



**Hōhepa**

every life fully lived

**COMMUNITY LIFE**

SUMMER 2023



*Celebrate the festive season  
with Hōhepa*





## FROM OUR GENERAL MANAGER

### Arnah Trelease

They say as you grow older the years fly by faster and that has certainly been my experience these last few years, 2023 barely feels like it has begun! I remain fortunate to be in the lead at Hōhepa, something that keeps our whole team very busy, and I am attributing my experience of life rushing by to this!

As the year draws to a close and I reflect on our experience I am pleased that the individual growth of the people we support is a stand out - people taking on volunteer roles, jobs, accomplishing a long held goal, having awesome holidays and a myriad of experiences. This is our *raison d'être* and something that makes me smile every day.

Of course, this growth and these experiences occur because of networks of supporters: whānau, friends, volunteers, staff and others, all working together to ensure people are living good lives. Our organisation and the people we support are fortunate to have a network of phenomenal people willing to do their part and make a difference. I am grateful for this every day.

This year has been a challenging one: for individuals, for our organisation, our country and globally. It is important in a context of difficulty to count our blessings as well, of which we have many. I am fortunate to have regular reminders of these, in fact these moments occur every day.

I hope that you are looking forward to warmth, connection and moments to be grateful for. Wishing you a restful and wonderful festive holiday season.

*Arnah Trelease*



# FROM OUR BOARD CHAIR

## Glenn Livingstone



I hope that you and yours are well. I say that quite intentionally as something I have noticed more this year in email correspondence is people saying “I hope you are well.” I think this is a good thing and whenever I receive an email like this, I respond with “Yes, I am well and I hope that you are too.” (If I’m not well one day then I will have to think about how to word that!) I use “kia ora” more often too now, particularly since someone I was learning te reo with pointed out that kia ora is more than hello - it is the greeter making the greeting about the other person. I like that, as Ora suggests health and well-being.

It has been quite a significant year, becoming a Board Trustee at the same time as Rebecca and John. We are enjoying our roles as trustees and know that one of our prime roles is always acting in the best interests of Hōhepa. I am looking forward very much to working with Arnah and the Board in my own new role. As trustees we appreciate very much the energy and depth of knowledge which Arnah brings in our working with her.

At this point in the year, it is not long until Christmas and some people are going further than counting the days; amongst my friends on Facebook there seems to be a competition to see who can get their tree up first! Our family is planning on going up to the Maitai Valley in Nelson after New Year. There is a nice camping ground where we can take our little Chorkie (Chihuahua/Yorkie dog, Bagel). He loves coming on holidays with us. After that, we will come home and do a few jobs around our house and then go to Hokitika for a few days.

Reflecting back on this year and why I have become involved with Hōhepa, it all began with a visit to Barrington Street one day and then a Board vacancy and then...there is a story in there. Suffice to say, that visit “grabbed me by the heart” and I have not been able to walk away since.

Ngā mihi, Meri Kirihimete

*Glenn Livingstone*



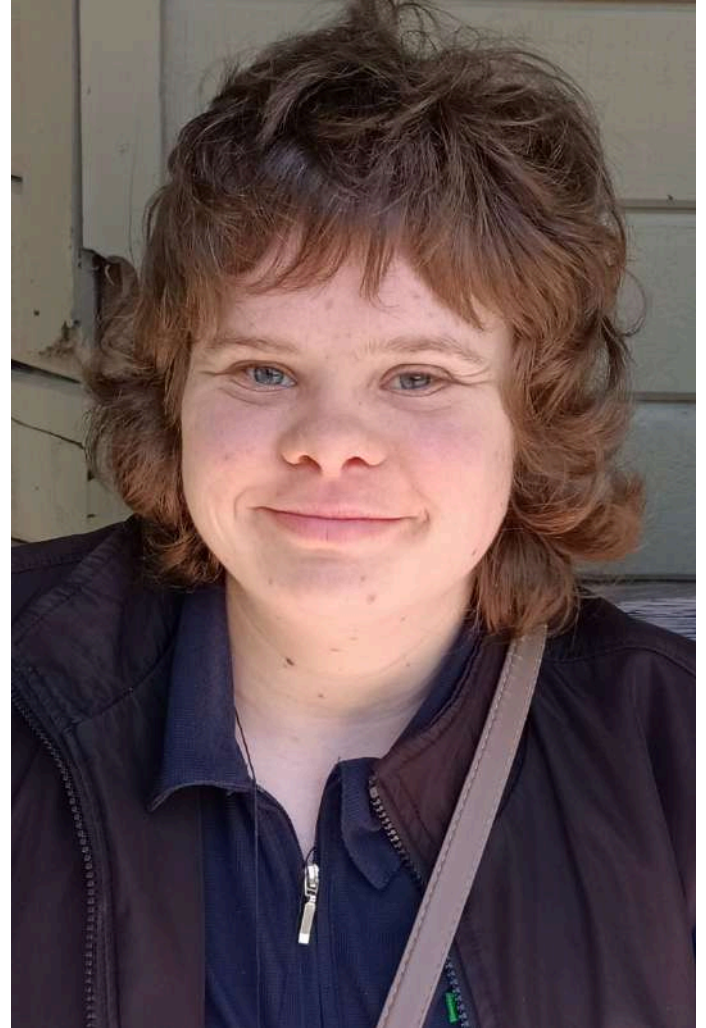
# HOLIDAY PLANS

What are you getting up to over the holidays?



Dale is staying in Christchurch over the break and is planning on relaxing and having a few sleep-ins.

He's spending Christmas day with his friend Tony at Tony's sister's place.



Hannah is looking forward to spending time with her mum and dad over the break. Christmas dinner is turkey with all the trimmings, yum!

Hannah has loved swimming this year and is planning on spending a lot of time at the pool over summer.





Carolyn is travelling up to Nelson by herself to visit her mum. She'll be spending Christmas with her and hoping Nelson lives up to its sunny reputation.

Carolyn's highlight for 2023 was helping out at all the expos Hōhepa is involved with. You've been a huge help this year Carolyn!

Elizabeth is spending Christmas with her family in Christchurch, including lots of cousins. She's looking forward to hanging out with her friends over the holidays.

Elizabeth is hoping to get lots of animal-related presents for Christmas. She says they help her with her autism.

Her highlight for 2023 has been spending time with the staff at Hōhepa. Elizabeth also likes being able to talk with people at Hōhepa who have autism like she does.



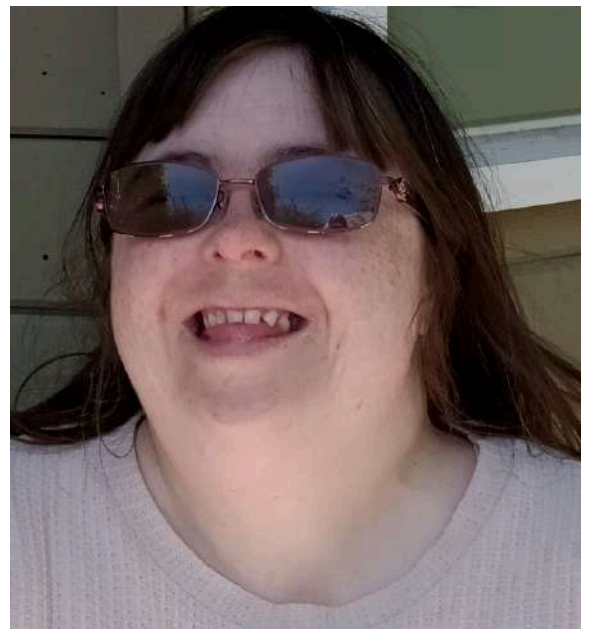


Michael is staying in Christchurch and having Christmas dinner at Daphne House where he lives. He's looking forward to trifle the most.

Michael's really enjoyed being part of LEAP this year, especially sport with Aaron. His favourite sports are squash and cricket, and the LEAP cricket team have had a lot of great matches!

Rachel is going to Dunedin over the holidays and will be spending a lot of time with her mum's side of the family down there.

Rachel has really loved being part of all the good stuff that's happening at Melrose Farm, and is happy visiting Barrington Street too. Her favourite thing this year has been taking part in drama in the hall on Tuesdays.



Nela is going to the Marlborough Sounds over summer and will be doing a lot of swimming.

Her highlights for the year include achieving a high score of 119 runs in cricket, and visiting Samoa with her parents.







Beth is excited to be travelling to Melbourne over the holidays. She's especially looking forward to big hugs with her family at the airport.

Beth has really enjoyed getting involved in lots of different activities this year. She's been making the most of opportunities to learn new sports and likes a good game of tennis with her friends.

Andy has a big Christmas and an even bigger January planned, with three birthday parties to attend that month. Christmas Day will be spent with family in Christchurch, enjoying roast lamb, veges, and apple pie with ice cream. Andy's then busing down to Queenstown for the New Year.

Andy has been supporting new staff and relievers who aren't familiar with LEAP and is a key part of the Hōhepa recruitment team. His highlights of the year include speaking at the recruitment day in April, being part of the advisory group and helping with all the Hōhepa expos. When he's not on duty, Andy loves swimming at Pioneer Pool.

Ben is looking forward to going home to Darfield for Christmas. The highlight of his Christmas Day is his favourite pudding, strawberry and hazelnut gâteau with whipped cream.

Ben is an accomplished sportsman and his year has been crammed with sporting achievements, including competing internationally in basketball.

Since 2004 Ben has won 21 medals and 6 trophies for cricket. This is especially impressive given he's a left-handed batter and bowler. Ben would love to become a cricket coach or work in a sports office.

# MEET THE ARTISTS

We talked to two of our featured artists about their Hōhepa Christmas card designs.

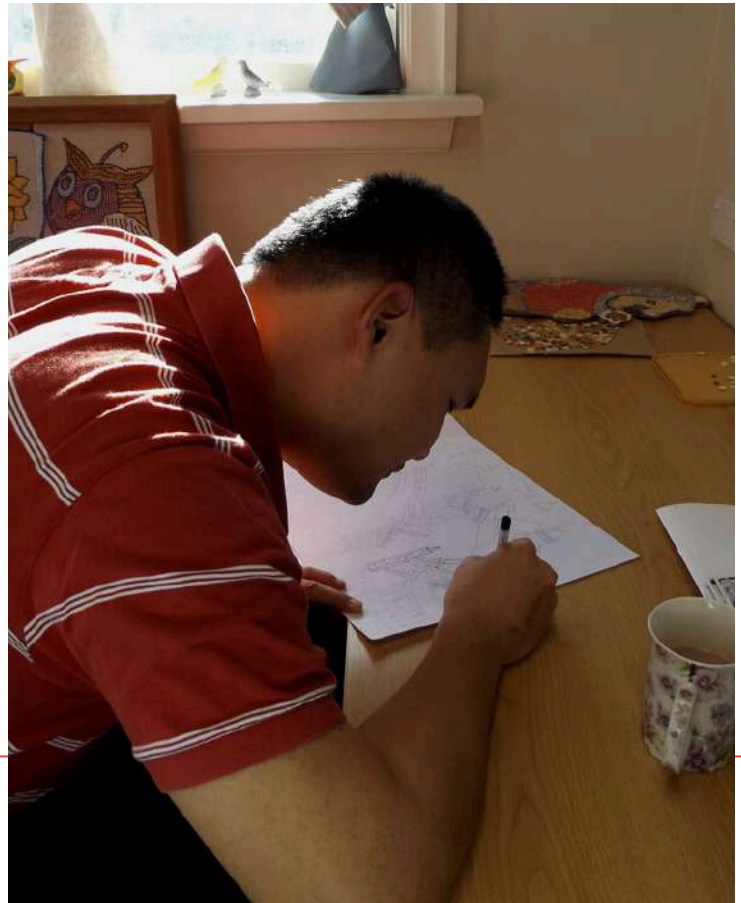
## Artist Peter Chou

Peter is an accomplished artist who often creates beautiful cityscapes and intricate designs.

This year he used his device to draw some of the things that are special to him about Hōhepa, including the admin building and Waimokihi walkway.

Peter says his Christmas card art took him quite a long time to complete. He started by jotting down some ideas and then planned where each element would fit best on his screen. The last step was finalising colours and all the detail Peter's art is known for.

This Christmas Peter is looking forward to going home for Christmas lunch. He's got an exciting year ahead, including being the sole artist in an art exhibition at Pumanawa in the Arts Centre. Look out for all the details in 2024 for your chance to purchase a Peter Chou original!







## Artist Shelley Dawson

Shelley completed her beautiful needlework art at LEAP over the course of a couple of months. She designed the pattern herself and really enjoyed the process. Shelley takes pleasure in the quiet, contemplative nature of stitching and hooking, and would do this every day if she could.

Thank you to all our Hōhepa artists for their work in creating our Christmas cards.

If you didn't preorder your cards no need to worry - limited stock is available at Hōhepa reception on Barrington Street. Cards are a \$20 donation per pack of 10, including envelopes.



# ENABLING GOOD LIVES IN ACTION

Our 'Open Mind Day' on 31st October embodied the EGL principal of Mana Enhancing. Equally as important, it was a lot of fun!

We were blown away with the level of musical skill on show at our Open Mind Day!

The many highlights included Cinnamon's fantastic rendition of Coldplay's 'The Scientist' on her keyboard. We were also treated to lots of enthusiastic dancing and singing, both planned and spontaneous in nature.

Thank you to all the superstars who took part and reminded us of the natural talent we have here at Hōhepa.





The Hōhepa Digi Citizens project is driven by the EGL principal of Self-Determination. The result will be educated and empowered digital users of all ages.

At Hōhepa Canterbury we want to ensure that all young people are supported, educated and empowered to become successful digital citizens. We want to support rangitahi with intellectual disabilities to use technology in a way that is safe, supportive of their wellbeing, and encourages self-determination.

Our Digi Citizens Framework is designed to educate and empower digital users. The initial aim of the project was to support intellectually disabled young people, however through the process we have identified this will also benefit adults with intellectual disabilities, as well as their whānau, support teams and educators.

Through the Framework people can evaluate their existing knowledge and identify learning opportunities and areas where they may need additional support.

We're collaborating with both Netsafe and People First around promoting the Digi Citizens framework and tools. We are also looking to secure more funding for the next exciting steps - developing resources to support these tools. We recognise that this is the beginning of a journey to empower all people with intellectual disabilities to be successful digital users.



Want to learn more?

The team plan to have the framework and its tools available online in 2024. If you would like to take an early look, please email project lead Sarah Kinley on [sarah.kinley@hohepacanterbury.com](mailto:sarah.kinley@hohepacanterbury.com)

Jazmine Salter has been an integral part of the pilot process. Thanks Jaz!







# Hohepa

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