

Community Life

CANTERBURY AUTUMN 2018

Hohepa Flattening Trio



Above - Left to right - Michael, Joel, Daniel, Mark and Adam in the flat lounge

Three lads flattening together, one a sports fanatic, one heavily into his music and the other Mr Social. It sounds like a recipe for chaos, but Michael Harman, Joel Foreman and Mark Lewis are model tenants and their tidy Riccarton abode a landlord's dream. There's a large cookbook on the table, action plans pinned to the wall and the only thing lying around is Skyfall, the black flat cat, lounging on the deck outside.

The trio's move into the flat early last year was a trail-blazing move initiated by Mark's parents and made possible by Hohepa coming on board as service provider.

Mark and Michael, both 25 and close friends since they first met at Riccarton High School, had been living at home. "We always thought that for Marky to have a fulfilling enjoyable life he needed to live independently," says Rod. The Lewis family sold their house and downsized in order to buy a rental property in Maidstone Rd, and approached Michael's mother, Yvonne, suggesting the boys flat together. Both Yvonne and Michael were enthusiastic about the idea, but they needed a service provider. "We approached Hohepa to see if they could help make it happen," says Rod.

It was a first for Hohepa, says Service Development Manager Sophie Steentjes, who runs the Enabling Good Lives programme. "Here was a family who had bought a flat and had a flatmate and wanted to see if they could combine funding so they could afford a staff."



provides two part-time staff and administers the funding, while the flatmates pay their own rent and food. The young men's contract units are pooled to maximise the advantages of independent living. "It's an example of getting together and making things work. It's pretty cool. These guys live in their own flat and do completely different things from Monday to Friday."

They are a busy bunch. "One of the handy things with this property is the bus stops right outside," says Rod. "The boys are familiar with metro cards and go pretty much everywhere."

Mark and Michael attend Hagley College classes in numeracy and literacy and Mark, who works at Countdown one day a week and joins his dad at the Tuesday evening pub quiz night, is taking drama classes this year. Michael, an avid sportsman whose bedroom walls are plastered with rugby and motoring posters, attends weight-lifting classes three evenings a week and volunteers at Trees for Canterbury. Joel usually bikes the

Hohepa Flatting Trio *continued*

They were also looking for a third flatmate and Joel, 30, who had lived in various Hohepa residential homes, was the ideal candidate. "Joel really wanted to go flatting and live that kind of life so we said we would provide the support," says Sophie. His family and funder was more than happy to switch to a Supported Independent Living contract to give him his sought-after independence.

Above - Joel in his bedroom

Below - Mark, Joel, and Daniel in the kitchen

"This house is unique for Hohepa because we don't own it, but we provide support for the men who live here," says Sophie. Hohepa's Enabling Good Lives programme



Hohepa Flatting Trio *continued*

hour-long commute to his job at Sydenham McDonalds and his passion for music is seen in the piles of CDs stacked along the walls of his room.

Downtime is spent watching sport and action movies on Sky TV, relaxing on the back deck or catching up with family and friends. Last year's social highlight was a successful flat-warming party when they entertained around 30 people in the backyard (socialite Mark's list of 50 invitees having to be trimmed substantially).

The happy arrangement wouldn't be possible without Adam and Daniel, the support co-ordinators employed by Hohepa. "These guys are amazing," says Rod of the pair who help with menu planning and cooking, budgeting, grocery shopping and generally making sure things are running smoothly. They each spend 12 hours a week at the flat, including six evenings from 4pm to 7pm. "We make sure everyone's all good and ready for the next day, the washing's done and the house is clean and tidy," says Adam. "It's really easy. We help with the daily life things and anything they want a hand with, and each week we cook with someone different. I must say, they are developing rather fancy tastes," he adds, indicating Marky's cookbook which is open on 'Beef Wellington'.



Above - Michael in his bedroom

Below - Mark in his bedroom

The set-up is an ideal fit with the Enabling Good Lives initiative, says Sophie. Their pooled units are used to develop their independence and give them access to the wider community, "buying" them the support to make it possible. "They are making choices in consultation with their families as to how they will use their units and lead their lives." Joel's mother does the books for the boys, who all have Cashflow cards, and the families and their sons meet every six months to identify any issues. The main one last time was the "need" for a toastie-making machine, says Rod. "It went to the vote which of course was three yeses."

Hohepa helps them to secure voluntary positions and, ideally, paid jobs as well as creating and

overseeing their long and short-term plans. Laminated goal posters on the lounge wall set out their individual aspirations. Mark's include developing his cooking skills, becoming a mentor to someone else and visiting Wellington; Joel wants to sing, learn how to box and have a trip to Auckland; one of Michael's goals to compete in the Special Olympics weight-lifting competition has already been achieved with flying colours, the athlete hoisting an impressive 150kg to take bronze medal in the deadlift.

"It's opened doors for them and also taken a load off their parents' minds," says Rod. "We've seen a big change in Marky. He's really striving to be independent and that's been awesome. We've asked him if he wants to come home and he says no, this is his life now.

"We provided the building but we couldn't have done this without the other two families and the great support we've had from Sophie and Hohepa. It's given us a huge sense of pride and satisfaction seeing this. We couldn't be happier." ■



Community Life

John O Brien encourages us to "search for capacities, seek connections, be open to yes". For 2018 this will be a key theme in all aspects of what we do as we start to anticipate the demands of a transformed system and continue to challenge ourselves to create opportunities for the people we support.

A lot is happening in the disability sector at present – pay equity, the introduction of a transparent pricing model and the design of a transformed system to name a few. Amidst this we need to maintain our focus on the people we support, while taking the opportunities to reflect on our practice and organisational systems.

We see a future where we are sought out by people with a disability and their families for our reputation. Where we co-design support and services that truly enable an individual to fulfil their ambitions.

We have already been exploring these options with willing partners. In this issue you will read about three people flatting together near the university. Hohepa's role is simply to provide support a few hours each day and continue facilitating these young men's view of what their life might be like. With the support of their families their lives are quite ordinary – negotiating lease agreements, paying the bills, grocery shopping and flatting together as any other twenty-somethings are doing.

In this time of change we have an opportunity as an organisation to think about what all this means for us. We need to think about the things we will stop doing, the things

we will keep doing – maybe better, and the things we will start doing that we haven't done before. For example, we are embarking on an ambitious re-design of what has been known as our Day Services. Over the next three years we will try a number of different approaches to supporting people to develop skills, to connect and to live bigger lives. Our central question will be: is this meaningful and purposeful?



Arnah Trelease
General Manager

A lot of great things are already happening for people we support. Our focus going forward is how we position ourselves in a world where people want a life, not a service; where we are open to yes. ■

Grateful thanks to our sponsors and supporters

Our sponsors and supporters, as well as being valued members of the Hohepa community, enable us to make a difference in the lives of people we support. They singlehandedly provide the value added programmes and services that enhance individuals lives and help uphold the special character of Hohepa. Not only this, they also act as advocates for Hohepa within their own networks - and they do all this with the minimum of fuss. It is our pleasure to recognise and thank these Trusts, Foundations, Businesses and Individuals.

- Food Stuffs Community Trust
- Mike Pero Foundation
- Sir John Hall Charitable Trust
- Frozen Funds Charitable Trust
- Rotary Club of Riccarton
- Christchurch City Council– Strengthening Communities
- Lamar Trust
- Maurice Carter Charitable Trust
- Hattrick Services
- Anonymous
- Thompson Estate
- Spark Ambassadors Pub Quiz
- Twin River Dairy Farm
- Four Seasons Treecare
- Ricoh
- Rotary Club of Lincoln

HOHEPA CANTERBURY

New Chairman



that is typical of an organisation changing, growing, and working within constraints established by outside funders – in our case the Government. However, I do see considerable improvements have happened within Hohepa Canterbury in those 5 years. Significant steps forward in areas such as new houses, updated and repaired facilities, improved health and safety, and improved fiscal management. It is a credit to Arnah and her team, and a credit to our parents and guardians who have supported and guided us along the way.

The big opportunity that I see is to improve the awareness of the public about Hohepa. We are this city's best kept secret. Very few Cantabrians know about us or what we do. We need to actively build awareness and encourage engagement with the organisation and the people we support. We did this through the successful Golf tournament and Art & Sculpture Exhibition last year. Those events brought in much needed donations to Hohepa, but more importantly they bought exposure and understanding.

It is a privilege to have been appointed as the new Chairman of Hohepa Canterbury. I trust that I can continue the great work done by Pete Bosworth, and others before him, to strengthen our organisation in terms of structure, systems and people and to make Hohepa the provider of choice for the many families with whom we work.

I joined Hohepa in 2013 at the request of Pam Williams a friend from Riccarton Rotary. She felt that my experiences in senior management of a major organisation, both within New Zealand and overseas, would benefit Hohepa. I worked for Mobil Oil / ExxonMobil Corporation for over 30 years retiring as Chairman and Managing Director of ExxonMobil Tunisia with responsibilities within Tunisia, Morocco and Mauritania. Similar positions had been held in Ghana, India, Malaysia and Taiwan.

My time in Hohepa since 2013 has been interesting, challenging and at times frustrating. But

Hohepa provides the leading level of service to people with disabilities. I'm not just saying this – I hear it frequently from families, from Ministry representatives and from our competitors within the disability sector - which in my eyes is the biggest compliment of all.

We need to become the Nurse Maude or the City Mission of the disability sector – seen as leaders and strongly supported by our community.

The future, however, is going to be challenging. Changes to the funding model as used by the Ministries are a little vague and still a little confusing. But we have to accept that they will be implemented and we will have to work within these models. We know we can do this - equal pay has been implemented and has gone relatively smoothly.

I am fortunate to have a strong Board and Leadership Team to support me as we move forward. We have a supportive families and guardians network. We have a National Trust Board intent on strengthening the structure and support systems behind the regional teams. I will become a part of that National Board and hopefully I can contribute positively towards the design of a new and even better Hohepa.

Many thanks to our Board for nominating me for this position. Be assured I will be taking the responsibilities seriously. I look forward to working closer with all parties to ensure that we achieve our goals and the level of service that we all desire. ■

RICOH
imagine. change.

Ricoh believes that "Change is driven by imaginative thinking". So do we. Hohepa thanks Ricoh for their generous support of Community Life, and values their partnership in helping to support people with disabilities.

I would like to support accessible paths for all!



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Next Steps Expo



This is the second year that Hohepa Canterbury has participated in the Next Steps Expo. The Expo is an annual event focusing on providing young people with disabilities, and their parents, with information on different possibilities for life after school.

Hohepa is a longstanding disability service provider, that for over 50 years has delivered a range of disability supports across the greater Christchurch area. These include residential services, supported

independent living, respite, vocational services, and Flexible Disability Supports. Our longevity in the sector does not mean we are staid - we are working innovatively with the people we support (see the Flattening feature on Page 1), and introducing new programmes in advance of Systems Transformation – like our newly launched LEAP initiative. Ask us more about this!

The Next Steps Expo has been a wonderful opportunity for us to communicate our innovations,



resulting in interest and enquiries from people in the transition from the school environment. "The Expo gives us an audience with younger people and their families – and it works both ways" says Racheal, Hohepa's Social Worker. "They get to know more about us and how we are working with people in new ways, and we get to hear their fresh ideas about what support and services they require, and their aspirations for their own life."

Young people and their families may want to take advantage of our existing service programmes, or may want to challenge us to use our networks and skills to create opportunities tailored for them. For more information about Hohepa Canterbury, and how we can work in innovative ways to meet clients needs please contact our social worker, Racheal Priestly.

Racheal Priestley - Hohepa Social Worker
 Phone 332 3179
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 www.hohepacanterbury.com

SAVE THE DATE

**Art & Sculpture
Exhibition**

OPENING NIGHT

Friday, 28 September 2018

EXHIBITION

29 & 30 September 2018



Stop The Clock
Jane Downes

Paving the Way



Repairs to our earthquake damaged paths and driveway have been completed – and they look wonderful. In the planning stage it was decided to make the paving accessible for all the people we support, and their friends and families. Insurance covered the paths up 3 feet (900mm) wide –

this was just wide enough to take one wheelchair, but anyone walking alongside or passing would have had to either step off the path to pass, or give way. The decision to make the paths 6 feet (1800mm) wide makes life much easier for those using wheelchairs and walkers – and importantly makes the site accessible for everyone.



At the same time the area in front of Birchfield also needed repaving to make it accessible, but also to be an attractive front entrance to Hohepa, as befitting an historic homestead. This was a massive undertaking by our contractors, and became a six-week project. We now have an area accessible for everyone, suitable for our visitor parking, and can also be used for events – such as the classic car display last weekend.

Above - Repaving behind Birchfield and the Hohepa Hall.

Below - Digging up the paths to Lamar.

The improved accessibility has come at a cost. This Community Life we are asking for donations to contribute directly to the paving costs. A square metre of concrete paving costs \$90, and we need to cover 588 additional square metres. That's a lot of concrete and a lot of money. Please be generous; every time you arrive to Hohepa and walk around the grounds, you are benefitting from this project. More importantly the people we support have stable ground underfoot that is accessible for all. ■