



**In the depths of winter I finally learned there was in me an invincible summer**

## Mid Winter Games Night



The Girls Can Do Anything Group along with some help from other keen residents organised the mid year event this year. It was a games evening followed by Sing Star and was a great success.

Management enjoyed being able to help and participate with this evening without being the driving force behind the creating and organising.

Josie, AJ, Kerry, Natalie and Sally with help from Nathan and Grant came up with the theme, games ideas and decorations for the evening.

Thank you so much to those who came along and took part in the evening as it is always nice to see you and so much more fun when we have a larger group participating. Good on you for those who managed the nerve to pick up the microphone and have a sing along too!!



## GYM Suspended Closure and partial re-opening

Following a Board of Trustees meeting held on 27th of July 2010 the decision was made to close the gym building and suspend gym activities in the building until further notice, pending further technical advice. This decision was not taken lightly and was based on information received after a recent inspection and report from Engineers regarding the stability of the slope of the bank along the west side of the gym building.

The staff then worked very hard to move various offices and spaces to allow an adapted version of the gym to operate out of the Moston Lounge.

**The good news is that following a meeting with the Engineers involved the Board has now responded and approved the items of risk reduction which enabled us to reopen the gym last week.** Senior staff inspect the bank behind the gym twice daily for any signs of deterioration and we are positioned so the gym can be closed at very short notice if required after heavy rainfall. We have not had any movement with the heavy rain over the past weeks and look forward to the gym programme Continuing as per usual. At this time the gym is only being used for Laura Fergusson clients.

# Laura Fergusson Community Wellington Newsletter



## Self Defence

There was a self defence workshop running for the 4 Tuesdays in August through the Upper City Council

especially for those with disability or mobility needs.

This ran for two hours in the afternoon and required active participation in learning self defence skills. There were a number of residents who took up this opportunity to learn self defence and they report that whilst it was physically challenging they found it enjoyable and very helpful.



## 2010 Wellington Regional Transition Expo.

On Wednesday September 15th Laura Fergusson Community participated in an expo day run through Emerge at the Michael Fowler Centre.

A number of the residents and their Family members put their hand up and came to help, support, and promote living at Laura Fergusson Community in Wellington. Thank you to all who assisted.

The event was an opportunity to disseminate information to the younger disabled community about their various options in regard to work, accommodation, further education. A large group of support agencies were present and there was a large attendance in the morning. There has been an expo for the last few years although this was the first we had attended. It was a great PR exercise as well as a good networking opportunity.

## Senior Staff Interviews

These have been completed and there will be two new staff joining the team in early October. They have both been involved in service provision to a variety of disability groups and we are looking forward to them starting.

## You're Invited to the Annual AGM!

Tuesday November 2nd at 5.30pm in the  
main block.

## GARDEN PARTY LUNCH

The Ladies Auxiliary will be holding an Elegant Garden Party Lunch this year to celebrate with Residents, Staff and Families. This will be held at LFT on Thursday 28th October 2010—more information will follow regarding this event.



## LFT DAY PROGRAMMES - UPDATE

### **The Blokes Group**

Have been busy with the garden project (See article) below and this programme may be repeated again in the summer months.

### **Girls Can Do Anything Group**

Is moving on after their successful mid winter games evening to create photo boards for themselves or as gifts. These boards are decorated with fabric and act as art work as well as photo/notice boards.

### **Music Group and Communication Group**

Our current music adventure is a travel around the world with Xinxin and Lyn. Each week the group visit a different country ("in spirit") and experience the culture and sounds of the place and people.

The residents in this group are really enjoying the chance to learn about the people and places and get to make some of their own music at the same time.

### **Brain Gym**

As always continues to be popular with the residents who enjoy the challenge!

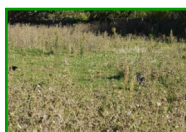
### **Boccia**

Was still underway although without the use of the gym building this has been subject to weather conditions. All in this group are happy the gym has been re-opened.

## *Garden Project...*

We had a great day with the ANZ volunteers. After a short Orientation and Safety briefing over morning tea they went to work.

Here are some of the before and after photos of the garden area where a fence was built and manure spread ready for planting.



The volunteers also completed demolishing an old concrete block garden and completed some garden boxes which will become raised gardens for some of the wheelchair bound residents.

One of their group had some experience with shed building and did very well assembling the garden storage shed. Our "Blokes Group" worked alongside the volunteers and three staff members were also part of the project.

The volunteers were great with the residents and we rated the day a huge success.



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## In House Concert

On Monday 23<sup>rd</sup> of August pupils and staff from Conductive Education NaeNae joined Xinxin and the music therapy participants for a combined concert.

Although there was a huge difference in ages of the participants everyone seemed pleased to show their new found, or renewed talent.

Dion welcomed the group to our facility and the concert opened with a haka. We were treated to some songs in Danish as well as English from our visitors, and as the majority of the items were tunes known to us all, everyone seemed happy to sing along, or mark time with various instruments.



The show ended with a combined effort of repeating rhythms on drums and shakers – very noisy but also very enjoyable.



## *Farewell..*

We have said farewell to Sue Day who has been a long standing (we won't say how many years!) member of the team. We wish her all the best for what may be ahead for her.

## *...& Welcome!*

To Maria Reedy who will be a member of the kitchen team. It's great to have new faces and energy in and around the place.

## FLATS upgrade



The flats are currently undergoing an upgrade which will see new frontage including a car park area and a new flat walkway around the back to allow safer access away from the main driveway. We are just awaiting planting and the project will be complete.



This project is being made possible through fundraising by the Ladies Auxiliary. Thank you!

