



April 2026

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

# Message from Paul

Hello everyone,

I hope everyone has had an enjoyable Easter and Anzac long weekend.

With winter around the corner please make sure your whanau are equipped with quality wet weather gear so that they arrive at Manaaki warm and dry. We have added more coat hooks and improved our locker room capacity so that everyone can hang their coats and store their bags.

Since MSD funded us to increase client numbers from 97 to 107 last year, we are some days having up to seventy clients attending Manaaki which is great to see.

Again, because of these increased numbers we made the decision to extend the cafeteria area where we will install more vinyl flooring to accommodate the extra tables and chairs that we have put in place. Everyone seems to be enjoying this change.

We are holding a Special General Meeting on 15<sup>th</sup> May 2.30pm to ratify changes to our constitution. All members welcome; afternoon tea provided.

This is a good time to think about Board Member nominations for later in the year. If you know of anyone who you think might add experience and expertise to of Board of Trustees, please encourage them to make themselves available for nomination.

A special thank you as always to our incredible team of staff who ensure that Manaaki operates so well day to day.

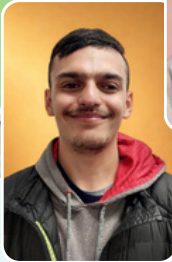
***Paul Mainwaring***  
*General Manager*



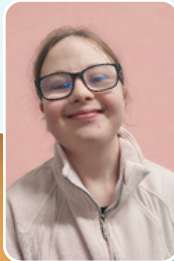
# INTRODUCING OUR NEWEST CLIENTS



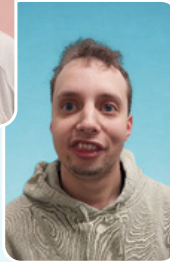
*Cameron*



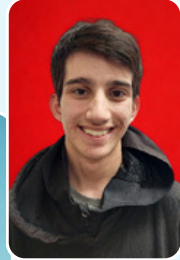
*Byron*



*Alice*

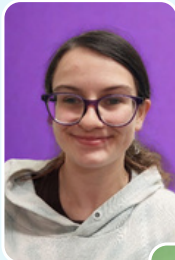


*James*

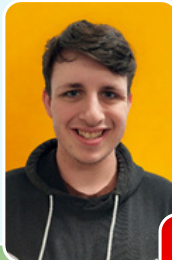


*Aidan*

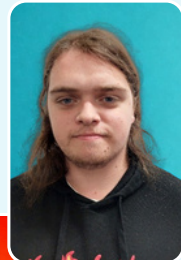
*Welcome to Manaaki*



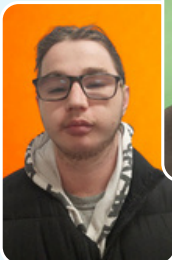
*Maya*



*Rayan*



*Nathaniel*



*Damien*



*Tyrone*



*Martin*



*Hine*

# DATES TO REMEMBER

**Friday 15th May - Special General Meeting 2.30pm**  
Constitution update and ratification

Mark  
your  
Calendar

**Monday 1st June - Kings Birthday**

**Centre Closed**



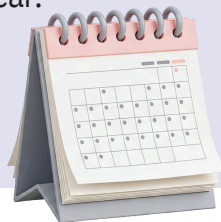
**Thursday 9th July - MANAAKI SHOWCASE from 1pm**

All Whanau and caregivers welcome for an afternoon of entertainment by clients and highlights of what we have been doing so far this year.



**Friday 10th July - Matariki**

**Centre Closed**



**Manaaki**  
ABILITY TRUST  
YOU CAN!

**IMPORTANT**

**Special General Meeting**

**FRIDAY 15TH MAY 2026**

**2.30PM AT MANAAKI ABILITY TRUST**

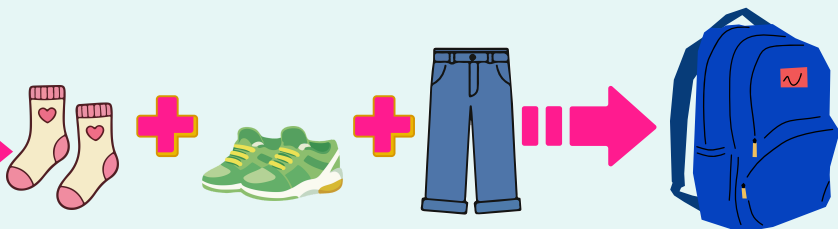
*60 Woburn Road, Lower Hutt*

# Wet Weather Clothing Guide

Wear



Bring



Bring some dry clothes to wear

## Riding With Olivia

Charitable trust established in 2022



Free rides for residents who, through old age or disability, are unable to enjoy the benefits of cycling themselves.

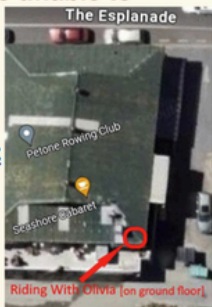
[www.RidingWithOlivia.nz](http://www.RidingWithOlivia.nz)

[info@RidingWithOlivia.nz](mailto:info@RidingWithOlivia.nz)

Phone or Text Jeff on

0275 71 71 06

Find us at Petone Rowing Club >



FEEL THE WIND IN YOUR HAIR



- The Danish charity Cycling Without Age (CWA) was established in 2012 and has since spread to over 50 countries.
- Riding with Olivia is the Lower Hutt chapter of CWA, operating since 2023 as a tribute to Olivia Marchant, a much beloved nurse who died of ovarian cancer in January 2022.
- Our mission is to provide opportunities for Hutt Valley's elderly and disadvantaged residents to enjoy recreational rides, including along the Petone Esplanade foreshore.
- CWA Guiding Principles include generosity, kindness, sharing stories, cycling slowly, establishing relationships and improving our passengers' quality of life.

To book or make enquiries please email us at [info@ridingwitholivia.nz](mailto:info@ridingwitholivia.nz) or visit us at [www.ridingwitholivia.nz](http://www.ridingwitholivia.nz) or at [FB.com/RidingWithOlivia](https://www.facebook.com/RidingWithOlivia). The rides are free but as a charity we depend on donations and sponsorship to fund our ongoing costs such as maintenance, insurance and training.

Cycling Without Age Lower Hutt Charitable Trust

Registered Charity No CC60779 Incorporated Trust No 50132532  
For tax deductible donations: CWA Lower Hutt, 01-0530-0551141-00  
Include your name and address if you require a receipt.

If you are no longer able to cycle yourself join us for a comfortable free ride on one of our 3 Trio-bikes.



5 Bronze Duke of Edinburgh Hillary Award participants recently completed their practice adventurous journey!

They visited Eastbourne's rocky shoreline and scavenged the area in search of crabs, sea snails, and all life that inhabits rock pools. Traversing such uneven and temperamental terrain is a feat of its own, so kudos to the group for their grit and determination!

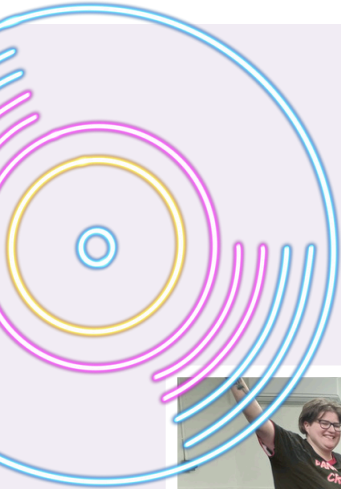
We look forward to seeing what they find during their upcoming trip to Plimmerton's tide pools and how it compares to their discoveries in Eastbourne.

**CONGRATS!**

Congratulations Tasmyn, she's heading to Government House next month for her Gold Award

A huge thank you goes out to the Tai Shan Foundation for their continuous support in bringing these Adventurous Journeys to life.

Welcome to all our new Manaaki Duke of Ed participants!



## Dance Out Crew

In May every year it is New Zealand Music Month. At the beginning of the year we were approached by the War Memorial Library and asked if we could do a performance.

We accepted this invitation with excitement and enthusiasm and have been working on 4 songs to dance too.

Come support our Dance Out Crew on May 20<sup>th</sup> 2026 at the War Memorial Library at 11am!



# Futsal

A small group from the Tuesday team sports group are participating in Futsal coaching sessions at Walter Nash Stadium, every Friday for 5 weeks.

the group have enjoyed group warm ups full of games and then dived into futsal drills and a game of rob the nest.

Some of the highlights of the group were dribbling with the football and scoring goals. There is all around excitement for next week.



# Life Literacy

Clients have been having a great time with our Spelling Cube game!

The friendly competition is in full swing as players race to out-spell one another, using the letter cubes in their hands to match the word on each card.

It's a fun and engaging way to build spelling skills, encourage quick thinking, and share plenty of laughs along the way. The excitement really builds as everyone tries to be the first to crack the word—definitely a crowd favourite!

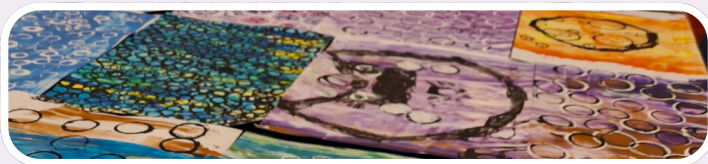
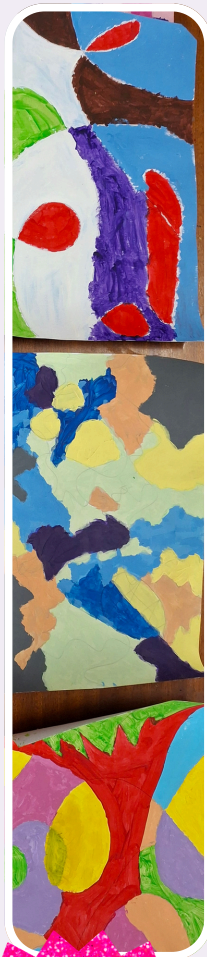
# IHC Art Awards

Our Art 4 Art Awards programme has been busy getting creative every Wednesday afternoon.

Some clients have been working on individual projects, while others have been having fun exploring techniques and media.

The Annual IHC Art Award entries officially close at the end of May, and the highlight for many is dropping our art off at the IHC office in Wellington.

Oh... and let's not forget attending the opening night at Webbs Auction house!



AWARDS IHC  
**IHC ART AWARDS**  
AWARDS 2026

Check out the IHC Facebook page for a sneak preview of our artists at work



# Womens' Wellbeing

Our Women's Wellbeing programme have been focusing on hygiene and caring for ourselves.

A recent session was all about glowing skin and self-care.



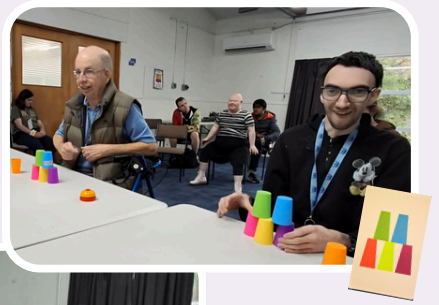
The group enjoyed a relaxing pamper session, learning face yoga and simple massage techniques, along with easy stretches to ease sore backs and headaches. All of it was complemented by soothing aromatherapy, calming zen music, nourishing rosehip oil, and warm towels for the perfect spa-like finish



# Brain Gym

In Brain Gym, the clients had a blast racing each other, stacking colourful cups as fast as they could based on the patterns flashed in front of them.

It turned into a lively mix of speed, laughs, and friendly competition, with everyone getting caught up in the fun.



**Lost something**



**Sunglasses, charging cable, jacket?  
Viv has a draw filled with “Stuff” that has been  
left at the centre.**

**We also have a box of clothing, that includes  
rain coats and jackets. See Viv at the office, if  
you have lost something.**



# Healthy Living



Recently the group in Healthy Living has been all about sugar!

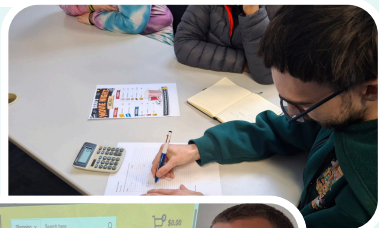
We have learnt that there are different types, how what we eat can affect our energy and healthy food swaps that we can make. As a group this week we gathered in the kitchen to see how much added sugar is in some popular snacks and drinks.

The group took turns measuring out sugar in teaspoons into a clear glass and sharing their opinions on what they thought about the sugar that they are seeing. As a whole they were surprised with how much sugar is in some snacks.



# Money Crunchers!

Our Money Crunchers group has taken a giant leap towards financial success. Through building an understanding of wants and needs, the clients have been able to expand their budgeting and decision making skills when managing their own money.



So far this year we have worked on money recognition, numeracy activities and, simulated budgeting scenarios which have instilled a huge amount of confidence. Each day is a milestone, and we look forward to celebrating our achievements at the end of the year.



## Art Show Trip

Our Art programme are planning a trip to the NZ Art Show on the 29<sup>th</sup> of May. Details of this trip have been sent home with instructions for ticket purchase. For more information contact your coordinator





## *Spilling the beans on one of our own!*

We're proud to shine a spotlight on one of our own, Jenna Maguren, who has been doing a fantastic job at Columbus Café in Mitre 10 Petone.

Jenna works one day a week at the café and has quickly become a valued member of the team. Her positive attitude, reliability, and willingness to lend a hand wherever needed have not gone unnoticed. In fact, her boss Mark describes her as "a wonderful worker around the café," which speaks volumes about the contribution she's making.

It's always great to see our community members thriving in the workplace, building skills, and making a positive impression.

Well done Jenna!  
You Can!



# showcase

2026

**MARK YOUR CALENDARS**



**THURSDAY 9<sup>TH</sup> JULY 1PM**

Manaaki's Annual show for parents and whanau, featuring performances by our Dance Out Crew, Karate, Music and Fitness groups and more!

