

# Canterbury Community Life

## Frozen fingers, frosty mornings

Robyne, Jo, Diana, John, Ian, Angela, Steve, Melanie and John love the peace and spacious surroundings of their day base in the training room, but community participation Assistant Team Leader, Lisette Evans says the group is battling the cold this winter. A high ceiling and wooden floors are a 'big ask' for the single heater struggling to output warmth for nine chilly residents.

'No-one ever says 'no' to activities like eurythmy, computer class, Halswell craft or library visits, but this group spends more time on site than others at Hohepa Canterbury,' says Lisette.

Variety fills the day, beginning at 8.30am as residents arrive with their activity boxes filled with items from home or ongoing projects. Jo puts the date up each morning, while others use their newly-acquired phone skills to take any calls when Lisette is busy.

Mondays begin with a show-and-tell of weekend activities and a run-through of the week ahead. Events, movies, concerts in town, and the latest stories from the local newspaper are discussed. It is not unusual for group members to return with paper clippings about an event that has been covered. Street names and their meanings are studied too.

A focus of the room is the holiday map – Jo's suggestion – where the travel itineraries of residents and families are tracked throughout the world. Lisette says this has been a huge learning experience for the group.



*Robyne, Lisette, Angela, Carol, Ian, Melanie and Joanne battle to keep warm against a backdrop of Hand Praises, 'a weekly activity where we say something nice about someone,' says Lisette Evans.*

'They now want to collect postcards from countries where people have visited,' she says. 'A whole project has grown out of holiday mapping.'

The quietness of their own workspace has made a huge difference to these residents, contributing to a turnaround in wellbeing

and behaviour.

'We have a great little group and feel very lucky to have been given this space away from the bustle and chatter of the main day base. The sad thing is we will have to move out if we don't get a heat pump. All we need now is warmth.'

## Why we'd love a heat pump

**'Our heater takes a long time to get warm'**

**'My toes are cold early in the morning.'**

**'We're planning to move over to the day base for the colder months – it's noisy over there, but we'll be able to stay here if the heat pump comes'**

**'Our heater makes too much noise. Do. Do. Do. Do.'**

**'I feel the cold in the classroom sometimes when it's really cold outside. Then I wish I was in my warm room at Sunflower Cottage.'**

**Are you able to donate to our heat pump appeal?**

**See page 4 for information**

# Sometimes you just have to trust

Three of our residents wanted to go to the Hagley Community College to attend a course in Literacy. A condition of attending was that the three students would be able to bus there and back on their own.

I worked out the bus route with them and practiced catching the buses on time. All three are very capable and learned quickly. The following Monday was the beginning of the course and I sent a memo to the houses explaining the arrangement, namely that the three students would meet at 9.15am at Rata House to go together to the bus stop.

As these residents tend to be ready by 8.30am in the morning, the plan was that they would go to the Day Services first and from there to Rata at the agreed time. I asked all three to repeat back to me the plan to make sure that they got it. Yes, word perfect!

Monday arrived and I was planning to follow them in the car to make sure that they managed okay. At 8.30am I went to the Day Services to give them some instruction cards for the bus driver, but I could not see them. I must be too early, I thought.

At 8.45am I went down to the Day Services again thinking that they would be there by now, but I could not see them anywhere. I went to their homes thinking that they would be waiting there until it was time to go, but nobody was to be seen.

Maybe they are at the bus stop, I thought. I took the car and went to the bus stop, but there was nobody to be seen. Maybe they took the earlier bus and are now waiting at the Pioneer bus stop, I reasoned trying to stay calm, but nobody was there. Maybe they caught the earlier bus and went to Hagley half an hour earlier. So I decided to go to Hagley, the tutor was there, but no students in sight.

At this point I felt my empty stomach and wished that they would carry a cell phone on them. My heart sank. What now? I went back to Birchfield and checked again at Day Services, but none of the staff had seen any of the three all morning. I went back to their homes but nobody was there, not even a staff member I could ask.

Where on earth could they be? I decided to ring Hagley to see if they had arrived in the meantime, but it was still another 10 minutes before the class would start. These became the longest 10 minutes of my life ... Finally I rang and got the answer machine ... I left a message ... again waiting for my call to be returned clutching my cell phone while I was trying to concentrate on what was being said in the meeting.



*Michael George waits at the Metro stop for his bus ride into town*

It was 10.10am before finally my phone rang: Yes they are in the class all three, they arrived on time! Thank you.

I closed my phone and sat there for a minute catching up with myself. For more than one-and-a-half hours I had been searching for them and wondering where they were ... and here they were sitting in the classroom exactly as planned! Even today I have never been able to find out where exactly they were and how it happened that we missed each other, but they did exactly on that morning as I had taught them and have done so every following day independently without fail. So I had to accept that this lesson was for me. Sometimes, I just have to let go of control and trust in the process!

**Michael Buellingen,**  
*Training Manager*



*It can be hard to extract some of our residents from the computer suite! Andrew Cameron is one of them.*

## A big thank you to the Christchurch City Council

A favourite space with residents at Hohepa Canterbury is the computer suite, even more so with the arrival of recycled computers donated by the Christchurch City Council to replace the aging, unreliable models now retired.

The world is expanding as people explore new horizons, under the guidance of Clifford or Michael who tutor in how to turn the computer on and off, using the optical mouse, and amazing typing tutorials like *Same Game for Windows* where, after selecting a degree of difficulty, words need to be typed in before reaching the end.

'We have six groups doing formal computer training at all levels of competency. There would be people in here all the time if we let them,' says Clifford van Wely.

A very popular site (almost as popular as the new Hohepa website – [www.hohepa.com](http://www.hohepa.com)) is Metro Info. 'Before we go bussing, we check the Metro Card balance, and journey planners where we type in where we want to go and download timetable options to get us there,' says Clifford.

Once class is over, residents can browse the Internet, download articles, type up projects and letters to family, or just play games. Some like to find good music on YouTube too.

Hohepa Canterbury would like to say a very big 'thank you' to the Christchurch City Council for donating their surplus computers.

# Celebrating the Hohepa harvest

**"Do you feel looked after? Do you look after other people? Today by your goodness you have helped other people. Thank you very much for that because there are people in our city who have no food, no houses, no place to live and, worst of all, they have got no-one to love them. Thank you very much for what you have done today to help them."**

*Michael Gorman, Christchurch City Missioner, acknowledging the donation of harvest produce, preserves and provisions to the City Mission Food Bank*

The crops are in and it's time to celebrate another abundant harvest. Embracing the freshness of a morning in May, trustees, board members, supporters, families, residents and staff were joined by special guest Michael Gorman, Christchurch City Missioner, at our Halswell farm.

In welcoming everyone to the celebration, Raymond Eberhard, General Manager of Hohepa Canterbury encouraged us to keep the inner sun glowing, to be grateful for

another good harvest and to share the abundance with those less fortunate.

Maryanne recited an inspiring poem of tribute to Michael, Archangel of Autumn. You could hear a pin drop during Stephen's reading of a story of autumn harvest as residents hung on every word. Ulla led the choir and audience members in song against a copper-hued backdrop of the harvest display bursting with seasonal fruits and vegetables, nuts and eggs.

Special guest, Michael Gorman thanked Hohepa Canterbury for the gifts of farm produce and provisions brought by visitors to the harvest table, all of which were donated to the City Mission's Food Bank.

Then, with a hearty round of applause to

the hard-working farm team and resident volunteer farmers who have worked in their own gardens throughout the year, we set off on our farm tour. Two rows of potatoes were harvested by an energetic team of residents, while others visited the sheep and cattle, pigs and hens, gardens and orchards. What a way to work up an appetite for the pumpkin soup and home baked bread rolls on our return!



## Fruit tree success

We received an amazing response to our heritage fruit tree appeal. Some of the plum trees are already planted, while the irrigation system and framework are being installed in our second orchard awaiting 250 more.

Free-ranging hens help to reduce the bug population that can decimate fruit trees, while grass at the base of these trees is trimmed to discourage wayward insects.

Thank you to all the people who have supported our fruit tree appeal and the promise of abundant crops in the future.





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## Warmer homes for our residents

As winter's bite sets in, spare a thought for residents in some of our homes and day bases at Hohepa Canterbury. As temperatures dip and serotonin levels diminish, not all enjoy the warmth and insulation of a modern building - but we hope to improve the situation soon.

'A consulting engineer was contracted to review all our options,' says Raymond Eberhard, General Manager at Hohepa Canterbury. 'His recommendation is to install ducted heat pumps in our houses. This means that each resident will have a louvre in their bedroom so that controlled temperatures will be heating the room.'

After a tender process, Hohepa has selected

a local company to complete the installations.

The units will be bigger than domestic heat pumps because they will be doing a significantly larger job. However with ducted units costing between \$20,000 and \$30,000, compared with a standard domestic heat pump at around \$3500, Hohepa can only undertake a small portion of the work.

'Starting with three houses, we will test the efficiency of the new systems to ensure they are cost-effective and deliver the heating capacity the suppliers claim,' Raymond says.

The training room and reception area will also enjoy a heat pump makeover, with under-floor insulation installed to ensure heat does not escape through the floor.

Raymond reflected on the successful heating initiatives of the past decade. The Recreation Centre already has a fabulous ducted heating system. Willow Cottage has two heat pumps, while the Day Base has radiant heating. The Halswell Farm complex is also delightfully warm.

With a goal to see residents warm and cosy for the winter, everyone at Hohepa Canterbury looks forward to completing the whole project with the generous assistance of our supporters.



**Hohepa**  
creating opportunities...

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cut along the line

**Cosy and warm this winter? 'Yes please!' say our residents.**  
**You can support our heat pump appeal with your donation now...**

Your name and address are important.  
Please complete the details

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone number \_\_\_\_\_

- I would like to donate \$ \_\_\_\_\_ towards the Heat Pump Appeal.
- Enclosed is my cheque made out to Hohepa Canterbury.
- Please phone me to talk about my donation.
- Please send me information about making a gift to Hohepa Canterbury in my Will.
- Please remove my name from your mailing list

PLEASE POST TO:  
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