

Community MOVES

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Personally speaking

2017 has been a year in which we have made some significant decisions as we ready ourselves for a changing future.

Most recently, in services we have decided to strengthen the Service Manager role. This role is essential to providing the best service to people with intellectual disabilities and autism and the change is, in part, in response to concerns raised by Service Managers and other affected staff. We are increasing the number of Service Managers and adding a new role to manage on-call coverage, recruitment and general administration in every area. We are also working towards establishing a national team of clinical leaders to oversee clinical practice and service quality (read more on page 4).

Earlier this year we moved out of providing some services knowing that there were others better placed to provide them. We have already begun to take a closer look at our residential and vocational services and consider how we can better support people with complex needs and those who are ageing.

Accessible Properties has been managing the more than 1100 former Housing New Zealand homes in Tauranga since the start of April. Already we are seeing the benefits of increased engagement with tenants and are hearing some heart-warming stories of the difference that good homes make in people's lives. We are also actively engaged with a wide range of community groups in Tauranga as we support efforts to reduce homelessness and methamphetamine use. There are many challenges in this important work.

The Accessible Properties team is also looking at new ways to meet the changing needs of IDEA Services and demands on the IHC property portfolio.

In IHC we have continued to work hard in Advocacy, Fundraising, Volunteering and Events. Our Library's reach is ever increasing and we celebrated its 50 birthday (see page 12) this year. In July we relaunched our 'Take a break with us' programme and the response has been incredible, with more than 300 families and individuals already registering for some time out (see story page 10).

Before the AGM in September we held workshop discussions to give our members an additional avenue for raising issues important to them. A number of people asked about redefining engagement with families and with members in the new environment. We look forward to some more thinking and discussion on this in the year ahead.

Finally, I want to wish you and your families a Merry Christmas, happy holiday season and all the best for 2018.

Ralph Jones
Chief Executive



Jeremy is in his element

Four years ago Jeremy Price didn't know he could be a champion swimmer – until his talent was spotted at his school swimming sports.

Earlier this month, the Year 12 Freyberg High School student had his sights set on winning medals at the Special Olympics National Summer Games, being held in Wellington from 27 November to 1 December. This is New Zealand's largest sports event for people with intellectual disabilities and Jeremy, 16, was one of a team of 24 swimmers from Manawatu joining 1300 athletes from around the country.

Jeremy's specialty is breaststroke and he was competing in four events – 50m, 100m and 200m and the 4 x 50m relay event at the Wellington Regional Aquatic Centre in Kilbirnie. With the heats and the finals, he was facing as many as eight races during the five days of the competition.

Jeremy trains three times a week leading up to major events. He usually trains after school, but you will also find him at the Freyberg Community Pool or the Lido Aquatic Centre in Palmerston North on some Sundays too.

His training speed for the 50m is 42 to 43 seconds, but he was hoping to shave some time off that at the games. "I have got a lot of training to do before then," he said.

"I would be happy with 41 or 42. In the regionals I took 10 seconds off one of my times overnight." That was between the heats and the finals.

This was Jeremy's first Summer Games, although he regularly competes at regional level. Last year he won three medals – gold, silver and bronze – at the 2016 Trans-Tasman Tournament in Hamilton.

Jeremy, who has been diagnosed with ADHD and autism, already has his eye on another prize though – the 2020 Paralympics in Tokyo.

More than 2200 athletes, coaches and team management attended the National Summer Games – held once every four years – and the athletes competed in 11 sports, supported by 1000 volunteers. The competition was held at 10 venues across Wellington.

The Special Olympics' Healthy Athletes Programme was also held at the games supported by around 70 voluntary clinicians.



Swimmer Jeremy Price trained hard for his events in the Special Olympics National Summer Games in Wellington.

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COVER IMAGE:

Felipe Albanex Pinto displays his self-portrait exhibited at Zeal West in Henderson, Auckland. Felipe was one of 11 young people from IDEA Services who spent time learning about digital photography and then applying that knowledge to develop self-portraits. See story page 14.

Service changes point the way forward

The changes within IDEA Services this year leave us in a good place to consider what's next in providing the top-quality services that are most needed by people with intellectual disabilities and autism.

Over the first part of the year, the transition from providing services, including home support, foster care, shared care, facility-based respite care and contract board, was mostly completed smoothly.

Chief Operating Officer Janine Stewart says she is pleased that most people have moved to other quality service providers, but defining the daytime component for people in contract board has been trickier.

"We are still working with individuals, the Ministry of Health and Needs Assessment Service Coordinators to work out the funding arrangements and service delivery of vocational services for people in contract board," she says.

In fact, Janine says, one of the key reasons for moving out of services was to take a closer look at vocational services for everyone – as well as residential. "These are core services that people will always need and we will always make sure are provided," she says.

"Part of providing that quality is making sure we have staffing levels just right – that's why we are adding more Service Managers in each area to reduce their workload and make sure they and our



Chief Operating Officer Janine Stewart will hand over the role in 2018.

'Supporting families has been at the heart of what IHC has done for 70 years. We constantly adapt to respond to what families want from us and to meet families where they want to engage – increasingly online.'

Support Workers are able to provide the best support."

Janine says we want our residential and vocational services to be the best they can be. "We have many people in our services with dual diagnoses, with complex support needs or who are getting older – so we need to think about our residential services and make sure they are working well for

everyone – our new clinical teams will be part of this.

"The same is true for vocational services – what could we be doing differently that supports people to make more choices about employment or how they spend their time?"

In 2018, IDEA Services will have a new Chief Operating Officer, Joan Cowan, who comes to us from HealthCare NZ. Janine will return to her role leading IHC's charitable and community programmes.

"It will be a timely return," says Janine. "It has been an important year for services and next year will be equally as important with Joan leading IDEA Services.

"However, the participants in workshops held before this year's AGM reinforced our thinking that we need to do more in the areas of membership and community and family connection in this changing environment.

"Many people talked about families needing support for navigating individualised funding and still wanting to know that information and connections are available to them.

"Supporting families has been at the heart of what IHC has done for 70 years. We constantly adapt to respond to what families want from us and to meet families where they want to engage – increasingly online," says Janine.

"We look forward to considering new ways of increasing connection in the year ahead."



John Nicholson and IDEA Services Support Worker Nathan Bate get ready to set out.

Half a century of support for John

Two Coromandel brothers – who work for IDEA Services – have together devoted nearly half a century to supporting a man to remain living in his local community and managing the challenges of his severe autism, schizophrenia and intellectual disability.

John Nicholson has been supported for 24 years by Nathan Bate, while his brother Cameron has dedicated 22 years. The pair is two-thirds of a team that works with John around the clock.

“Consistency is key – sticking to the routine, and having any relief staff on the same page. It’s reassurance for him to have the routine in place,” says Nathan.

Central to John’s support and happiness is a highly structured seven-day programme.

“John can’t tell the time but has

a very precise body clock. He knows when everything is due.”

After so many years together, Nathan says he is well aware of signals to watch for.

“The important thing is dealing with challenging behaviour consistently. Sometimes there are no triggers, and you have to make decisions in seconds. That comes with experience; often it’s just about reading his body language.”

Nathan says that 42-year-old John has “mellowed with age” and now counts on his support workers more than ever, following the death of his mother Robyn in January.

“One of the most rewarding things was the relationship we built with John’s family over time. He used to be quite violent towards his family, but we got him to a stage where he would happily sit with his mother, make her tea, give her a cuddle and kiss her goodbye.”

Nathan has had two stints living in Australia, but each time returned home to work with John.

“Knowing him from a young age, to seeing where he is now, all the hard work has paid off. He has a far better quality of life, tolerates things now [that] he never would have when he was younger.”

The working relationship has become akin to family over the years, to the point where the brothers even take John on holidays.

The Bate brothers were initially brought into their roles by Donna Mitchell, who is now IHC’s General Manager of Service Development and Strategy.

“It was fantastic to have recently been back to see John, to see how happy he is and how well his life is going. It just goes to show what a difference well tailored, individual support, that has his best interests at heart, has made.”

Don't ask us to join your committee



Millennials (from left) twins Ben Marshall and Natalie Howes with IHC Southland Association Chair and Mum Juli Marshall.

Young people do care – but they don't want to join a committee, says Natalie Howes, the daughter of the IHC Southland Association Chair and sister of two brothers with intellectual disabilities.

Natalie and her mum Juli Marshall got talking recently about the declining numbers of IHC members and how to get more young people involved.

As a result Natalie, 30, has issued a challenge to IHC to think differently about the way it engages with young people. She says IHC will struggle to get support from people who don't have direct experience of family members with intellectual disabilities.

Natalie's twin brother Ben, and Travis, 23, have global

developmental delay and an unspecified genetic disorder. Ben also has cerebral palsy. Even so, Natalie won't be signing up to be a member of IHC or to join her mother's IHC Association committee.

"I have no interest in committees because as much as I am all for a good cause, I get frustrated with the dynamics of committees because often people have their own agendas, which detracts from actually making change.

"Young people are unaware there is a problem in society, which is why IHC lacks support from the younger generation. People aren't 'blissfully unaware' and they are not necessarily ignorant – they are genuinely uninformed.

"The moment you get young people realising the challenges in our society, encourage them to have an opinion and involve them in trying to make change, then

you've got their support."

What got Juli and Natalie talking was the latest membership data from IHC showing a fall from 3000 to 1800 members in five years. It's a small group of very loyal members, who have family members supported by IHC, but who are getting older.

But that is only part of the picture. IHC has thousands of friends and supporters who, while they aren't part of its formal membership, are committed to the organisation.

There are 61,000 users of the IHC website, 5600 people liked us on our Facebook page, and there have been 12,000 views on the IHC YouTube channel. Around 1000 people borrow from the IHC Library each year and the library has 4000 people on its mailing list. On the fundraising front, there are more than 17,000

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It's the best Christmas present of all for trio

Three Accessible Properties tenants in Tauranga will have somewhere new to live this Christmas thanks to some quick thinking by their neighbour and quick action by their Tenancy Manager.

Shirley Landrebe was slowly being trapped at home by her disabilities, which were increasingly restricting her movements. Her husband Rodney Landrebe was no longer able to help her in and out of the house and he was desperate for help. Shirley's sister Delwyn Semenoff, miles away in Hamilton, was getting urgent calls because Shirley was either stuck inside or stuck outside.

"I have just felt helpless because I am over here," Delwyn says.

While the couple was waiting for a more accessible unit, their neighbour had a good idea. He said a man he supported, Rodney Vincent, liked their unit and would be keen to swap.

They went to view the unit – "and it was perfect", Delwyn says. So they contacted Accessible Properties Tenancy Manager Judi Little and the swap was approved. "They approved it very, very quickly. "It's perfect for Christmas. It's absolutely perfect. I feel overwhelmed.

"This will bring Shirley back to the person she is, without worrying every day about how she will get down the steps and how she will get into the shower and out of the shower.



(From left) Rodney Vincent with Shirley and Rodney Landrebe worked out a house swap.

"I am a Christian – we are all Christians. I had prayed and prayed about the move and I thought that this is such a huge answer to prayer," Delwyn says.

Judi says Shirley was effectively housebound – even helping Shirley outside to have her photograph taken had been very difficult. But it had not been possible to modify their house. At the same time Rodney Vincent needed to be closer to his caregiver and to the hospital.

Rodney says the swap works for everyone. "I don't have to catch buses or anything, anymore. I am happy as. We basically helped each other."

She says all the tenants are "over the moon" about the house swap. "Rodney Vincent will now have his caregiver living next door. Shirley and Rodney will now have a property with level access, just two doors from the supermarket and three doors from their church."

How much longer does M

Max Hannah has Down syndrome. He wasn't very old when he knew he wasn't welcome at school with the other kids.

Max had every right to be there, and IHC picked up the legal fight on his behalf and on behalf of all the children like him. In 2008 it lodged a complaint with the Human Rights Commission about discrimination in schools.

But nine years later – as long as Max's entire primary school career – IHC and Max are still waiting for a full hearing at the Human Rights Review Tribunal.

Max was five years of age when his parents Antonia and Leigh provided evidence for IHC's complaint. His story of discrimination started at pre-school when his parents were told he needed more support than he was funded for. Could Max's grandmother come and work as a teacher aide? Could they pay for more hours?

Max found going to school wasn't that simple. Well, you aren't six yet, so we might have to send you home early. We have to consider the other kids. Wouldn't you be better off at a special school?

Max had high ORS (Ongoing Resourcing Scheme) funding but this limited him to 10 hours teacher-aide support a week. "I just thought it was ridiculous that they had this limit on his number of teacher-aide hours. Max's disability doesn't switch off at 12 o'clock," Antonia says. "Not one mainstream school we approached welcomed us,



Max Hannah is enjoying being part of the community at his new school.

mainly because of the lack of teacher-aide hours."

Instead Antonia and Leigh started Max in an Auckland special school before enrolling him at a mainstream primary school, where she says Max was never welcome. "They were very intolerant and said things like, 'He eats like a pig,'" Antonia says. "They hated it when he put his fingers on the glass windows or touched anything. They would phone me to pick him up for having muddy clothes. They placed him at the back of the classroom with his teacher aide.

"He was removed for core subjects and not included. He was expected to be kept busy by the teacher aide while the teacher taught all the other students.

The principal did not think he belonged at their school. It's very hard to explain what it feels like – it was very undignified. Max's dignity and our dignity were not considered," she says.

He was stood down from that school twice, in 2013 and again in 2014, for behaviour his parents say related directly to his disability and because of the school's failure to understand and manage it.

In October 2015, the Ombudsman ruled the school had acted unreasonably by standing him down. He requested a note be attached to Max's school record and asked for an apology to his parents. But by that time the Hannah family had long gone, saying the experience had broken them.

Max have to wait?

Fortunately the story changes there. Max found a welcome at another Auckland primary school and they started again to build the relationships that would help him to reach his potential.

“We were broken. We were really distrustful too and very sad. It took the school a long time to help us to trust again,” Antonia says. “When a school isn’t inclusive, you know it. And it’s very unpleasant to be on the receiving end of it.”

IHC’s complaint isn’t targeted at schools, but at the Ministry for allowing a situation where schools are so under-resourced and ill-equipped to deal with Max and other children like him, that many of them duck and dive when children turn up to enrol. These schools don’t – nor can they – say no directly. But they resist enrolling children who don’t come with enough funding. Or they enrol them but fail to include the students in all the activities. School trip? Sorry, we don’t have

a teacher aide. School camp? You might find it easier to stay home.

By participating in the legal action, Antonia says, she hoped that Max could go to any school and enrol without any hesitation. She hoped for a full-time teacher aide for Max and that there would be resources such as sensory spaces and play equipment for him. She hoped that he would enjoy his time at school and feel welcomed and included and that the school would look out for him. On a wider level she hoped that all teachers would have some understanding of Down syndrome and behavioural techniques and how to adapt the curriculum for students who needed extra support.

Max, now 13, has been at his new primary school since 2014, and Antonia says he is very much a part of the community. From the start the school was willing to make things work for Max. “The school was keen to understand and learn. They basically got it.”

It doesn’t mean that things are perfect, but Antonia puts the fault squarely at the door of a Ministry that can introduce National Standards for schools, yet not provide an alternative school report for children who can’t achieve National Standards. “It’s just luck if your school is willing to create one. The National Standard report doesn’t give me any information about how my child is learning.”

She asks why the Ministry is implementing modern learning environments without understanding their impacts on children with learning needs. “Modern learning environments don’t work for children with disabilities,” she says.

“It’s just completely down to luck that we have managed to find a kind-hearted school that takes inclusion seriously, but it’s not the case for everyone I know.”

IHC urges immediate action on education

IHC is urging immediate action on behalf of children with learning disabilities who have waited too long for the Ministry of Education to treat them fairly.

IHC Director of Advocacy Trish Grant says it has been nine years since IHC lodged its discrimination complaint against the Ministry with the Human Rights Commission.

“A generation of students – like Max – have passed through the education system while the claim has awaited a full hearing.”

Now, because of delays in getting hearings before the Human Rights Review Tribunal, IHC faces having to update its body of evidence. “The impact of the delays is huge.”

Trish has questioned how the Ministry of Education can come up with sufficient resourcing for special education without a clear idea of the size of the problem.

She says the Ministry has spent more than 20 years tinkering around the edges of a resourcing policy acknowledged to have

been flawed from the outset, and has still failed to fix the problems.

“The current policy was developed without accurate prevalence data or information on the true cost of supporting children with disabilities,” she says.

Last year IHC and the Ministry of Education, the Education Review Office and the Education Council engaged in four days of confidential discussions on IHC’s complaint. No settlement was reached.

A rare Christmas at the beach

Kaelee, Kahliyah and Hunter will wake up on Christmas morning to the sound of the waves crashing on the beach at Mt Maunganui.

It's the first Christmas away for Matt Pilkington, Makuini (Kuini) Hurunui and their children, who live in the small Manawatu town of Shannon. The family is one of many with disabled children who will get a break this summer thanks to 'IHC's Take a break with us' programme and funding from a bequest to IHC – the Zena Elsie Orr Memorial Trust fund.

Kuini balances working as a caregiver and doing beauty treatments around caring for the children. Matt is doing a plumbing apprenticeship.

Kaelee, 9, has Down syndrome and lives life in the fast lane. "She runs away, says Kuini. "She's like having two kids." She is great at escaping and can climb high fences – and someone has to keep an eye out for her all the time.

"Simple things, like going to the shops, are so hard. If she sees something, she will want it. And if I say no, she will drop to the floor," Kuini says.

"A trip anywhere pretty much is just 10 times harder," Matt says. "She is funny. Not naughty, but she is full on."

Kaelee goes to Shannon School, but her older sister Kahliyah, 10, and brother Hunter, 5, go to Tokomaru, 13km away. "We sent Kahliyah to Tokomaru. It was because we just needed to give her a break from looking after



Matt Pilkington, Makuini Hurunui and their children (from left) Kaelee, Kahliyah and Hunter have big beach plans this year.

Kaelee at school," Kuini says. "And Hunter – we said we are not starting him there because he would have the same issue."

The family plans to spend Christmas swimming and fishing and they

are hoping there is a little more sunshine than they have come to expect in Shannon on Christmas Day. "In 27 years, I have had every Christmas in Shannon," Kuini says. "I have spent every Christmas in Shannon – bar one," Matt says.

for Kaelee's family



The trustees of the Zena Elsie Orr Memorial Trust fund recently agreed to spend \$50,000 to support the 'Take a break with us' programme.

The trust was set up to provide

short-term care for people with intellectual disabilities in the Manawatu area. More than 300 families and individuals have registered for some time out already.

Chair Mark Cleaver says the trustees are very pleased to be able to assist and uphold the intent of the Orr family to provide meaningful respite for families.

The 'Take a break with us' programme is also supported by Millennium & Cophorne Hotels New Zealand, which are generously providing IHC with more than 50 twin-share, double or family-style hotel rooms and breakfast. There are 20 participating hotels across New Zealand.

"Our hotel mini-break is a small gesture to recognise the quiet dedication and selfless hard work that caretakers give to their loved ones," says BK Chiu, Managing Director of Millennium Hotels New Zealand.

Evette Chauvineau, New Zealand Marketing Manager, says Millennium was looking for a way to reach out and support local communities.

"When we found the 'Take a break with us' programme we were inspired by the fact that we could give such well-deserved breaks to hardworking caregivers who need it most. As caregivers often put the needs of their loved ones before their own, it's nice for us to provide some care and hospitality to those who give the most to their loved ones themselves."

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supporters in the Smile Club, our regular giving programme, and another 4100 farmers pledge calves or donate to the Calf Scheme.

There are more than 600 volunteers in friendship and skills volunteering programmes, who last year contributed 26,000 hours. And 300 families of people with disabilities have signed up to our 'Take a break with us' programme.

IHC's new Member Council has accepted the challenge on behalf of the IHC Board of redefining and boosting membership for the 70-year-old organisation, which employs 5500 staff and supports 4500 people. This is important future-proofing because IHC is a membership-based organisation.

Natalie has challenged IHC to understand what would motivate 'Millennials' to get involved and says it's not about what IHC does, it's all about why.

"Young people aren't interested in IHC providing support for the intellectually disabled, but they will support IHC if the promotion suggests people with intellectual disabilities are not given a fair go in society," Natalie says. "To get the support of Millennials they need to know why an organisation does what it does. Millennials need to know that if they support your organisation they will make a difference," she says.

"There is a genuine desire to connect with people when they think that something is not right."

IHC Library a lifeline for parents

Fifty years ago, the parents who made their way to the IHC Library on The Terrace in Wellington found themselves peering into a dark cupboard at a stack of books without aid of windows or light.

The cupboard was stocked with books and articles that other families had found useful, but there was no catalogue, and some of the resources might have been a bit dated.

Today's library on the 14th floor of a building in Willis Street, overlooking Wellington's picturesque harbour, couldn't be more different. It is the largest specialist library in New Zealand dealing with intellectual disabilities, autism and other developmental disabilities.

Those outside Wellington miss out on the view, but they won't miss out on the service. Borrowers can browse an online catalogue and library staff will mail or email resources all over the country. The library also has a collection of e-books, social skills games and digital resources in addition to the latest books in print and the latest research in academic journals. Library users now have access to more than 25,000 items.

In October, the library marked its 50th anniversary with a celebration and some research into the files to find out more about the librarians who all played a part in making it a useful resource for families, teachers, researchers and many others.

Philip Clarke, head of the library team, paid tribute to past librarians. "A library without librarians is just a bookshelf. Over the past 50 years you have grabbed hold of new innovations, made numerous



(From left) Michael Holdsworth, Eileen McParland and Philip Clarke celebrate the IHC Library's first 50 years – 1967 to 2017.

improvements and taken advantage of every opportunity to make the library the best it could be.

"Ultimately librarians are about making a difference for people and it has always been that way. Deidre Skinner was one of the early IHC librarians and on her retirement in 1975 the new librarian commented on the volume of correspondence showing not just the great job she had done but the level of personal commitment to the people who used the library."

Glenys Swanson, from Island Bay in Wellington, had a son with Down syndrome and she knew little about his condition. She first found her way to the library in 1972. She says she then used it over subsequent years as a special education teacher, finding resource material for teacher aides.

The library's longest-serving staff member, Michael Holdsworth, first arrived at the library in 1975 in his pushchair. His mother, Merrill Holdsworth, says she struggled to find information about Down syndrome and the library was her



Eileen McParland shortly before she left the IHC in 1986.

first contact with IHC. It's been a longstanding family connection.

Former librarian Eileen McParland was there when IHC shifted from Gleneagles House on The Terrace to Featherston Street. Finally, the library emerged from a cupboard into a better space.

"I was employed in February 1980 as Library and Information Officer. The library was in a cupboard and there were no windows or anything. It was quite dark. Luckily I had good eyesight. When we got to Featherston Street I insisted that the library be accessible. So it was set up directly behind reception," Eileen says. "Like now, most of the library was postal. We formed friendships with the people we posted letters to."

One of the people Eileen corresponded with is now Queen Nanasipau'u of Tonga. "Nanasi was running the IHC branch in Tonga. So I would write to her and later she came to New Zealand on a State visit." Eileen was among the guests at an official reception. Eileen worked for a time with another librarian Brenda Sampson and between them printed the first catalogue.

"Over time, the attitude to the library changed. It was regarded as being terribly important."

‘Nobody else can fight for these kids like I can’

Lynda Mooij has made it her business to foster children with complex needs because she knows that these are the kids who other foster carers will give up when the going gets tough. “I hated to see them shunted from place to place,” she says.

She and her husband John have devoted their lives to these children, offering a home in Invercargill and stability to 20 children over the past 26 years.

Lynda would deny they are saints, or even parents with super powers. What they have is determination, ‘Southland self-reliance’, and a belief that with love and care they can draw out the best from children who have had the worst start.

“Because nobody else can fight for these kids like I can. That sounds self-righteous doesn’t it? This is the next generation. They deserve the best,” Lynda says. “We don’t need a world full of rocket scientists. We need a world of people who live a good life and try their best.”

Lynda was on her own with eight-year-old daughter Darnelle and three-year-old son Courtney when she started fostering.

When Krystle came to stay, she was six years old in a wheelchair. She had schizencephaly, a rare condition causing splits in the cerebral hemispheres of the brain, and Lennox-Gastaut syndrome, a form of severe epilepsy causing constant seizures.

“At that stage her life expectancy was that she would never be a teenager,” Lynda says. Krystle



John and Lynda Mooij with their family (from left) Chantelle, Krystle, Zion and Kenneth – and their dog Buddy.

is now 33 and still living with the family.

When Lynda and John met in 1995, through fostering, they had five children between them. The family has since grown by another four permanent family members. There are three “forever children” being cared for under the Ministry of Social Development’s Home for Life programme – Krystle, Zion 22, and Kenneth 16 - and one foster daughter, Chantelle, 19. Lynda was named her permanent guardian when her mother died two years ago.

“I believe life is for living. People ask me how I am, and I say, ‘Fantastic. I am above the ground’. At the end of the day, if you see that you have done something right for this next generation then you feel good.” Are they a happy family? “Hell yeah. We laugh at the most diabolical things,” she says.

“I don’t find my children draining. What I do find mentally draining is all the bureaucracy you have

got to get through to get them the help they deserve,” she says. “I get frustrated. I want to change the world, but I want it to happen right now. Not bloody someday.”

Zion is a trainee at Koha Kai, a not-for-profit group providing disabled Southlanders with a pathway to employment by teaching them food skills, and Chantelle works for Southland Disability Enterprises, an organisation providing employment and encouraging personal development for people with disabilities.

Lynda, 63, looks after the house and the family, and John, 62, works full time at the Tiwai Point aluminium smelter. They work as a team.

They were both awarded the Queen’s Service Order last year for their services to foster care. John is a volunteer with Special Olympics Southland, and Lynda is Deputy Chair of the IHC Southland Association.

Now you see me

Young Auckland artists explore identity



Mitchell Richards, 24, with his exhibition of self-portraits at Zeal West in Henderson.

The artists' faces were everywhere – in photographs, in painted portraits and in amazing combinations of the two. And in front of the portraits were the artists themselves, proudly exhibiting their work to the public.

Between May and September this year, 11 young people from IDEA Services in Henderson, Auckland, spent time learning about digital photography and then applying that knowledge to develop self-portraits. At the end of the course they held a public exhibition at Zeal West – an organisation committed to developing creativity in young people.

The IHC Foundation contributed nearly \$12,000 towards the 20-week course in photography and art. The project explored identity, focusing on what people and places meant to the participants.

In the first 10 weeks the students were shown how to hold and shoot using digital SLR cameras,

they learned about composition and lighting, and how to edit. A drone was used to capture aerial landscape shots of places they identified with. In the second part of the course, the images were manipulated to capture the personalities behind the images.

Zeal West Programme Coordinator Naomi Reese says the idea is to nurture self-expression and to create a sense of belonging. The students – all between the ages of 20 and 26 – were all at different levels, but “their level of engagement is incredible and their level of patience with each other. For a number of them this would have been the first time they had handled a proper camera.”

Photography tutor Anieszka Banks says the students were focused and committed. Each of the students made remarkable progress in confidence and also in ability – from not being able to hold a camera or paintbrush to being completely confident and using both unassisted.

“The students loved working with the drone, which was

dubbed the ‘flying camera’. We integrated it into the lessons in a few different ways. I had a stack of coloured cards and I got the class to hide them throughout the park. Then we led JP (John Puleitu, the manager of Zeal West) on a treasure-hunt style adventure through the park with the drone. We watched the footage back on the projector to see him find each thing that we had hidden.

“We also used the drone to take photographs of us as a group in different patterns and formations. This way the students got to see the link between how things look on the ground level and how they look from a bird’s-eye view.”

Zeal Education Trust has been working with young people in New Zealand for the past 18 years. It says it is committed to positively influencing young people through creativity. Zeal also engages with up to 500,000 young people online through its Live for Tomorrow programme, tackling issues such as mental health, identity, bullying, self-harm, alcohol and suicide.

The IHC Foundation has been supporting the Zeal Education Trust since 2014 and has funded barista training, music-making, photography and art initiatives in Auckland, Hamilton and Wellington. IHC Foundation Chair Sir Roderick Deane says Zeal makes a point of including young people with intellectual disabilities in its programmes. “This goes a long way to creating a real sense of belonging and confidence.”



North Shore kapa haka group (from left) Support Worker Riria Tofilau-Anania, Kevin Fabian, Victor Tupou, Theresa Ordish, Hee Sang (Sunny) Yoon, Amy Mackres, Christine Boyed and Durban Pairama.

Kapa haka leaders call in the experts

Kapa haka enthusiasts from all over the country flew into Auckland early in December for a master class in Māori performing arts.

Around 70 IDEA Services staff and kiritaki (Māori service users) spent the day at Te Manukanuka o Hoturoa Marae (Auckland Airport Marae) polishing their performance skills ahead of a planned national kapa haka festival next year.

Te Anga Paua Kapa Haka Symposium, the master class, organised by the IDEA Services Māori Advisory Committee, was supported by leading national kapa haka experts Te Matatini and early childhood leadership programme Rukumoana Te Kohanga Reo.

Participants in the workshops were shown how to teach and deliver mōteatea (chant), waiata a ringa (action song), poi, haka and waiata tira (choral), and stagecraft. The workshops also focused on the composition of kupu (words) and taki (beat) appropriate to the learning abilities of people with disabilities. The sessions were filmed to share with groups all over the country.

The symposium was held to give kapa haka leaders within IDEA Services the skills to prepare groups to perform in a national kapa haka festival, planned for later in 2018.

Northern Region General Manager Vonny Davis and Taki Peeke Kaitakawaenga (IDEA Services Māori Advisor) say kapa haka is an

important part of connecting people with disabilities with their Māori culture.

“The majority of our staff and kiritaki have never had formal teaching of kapa haka. They do, however, see their peers and whānau performing on stage and television and many aspire to do this too,” says Taki.

He says kapa haka opens the door for people to their Māoritanga. “It’s kapa haka that has kept and retained the history and culture.”

An IDEA Services northern region festival, Te Hoenga Waka Invitational Kapa Haka Festival, was held in Auckland in March this year, and Vonny and Taki say the plan is to have a national festival every two years, alternating with regional festivals. Vonny says around 400 people attended the Auckland festival and they are expecting anywhere between 800 and 1000 to attend a national event next year. “We know the interest is out there with other providers.”

They say many cultural festivals around the country have strong expectations on items that need to be performed. Performing on stage in front of audiences of 500 to 5000 people can be a hugely daunting experience for our kiritaki.

The IDEA Services national festival and regional kapa haka festivals will be non-competitive and designed to support kiritaki to participate and improve their capabilities with performances.

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ISSN 1171-8587

