



September 2025

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

# Message from Paul

Hello everyone,

No doubt everyone will be looking forward to some warmer weather after a long cold winter.

You will all be aware that Janet left us last month and that Rhian and Thea have both joined our team on a permanent basis.

I would like to draw your attention to an email that Ollie our chairperson has sent out to everyone. It relates to the Annual General Meeting which will be held on the 27th of November this year. We need to elect new board members, and we wish to introduce a simpler nomination process and an online voting system to select new board members. We also are proposing that the board of six members be extended to as many as eight.

We are seeking approval to introduce these changes as we cannot easily ratify a change to the constitution before the AGM. If anyone has any concerns or questions about any of this please contact Ollie or me.

The government are at present calling for submissions for the New Zealand Disability Strategy 2026-2030. Manaaki has attended a consultation session on the subject, but I encourage any of you who might be interested to also have a look and contribute to the process.

Louisa and Rhian recently took our Duke of Edinburgh Gold participants on their practice Adventurous Journey to the Brookfield Outdoor Centre for a three-night expedition. Our gratitude goes out to the both of them for such dedication to the task.

***Paul Mainwaring***  
*General Manager*



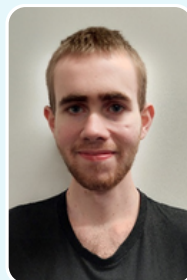
# INTRODUCING OUR NEWEST CLIENTS



Kayden



Fawwaz



Jacob

*Welcome to Manaaki*



The IHC Friendship programme visited us last month. Their programme is free and available to anyone with an intellectual or learning disability.

The service is about connecting online or by phone to have fun and build a friendship, making connections from anywhere in the country!

Check out our back page for more information!



# DATES TO REMEMBER

**Monday 27<sup>th</sup> October - Labour Day**

Centre Closed

**Thursday 6<sup>th</sup> November - Podium Masters**

Speech Competition with Hutt Valley High School

**Thursday 27<sup>th</sup> November - Manaaki Ability Trust AGM 1pm**

All parents welcome

**Friday 12<sup>th</sup> December - 'Have a Go' Show - GRAND FINAL**

All parents welcome (Previously Manaaki's Got Talent)

*Mark  
YOUR  
Calendar*



**Wednesday 17<sup>th</sup> December - Client Xmas Lunch @ Petone Club**

**Friday 19<sup>th</sup> December - last day for 2025 - finish 12pm**

**Tuesday 20<sup>th</sup> January 2026 Manaaki Reopens for 2026**

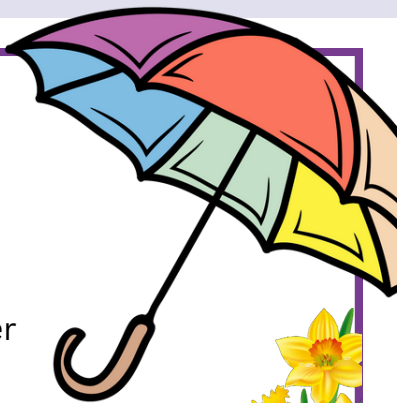


**HELLO  
SPRING**

Dress for the weather

Wear a JACKET to keep WARM

Wear a RAINCOAT to keep DRY





# New Evacuation Assembly Area

EXIT



We have a new Evacuation Assembly Point at Manaaki  
We visited our new assembly area in a recent fire drill



## New Cardio Programme



In our new Cardio Fit programme, we have set a very big goal!  
To walk the equivalent of the length of New Zealand (Te Araroa Trail), some 3177kms.

Through aerobic routines on wet days and mapped out walks on fine days, we are accumulating kms and recording our progress and collecting mini milestones.

So far our group have walked the equal distance to the Angkor Wat Trail, the length of the English Channel and have just reached the equivalent of the Inca Trail. We have clocked up 43.11 kms.



# The Duke of Edinburgh's Hillary Award

One of our Bronze Duke of Edinburgh Award groups completed their Qualifying Adventurous Journey earlier this year. You might recall seeing their practice journey to Waikanae Lagoon in our last newsletter.

The group visited Nga Manu Reserve and were lucky to have their very own Night-time Kiwi Experience.

This trip marked the completion of the Bronze Award for Ella, Lewis, Enrico, Raquiel, Elyzah, Alisha and Gregory who'll all receive their Bronze Awards at this year's Duke of Edinburgh Award Ceremony at our AGM.

Our next Bronze Duke of Edinburgh Award group is working towards their Adventurous Journey - exciting times ahead for everyone!

Thank you to the Tai Shan Foundation for your ongoing support in making our Adventurous Journeys possible.



**CONGRATS!**

A big Well Done, to everyone who has completed a section recently!



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

**2025 Award Presentation - Thursday 27th November**

# Going for Gold!



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

Our Gold Duke of Edinburgh Award braved the elements recently, during their 4-day practice Adventurous Journey at Brookfield Outdoor Education Centre.

Surrounded by bush, they set up camp at Lock Hut. Each day was spent doing activities such as map reading, collecting firewood and water supplies, as well as a fungi hunt, where they searched for local fungi to study and research back at centre.

The group will be completing their Qualifying Journey next month.



**ihc**  
IN YOUR COMMUNITY



## Capture the Moment 2025

Tasmyn and Laura entered this years IHC Capture the Moment photography competition. Congratulations to Tasmyn in making it through to the top 30. Her photo will feature in an exhibition as part of Foto Fest in Hastings.







## Flatmates Cooking

Our Flatmate's Cooking programme runs on Wednesdays and a Fridays. Both groups follow the same recipes, with each group refreshing their skills as they go.

Some of the recent outcomes in Flatmates Cooking have been

- Being able to break down recipes from intimidating paragraphs into easy-to-follow steps
- Noticing the great responsibility they have to the kitchen in which they work.
- Being able to leave the kitchen in prime condition not only leaves them with a sense of accomplishment and a happy coordinator but also means that whoever uses the space next can start with a beautifully clean kitchen.



Both groups have recently combined these skills to create a simple Spaghetti Bolognese recipe with veggies added in. They revel in being able to see a dish come together from mere ingredients, and of course, having a nice hot meal at the end of the day is an added bonus!



# Mahi Ora

## Our Work Life Programme

In our Mahi Ora programme the clients are building towards their future by learning transferable skills and what it takes to succeed in the workplace.

Each week we are exploring different employment opportunities and are finding ways to strengthen their application process which helps them focus on literacy skills and communication skills



Our Mahi Ora programme recently hosted Choices NZ, with guest speaker Cyprien sharing all about how Choices NZ can support people on their job-seeking journey – from preparing applications and interviews through to providing ongoing support in the workplace.

A number of clients were interested in joining Choices Nz. If parents wish to find out more, visit [www.choicesnz.org.nz/what-we-offer/job-seekers](http://www.choicesnz.org.nz/what-we-offer/job-seekers)





## Work Smart

We introduced a new vocational programme in July, called Work Smart.

The group has been focused on identifying and putting into practice what being a professional looks like.

We have looked at

- Understanding body language cues of customers
- knowing the layout of your workplace
- answering the phone
- being able to recommend products to people



Clients have been working hard to show how professional they can be. They've put their brains together to come up with strategies to use when dealing with confrontation at work and have even recognised that they can utilise these methods in their everyday lives.

# choicesnz

Choices NZ work with people with disabilities and health needs to achieve employment and thrive on the job. They partner with local businesses to make this happen.

Choices NZ can provide employment-related case management, including any required and agreed coaching assistance, while working with you to identify open and inclusive employment opportunities.

Visit [www.choicesnz.org.nz](http://www.choicesnz.org.nz) to find out more

**“I want to  
contribute to  
meaningful  
work.”**



**Let's make New Zealand a place  
where disabled people thrive**

Give feed back on the draft New Zealand Disability  
Strategy by joining a hui, or fill in the form online.



**Whaikaha**  
Ministry of  
Disabled People



Scan  
for NZSL  
name



Find a hui  
to join here



Give online  
feedback here

**whaikaha.govt.nz/disability-strategy | 19 Aug – 28 Sept**

**Te Kāwanatanga o Aotearoa**  
New Zealand Government



# LOOKING FOR AWESOME THINGS TO DO?



Recreate NZ provides programmes across Wellington for young people with disabilities.

From cycling the Otago Rail Trail to a night out for dinner and a movie, they have something for everyone. Check out their programme streams to find something that's right for you!

## **Adventure**

Recreate NZ Lives & Breathes the great outdoors. From Seeking Summits for the thrill seekers to Adventure Camps and Multi-day Adventures, they'll help you develop and master specific outdoor skills from the snow to the sea.

## **Social**

Whether you're after a fun night out, a day with friends or a safe, relaxing weekend away, they have you covered. Recreate NZ's Urban events, Short Breaks and Mother's retreats have it all!

## **Recreation**

Holiday Programmes to see the local sights with great people, or Getaways for a multi-day experience somewhere new.

## **Education**

Want to try your hand at something new?

Recreate NZ's Life Skills and Moxie Programmes will develop your skills and help you prepare for greater independence, the workplace and a successful life.

*Recreate is open to Manaaki clients aged up to 35.*

*Clients can participate in Recreate NZ activities, using Individualised Funding while enrolled at Manaaki Ability Trust*



# Online Friendship Programme

**Do you or someone you know have an intellectual disability? How about meeting a new friend online?**

IHC's i-Volunteer Friendship Programme is about building a friendship, sharing interests and spending time together over a video or phone call.

It's available to people with an intellectual disability no matter where they are in the country.

Choose together how you spend your time online such as playing a game, doing an exercise class or chatting about your day.



If you're interested, get in touch with our i-Volunteer Coordinator Hannah Verry on 022 015 7166 or [hannah.very@ihc.org.nz](mailto:hannah.very@ihc.org.nz)



Scan me!

