

AUTUMN 2026



Duane Porter



### The New Social Club

Meet the new Social Club, Hear what it is all about and how they are working for you.

### Duane's Study Journey – Taking on the Challenge

Duane shares his experience with study.

### Up coming Events

See what others have been doing in the local community.

[www.aspire.org.nz](http://www.aspire.org.nz)

# Autumn Newsletter



## David Darling - CEO

Hello everyone, it is great to connect with you in 2026, and I hope the start of the year has been good for you, even if it has been a busy one. For Aspire, things have certainly begun at pace. There is a real sense of energy building, and it is great to see so many good things already taking shape.

Kia ora whānau,

We're heading into autumn already, this year is moving quickly! It's hard to believe we're coming into the third month. February wasn't the best weather-wise, with lots of changeable conditions and different fronts colliding. The East Coast was especially affected, experiencing a significant weather event.

I really enjoyed taking part in the painting workshop held on the 30th of January and trying out my artistic flair! From the 6th–8th of March, all the artwork will be on display at the Te Awamutu Library.

I hope to see everyone at the first Advocacy Meeting on April 17th, held at the Foundation office, 25 Rifle Range Road.

Off the cuff, Gerard Knapp, News Editor



One highlight we all should celebrate is the completion of a project we have been working on with Kāinga Ora for over two years. Last month, a young man we support moved into his brand-new home. It is a warm, accessible space, designed for him, comfortable, and most importantly, a place where his family can visit easily and spend real quality time together.

Seeing him in his new home was a powerful reminder of what happens when persistence, partnership, and people come together. These are the moments that reaffirm why we do what we do.

Across the organisation, I am also enjoying seeing people out and about more. Community life is picking up, events, activities, and simple day-to-day routines that give people stimulation, connection, and purpose. When people are participating in their

community, even in small ways, you can see the difference it makes in confidence and wellbeing. But alongside those positives, I am aware that not everyone we support is getting out as much as they could, or would like to. For some, there are very real barriers. Transport, confidence, anxiety, unfamiliar environments, or past negative experiences can all get in the way. And sometimes the barrier is simply that taking the first step feels a bit too big without the right encouragement or support beside them.

That is where our teams play such an essential role. The work they do every day, those conversations, that gentle prompting, their patience, and your willingness to try new things with someone, makes it possible for people to overcome those barriers over time. Encouraging someone to get moving, to reconnect with their interests, or to try something new in the community is not just about activity. It is about building a sense of belonging and helping people see what is possible for themselves. So as we move further into the year, I ask that we continue to focus on breaking down those barriers, one step at a time. Let us keep supporting people to participate in ways that feel right for them. Let us keep looking for opportunities to build confidence and independence. And let us continue celebrating every moment when someone takes a new step, whether it is joining an activity, reconnecting with their neighbourhood, or simply enjoying being part of everyday community life.

Easter will be here soon, stay safe and do not eat too much.

# Autumn Newsletter

## Goodbye

Farewell and Thank You to Janet Ross.

Aspire-Community Support would like to acknowledge the resignation of Janet Ross, who has served as the Family/Whānau Representative for Aspire services.

For the past four years, Janet has played a vital role in advocating for and supporting the needs of people within our services. The Family/Whānau Representative position is central to ensuring that the voices of individuals and their families are heard, respected, and included in all aspects of service delivery. Janet has embodied this responsibility with empathy, lived experience, and an unwavering commitment to person-directed support.

Through her work, Janet has helped strengthen the relationship between Aspire, the people we support, and their whānau. She has been a trusted point of connection, ensuring concerns are understood, strengths are recognised, and that each person's experience within Aspire is enhanced through genuine partnership.

While we are sad to see her go, we are deeply grateful for everything she has brought to Aspire during her time with us.

We wish Janet and her family all the very best as they prepare for their upcoming relocation. Moving across the country is no small task, and we hope this next chapter brings them new opportunities, and connection.

Thank you, Janet, for your dedication, heart, and service.

# Notice



## People we support – Using Cars Wisely Across Services

### Information for People We Support

We want to let you know about a small change in how we use cars at our residential homes. This is because fuel is harder to get or costs more due to what is happening in the Middle East. We are being careful so we can help reserve as much fuel as possible.

### What will not change

- Your service will continue as normal.
- Team members are there every day.
- Your routines, assistance, and safety remain the same.

### How we will use cars

Cars will be used mainly to support you and your home. We will try to avoid long drives when they are not needed.

### This means:

- Staying close to home where possible.
- Using local places for outings and activities.
- Avoiding long trips unless they are important to you.

### Staying local

There are many great places near our homes, like parks, shops, cafés, and community spaces. Local activities can still be fun, meaningful, and enjoyable.

### Your choice matters

We will talk with you before making any changes. If something is important to you and needs travel, please let us know. We will listen and make decisions together.

### How long will this last?

This is a short-term change. When fuel supply and costs improve, things will return to normal.

### Our commitment to you

Aspire is committed to supporting you to live a good life and to be part of the community.



# Self-Advocacy



## Self Advocacy Sub-Committee Update

The Self Advocacy Sub-Committee has had a strong start to the year, holding two meetings so far and welcoming several new members to the group. It's been great to see growing interest and involvement, with fresh voices contributing to important discussions.

One of the key focuses early on has been addressing logistical challenges around members attending meetings. The committee has been actively supporting members to advocate for what they need in order to attend, working alongside both members and staff to find practical solutions. As a result, some members are now carpooling, and meeting times have been adjusted to help avoid traffic issues and improve accessibility.

So far this year, the committee has been discussing ways to strengthen self-advocacy within Aspire. This includes exploring ideas for events and talks that would support people to build confidence and skills. One of the current plans is to organise a speaker event focused on studying with a disability.

There have also been ongoing discussions about improving how house self-advocacy meetings are run, as well as how staff meetings are held within homes. In addition, the committee continues to work on improving the compliments and complaints brochures, with plans to make this process available online in the future.

**aspire**  
COMMUNITY SUPPORT

**Self-Advocacy Sub Committee 2026**

**Self-Advocacy Sub Committee**  
Held at Foundation - 25 Rifle Range Road

Friday 17<sup>th</sup> April 4.30-5.30pm  
venue TBC - FULL MEETING OPEN TO ALL

Friday 15<sup>th</sup> May 4-5pm - Foundation - sub committee  
Friday 10<sup>th</sup> July 4-5pm - Foundation - sub committee  
Friday 11<sup>th</sup> September 4-5pm - Foundation - sub committee

Thursday 19<sup>th</sup> November 10am-12pm  
venue TBC - FULL MEETING OPEN TO ALL

Sub committee meetings are for committee members only.  
2026 committee members are - Gerard Kenpp, Malcolm Matheson, Mark Matheson, Stephanie Tong, Adele Whiteside, Elaine Wilson, Shona Ingjis, Matthew Dempsey, Shiona Harris and Rebecca Marshall.

Full Meeting - These meetings are held twice per year and are open to all people who are supported by Aspire. Staff do not attend unless needed to support individual people. There will be speakers talking about self-advocacy, you hear about what the sub committee is doing, and you will have a chance to have your voice heard.

Friday March 27<sup>th</sup> 10:00 -11 AM 103 Tawa street - Aspire head office

# Self Advocacy coffee group

Bi Monthly catch up to talk about how to advocate for your self and have coffee.

We're also excited to introduce a new Self Advocacy Coffee Group, hosted by Lee Samuel (Aspire Outcomes Manager) and Julie Noonan (Disability Advocate). The first session will be held on Friday 27th March, 10-11am at 103 Tawa Street. Everyone is welcome! This is a relaxed opportunity to meet others, learn more about self-advocacy, and have a space to ask questions or talk through any advocacy support you may need. If it goes well, the plan is to hold these sessions every two months.

Looking ahead, the first full Self Advocacy meeting for the year will be held on Friday 17th April (venue to be confirmed). Planning is already underway, including organising speakers for the event. The Social Club will also be invited to share what they have planned for the year and introduce their new committee, which strongly reflects the values of self-advocacy.

We encourage everyone to come along to this meeting. It's a great opportunity to have your voice heard and to let the sub-committee know how they can best support you.

# Full Self-Advocacy Meeting

Friday 17<sup>th</sup> April 2026

4.30 – 5.30 pm

Pukete Neighbourhood house  
43 Church Road, Pukete

## Speakers

Julie Noonan – from Nationwide Health & Disability Advocacy Service

Jess Adams – Local Disability Advocate

Aspire Social Club representative – to talk on what they hope to do for the community in 2026 and to hold an open floor for suggestions.



## Open floor

This is when any one attending can ask questions or raise concerns they wish to have put forward to the self advocacy committee.



## Mingling 5.30 – 5.45

Time to talk to the speakers, other attendees or our hosts.



\*Support staff not to be inside meeting unless needed by individual

# ASPIRE

## EVENTS 2026

JAN-MAY



30  
JAN



### PAINTING WORKSHOP

Friday 30<sup>th</sup> Jan 1.30-3pm - Foundation, 25 Rifle Range road. Workshop where you will paint a small canvas that then goes in an exhibition to raise money for 'The canvas project'

3  
MAR



### BOUNDARIES WORKSHOP

Tuesday March 3<sup>rd</sup> 10am-12pm - 103 Tawa Street. Supportive environment learning about boundaries and how to use them in your life. Run by Lee Samuel. Free for people supported by Aspire.

17  
MAR



### BADGE MAKING

Tuesday March 17<sup>th</sup> 10 - 11.30am - Rototuna Library, 30 North city road, Rototuna North. Turn your own design in to a badge. Learning to use equipment that is available ongoing for use at the library. Free for people supported by Aspire.

17  
APR



### FULL SELF ADVOCACY MEETING

Friday April 17<sup>th</sup> 4.30-5.30pm - Foundation, 25 Rifle Range road, Dinsdale. This is a place where people supported by Aspire can speak up, have their voices heard, learn about self-advocacy, and connect with others in a supportive space.

14  
MAY



### TE WHARE TAONGA O WAIKATO MUSEUM AND GALLERY

Thursday May 14<sup>th</sup> Time TBC - Creative workshop based on a current exhibition and time in the interactive area 'Excite'.

Bookings - All events other than The Self advocacy meeting require bookings. All bookings are done with - Lee Samuel  
Lee.samuel@aspire.org.nz  
022 496 7479

Autumn 2026

# ASPIRE EVENTS 2026

JUNE-DEC

Bookings - All events other than The Self advocacy meetings require bookings. All bookings are done with - Lee Samuel  
Lee.samuel@aspire.org.nz  
022 496 7479



12  
JUN



## BOUNDARIES WORKSHOP

Friday June 12<sup>th</sup> 10am-12pm - 103 Tawa Street. Supportive environment learning about boundaries and how to use them in your life. Run by Lee Samuel. Free for people supported by Aspire.

21  
JUL



## STICKER MAKING

Tuesday July 21<sup>st</sup> 10am - 11.30am, Rototuna Library, 30 North city road, Rototuna North. Turn your designs into stickers. learning to use equipment you can use again in the future at the library. Free for people supported by Aspire.

14  
AUG



## TE WHARE TAONGA O WAIKATO MUSEUM AND GALLERY

Friday August 14<sup>th</sup> Time TBC - Creative workshop based on a current exhibition and time in the interactive area 'Excite'.

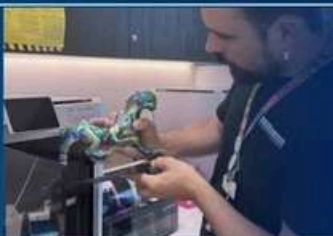
15  
SEP



## BOUNDARIES WORKSHOP

Tuesday September 15<sup>th</sup> 12.30-2.30pm - 103 Tawa Street. Supportive environment learning about boundaries and how to use them in your life. Run by Lee Samuel. Free for people supported by Aspire.

6  
OCT



## 3D PRINTING

Tuesday October 6<sup>th</sup> 10am - 11.30am, Rototuna Library, 30 North city road, Rototuna North. Learn how to use the 3D printer. Equipment you can use again in the future at the library. Free for people supported by Aspire.

19  
NOV



## FULL SELF ADVOCACY MEETING

Thursday Nov 19<sup>th</sup> 4.30-5.30pm - Foundation, 25 Rifle Range road, Dinsdale. This is a place where people supported by Aspire can speak up, have their voices heard, learn about self-advocacy, and connect with others in a supportive space.

\*December Events will be on the Social Club Calendar.\*

Autumn 2026



## Social Club Off to a Strong Start for 2026

The first Social Club meeting of the year was incredibly productive, with great energy and thoughtful discussion from everyone involved. Together, we began shaping what the Social Club wants to achieve in 2026.

A big part of our conversation focused on why we have a Social Club and why each person chooses to be involved. This helped us gain a shared understanding of the purpose of the club and the direction we want it to take. It was clear that connection, inclusion, fun, and creating meaningful opportunities are at the heart of what we are working towards.

One important topic raised was the annual Ball, one of the biggest and most anticipated events of the year. Members expressed a strong desire to take ownership of planning the Ball. We also discussed the challenge of it often being scheduled within a week of the Shine Ball, which can make it difficult for people to fully enjoy both events.

After speaking with management, we are pleased to share that approval has been given for the Social Club Ball to move to October. This change means it will no longer clash with the Shine Ball, and the Social Club will take full responsibility for planning it.

For 2026, the Social Club plans to deliver at least 6 events plus the Ball. These will include:

- **One fundraiser or friends and family event**
- **One community give back event**
- **One Māori culture focused event**
- **One day trip**
- **smaller local events eg movies, dinners, pool days.**

We will meet once a month to plan and organise. As planning progresses, we may create smaller subgroups to focus on specific events if needed.

There is a significant amount of work involved in delivering these events, and we will definitely need support along the way. You do not need to be a committee member to help out. From time to time we will put the call out for extra hands, and we encourage everyone to put their hand up when they can. We have so many exciting ideas and are looking forward to making 2026 a fun, inclusive, and eventful year for everyone involved. Stay tuned for more updates as plans come together.

My Name is Ana, I want to be on the social club committee to make sure Maori culture is being represented with Maori events. I want our voice to be heard!

My name is Rentia and I want to give everyone opportunities to learn social skills and meet new people.

Hello, Im Kim and Im on the committee because I want new options and I have lots and lots of ideas to contribute!

Hey, Im Kim and im here to support!

Hi, Im Kaela and want Music events!

Hey, Im Tina and im here to support!



# upcoming

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# Social Club

www.aspire.org.nz



## Social Club Kicks Off the Year with Movie Night!

The first Social Club event for the year has officially been planned, and it's a great one to kick things off! Join us for a movie night on Tuesday 31st March at Te Awa – The Base, where we'll be watching a re-release of the much-loved Kiwi classic *Hunt for the Wilderpeople* at 6pm.

Tickets can be booked online individually. Tuesday was chosen by the Social Club because of the great value deal available—tickets are either \$14, or just \$11.50 if you're a Hoyts member. It's easy to sign up if you're not already a member, so you can take advantage of the discount.

With the movie starting at 6pm, you might like to meet up with others beforehand for dinner, grab something afterwards, or simply enjoy some extra movie snacks, the choice is yours! We're looking forward to seeing everyone there for a fun and relaxed evening.

Join Us!

# MOVIE NIGHT

*Hunt for the Wilderpeople*

Tuesday  
**31st**  
March 6pm

**Hoyts**  
CINEMAS

Te Awa  
The Base

\$11.50 tickets on tuesdays

This event is put on by your social club, no need to RSVP book your own tickets and turn up. We will see you there!

**LED BY US, FOR US**

## Car Wash Fundraiser



The Social Club has also begun planning a fundraiser, with a car wash chosen as their first event. While the details are still being finalised, plans are well underway behind the scenes as the group works hard to bring everything together. Funds raised are likely to go towards future events the Social Club would like to run later in the year, with more information to come as plans develop.

The Social Club has also created a mission statement that reflects who they are and what they stand for:

“Our Social Club is led by us. As a committee, we make decisions together so our voices are heard and represented. Throughout the year, we organise events that bring friends and whānau together, celebrate Māori culture and music, give back to our community, and create fun new experiences. Our goal is to build confidence, strengthen our social skills, and create a strong sense of connection and belonging.”

Alongside this, they've chosen a short and punchy phrase to represent the heart of the group: “Led by us, for us.” You'll start to see this on posters and in promotions for upcoming Social Club events.

We look forward to seeing you at our first Social Club event on March 31st!

# Car wash Fundraiser Volunteer call out

We need your help to run the car wash!  
you will be provided with a training day  
before the event. You must be Free for  
the Event on Friday 29<sup>th</sup> May 10am-1pm.  
Training date yet to be confirmed.

**15 Roles  
to fill**

- Street sign holders x2
- Money handlers x2
- Wash team x6
- Rinse team x2
- Music coordinator x1
- Traffic directors x2



Contact - Lee  
022 496 7479  
[Lee.samuel@aspire.org.nz](mailto:Lee.samuel@aspire.org.nz)

# Celebrating

**HAPPY BIRTHDAY**

**Shannon**

One of the special highlights of December was Shannon's milestone 30th birthday celebration at the house, which was enjoyed by all. Staff created a wonderful setup for Shannon's 30th birthday celebration, which made the occasion very special. A delicious dinner was prepared and enjoyed by everyone. All the girls enjoyed celebrating Shannon's birthday together. Janeen Shannon's mum also joined in and made the celebration memorable.



Rachel celebrated her 37th bday with her Aunty, her close friends and flatmates. Happy Birthday Rachel!

# Celebrating



**Happy 23<sup>rd</sup>  
Birthday Paige!**

## Happy birthday Matthew and Todd

Matthew celebrated his 32nd birthday surrounded by housemates, friends and family. This was his second celebration, as he had already marked the occasion with his parents the week before, so it was a wonderful opportunity to keep the birthday spirit going.

Todd celebrated his 29th birthday on 31 January, choosing a date that worked for his brother so they could celebrate together. The occasion was made even more special as Todd was also celebrating his regular engagement at the Foundation. It was a great time shared with laughter, good company and plenty of birthday cheer.

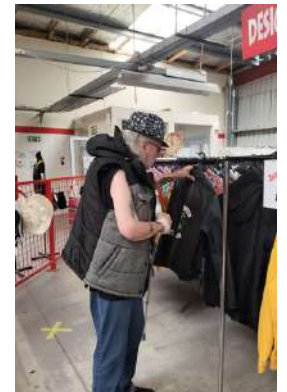
# AWARDS IHC IHC ART AWARDS ART AWARDS I AWARDS 2026



The IHC Art Awards provide artists with an intellectual disability the opportunity to have their talent recognised, their voices heard and to sell their work.

Entries open at **9am**  
**on Friday 1 May 2026**  
and close at **5pm** on  
**Sunday 31 May 2026**

# Celebrating



## HAPPIEST BIRTHDAY!

Ricky chose to celebrate his birthday in true rock and roll style with a fun day out in Hamilton. He kicked things off with some op shopping at Save Mart in Pukete, followed by a stop at Reduce to Clear where he picked up a few goodies. A visit to Habitat for Humanity ReStore was next, and Ricky was stoked to add several DVDs to his collection.

The celebrations continued with a birthday lunch at Valentines Restaurant Hamilton. Staff added to the fun with a balloon on the table and birthday wishes on arrival. Ricky enjoyed a hearty buffet meal, desserts, and treated himself to a whiskey, celebrating alongside his lovely wife Doreen and Johanne.

Never one to follow the crowd, Ricky truly walks to the beat of his own drum. He said he felt very full and very happy after nearly two hours of eating, chatting and celebrating. As an added bonus, his birthday meal was complimentary, so he only paid for his drink. A great day, done Ricky's way.



# Achievements



## Congratulations Rentia!

Rentia was proudly presented with an award from Vasa Studios at their annual concert. Rentia attends her singing lessons with Vasa Studios every Wednesday evening, where she works consistently on developing her vocal skills. Each year, the studio holds a concert showcasing the songs rehearsed during lesson time. During the concert, Rentia had the opportunity to perform a song of her choice in front of an audience and was recognised with an award for her participation. This achievement was a proud moment for everyone involved, celebrating Rentia's commitment, confidence, and love for singing.

## Thomas at the Basketball in Christchurch

This photo was taken at the basketball event in Christchurch, where Thomas had the exciting opportunity to meet Chris Hipkins. Thomas confidently introduced himself and even asked Mr Hipkins what he does for a job! It was a fantastic moment and a great experience for Thomas to engage in conversation and be part of such a special event.



# Initiatives



## Learning About Boundaries

In early March we held a Boundaries Workshop with some of our Aspire members. It was a really positive morning where people talked about what boundaries are, why they are important, and how they can help us feel safe and confident in everyday situations.

During the workshop, participants created visual worksheets to help think about their own boundaries. This helped people explore what feels okay for them, what doesn't feel okay, and how they can communicate this to others. The photos in this newsletter show two participants with the worksheets they created and shared during the session. These activities sparked thoughtful conversations and helped everyone reflect on their own experiences.

Learning about boundaries is an important part of self-advocacy. When you understand your own boundaries, it can help you speak up for yourself, make choices about what you are comfortable with, and build healthy relationships with the people around you.

Because the workshop went so well, we are running another Boundaries Workshop on Thursday 12 June, from 10am-12pm. This time the workshop will also be open to people outside of Aspire, so feel free to invite someone who might benefit from coming along.

If you would like to take part, please contact Lee, Outcomes Manager, to register at [Lee.Samuel@aspire.org.nz](mailto:Lee.Samuel@aspire.org.nz). We would love to see you there.



### Boundaries Workshop

Join us for a fun and supportive workshop all about setting healthy boundaries. Learn what boundaries are, why they matter, and how to use them in everyday life to feel more confident and respected.

- What boundaries are and why they are important**
- Everyday situations where we use boundaries**
- Brainstorming and creating your own personal boundaries**
- Tips for communicating your boundaries clearly**

aspire

COMMUNITY SUPPORT

**Next Workshop**  
**Friday June 12<sup>th</sup>**  
**10am-12noon**  
**Tawa street**

# Achievements



## Duane's Study Journey – Taking on the Challenge

Duane is currently in his second year of study and proudly completed 60 credits in his first year at NCEA Level 2. Now, he's continuing at Level 2 with a focus on computer qualifications, and he's embracing the challenge.

When asked why he decided to start studying, Duane said he wanted to build his knowledge and strengthen his brain. "It's a challenge," he explains, "but I enjoy it. I love study."

His second year is split into four modules, each worth 15 credits. The course allows students to work at their own pace, which Duane appreciates. "You don't have to study every day unless you've got an assignment due," he says. While deadlines can feel stressful and push you to work hard, he has learned how to manage his time. His advice? "Study for two hours, then have a break. If you need to study for ten hours, break it up over five days."

Duane speaks highly of the support available through Open Polytechnic. He has accessed counselling and welfare check-ins when needed and found them incredibly helpful. "If you have a problem and can't study much, you can book online and talk to someone about what's happened. They were brilliant."

The Disability Access Services team has also played a key role in his success. They provided him with assistive technology, including a reader-writer for his first year. "I don't think I could have done it without that," he shares. This year, Duane is writing more independently, with support to type and assist with emails to tutors if needed. Students are allowed two attempts to pass each module and can apply for extensions if required. This year Duane is aiming to complete everything without needing to use the extensions or re-submissions.



**Duane Pictured with Certificate in computing**

All learning activities and assessments are completed online. Duane received funding to purchase a laptop, which he will be able to keep once he finishes studying, a great investment in his future.

Looking ahead, Duane hopes his qualifications will help him gain employment, although he's still exploring exactly what job he would like to pursue. For now, he's focused on completing his course and continuing to grow.

His message to others thinking about studying is simple and encouraging:

"If you're thinking about studying, do it! If you get stuck, I would help you, but I can't give you the answers!"

# Achievements



## Celebrating the Big Wins in the Small Things

Sometimes the things that look small from the outside are actually huge achievements. Being able to enjoy the things you love—like horse riding or visiting your favourite park—can take planning, support, courage, and determination. It isn't always easy, which is why it's so important that we celebrate these moments. Living your best life means finding joy in the activities that matter to you and having the opportunity to take part in them. Every step toward that—every outing, every experience, every smile—is something worth championing. Go Paige! You are truly living your best life. What beautiful pictures you have made, and what a joyful smile you have. It's wonderful to see you enjoying the things you love.



# Achievements



I joined trikes about 5 years ago so I have attended on and off.

I enjoy it because it is good exercise for my legs and keeps my legs strong, trikes are indoors in an air-conditioned arena. My housemates pay a gold coin and walk the upper arena where anyone can come and walk. The upper arena is situated above the Velodrome seated area.

When I started trikes I was cycling 1 to 2 kms but now I am up to 4 kms a week - Best \$10 I ever spent.

People are so friendly and I have made lots of friends from other services and sometimes see them out and about like at Chartwell or The Base.

The positive impact it has on my life is restoring my mobility and improving my physical and mental health in a safe environment.

Stephanie Tong



Susie gave the double trike a go. There are really a range of options available at the velodrome and riding together can be a great motivator and make the experience more enjoyable.



# Join us for COMMUNITY TRIKES!

Our Trikes are tailored to each individual's needs; supporting goals from rehabilitation, specific health needs, or to challenge you to get outside your comfort zone.

## BENEFITS OF TRIKE RIDING

- Improved balance and mobility
- Cardio fitness
- Improved motor skills
- Improved confidence
- Socialisation
- Reconnecting with the environment

## SESSION TIMES

9.30AM - 3.00PM  
Monday - Friday  
\$10.00 Per Person  
55 minute session

Thursday 1.00PM  
Trikes on Track \$12



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trust

**Velodrome**  
New Zealand's Home of Cycling

FOR MORE INFO VISIT  
**VELODROME.NZ**

# Achievements

## June Pressagh – A Passion for Ten Pin Bowling

June Pressagh has been part of Aspire for 24 years, and during that time she has built an impressive journey in Ten Pin Bowling.

Ten Pin Bowling is more than just a hobby for June. It is something she looks forward to every fortnight. It gives her something to do, gets her out and about, and connects her with good people at the club she belongs to. When asked why she enjoys it, June simply says, "It gives me something to do and gets me out. The people at the club are good."

While June may be a woman of few words, her dedication and results speak clearly.

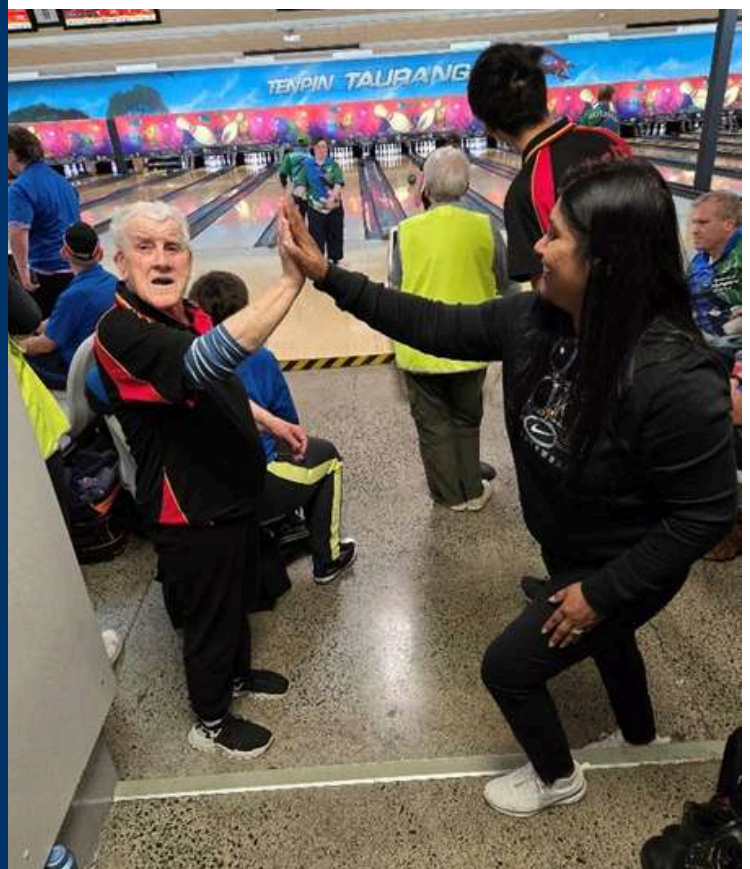
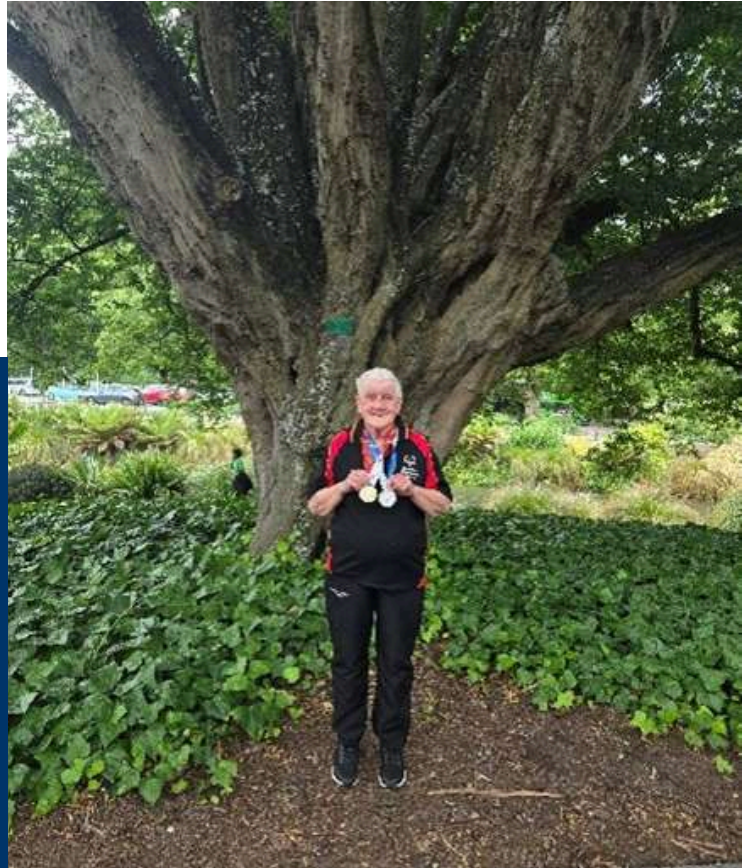
Ten Pin Bowling provides many benefits in her life. It is a low impact form of exercise that supports her fitness. It offers social interaction, entertainment, stress relief, and mental focus. Most of all, it is something she genuinely enjoys. She says she feels good when she wins medals, trophies and ribbons.

June has competed in tournaments across New Zealand and proudly considers herself a pro winner. Over the years she has achieved outstanding results. In 2023, she won a gold and a bronze medal in Auckland.

In 2024, she brought home a silver and a gold medal from Tauranga.

In 2025, she won a gold and a silver medal at the National Tournament in Christchurch.

She also travelled to Christchurch for the Special Olympics, an experience she enjoyed. When asked if she felt nervous competing, June said she was not nervous at all. She had practised and felt ready.



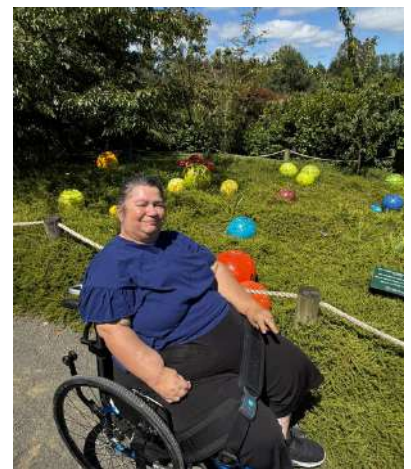
# Community



## Day trip to the Lava Glass sculpture Garden

Looking for a fun and creative day trip? Visit the Lava Glass Sculpture Garden, just outside Taupō. This bright outdoor gallery features over 600 stunning glass artworks set among gardens and water features, all handcrafted by talented local artists.

Ticket prices: Garden entry is \$12.50 per person or \$40 for a family. There's a café on site too, so you can enjoy a coffee or snack while you're there. Whether you love art, nature, colour, or something different to do with friends or family, the Lava Glass Sculpture Garden is a beautiful place to visit.



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Friday March 27<sup>th</sup> 10:00 -11 AM 103 Tawa street - Aspire head office

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# Self Advocacy coffee group

Bi Monthly catch up to talk  
about how to advocate for your  
self and have coffee.



Hosted by  
Lee Samuel - Outcomes Manger  
Aspire

Julie Noonan - Advocate Waikato  
Nationwide Health & Disability Advocacy Service

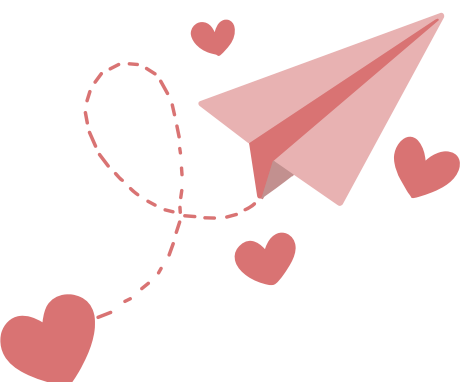


Autumn 2026

# Community



## Making Valentines day your own



Valentine's Day was celebrated in a warm and meaningful way with flatmates, creating a gentle atmosphere of togetherness and care. Although there was some initial hesitation, the thoughtful gestures and encouragement from others helped make the experience feel welcoming and safe. Sharing food, conversation, and time together allowed the day to feel special and inclusive. The love and kindness shown through these small but genuine gestures were felt deeply, leaving a sense of appreciation, connection, and happiness from being included and valued.

# Community

## Going to the Movies

Going to the movies is a great way to spend time with someone. It can be a fun, relaxed activity that helps build friendships without feeling too hard or awkward.

For many people starting conversations or making small talk can feel stressful. The good news is that going to the movies takes that pressure away.

**Why the Movies Are a Great Idea.** You do not have to talk the whole time. When you are watching a movie, everyone is focused on the screen. You can sit back, relax, and enjoy the story. There is no need to think of things to say. You will have something to talk about after. Once the movie finishes, you already have an easy topic to chat about. You could ask:

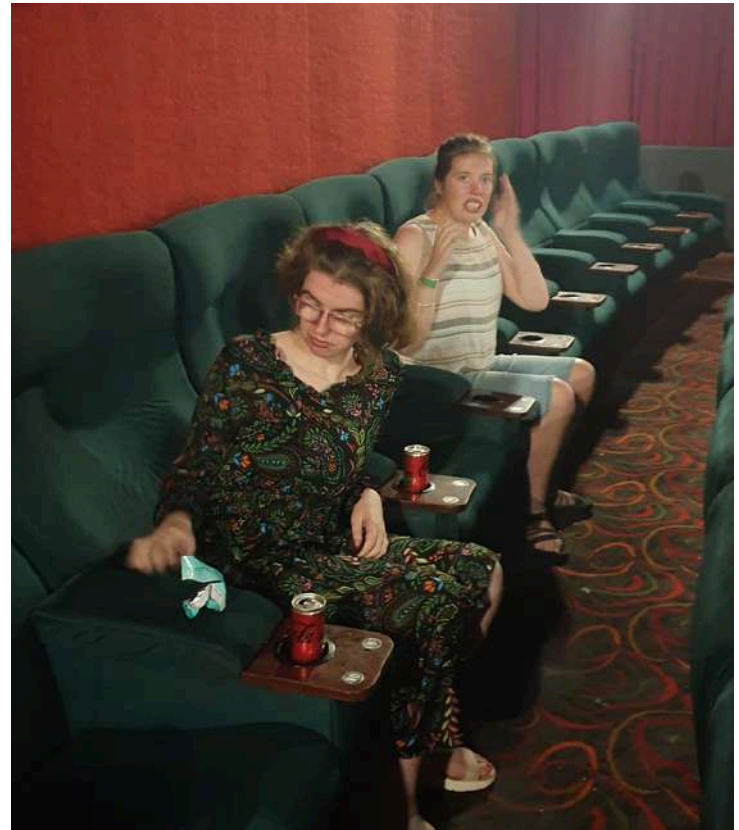
- What was your favourite part?
- Did you like the ending?
- Who was your favourite character?
- Was it funny or scary?

The movie gives you ready made conversation ideas. It feels special, Going to the movies feels like an event. You might buy popcorn, choose your seats, and see the big screen light up. It can feel exciting and different from everyday life. Fun things along the way. Depending on where you go, there might be shops, cafes, posters, or fun displays to look at before or after the movie. Even choosing snacks together can be part of the fun.

**Different Movies for Different People.** Everyone likes different things, and that is okay. There are many types of movies to choose from:

- Comedy for people who love to laugh
- Action for people who like excitement
- Romance for people who enjoy love stories
- Animation for bright colours and fun characters
- True stories or documentaries for people who like learning

You can ask your friend what kind of movie they enjoy. Picking together can make it even more fun.



**Izzy and Eirica - watching movie Anaconda at Chartwell Cinema**

### How to Ask Someone to Go With You

Asking someone does not have to be complicated. You can keep it simple. Here are some ideas:

- “Hey, would you like to go to the movies with me this weekend?”
- “There is a new movie out. Do you want to come with me?”
- “I was thinking about seeing a movie. Would you like to join me?”
- “I feel like getting popcorn and watching a film. Want to come?”

You can ask in person, send a text message, or ask with support from staff if that helps you feel more confident.

If the person says no, that is okay. It does not mean they do not like you. They might just be busy. You can always ask someone else or try another time.

Going to the movies is a simple step towards building friendships. You do not need to plan a big event. You just need to be brave enough to ask.



Join Us!

# MOVIE NIGHT



Hunt for the  
Wilderpeople

Tuesday

**31st**

March **6pm**



**Te Awa  
The Base**

\$11.50 tickets on tuesdays

This event is put on by your social club, no need to RSVP book your own tickets and turn up. We will see you there!

**LED BY US, FOR US**

# Achievements

Her journey has been built on commitment. She shares that when she first started, it took practice to get better. That steady determination has clearly paid off.

**When asked what advice she would give to others thinking about trying Ten Pin Bowling, her message is simple. "Go have fun and enjoy it."**

June's story shows how finding something you love can bring routine, connection, achievement and pride. And for June, Ten Pin Bowling continues to be a rewarding and important part of her life.



# Community



## Celebrating Rentia's Love of Music

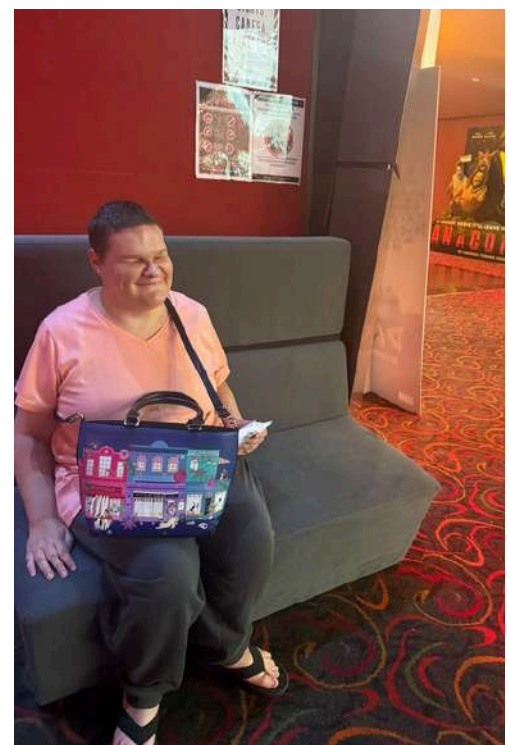
Rentia has been enjoying some wonderful experiences recently, embracing her passion for music and live performance. She attended the legendary UB40 concert at Mount Maunganui in Tauranga. Rentia absolutely loves UB40 and was thrilled to have VIP tickets for the event. It was a very special opportunity, and she had an amazing time soaking up the atmosphere and live music from one of her favourite bands.

Rentia was also supported to attend the musical true story film *Song Sung Blue* at the cinema. Although Rentia is blind, this did not stop her from fully enjoying the experience. She had already listened to the trailer on YouTube, so she knew about the actors and storyline before attending. During the movie, she engaged with the familiar songs and storytelling, appearing relaxed and happy throughout the screening.

Afterwards, Rentia shared her excitement:

"I loved the movie and the songs. They played my favourite songs 'Sweet Caroline' and 'Forever in Blue Jeans'. I will watch the movie again with Mum."

It is wonderful to see Rentia confidently getting out into the community, enjoying live music and film, and continuing to follow what brings her joy. These experiences show how meaningful and accessible the arts can be when people are supported to engage in ways that work for them.



# Community

By the end of the session, everyone had their finished badges in hand, feeling proud (and a little tired!) after a busy and creative morning. The big question on everyone's mind was: "When's the next workshop?"

The good news is, you don't have to wait! Pop into the Rototuna Library anytime, ask the friendly staff to show you how to use the badge maker, and give it a go yourself. It's a fun, affordable activity and a great way to get creative right here in our community.



## Creative Fun at the Rototuna Library Badge-Making Workshop

Recently, we had the pleasure of running a badge-making workshop at the Rototuna Library, and what a fantastic experience it was!

The idea behind these workshops is simple. Both Rototuna Library and the Central Library offer incredible Creative Hubs that are open to the public. These spaces include equipment such as badge-making machines, sticker makers, 3D printers, sewing machines, and even a podcasting/recording studio (available at the Central Library), along with options to print designs onto t-shirts. These are amazing resources, and the best part is, we can all use them!

We wanted to create a comfortable, supported environment where people could come along, learn how to use the equipment, and hopefully feel confident to return in their own time. For example, if you enjoy making a badge, you can head back anytime and create more—at just \$2 per badge.

The Rototuna Library itself is a stunning, modern, and highly accessible space. There is a mobility park right out front, as well as additional accessible parking (around eight spaces) at the rear entrance, which is just as easy to access. Inside, there are excellent accessible bathroom facilities, including a height-adjustable basin and a hoist for transfers. There's also a large fireplace that will no doubt make it a warm and cosy place to visit during winter. Every staff member we encountered was incredibly welcoming and supportive, always happy to accommodate and meet different needs. Even arranging a quiet breakout room for our group was no trouble at all.

Before the workshop began, some of us arrived early and enjoyed a delicious hot chocolate at the lovely on-site café—a great way to start the day!

During the session, everyone had the chance to create their own badge design. People could bring their own images, use pre-printed designs, draw their own, or find something on the computers provided. We saw a real mix of creativity! A standout moment was Shona, who arrived saying, "I can't draw," but with some guidance from Eli, she created an impressive Sonic drawing. She didn't stop there—she went on to draw a daffodil and a rose as well, discovering a hidden talent along the way.

Once designs were ready, it was time to learn how to use the badge-making machine. With patient and encouraging instruction from Jimmy and Eli, everyone gave it a go and quickly got the hang of it. There was lots of laughter and support, with people cheering each other on and lining up eagerly for their turn—muscles ready to pull the lever!



# Community

## A Beautiful Day at Hamilton Gardens

Lynda and Jacinda recently enjoyed a wonderful outing to Hamilton Gardens in Hamilton. Hamilton Gardens is a renowned public garden made up of themed garden collections from around the world, from elegant Italian Renaissance gardens to peaceful Japanese landscapes. With its diverse designs, colourful flowers, and wide open spaces, it's a place full of surprises and beauty.

There were plenty of smiles as they discovered interesting sculptures, aromatic plants, and peaceful water features tucked throughout the gardens.

The gardens are perfect for a relaxed stroll, enjoying nature's colours, and spending quality time together outdoors. It was a calm and refreshing day out filled with fresh air, gorgeous scenery, and great photo memories.



# Community



## Purrfect Day Out in Rotorua

Sheryl and Rentia recently enjoyed a lovely day trip to Rotorua, filled with good food, fresh air, and furry friends.

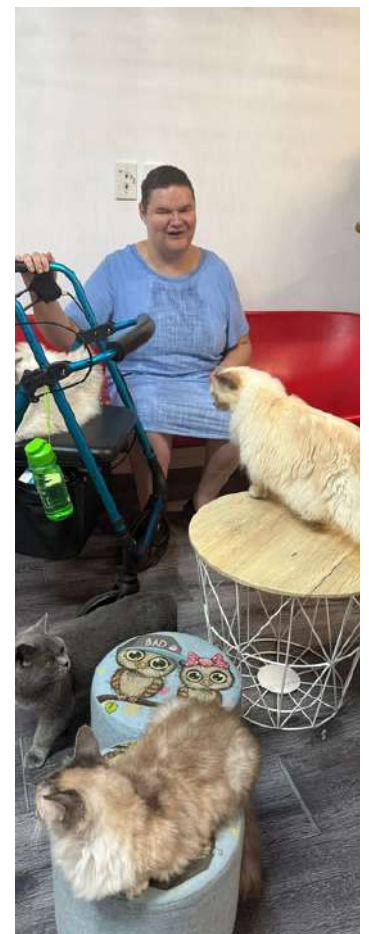
One of the highlights of the day was visiting The Fancy Meow Cat Café. The women spent time relaxing with a cuppa while patting and playing with the cats. The atmosphere was calm and welcoming, making it easy to unwind and enjoy the experience. Spending time with the cats brought plenty of smiles and laughter.

After the café, they headed out for a walk through Kuirau Park, making the most of the beautiful weather. The park provided a great setting for a relaxed stroll before stopping for lunch. Fish and chips and squid rings were on the menu, enjoyed outdoors as part of a classic Kiwi day out.

Rentia shared her thoughts about the trip:

“I had a good day going out. The highlight of my trip was squid rings by the park and patting the cats at the café. Overall I had a great day and the drive back was pretty tiring but I enjoyed it, thanks.”

It was a simple but meaningful day filled with connection, new experiences, and the joy that comes from getting out and trying something different.



# Community



## Op Shopping in Hamilton, More Than Just a Bargain

Here in Hamilton, we are lucky to have a wide selection of op shops to explore. From large stores to small community run shops, there is always something interesting to discover.

Op shopping is not only about finding a great bargain. It is also a meaningful way to support our local community. Many op shops raise funds for charities and community organisations, so every purchase helps make a difference close to home.

For the people we support, visiting op shops offers valuable learning opportunities. It is a practical and hands on way to build budgeting skills. Choosing how much to spend, comparing prices, deciding between favourite items, and sometimes making tough choices are all part of the experience. These everyday decisions help build confidence and independence.

Op shops are also welcoming spaces where people can connect with others in the community. Staff and volunteers are often friendly and keen for a chat. Many volunteers gain valuable work experience, and for some, volunteering in an op shop becomes a stepping stone into paid employment.

Most importantly, op shopping is fun. Trying on different outfits, dressing up, discovering unique treasures, and sharing a laugh with friends all make for a great day out. The photos capture the joy of exploring favourite shops, meeting new people, and proudly choosing special finds.

Op shopping truly is about community, connection, confidence and creativity, all wrapped up in a day of fun.



# Community

## Simple Outings Close to Home

You do not always need to travel far or spend money to have a great day out. Sometimes the best outings are the simple, local ones that are easy to plan and free to enjoy.

Recently, Nai and Sharkaela spent time at Hamilton Lake in Hamilton on a fine, sunny day. They enjoyed a gentle walk around the lake, taking in the fresh air and beautiful views. A highlight of the visit was feeding the ducks, which was both fun and engaging.

Outings like this are beneficial in many ways. Being part of your own community helps build confidence and a sense of belonging. Getting outdoors supports wellbeing, offering fresh air, sunshine, and the chance to see wildlife up close. Local spaces like lakes, parks, and walking tracks provide opportunities to relax, connect, and enjoy nature without pressure.

The visit was calm and pleasant, and both women appeared relaxed and in good spirits throughout the day. It is a great reminder that meaningful experiences do not have to be big or expensive. Sometimes, a simple walk by the lake is exactly what is needed.



# Community



## Blind Low Vision Year End Celebration

Samantha attended the Blind Low Vision Year End Celebration at The Verandah Hamilton Lake Café. She was warmly welcomed by the organisers. Samantha shared a table with people from Somerset, who greeted her and chatted with her. She responded with a pretty smile, which they admired. The program began with a short speech, followed by a delicious morning tea. Samantha's morning tea was separately prepared to meet her dietary requirements. She enjoyed quiche, eggs, and a chocolate brownie with yogurt and fresh fruit. The function ended with a small raffle. Samantha smiling throughout the programme.

## Summer and Ice Cream Go Hand in Hand

Summer and ice cream are the perfect match. There is nothing quite like heading out on a sunny day, enjoying a walk in the fresh air, and stopping for an ice cream with a friend. It is a simple pleasure that brings smiles, good conversation and a chance to soak up the sunshine.

Another great way to enjoy summer is by making your own ice cream at home. Not only is it a fun activity, it can also help save money and build independence.

Why not invite a few friends over and host your own ice cream party? Whether you are out exploring in the sun or creating sweet treats at home, ice cream is a delicious way to celebrate the summer season



# Highlights

## Matty cuising the world

At the end of last year, Matty headed off on a big Disney cruise with his family, creating memories that will last a lifetime. From the excitement on board to time spent exploring and relaxing together, it was a special adventure filled with fun, laughter and family moments. These photos capture just a glimpse of an unforgettable trip.



# Highlights

## Bringing Goals to Life with Visual Charts

Once someone has chosen their goals, the next step is finding ways to keep them visible, meaningful, and motivating. One way we can do this is by creating visual goal charts together. These charts turn goals into something people can see, connect with, and feel proud of.

The most important part of this process is that it is tailored to each person. Everyone communicates and engages differently, so the way we create the chart should reflect the person we are working with. When I worked with Doreen, we started with a list of her goals and talked about each one. I asked her what the best picture in her mind would be to represent each goal. Because Doreen loves art, colouring, and decorating, I hand-drew the poster for her so she could colour and decorate it herself. Everything on the poster was Doreen's choice, the style of lettering for her name, the type of cat, even the sunglasses on the cat. Having that level of choice meant she really had ownership over the poster, and therefore ownership over her goals too.

Working with Ricky looked quite different. Ricky wasn't interested in sitting for a long time while we created a hand-drawn poster, and he didn't want to colour it either. Instead, we used Google Images to quickly search for pictures together. Ricky pointed to the things he liked and described why he liked them. This was a fast process and worked really well for him. He even chose the extra decorations for the page. When I asked what size he wanted the poster printed, he said choose the biggest size possible.

A few days later, when I brought the finished poster back, Ricky had a huge smile. He pointed to all the pictures he had chosen and said, "Good, good, yes, yes." It was a big tick of approval from Ricky.

These examples show how visual goal charts can be adapted to suit each person's interests, communication style, and attention span. When people help create something themselves, it becomes much more meaningful and engaging.

If you would like a visual chart to help you connect with your goals, let me know. I would be happy to come and work with you to create one that is designed just for you.



# Highlights



## Ocean's Summer Adventures

Ocean has had a busy and exciting start to the year, enjoying some special time reconnecting with her dad. She spent a week bonding with him in February, creating meaningful memories and strengthening their relationship. During this time, Ocean had the opportunity to get out and explore new places and experiences. She visited The Aquarium, spent time at the zoo, and even got her hair done..

These experiences not only supported family connection but also helped build Ocean's confidence in new environments. Trying new things and stepping into different spaces is an important part of growing independence, and Ocean embraced these opportunities. It's wonderful to see her gaining confidence while having fun and making the most of these experiences.





# Adele and Kim on Foundation: Trying New Things, Building Confidence, and Living Fully

We recently caught up with Adele and Kim, two of the people accessing our new service, Foundation, to hear about their experiences. Foundation is all about giving people opportunities to try new activities, build skills, connect with others, and enjoy life in ways that matter to them. Here's what they had to say, in their own words:

## **Why did you join Foundation?**

Adele: "To make some friends and do some cool things."

Kim: "To do more courses and learning, try new things and meet new people. I love cooking and baking and mowing lawns, so I wanted to get back into it. I also love walking and running."

Foundation is more than just activities—it's a place to explore your interests, develop skills, and make connections that matter.

## **Why Foundation?**

Kim: "I wanted to try somewhere different. I had heard good things from other people who had been there. I didn't know anyone at the start, but I've been a few times now and I've got used to it. Tim and Quinn are good. We do a lot of new things—that's what I love about it." Starting something new can be daunting, but Foundation's welcoming staff and variety of activities help people feel at ease, giving them confidence to try new experiences.





## What have been some of the best things so far?

Kim: “Mowing the lawn! I used to do it as a cadet, but that was with a big mower. This one was much easier. Now I can even do it with my family—they know I can do it. I’ve also been cooking. It’s similar to home, but I’m learning the different switches and new meals. I really enjoy frisbee golf too.”

Adele: “I worked at Achievement House for 31 years, but I wanted a change of scenery and to make more friends. I wanted to move on, and I feel like I am moving on now. I’ve also reconnected with some old friends. We tell them what we like, and they build the course around us.”

Kim: “I really enjoy learning new things. Sometimes we do something I never thought I would try, like certain cooking techniques or different types of exercise. I like that I’m learning and getting more confident in myself.”

From practical skills like cooking and mowing to leisure activities like frisbee golf, Foundation gives people the chance to explore new experiences, build confidence, and take pride in their achievements.

## What would you tell someone thinking about joining Foundation?

Adele: “Just give it a go and see if you like it. We even go to a garden place every two weeks. Beatriz got us some free veggies—onions, zucchinis, cucumbers, capsicum, sweet corn—and said, ‘Come and try these!’”

Kim: “I told Beatrice I want to volunteer there. I’ve had a job before, so I knew how to ask. I said Tuesdays. Once I get used to it, I might go twice a week. My mum used to be a gardener, so she gave me pointers. I know my mum would be proud of me.”

Adele: “I’m thinking about it too. I might join and see if I like it.”

Foundation allows people to try new experiences at their own pace. Being able to have a say in what they do, when they do it, and how they engage makes all the difference in building confidence and independence.

Adele and Kim’s stories highlight what Foundation is all about—creating opportunities for people to live full, active, and social lives. Whether it’s learning new skills, volunteering, or reconnecting with old friends, Foundation provides a supportive, flexible, and welcoming environment where people can explore their passions, gain confidence, and celebrate their successes.

It’s inspiring to see how small experiences, like mowing a lawn, cooking a new recipe, or volunteering in the garden, can make a huge difference. These moments build skills, independence, and pride—and remind us why creating opportunities for people to try, learn, and grow is so important.

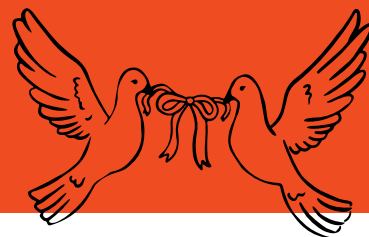


# Community Highlights



What a beautiful day for an outing! The group from The Esplanade enjoyed sunshine, laughter, and the sights and sounds of a stunning waterfall. It was wonderful to see everyone taking in the fresh air, exploring the surroundings, and sharing smiles together.





## Celebrating a Special Day at Waihi Beach

Shona recently attended the wedding of her daughter, Carey, at the stunning Waihi Beach. We all love a wedding, and Shona was kind enough to share some of these beautiful moments with us. From joyful smiles to heartfelt celebrations, the photos capture a day full of love, laughter, and family memories that will be cherished forever.





## Community Painting Workshop

At the end of January we held a creative painting workshop in partnership with Aspire, Progress to Health, and The Canvas Project. The workshop was open to anyone who accesses services through Aspire or Progress to Health, and it was wonderful to see so many people take part.

Around 24 people from Aspire and 3 from Progress to Health, along with staff, joined us for the session. Each person was given a free 15x15cm canvas and invited to create whatever they wanted. All materials were provided thanks to The Canvas Project, making it easy for everyone to get involved and express their creativity.



Some painting guidance was available, but many participants arrived with their own strong ideas about what they wanted to create. People quickly got stuck into painting, collaging, and experimenting with their own imaginative designs.

Progress to Health kindly provided tea, coffee, and biscuits to help keep everyone's energy up while they worked.

All of the artworks created during the workshop were donated back to The Canvas Project and became part of the exhibition held in early March. The exhibition helps raise money to support the mental health of people with disabilities through future creative opportunities.

A big thank you to Aspire for providing the Foundation venue and staff time to help run the event. This was truly a community effort, and it was fantastic to see so many people come together to create.

experience and

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# Community

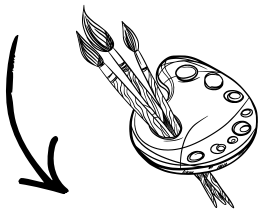
## The Canvas Project Exhibition – Another Creative Success

From 6–8 March, The Canvas Project held its second annual exhibition, and it was a wonderful celebration of community creativity. This year an incredible 260 artworks were displayed, each created on a small 15x15cm canvas and donated by members of the community.

Over the course of the weekend, approximately 96 artworks were sold, raising \$1,920 to help support the running of The Canvas Project. The project focuses on supporting the mental health of people with disabilities by creating free and accessible creative opportunities for the community.

It was especially exciting to see Shona, Kamini, and Gerrard come along to view the exhibition. They enjoyed spotting their own artworks on the wall and recognising pieces created by their friends. Moments like this make the exhibition feel extra special and show the pride people have in sharing their creativity with others.

If you would like to find out more about when The Canvas Project will be running again, follow [studiotwonz.co.nz](http://studiotwonz.co.nz) or scan the QR code. A big thank you to Aspire for their continued support of this project.



experience and

# Community

## Behind the Scenes at Pop'n Good

A few words from Tim and Quinn at Foundation. Recently, we had the exciting opportunity to go behind the scenes at Pop'n Good and experience what a real working factory environment is like. While we weren't able to take photos inside, the visit itself was something truly memorable.

From the moment we stepped in, it was clear just how busy and fast-paced the environment was. The factory was loud, full of movement, and buzzing with activity as we watched the process from start to finish. It gave everyone a genuine insight into what working in this type of setting can be like day-to-day.

Experiences like this are incredibly valuable. For some, the visit sparked a new interest and curiosity about this kind of work. For others, it helped clarify that this environment might not be the right fit for them—and that's just as important. Understanding what you don't enjoy is a key step in finding the right path forward.

Opportunities to explore different workplaces help build confidence, grow independence, and support people to make informed decisions about their future. It's all part of discovering personal strengths, preferences, and goals.

A big thank you to Martin and the Pop'n Good team for welcoming us and giving their time to show us around. We really appreciated the opportunity and the insight shared.



Photos of the team at Foundation out in the community, buying groceries, recording a podcast, cleaning at their volunteer jobs, looking after the garden, cooking for the team, and playing frisbee golf, a new favourite sport for many at Foundation.

# Community

## Whats on at Foundation

New Streams | New Opportunities | Your Next Step

Choose your next stream! Talk to staff to switch or sign up.

<p><b>HOSPITALITY</b></p> <p><i>Cook with confidence</i></p> <ul style="list-style-type: none"> <li>• Cook tasty food</li> <li>• Learn new recipes</li> <li>• Eat well</li> </ul> <p>Best for: Cooking Skills</p>	<p><b>EXPLORE</b></p> <p><i>Discover new places in Hamilton</i></p> <ul style="list-style-type: none"> <li>• Visit Local Attractions</li> <li>• Rate for access and fun</li> <li>• Plan new outings</li> </ul> <p>Best for: Trying new places</p>	<p><b>EMPLOYMENT</b></p> <p><i>Get work ready</i></p> <ul style="list-style-type: none"> <li>• Visit Local Workplaces</li> <li>• Learn new skills</li> <li>• Volunteer</li> <li>• Find a job</li> </ul> <p>Best for: Getting ready for work</p>
<p><b>KITCHEN PROJECT</b></p> <p><i>Create a cook book</i></p> <ul style="list-style-type: none"> <li>• Cook and present food</li> <li>• Learn food photography</li> <li>• Learn to print and bind books</li> </ul> <p>Best for: Creating a cookbook</p>	<p><b>HORTICULTURE</b></p> <p><i>Grow and maintain gardens</i></p> <ul style="list-style-type: none"> <li>• Visit Local Gardens</li> <li>• Learn to grow plants from seeds</li> <li>• Garden and lawn maintenance</li> </ul> <p>Best for: Outdoor work</p>	<p><b>GIVING BACK</b></p> <p><i>Give back locally</i></p> <ul style="list-style-type: none"> <li>• Bake Foundation cookies</li> <li>• Deliver and thank unsung hero's in the community</li> <li>• Friday Foundation BBQ</li> </ul> <p>Best for: Helping others</p>

### APRIL AT FOUNDATION

	Mon	Tues	Wed	Thurs	Fri
AM	Hospitality	EXPLORE	Employment	Hospitality	Giving Back
PM		The Kitchen Project		Horticulture	

### HOW TO JOIN OR SWITCH STREAMS

- 1 - Talk to staff
- 2 - Try a session
- 3 - Lock in for a 4 week cycle



# Privacy Update: What You Need to Know

## Why the Privacy Rules Have Changed

New Zealand has updated the privacy rules to make sure you always know when information about you is collected, especially if it comes from someone else, not from you directly.

## What's the New Rule?

If an organisation gets your personal information from another agency or person, they now need to tell you.

## What You Will Be Told

You should be told:

- That information about you has been collected
- Why the information is needed
- Who will use or see the information
- The name of the organisation collecting it
- That you can ask to see the information they hold
- That you can ask them to fix any mistakes

## Are There Exceptions?

Yes, if you already knew this information, or there is a special legal reason, the organisation may not need to tell you again.

## What This Means for Aspire

- We will be clear about how and when we collect information
- Some of our forms and processes may be updated
- Staff will follow guidance to keep your information safe
- Aspire is ready, compliant, and is sharing this information with you as an assurance your information is secure.



# Make Your Own Decisions

Every adult has the right to make their own decisions. Making your own choices is an important part of dignity, independence, and living life on your own terms. Aspire's role is not to decide for you, but to stand beside you, offer information, and support you so you can choose what is right for your life.

Here is how a team member can help you make your own decisions:

## 1. Get clear information

Your team can break things down, use plain language, pictures, or examples, whatever makes the information easier to understand. Good information helps you decide with confidence.

## 2. Give yourself time to think

You do not have to choose quickly. Team members will give you space to think, ask questions, or come back later. Decisions are clearer when you do not feel rushed.

## 3. Explore options together

Sometimes it helps to see or try things before choosing.

Your team can:

- show you what the options look like
- visit a place with you
- talk about the pros and cons
- help you imagine how each choice would feel

This will help you understand what each decision really means.

## 4. Listen to what you want

Your choice matters. Team members will listen to what you say, notice what you enjoy, and respect your decisions, even if others might choose differently. It is your life.

## 5. Support small decisions too

Choosing your clothes, your meals, your activities, your routines, all of these decisions build confidence and control. Each choice is a step towards more independence.

Remember:

Supported decision making is about believing in yourself, respecting your adulthood, and making sure your voice is at the centre of your life. With the right support, you can make choices that feel right for you—and we're here to help you do exactly that.

# Contact us



## Feedback

I'd Love to Hear from You!

Do you have a story, photos, writing, or artwork you'd like to share? We'd love to feature it in our newsletter.


Got feedback or ideas for future editions? Let me (Lee) know, I want to make this newsletter even better for you!

Email me at: [Lee.samuel@aspire.org.nz](mailto:Lee.samuel@aspire.org.nz)  
022 4967479 - Lee Samuel, Outcomes Manager

Let's keep building this together—your input makes all the difference!

# Complaint

# Compliment



aspire  
COMMUNITY SUPPORT

We value your feedback . If you have a complaint or a compliment, please reach out to us.

07 839 0183

[Lee.samuel@aspire.org.nz](mailto:Lee.samuel@aspire.org.nz)

Head Office, 103 Tawa Street, Hamilton

[www.aspire.org.nz](http://www.aspire.org.nz)

OR you can fill in your details below and drop to our Head Office.

Please call me

Please email me

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**Name**

**Phone**

**Email**

If you prefer you can contact the Office of the Health and Disability Commissioner Directly

PO Box 1791, Auckland 1140

Fax: 09 373 1061

Email: [hdc@hdc.org.nz](mailto:hdc@hdc.org.nz)

Freephone: 0800 11 22 33

Website: [www.hdc.org.nz](http://www.hdc.org.nz)

