couple of familiar faces too!

104 Amy Street, built around 120 years ago, was originally leased to the Trust prior to the us purchasing the building in 2007. Roll call used to be held in the front room – now occupied by the Tuck shop. A small kitchen within the home, along with a dining room, allowed for Life Stylers to share meals as they still do today – however this was on a much smaller scale. The back of the home was dedicated to the laundry and many a mop head was dealt to out there!

Renovations occurred in 2007/2008 transforming the cafe into what it is today.!

I am sure the walls of this old miner's cottage can tell many a tale of its life with



the Gold mining community and the evolution of our Trust.



The following celebrate anniversaries at the Trust

Staff anniversaries

Katrina Chevis - 5 years
Tracey Currill - 10 years
Jeurgen Mayer - 15 years

Life Styler anniversaries

May

Trevor Hassall – 18 years
Terry Manning – 12 years
Simon Ashby – 11 years
Paora Delamare – 6 years
Kellie Stevens – 6 years
Robert Stephens – 1 year

June

Barry Bashford – 19 years
Dylan Levien – 10 years
Andrew Douglas – 7 years
Rosi Wernham – 4 years
Michael Prowse – 1 year

July

Matthew Pearson – 26 years
Peter Moyes – 25 years
Scott Tupaea - 15 years
Dean Waitere – 15 years
Kim Forrest – 7 years
Jack Moskowitz – 4 years
Jeremy Pratt – 3 years

Happy birthday

Happy birthday to Life Stylers, staff, family and friends who are celebrating their special day in the next few months.

Wray Wilson
Tracey Currill
Trevor Connor
Kathleen Webb
Janeen Fountain
Kerwin Marnc
Daniel Marshall
Murray Thomas
Shekinah Coake
Manpreet Kaur
Crystal Beach
Lee Kumero
Cosima Penwarden
Rebecca Lee
Mario Van De Geer
Ann Cochrane
Samantha Claire
Leslie Wilkinson
Emma Mudgway
Samuel Cawood
Daniel Busst
Mary Leybourne
Vanessa Roberts
Peta Cavanagh
Rangimarie Anderson
Catherine Herbert

Simon Ashby
Jessica Edwards
Alastair Lye
Brett McGivern
Tony Francis McMahon
Peter Gordon Moyes
Paul Edwin Rolton
Alice Vakalahi
Robert Stephens
Malcolm Marks
Andrew Douglas
Trevor Hassall
Wayne Richardson
Michael Waitere
Kristen Riddle
William Halliwell
David Armstrong
Christopher Bird
Mark Cobb
David East
Raymond James
Rachel Osborne
Janice Stephens
Scott Tupaea
Carla Van Deventer
Alice Matthews
Melissa Stone
Jeremy Pratt
Aaron Seagar
Lance Boyd
Richard Donald
Caleb Starkey

Clinton Care

Clinton spent time with Amanda up in Auckland at the museum and was given hands on access to some of their bird exhibits. Clinton likes to focus on the detail to bring his own pictures alive.



Pink Shirt Day

Pink Shirt Day is about working together to stop bullying by celebrating diversity and promoting kindness and inclusiveness.

It's about creating a community where all people feel safe, valued and respected, regardless of age, sex, gender identity, sexual orientation, ability, or cultural background.

This year the Trust decided to participate in Pink Shirt Day 2021 for the very first

time. As it was our first time talking about bullying using the Pink Shirt Day platform, we decided to run with two important questions:

- What is Bullying?
- What do we do if we feel that we are being bullied?

The Trust, along with volunteers from our staff and Life Stylers, put on a pink themed lunch at the café and then a VERRRY pink afternoon tea on Friday to celebrate our unique Trust community and the wonderful differences that make us

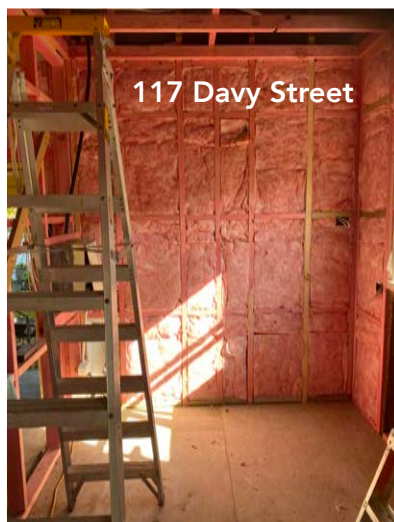
special.

A big thank you to all that made the Pink Shirt Day 2021 special including Crystal Beach, Melissa O'Neil, Shekinah Coake, Deb Brock, David East, Rachel Osborne and Amy Menzies.



Property Renovation Update

The property renovation projects are making good progress.



117 Davy Street



117 Davy Street



104 Amy Street



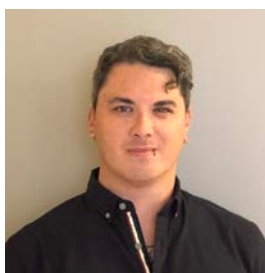
617 Queen Street

House	Worked completed to date October 2020- June 2021.
104 Amy	Refrigeration flooring rebuilt and new unit installed (Back end of kitchen rotten) 104 has been partially re-roofed.
117 Davy	Has been fully reroofed. Most of the exterior weather boards have been replaced and also window framing. New deck has been built with accessible entry into the house. House has been sanded, undercoated and now currently 3/4 painted with a topcoat. Bathroom, kitchen and half the lounge have been completely rebuilt, from house piles through to flooring. 2x new bathrooms, lined, insulated and accessible. Due to the condition and risk presented the chimney was removed. Door entry ways have been widened to make accessible. Bedrooms relined and repainted. Lounge area and Kitchen relined and painted.
106 Amy	Has been reroofed.
300 Brown	Roof has been replaced.
102 Amy	Roof has been replaced.
139 Wharepoa	Removal of Gum Tree line due to Health and Safety risk.
617 Queen	Upgrade and modernisation of the 617 unit. Reline walls sliding door installed & windows. This has also been repainted.
All houses	Positive pressure systems have been placed into Trust owned properties. This system is focused on reducing moisture within properties to prevent mould built up. All nine houses have been insulated to legislative requirements (underfloor and roof cavity). Heat pumps have been placed in properties that have required them.

Team Leaders

Team Leaders

To enable more consistency, support and structure across the Trust, we have increased the number of Team Leaders. This is so each Life Styler and staff member have an appointed Team Leader who is responsible for their support. The teams are now smaller and workload is spread, to increase the opportunities for coaching and raising capabilities.



Anthony Bell – 0272 228 3535
abell@suplife.org.nz

Anthony has been working at the Trust for almost 3 years. He is one of five MOH Team Leaders and has been in this role for just over six months. Anthony has experience across the Trust, working previously as a Support Worker under MOH and the Living Choices team, where he supported a Life Styler who required one-on-one support. Anthony also has previous experience as a Team Leader within the Living Choices team, giving him an insight into people leadership. These roles taught Anthony how to build effective relationships and has given him the benefit of working with a wide group of mixed abilities, whilst enabling him to assist his teams to support Life Stylers.

Life Stylers with Anthony are:

Team 2	Team 5
Rach	Simon
Jess	Hamish
Anuchika	Michael
Andrew	Dylan
James	Ray
David	Kim
Tim	Mark
Arty	Clinton
Bruce	
Lance	



Ian Beach
ibeach@suplife.org.nz

Ian Beach is the Team Leader for the Trust's one on one team. This team has its unique requirements and no two days are the same. Although new to the role (two months) Ian has been naturally leading the team for a while through sharing his knowledge in behaviours, and spending time with each individual Life Styler and team member to identify their individual needs and wants.

Life Stylers with Ian are:

Wayne
Ali
Dean R
Sean
Matt
Malcolm



Kerwin Marnce - 027 562 0606
kmarnce@suplife.org.nz

Kerwin is South African born and has called New Zealand home since his early twenties. He moved to Auckland working in the hospitality and food industry in various Operations Manager roles before settling in Thames to work at Trust. Kerwin has gained a wealth of knowledge and expertise working in the disability sector with people from all walks of life. He is grateful to the Trust for investing in him and providing him with the skills needed to do the Team Leader role effectively. Kerwin has a strong people focus, making connections, helping, encouraging, advocating, sharing experiences and spreading happiness with humour and enabling Life Stylers to live their best lives.

Kerwin appreciates honest, constructive feedback as no issue is an issue too big for him, he enjoys working on solutions, the future and takes a holistic view on everything he does.

Life Stylers with Kerwin are:

Team 1	Team 4
Jo	Scott
Rosi	Sunny
Adam	Jono
Rose	Carla
Jonda	
Peter	Respite
Richard	

Team Leaders



Tracey Currill

tcurrill@suplife.org.nz

Tracey Currill took up her role as Team Leader in March. She has been with the Trust for nearly 10 years and was previously in a Senior Support role. Tracey has strong leadership skills, understands the Trust philosophy and consistently demonstrates a positive mindset with everything that she does.

Life Stylers with Tracey are:

Paul	Kellie
Gary	Mario
John	Caleb
Daniel	Michelle
David E	Aaron
Chris	Elliot
Simon	Ash
Terry	Stu



De King

dking@suplife.org.nz

De moved to New Zealand from Ireland in 1994, joining the Trust in 2018. De has a background in social work within the Mental Health sector and family support services. De has worn a triple hat; Team Leader, Farm Vocational Leader and Farmer but now focuses solely on her Team Leader role.

Life Stylers with De are:

Barry
Dean W
Jack
Quintin
Margaret
Kodi
Trevor



Derek receiving his 10 year anniversary basket.

Derek Burns
Living Choices

dburns@suplife.org.nz

Derek is from Ireland and has lived and worked in New Zealand for close to 30yrs, working in a range of positions from hospitality, retail, horticulture and a spa, along with various youth/mental health-based volunteer work.

Derek has been with the Trust for 10yrs and has worked amongst most of the teams before becoming the Team Leader of the Living Choices team.



Makanoa Te Moananui Kiripatea
ACC.

Ko Makanoa Te Moananui Kiripatea toku ingoa
No Waikato, Ngati Porou me Hauraki oku whanau
No Kerepehi ahau

Makanoa (Mux) has been with the Trust since 2019 in the role of a Rehabilitation Coach leading to an acting Team Leader role in the ACC team. Her passion for helping people comes from her parents, who were helpers in many different communities. Working here at the trust allows Mux to grow this passion by enabling me to work with the team and Life Stylers to meet their individual potential.

Life Stylers with Mux are:

Alice Huggard	Gemma Nathan	Melissa Stone
Ansel Hommel	Jamie Kininmonth	Paora Delamare
David Broad	Janice Stephens	Robert Jones
Darren Carey	Jeremy Pratt	Robert Stephens
Darren Watters	Kristen Riddle	Wayne Mitchell
Darryn Rees	Mark Hollister	Terry Manning (MOH)
Eugene Betham	Mark Samson	

Melissa's Low Carb Bagel

2.9gm carbs per bagel



Ingredients

1 & 1/2 cups mozzarella cheese
4 tablespoons of cream cheese
2 egg beaten in different bowls as you will use separately
1 & 1/4 cup ground almonds
1 teaspoon baking powder (ensure this is fresh so bagels rise)
1 teaspoon guar gum (secret ingredient)
Sesame seeds and poppy seeds

Method

1- Preheat oven to 180 degrees...Place the mozzarella and cream cheese in the microwave for 3 mins until both are melted

2- Add the ground almonds, baking powder and guar gum in a bowl

3- Add one beaten egg cream cheese and mozzarella mix to the dry ingredients and knead until they both are combined together. This is the key to success... When you think you've finished do a little more kneading!!

4- Sprinkle a little ground almond on the bench... split mixture into 5 lots then roll into large snakes!! Join the ends and turn in a circle bagel shape.

6- Place bagels on baking paper and use the remaining egg and brush over the top of the bagels... Top with poppy seeds and sesame seeds

7- Bake on 180 degrees for 15- 18 mins

8- Remove when golden and cooked through.. Best way to check is if bagels are golden underneath as well as on top.

9- Best part enjoy with your fav fillings and without the guilt of normal bagels..

Delicious as BLTs or just with jam...

Perfect alternative for bread when you are trying to eat low carb!!!

Keep in airtight container in the fridge for 7-10 days. These also freeze really well.