

# BEYOND THE HORIZON



**Community Living**  
Live Learn Work Belong

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## Message from Marese...



Tena koutou katoa

Welcome to this edition of Beyond Horizons.

Community Living has been busy updating people we support, their whānau/families and staff on how we are achieving the vision of people with intellectual disabilities living their dreams through community connections. Hopefully all of you reading this will have received communication from me as to how we are progressing with achieving our vision.

People achieve dreams when they have support, the right support from the right people with everyone working together with the same purpose. Achieving dreams means some compromise along the way but always with the achievement of their goals in mind. Our aim is to work as a team with the people we support, their whānau/family, supporters and the community as it is only by working together the hopes and dreams of people can be realised.

I want to thank again those who contributed to our Community Connections days, these are very popular and it is hoped that others will be able to join us for the next gathering we will have in the near future. We continue to progress on all the feedback we have received to improve the quality of our support to you and your whānau/family.

Please keep an eye on what's happening locally in your community and nationally within the disability sector. The government is supporting many 'new model' demonstrations and Waikato and Canterbury are involved in Enabling Good Lives and the Bay of Plenty has Local Area Coordination as well as one or two other areas in New Zealand.

The evaluation of Choices in Community Living (CiCL) has now been released and you will find it on the [Ministry of Health Disability Support Services web site](#). CiCL has been a great learning experience for all involved and overall the people who were able to join the demonstration gave it the thumbs up. CiCL is now only open to those transferring from Residential services. Community Living is grateful to the 22 people and their whānau/families who chose us to partner with them on this journey.

Take care and keep well  
Naaku noa Na  
Marese



## Community Living

### Community Connections

The second Community Connections day held on the 8<sup>th</sup> April this year at Kingsgate Hotel, saw 81 people attend including: staff, board members, people we support and their whānau/families all gathered together to talk about the changes that are occurring in Community Living and the disability sector.

We wanted to explore how we can better work together to make adapting to the changes as easy as possible for everyone involved and identify specific practical actions that we could take to strengthen working together in partnership.

After the first Community Connections Day in 2014, Community Living used the feedback about what worked well and what needed improving, to develop a new organisational design, "Towards Tomorrow".

Towards Tomorrow aims to achieve the following:

1. Improve communication between people we support, whānau/family and Community Living
2. Provide more choice and control for people with disabilities and their whānau/family in line with government changes in how supports are funded
3. Provide more support for staff.

The event was a great opportunity for people we support and their whānau/family to meet new staff and for everyone to share their experiences of change. Whānau/families talked about what it was like to be a part of the Towards Tomorrow Advisory Group and to join in training with staff and how this impacted on them.

A number of interesting themes and ideas came from the event and these have all been included in the full version of the report and a two page summary both of which can be found on our website – [www.communityliving.org.nz](http://www.communityliving.org.nz)

The event was very productive and of great benefit to both Community Living and their stakeholders alike, so much so that there is already a third event in planning stages and scheduled for early November. Please keep an eye out on our website and your emails for further information on dates and times.

We look forward to meeting you there and sharing our experiences.



## Towards Tomorrow

Since the Towards Tomorrow programme was launched and Community Living underwent its restructure, there have been some considerable changes in both the approach and delivery of our services and we truly hope that you are experiencing first-hand the improvements that these changes have bought.

We have already seen some positive and exciting developments due to the creation of the new roles – Staff and Outcome Facilitators (SOF's) and Community Engagement Facilitators (CEF's).

I am really pleased to share some of these stories with you – they may be about the little things, but often it's the little things that make the big differences in our lives.

### **Rebecca Boulton-Hoffman (SOF)**

Rebecca recently paid a visit to one of the households under her management and managed to encourage one of the less involved housemates to bake a cake with her to share with the whole house at afternoon tea. This not only gave him something different and interesting to do but also allowed him to contribute to the household. Since then he has continued to bake and is gaining new skills and enjoyment from it.



### **Natasha Coe (SOF)**

Natasha has focussed on the training of the staff she manages and has now implemented:

- 15-20 min training sessions in each of her team meetings
- Training and development folders at each house for the staff to reference and add to if they wish
- Training programmes and handouts on a number of subjects.

She has had a positive response from the teams she has implemented it with so far and it's great to see such focus on learning and development for our teams.

### **Nicola Rosser (CEF)**

Nicola managed to locate a new community coffee group for one of the people we support which he has now been attending on a regular basis, both he and the group are enjoying each other's company and it's a great example of a successful community connection that has made a real difference in someone's life.



### **Kathryn Dunham (CEF)**

Kathryn has been working closely with the people she supports and their whanau/family to build strong partnerships between herself, them and also their specialised support workers. Resulting in some great outcomes such as whanau/family feeling more involved and connected and the people supported feeling more in control. This is one of the many benefits of the new structure, it allows designated resource via the assigned CEF for there to be a real focus on working in partnership with the people we support and their whanau/family, to establish and achieve their goals.

We believe that as the new roles embed further the rewards reaped will be even greater for both staff, the people we support and their whanau/families.

## Sector News

### **30 under 30**

30 under 30 is a joint project of Hamilton City Council and the Youth Council Advisory Panel, the project is profiling 30 outstanding Hamiltonians under the age of 30, who are high achieving and inspirational to others.

Three have been selected from the disability sector:

- **Holly Atwood** - who has overcome losing her sight to pursue an interest in music. Holly plays guitar and piano and recently played on stage at the Tauranga Multicultural Festival. She is part of the “StarJam” music project.

- **Glen Terry** – who has Down syndrome and presents motivational speeches about living with a disability. He is a member of the Enabling Good Lives Waikato Leadership Group, and is a national advisor to the Health and Disability Commission. He has also been influential in shaping government policy on disability and advocating for the disabled community. His profile can be viewed here - <http://www.hamilton.govt.nz/our-city/community-development/30under30/Pages/Glen-Terry.aspx>

Glen is currently one of the people that Community Living support and it’s great to see him achieve such an awesome honour.

- **Yaniv Janson** - who is a talented artist who looks to raise social issues through his art. While Yaniv has been selected on his artistic merit, he hopes “to inspire others with autism to follow their passion and reach for their dream/career through his work”. Recipients were presented with a certificate from the Mayor at a civic ceremony and their profiles can be viewed at - <http://www.hamilton.govt.nz/our-city/community-development/30under30/Pages/default.aspx>



They will also be featured in the City News - <http://www.hamilton.govt.nz/our-city/city-news/Pages/default.aspx> and on the council's YouTube channel - <https://www.youtube.com/user/HamiltonCityCouncil>.

It's great to see three such inspirational Hamilton residents from the disability sector being recognised so publically.

### **The VIDOMA Study – A nutrition intervention in children with ASD**



**MASSEY UNIVERSITY**  
**TE KUNENGA KI PŪREHUROA**  
**UNIVERSITY OF NEW ZEALAND**

This study involves a team of researchers from Massey University and from Waitemata District Health Board. The study

is nicknamed the VIDOMA study, short for Vitamin D and Omega 3 in Autism.

They are currently recruiting children with Autism Spectrum Disorder (ASD) aged 2 ½ - 6 ½ years old to take part in this research.

Children with ASD often have deficiencies in their diet due to physical and behavioural issues related to the condition. Some of the nutrients which can be deficient in children with ASD are known to affect brain development and function. The two nutrients that this study is going to investigate are vitamin D and omega 3. Recent studies have shown that there are a variety of methods by which both these nutrients can affect the function and connectivity of the developing brain.

If shown to be effective, increasing the vitamin D and omega 3 status of children with ASD may be a powerful, non-invasive and low cost strategy for improving some of the symptoms of ASD and improving the quality of life for children and their whānau/families.

For more information please follow the link provided below or contact Owen Mugridge – 09 213 6650

<http://www.massey.ac.nz/massey/fms/Colleges/College%20of%20Sciences/IFNHH/Human%20Nutrition/Studies/VIDOMA%20Information%20Sheet2.pdf?06D9622A137EFD0EEF58340D1DDECC8A>



## People We Support



### **Portia's TV debut**

Portia Johnson is set to feature on Attitude TV having recently won their "Hey There" campaign, with her vlog on wanting to find a job – [Portia's vlog](#).

Born with Cri du Chat syndrome, Portia has never let her learning disabilities hold her back and has been actively seeking her dream role in fashion retail for over two and a half years. With Portia's initial video submission to the social change campaign – focused on the importance of inclusion, gaining more than 500 video plays and over 600 shares on social media, she was the lucky winner of the competition's Samsung Galaxy mobile.

Since her big win, Attitude TV have also been busy filming a follow up piece on Portia's journey to find work.

Already having volunteered at a Red Cross op shop, and completed volunteer admin work at a Hamilton fire station, Portia has still struggled to get her foot in the door of paid employment.

Attitude begins her story as she completes five weeks work experience at a local department store, and waits to hear whether this will lead to an opening.

"People with disabilities want a job like anyone else," Portia says. "If a disabled person hands in their CV, don't say no because they have a disability. We all have strengths too."

Attitude, airs on Sunday mornings on TV One at 8.30 am and Portia's video is scheduled to screen on October 4 – so make sure you're watching, to see how Portia's journey to find work concludes.

### **Success at the Olympics**

This year's Special Olympics, saw two people we support here at Community Living achieve medal placings for their chosen sports.

Matthew Slone achieved a gold medal in the 50m butterfly heat and Tremaine Hoefft gained a silver as part of the NZ Basketball team, tremendous achievements for both.

Both Matthew and Tremaine travelled to Los Angeles last month to compete alongside 35 other NZ athletes.

Matthew achieved a Gold in the 50m butterfly, as well as coming 6<sup>th</sup> in the 100m freestyle and participating in the 4x50m relay, where his team were placed 4<sup>th</sup>.





“I was absolutely stoked, I was really pushing my limits for the butterfly,” Matthew explained. “I wanted to feel like I was swimming for everyone, like my supporters and coaches.”

“I was pushing everything that I had inside of me just to go a little bit faster. It was emotional, a good blessing that I’ve done something well for my country.”

Matthew has been training 3 times a week for the Special Olympics, since September last year and it has paid off with Matthew beating four of his personal-best swimming times during his various races at the games.

Matthew says he hopes to compete at the Pan Pacific Games which will be held in New Zealand in two years’ time.



Tremaine also excelled securing a silver medal as part of the NZ basketball team. Having faced a serious knee injury in the lead up to the games that put his position on the team into a place of uncertainty, there was cause for real concern for Tremaine and his family. Fortunately with enough rest and the right exercises, he recovered in time to shoot off and win a silver medal.



## Leap of Faith

Brett Henry set himself a goal, back in October 2014, after he was inspired by a TV programme he saw with specialist support worker Tyler Allen; his goal was to skydive! After much research Tauranga Tandem Skydive were selected as the team to make this happen and the scene was set for an exciting pre-Christmas jump.



But, unfortunately after an accident on the flying fox at his local park with friends, Brett’s skydive was put on hold – whilst he spent over 10 weeks in recovery. But waiting only further fuelled Brett’s passion to skydive and once the 10 weeks was up he immediately set about confirming the new date.

February 22<sup>nd</sup> was selected as the big day and Brett’s family were all invited to be part of the experience, but the event was to hit further hurdles!

Almost called off due to poor weather conditions and then technical issues with the plane there was an anxious wait for Brett and his family, but, just after 3:30pm Brett began his briefing with the Tauranga Tandem skydive team and the jump was on! Brett remained cool, calm and collected throughout and those on the ground were left to watch as the plane holding Brett climbed to the required 10,000 feet. A long wait followed for Brett's nervous family as they stared intently at the sky above, after what seemed like an eternity Brett emerged from the clouds with his parachute fully opened and a big smile on his face. The chute was gracefully steered into ground zero and Brett was greeted by his whole family, who could see he was ecstatic following the whole experience. It truly was a leap of faith and one that Brett is very glad he took.

## Noticeboard

### **Sport Waikato – Term 3 After School Programme For Young People With A Disability**

Sport Waikato is offering a new initiative designed to provide sporting opportunities for children and young people with disabilities and their whanau/families.

By utilising clubs within the community, Sport Waikato will provide an environment that will allow children and young people with a disability the opportunity to participate and develop skills in: netball, dance, indoor golf, and badminton.

These programmes are free for 5-21 year olds.

All programmes start at 4pm and finish at 5pm.

For more information please contact Maioro Barton [afterschool@sportwaikato.org.nz](mailto:afterschool@sportwaikato.org.nz) or mobile 027 308 1468.



### **Community Living's Art Exhibition – calling all emerging artists!**

Community Living in partnership with Creative Waikato, are planning an art exhibition for the end of February/March 2016 at the Creative Waikato gallery on Alexandra Street. The exhibition will have an opening night event and will then run for a further two weeks.

We are looking for emerging artists who would like an opportunity to exhibit their work in a gallery setting, if yourself or a member of your whanau/family have a piece they would like to display please contact Brooke Hughes – [brooke.hughes@communityliving.org.nz](mailto:brooke.hughes@communityliving.org.nz).

The closing date for expressions of interest is Friday, 2<sup>nd</sup> October 2015 so make sure you get your name down quick!



### **Basketball certification day**

We are extremely proud of the three Community Living basketball teams, the Lion's, Panthers and Falcons all of whom made it through to this season's finals.

There will be a certification day held on **the 4<sup>th</sup> October at the YMCA, Pembroke Street, starting at 10am**. It will be a great opportunity to celebrate the successes of our teams and recognise their talents and will also include a few sporting games between staff, Enrich+ and the Panthers, Lions and Falcons. Please come along and support, it is sure to be a great day.



### **Spring Celebration Concert**

Friday 23<sup>rd</sup> October 2015, 12pm-2pm.

The annual Community Living "Spring Celebration Concert" is set to take place later next month at the Methodist City Action Centre - 62 London Street, Hamilton Central.

The event showcases a range of talents from a variety of local organisations from within the disability sector.

Tickets are by gold coin donation on the day and parking is available on Harwood Street, just off London Street.

We look forward to seeing you there!



 **Community Living**