



Laura Fergusson Wellington Newsletter

WISHING YOU ALL A VERY HAPPY AND SAFE
CHRISTMAS AND HOLIDAY PERIOD

A NOTE FROM THE CEO - Sue Thompson

What an amazing 3 months we have had since the building arrived on site. If you have not driven down Laura Fergusson Grove then please find time to do so.

Apart from the building itself we have been involved in significant strategic exercises which will see an expansion of existing operations, the establishment of daytime activities and an increase in both staff and resident numbers.

The challenge has been to manage the current operation while positioning the Trust, staff and residents for the changes that will come from doubling our footprint.

The residents and staff have had an interesting and stimulating year. We have supplied over 620 respite bed days which means a larger than usual number of people have taken advantage of our services. The number of referrals has grown and we now have a significant waiting list. As our visibility increases new and exciting opportunities have arisen which broadens the contract of both residents and staff with our local community.

Our resident numbers have increased to 31 and our staff numbers have increased to 40.

The Board has strengthened their governance role and have recruited two new members.

We are all looking forward to the Christmas break which will give us an opportunity to replenish our energy ready for 2012.

Hostel Manager's Note - Sandra Bailey

Our staff, as always, are busy attending training modules to increase their professional development.

In the past few months many of our staff have participated in training forums on and off site, some with other organisations. These included workshops for Infection Control, First Aid, Health & Disability Code of Rights, Emergency Preparedness and Computer Training.

Laura Fergusson Trust Wellington staff and consumers have been fortunate over the past year to have been recipients of Disability Workforce Development Grant funding from Te Pou.

We really appreciate the support of outside organisations with ongoing training.



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A NOTE FROM THE RESIDENTS— Nicola Dunleavy

A group of residents have been going to Knox Church Hall every second Saturday to play Boccia where we get to play with other people with disabilities from outside of Laura Fergusson.

As you are aware there have been a lot changes with the Laura Fergusson Community expanding. The first process was the shift of the old club rooms from the Boulcott Golf club on the 11 September to our new land, where we had a great turnout from our local neighbourhood enjoying the entertainment and sausage sizzle. Now the two buildings are under construction with a goal to be ready for opening in April/May 2012.

As a result of the project development the Communication Quality Circle was created to communicate information about the land development to the community. On this I was appointed resident representative to keep the residents informed.

Residents have been continuing to take an active part in music sessions with XinXin from the noise level I hear coming from the Moston Lounge each Thursday afternoon.

I wish everybody an enjoyable Christmas and Happy New Year.

OCCUPATIONAL THERAPY AND REHABILITATION - Moira Lipshaw

The focus this year has been looking to the future, not only for the existing consumer rehab programmes but also as to how LFC can extend services to others in the wider community.

This year we have employed June Stewart (OT) for several individualised programmes, Robyn MacFarlane (OT) and Astrid Reille (OT) on short term contracts, Lynn Farrow (OT and SW quals), Lynda Kirkman (Physio), Deborah Little (Programme Manager Assistant), Xinxin Liu (Music therapist) and Stephanie Deegan (Counsellor). It is hoped that with the extra personnel available we can develop the Rehab services and programmes in the Abilities Hub and on the existing LFT site.

In preparation for this considerable time and energy has been spent in liaising, and meeting with other community providers in the region to discuss how we may be able to collaborate, dovetail or offer specific services. With this in mind we have trialled some individualised rehab programmes – specific to the varying needs of clients.

Our Hospitality group, ably assisted by several staff have proved themselves to be very competent at making (and selling) cupcakes, sandwiches, and small snacks for a variety of different occasions which I am sure will be of benefit when the Abilities Hub cafeteria opens.



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RESIDENT PROGRAMMES AND GOALS - Moira Lipshaw

This year, once again seems to have been very busy for residents and the staff who support them to achieve their goals. Residents at the Laura Fergusson Community are fortunate that the Board, Ladies Auxiliary, and Management continue to fund the support required in order that they can enjoy a purposeful life, and that they are able to work towards achieving their goals, despite the lack of Ministry funding.

Many residents are active members in the Community – volunteering in various workplaces and environments – retail, recycling, conservation, and education being a few. Equally we are fortunate to receive the assistance of several volunteers from the wider community who regularly come in to the facility to assist either with individual programmes, or group activities. For those who are unable to physically participate in many wider community activities due to poor access, or lack of wheelchair facilities this is particularly beneficial, and their contribution was recognised in a relaxed get together earlier in the year.

Laura Fergusson Residents are visible in many different community groups – Round the Bays, Take 5, Q'nique, Carers Expo, Beach cleaning, Number One Trust, Swimming and Fitness centres. The opening of Kimi Ora School in Naenae has given the trust an opportunity to work collaboratively with the senior pupils at the school. This has been a positive experience for all parties – particularly as some of the existing LFT residents are ex Kimi Ora pupils.

MUSIC THERAPY - Xinxin Liu

Music therapy is the use of music to achieve rehabilitation goals. Music therapy goals for individuals include improving: lung function; speech clarity; memory and motor co-ordination. Group goals include improving concentration; memory and courtesy in conversation. Residents enjoyed music therapy, worked hard towards goals and got involved in planning during 2011.

In the group sessions, the residents also put great effort into producing their first music CD in July. Andy, Anthony, Dan, Dion, Kerry, Nathan, Natalie, Nicola, and Grant chose and sang songs. Anthony also edited the recorded music, burned the CD, and designed the covers.

The residents attended a music concert in November at Naenae Conductive Education Centre. They chose songs and performed with the pupils. The residents also attended a concert at Kimi Ora School in December.

The concerts were very enjoyable and we are planning to have some more in the new year!



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UPDATE FROM THE GYM - Patrick Waenga

Another great year in the gym. We said good bye from the team to Sue Byers who has been with LFT for many years and we welcomed to the team Lynda Kirkman (as Occupational Therapist) with her enthusiasm and innovative approach. We have had some gym junkies from the past return and we are seeing a great attendance from the LFT community, with some great results and goals being achieved. So we march on to 2012 with excitement as we look forward to moving into the new gym. To finish, a quote which we all might relate to “Exercise is a dirty word. Every time I hear it I wash my mouth out with chocolate”. Merry Xmas to all and don’t enjoy the break to much...!



Some of the moments and activities captured in 2011!

Fundraising and Donations—Don Manning

As the Development Project moves into its busy building phase, we are pleased to be able to report that there are a number of organisations who have come ‘on board’ to help with gifts of professional services, products and some of the finance needed to enable us to complete this project

We are grateful for the help we have been given and are hoping to have more organisations and individuals to help. This is a list of those who have made significant gifts to the project.

Buddle Findlay	Colliers	Kiwi Steel	Brockelsby Roofing
Pelorus Trust	Pub Charity	WD Roofing	The Norwood Trust
Hutt Valley Chamber of Commerce		T.G. Macarthy Trust	

As well as that, many individuals have contributed to our “Getting Our Garden Growing” project—Thank you..

This really is becoming a project that will involve the local Hutt Valley Community and get them involved in the work we are doing.

A DEVELOPMENT PROJECT



A Development Project —Karen Wilton (Project Manager)

At the start of the year we commenced work on implementing our strategic vision of creating a hub of physical disability services here at Laura Fergusson.

This marks a new and exciting era for us and means that by the middle of next year we will have additional residential accommodation and be better able to cater to the needs of residents whose physical disabilities mean they have higher support needs. It also means we will have a range of new facilities, including a new Therapy Room, and will be able to offer community daycare programmes.

In September our development project was kick-started with the relocation of two buildings to our site. Since then work has progressed well on the refurbishment of these buildings so that our new 'Abilities Hub' is on track for an official opening in May 2012.

The development was quick-started by the donation of one of the buildings by the Boulcott's Farm Heritage Golf Club and the speedy progress we have made so far has been helped along by the generosity of some organisations and individuals who have come to our assistance with some specific funding.

2012 will be a very busy and exciting year as the new developments become part of everyday life here in our community – we look forward to celebrating this with you in the new year.

