



Hutt Fun Run 2020

**Manaaki**  
ABILITY TRUST   
*YOU CAN!*

NEWSLETTER | JULY 2020

# Message from Paul

Greetings, Kia Ora, Talofa lava, Malo e lelei, to you all from the depths of a chilly Hutt Valley winter.

You will all be pleased to know that in the very near future we will have three more heat pumps installed at Manaaki Ability Trust. This means that our whole building will be properly heated, and all our clients will be able to keep warm and comfortable during our programme's sessions.

It has been a very unusual time these last couple of months with the Covid 19 lockdown. Our coordinators did a great job of staying in touch with clients and providing support throughout the lockdown especially through the Manaaki Clients Page on Facebook. Certainly, everyone was very happy to be able to return to Manaaki following the break to resume friendships and get back to life as normal.

I am very excited about our new Waiata Kanikani music programmes. Janelle has organised this new programme and we have been able to buy a very good range of musical instruments to ensure that everyone can participate. Justin, the owner of Music Warehouse, will bring in volunteers from a music group he is

associated with and we hope to have a music experience that everyone can fully benefit from once a week.

We are looking forward to another Rotary best speaker competition which is coming up soon.

Back in March we were delighted to be able to host our new patron Campbell Barry, the Mayor of Hutt City at the centre. He was most impressed with our operation and promised to assist us wherever and whenever he can.

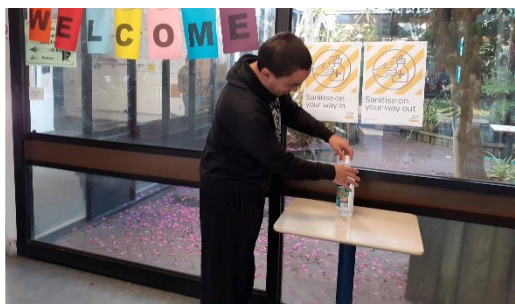
I would like to thank our wonderful team of staff here at Manaaki Ability Trust whose passion and commitment makes our programme the success that it is and our Board of Trustees who make sure that everything is working well behind the scenes.



**Paul Mainwaring**  
*General Manager*

# Post COVID-19 at Manaaki

When returning to the centre from lockdown, we maintained social distancing in all programmes, all clients and staff signed in and out, and there were hand sanitiser stations around the centre.



## Duke of Edinburgh Fundraiser

Our Duke of Edinburgh participants met with Karen Ross, the National Director of the programme, and Nathan Denmark when they visited Manaaki in February.

Our clients shared highlights of their journey and are excited about what 2020 will bring as they continue to strive for their Bronze Awards. One aspect of the programme is completing an overnight adventurous journey which the group is preparing and fundraising for at the moment. If you would like to support the group with their fundraising efforts, the group are selling Whittaker's Chocolate bars which can be purchased from reception.





Left to right: Ollie Kemp (Board Chairman), Gabriel Tupou (Board Deputy Chairman), Laura Montgomery, Sarah Michael, Shane Ford, Lewis Taito Matamua, Chelsie Parsons (Client Rep to the Board) Mayor Campbell Barry, Paul Mainwaring (MAT General Manager)

## Mayor Campbell Barry Visits

Hutt City Mayor Campbell Barry visited Manaaki Ability Trust in March to meet with some clients for a Q&A session and to

see what we do here at the Trust. Campbell is also the new Patron of Manaaki Ability Trust.



## Open Day

THURSDAY 20 AUGUST  
FROM 10.30AM TO 2.30PM

*Manaaki Ability Trust, 60 Woburn Road, Lower Hutt*

[www.manaakiabilitytrust.org.nz](http://www.manaakiabilitytrust.org.nz)





## Mural Masterpiece

A big thank you to Francie Karam, who over the Covid-19 lockdown, kindly created

our new masterpiece in the cafeteria. The mural features a beautiful array of native birds and native trees.

## IN MEMORIAM

It is with much sadness that we farewell Gary Leonard who passed away in January. Gary was a client of Manaaki Ability Trust since 2004. Gary was always the first to put his hand up to help others in need and loved volunteering in his community.

We offer our sincere condolences to Gary's family and friends.



Gary Leonard



Karen Cabezas

## HAVE A GO WEEK

### Staglands

What a wonderful way to kick start 2020 for Manaaki Ability Trust clients! MAT paid a visit to Staglands which features a large array of animals and bird life throughout the sanctuary.

It was a fantastic day being out in our community together as a group and enjoying the beautiful scenery that nature has to offer.



Law La Moo Thuang

For many, it was their first time going to Staglands! Everyone thoroughly enjoyed the experience and we look forward to many more outings like this.



Tristan Montgomery and Laura Montgomery



Karen, Ryan, Sailiga, Laura, Lewis and Luke





*Lisa, Jenna, Henry, Keith and Ake at Wainuiomata Pool*



*Sailiga, Danielle and Eskavan playing basketball*

## OTHER HAVE A GO WEEK HIGHLIGHTS:

- A trip to Days Bay Beach
- Swimming at Wainuiomata Pool
- Mini Golf
- A Sport Day



*Days Bay Beach*



*Carlo McIlvride at Mini Golf*



## Hutt Fun Run

Our Champions Fitness Training Group participated in the Hutt Fun Run and Walk on Sunday the 8th of March. Everyone came out in force in their new Manaaki t-shirts to showcase just who we are!

The client's encouragement and support for one another before and during the race was outstanding! Congratulations to all clients

who were triumphant with their personal goals by completing either the 5km or 10km walk and run.

A massive thank you to all the families and MAT staff who came and gave their support and hats off to all the Champions Fitness Training Group!



Ainslie Allen Concert

## Hutt City Sound Bites

Every Friday throughout February and March, a Sound Bites Concert was held, highlighting local talent in a free concert for the community. Manaaki clients attended a few of the concerts and danced the afternoon away in the sun.





*Chris Kelliher on the drums*



*Michael Berrington singing and Paikea Apanui on the guitar*

## NEW PROGRAMME!

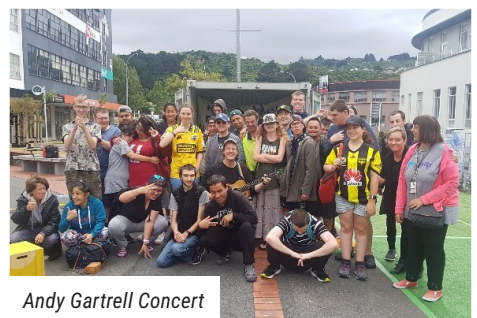
# Waiata Kanikani: Sing & Dance

Our new programme Waiata Kanikani: Sing & Dance, aims for a better understanding of how instruments are played, how they can work together as a team and how we work together as a team. Creating confidence in a safe learning environment, we are learning to play instruments in a

harmonious manner, sing on a microphone and support the lead with instruments and singing. Ultimately we are working towards being able to put together a performance to showcase the many talented people we have here at Manaaki Ability Trust.



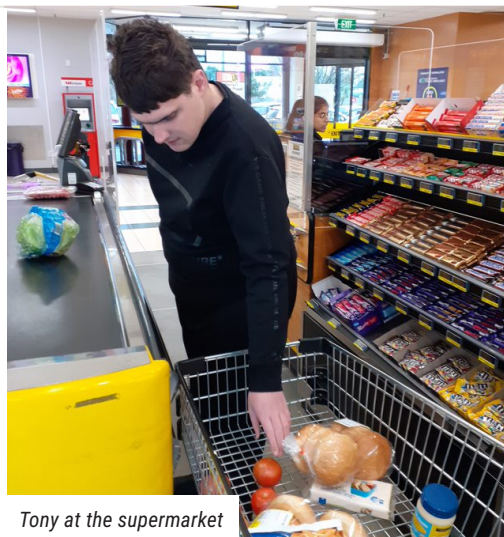
*Carl Webley Concert*



*Andy Gartrell Concert*



*Karen at the supermarket*



*Tony at the supermarket*

## Matrix Culinary Skills

Our Matrix Culinary Skills group have brainstormed together meals and baking they would like to learn to make for the rest of the year. They came up with some great ideas and now a new menu has been created!

Once a week, one member of the matrix culinary group goes to the supermarket to purchase all the ingredients needed for that week's meal, all under the watchful eye of Tania.

They have a budget every week to work with, so they have to shop carefully. Once they have everything needed, they go to the checkout, load the counter up, pay and pack the groceries up. Tania is with them who gives them helpful tips around budgeting and finding good deals.



*Homemade burgers*



*Crispy honey chicken on rice*

## INTRODUCING

# Our Newest Clients

