



Christmas 2024

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

# Message from Paul

## Season's Greetings

Everyone is looking forward to the Christmas break. We have had a great 2024 with many achievements and highlights such as Manaaki's Got Talent.



We farewell to Kimi Ora School and Literacy Aotearoa who have shared our site for the past few years. Kimi Ora is having a new facility built at the rear of our site which we hope will be finished early next year. We are looking forward as a result, to having more space available in our building for programmes.

The Duke of Edinburgh Hillary Award has again been a key part of our programme, and I would like to congratulate all twenty clients who were awarded certificates at our AGM.

We have welcomed many new clients this year and farewelled others while remaining at an overall number of ninety-seven clients on the roll.

I would like to thank Louisa, Viv, Janelle, Brad, Janet, Kimberley and Malu for all their fabulous work throughout the year. Thanks again to Sue Rhoades who runs a reading recovery programme and to Stephen Hilson who generously gives up his time to run our Karate programme. Manaaki benefits hugely from having such an enthusiastic and committed team.

No doubt all our clients are looking forward to the Christmas lunch at Petone Workingman's Club; a highlight as always.

We are of course closed over the Christmas /New Year break. We will reopen on 13th January.

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

**Paul Mainwaring**  
*General Manager*



# INTRODUCING OUR NEWEST CLIENTS



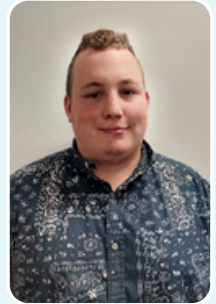
*Dylan Jarvis*



*Parth Mehta*



*Ben Kai Fong*



*Lorne Harbour*



## *Manaaki's Christmas Lunch*

**Wednesday 18 December**

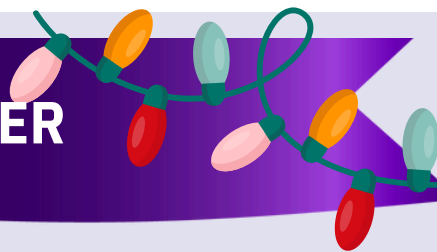
**12 noon at the**

**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

**Wednesday 18 December - 12 noon**

End of year Client Christmas Lunch

Petone Working Men's Club.

*don't forget*

**Thursday 19th December**

Pizza in the Park - see Pizza Orders

**Friday 20 December - 12 noon**

Centre Closes for the year



## 2025

**Monday 13th January**

Centre Reopens for Leadership Week Activities

## Moera Christmas in the Park 2024

Saturday 7th of December, from 2-4pm

Moera Community Hall

**Manaaki's Dance Out Crew**

**will be performing from 3pm**





# Happy New Year

**Monday 13 January 2025**

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

**Monday 20 January**

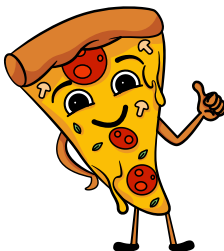
*Wellington Anniversary Day*  
Centre will be closed.

**Tuesday 21 January**

*Intro Week* - visit the programmes to find out more.

**Full timetable begins on 27 Jan**

## Pizza in the Park Orders

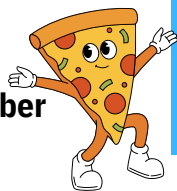


Pepperoni  
Beef and Onion  
Vege Trio  
Simply Cheese  
Hawaiian  
Cheesy Garlic  
Margherita  
Ham and Cheese



**See Viv to order and pay  
for your Pizza.**

**Get your order in by  
Tuesday the 17th December**



**Lost something this year?**

**Sunglasses, charging cable, jacket?  
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.**



It's been a busy year in our **Duke of Edinburgh's Hillary Award** program, with 28 participants working towards their Bronze, Silver and Gold Awards.



Our Bronze and Silver Awards Adventurous Journeys saw them kayak in the Marlborough Sounds in February and March. Our next Bronze, Silver and Gold participants will be preparing for their Adventurous Journeys when they return in 2025.

This year our Awards and Section Certificates were presented at our Annual General Meeting on the 27th of November. Twenty clients celebrated completing their Award or section/s.

*Congratulations*

## CLIENT COUNCIL 2025

At our recent AGM we announced our new Client Council Reps for the 2025 year.

**Congratulations to Sheldon, Sam and Tasmyn**

Each year our clients elect and vote on representatives to attend Board Meetings and help facilitate the monthly client meetings.

Thank you to Emily, Conor and Johnny for representing the clients on the Client Council for 2024.



**2025 Client Meetings: First Monday of the month 9.30-10.30**



## Award Achievements 2024

### Bronze Award

Stephen Bell Cummings  
Tristan Montgomery  
Becky McKenzie  
Janiece Pollock

### Silver Award

Karen Cabezas  
Patrick Whittaker  
Conor McCarthy  
Ryan Watkins

*Congratulations!*

## Section Achievements 2024

### Skills

#### Bronze

Emily - Podcasting  
Enrico - cooking  
Gregory - Horticulture  
Alisha - First Aid  
Thant - Baking  
Janiece - First Aid  
Lewis - Drivers License

#### Silver

Patrick - Drivers License  
Anthony - First Aid  
Lacey - Art

#### Gold

Tasmyn - Graphic Design  
Tom - Typing

### Voluntary Service

#### Bronze

Tristan - Naenae Food Coop

#### Silver

Sheldon - Keas Assistant  
Johnny - Naenae Food Coop  
Anthony - Salv Army Shop  
Patrick - Chip Packet NZ

### Physical Recreation

#### Bronze

Stephen - Karate  
Janiece - Dancing

#### Silver

Conor - Basketball  
Ryan - Bowling  
Patrick - Cycling  
Anthony - Bowling

### Adventurous Journey

#### Bronze

Janiece, Tristan, Emily, Becky

#### Silver

Johnny, Sheldon, Lacey, Karen



## PODIUM MASTERS

In November we celebrated the first ever **PODIUM MASTERS SPEECH COMPETITION** with Hutt Valley High Schools Supported Learning Centre, Tautoko.

We had three categories for speeches with each category receiving special mentions.

Two overall commendations were chosen by our judges, Hellen Alloway from IHC New Zealand and Fiona Pearson from Hutt Valley High School!

We are excited at the possibility of making this an annual event



We are hopeful that the building of the new Kimi Ora School wont impact our day to day operations in 2025.

The safety for of our clients is important to us. We have vision impaired clients, several with walkers and wheelchairs.



**Please keep  
to the speed  
limit**



# Wow!

**CREATIVE  
CRAFT  
PROJECT**



# Creative Craft Christmas

## Elves in Action!



## 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 2024

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







## Independent Living

This year we have been working hard to learn our independent living skills, from mopping floors, to sewing a button and even got to use a sewing machine, to make draught stops.

We've also made our own natural cleaning products. We dyed fabrics and clothing, and even used a steam iron and a hot press iron.

It has been a fun journey this year learning new skills and getting the hands on practice to go along with it.



# Leadership Week 2025

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## **MONDAY WELCOME BACK!**

Whanaungatanga 'Coming Together'

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

Sausage Sizzle @ Riddiford, Chalk Design Comp & more!

**WELCOME  
BACK**

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## **TUESDAY** Health Focus!

Team Boot Camp - bring your training gear!

Coordinator Quiz followed by Homebase Challenge



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## **WEDNESDAY** Super Hero Day!

Team Boot Camp - bring your training gear!

Facepainting, Super Hero Quiz, Super Vilan Challenge



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## **THURSDAY** Amazing Race Day!

Team Boot Camp - bring your training gear!

Amazing Race 2025! Bring it on!



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## **FRIDAY** Swimming Trip

Te Ngaengae Swimming Pool. \$5.50

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 2025

Monday					Tuesday				
9.30-10.30am					11.00-12.30pm				
Home Base Connect with your coordinator each week					Morning Tea				
Word Whizz					Technology Hub				
Geo History					Strum & Base				
Discovery					Mind Hub				
Brain Gym					Duke of Ed Bronze				
Lunch					Lunch				
Mahi Ora					Creative Studio				
First Aid					D of E Adv Journey				
Healthy Living					Baking Room				
Eco Savvy					Functional Crafts				
Wednesday					Thursday				
Money Crunchers					Fitness Training				
Think Tank					Fun Fit				
Learn the Xylophone					Zumba Fit				
Manaaki Karate					Independent Living				
Morning Tea					Move & Groove				
Podcast 101					Social Savvy				
Wellbeing					Road Ready				
Dance Out					Morning Tea				
Media Studies					Debating				
Learn Recorder					Quizmasters				
Worldly- Discussions					Basic NZ Sign Language				
Computer Lab					Lunch				
Lunch					Myth Explorers				
Box Mechanics					D of E Gold & Silver				
Art for Art Awards					Flatmates Cooking				
Theatre Sport					Manaaki Karate				
Flatmates Cooking									

Programmes in Red are 12 week programmes

## 12 Week Programmes

We've introduced 12 week programmes this year, to give more clients the opportunity to get involved in some of our most popular programmes

- *Learn the recorder*
- *Learn the xylophone*
- *Baking Room*
- *Healthy Living*
- *Wellbeing*
- *Basic Sign Language*



Clients are free to try a mix of programmes when they return for the first week, to see what they like.

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



## New Programmes

### **Mahi Ora**

Vocational programme for those who have completed Year 2 NZCSL, or those who are keen to find employment.

### **Learn the Xylophone**

For those who are musical and wish to learn how to play the xylophone

### **Art for Art Awards**

Creative support for those artists wishing to enter the Annual IHC Art Awards

### **Te Ao Maori**

Korero (speak) Māori. Learn about Māori protocols (tikanga), while exploring Māori history and mythology

### **Sewing**

Basic sewing skills, and techniques while making fabric projects using a sewing machine

### **Debating** (ex toastmasters)

Learn the art of structured conversation, debating and public speaking

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 2025.

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

## Mahi Ora

### ~ WORK ~ LIFE ~

We are calling for applications to our new **Mahi Ora** Programme

Application Forms will be available at reception

Clients will be invited to an 'interview' for this programme, much like a job interview!

Don't be scared - it's all part of the programme, and its going to be a whole lot of fun!

# GOALS!

## Goal Plan Meetings 2025

Goal Plan meetings are held annually in Jan/Feb, between clients and their Coordinators, with support from family, caregivers and whanau.

We discuss what we want to achieve, and then look at what programmes align to those goals and interests.

Individual plans are also reviewed at this time, and your coordinator will be in touch to organise a time to meet with you.



# THE WIZARD of OZ



