



Laura Fergusson Trust Wellington

18 Laura Fergusson Grove
Naenae
Lower Hutt 5011

P: (04) 567 6024

W: www.lft.org.nz or visit our

F: <http://www.facebook.com/pages/Laura-Fergusson-Trust-Wellington/219547408105468>

E: reception@lft.org.nz



COMMUNITY ADULT ABILITY PROGRAMMES

30 July – November 2013



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.



SINGABILITY



What is SingAbility?

SingAbility is a free, informal sing-along for people of all ages and background.

We sing a range of popular and well-known songs with plenty of musical accompaniment and lots of enthusiasm.

We aim to provide all people, whatever their level of physical ability, with an opportunity to take part in this community activity.

Anyone can come along and sing with us, there's no audition or membership fee - we just ask that people come and have fun.

Children and people with high care needs do need to be accompanied by a supporting adult.

Professional entertainer *Sheree Freeman* leads the sing-along, supported by volunteers from the wider Laura Fergusson community who organise SingAbility.

SingAbility is held in Laura Fergusson's fully accessible 'Abilities Hub', at 18 Laura Fergusson Grove in Naenae, Lower Hutt.

It takes place the second Sunday of every month and you are welcome to join us between 3.00pm and 5.00 pm.

We sing between 3.30 and 4.30 pm.

Aug 11th

Sept 8th

Oct 13th

Nov 10th

Dec 8th

We'd love to see you, its great fun so come along and join us!

SingAbility is not affiliated to any specific religious or cultural group.



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.



CRAFTABILITY



What is CRAFTABILITY?

Try your hand at creating a range of different cards and/or crafty products that make excellent gifts for families and friends, or yourself!

What day and time does it run?

Tuesday Mornings 10.00am – 12.00pm.

Dates for this programme for the first half of the year:

Tuesday 30th July – 27th August

Tuesday 22nd October – 19th November

What will it entail?

This group is designed to work with you and your ability level to learn new skills by creating gift cards or some other form of craft each week. As each week progresses and your skills develop the difficulty level can increase (optional) to provide you with a little personal challenge along with enjoyment.

What does this cost?

This costs \$5.00 per casual session or \$20 for the 5 week term when booked in advance. Enrolment in this programme is essential as spaces are limited.



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.



CHEF-ABLE



What is **CHEF-ABLE: TASTY TREATS FROM THE KITCHEN?**

A weekly group programme offering the opportunity to learn how to make tasty homemade goodies to give away as gifts or keep for yourself.

What day and time does it run?

Tuesday Mornings 10.00am – 12.00pm.

Dates for this programme for the first half of the year:

Tuesday 10th September – 8th October

What will it entail?

This programme will entail learning some basic baking and decorating skills. You will get to takeaway a sample of the small tasty treats that you make. These are great to giveaway as gifts or pull out when you have those unexpected guests drop by. There is supervision and guidance given so no need for any experience; it's a fun environment to learn new skills. If you love food then this could be for you!

What does this cost?

The cost to enrol is \$5.00 per casual session or \$20 for a 5 week term and can be paid at time of enrolment.

Enrolment in this programme is essential as spaces are limited.



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.



ARMCHAIR PILATES

What is ARMCHAIR PILATES?

A seated exercise programme for all ages and ability levels. It is designed to work on coordination, concentration and core stability.

What day and time does it run?

A group session is available for all to attend without having to book in advance.

This runs on Wednesday from 11:15am to 11:45am. It is important to arrive 10 minutes before so you can find a comfortable seat or transfer from the wheelchair if you prefer.

We will have a trained professional on site to help you into the correct body position prior to the class starting.

What will it entail?

The programme follows a guided instruction DVD with quiet music in the background. You sit in the chair and perform the movements as instructed. Our trainer will help to correct your position and also assist in alternatives if you cannot perform particular moves. You can participate in a way you are comfortable with and there is no pressure to perform to a particular standard or fitness level.

What does this cost?

This costs \$2.00 per casual session.

Enrolment in this programme is not essential although recommended.



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.



MUSICABILITY



What is MUSICABILITY?

Music Therapy is available at LFT with XinXin our qualified Music Therapist. Sing, Hum, Drum or strum - there is a musical activity to suit any interest and ability level.

What day and time does it run?

A group session is available for all to attend without having to book in advance. This runs on Thursday between 2.00-3.00pm.

(There may be the opportunity for individual lessons on a Thursday also but this would need to be discussed and booked directly with the tutor.)

What will it entail?

Come and join a group of other music-minded people who enjoy singing or playing along to well-known songs. You can participate in a way you are comfortable with and there is no pressure to perform to a particular standard. It's fun, energetic and therapeutic all in one hour.

What does this cost?

This costs \$3.00 per casual session. (Individual lessons POA)

Enrolment in this programme is not essential although recommended.



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.



BOCCIABLE



What is **BOCCIABLE**?

A weekly group programme offered to provide competitive fun boccia games. Held in a light filled room on site participants play a variety of 2 on 2 or 1 on 1 games of Boccia and share a pleasant social afternoon together.

What day and time does it run?

Either Tuesday 1.00pm – 3.00pm OR Wednesday 2.00pm – 4.00pm

Dates for this programme for the first half of the year:

This programme follows the same terms and holiday breaks as the primary school calendar.

Tues/Wed 30th/31st July – 24th/25th September

Tues/Wed 15th/16th October – 10th/11th December

What will it entail?

Boccia Ball is a seated court game where the aim is to get the greater number of your teams' balls closest to the small white target ball. You can aim for the white ball or choose to strategically knock out the opponent's ball closest to the bocce. You must remain seated when having your turn. Anyone can play and learn this unique game and it's great fun!

What does this cost?

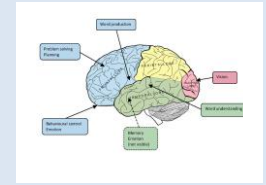
This costs \$3.00 per casual session OR a discounted rate of \$20 is available for the full term if booked in advance (contact us for details) Enrolment in this programme is *essential* as spaces are limited and it is one of our most popular programmes so don't miss out!



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.



BRAIN MATTERS



What is Brain Matters?

A weekly group programme offered to provide challenging and fun ways to exercise the brain and keep the grey matter away!

What day and time does it run?

Friday Mornings 10.00am – 12.00pm.

Dates for this programme for the first half of the year:

Friday 2nd August – 30th August

Friday 25th October – 22nd November

What will it entail?

Do you want to exercise your brain? Come and join the fun and games designed to extend your memory, tease your brain and test your imagination. You will have the opportunity to learn what happens inside your brain when you challenge it and learn some tricks to help you think on your feet! This group provides an opportunity for you to use your imagination, have fun, meet new people and enjoy lots of laughs.

Activities include a variety of riddles, word games, quizzes, memory games, card/board games and drama.

What does this cost?

This costs \$5.00 per casual session or \$20 for a full 5 week term and can be paid at time of enrolment. Enrolment in this programme is essential as spaces are limited.



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.



Laura Fergusson Trust Wellington

18 Laura Fergusson Grove
Naenae
Lower Hutt 5011

P: (04) 567 6024

W: www.lft.org.nz or visit our

F: <http://www.facebook.com/pages/Laura-Fergusson-Trust-Wellington/219547408105468>

E: reception@lft.org.nz

The finer details – all the little bits that you may need to know...

- ⚠ All programmes offered at Laura Fergusson Trust Wellington are independent LFT programmes and not subsidised or funded by any organisation or business.
- ⚠ Programme places are limited for LFT programmes. You need to register for each programme to secure your place and payment for the full module length is due before the programme starts. If you are attending casually; please call to confirm each week that there is space available. Preference will be given to individuals who are committed to the full term of the programme.
- ⚠ Individuals with high care needs may need to be accompanied by a supporting adult. By contacting LFT in advance *it may be possible* that together we can make arrangements to provide additional, one on one support during the programme hours (staff permitting).
- ⚠ If you wish to take part in two programmes on one day you have the opportunity to bring your own or pre-order your lunch with the LFT main kitchen and there is plenty of space to relax and enjoy your meal at various spots around the property.
- ⚠ PLEASE NOTE LFT reserves the right to discontinue any programme at any time (this would be at the end of the term where possible)
- ⚠ If you have any queries about any of the programmes on offer or need further information please contact the Programme Manager or Programme Support Officer on the contact details above.



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.



July - November 2013 PROGRAMME

SCHEDULE

BOOK EARLY TO ENSURE YOUR PLACE

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<p><u>CraftAbility</u> Creative card/craft making</p> <p>10.00am – 12.00pm</p> <p>\$5 per session/\$20 for 5 weeks</p> <p style="text-align: center;"><u>Alternating term time with:</u></p> <p><u>ChefAble</u> Learn how to make tasty homemade goodies to give away as gifts or keep for yourself</p> <p>10.00am – 12.00pm</p> <p>\$5 per session/\$20 for 5 weeks</p> <p><u>BocciAble League</u> A weekly group programme offered to provide competitive & fun boccia games</p> <p>1.00pm – 3.00pm</p> <p>\$3 casual/\$20 full term</p>	<p><u>Armchair Pilates</u> A seated exercise programme for all ages and ability levels. It is designed to work on coordination, concentration and core stability.</p> <p>11:15am – 11:45am</p> <p>It is important to arrive 10 minutes before so you can find a comfortable seat or transfer from the wheelchair if you prefer.</p> <p>\$2 Koha</p> <p><u>BocciAble League</u> A weekly group programme offered to provide competitive & fun boccia games</p> <p>2.00pm – 4.00pm</p> <p>\$3 per casual session/\$20 full term</p>	<p><u>MusicAbility</u> Music Therapy is available with our qualified Music Therapist.</p> <p>2.00pm – 3.00pm</p> <p>\$3 per casual session</p>	<p><u>Brain Matters</u> A weekly group programme offered to provide challenging and fun ways to exercise & learn about the brain!</p> <p>10am – 12pm</p> <p>\$5 per session/\$20 for 5 weeks</p>	<p><u>SingAbility</u> Community Sing-a-long on the <u>second</u> Sunday of every month</p> <p>3.30pm – 4.30pm</p> <p>**Free Community Activity**</p>



The Laura Fergusson Trust provides opportunities for people with disabilities to pursue a supported and independent lifestyle. In our work we value people, innovation and excellence.