



**Hōhepa**  
every life fully lived

Community  
Life

*Our Community*

Strengthened  
through Giving



They are a substantial addition to our overall capability to provide quality care, and to welcome newcomers as the waitlist of people wanting to join the Hōhepa community grows.

I am very pleased with progress and I am thankful to everyone who has worked on this project, particularly our Board members Craig Murphy and Nicky Wright for making many hours available to ensure the detail of the building is fit-for-purpose and for their dedication to the fundraising campaign. Thanks to their hard work and the many generous people who have supported the project, over three quarters of the funds needed to complete it have been secured, though, we are still in need of just over \$300,000. We now have launched the last part of our campaign to bridge this gap and we are inviting our friends to help us reach our final target 'brick-by-brick'. Reaching our target will mean that we are debt free, and it will allow us fit out the houses so they are accessible, beautiful, peaceful spaces where people can lead fulfilling lives within a supportive community. You can find out more about how you can help us to hit our target on the back page of this newsletter and we encourage you give as you are able.

## From the Board Chair

As the Board Chair, it's very easy to be caught up in the moment of the new Lamar and Sutherland buildings being built on Barrington St. Their shape and form is emerging from all the foundation work and concrete pouring, which has seemed, some days, like slow progress. But now that the framing is up on both buildings it's easy and exciting to see how they will 'bookend' our Birchfield campus. Even from the framing, it is apparent that these new homes will be light and, above all, spacious.

The Hōhepa 'warmth' will be introduced into the new buildings as well; quality care, is not only based on bricks, mortar and chattels. We as a Board strive for every life, fully lived – no matter where someone lives in our community, or the degree to which they are supported. The personal approach and flexibility of our staff and programmes has always been a key aspect of why Hōhepa is so well respected. The new builds have set the bar high and our aim is to continue to meet this through the provision of accessible, quality housing, coupled with excellent personalised services and supports.

*Ewan Chapman*

Regional Chair, Hōhepa Canterbury

# BUY A BRICK\*

## to help build two new homes

**We are in the final three months of the build project and we need your help to close the \$307,000 shortfall.**

Visit [www.hohepacanterbury.co.nz](http://www.hohepacanterbury.co.nz) for more details.



*Simon Henry has dedicated his regular donations to our LEAP Programme to make a lasting and impactful difference to our community.*

# New Support will Leap Hōhepa Forward

Hōhepa was humbled in the New Year by a generous commitment from our loyal friend, Simon Henry. Simon, originally from Rangiora, started his working life as a beekeeper in North Canterbury and he is now the Director of DGL Group, a successful international chemical and logistics business.

He decided last year he wanted to give regularly to a single cause so his donations were having a greater impact. "I wanted to support a cause where my donations would create good outcomes in the knowledge that they were being well-used," says Simon. "It was important to me to make a real difference by creating opportunities for people to experience fulfilling lives."

This brought him back to his strong connection with Hōhepa, who he has been supporting for many years. "I was asked to be on a committee for a capital campaign about 15 years ago and that's when I first visited Hōhepa," says Simon. "I was impressed by the staff and the operations; it was great to see how Hōhepa was home for people and they were leading great lives. That has always stuck with me and I've given donations over the years, but I wanted to commit to Hōhepa by giving regularly to support their ongoing success."

Simon has always had empathy for people who live with disability and remembers as a child seeing injustice and a lack of understanding for those with intellectual challenges. "Every

person deserves to live a life where they have opportunity and they are valued," he says. "Having a connection with Hōhepa will support that and will also be a great learning for my son about the importance of appreciating people for their uniqueness."

Simon has decided to give into our LEAP programme, which stands for learning, exploring and activating potential. The LEAP programme is unique to Hōhepa and centres around enjoyment, discovering interests and developing skills. At its core is our ethos of nurturing the body, soul and spirit and the activities in the programme are designed to make people feel good and have enjoyment, identify new skills and interests and encourage commitment to and development of things individuals are good at. People in our Hōhepa family undertake things like music and art, learning computer skills, baking, horticulture, sports, beach clean up and woodwork.

It is these tangible and impactful activities that Simon believes will have real benefit and he is looking forward to seeing the happiness they bring to people. "These activities support the diversity of each person and I'm looking forward to my next visit to Hōhepa so I can see how impactful they are," he says. "I know our giving to Hōhepa will help to ensure they are able to best support people now and plan for the future."

# Celebrating our Connection with Seido Karate

In February a new programme was introduced at Hōhepa which has created a very special connection with the Christchurch Seido Karate Club. The Club has developed a 10-week course for members of our community that encourages those who are taking part to immerse themselves in a journey of learning new skills, having a sense of belonging and personal achievement.

This new relationship is the result of the Club's commitment to their values of holistic wellbeing and giving back to communities. For Seido members Kate McSweeney and Anita Harding, partnering with Hōhepa was a natural fit. "Part of what we do is connect with like-minded communities and earlier in the year we were looking to find a new way to do that," she says. "Our ethos is to offer individuals from all walks of life the opportunity to strengthen themselves in an environment that supports physical and mental needs and after learning about Hōhepa's values the alignment between us was clear."

The Seido style of Karate was founded by Kaicho Tadashi Nakamura in 1976 on the principle of training the body, mind, and spirit together in order to realise the fullness of human potential. For the Seido team, this has guided how they are working with Hōhepa. "What we have built is adaptable and focuses on developing spirit, technique and a respect for oneself and others."

The programme is run from Seido Karate's central city dojo which was founded by Hanshi Renzie Hanham who has been very instrumental in keeping the values of Seido alive in New Zealand and actively encourages reaching out to communities.

The programme encompasses a series of karate skills each week and culminates in a grading where each participant receives their white belt. "We are working through movements and techniques that incorporate the rituals of karate and that also celebrate each person for who they are," says Kate. "Our goal is to give our students a sense of belonging and to feel empowered by what they can achieve"

The new Hōhepa programme is called Gassho, which translates to gratitude and for Kate and Anita it couldn't be more aptly named. "The spirit in the group is so strong and every person shows us each week that they are happy to be part of something where they are valued," she says. "The team from Hōhepa are the most present group of people we have ever worked with and it has been wonderful to see them embrace it wholeheartedly and really commit to their own success."

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The Seido Karate team sees the Gassho programme as just the beginning of a relationship with Hōhepa that will not only grow the participants, but their own community too. "We are so grateful to have made a connection with Hōhepa," says Kate. "It is really rewarding for us to see our new friends achieving and have fun and we are appreciative for the care and respect that has been built between us."





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## ART & SCULPTURE EXHIBITION

22 & 23 May 2021

SIMON EDWARDS & DON SERVICE  
Hohepa Hall, 23 Barrington St, Christchurch


[www.hohepacanterbury.com](http://www.hohepacanterbury.com)





**GREGOR, THANK YOU  
FOR 28 YEARS  
SERVICE, FUN AND  
FRIENDSHIP AT  
TFC**

*Gregor MacDonald volunteered at Trees for Canterbury for 28-years and became fast friends with manager, Steve Bush.*



# Gregor's 28-year Volunteer Career with Trees for Canterbury

The friendship between Gregor MacDonald, a member of our community, and Steve Bush, the Manager of Trees for Canterbury, is an enduring and special one that was forged over Gregor's 28-year volunteer career at the local organisation.

Gregor began his journey with Trees for Canterbury in 1992 when was 36-years-old and has only recently retired. His commitment to his work over the years has earned him the title of 'Mr Trees for Canterbury'. "Gregor is one of the most dedicated people I know and I have so much respect for him," says Steve. "Three days a week, every week, for nearly 30 years he would be onsite and he owned his job and took pride in his work."

Gregor specialised in cutting milk cartons down to size so they could be used for seedlings, a job he was steadfast in sticking to, come rain or shine. "He never took sick days," says Steve. "I remember once he was ill and was advised to stay at home as the weather was horrible. He decided to come anyway! There he was, drenched and sick, but still ready to get to work."

At the beginning of Gregor's volunteering, Steve worried that he wasn't getting much out of doing the same job all the time, but as their friendship grew, he learned to understand why it was important to him. "I recall Gregor saying to me he knew how to do his work well and it was helping the environment and people which made him feel good," says Steve.

Gregor's loyalty to Trees for Canterbury was recognised six-years-ago with a much-deserved accolade – he was named as a Kiwibank Local Hero, something that didn't

come as a surprise the team at Trees for Canterbury. "He was always so willing to give and to help anyone who needed it at the nursery, says Steve. "His work ethic, enthusiasm and devotion to the cause was really something."

Steve and Gregor also share many fond memories of the fun times they had with the team at Trees for Canterbury. "The Christmas parties were always great and Gregor could always be counted on to be on the dance floor," says Steve. "We have so many warm recollections of him enjoying a good time with his mates."

Since his retirement, it has remained important to the Trees for Canterbury team that Gregor is still part of their community. "He was an integral part of the fabric at the nursery so it was essential to us that even though he can't visit, we keep that connection," says Steve. "He's now got cutting equipment set up in the garage at his home so he can keep doing his work as his health allows and our team members pop by to pick up cartons and say hello whenever they can."

For Gregor, the relationships he formed with the team at Trees for Canterbury are what he holds dearest and he still describes Steve as 'his best mate'. The sentiment is returned by Steve, who is grateful for his years of friendship and service. "Gregor has always impressed me with his strong values and my life has been made better by having him in it," he says. "The contributions he made to Trees for Canterbury will be forever cherished and we are so glad he was enriched by being part of the team."



# From the General Manger

Turangawaewae, a sense of our place, is something deeply rooted for most people. Many of us have had the experience of somewhere simply, and sometimes inexplicably, just feeling like you belong there. We hope that Hōhepa will such a place for the people who connect with us.

Over time these places become a touchstone. They may change, as the humans around them are also changing. At Hōhepa we have made choices over our 56-year history to change our places to meet the changing needs of the people we support. Sometimes our choices are to positively impact our environment.

You have been hearing about our new builds and these are rocketing ahead with much excitement. These will enable us to support more people as our waitlist continues to grow. You may not know that we are also working to renovate two existing homes to accommodate our older and more fragile people, some of whom develop dementia, so that they can live their last years as part of the community that has been a significant part of their lives. These homes will be re-named to Lamb & Marker and McDougall, recognising two key supporters.

Recently our farm has been leased to a social enterprise, Untamed Earth, which means we are able to meet our kaitiaki responsibilities for that land. This land will become productive and provide organic nourishment for people across Canterbury.

Waimokihi Walkway is another recent development, specifically of the bank between our drive and the small waterway. This is now a wonderful entry to our beautiful Birchfield Campus that many years ago was a stretch of water so large it required raft to get across it, hence the name Waimokihi Walkway - to recognise the water (wai) and raft (mokihi). The nearby Pa was named Omokihi – the place of the rafts. In making this change to beautify our space we wanted to recognise the history.

Our sense of place is so intrinsically linked to our sense of self that we will continue to develop our spaces to enable people to be the best that they can, as they avidly pursue every life, fully lived.

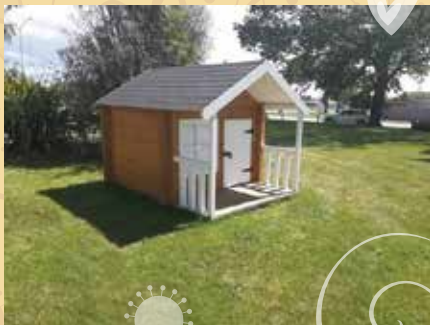
Nga mihi,

*Arinah Frelease*



# Friends and family make a house a home.

**And Fraemohs is such a friend, with a donation of a playhouse for us to use as a raffle prize, with all proceeds going to our two new homes. As well as the playhouse, Fraemohs is donating a few hours of labour to help with construction.**



"A home is much more than four walls and a roof. Home is where your child receives the love and support they need to grow, a haven for them to feel safe and develop their resilience. Home is where the memories of a family life are made and we at Fraemohs are thrilled to be playing a small part in helping Hohepa to provide safe and happy homes."

**Tickets cost \$5** and are available from reception at the Birchfield campus on Barrington Street.

Tickets will also be for sale during the Art Exhibition 21 – 23 May.

If you would like to sell tickets for us, please get in touch – we would love to hear from you!

The raffle closes 24 May 2021, and the winning ticket will be drawn on 26 May 2021, and the winner will be notified by phone or email and via Facebook.



## OUR NEW RIVERSIDE DEVELOPMENT -

# The Waimokihi Walkway

The development of the Waimokihi Walkway at our Birchfield campus has been a significant project that has been undertaken over the past year thanks to the generous support of some very special friends of Hōhepa.

The team at Austin Asphalt and members of the Rotary Clubs of Riccarton, Lincoln, Hornby, Papanui, Cashmere and Christchurch Sunrise banded together to help us realise our vision of creating a new space that provides positive, enjoyable and peaceful experiences.

The development encompasses new retaining walls, a pathway and riparian planting that borders the length of the river and the finished walkway is now being used therapeutically, for exercise and to help connect people with their outdoor surroundings.

Valda Cordes of Riccarton Rotary was part of the team that helped to create the new walkway and she and the other members that were involved are happy to have been part of something that is making a real difference to Hōhepa. "This project

really aligned with Rotary values and it made sense for us to help it come to fruition," says Valda. "Hōhepa is such a positive place and it was special for our members to be on campus working with the residents and other volunteers to create a beautiful new area for people to enjoy."

For the Rotary volunteers having tangible input into the project was an important part of why they chose to be involved. "We appreciate fully engaging with the projects we are involved in and having a real connection to the work we do," says Valda. "The opportunity to physically be onsite to develop something that is bright and welcoming and that will offer so much to Hōhepa was why we were so delighted to be able to take part."

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The Waimokihi Walkway was officially opened by Deputy Mayor, Andrew Turner, on March 31 in a special ceremony that celebrated the accomplishment thanks to hands of many. For our General Manager, Arnah, that teamwork is what made the development so special and she is grateful to everyone who was involved. "At Hōhepa we celebrate participation, enthusiasm, respect, cooperation and mutual support," she says. "This project epitomised those principles and not only did those who were involved have great experiences, it has created an environment that will continue to support the physical, spiritual and emotional wellbeing our community."





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