



Laura Fergusson Trust Wellington December 2014 Newsletter

18 Laura Fergusson Grove
Lower Hutt 5011

www.lft.org.nz

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(04) 567 6024

Best wishes for the festive season!

As well as the festivities (and lots of eating) the holiday period affords an opportunity to stop and reflect on the year that has been. 2014 has been a rollercoaster year at LFT and a year in which we've farewelled a few folk, including paying our final respects to Anne Potts, but also welcomed a number of new residents and staff.

The residents' highlights on page six are a nice summary of some of the standout moments from their point of view – just click through the photos on our Facebook page if you find it hard to believe that folk really have been that busy!!

For LFT as an organisation this has been a critical year in terms of making sure that we are better positioned to be viable into the future. For this reason the work that's gone on with our sister Trusts in Canterbury and in Auckland is so very important. I'm absolutely delighted to be able to end the year by advising that the three Trusts have now formalised the commitment to work together more closely. This work has already started with staff from LFT Wellington helping LF Auckland support some of their clients who live in the greater Wellington community.

Most days at Laura Fergusson come with a reminder of just how special the people who live and work here are and it's always humbling to see the positivity and generosity of those for whom daily living is challenging. It's humbling too to see a similar generosity from the number of individuals and different organisations whose support keeps Laura Fergusson going. These contributions come in many forms and all are very much appreciated.

Special acknowledgments to our Trustees who voluntarily give their time and expertise to keep us all on the right track, and in particular to Rob Handyside who recently stood down as our Chair – thank you.

Thank you too to those who are sharing the Christmas spirit with us by attending and/or helping out with our seasonal celebrations; nothing beats good cheer at Christmas and your company is very welcome.

To all LFT's consumers and whānau, staff, contractors, sector colleagues and supporters, best wishes for a Merry Christmas and a bright and happy year ahead.

***Best wishes,
Karen.***



LFT Trustees Brian Walshe and John Kennedy-Good signing the Joint Venture Agreement with Canterbury and Auckland.



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New Chairperson

LFT would like to welcome Cameron Madgwick to the position of Chair of the Board of Trustees. Cam is a longstanding Trustee of LFT, with a wealth of senior executive level experience, including being the Chair of the Community Law Centres of Aotearoa.



New Trustee

The LFT Board has recently welcomed a new trustee – Angela McCarthy-Foster. Angela is an Architect and Company Director with cgm+foster, and began her involvement with LFT through the design and construction of the Abilities Hub. Her husband and seven year old son both enjoyed being part of the building move, and the planting day that followed.

Angela's professional expertise and personal interest in the LFT community mean she is a very valuable and welcome addition to the Board. Angela hopes to utilise her asset and business management knowledge to support LFT in the future, and is looking forward to opportunities to meet our residents and their families.



Social Work Exchange

LFT has recently had a second student from Denmark working alongside our staff and residents.

Line Kornum, a 22 year old student from Denmark has been at LFT on placement for the last three months. Line is the second student we have had from SosuNord College where she is studying to be a care assistant. During her time with LFT, she formed strong relationships with residents and staff, and was an asset to our team. We farewelled her with a morning tea where many residents and staff posed for pictures with Line so she can show her family and friends the people she has met here. We will miss Line, and appreciated her hard work and willingness to get involved. LFT will be welcoming another student from Denmark next year as this programme is proving to be so successful.





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Boccia Awards

A presentation ceremony was held on December 10 to recognise the overall winners of the LFT Boccia Championship for the period October 1 to December 10, and award the John Kennedy-Good Trophy. We were lucky enough to have John here to award the trophy, with Brian Mills finishing first overall, for the second time this year. Dan Trail placed second, and Nicola Dunleavy finished third. Well done to our winners, and also the other competitors without whom the championship wouldn't have been so successful. We have seen a huge improvement in skill from all our players and look forward to next continuing the contests next year. Congratulations!



White Sunday Celebrations

In October, we gathered together to celebrate White Sunday, a traditional Samoan holiday where families get together to celebrate and acknowledge childhood. At LFT, we celebrated the day following SingAbility on Sunday 19 October with a delicious shared tea, including homemade sweet coconut buns, dancing and lots of laughter.



Christmas in the Hutt

It wouldn't be Christmas without a group outing to the Hutt Recreation Ground for an evening of entertainment and singing. The event was held on Saturday 6 December this year, and a group of residents and volunteering staff braved the cold weather to attend. Everyone had a fantastic time despite the chill, and we are all looking forward to next year's event already.

New Brochures

At the LFT AGM, held on October 1 we launched our new brochures. The brochures feature many of our residents and include information about the services we offer. Brochures are available from Reception.

Gym Update

The year is ending on a positive note for our hardworking gym users. The equipment we were able to purchase from a Pelorus Trust grant is proving very popular with many of our residents getting involved in using the boxing bags and the medicine balls, both improving their overall health and helping with weight management. Many of our residents have achieved some great goals this year with their hardwork and determination. Along with the new MOTomed machine, our gym is going to be getting some second hand equipment thanks to City Fitness in the New Year. We're able to select the equipment that best meets our needs, and they are also going to provide a technician to repair and service our current machinery.



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New Gym Machine

LFT was recently the recipient of a funding grant from the Infinity Foundation that has enabled us to purchase a MOTomed machine for the gym. The MOTomed machine promotes walking, activates residual muscle strength, counteracts fatigue and lack of movement, and enhances health and wellbeing. It can either operate under motorised control, or without, but it will automatically take over if the person using the machine experiences fatigue or needs the extra support. The machine had individualised programmes and will be of use to all our residents. We are very fortunate to have received this funding. The machine was unveiled at a recent Residents' Meeting on December 10, and with the support of staff member Patrick Waenga, we were all shown how the machine works. Chris Denzel kindly demonstrated it for us, and reported that it worked really well and he enjoyed using it.



Staff Changes

We'd like to welcome the following new staff members to LFT: Gayle Hughes, Julie Eley, Robin Mathews, Renee Maurice, Tareta Fetoai, Kathleen Topp, Dorothy Va'a, Jessica Parkes, Rohini Beela and Jim Thomson.

Because LFT never sleeps, and operates 24/7, covering last minute staff absences is always a challenge. Residents tell us that they prefer to be supported by LFT staff rather than agency staff who are brought in to fill gaps in the roster. For this reason, we're really pleased that a number of these new staff have been employed to fill this need.

Staff Training

Staff training continues to be a key focus for LFT. Many of our staff attended a Health & Disability Commissioner (HDC) workshop, with a second workshop held for residents.

Our new staff members recently attended an orientation day, and will soon be participating in manual handling training.

CareerForce training is also ongoing, and LFT has recently received another training grant from Te Pou for six of our staff to study towards a National Certificate in Health, Disability and Aged Support (Foundation Skills) Level 2. Well done to all staff on training achievements this year!

Community Maintenance

Thanks to a grant of nearly \$3,000 from Pelorus Trust, we have been able to carry out urgent maintenance work around to the flats. Thanks Pelorus Trust!



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BBQ Season

The residents of Waddington Drive recently invited staff and residents to their house for the first BBQ of summer. As seems to be the theme with this summer, it was a cold and wet day, but Alan (staff member) managed to cook a delicious BBQ and everyone ate their lunch together inside. A big thank you to Sally, AJ, Faye and Anna for having us! The Lockwood residents reciprocated with a BBQ, with Nathan running the BBQ. Just last Sunday, Phil hosted another event at his house, this time with the sun shining. It has been really enjoyable to share in each other's company – hopefully the summer weather allows more BBQs!



Clinical Advisory Committee

For its final meeting of the year, the Clinical Advisory Committee reviewed where LFT is up to with the new clinical supervision model, provided advice on the need for a direction/delegation policy and discussed what the changing client profile means for the service LFT provides. Throughout the year, the Committee has provides a wide range of comment, advice and input and we are very appreciative of the Committee members' giving so generously of their time and expertise.

Brew'd Fundraiser

A new local bar & restaurant, Brew'd Boulcott recently held a Facebook competition many of our supporters were involved in. Once Brew'd reached 1000 "likes" on their profile page, they made a donation of \$500 to LFT. Following on from this, Brew'd provided a great venue for a fundraising evening on Sunday 23 November, which raised a further \$1000 for LFT. Thanks, Brew'd!

Management Challenge

The Management Team has challenged residents to complete double laps of the LFT block during the period 5 – 20 December. The resident that completes the most laps, will win movie tickets!

Good luck to all residents!



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Resident Highlights 2014

- **Natalie:** Winning my first Bronze Medal at Boccia and having a great 40th birthday party with all my friends.
- **Stephen:** Going on a hot date with my wife.
- **Josie:** Making bread with Amanda for breakfast.
- **John:** Meeting the nice people at LFT and learning lessons in humility.
- **Nicola:** Going with the group to see Grease.
- **Rose:** The White Sunday celebrations.
- **David M:** Watching Rugby with the boys, and getting a new Go Pro Camera and taking lots of photos at places like Days Bay.
- **Anna:** Eating lots of yummy stuff.
- **Tammy:** Going to Blenheim and staying with good friends at a B&B, being very spoilt.
- **Sally:** Shifting downstairs at Waddington Drive to live in my own space.
- **Dan T:** Learning new things every day, spending time with friends and staff, eating good food, enjoying smiles and friendliness.
- **Grant:** Doing Round the Bays on my own for the second year, and improving my time to under 1.5 hours.
- **Sarah:** Passing my Swim Instructors class with an A+.
- **Chrissy:** Studying towards two diplomas at Massey University!
- **Dion:** Going on awesome trips to Australia and the South Island, doing lots of activities and enjoying physio.
- **Aidan:** New nephew being born.
- **Jane:** My year has been so good. I have been doing my second year of study and it is coming on very well. I went to Melbourne with LFT, we visited the zoo, rode on the trains and trams. It was easy to do this in my new wheelchair!

LFT Christmas Function!

A reminder that the LFT Christmas Party will be held on Sunday, 21 December at 3pm. There will be special guests, singing and performances, a visit by the Ulysess Club and a bouncy castle – not to mention lots of great food and even better company.

We hope to see you there!