



THE LIFESTYLER

The Supported Life Style Hauraki Trust, 608 Queen Street, PO Box 524, Thames. Ph 07 868 5038

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

Trust Celebrations

Winter Wonderland Ball



King's Birthday



Matariki



Staff Spotlight



I saw Philippa Godwin walking with Brandon and she told me I needed to work at the Trust. Philippa was moving to another position and suggested I apply for her role, so I did. And started working here at the Trust in April 2014.

Paula Styles

When I arrived I thought "What the hell? I'm not cut out for this". But I found my purpose, through the Life Stylers I was able to learn and adapt quite quickly. I really had no idea and found things pretty strict as a staff member where you were held accountable for your work

But I understood the reasoning for the accountability.

I've worked in several areas across the Trust and have a lot of fond memories.

The highlights would be the Life Stylers, they taught me how to look after them. And when I grasped that, it was amazing!

I was led by the Life Stylers, and it was hard not to love what I did. My love and adoration for the Life Stylers wasn't encouraged, probably more-so discouraged. But I've chosen to stick firm to the way I work alongside the Life Stylers. With life, also comes end of life journeys for some of our Life Stylers. The Trust for our Life Stylers is their "Home for Life"

I felt it was a true "gift" and "blessing" to support our Life Stylers through their journey's. Although it "broke my heart", I learnt to settle into it, it was a heart centred experience.

The Life Stylers felt safe and keeping them comfortable till the end was an integral part of their journey. I learnt to settle into it, when previously I was a lot feisty with it, I learnt a better way to deal with things and about myself. They taught me this, each journey has been very different but is still very much the same.

Through this I was completely honest, transparent and vulnerable and getting the same back was huge.

I worked alongside a good team of people, we had open, honest and hard conversations, from which developed beautiful friendships. When I say hard, for me to be able to best support someone through end of life, I need to know the facts, I don't want it sugar coated! I need the raw realness of what it could look like. With the families when it came closer to the end, I learnt a lot about them, Something the families said was that "I don't see them for their disability". I never really knew this, until it was pointed out to me. I just understood that they needed you to 'feel and to be present'. I struggled when I felt people backing away.

But not everyone is going to go head on like I do, I have learnt to respect that. Staff that would jump

in with certain things when you weren't coping.

During these intrinsic times those were just so important and truly valuable. But being present right till the end, saying farewell so they continue on their journey. Is a very special and humbling moment to be cherished.

And then we all come together to celebrate life, bless the house, it's lovely for everybody especially the Life Stylers.

I have always believed that "you have to remove what you think and how life should be" for the Life Stylers.

They instinctively know and it's just about bringing it out. The Life Stylers will teach and show you.

The LS have taught me, given me more and have made me who I am today.

And I give my all willingly....

I'm a more rounded, more together person than what I arrived here as....I was very broken and I'm not now

I've also had friends and family tell me that the Trust has turned me into an amazing person. The Life Stylers kept me real, they see straight through your B.S

Life Styler Spotlight



I was originally living in Tauranga, before moving to the Trust in December 2021.

I have lived in Thames previously and I have family here.

Which is the main reason that I moved back.

Sheryl Mason

I am now living at 900 and feel it was the best move I've done I like the feeling, I've made 900 my home.

Adding little touches that are meaningful to me.

I enjoy gardening, although I don't have a "green finger" like my mother, but I try.

I've collected shells from the beach, painted tiles, used material, bright colours, splashes of paint and art pieces, to decorate the raised garden's and make this area a place for me to sit, to enjoy the weather, company etc.

I love being a mother, I have 4 children (2 boys and 2 girls), they keep me busy.

They come and visit, they are understanding of me as I am of them.

We are very different, sometimes things can be very trying and can go to custard. But I do love being their mother.

I also love animals, in the past having Cats, Dogs, Horse, Birds, Chickens, Turkeys which my mother use to call the "McDonald Farm".

I have very fond memories of riding my horse each day.

I know I can't look after them and wouldn't expect others to do it for me so I don't have any animals now.

My Mum lives in Thames also, we're very much like "chalk and cheese". Living our own lives enables us to have our own space. My dad passed some years ago and is buried in Paeroa. I have close friends around me and they visit or we catch up often.

I was 2 and 1/2 when I had a serious accident and later on in life I suffered a stroke and brain aneurysm. Which resulted in me being in a wheelchair.

I've moved several times and was placed in a Rest Home. It wasn't my choice to be in a Rest Home, at 34yrs I didn't know where I should be.

But I'm now at the Trust and as I said have made 900 my home, I am thankful to the staff and am very happy.



My garden



Picture of painting - The lady who painted this picture lives down the Thames Coast. Its of me and my 1st child, I was carrying my second child.

Family /Whanau Lead

Sandra Higgs



For those of you who don't know me I was born in Thames, and alongside my husband Colin have raised three children. We have 6 grandchildren; one of our grandsons has Global Development Delay and Autism. The reality of having a family member who needs additional support to live his life within a world of many challenges is and will be a strong focus for us as a family. We have a commitment to ensure Cohen has a life of quality, full of experiences and acceptance for who he is as a person and not for his labelled disability. I am sure you will all have the same reflection.

"Do not let what you cannot do interfere with what you can do"
Quote by John Wooden

Sandra Higgs
Family/Whanau Lead
shiggs@suplife.org.nz
027 2261264

I have worked at The Supported Life Style Hauraki Trust since October 2005. I was fortunate to have worked with Murray Lynds for a short time before his untimely and sudden death on the 1st December 2005. The Trust at this point in time had a major falter; Murray made things happen, he was thought very highly of by those who were touched by his humble positive presence. However as life has to go on the Trust re-balanced and we continued to have Peter Rutherford his partner and Trust co-founder as the Trust Chief Executive until his retirement in 2016.

I have held many different roles throughout the last 18 years, from working as a Residential Co-ordinator through to the most recent position being part of the Executive Team holding the role of Executive Assistant.

Over the past years I have witnessed the Trust's growth and the necessary maturing of its systems and processes to meet the ongoing development of the Sector from institutionalized thinking to the current model and principles of Enabling Good Lives as follows:

Self-determination - Disabled people are in control of their lives.

Beginning early - Invest early in families and whānau to support them; to be aspirational for their disabled child; to build community and natural supports; and to support disabled children to become independent, rather than waiting for a crisis before support is available.

Person-centred - Disabled people have supports that are tailored to their individual needs and goals, and that take a whole life approach rather than being split across programmes.

Ordinary life outcomes - Disabled people are supported to live an everyday life in everyday places; and are regarded as citizens with opportunities for learning, employment, having a home and family, and social participation - like others at similar stages of life.

Mainstream first - Disabled people are supported to access mainstream services before specialist disability services.

Mana enhancing - The abilities and contributions of disabled people and their families are recognised and respected.

Easy to use - Disabled people have supports that are simple to use and flexible.

Relationship building - Supports build and strengthen relationships between disabled people, their whanau and community.

I have now been appointed to a newly developed position as the Family/whanau Lead. This is a new role and I am excited to fill The Family/Whanau Lead position. A position that has its main aim being to support families/whanau through their journey with the Trust.

I look forward to working with you and as we work together though the design of this important role. I need to hear what you want, your suggestions of how we get what is needed and the important part of ensuring that it is embedded into the every day practice of supporting people. *Continued over the page*

Some of the targets for the next 12 months:

- to have a family/whanau portal for keeping you up to-date with what your family member has been doing
- regular family survey
- development of a family/whanau group
- provide information on various topics of interest
- development of a complaints form
- families to have a voice at the table of the strategic direction of the Trust

The family/whanau Lead is not a replacement for the day to day contacts you have with the Service Delivery Teams. It is important that you continue to

liaise with the Team Leaders who have first hand knowledge of Life Stylers health and well being.

I look forward to working alongside you all in the development of this important relationship and will welcome the honest and frank conversations that I am sure will be had in the future.

My work hours are Monday through to Thursday and you can contact me direct on 027 2261264.

Will be in touch soon!

Kind regards
Sandra Higgs

Focus on Paul Rolton in the Community



Paul Rolton – Paul is the first Life Styler to live in the Trust joining in 1994.

Paul was born in Thames and he along with his family were well known to the local community.

The following is Paul's reflection of his life:



Hello everyone

I would like to welcome you all. My name is Paul Edwin Rolton. I was born on the 16th June 1974.

I was born in Thames and lived with my parents and family. As the time went by I knew I was grown up. I started school in 1978 at Thames South School at R3. I have fantastic memories about these days.

I worked at Pak n Save, I was a great trolley boy for quite a few years. My new name then was the "Head no. 1 Trolleyologist" but I also looked after lots of customers.

When I moved into the Trust I stayed at 300 Brown Street and worked for the Trust at "Dirty Work Done Cheap" for quite some time. In 2001 I moved to 106 Davy Street and flatted with Mark C and Peter M. I started with Thames Valley Special Olympics and Indoor bowls.

I had a paper run delivering Thames Star and now I deliver the Hauraki Herald. On Saturdays I get up early and head to the Rugby fields where I help clean up the fields and set up for the games. I enjoy the company of the boys after the games and relax having a drink or two with them.

Happy memories.
Paul Rolton



Service Delivery



Hello from everyone in the service delivery team
The Service Delivery team include a very dedicated team of 82 Support Workers, 4 Medication Leads, 4 Onsite Leaders, 2 Nurses, 1 Occupational Therapist, 1 Social Worker and 4 Team Leaders being supported and led by 2 Managers of Service. Together this team provide guidance and support through a day in the life of a Life Styler. This can be a day getting up early and going to the Fieldays, shopping at the local shops, going to the dentist or hairdresser, exploring the seagull centre for some great bargains, doing the washing and baking muffins.

Lesley Whitehead

Executive Manager of Services
lwhitehead@suplife.org.nz
027 2465225

Life Stylers very recently with their staff supporting them got organised for the ball deciding on what to wear, hair and makeup being done and getting to the ball on time!

In June Wayne, Darren and Mark with support workers and our occupational therapist travelled to Auckland to Power in the Park at Eden Park. This was a community open day celebrating understanding, accessibility, and participation through education sessions, park tours and have-a-go activities. This was a great day, one of the highlights for Life Stylers was meeting and having photos with David Tua, in David's words – "it was his pleasure to meet such great people having a good day out"

Sunday 16th July a group of Life Stylers with staff support attended a rugby league match between The Warriors and The Sharks at Mt Smart stadium. A corporate box and tickets have been very kindly sourced through the generosity and connection of a parent of a Life Styler.

Life Stylers have provided a warm welcome to new Life Stylers coming to live at the Trust over the past 9 months, welcome to Jean, Luke, Lana, Trent, Wayne, Joanne and Jed.

The Service Delivery team look forward to the second half of 2023 providing guidance and support for Life Stylers to ensure that they are living the lives of their choice.

I look forward to sharing more with you in the next newsletter in the spring.



Team 1 Matthew Vendt mwendt@suplife.org.nz Ph 0272364668	Team 2 Makanoa (Mux) Kiripatea mkiripatea@suplife.org.nz Ph 0272162507	Team 3 Charlotte Butterworth cbutterworth@suplife.org.nz Ph 0272693582	Team 4 Vacancy (interim cover) Katie Tuck ktuck@suplife.org.nz ph 0272422401
Sean Peter M Richard Terry D Simon M Christopher Adam David A Joseph Wayne M Mark H Jamie	Mario Trent James Timothy Darren C Lance Simon A Wayne G Elliot David E Luke Rachel Rose Anuchika Jessica Daniel Andrew Sunny Jonda Jonathan Jed Scott Roderick John Jeanie Jean Lana Bruce Wayne R Alastair Arthur Robert J	Harold Avril Sara Dean R Barry Dean W Jack Kim Mark Paul Gary Ray Ashleigh Kellie Michael Dylan Stuart Henry Hamish Alice Joanne Brett Michelle Clinton Margaret Tony Quintin	Alice David B Robert S Sheryl Darren R Melissa Janice Terry M Mark S Jeremy Paora Kristen Darren W Malcolm

Please do not hesitate to be in contact with Team Leaders if you have any concerns, queries, information to share etc. We also appreciate to know what we can do better and what you are pleased about.

Managers of Service can also be contacted –

De King phone 0276148098 for Teams 1,2,3 and

Katie Tuck phone 0272422401 for Team 4.



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THE DWDC LAWNS - Dirty Work Done Cheap

Sometimes The Older team struggle to start their mowers

The Dirty Work Done Cheap crew continues to work hard maintaining its schedule of lawns in all weathers and to a consistent standard. Most times we have been successful, but with the wet winter this year sometimes we failed (sigh). Such is the nature of lawn mowing.



The crew has had some changes over the year with a number of new faces. People involved with the crew include: Wayne, Pat, Trevor, Calem, Tony, Matthew and more recently Mario and Brett. The team includes some very talented individuals who work very hard and demonstrate good cutting skills. The opportunity that our lawn mowing clients provide for regular work for the men is much valued—thank you.

Backing the team up, are the maintenance crew keeping the mowers in good condition and helping us to do a good job. Monday is maintenance day and you will often see a flurry of arms and legs busily engaged in their work on the mowers at “the shed”,

During 2003 we took on the Community Pensioner Flats which is a job of around 40 units -so this, in addition to the 100 or so other lawns we do every two weeks, means the team has a reasonable workload. We now cut on a Friday taking our workload out to three and a half days a week.



This winter being especially wet, there were several days when we could not cut. On one day the team, plus a few extras took a visit to Driving Creek Railway and the Buffalo Road Stamper Battery in Coromandel. Unfortunately for us, not only was it raining in Thames, it was raining in Coromandel as well (there's a surprise); never-the-less we carried on with the visit. We were the only people on the train, not surprisingly as it was too wet for sensible visitors. The rain was blowing horizontally and we were all drenched by the time we arrived at the (new) Eyeful Tower.

The promised spectacular view was all of 50 metres into the driving rain. Bravely facing the challenge of the return trip down the line we returned, arriving happy with the thought that we had overcome ‘fearful’ odds.

Next stop was the stamper battery. We received an excellent tour and commentary from Ashley, the tour guide and then a demonstration. Some of the team asked some really good questions and were engaged for over an hour.

From Coromandel we took the long way home via Whitianga, having a late lunch there. We were to return over the Tapu- Coroglen road but were blocked by a slip on the road. Being the enterprising crew, we took the long way back via Tairua and the Kopu-Hikuai road arriving about 5pm. It was a jolly day enjoyed by all. Such is the life of a lawn mowing crew — (sigh).

In 2004 our aim is for real pay for real work. TO ACHIEVE EXCELLENCE

Operations



Kia Ora Everyone,

There has been a lot happening since our last newsletter within the Trust and out in the community. Here is a small snap shot of some of larger projects and events that has happened.

Phil Wightman

Executive Manager Operations
021 743 399
pwightman@suplife.org.nz

139 Wharepoa Road - Trust Farm

On the 17th March 2023 we put the Trust's beautiful farm and home on the market. This property was purchased around 1996 and over the years there have been many fond memories and fun times shared there, which has contributed to shaping the Trust. Aligning with building relationships and friendships, the Trust farm has been a place for Life Stylers and the Trust family to visit, take care and spend time with the animals, grow vegetables and flowers or simply sit under a tree and enjoy the peace and quiet.

On April 20th 2023, our beloved farm sold and we handed it over to the new owners on the 12th May. The purchasers were known to the Trust and we know that the farm continues to be in good caring hands.



3 Wires Road, Hikutaia

We purchased a new property on the 9th December 2022 that we took position of on the 6th March 2023. The property has 30 acres and a 4 bedroom house overlooking the acreage.

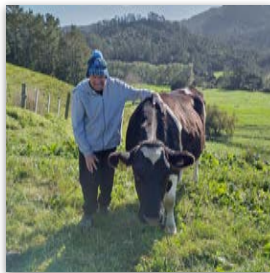
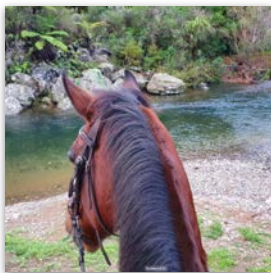
Attached to the house is also a 2 bedroom self contained unit that is being used for respite for Life Stylers wanting to spend some time out in the country.

We initially made sure the house at this property was set up for Life Stylers moving from Wharepoa Road farm.



Since then we have been moving all of the farm animals, their homes and making sure the farm has the resources needed for Life Stylers to visit and have a great day out there. Check out some of awesome photos! There are some great opportunities at this property for Life Stylers, farm activities, horse riding, swimming and camping. But if you just want a quiet time away from town to enjoy nature that is there too.

A big thank you to all Life Stylers and Staff who helped move from 139 Wharepoa Road to 3 Wires Road, it certainly has been journey to date!

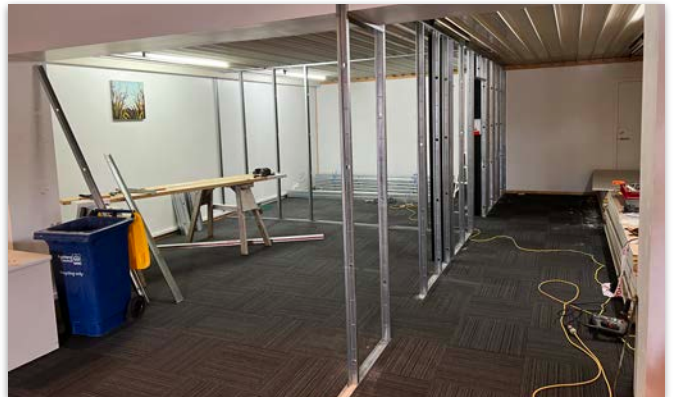


608 Queen Street - Hub

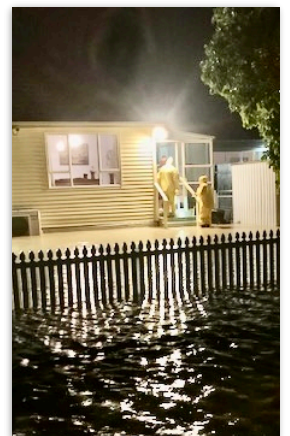
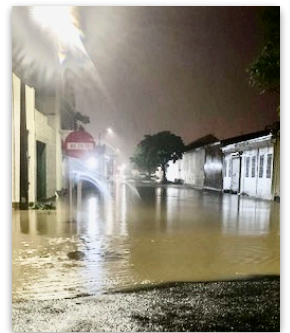
In September 2022 our 726 Queen Street lease had come up for renewal. This prompted us to look for a building that was more accessible and closer access for staff and Life Stylers. Feedback from Life Stylers and members of the community were that some areas of 726 Queen St building were not

accessible. Hence, we approached the owner of 608 Queen St to see if we could lease the building. Over the last 7 months we have been slowly working together to make sure 608 Queen meets the needs of the Trust. A big thank you to all that have been involved to make this project get to this stage.

Cyclone Gabrielle



On February 14th 2023 we saw Cyclone Gabrielle hit New Zealand and leave a trail of destruction. We were very fortunate at the Trust not to suffer extensive damage, although we had to replace a number of air con units and cabins due to storm damage. The Life Stylers and Staff did an amazing job at night to manage this event and fortunately we didn't have to evacuate.



Trust Celebrations

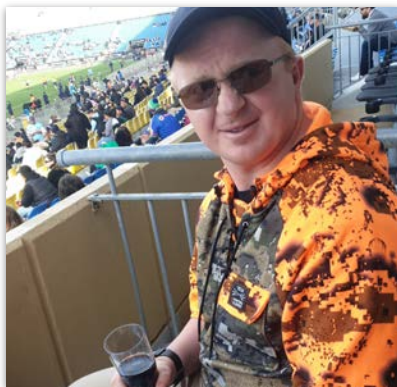
Roll Call



Outings



Outings



The Life Styler, next edition due out October 2023