



Hohepa
every life fully lived

Community
Life



a fresh
PERSPECTIVE

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Connor and Elizabeth

Fresh Approach

When we were first assigned Hohepa Canterbury as the organisation we would create content for, we didn't really know what to think.

We wondered how would the community welcome a bunch of tertiary students? What sort of content we would create? What the five weeks working with the community would be like?

Now that it is over, we wish it never ended.

The time we spent creating content for Hohepa was incredibly rewarding and enjoyable, we loved every minute of it - and that is because the community welcomed us with open arms.

As broadcasting students we create content. Our group totalled nine students: three of us are journalism students - we share stories and have been taught to do so on a number of mediums; another three are radio students, creating content for radio, working with clients on advertising, understanding how to capture an audience; and three are screen and television students, with great technical skills to tell a story visually.

Pictured left to right, Connor Kitto, Dylan Thomas, Natasha Payne, Hattie Adams, Ezra McIntyre, and Tom Sexton (absent, Taylor Hann, Leighton Heikell and Victoria Harwood

But when we worked with Hohepa, it did not feel as though we were trying to sell an organisation, it sells itself. We wanted to share what makes Hohepa different and special and all we needed to do was share some of its stories. Part of this was to showcase its amazing sense of community and compassion. This was done through sharing three different aspects of Hohepa. Head, which symbolises what Hohepa is and how it functions, Heart, symbolising what is at the heart of Hohepa - the people, and Hands, symbolising the people behind Hohepa, the people who make it such a great place.

One of our most rewarding times was creating the video of Shaun at Orana Wildlife Park. This was such a great experience because Shaun shared his passion with us, showed us just how he supports his 'boys' and we saw how well Shaun was looked after by his community.

Connecting with the families was also very moving for us. When we were speaking with Jo, Natasha shared her similar family situation which gave us a sense of understanding and we are so grateful Jo felt comfortable sharing her story with us.

Another awesome part of this project was trying new things, this includes our podcast which we were very happy with and showed just how rewarding working at Hohepa is, we certainly related to a lot that was said with the very short time we were there. There was one time we all were supposed to be filming but we all ended up being taught how to play checkers and almost being conned of \$20 after losing multiple games. It brought us plenty of laughs and joy.

Hohepa is a great community that we felt very welcome in, it was like we were never working because all we were doing was sharing why it's such a great place, and it does that for itself.

Thanks for welcoming us into your community. It was such a privilege. Leighton, Hattie, Natasha, Connor, Ezra, Tom, Victoria, Dylan and Taylor.



Kia ora

This time of year brings a renewed energy to everything, and for me that often means a fresh perspective on things. We have been fortunate in the last few months to work with great people who have brought both new energy and a fresh perspective to the work we do here at Hohepa, this issue celebrates that.

Hohepa Canterbury is an organisation with a rich history, having provided support to people with intellectual disability in Canterbury for nearly 55 years. Our legacy stories reveal an organisation that has had the courage to look at things with fresh perspectives, creating a truly unique place in the history of our region and the support provided to people today. At a time when institutionalised care was the recommended place for children and adults with disabilities a visionary group of families came together and established a residential Steiner education option nestled in the Cashmere hills.

Our work today is supported by a strong foundation thanks to the decisions of those families and supporters. A key question our trustees and leaders ask before committing to a course of action is "What is the legacy we are creating for those who will come after us?" We are operating in a context of change that gives us cause to consider a fresh perspective on what we do and how we do it.

We are excited in this issue to tell you about our project to build two new homes at our Birchfield Campus on Barrington St. The vision for these properties is enticing design, homes that any of us would love to live in that also meet the varied needs of the people we support. We wanted to take a fresh approach to design and building homes for people with disabilities and hope you will agree we have done that.

Fundamental to challenging the status quo or navigating Hohepa through changing times is our *raison d'être*, staying true to why we exist. Very simply, that is to support every life to be fully lived.

And in pursuing that vision we are compelled every day to look at life with a fresh perspective. We are fortunate to help people to create their vision for a good life, to imagine how to pursue that and then put it into action. Our team members, volunteers and people's families are challenged to think creatively about life to support people to pursue what is meaningful to them.

I hope that you will enjoy the stories people have so kindly shared with us in this issue, perhaps they might inspire you to take a fresh perspective too.

Nga mihi nui



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A Mother's Perspective

Jo Field says her daughter's biggest wish in life is to make friends. It's been something 21-year-old Bridget has struggled with in the past, she has communication difficulties, anxiety, sensory issues and dyspraxia.

But since moving into a flat cared for by Hohepa Canterbury, Bridget has fulfilled her wish.

She's not only gained friends, but she's more independent and that's what she wanted.

"In the beginning of 2018, Bridget told me she wanted to go flatting. I was initially shocked saying things like 'oh my gosh, you won't cope, you will need me...' all these silly things - because I've protected her for so long. But it was what she wanted so we spent a year looking into it, talking and researching."

They found out about the services Hohepa Canterbury provides and visited the facilities. By the end of the year, Bridget was offered a space in a flat with four other young women.

The flat has 24/7 care, yet offers the flatmates plenty of independence. There are 33 homes at Hohepa campuses and in the community, all offering different levels of care, catered to who they are caring for.

It was a slow transition for Bridget, for the first few weeks she stayed one night, then two but Jo says she's very lucky Bridget wanted independence away from home.

She spends six nights a week at Hohepa, sees Jo every second day, and stays over on a Friday.

Until the age of 14, Jo didn't know if Bridget could comprehend anything. She couldn't speak or communicate but they discovered she was understanding everything and had taken everything onboard throughout her whole life.

"The big key to the door that opened her communication was through a strategy that required a partner, when writing or typing to steady and control but not direct movements."

This was discovered one day when Bridget was writing with a teacher, using a hand over hand technique- but while looking away the teacher felt Bridget write the words herself.

"The first word was botanical after a recent trip to the Gardens. So that was a wow moment, and from then on, Bridget was able to write words and sentences with her teacher."

She was tested on reading and answered all questions correctly through writing, she knew all her math facts and went on to achieve NCEA level 1 and 2.

She had all this knowledge, but only then discovered the means of getting it across.

"That was like, oh my gosh, because it meant I had someone I could really communicate with and connect with on a deep level.

"She would tell me she loved me and I was the best mother in the world. Full on connection."

While there have been some challenges for both Bridget and Jo to overcome, the team at Hohepa have always worked alongside them.

"On the whole, it is going extremely well. There are always going to be challenges and nothing is going to be perfect, but Hohepa have been so willing to sit down around the table and sort out issues, we've had a couple of meetings, all discussing how to get things working for Bridget.

"I get emotional at the time, thinking all these people have Bridget's interests at heart."

For Jo, the last six months have been an "emotional rollercoaster".



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Jo and Bridget

"Now that she's not with me 24/7, I have time now to think and reflect about my other children."

"I've just gone to Perth for 10 days to see my son for the first time; isn't that fantastic. He's been in Perth for five years and I've never been able to go and visit him."

She's found a new sense of freedom since Bridget left home.

"That means for me I can get out of bed, have a shower, eat breakfast, go for a walk - I don't take those things for granted because I've never had them before. Life for me is very different, so to have the ability to do that is huge."

Along with Jo's change, she's noticed Bridget's become more independent.

"She steps up from what she does at home, with the expectations and role models at Hohepa. Some people have said to me they notice Bridget's speech has improved."

Just last week, Bridget and her flatmates visited Jo for lunch.

"I save all the special things that she writes... this is what she wrote on Friday to her friends, 'I am so pleased you're here, I have never had any friends here as I can't talk, but I love that you are here'."

By Leighton Heikell and Natasha Payne, NZBS



Tracy

Homes for the Future

We are experiencing an ever-increasing demand for Hohepa’s services, with a waiting list of people with an intellectual disability looking for a place to call home. Our anthroposophical foundations make us an exceptional service provider for young adults transitioning to living independently, through to older people looking for a home that they can age in while being fully supported. We want to offer the opportunity to those in need to experience satisfying lives, with as much independence as possible, as part of our Hohepa community.

In order to continue to do this, we must have facilities that are fit-for purpose to ensure the people we support are in an environment that enables them to live fulfilling lives. This is why we have decided, after careful consideration, to undertake a build project. The project has been informed by the people we currently support around their needs and preferences, according to our anthroposophical approach:

Keeping in touch

We want to keep in touch with you – in the format you most like. At the moment we have 1560 contacts on our database. Of these we have postal addresses for 1265 people. We are also missing email addresses for 679 people, and phone numbers for 1104 people.

Kurt from Cashmere Cuisine, as photographed by Neat Places



TAHA WAIRUA: SPIRIT

Spiritual Wellbeing

These homes will accentuate the rhythms of daily life and nature – the communal spaces for sharing hopes, goals and dreams, the design allowing for natural light and ventilation, the shelter that provides warmth and solace, and the outside areas for communing with nature, and each other.

TAHA TINANA: BODY

Physical Wellbeing

The homes will nourish physical wellbeing through the use of considered architecture and landscaping to promote sustainability and respect for the Earth.

TAHA HINENGARO: SOUL

Mental and Emotional Wellbeing

These homes will create spaces for social engagement, with large and snug spaces for people to inhabit in addition to their bedrooms. The outside areas will form a social hub, as it fronts onto Barrington Street, and has a covered atrium towards the main campus. These homes will allow us to purposefully serve our current community and further develop services to include more people.



Keiran and Jo Kuta

Hohepa is guided by a long-term strategy crafted by our Board, who have carefully considered the scope and impact of this project on our future operations. We want our facilities to always instil a sense of home, purpose, trust and success in the people we support. Our new homes will be bright, light, creative, and thoughtful. They will be places where residents can dream, be and do. Hohepa's future is one where every person can live their best possible life with dignity and joy.



So, please let us know your updated details and contact preference by emailing [Kara info@HohepaCanterbury.com](mailto:Kara.info@HohepaCanterbury.com) or phoning 03 332 3179

Everyone who updates their details will be in the draw for a prize. And we have three to give away!

Three people will receive a
\$50 GIFT VOUCHER

from one of our local business supporters
- **Cashmere Cuisine, Protocol, or
Cashmere Gallery Florists.**



Architectural renders as provided by David Hill, from Wilson and Hill Architects Ltd



Hohepa

every life fully lived

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