

# THE LIFESTYLER

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[www.suplife.org.nz](http://www.suplife.org.nz)

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**The Supported  
Life Style Hauraki Trust**  
608 Queen Street  
PO Box 524  
Thames  
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## MENTAL HEALTH AWARENESS WEEK

**The 18<sup>th</sup> September saw the start  
of Mental Health Awareness  
Week in New Zealand.**

One of the Five Ways of putting  
Wellbeing into practice was:  
Give/Tukua.

"Give your time, your words, your  
presence; tukua te wā ki a koe, ō  
kupu, ko koe tonu"

To put this into practice Life Stylers  
presented beautiful framed artwork  
all painted by Life Stylers at Artsider  
to business and community  
organisations who have supported  
the Trust over the past year.

It was a privilege to witness the  
appreciation and kind words from



those who received the gifts and  
the pride on the faces of the Life  
Stylers who presented them.

In total 14 beautiful framed pieces  
of Art made their way into the  
community as a token of our  
appreciation.

*Davina Peke & Sandra Higgs*

## CE UPDATE

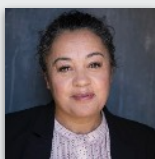
We've found ourselves talking about Christmas more lately and we know that this means that the end of 2023 is around the corner.

This year our Christmas closing dates will be from the 22nd December and re opening on Monday the 8th of January. Over this time the main office will be closed but we will still have team members working. We will put the contact list out in the December newsletter to make sure that everyone still knows who to contact.

We're excited to finally be planning our open day for our farm in Hikutaia which will be named *Three Wires Crossing*. The weather has been so wet that we have had to delay this for a number of months and we're hoping that our planned day will have great weather. It will be a very casual affair where we'll have a sausage sizzle, snacks and a few activities and guided tours. Keep the 5th December free!

### THREE WIRES CROSSING

Our annual report is now available for anyone who wishes to read it. It will be up on our website but if you wish to have a hard copy please let us know and we'll get one to you.



**SAMANTHA LEE**  
CHIEF EXECUTIVE OFFICER

## FAREWELL OUR FRIEND

It is with great sadness to let you know of the sudden passing of one of our Life Stylers.

Trevor Hassall passed away on Friday 20<sup>th</sup> October at Thames Hospital following a short illness. His life was celebrated at the Grahamstown Chapel on the 24<sup>th</sup> October. His family, along with many friends from the Trust shared their precious memories of Trevor. Everyone described him as the kind and gentle man we all knew Trev to be.

We thank the family for allowing us the privilege of being a part of Trevor's life for the past 20 years.

Mā te wā Trevor  
Goodbye for now  
From your Trust Family



**TREVOR MAYNARD HASSALL**  
22nd July 1958 – 20 October 2023



**disability connect.** *helping families*

#### Contact Details



3b Olive Road  
Penrose  
PO Box 13385  
Onehunga  
Auckland

+64 9 636 0351

admin@disabilityconnect.org.nz

You may like to visit this web page for interesting and supportive information.

There are lots of ways they can help individuals with a disability, or family members of a disabled person, to navigate the New Zealand disability sector.



## LIFE STYLER SPOTLIGHT



### Arty Chambers Story

I came to the Trust in September 2005, I was living in a similar place in Levin called Te Whanau. When I moved into the Trust there was a lot less Life Stylers than we have today. I found things different, like a whole new world coming to the Trust.

Through DSL and wanting to be close to my family I moved here. I had to make new friends, I didn't find that hard at all. I found a church in Thames and been to a few to find something that was solely for me, so I am now a member of the Baptist Church. We don't just sit in pews we are part of the service and I love that.



I was playing Indoor Bowls at Salvation Army in the evenings and was a member of the Special Olympics. I travelled to compete around the country, this gave me a sense of achievement. Despite my disability, I don't let it stop me. I've had the opportunity to do lots of activities and go on a lot of outings throughout my time. One that sticks out for me, was the camps at Kauaeranga Valley and our Trip to Taupo. We did white water rafting and went on a boat called the "Barnaby".

I have a wicked sense of humor, sometimes it needs to be censored. But it brings joy to everyone, having a sense of humor is about being able to give it away. I enjoy studying famous people and their family trees. Meeting new people and being able to tell them of our own experiences is important when having new staff come into the Trust. I believe that we need to be part of the interview process, our stories should come from people who have a disability not from those who talk of people with a disability. I am proud to now say that I am a part of this process and I feel good about having input. Helping others where I can, gives me a great buzz. I like that I can have more say, sometimes this can be "foot and mouth disease".



I'm a huge believer that we should be asked not told, that we need to! I am a person NOT a label. Mixing and mingling within the community, I feel great, they see me as a person. In the past I didn't have a choice or say, I was put in places where some of us weren't meant to be in the first place. Being placed in IHC and labelled Mentally Retarded didn't help. Being able to be me has been truly valuable. I've been able to run my own life.

### Team 1



#### Team Leader

Amy Menzies

Ph: 027 2554797

[amenzies@suplife.org.nz](mailto:amenzies@suplife.org.nz)

**300 Brown St.**

Joe, Adam, Wayne, David

**102 Amy St.**

Richard, Peter

**106 Amy St.**

Simon, Terry, Chrissy

**117 Davy St.**

Mark, Jamie

### Team 2



#### Team Leader

Makanoa (Mux)

Kiripatea

Ph: 027 2162507

[mkipiripatea@suplife.org.nz](mailto:mkipiripatea@suplife.org.nz)

**617 Queen St.**

Rachel, Anuchika, Rose, Jessica, Luke

**201 Amy St.**

Daniel, Andrew

**115 Davy St.**

Jeanie, Lana, Jean

**623 Queen St.**

Jonda, Jono, Sunny

**218 Brown St.**

Trent, Mario, James

**302 Brown St.**

Tim, Lance, Darren C

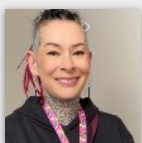
**627 Queen St.**

Ali, Wayne

**111 Davy St.**

Scotty

### Team 3



#### Team Leader

Charlotte

Butterworth

Ph: 027 2693582

[cbutterworth@suplife.org.nz](mailto:cbutterworth@suplife.org.nz)

**3 Wires Rd.**

Dean W, Jack, Barry

**Wires Rd.**

Dean R

**Waihi.**

Avril, Sara, Harold

**206 Willoughby.**

Quintin

**220 Brown St.**

Sean

### Team 4



#### Team Leader

Ian Beach

Ph: 027 6781241

[ibeach@suplife.org.nz](mailto:ibeach@suplife.org.nz)

**601 Queen St.**

Krissy, Mal, Darren W, Paora

**900 Queen St.**

Sheryl, Darren R

**112 Beach Rd.**

Alice, Bruce, David B, Robert

**220 Cochran St.**

Terry, Janice

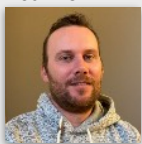
**111 Davy St.**

Milly

**310 Davy St.**

Mark S

### Team 5



#### Team Leader

Matthew Vendt

Ph: 027 2364668

[mvendt@suplife.org.nz](mailto:mvendt@suplife.org.nz)

**108 Amy St.**

Wayne G, Simon, Elliot, David E

**615 Queen St.**

Arty, Robert J

**207 Williamson.**

Jed, Michelle

**Respite.**

Mark, Kim, Kellie,

Hamish, Paul, Gary,

Dylan, Stu, Michael,

Henry, Tony, Ash, Ray,

Joanne, Alice V, Brett,

John, Clinton,

Roderick, Kodi

## SERVICE DELIVERY

By Lesley Whitehead

Executive Manager of Services

### Spring Greetings to All

Thank you to the wider Service Delivery team for the work they do every day.

Shout out, this newsletter goes to those working night shift, working through the hours many of us are sleeping, and to the support staff when the weather has been cold, windy and wet and being creative to find inside activities to keep Life Stylers happy and entertained. We know Life Stylers are looking forward to the summer days and trips to the beach, bike rides and going for walks in the local community. Thank you also to the café team that provide meals Monday to Friday and not to forget dessert day Tuesday. The café team are also organizing fun Tuesday dinner time with games and music.

### Welcome

Welcome to new staff and staff returning to work again with The Supported Life Style Trust.

Staff new to the Trust have an induction plan that includes core training and close supervision from Team Leaders, Onsite Leads and our great experienced support staff. We advertise vacancies on Trade Me and on Seek. We are always keen to increase our casual staff pool to cover shifts on a casual basis no set days, these are 10hr shifts. If you are interested in casual work, please contact our office for a chat.

### Respite

Our 2 respite rooms have been busy over the past few months.

We have welcomed back Life Stylers who attended respite prior to the Covid response times. Respite provides opportunities for disabled people living with their families to engage in different activities, make some new friends. Respite stays also provide the opportunity for getting the know the Trust for those thinking about coming to live at the Trust.

### Christmas Holidays

We are on countdown to Christmas holidays.

We are asking that families let us know of any plans that you may be thinking about for Life Stylers having time at home with family - whether that be Christmas Day, a few days or longer over the Christmas holidays.

We need time to plan medication for Life Stylers and organize (when requested) transporting Life Stylers home to families and then back home again to the Trust.

We are also starting to work on the Christmas holiday period staff roster, and the plans for Christmas lunch and pressies for Life Stylers that will be enjoying this time at their home at the Trust.

As December is a busy events and activities month, we need to start the planning now.

So, thank you, hearing from families with any plans about the Christmas holiday time would be really helpful.

### Team Leaders

We have appointed 5 new Team Leaders

We are pleased to now have 5 Team Leaders in place for the five Service Delivery teams.

Welcome to Ian Beach - Team Leader for Team 4 and to Amy Menzies - Team Leader for Team 1.

Both Ian and Amy have worked for The Trust for many years and bring with them both experience and knowledge of supporting many of the Life Stylers and teams.

Please find the updated teams with Team Leader contacts.

You also welcome to contact the Managers of Services:

De King Ph: 027 2554797

[dking@suplife.org.nz](mailto:dking@suplife.org.nz) and

Katie Tuck Ph: 027 2554797

[ktuck@suplife.org.nz](mailto:ktuck@suplife.org.nz)

As we countdown in 2023 remember to take time to walk on the beach, enjoy that ice cream and hear the birds sing.



Lesley Whitehead

**Executive Manager of Services**

Ph: 027 2465225

[lwhitehead@suplife.org.nz](mailto:lwhitehead@suplife.org.nz)





### From Beginning to Now!

#### 1994

The Supported Life Style Hauraki Trust was born. Peter Rutherford and Murray Lynds were successful in having the first Life Styler; Paul Rolton move into the Trust to be supported to live the "Life Style Way".

#### 2004

Ten years has now passed and the Trust celebrated this by having a grand gathering at the Wharepoa Road farmlet. A wonderful day had by Life Stylers, staff family/whanau, and friends of the Trust.



#### 2014

20 years of being a proud provider of both Residential and Vocational services to those who chose to be part of The Supported Life Style Hauraki Trust. Thames was taken by storm with the premier showing of "The Life Styler" at the Thames Embassy Theatre. This was the beginning of a very colourful and busy week thoroughly enjoyed by all celebrating the 20 year anniversary. And now!!!



#### 2024

See the Trust turning 30 years of age! Wahoo what a wonderful birthday to celebrate.



From the  
Ministry of  
Disabled  
People:

#### "My home, My Choice Project" : Seeking conversations with family/whanau

My home, My Choice Is a programme which focuses on the work needed to transform the way people in residential service are assisted so they have more choice and control in their lives.

As part of this project there is opportunity for family/whanau to participate in conversations.

Please check of the following link for further information on this project along with the timetable for family/whanau conversations.

<https://www.whaikaha.govt.nz/news-and-events/events/my-home-my-choice-project-seeking-conversations-with-familywhanau>

### Rukataurua Te Whanake Anderson

#### Te taha o tooku matua:

Ko Pirongia te maunga  
Ko Waipaa te awa  
Ko Omaeroa Te  
Papaorootu ngaa marae  
Ko Ngaati Maahanga  
Ngaati Hourua ngaa iwi  
Ko Te Oneparepare te  
whenua  
Ko Tainui te waka

### Kyra Lorna Pakira Huirama Osborne

#### Te taha o tooku whaea:

Ko Pungawhakatihi te  
maunga  
Ko Oohautira te awa  
Ko Waingaro te marae  
Ko Ngaati Tamainupoo  
Toa Kotara Ngaati Te  
Huaki ngaa iwi  
Ko Tainui-aa-whiro te  
tuurangawaewae  
Ko Tainui te waka

Kia ora koutou

My name is Normie Tautoru Te Whanake Anderson I was born in Hamilton. My whakapapa is to the Tainui waka and to the Waikato people. My ancestral whenua is around the Waipaa (Pirongia) and Tainui-aa-whiro (Kaawhia, Whaingaroa and Waingaro) area.

My father passed away when I was really young and I was brought up with my mum. We did not have much as a family but what we had been taught by my mum about appreciation and values. It was through this experience that I decided to pursue a career in teaching.

I am a teacher at Hauraki Plains College. I have been teaching for about 22 years starting off with my first teaching position at Kerepehi Primary School 2000-2005. I moved to Hauraki Plains College and have been teaching there since.

I am a teacher in charge of Te Reo and other Kaupapa Maori programmes. I'm also the Kapa Haka tutor working alongside Whaea Rangitahi Pompey. I am also the leader for our school Cultural Responsive Team.

I am looking forward to continue to build our relationship with The Supported Life Style Hauraki Trust and strengthening our kaupapa together. I believe that there is a need to provide opportunities for our students to gain an understanding about people and working with our communities. To offer support with the expertise that we share so to empower lives and knowledge.

Naku noa

Normie Anderson



## UP AND COMING EVENTS/CELEBRATIONS

(Every Thursday) Punjab Bhangra Dance Practise	In preparation for Diwali Celebration being held on Monday 20 <sup>th</sup> November Life Stylers are practising the Punjab Bhangra Dance.
(Every Wednesday) Kapahaka Practise	Our Life Stylers have been practising Kapahaka over a couple of months in preparation for their "End of Year" performance on Thursday 14 <sup>th</sup> December. We are very privileged to have a circle of committed staff and Matua Norman Anderson from Hauraki Plains College supporting the learning/development of our Roopu.
Life Styler Group Forum /Meetings	Our Life Stylers come together once a month as a means of being at the forefront of decision making and leading /discussing any matters raised by this group.
Roll Call	On Monday 30 <sup>th</sup> October we are welcoming Michelle Hinton from Fire and Emergency as our guest speaker. Our Life Stylers are supported by our tutors from Artsider/Woodwork to present their creative work. It's a time for our Life Stylers to reflect on what they've done over the last month and be informed about upcoming events.
Wananga at Matae Whetu Marae	Our Trust Roopu will continue their learning at Matae Whetu Marae on Saturday 11 <sup>th</sup> November alongside Matua Norm. Our Roopu will be welcomed onto the Marae (Powhiri) before we get into the Kaupapa of our learning.
Diwali Celebration	Our Life Stylers will celebrate Diwali on Monday 20 <sup>th</sup> November which will include the Punjab Bhangra dance, Henna, Great Indian Food, Games and Performances. Our staff have contributed to supporting our Life Stylers to create this wonderful moment.
End of Year Kapahaka Performance	Our Trust Roopu will get to perform at Matae Whetu Marae on Thursday 14 <sup>th</sup> December. Everyone will be welcomed onto the Marae (Powhiri), performance from our Roopu, the floor will be open to everyone who may want to share/korero and then we will come together for Kai Hakari (Food).
Three Wires Crossing	Open Day, 5th December
Santa Parade & Whanau Day	Saturday 9th December - Life Stylers and Staff will decorate the float and dress ready for the Xmas parade. Life Stylers will go to the Whanau Day at Thames South School to interact with the festivities for the day.



## PAST EVENTS

### Movies Hamilton

Life Stylers enjoyed a movie at the Hamilton cinema

### Kelly Taltons

Life Stylers enjoyed an outing to Kelly Tarltons

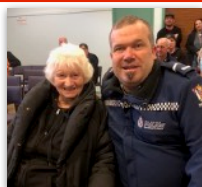
### Shopping Hamilton

Who doesn't like a shopping spree? Life Stylers travelled to Hamilton to enjoy a day of shopping, browsing and great food.

**3 July**

### Roll Call

Community Constable  
Gareth Carter  
Guest Speaker



**31 July**

### Roll Call

MP National Scott Simpson  
Guest Speaker



**27 August**

### Disco

Disco held at the Grahams Town Hall, everyone danced the afternoon away and enjoyed an afternoon tea. Some groovy dance moves by everyone.



**31 August**

### Roll Call

A special dance performance and speech from our Indian Staff. LS/Staff were welcomed up to dance "to have a go, to be bold and to have courage" in doing so.



**9 September**

### Judy White Production

Snow White and the Seven Dwarfs tribute



**13 September**

### Kapahaka Practise

Kapahaka Practise for our Trust Roopu - Karakia, Waiata and Haka



**19 September**

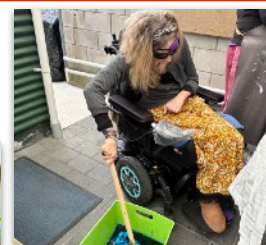
### Donation of Framed Art to Community Organisations

First day of Mental Health Week, the theme for day was "Take Notice". Life Stylers giving thanks to the community by gifting Framed Art to organisations who have supported the Trust.

**19 September**

### Tie Dye T/Shirts

Life Stylers created their own Tie Dye Shirt



**20 September**

### Inside Out Movies

The theme was "Giving", Life Stylers came to their theatre to watch the Inside Out movie. They bought a plate that they could share together and enjoyed the movie



**20 September**

### Clinical Inservices Sessions

Our Clinical Team provided wellbeing and discussions around Mental Health for our Life Stylers/Staff.

**21 September**

### Trust Top Town

The theme was "Be Active", Life Stylers participated in games that allowed for healthy competitiveness, encouragement and everyone just having a go. We then enjoyed lunching outside with lots of banter and laughter before we announced the winning team. Great effort by everyone.



## PAST EVENTS

**22 September**

### Launch Disability Festival

The theme was "Connectivity", Life Stylers travelled to Hamilton for the Launch Disability Festival where they got to showcase a selection of wonderful Art and Mosaic. Arty performed comedy and poems, whilst Milly sang Landslider and at the request of the crowd sang another song Stand by Me. A great day connecting with others and sharing creativity and talent.



**23 September**

### Free Sausage Sizzle to Public

The theme was "Keep Learning", BBQ Sausage, Bread and Tomato Sauce cooked with love to give back to the Public. People were able to come in chat and break bread.



**22 September**

### Kapahaka Practise

Kapahaka Practise for our Trust Roopu - Karakia, Waiata and Haka.

**23 September**

### Special Olympics Tauranga

Kim and Simon travelled away to play Indoor Bowls, great feat by both well done.

**27 September**

### Kapahaka Practise

Kapahaka Practise for our Trust Roopu - Karakia, Waiata and Haka.



**31 September**

### Roll Call

We had the "Life of Paul Rolton", with a stream of photo's of Paul's time at the Trust and a speech that showcased his journey. Life Stylers and Staff were in awe of the people in the photo's, a truly wonderful moment in time.



**14 October**

### Wananga at Thames High School Wharenui

The Trust Roopu had their first wananga held at Thames High School Wharenui in preparation for the End of Year performance at Matai Whetu Marae on Thursday 14th December. Everyone was privileged to be involved in "Whakatau (Weclome Ceremony)", before we got into learnings of the day - Karakia, Waiata, Haka, Hi Ha Game and Kai Hakari. Treasured day and our Life Stylers showed how far they have come.



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