



Manaaki 
ABILITY TRUST
YOU CAN!

Message from Paul

Hello everyone,

We've had a great run of good weather, but winter is approaching. Please make sure your whanau are equipped with quality wet weather gear so that they arrive at Manaaki warm and dry.

One of our valued team members Jaymie moved on earlier this year and we are still looking to replace her with a new Disability Support Coordinator. Linda Tinson is here on placement from Weltec a couple of days a week and Bailey Carde from Victoria University one day per week. They are helping us fill the staffing gaps and it is great having them here.

You will have noticed that the building is looking fabulous with new carpet tiles in several of the client spaces. It's made a huge difference to the look and feel of the place.

We must thank Viv for managing to find a large number of surplus chairs from her church which we have acquired for use at Manaaki. With the attendance numbers at an all-time high, chairs are always in demand.

Our Duke of Ed Programme is taking out a lot of time and effort from the team at the moment. I must commend Louisa on the way she has managed the training activities and Adventurous Journeys for the Bronze and Silver groups the past few weeks. Her dedication to the task is fantastic and we all really appreciate her efforts and the outstanding Duke of Ed Programme we have here.

Stay warm over the coming months

Paul Mainwaring
General Manager



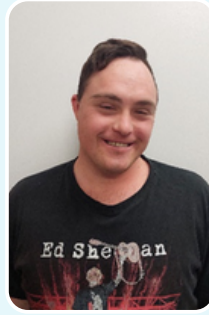
INTRODUCING OUR NEWEST CLIENTS



Raquel Te Kawa



Grace McCaffley



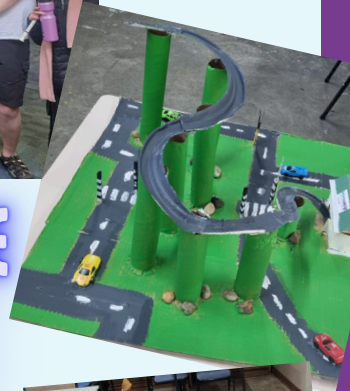
Callum Clark



Jakob Richter



SHOWCASE 2024



DATES TO REMEMBER

don't forget

Friday 17th May

Pink Shirt Day

Wednesday 22nd May

IHC Art Awards 2024 Entries - Trip to Wellington

Monday 3rd June

Kings Birthday - centre closed

Friday 14th June

Light the Way Disco - Fundraising for St Johns

Thursday 27th June

Matariki @ Manaaki

matariki

Whittaker's
SINCE 1896

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

Thank you to everyone who has supported our Duke of Edinburgh Award fundraising efforts this year. All funds go towards this years Bronze, Silver and Gold Adventurous Journeys!

We still have a few boxes left to sell. If you are keen to support us and are able to sell some chocolates, please contact reception!

WINTER WEATHER

Don't forget those raincoats on rainy days.

It's also handy to have a dry change of clothes in your bag for those days when you get caught in the rain on the way to centre!



MEDICATIONS



Please let your coordinator know if there are any changes in medication, to allow us to monitor and understand any changes at centre

CELL PHONES



Keeping in line with the new school phone=free policy we are encouraging all clients to be phone-free in our programmes.

Clients are welcome to access their phones during morning tea and lunch breaks, and will be able to receive calls, if they are expecting a call.

Victoria University and Weltec Placements



Welcome to Bailey and Linda!

You might spot some new faces at Manaaki. Bailey is with us on Thursdays while Linda joins us on Wednesdays and Fridays.



HALL OF FAME



RECORDER



Recorder have spent countless hours learning finger positions and correct breathing techniques, for their performance of Hot Cross Buns at Showcase. After some frustrations and some laughter they “blew” it out of the water!

FITNESS TRAINING

Fitness training has taken a huge leap this year. Clients have enjoyed applying themselves to different sports and a range of fitness challenges. This has bought out a motivation to set new goals and aspirations in 2024.



DANCE OUT

Dance out have been exploring new styles of dance. They wowed everyone at Showcase with a high energy choreographed dance, followed by a partner style dance and some line dancing, yeehaw!



MANAAKI KARATE

Our Friday afternoon Manaaki Karate programme is proving extremely popular with as many as 15 clients attending Sensei Steve's trainings. Karate has many benefits including coordination, spacial awareness and flexing our working memory.

Keegan, who started out this year, received his yellow best at Showcase (see photo)



Duke of Edinburgh's Hillary Award

2024 is shaping up to be our busiest year for The Duke of Edinburgh's Hillary Award at Manaaki.

We have 30 clients participating in the Award program.

The Award recognises their efforts and celebrates their achievements. It's a great team-building programme and is considered the world's leading youth achievement Award.



How you Can

- 1 support them to do an hour a week towards their skill, service or physical activity
- 2 help or remind them to log their efforts each week

ADVENTUROUS JOURNEYS



Our Bronze and Silver Duke of Edinburgh Hillary Award participants have spent the last few months learning and preparing for their Adventurous Journeys. They had practice sessions at Days Bay before heading to the Marlborough Sounds!

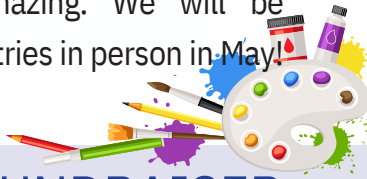


ITS NOT THE MOUNTAIN WE CONQUER, BUT OURSELVES

Sir Edmund Hillary

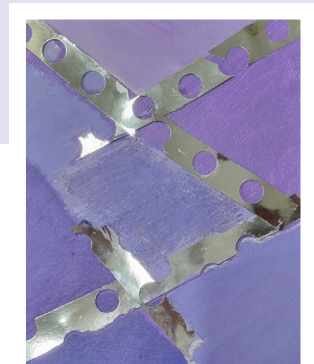
IHC ART AWARDS 2024

Our **Creative Studio** and **Creative Concept** programs have been busy putting their final touches on their art entries for the IHC Awards 2024. We have over 20 entries this year and the creativity and workmanship put into their art pieces are amazing. We will be delivering our art entries in person in May!



EPILEPSY FUNDRAISER

Over a 3 week period the Creative Craft group along with some of our talented artists had the opportunity to create some splendid artworks for the New Zealand Epilepsy Purple Day Art Charity Auction. This fundraising initiative was it's first for New Zealand Epilepsy of which our artists helped raise \$218.00. It was an awesome project to be part of where our artists showcased their creative flare through their artwork to create an awareness around Epilepsy.



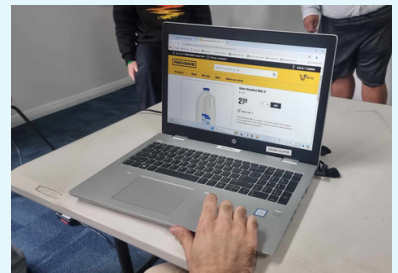


FIRST AID

In **First Aid** this year, we have been working on the basics steps to help someone in an emergency situation. Here you can see the guys practicing putting each other into the stable side position and having a go at CPR.

MONEY CRUNCHERS

2024 has brought an exciting range of challenges in our **Money Crunchers** programme. So far we have broken down what a budget is and its terms. We have also looked at different ways to save money as well as making smart spending choices. The clients have provided input from real life experiences and are motivated to progress in the programme



MEDIA STUDIES

It has been a fun and exciting start to **Media Studies** in 2024. So far we have focused on understanding media by analyzing camera angles, finding hidden meanings and having our own character study.



INDEPENDENT LIVING

This term we focused on being independent around the house. We looked at how to clean a house, room by room and where it is best to store everything.

We completed tasks, using an iron and a steamer for getting wrinkles out of clothes, and wiped hard to shift dirt and grime off of tables! Here they are cleaning a big mess, that was purposefully planted, in the café right before morning tea!



BAKING ROOM

Our team of baking enthusiasts whipped up some delicious Anzac biscuits, for Anzac Day celebrations. They baked up a storm, enough to feed our whole Manaaki crew.

