



Manaaki
ABILITY TRUST
YOU CAN!

Message from Paul

Season's Greetings

Once again, the Christmas break is approaching fast. We can look back on another successful year at Manaaki that has delivered many highlights.



The Duke of Edinburgh programme continues to be one of the great teambuilding and goal achieving activities that we offer our clients and the various programmes that we offer around independent living skills are a strong focus for us.

We have welcomed many new clients this year and farewelled a few. It is satisfying to find our services in such high demand. It is great to have support from the secondary schools of the Hutt Valley as well as Weltec and Whitireia from whom many of our clients come to us.

I would like to thank Louisa, Viv, Jaymie, Janelle, Brad, Janet and Malu for all their great efforts this past year. Thanks also to Sue Rhoades who has provided valuable assistance with reading recovery and Stephen Hilson for running our Karate programme. Without the magnificent work from this team Manaaki would not be the wonderful place that it is.

No doubt all our clients are looking forward to the Christmas lunch at Petone Workingman's Club. It is always a highlight of the year.

We are of course closed over the Christmas /New Year break. We will reopen on 15th January.

I wish you and your families a happy and enjoyable Christmas and holiday period.

Paul Mainwaring
General Manager



INTRODUCING OUR NEWEST CLIENTS



*Janiece
Pollock*



*Louis
Edwards*



*Christian
Jepsen*



*Cameron
De Klerk*



*Hope
McDermott*



*Sofia
Sidoruk*

Manaaki's Christmas Lunch

Wednesday 20 December

12 noon at the
Petone Working Men's Club

Please let Viv know you will be attending.
No centre activities,
please just make your way to the Club for lunch.

DATES TO REMEMBER

End of Year Dates

Monday 18th December

Wainui Hill Walk and lunch by the river

Tuesday 19th December

Pizza in the Park - see Pizza Orders

Wednesday 20 December - 12 noon

End of year Client Christmas Lunch

Petone Working Men's Club.

don't forget



Moera Christmas in the Park 2023

★ Manaaki Dance Out Group will be performing at Moera Community Hall as the **OPENING ACT!** ★

★ Saturday 9th December 2.30pm
Moera Community Hall ★

Dancers please arrive 2.00pm

★ Any questions please contact Jaymie on 04 569 3091





Happy New year!

Monday 15 January 2024

We will be starting the new year off with our “Leadership Week” activities. This will include a trip to Swimming Pool on Friday

Monday 29 January 2022.

Our programme structure will begin.

Monday 22 January

Wellington Anniversary Day
Centre will be closed.

Pizza Orders



Pepperoni
Beef and Onion
Vege Trio
Simply Cheese
Hawaiian
Cheesy Garlic
Margherita



Ham and Cheese

**See Viv to order and
pay for your Pizza.
Last day for orders is
Monday the 18th**



Lost something at centre this year?

Viv has a draw filled with “Stuff” that
has been left at the centre.

Please come and see her at the office,
if you have lost something.



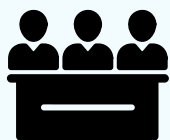
Duke of Edinburgh's Hillary Award

It's been a busy year in our **Duke of Edinburgh's Hillary Award** program, with 21 participants working towards their Bronze, Silver and Gold Awards.



Our Silver Award visited Nga Manu Reserve and Kapiti Island at the beginning of the year. Our 2023 Bronze and Silver participants are preparing for their Adventurous Journeys to Picton in February/March 2024.

This year our Awards and Section Certificates will be presented at the Client Christmas Lunch, at the Petone Club on the 20th of December.



CLIENT COUNCIL 2024

At our recent AGM we announced our new Client Council Reps for the 2024 year. Congratulations to Emily Simpson, Johnny Fidow-Mose and Conor McCarthy.



Each year our clients elect and vote on representatives to run the monthly client meetings and attend the board meetings.

We would like to thank Becky, Danielle and Laura for being on the Client Council for 2023.



2024 Client Meetings: first Monday of the month 9.30-10.30

2023 Award Celebrations

Skills

Bronze

Becky *Drivers License*
Emily *Podcasting*
Tristan *Drivers License*

Silver

Conor *First Aid*
Ryan *First Aid*

Voluntary Service

Bronze

Becky *Salvation Army*
Elyzah *Mums & Bubs/SPCA*
Stephen *Chip Packet Project NZ*

Silver

Conor *Beach/Community Clean-up*
Ryan *Chip Packet Project NZ*
Karen *Chip Packet Project NZ*

Gold

Tasmyn *Chip Packet Project NZ*



THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD
AOTEAROA NEW ZEALAND | HILLARY AWARD

Physical Recreation

Bronze

Lacey *Walking*
Emma *Bowling*
Becky *Bowling*
Tristan *Fitness*
Lucas *Walking*
Johnny *Gym Fitness*

Silver

Danielle *Cycling*
Conor *Basketball*

Award Achievements

Michael <i>Bronze Award</i>	Karen <i>Silver Award</i>
Johnny <i>Bronze Award</i>	Lacey <i>Silver Award</i>
Lacey <i>Bronze Award</i>	Conor <i>Silver Award</i>
Emma <i>Bronze Award</i>	
Lucas <i>Bronze Award</i>	

*Well done to all
our participants!*

Adventurous Journey

Bronze

Lucas *Expedition Orongorongo Track*

Silver

Ryan *Exploration Kapiti Island*

This year the Duke of Edinburgh's Hillary Award celebrated 60 years of being in New Zealand. We joined in the celebrations by, attending the Official 60th Anniversary Tree Planting event, featuring in the official 60th Anniversary Video, (beach clean-up volunteers) and organising a 60th Anniversary Fun-Fundraising Disco at Manaaki

Our Award Leader Louisa, recently attended a cocktail party to celebrate the award's 60th Anniversary at Government House, hosted by Governor-General Dame Cindy Kiro. Louisa and her partner met the Duke of Edinburgh, HRH Prince Phillip, and got to talk to him about our centre and our Duke of Edinburgh Hillary Award participants.

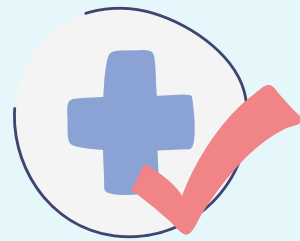




Env1rOK1wi

SAVE THE EARTH! - You Can!

Env1rOK1wi has been a hive of activity this last term, learning the importance of bees and creating bee drinking stations for the **He Puāwai Trust**, during the warmer months! We are looking forward to taking part in their new initiative Project Sunflower!



With Covid still out in the community we request that any clients who test positive stay home, until they test negative.

Likewise, with summer colds and tummy bugs, staying home until you are symptom free, keeps everyone well at centre.



Fun Fit

Our **Fun Fit** programme is proving to be more and more popular each week. Running through the obstacle course, playing ball games and musical chairs. The team has been having fun while keeping fit and immersing themselves to learn and participate in new activities.



Trade Tech

It has been all hands-on deck in our **Trade Tech** programme!

Clients have been practising using different tools and experiencing what life would be like as a Tradie. Naturally, the clients came up with the idea to simulate their own small business. They have taken on the mantra of 'no sleeping on the job!' We've been able to learn about customer service, meeting deadlines, and applying health and safety practices while working as a team.

We finally finished our first jobs by painting the old bar stool and refurbishing a dining table. This project honed our painting skills and provided an insight into the painting industry, setting a promising tone for our future jobs!



LEADERSHIP WEEK 2024

15

MONDAY WELCOME BACK!

Whanaungatanga 'Coming Together'

Re-unite, recap and celebrate - visit the time capsule!

Sausage Sizzle, Chalk Design Competition & more!



16

TUESDAY Health Focus!

Team Boot Camp - bring your training gear!

2024 Health focus + Hikoi for Health



17

WEDNESDAY Super Hero Day!

Team Boot Camp - bring your training gear!

Facepainting, Super Hero Quiz, Super Vilan Challenge



18

THURSDAY Amazing Race Day!

Team Boot Camp - bring your training gear!

Amazing Race 2024! Bring it on!



19

FRIDAY Swimming Trip

Te Rauparaha Arena and Aquatic Centre. \$4.90

Bring your swimming gear and lunch for a fun day out



Remember to be sun-smart - bring a sunhat and wear sunblock each day!

Don't forget a packed lunch and drink bottle every day.

MANAAKI TIMETABLE 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
9.30-10.30am		11.00-12.30pm		1.00-2.30pm		1.00-2.30pm		1.00-2.30pm	
Home Base Connect with your coordinator each week		Computer Hub Kapa Haka Baking Room First Aid		Podcast 101 EnviroKiwi1 Duke of Ed Bronze Wellbeing		Media Studies Flatmates Cooking Independent Living		Money Crunchers Creative Craft Book Club	
Reading with Sue		Morning Tea		Morning Tea		Morning Tea		Morning Tea	
Morning Tea		Strum & Base Social Savvy Mind Hub Activation		Arrive Alive Social Media Dance Out		Learn Recorder Worldly-Discussions Duke of Ed Silver		Debating/ Toastmasters Quizmasters Canva Design	
Word Whizz Geo History Discovery		Lunch		Lunch		Lunch		Lunch	
Lunch		Fitness Training Fun Fit		Trade Tech Theatre Sport Think Big Creative Concepts		Fitness Training Fun Fit		Myth Explorers Choir Manaaki Karate	
Career Tech Creative Studio Community Watch Healthy Living									

Programmes 2024

Vocational

Career Tech

Working towards finding a job

Think Big Micro-Enterprise

For those wanting to start their own business

Trade Tech

Learn about trades and get some hands on experience

Activation

Prepare yourself for Weltec, Volunteering and/or work placement

Technology

Social Media

Basic computer skills using a variety of games and activities

Word Whizz

Basic document construction with literacy skills

Computer Hub

Exploring the world of technology

Podcast 101

Learn to research and record your own podcast

Canva Design

Digital design using Canva tool to create media designs

Life Skills

Independent Living

Learn skills for living on your own or in a shared home

Flatmates Cooking

Everything from setting up and cleaning the kitchen to cooking

Baking Room

for the experienced cooks who want to practice their skills

Arrive Alive

Keeping safe in the home and community

Debating/Toastmasters

Learn the art of public speaking and sharing opinions

Discovery Quest

Unlock and develop your strengths using Clifton Strengths

First Aid

Basic First Aid theory with an opportunity to sit Level 1 First Aid

Social Savvy

Become more socially aware and increase your confidence

Money Crunchers

Learn basic budgeting skills and become money smart

Health & Wellness

Fitness Training

Sports & fitness for the more active

Fun Fit

Fitness, movement and agility

Dance Out

Learn new dance moves and join our dance Troup

Wellbeing

Supporting and exploring tools for healthy minds and bodies

Healthy Living

Focusing on healthy lifestyles and food choices

Manaaki Karate

Karate classes run by NZ Disability Karate Association

Social Sciences

Worldly Discussions

A look at the weeks' news & hot topics

Geo History

Exploring the world around us

Enviro Kiwi

Learning about taking care of the world around us

Myth Explorers

Understanding the science behind everyday objects/events

Quiz Masters

Test your general knowledge

Media Studies

Film and character studies

Debating/Toastmasters

Learn the arts of public speaking and good debating

The Arts

Theatre Sports

Developing talent for the stage

Strum and Base

Rhythm and movement for beginners

Choir

Learning new songs and harmonising

Learn the recorder

Learn how to play the recorder

Kapa Haka

Waiata and Poi - dance/movement and song

Creative Studio/Concepts/Craft

For the artists who wish to develop their creative side, work on projects for the IHC Art Award, or enjoy crafts

Numeracy & Literacy

Book Club

Theme discussions and character studies

Mind Hub

Activities to keep the brain active and challenged

Sue's Reading

One on one reading and writing support

WHERE WILL my STRENGTHS TAKE ME TODAY?

Discovery Quest

UNLOCKING NATURAL TALENT

Discovery Quest have been exploring different tools and reflecting on how they work in with their Gallup Strengths this year.

We are inviting new participants to join the programme in 2024.

Discovery Quest, explores and develops peoples natural talents, using the Gallup Strengths Finder tool! A great way to prepare for volunteering or employment.



Total Mobility cards expire if they are not used in 3 years with an approved taxi transport company.

Use on Metlink bus or rail services is not considered to meet this requirement.

If you think your card has expired, please contact Metlink on 0800 801 700.

- Driving Miss Daisy
- Freedom Companion
- Golden Oldies
- Hutt & City Taxis
- Wellington Combined Taxis

Goal Plan Meetings 2024

Goal Plan meetings are held annually to discuss which programmes clients want to take part in and what goals they want to achieve.

Individual plans are also reviewed at this time, and your coordinator will be in touch after Leadership Week to organise a time to do this.



Think Big Microbusiness

Clients in the **Think Big Microbusiness** programme have been working hard on their micro-enterprises.

Chelsie's Crystals and **Nikki's Paper Craft** have been selling their products at the local Artisan Craft Markets.

Several other products have been/are in the process of being developed including personalised key chains, tie dye t-shirts and Harakeke Flowers.



Clients are free to trial programmes when they return, to see what they like.

With 45 programmes on offer - it can be hard to choose!



New Programmes 2024

Monday

Home-base, Healthy Living

Tuesday

Baking Room, First Aid, Activation

Thursday

Media Studies, Learn Recorder

Friday

Money Crunchers, Canva Creative



Creative Concepts

SAVE THE EARTH! - You Can!

The **Creative Concepts** group have been working hard on creating some great decorations for our Christmas display.

Dance Out

Manaaki **Dance Out** were invited to be part of the fun that was the Christchurch based Dance Company, **UP Jolt Dance!**

UP has been created specifically for audiences with intellectual disabilities, being highly interactive and multi-sensory, and Manaaki were invited to be a part of the fun.



Creative Studio

The **Creative Studio** group have been learning a lot!

Here's a photo of the group with some of their artwork they have completed this term, from what they have learnt this year.



Creative Craft

This year has been a year of using interesting things to create art.

Creative Craft have created their own art portfolio's using all sorts of different items. "Oil, Water and Ink" "Marbles" "Coffee filters" "Leaves" "String, glue and tissue paper"

What a lot of messy fun we have had. All put together in a book to take home.

Be sure to check out our Christmas decorations on our tree at the centre 🌲



The **IHC Art Awards** are an annual highlight for our artists and creative clients.

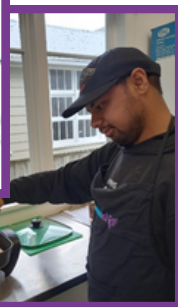
Clients in both **Creative Studio** and **Creative Concepts** will be able to submit artwork for the 2024 IHC Art Awards.

The IHC Art Awards will be on display in a fantastic new location next year - we're excited to see who will enter in 2024!



Flatmates Cooking

The team has been learning to cook various dishes. From sweet and sour pork, chicken katsu with teriyaki sauce, tuna bake and vegetable stir fry to chocolate cakes. They recently challenged themselves to prepare and cook a 2-course meal – sausages and mash with broccoli and gravy, with a chocolate mousse for dessert.



Cooking Room



From making Afghans, cheese scones, chocolate mousse and other baked delicacies the **Cooking Room** team has been learning new baking skills and developing existing ones to produce some awesome baked goods.



Road Ready

Hats off to our clients who have completed our very first drivers licence programme, **Road Ready**! Throughout the year the clients have challenged themselves inside and outside of the classroom. From unpacking the road code online, to inspecting the basic functions of a vehicle.



The clients have taken full ownership of their learning by personalizing their own study plans. As we come to the last stage of the programme, our clients are now in practice mode, ready to take on the theory test!

Weltec NZCSL & NZCSLW 2024

Year 1 NZCSL is about Increasing your independence, communication skills and planning for your future. This programme allows students to come together to learn life skills, while focusing on tailored individual development.

Year 2 NZCSLW focus is on developing work-ready skills and placing students in work experience, whilst developing their transferable skills learnt from NZCSL Year 1.



Weltec 2023

Congratulations to the Weltec students and Manaaki Ability Trust clients who completed Year 1 NZCSL and Year 2 NZCSLW Level 1 course.



