



**Manaaki**  
ABILITY TRUST

YOU CAN!

# Message from Paul

Hello everyone,

It has been pretty cold recently and our heat pumps at Manaaki have been working overtime to keep our staff and clients comfortable. Let's hope warmer weather is on the way.

You are no doubt aware that we recently recruited Kimberly Cinco to join our staff as a Disability Coordinator. Kimberly has skills and experience that will help strengthen the Manaaki programme and we hope that everyone will give her a warm welcome. We are delighted to have her join us.

Earlier this year we had some roof repairs completed that finally sorted out some annoying leaks we had at the rear of the building whenever it rained. That being fixed we have recently completed some building work and refurbished the art space which is now expanded into a multi-purpose area and is looking very smart indeed.

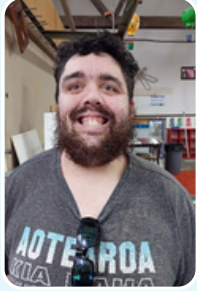
For the past six years we have shared a part of our building with Kimi Ora School. Due largely to our expanding numbers at Manaaki, it has been agreed that Kimi Ora will move out of our main building at the end of this year. The good news is that the Ministry of Education will be building a new transition unit for Kimi Ora School at the rear of our site (where the community garden is currently). This is expected to be completed in April 2025.



Looking forward to summer

**Paul Mainwaring**  
General Manager

# INTRODUCING OUR NEWEST CLIENTS



Andrew Eastham



Thant Phyu



Anika Brice



Geoff Knight

Andrew and Geoff have returned to Manaaki. after several years away.  
It's great to have you back!



# Welcome



Meet Kimberly, she joined the team as a Disability Support Coordinator in July.

Kimberly has experience in both the Diversional Therapy and Arts backgrounds, and has settled in well at Manaaki

Kimberly's programmes include Eco Savvy, Functional Craft, Think Tank, Brain Gym, Moove and Groove and Zumba Fit.



# DATES TO REMEMBER

## **Monday 28th October**

Labour Day Weekend - Centre Closed

## **Friday 13th December**

Grand Final - Manaaki's Got Talent

## **Wednesday 18th December**

Client Xmas Lunch

## **Friday 20th December**

Last day of centre for 2024

## **Monday 13th January**

First day of centre for 2025

*don't forget*



WHAT'S OUTSIDE  
THE BOX?

**Saturday 14th  
September  
10am - 2pm  
Lower Hutt  
Events Centre**

We'll be there all day and our Dance Crew will also be performing at 10.30am. Visit [whatsoutsidethebox.org.nz](https://whatsoutsidethebox.org.nz) for more info



Don't forget to keep warm and dry by wearing the right clothing! Rain coats and warm jerseys are great for winter!

Feeling unwell?  
Stay home and let your coordinator or reception know that you will be away!



## MEDICATIONS



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

## FOLLOW US ON FACEBOOK..

and see highlights of centre activities and information!



**Manaaki Ability Trust**  
752 likes • 873 followers

Let's say a big thank you to Paul for all his hard work around the centre?  
This photo says it all.

THANK YOU!



# NEW PROGRAMMES

Monday

Tuesday

Wednesday

Thursday

Friday

## Brain Gym

Focusing on language and communication skills, this programme engages clients through interactive numeracy and literacy games and activities.

## Eco Savvy

Supports clients to learn about their place in the environment and how to be eco-wise in their own homes and communities

## Technology Hub

Previously Computer Hub; we focus on technology and tools for everyday life, how technology changes in all areas of life, from the workplace to our homes.

## Functional Crafts

A new creative workshop that focuses on building and sculpting. Clients will be offered the chance to do more traditional crafts and create more items using tiles, clay, and wood.

## Zumba Fit

An additional fitness programme on Tuesday and Thursday afternoons, to get the body moving and grooving.

## Think Tank

Time to get creative with our problem-solving skills

## Manaaki Karate

NZ Disability Karate Association Manaaki dojo!

## Computer Lab

Previously Social Media; computer-based learning, focusing on cognitive skills of thinking, reasoning and remembering, while also supporting hand eye coordination and basic computer navigation skills

## Box Mechanics

Time to get creative and learn about basic mechanical structures, engineering and design using cardboard to create functional everyday items

## Move n Grove

An all-inclusive movement programme that is adapted to challenge both the mind and body

## Basic NZ Sign Language

Learn the basics, including the alphabet, how to sign your name and objects, while developing your sign language skills



# NEW TIMETABLE @ AUGUST 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am - 10.30am	Home-Base Groups Meetup with your Disability Support Coordinator Client Mtg – 1 <sup>st</sup> Monday of the month	Technology Hub Baking Room First Aid Functional Crafts	Podcast 101 Duke of Ed Bronze Wellbeing Think Tank Manaaki Karate Sue's Reading	Media Studies Flatmates Cooking Independent Living Move & Grove	Money Crunchers Creative Craft Book Club
10.30am	Morning Tea				
11.am – 12.00pm	Word Whizz Geo History Discovery Brain Gym	Strum & Base Social Savvy Mind Hub	Arrive Alive Computer Lab Dance Out Sue's Reading	Learn the Recorder Worldly Discussions Duke of Ed Silver	Debating/Toastmasters Quizmasters Canva Design Basic NZ Sign Language
12.00pm	Lunch				
1.00 – 2.30pm	Creative Studio Healthy Living Eco Savvy	Fitness Training Fun Fit Zumba Fit	Box Mechanix Theatre Sports IHC Creative Concepts	Fitness Training Fun Fit Zumba Fit	Myth Explorers Manaaki Karate Flatmates Cooking



## MIND HUB

Clients have been enjoying themselves in Mind Hub recently.

They enjoyed trying out Picture Bingo as well as using their challenging their coordination and creativity to create 3D objects from diagrams.



## FITNESS TRAINING

During the term we had Ben visit us from Special Olympics as a part of our Fitness Training Programme. Ben shared what Special Olympics is all about and the different sports available to participate in. We learned a bit about the history of the Special Olympics before having a few games to end the session. We have many clients involved already and it was a good learning experience for all.



**"Let me win. But if I cannot win, let me brave in the attempt."**



# Duke of Edinburgh's Hillary Award

**Tai Shan**  
Foundation

Our Manaaki Duke of Edinburgh Award programme recently received an additional \$2300 in funding from the Tai Shan Foundation. We are super grateful for this additional funding that will go towards our activities and Adventurous Journey Budgets!



## MANAAKI KARATE



We now have two Karate sessions each week!

Wednesday mornings and Friday afternoons! Each session lasts one hour.

Steve from the NZ Disability Karate Association has kindly volunteered more of his time, for more clients to be a part of this fantastic sport.

Our Karate programme is non-contact. There is no cost and you receive a free t-shirt upon starting!

Our clients love being a part of the Manaaki Dojo!





## FIRST AID

Clients in our First Aid programme had a go at making slings and using roll bandages, this term.

They have learnt the difference between an arm sling and an elevated sling, and their purpose.

**UPDATE**

## HEALTHY LIVING

This programme is now a practical kitchen-based programme with clients learning how to make healthy meals and snacks for breakfast and lunch!

## HEALTHY LIVING

The group of clients learning about Healthy Living got to go “Hands On” when it came to Sushi making. Hey, its not as hard as it looks and it sure is yummy.

From August Healthy Living will be a kitchen based programme with limited numbers



# CREATIVE STUDIO

Our Creative Studio team recently spent some time learning about Pablo Picasso. Here you can see them using a template and die to try their hand at creating a cubism portrait by “Rolling a Picasso”.

The results were awesome and equally as funny to say the least!

“This is so weird”

– Isaac Nam



