



Hōhepa

every life fully lived

COMMUNITY LIFE FEBRUARY 2024

*Enabling Good Lives
at Hōhepa*

CHECKED

WHAT TO WEAR:
WARDROBE TRENDS
TO JUMP INTO

Yuhui Lin

5 SNEAKER DROPS
TO WATCH OUT FOR

Thomas Larson

**Powell Finwood
is taking over the
style game**

Supporting text for the cover story goes here.

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FROM OUR GENERAL MANAGER

Arnah Trelease

Kia ora,

I have been reading a lot about the power of incremental change. With a new year comes the opportunity for new beginnings - many of us look ahead and make plans. Naturally, seeking to achieve something in the future requires accepting change in your life. Taking on the challenge of small changes can build to big impacts and achieving ambitious goals.

The same is also true for Hōhepa. As we work alongside individuals, teams or think about the whole of the organisation, the power of incremental change is tremendous. In this issue we share stories that demonstrate this in action: from the impact for Kayla of having a job where she is valued, to Jaz developing as a digital citizen, we can see what a difference small and incremental changes can make.

The influence we can have on one another to inspire action is also reflected in this issue. Two of our volunteers talk about the dual impact of giving their time on both them and the people they are supporting. We are also excited share the story of seven new homes, purpose built for us to lease at our new Hapori campus, and what that means for the lives of the people living there. This project was inspired by the developer's involvement with us on other projects, the influence we have on one another is remarkable.

I hope you will enjoy reading these stories and reflecting on the potential for incremental change in your own life - it can really snowball into something impactful on both your own story and others.

Arnah Trelease



KAYLA HOOD

Tip Top star



Kayla ready to get to work at Tip Top.

Kayla's been part of the Hōhepa community since 2018 and lives at Koru with Paul and her younger brother Blake.

In November last year Kayla started working as a cleaner at Tip Top. With support from Skillwise, she applied for the job, had an interview and then heard she was successful pretty soon after that. Kayla is no stranger to hard work, after delivering circulars locally for years. Now she usually works two 8-hour days each week, and sometimes works four days per week when she fills in for her colleague Debbie.

Her role involves cleaning bathrooms, the employee cafe, various machines in the factory, along with moping and vacuuming. Kayla really enjoys her job, especially getting free bread and of course getting paid! She says her new job helps her keep out of trouble. Kayla's favourite thing about working at Tip Top is making new friends, including 'Bubs' and Louie.

On her workdays Kayla sets her alarm for 6.30am to have a healthy breakfast and greet the staff that come over to help her with her medication. She catches an early bus to the bus exchange, then a second bus and short walk to get to the Tip Top factory in Harewood.

Kayla says her job is helping her keep fit with a lot of physical work and walking up and down stairs multiple times each day. She's lost 10kg since starting at Tip Top and is working on improving her health. It can get hot wearing a hairnet, apron and steel cap boots, especially during summer, but Kayla doesn't give up easily.

Kayla has a great work ethic and wants to do a good job. One of her goals is to gain a New Zealand Level 2 Certificate in Cleaning to further develop her skills and gain a deeper understanding of her job. She's also saving up for a new cat after losing her beloved Charlie. Arnah has helped her set saving targets to adopt a kitten. We're all looking forward to kitten cuddles! Another goal of Kayla's is to go away on holiday to Queenstown or Australia. She went on a cruise around Australia with her parents in 2018 and would love to go back.

During Kayla's downtime she really enjoys spending time with her mum and dad and hanging out with her friends at Hōhepa. Her favourite activities at LEAP are going for walks and joining in with the Adventure Group. We're really pleased you have lots of adventures in your life Kayla!



Operations Manager Clare with Kayla.

HŌHEPA VOLUNTEERS

Meet two of our valued volunteers– Fran and Rod

We love our Hōhepa volunteers! Volunteers are an important part of the Hōhepa community and develop treasured relationships with the people we support.

We sat down with Rod and Fran to talk about their experiences at Hōhepa.



Bruce and Fran having a laugh together.

How long have you been volunteering with us Fran?

About 2-3 months

What made you start?

I started through a university opportunity which then connected me with Hōhepa. Learning about Hohepa's mission which is to empower individuals to live life to their fullest, regardless of abilities, really resonated with me. Helping has always been a passion of mine, and Hōhepa allowed me to directly apply that passion in a meaningful way. It is also rewarding especially when the people we support give me a hug, smile or talk about their days! I feel grateful to contribute to such a great organization.

What do you do here?

I do house audits!

Tell us about your experience with Hōhepa.

My experience with Hōhepa has been very positive. From day one, everyone has made me feel welcome and supported. I have loved being able to learn essential office skills in such a great environment.

What do you do when you're not volunteering?

In my free time, I enjoy simple pleasures like taking walks with my dogs and spending time with friends and family. I also love escaping into a good book (recently reading "Just Kids" by Patti Smith).



How long have you been volunteering with us Rod?

Since April 2023.

What made you start?

I have always had an interest to do something useful at Hōhepa as I was introduced to Hōhepa through a young chap by the name of Glen Buckner. Glen used to work as a chef at the Hōhepa Farm quite awhile ago, he always spoke very highly of the people associated with Hōhepa.

What do you do here?

I support the group led by Stephen Roberts. I assist the group where required on all their activities and adventures, and very happy to do so, very enjoyable!

Tell us about your experience with Hōhepa.

I really enjoy and look forward to each Friday assisting Stephen and the team on all the outings planned. Although the teams do change from time to time through the different programmes offered, there is very much a core of regular attendees that are in the group. They are all very different in their own ways and they themselves make the days so enjoyable to be a part of. I know that the Adventure Group led by Stephen is in good hands and under his leadership will continue to thrive and appears to be enjoyed by all the participants and myself.

What do you do when you're not volunteering?

After retiring in March 2023 I still enjoy two days a week as Maintenance Manager at a resthome. I also play golf any chance I can get with a good bunch of friends. I'm kept quite busy doing anything that my wife Marylyn instructs me to do as well. Thanks so much for the opportunity to be involved with a fantastic group of people each week, I just hope that I have been of some use to the Hōhepa team and look forward to supporting everyone in any way I can.



Rod and Oskar at the Hōhepa Summer Festival.



FOCUS ON: QUALITY & CULTURE

Quality and Culture Manager Sophie Johnson tells us about what she's been working on at Hōhepa.

I've been looking at the results from our recent [Whānau Satisfaction Survey](#). This survey is completed bi-annually and enables us to identify our gaps and make quality improvements. We value all the feedback we received and take it all into consideration when implementing changes.

This year we analysed the data by Support Manager, as feedback is different between managers. We will work with each Support Manager to lift their practice in areas that were identified as needing improvement. Our focus will be on improving communication with whānau and upskilling new Support Coordinators to deliver quality support. We feel like this approach to responding to the survey feedback will be a more targeted approach at lifting practice in the areas where we scored lowest.

Here's a snapshot of data from the report:

Positive feedback

- 84% feel satisfied that their whānau member is happy and progressing at Hōhepa
- Hōhepa has improved performance in 3 key areas:
 - a. Assisting with individual's needs
 - b. Ensuring ongoing growth and development
 - c. Providing ample opportunities for the individual to be involved in the wider community

Areas for improvement

- 29% feel communication is the one area Hōhepa need to improve to increase overall satisfaction
- Hōhepa has decreased in performance in 3 key areas
 1. Ensures the homes are fit for purpose
 2. Support Coordinators are friendly and approachable
 3. Managers are highly skilled



Quality and Culture Manager Sophie Johnson.

We are due for our certification audit later this year. We contract DAA Auditing Group to complete this audit. An audit is completed within a selected group of our residential services against the Nga Paerewa Health and Disability Sector Standards. It is a requirement that Hōhepa must gain certification to maintain our contract with Whaikaha.

My role is to ensure we are preparing ourselves for this audit; working alongside the Support Managers to ensure everything is in order, up to date and that we are delivering quality support. We try not to tie ourselves up in knots heading into an audit. We know we support people well to live a full life but it still always a bit of a nerve-racking time!



A really fun part of my job is overseeing the Advisory Committee. The Advisory Committee is made up of 8 people we support, representing their peers as an advisory group for Hōhepa Canterbury.

Three members of the group spoke at the Regional Board meeting in December about their accomplishments over the year:

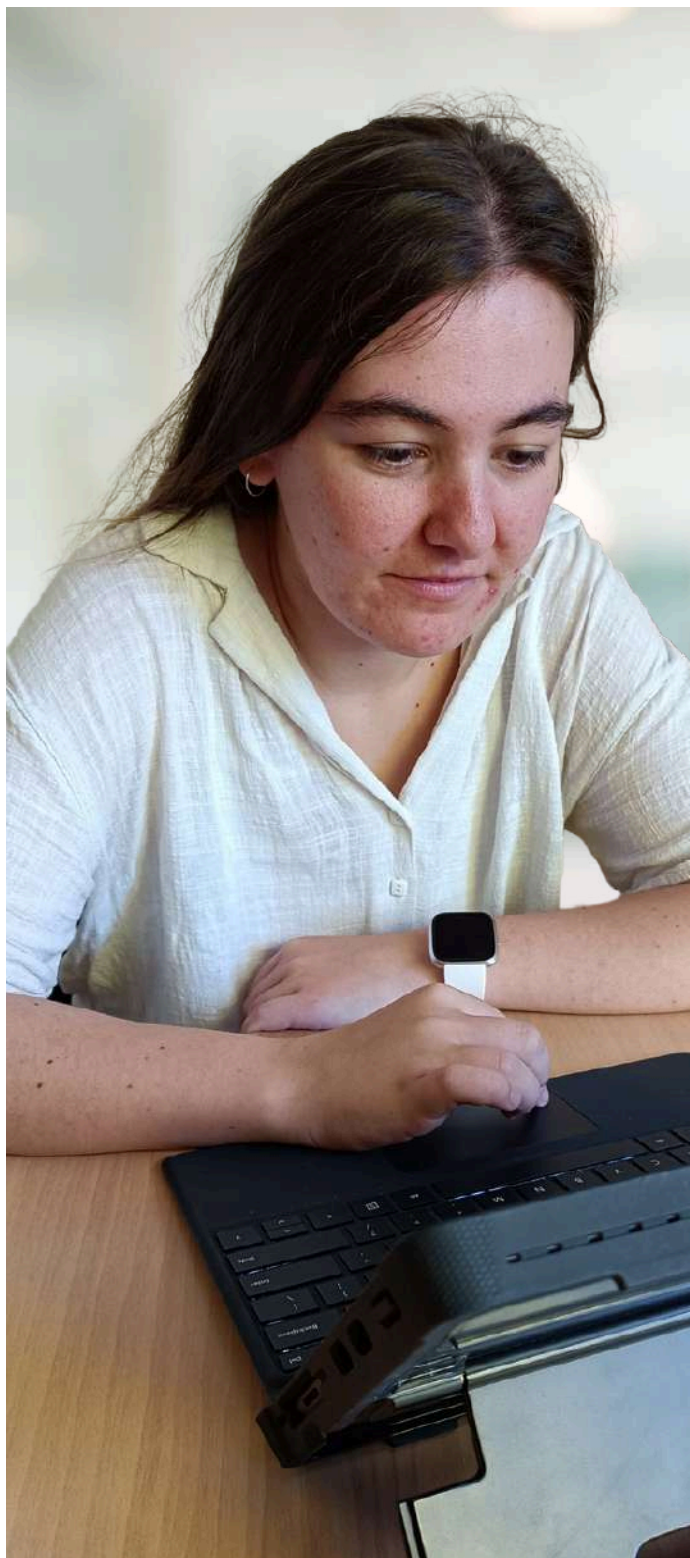
- Some of the group are now members on the recruitment team
- A member of the group feeds back to the wider community at kāinga time
- Initiated the car park upgrade
- Provided feedback on policy updates
- Discussed importance of festivals and community spirit
- Put together questions to ask MPs during the NZ election
- Reviewed and updated the complaints process and poster
- Discussed what good support looks like
- Discussed what bad support looks like
- Discussed relationships and appropriate behaviour expected at LEAP and in social settings
- Some group members attended a Self-Advocacy course, which they all enjoyed and found beneficial.

This group are finding their feet and bringing valuable contributions to the table when we meet once a month.

Hōhepa Advisory Committee member Michael Shaw.

JAZMINE SALTER

Proud digital citizen



21 year old Jaz was the perfect person to be involved with our Digi Citizens' Framework. Led by Hōhepa's IT Manager Jordan Falcus and Sarah Kinley, the framework is designed to support rangitahi to use technology in a way that is safe, supportive of their wellbeing, and encourages self-determination.

Jaz has been part of Hōhepa for almost 4 years, and like most young people uses technology every day. She wanted to be involved in the Digi Citizens' Framework to help people at Hōhepa be safe online, and so staff can guide the people they support on how to use technology in a beneficial way. Jaz really enjoyed working on the project and the opportunity to expand her digital knowledge.

Part of the project included reducing the time she spent on her phone, starting off with spending an hour away each day and increasing this over time. Jaz regularly met with Jordan to discuss how this was going and tactics to be less reliant on her phone. One thing she did was put her phone on 'do not disturb' mode so she wasn't tempted to check notifications, and letting people know ahead of time that she couldn't be reached at specific times. When we use our phones for not just communication but entertainment and information, this can be challenging! Jaz found it a bit boring at first, but quite enjoyed it by the end of the project.

Another aspect of the project Jaz feels she benefitted from was learning to step back and leave situations that might be escalating online. She now takes a break and goes back to conversations once she cools down and has a clearer head. Good advice for a lot of keyboard warriors out there!





Being safe online is a huge part of the Digi Citizens' Framework. Jaz already had a good base knowledge about the potential dangers but learnt more about how to avoid scams and unwanted pop-up websites. Her advice to people and their support team who are new to technology is to make use of protections like parenting locks and safe searches, to be aware of risks and ask for help when you're not sure of something.

When she's not helping the Hōhepa team with projects, Jaz has multiple passions including horse riding, which she does once a week. She also enjoys drama at Hōhepa as part of LEAP on Tuesdays, and arts and crafts. Jaz recently helped establish a Hōhepa team to walk the 6km City to Surf, and is part of our new walking and running club. She's also keen to help plan events for the Families' Weekend which she'll be great at!

Now she's settled in at Hōhepa, Jaz finds the people here super friendly and helpful. She's grateful that she gets the space she needs to live how she wants to, including living independently away from campus. Thanks for being integral to the success of the Digi Citizens' Framework Jaz!

If you want to learn more about this inspiring project, please send us a message or email project lead Sarah Kinley on sarah.kinley@hohepacanterbury.com

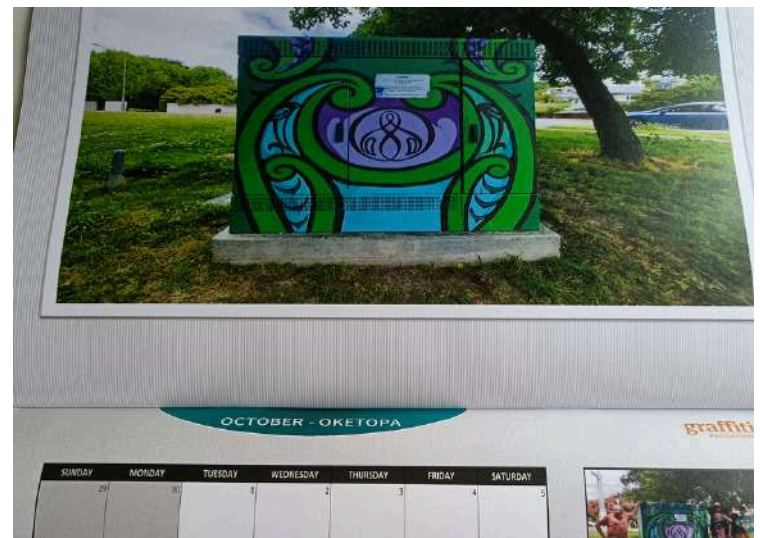
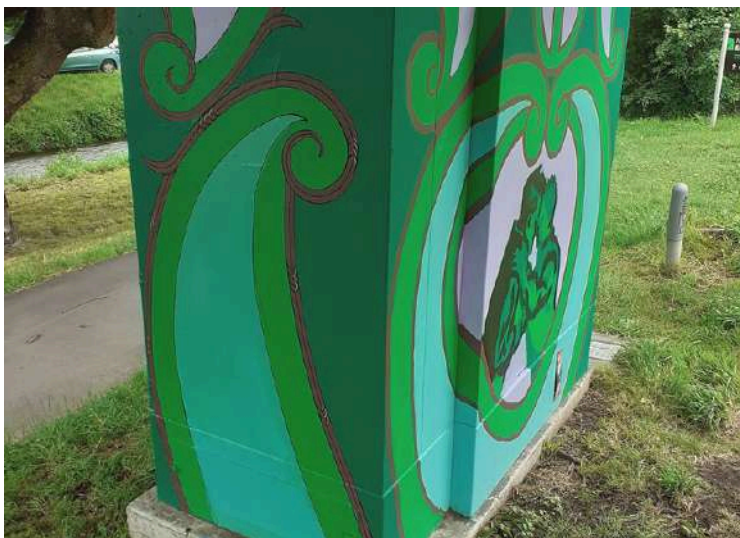
HŌHEPA HAPPENINGS

Here's a snapshot of some of our best events and experiences over the last few months...

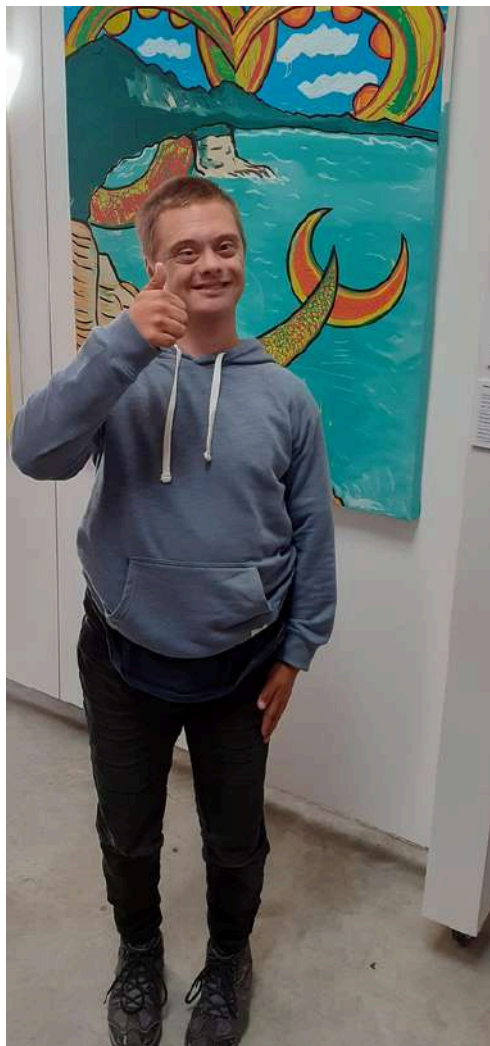
Our annual summer festival is always a lot of fun. We managed to get a few games in before the sky opened up and it got too wet to continue.



Our artistic talents are permanently on display with this beautified utility cabinet, just down the road from our Birchfield Campus near the Barrington St/Cashmere Rd roundabout. This is part of a collaboration with community groups and the CCC anti-graffiti team. You can even buy a calendar featuring our cabinet and 11 others displayed around Christchurch! These are available at reception in Barrington St for only \$5 each, or you can have one delivered to you (postage charges additional) by emailing jac.campbell@hohepacanterbury.com.



More of our talented artists displayed their work with the Whakaraupō Carving Centre Trust at Rei Gallery recently. Hōhepa artists created the theme and name of the exhibition, Ngā Whare o Takiwātanga/The Many Houses of Autism. They researched the individual themes the creations represented - themes including mana, whakapapa and aroha.



...and what's coming up.

We have two fundraisers coming up - our golf tournament in March, and Art and Sculpture Exhibition in May. We would appreciate donations of goods or vouchers for our fundraising raffle and auction at the golf day, can you help? Please email jac.campbell@hohepacanterbury.com.

Please keep an eye out for details of our Art and Sculpture Exhibition starting with a ticketed opening night event on 17th May. If you're interested in displaying your art, please email Jac Campbell on the address above.

To see more of what we're up to please follow our [Facebook](#) and [LinkedIn](#) pages.

FOCUS ON: PROPERTY

Property and Asset Manager Miriam Wells shares details about our latest new home, Hapori.



Property and Asset Manager Miriam Wells.

Our new apartments at Hapori give people a choice to live in a typical flatting situation, within a community that is supportive and enables individuals to be in the world fully living their lives.

Hōhepa was approached by private property developers in 2021 to see if we would like a long term (10 year) residential lease with right of refusal to purchase in 5 years. This represented a big opportunity for us to offer new, modern apartments for independent living.

The developers were open to bespoke design aspects to meet the needs of our people. Hapori consists of 7 apartments, including 5 two storey, 2 bedroom apartments; and two single level apartments, one with 2 bedrooms and one with 3 bedrooms.

The proximity of Hapori to our main campus at 23 Barrington St allows for connection to our wider community, it is a short walk and easy commute between the two. We also have access to bike storage and convenient public transport nearby to rely on.

The campus style living enables green spaces that enrich a person's experience of their home and allow for space to connect with each other. The layout of Hapori has allowed all apartments to socialise with a shared barbeque in the communal outdoor space, and to share other resources.



Similarly, where these seven flats were scattered in the community, we may require seven staff to sleep or be awake overnight in each one for support. In this campus model we can rely on one staff member awake and on call and another asleep for support if required, enabling efficiency for our organisation and most importantly the experience of independence and being home alone.

A key benefit to this project is enabling choice. Two people we support at Hōhepa, Clare and Allan, have been a couple for a few years now. The offer to live together was considered before they took the option to live with different flatmates next door to each other! This enables their relationship to grow in a way they want and that wouldn't be possible outside of this campus. Hapori really is contributing to our mission of every live fully lived.



The brand new Hapori apartments.



Hōhepa

every life fully lived

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