

COMMUNITY LIFE



November 2024

Hōhepa

every life fully lived



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From our Board Chair

Kia ora tatou e te whanau Hōhepa,

My previous article was written in the Autumn and now this is being written in the Spring! Time seems to go quickly and for some, the arrival of Christmas in a few weeks will feel like a reminder of that. This despite the fact that the increments of time between the seasons and the festivals are the same each year.

This day-to-day time in the Greek language is known as Chronos – the ordinary time, from which we derive terms such as chronological, chronology etc.

But there is another term, which I first became aware of as a Presbyterian Minister. It is Kairos – the decisive time. Towards the end of the film Forrest Gump, Forrest himself is shown at a four-way rural intersection enquiring from a passerby as to the direction of a certain location. The scene ends with the passerby driving off and Forrest contemplating which way he should go.

While the passage of ordinary time, chronos, is a constant, from time to time (pardon the pun) moments of Kairos come our way as well. These times of decision are ones which we often look back on, in the rear-view mirror, which is the benefit of hindsight. Possessing fore sight at these times can be hard to do.

The task of our board is to possess fore sight, which is why we have been undergoing training and upskilling in health and safety obligations for instance. Sometimes, we can use hindsight to inform this forward view.



The task for all of us I suggest is to ask, how can I enable those around me to live every life fully lived? This can apply both to those we support and to those we do not support. It is a question for everyone.

As we move forward into the Christmas season, hopefully we will find time to stand still at the intersections and to contemplate which way we would like to go, which decision we would like to make.

Ngā mihi,

Glenn Livingstone

Hōhepa Canterbury Regional Board Chair



ROWAN - LEARNING & DEVELOPMENT ADVISOR

I really enjoyed learning from Emma about Rudolf Steiner's concept of the 12 senses and how they applied to our own roles and lives. I enjoyed the interactive space, which included sharing reflections and ideas, clay modelling, pastel work and Eurythmy, we had lots of laughs and thought-provoking discussions over the day.

A key takeaway was the idea of 'constellations' - that a group was more than a random collection of people. People that might come together due to the roles they hold, or project work they embark on, and how initially there might not seem much cohesion but in fact each person in that constellation has a role to play and a way to contribute to the group to help it meet its aim.

Hōhepa staff training day

12 senses: touch, life, movement, balance, smell, taste, sight, warmth, hearing, speech, thinking, and the sense of the I.



TRACY - PEOPLE AND CAPABILITY MANAGER

The workshop facilitated by Emma Ratcliff was my first introduction to Rudolf Steiner's 12 senses model. The group activities, such as clay work and drawing, engaged our senses of movement and touch, connecting the team (or constellation) on a deeper level. These activities provided natural opportunities for collaboration beyond just speech and eye contact, allowing us to explore the process and dynamics through other senses. Recognising the sense of ego or "I" in these activities helped create an environment where everyone's contributions felt valued and respected. It also heightened our awareness of our own interactions and how we shared the space with others.

I particularly enjoyed the mix of intensity and laughter throughout the workshop. The final activity, eurythmy, with its shared movement, was a wonderful way to finish. Everyone seemed calm and relaxed by the end, making it a truly enriching experience.

HŌHEPA AND WHAT WE LOVE



Hōhepa Happenings

Throughout the year events and outings are a big part of Hōhepa life

Families' weekend

Catherine tells us all about it

Kubb day

We hear from Matt, Henry and Chris

End of Winter Ball

Announcing the winner of the best speaker competition

KUBB day



Matt tells us how the day went

On Thursday 24th October, a group of 35 people from Hōhepa went to a Kubb (pronounced "coob") event hosted by TSA Riley.

TSA are a project management company that have worked closely with Hōhepa over the years. This is the second year in a row that they have hosted us for an event at the beautiful Broadfields Gardens with an aim of giving back.

The weather played its part, being warm, but not too hot. The afternoon started with pizza and soda, followed by several games of Kubb. It got pretty competitive for some! A great time was had by everyone involved and there's already talk of doing it all again next year!





Henry tells us about the day

Henry said going with the adventure group through LEAP was good. It was a warm day and there were lots of teams. He said he enjoyed the competition and that his team won. He also liked the fancy gardens where the games were held.



A thought from Chris on the day

Chris tells us that he knew how to play the game because he had played it twice before. His favourite thing was playing the in a team. He said Tai was on his team and they played the winners. Chris also said he enjoyed the game, the pizzas, and the drinks.

Families' Weekend

DINE & DANCE EVENT





The Dine and Dance is always a highlight of the year with great anticipation all round. From choosing costumes to having a pamper party on the day, the whole experience is about bringing the Hōhepa community together for a night of celebration. Both the dance floor and the photo booth proved exceptionally popular!

Caroline (pictured on the cover) said her favourite part was the photo booth and that she couldn't get enough of it. She said getting dressed up was fun and that she had a great time dancing too.

The End of Winter Ball



We saw some great masks and costumes. To celebrate the end of winter and the beginning of spring we love to get together, dress up and dance.





WORDS FROM KAREN WILSON (PICTURED LEFT)



The Wizard came to Hōhepa

Stephen Roberts invited the iconic Christchurch Wizard to Hōhepa. Some of us will remember the Wizard speaking in front of the Christchurch Cathedral. The people we support enjoyed listening to his view on various topics and his life story.

Rest, work and play...



Some of what we love to do in LEAP

- Eco Crafts
- Art
- Carving
- Music & Movement
- Weaving
- Library Visit
- Community Support
- Cricket
- Dance
- Karate
- Driving Range
- Swimming
- Sports on the green
- Walking Basketball
- Drama & choir
- Community Support
- The Farm
- Gardening
- Café Review
- Cycle Skills with Paul
- Adventure Group
- Local Explorers
- Being Human with Karen

LEAP in action







Our lives are better with volunteers



Sonia Rutherford

Sonia has volunteered 1-1 with Robyne for over 2 years. After retiring from teaching students with learning disabilities, she learned of the opportunity to volunteer at Hōhepa through her daughter Nic. Sonia has supported Robyne to get involved with the “Knit for Purpose” initiative to knit peggy squares to be made into blankets for people in need, but her main role with Robyne has been one of companionship. Sonia also loves hiking and has been able to jump in with the Adventure group on Fridays when needed

What made you want to volunteer at Hōhepa?

I used to work next door when I was a teacher at Cashmere High - my classroom was right next to the fence. My daughter Nicola worked here, and when I retired from teaching I wanted something to do and thought there must be something I could do to help. Years ago I had worked at a special needs school in Invercargill, and so was keen to do something similar.

HŌHEPA VOLUNTEER MANAGER JO ASKED TWO OF OUR VOLUNTEERS, SONIA RUTHERFORD AND DIANE AGNEW, HOW THEY FELT ABOUT VOLUNTEERING AT HŌHEPA.

What do you do here?

I sit with Robyne and usually we knit, and today we did a puzzle. We just talk and we sometimes go for a walk by “the lady” (the statue) in the garden, we circle her a few times in Robyne’s wheelchair before we go back to her house. Sometimes I also help on a Friday with on the Adventure group and I enjoy doing that.

What motivates you to 'turn up'?

It’s so nice and I am getting to know different people we support, and they say hello to me, sometimes they call me “Trouble” and we have a good laugh. I am just amazed at what goes on here, and love what all the staff do here.

I really enjoy it being part of it. Everyone is so nice. I like coming at Christmas as well to see Robyne, even when LEAP is closed. Everyone here is so lovely people – the people we support, staff and other volunteers.

What has been one of the highlights of your role?

Seeing Robyne every week, and getting to know Robyne, and building that relationship with her over time. If it hadn’t been for the anniversary card that I just got for volunteering wouldn’t have known it had been two years. The card has a photo of me and Robyne on it and it sits in on my shelf where I can see it.

I also went to the Dine and Dance and loved to see everyone dressed up, dancing and having so much fun!



What do you do for fun?

I go bike riding and I do the garden. I’m doing Round the Mountain in February (Kingston to Te Anau and back to Queenstown).

If one of your friends or family said they wanted to volunteer here, what advice would you give them? Ooh I would say yes! It’s great. The person who is in charge of the volunteers is pretty good - she does a pretty good job!

“Sometimes they call me ‘Trouble’ and we have a good laugh. I am just amazed at what goes on here, and love what all the staff do here”





Diane Agnew

Di has volunteered here for 3 years, first with the Friday Adventure Group with Stephen Roberts, and more recently one on one with a person we support. Many years ago Di worked as a House Parent at Hōhepa Hawkes Bay and then in various roles in the disability sector. We are very lucky to have her volunteering here with all her experience and understanding of people with intellectual disabilities.

What made you want to volunteer at Hōhepa?
Finally I had the time to renew my connection with Hōhepa after almost 50 years

What do you do here?
My first year or so was with the Friday Leap group at which time I met some incredible fun and interesting people. As I had to reduce my activities I now enjoy some 1 on 1 time with an amazing young woman I met in this group. We catch up fortnightly for a walk or sometimes just a coffee and a chat

What motivates you to 'turn up'?
That's easy – what better way to start a Saturday. I leave my morning with this lady happy & totally inspired.

What has been one of the highlights of your role?
Hard to do just one but I really enjoy the lively, sometimes noisy atmosphere at Home Base in Barrington Street and when I go to collect my friend from her House – everyone is so friendly!

What do you do for fun?
I enjoy reading, silversmithing, walking my demanding but loving dog. Family and friends

If one of your friends or family said they wanted to volunteer here, what advice would you give them?
Why have you waited so long? What you get back is way more that you give.

“What better way to start a Saturday. I leave my morning with this lady, happy and totally inspired”

22nd Feb. 2025



Bungeeee Jump Fundraiser

Come and join us for your thrill-seeking fix in Hanmer.
Raise money for a good cause and jump for freeeeeeeeeeeeeeee*.



Hōhepa

every life fully lived

Take a LEAP for LEAP

How it works

Invite your friends to sponsor you, why not as a Christmas present?

Raise \$500 and jump for free* Click the [link](#) or scan the QR code below to register.



*Conditions apply

Fun Run



Katerina says a few words

The day kicked off at 10am, those who partook in the fun run/walk covered a 5km scenic route starting at Spencer Park. Sport Canterbury provided the games upon our return, and we all enjoyed a BBQ together. I want to express my gratitude to everyone involved. It was a truly special time, filled with a great sense of community.





Christmas activity in LEAP

Light floods in as once it rayed through darkness,
Night-deep over a winter birth.
Shepherds knelt, caught in awe and mirth;
Joy shared with kings, for Peace the world would bless

Our participants in LEAP love to make Christmas decorations for the events we hold. They love to see their work displayed in public and enjoy the process of making them too. These decorations make our events at Hōhepa very colourful and remind us why we are here.

WORDS FROM LISETTE



Making decorations





Spread the joy of the season with our

Hōhepa Christmas Cards



Donate \$20 per pack of 10,
including envelopes.

6 designs to choose from.

Free delivery within Christchurch city for 2 + packs.



Ask about including your company logo on the back
of each card (for no extra donation), and we can even
print customised text inside your cards.



All proceeds support Hōhepa's LEAP
programme.

Scan to order or for more information, or go to:
<https://form.jotform.com/242490830135856>





Hōhepa Canterbury Fundraising Golf Tournament Thursday 6th March 2025

With the help of our friends at Spark we are excited to open registrations for a fun day at the beautiful Clearwater Golf Course.

\$1200 per team of 4 (exc GST).

Ask us about sponsorship opportunities.

Your team's ticket price includes beverages and gourmet food on the course throughout the day.

Registration from 9.30am, tee off at 10.30am. Ambrose format.

Contact Steve at Spark for more details and to register:
steve.miller@spark.co.nz



Avonhead Rotary Twin Rivers

Motoring Extravaganza

2025



THE EVENT

10:30am March 16 at Christchurch A&P Showgrounds in Curletts Road.

The show will include a display of classic cars and extravagant vehicles, coffee, food vendors, music and entertainment. This event began in 1998 and used to include a parade through Christchurch City central along the Avon and Heathcote rivers, hence the name.

EXCITING NEWS

Hōhepa Canterbury will be the recipient charity of the Twin Rivers Motoring Extravaganza. All funds raised by the club will be used for a new bike shed and paving around Artemis.

We are looking for sponsorship to help make this day a huge success. Sponsorship packages start at \$300. Please contact Jacqueline for further information.

jac.campbell@hohepacanterbury.com



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Donations are always appreciated. Please give us a call or visit
<https://www.hohepacanterbury.com/donate/make-a-donation/>

