



Community
Connections

Te Hāpori Āwhina Tāngata

THE CONNECTOR!

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Community Connections is 10 years old!

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Community Connections

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The deadline for the next issue: Friday 9 June 2017
Please send stories and pictures to Michelle,
admin@ccslt.org.nz

Community Connections is 10!

We are celebrating 10 years of Community Connections in May! The actual date of our 'birthday' is 14 May, and we are looking at hosting events before and after this in each area (i.e. Hawkes Bay, Palmerston North, Kapiti, Hutt and Wellington).

Possible dates at the moment are: Hawkes Bay on 12 May, Palmerston North on 14 May and Wellington on 18 May.

Details will be coming soon!



Setting and meeting my goals

By Jane

In March 2016 I had a stroke. After leaving Wellington ICU I spent some time in ABI rehabilitation in Porirua. I came back to the Horowhenua to my own home where my daughter had moved in to assist me.

In November I had my first contact with Community Connections and a few days later I met Bonnie and my support team. My support plans had a lot of goals which I reached in a very short time. The goals were transferring from chair to wheelchair, cooking, taking care of my dogs and leaving the house independently. My two main goals are to return to work as a health professional and live completely on my own.

I like how my team plan my support and work alongside me to do tasks with me rather than for me. My team are also great at adapting my support as my needs change. My family have peace of mind knowing I'm in good hands while they are working each day.

I am in the process of returning to work as a nurse practitioner. This would not have been possible without my great support team.

Life after my stroke

By Noel Heyworth

I suffered a stroke and it changed my life around. I became isolated and frustrated that my body does not work like it used to. I also became sad. I didn't have much to do at home or socially any more.

Anna, my support worker, helped me make friends with my neighbours and also recently got me signed up with

Vincent's Art Workshop in Wellington. I now look forward to going every Friday. It gets me out of the house and I socialise with other people. I enjoy trying new things. I am currently painting a rooster for the Chinese New Year and the Newtown Festival.



Painting at Vincent's Art Workshop.

In a few weeks' time, my support worker and I are going to try pottery for the first time. I am slowly starting to feel better about life and my future.

Tim Clayton wins a silver medal

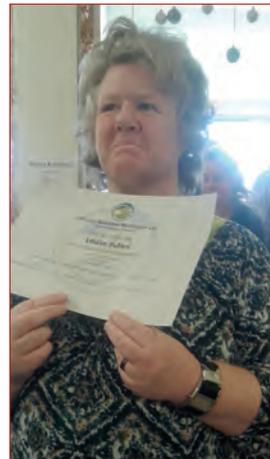
Tim recently went to Taupo for the National Sailing Championships. The lovely folk from the Club in Ahuriri collected Tim and he stayed with them in Taupo.



Tim and his partner came second overall in the final and will be receiving a silver medal over the next couple of weeks. He's very proud of his achievements.

Louise Bulled completes a literacy course

Last year, Louise completed a course with Literacy Aotearoa and was awarded a certificate. As part of the course she wrote a short story called 'Starbuck' which you can read on our website www.ccslt.org.nz



Louise receiving her literacy certificate.

Wellington people at Round the Bays

A group of people we support in Wellington and their support workers completed the Round the Bays event on Sunday 19 February in Wellington.

Steph Standish and Lisa Withey, her support worker, completed the 10 km race.



Steph and Lisa.

A group of people did the 6.5 km fun run/walk.



*At the back, standing: Judith, Ann, Annie.
At the front, from left to right: Shirley, Anna, Maria, Louise.*

Fishing

By Tracey MacFarlane

I went fishing with my support worker Sarcha back in February and it was neat. It was hot. I didn't catch anything but it was peaceful. I would like to do it again.



*Above: Sarcha and me.
Below: This is me fishing*

New Year party

By Regan McHugh

I love meeting up with my friends at Community Connections and my coordinator and support staff. Just talking and laughing, and oh the food that Community Connections paid for us! My highlight of the day was when we did karaoke.

As I love to sing, I really enjoyed this. Can we have karaoke at all our parties? Thank you Community Connections management for doing this event for us.

The full story and more photos are on our website, www.ccslt.org.nz



Above: Party food for lunch. Below: Me enjoying the karaoke.

People First

By Jenna Maguren



People First Lower Hutt would like more members. The meetings are held at Moera Community House from 6:45pm to 8:15pm on the third Wednesday of each month.

The meeting dates for this year are:

19 April	17 May
21 June	19 July
16 August	20 September
18 October	15 November

Our Christmas party is on Friday 8 December.

At People First you can learn about your rights, make new friends, and learn how to say what you want in life.

You need to be 18 years or over to join. If you'd like to become a member of People First then ring the regional coordinator, Anne Marie.

Her phone number is 027 856 2230. Or you can ring the national office on 0800 206 070.

Community Connections picnic

By David Corner

In February we had a meet and greet picnic which I had planned and organised with my support person, Lilia. Thankfully the weather was sunny and warm. The picnic was held at Grasslees Reserve in Tawa and we had lots of open space to ourselves to chill out and relax.

It was really nice to meet other support workers and people from Community Connections that I hadn't met before. Our coordinators, Cliff and Mele, joined us in the sun. They really enjoyed it and had as much fun as the rest of us. I think there were as many staff as people they support so it was a good balance overall.

The idea of the picnic was to start having social events again throughout the year. We all want to go out and do



Back: Sapphire, Peter, Vanette's legs, Raeena, me (in hat) Tracey (in wheelchair), Front: Sally and Hazel. Thanks to Lilia for taking the photo.

things with help and support and encouragement from others. So it was really great to meet people with the passion and commitment to organise events and have fun. It's important to have a bit of fun in your life!

Since then different people have been organizing events so it will be interesting to see photos and stories in The Connector about these.

I would like to thank the staff and people they support for coming along to make it a great picnic with lots of thoughts and ideas for the year.

Building my abilities

By Jeremy Oliver

I have been attending the Laura Fergusson Trust in Naenae, Lower Hutt to get involved with some of the great activities they offer. I really enjoy the Cookability and Craftability programme, and especially enjoy Buildability. I really love going to Laura Fergusson Trust and am super proud of the items I have built and the skills I have learnt.



*Above: Working on the letterbox with Pierre.
Below: My finished letterbox.*

International Day for People with Disabilities

By Graeme Harris

Last December I went to the Clock Tower in Hastings to celebrate the International Day for People with Disabilities.

There were lots of people who demonstrated their skills. I was in the karate group – it took a lot of discipline to perform in front of a crowd!

After my performance we had a picnic lunch with other people and staff from Community Connections.

I saw a few people I know from the Disability Resource Centre (DRC) there too. The ladies from DRC handed out muffins and sweets.



In my karate gear.

TriAbility Triathlon

By Lisa Kiernan, Allyson Moore and Stacey Hughes

Lisa's story

I have competed in both of the previous TriAbility triathlons. I did the swimming, biking and walking as an individual. This year I thought it would be fun to compete as part of a team, so I asked my flatmate, Allyson. She was happy to do the walking and I would do the swimming. So I spoke to Dorothy from the resource centre who said she'd find someone to do the biking. She asked Stacey who was keen to join our team. We all trained hard and we are ready to go on Saturday 18 March.



Allyson's story

As I had not done a TriAbility before this sounded like fun. I've been training over the past few months with regular workouts at the gym alongside Lisa. I am looking forward to being part of a team.



Stacey's story

Dorothy asked me about joining in the TriAbility. I did well in the last one I entered 2 years ago so I thought 'Yeah, why not?' I have been practicing my bike riding and I've checked my bike and helmet. I am excited about it.



You can read the full story of their preparation for TriAbility on our website www.ccslt.org.nz.

A huge ship

By Blair Tonkin

In January I was lucky enough to visit Napier and have a look at the massive cruise liner in the port. Its name is Ovation of the Seas and it carries 5000 passengers. This ship is part of the Royal Caribbean Company and is the largest ship ever to dock in Napier. It weighs 168,666 tonnes. There are 2090 staterooms, each of which costs \$4000 a night to stay in. This liner has theatres, designer stores, 18 restaurants and lots of attractions. On board there is a viewing capsule 90 metres above sea level which gives people a 360 degree view of the ship and the ocean.

There were lots of people around the port and up on Bluff Hill lookout to see this massive ship.

I am trying hard to work out how this big ship stays afloat. I don't think I really would like to go on a ship.



The Ovation of the Seas. Photo courtesy of the New Zealand Herald.

Our group receives a donation

By Callum Freebairn, Craig Morgan and Sophie Gulliver

An anonymous business owner from Palmerston North has donated \$3500 to local support group, 'Our Voices Network' to help us start a microbusiness. Members of the group are talented artists and we have decided to make and sell greeting cards. The group was formerly known as 'The Network'. It's the first of its kind in New Zealand and was established in July 2013.

To start our microbusiness, we may have to find experienced volunteers, set up a webpage, find a venue and materials, make posters or research customer demands.



Our Voices Network members.

Singles & Mingles Christmas party

By Jenna Maguren

In December, Singles and Mingles had a Christmas dinner and disco to celebrate the end of the year. We had it at Chapelli's in Lower Hutt. The food there was yummy. We also had a lovely DJ who played lovely songs. There were prizes for the best dressed male and female and best dancer male and female. I had a bourbon and cola. I made up a Christmas frame for the end of year singles and mingles and also decorated the venue. It was a great night! Awesome music and DJ.

*The full story and more photos are on our website,
www.ccslt.org.nz*



Sharon Minchington, Brent Milburn, Heather Clannachan, Allyson Moore, Jenna Maguren, Steven Winyard, Emmagene Wilson, Lisa Kiernan, Jenny Moore (support worker), Tracy Wade, Elaine Davoren (support worker). Front: Janel (the DJ), Shannon Norton, Santa, Jevan Walls, staff and regulars from Chapelli's.