

# Canterbury Community Life

## Amber and Hayden – engaged



Michael Hill Jewellers in Hornby Mall received a visit from a very excited couple early this year. Amber Kennedy and Hayden Stephen had been seeing each other for 18½ months and were about to decide on a very big purchase. The ring they chose needed resizing, so while Hayden practiced his proposal, his nana and grand-dad took responsibility for picking up the ring and delivering it to him at Hohepa Canterbury.

The proposal in the cafeteria on January 27 came as somewhat of a surprise to Amber, who didn't know it was going to happen that day.

'I dropped to one knee and said to Amber 'would you like to be my wife? And she said yes', says Hayden, while an appreciative audience looked on. Afterwards the happy couple went out for afternoon tea with Hayden's grandparents.

'Hayden is a good man – the best man for me' says Amber. "When we first met, I chose the man I want.'

'Amber is a very good person,' says Hayden. 'She is pretty and she is really in love with me.'

'How I attracted my darling is I invited her over to my house on Fridays, and then we would go out on dates to the movies, the Mall, and sometimes to her father's for lunch. She is the woman for me.'

News of the happy event attracted the attention of three students from the Christchurch Polytechnic Institute of Technology, who made a short documentary about their lives.

'It is a very cool movie,' says Hayden. 'We have been on the news, on You Tube and in the newspaper.'

Both Hayden and Amber participate in Day Services activities at Hohepa, recently visiting The Warehouse to buy potting mix and plants for their newly decorated pots – to provide cheer for the winter. Amber looks forward to Thursdays when she goes to the farm kitchen, where residents bake biscuits, muffins and cakes, make soups, or prepare fruit and vegetables from the farm for bottling and chutneys.

'I have goals like baking and getting married to Hayden,' Amber says.

At the time of our interview, Amber and Hayden were looking forward to a big night out at Rydges Hotel, with a celebratory dinner, breakfast and spa – a gift from Amber's father.

'I have had my hair cut this morning to get ready for this,' says Amber, which Hayden says 'looks fantastic'.



# Diversity in Day Services

From practicing the golf swing at the driving range or a game of snooker to visiting the Buskers' Festival and other city attractions, attending a Maori culture class or reading the newspaper to keep pace with current affairs, there's an abundance of activities – both on campus and in the wider community – for residents of Hohepa Canterbury.

'All residents have the opportunity to experience the activities they want, and there is plenty of choice,' says Day Services Team Leader, Christina Reimer. 'It's about learning together and the experience, and programmes are flexible enough for everyone.'

An Ezi-fit class is in progress in the recreation centre, while in the farm kitchen a group peels and cores apples to make pies.

In the farm gardens, the compost pile grows as autumn leaves are raked and vines from last season's tomato plants are added. A good crop of tomatoes is coming to an end in the tunnel houses, soon to be replaced with celery, pak choy, lettuce, rocket, radishes and winter salad greens.

Graham Rako and a large group of residents are busy preparing the Ditch Paddock for an extreme makeover. Renamed Mara Hua

Whenua (fruit from the soil), this space will transform as the river bank is enhanced by native plantings and raised wheelchair-accessible garden beds are created so residents can tend vegetables and herbs. A large composting area is planned and a lawn where people can relax under the trees. Weeding, cutting the grass, tidying and pruning, there will always be work to do.

The Day Room is adorned with mosaics made by residents, while in the computer suite eyes are glued to monitors as emails are answered, a Facebook page updated, or an online puzzle conquered.

Therapies such as Eurythmy, speech, oil baths, oil massages and painting are also available, and it can be a juggling act fitting everything in along with community participation activities in the wider community.

Another popular activity is watching rugby, DVDs and nature programmes on the large screen donated by Roly and Lisa Tennekoon and family, and there's no squabbling over the remote control.

'These are amazing inspirational people. Whatever the activity, they always shine,' says Christina.



Leigh, Donnell and Mandy make sultana muffins in the farm kitchen



## Computer skills grow

Clifford van Wely says residents' computer skills are growing day by day.

'Most of the guys get the chance to go on to the computer, and they receive tuition. A lot of them like to do emailing and some are now completely independent. They just turn on the computer, log in and away they go.

'Others can retrieve emails but may need a hand composing their replies. I write it out for them and they type in themselves, while there are others I sit next to and type in their responses. For those who cannot access emails themselves I am there for the whole process. We cover the whole gamut.

'About half our residents have an email address and one or two are on Facebook. Others do research and they follow their interests on the Internet. One fellow is keen on films and looks at clips of the latest movies. Others listen to music on YouTube, always popular, while another is a Dukes of Hazard fan, and our Michael Jackson fan would be happy to watch MJ all day.

'Three residents have begun digital photography, and are learning to how download their photos, edit and file them. Learning how to crop their images and go through automatic exposure correction and colours is knowledge that translates to their next photo shoot and there are improvements every day.

'Puzzling is also very popular. There is an excellent website with jigsaw puzzles, which is good practice for hand to eye coordination with the mouse,' says Clifford.



William Allardyce, John Powe and Jeremy Hannaford practice their computer skills

## Variety for Dougie and Maryellen

Horse back riding on a Thursday is the highlight of the week for Dougie Brown and Maryellen Hoban, with coffee and cake after Friday grocery shopping not far behind. Dougie pushes the trolley and Maryellen helps load the groceries and Dougie volunteers to bring the heavy groceries in from the car.

Each Wednesday, Marg Matheson, Day Activities Co-Ordinator brings her two Bischon Frise dogs to Hohepa so they can all enjoy a long walk, along with gentle exercise at Pioneer Stadium while the dogs are at their grooming session.

Ten pin bowling on a Tuesday draws a big smile from Dougie. He loves feeding out the hay to the horses, along with swimming and the spa. He also enjoys golf and playing cricket with other residents. Maryellen enjoys her foot spa and nail treatments.

Both residents have raised garden beds – Dougie's with strawberries, tomatoes and silver beet, while Maryellen grows lettuce, celery and sage.

'With one or two walks each day, which we fit in around medical appointments and visits to the dental hygienist, we have a good routine' says Marg.

Maryellen and Dougie in the Christchurch Botanic Gardens





Warming up for the Ezi-fit class



Denise Aitken harvests Granny Smith apples in the farm orchard



Edward Chapman barrows tomato vines to the compost heap



Mosaics



Theresa King and Adam Buxton rake up leaves for the compost heap



Michael George enjoys Maori culture class

## Raymond says...

"During the course of my day there's a continuous stream of people wanting to talk to me. The visitors I enjoy most are the residents themselves. This morning I had John call in – excitedly brandishing a poster portraying his own hardly recognisable features. He was 'bewigged and bepowdered,' resembling Mozart – or some similar character! His poster advertised the forthcoming production by Different Light Theatre 'The Poor Dears/The Wizard of Oz' to be held at the Southern Ballet Theatre during May.

This set me thinking about some of our other networks and how these enrich the residents' lives. Idea Services drama group meets weekly in our Recreation Centre for play rehearsals as both organisations join to pull a production together. Horizons Day Service has recently set up a small nursery enterprise at our farm – adjacent to our own Day Base area, with the obvious benefit of a fresh infusion of new faces, enthusiasm and connections. Students from Christ's College are a familiar sight at the day base as they share their skills with the residents, tutoring aspects as diverse as computer skills through to cricket technique. It is wonderful to see the residents' skills develop.

Familiarisation with a mouse was faster than expected, and the enjoyment and satisfaction of sending emails to friends and family is obvious. I hear regular comments such as: 'I've emailed Mum and told her we're going to the movies' and 'we're emailing our friends at Hohepa Auckland.'

Other computer activities are typing, Google and games.

The business side of Hohepa Canterbury is focusing on budgets for the new financial year and audit preparedness. We have received our Service Specification audit results from our recent Ministry of Health audit, which are pleasing with minimal follow-up requirements. Our Health and Disability Sector Standards Audit is timed for the beginning of June, so we're dotting the i's and crossing the t's in that regard.

We're presently hosting a stall at the Coca



Raymond Eberhard, General Manager of Hohepa Canterbury with residents

Cola Careers Expo at Westpac Stadium – a wonderful location, with hundreds of people visiting every day. There's always interest in Hohepa and we're keen to promote the organisation when we can.

For the immediate future our strategic goal is to open an additional house for four residents this year, providing we receive sufficient interest from prospective residents. So far this is going well, with regular enquiries.

Ah! There's another knock at my door! It's Angela come to show me her art-work ..."

# Rugby tickets welcome

April 27 was a red (and black) letter day for some of Hohepa's residents, thanks to the BNZ's donation of tickets to the Crusaders vs. Waratahs rugby game at AMI Stadium.

There were more residents interested than the number of tickets available but on the day some had to pull out and reserves were called upon, so in the end nearly everyone was satisfied.

The group was well-prepared with rugs, sleeping bags, jackets and hats. Access for people with disabilities was good, parking was easy and there were positions especially for wheelchairs that offered excellent viewing. We were glad to be in our seats because the slope of the stadium was quite steep and the ground seemed to be a long way down, but once the horsemen galloped on to the field and the game started we joined in the enthusiasm of the crowd.

The residents spent an exciting couple of hours cheering on their heroes as they cruised to a 23 to 13 win at the AMI Stadium.

All in all, and thanks to the BNZ, we had a good time.



Great excitement as residents greet Anita Harding and Richard Spenceley from the BNZ.

John Lambie rehearses with members of Christchurch's A Different Light Theatre Company for their performance as part of the University of Canterbury's Platform Arts Festival. Other Hohepa resident members of the Company, Theresa King and Michael Stanley are also performing in this production, to be held in the Southern Ballet Theatre.



Director Tony McCaffrey says the group has been performing together since 2004, participating in the New Zealand Awakenings Festival in 2007, and presenting at a conference at Sydney's Powerhouse Museum in April.

'For the first time this Festival has a section for mixed ability theatre,' says Tony. 'My goal is to set up a centre for diversity in performance of the arts – as a complement to the arts and performance schools at the Christchurch Polytechnic Institute of Technology.'

## A very big thank-you

Residents and staff are very appreciative of the support of these wonderful people and organisations:

- Air Rescue Services Ltd
- Carter Charitable Trust
- CCC Small Projects Fund
- Eureka Trust
- Farina Thompson Charitable Trust
- Ferrier Fund
- Foodstuffs Community Trust
- Frozen Funds Charitable Trust
- Hohepa Canterbury Golf Tournament
- Hohepa South Parents & Guardians' Association
- Jones Foundation
- Keith Laugesen Charitable Trust
- Lamar Charitable Trust
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- John Morrissey
- New Zealand Community Trust
- Pamela Webb Charitable Trust
- Perry Foundation
- Pub Charity
- Sir John Hall Charitable Trust
- Southern Trust
- Springhill Charitable Trust & Frimley Foundation
- Sunrise Trust
- Sutherland Self Help Trust
- The Canterbury Community Trust
- Sheelagh Thompson
- Toomey Charitable Trust
- Walker Davey Limited
- Worcester Trust

As well as the many individuals who have generously given funds, time and resources in support of our work.



**Hohepa**  
creating opportunities...

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CUT ALONG THE LINE

# Yes! Day activities are vital to the lives of Hohepa residents.

## Enclosed is my/our tax deductible donation ...

Your name and address are important.  
Please complete this section.

Name \_\_\_\_\_

Address \_\_\_\_\_

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**PLEASE POST TO:**  
**HOHEPA CANTERBURY**  
**PO BOX 28101, BECKENHAM**  
**CHRISTCHURCH 8242**

Your donation to Hohepa Canterbury is eligible for a tax rebate up to the level of your income. We will send you a receipt. Thank you!

- \$850 will enable our residents to participate in the Maori Culture group for a year
- \$127.50 will cover one staff member in the computer suite for a day
- \$85 will pay for 2 Ezi fit classes
- \$52 will buy ingredients for a week's worth of baking at the farm
- \$\_\_\_\_\_ other amount
- Cheque payable to Hohepa Canterbury
- Direct Debit donation to Hohepa Canterbury – Bank Account No. 031594 0032732 00. **Please insert your name in the Ref. box**
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