



across the spectrum

Issue 101 – Autumn 2019

for the people, families and communities of Spectrum Care

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Spectrum memorial for Christchurch



'Inna lillahi wa inna ilayhi raji'un'
'Surely we belong to God and to Him shall we return'

First and foremost in our minds in recent weeks is our collective grief for the tragedy that unfolded at Al Noor and Linwood mosques.

Given the close-knit nature of our Muslim community, many of the people we support, whānau and staff know or know of people caught up in this terrible event. Our condolences, sympathies and prayers remain with them.

On Friday 22 March, we held a memorial service for all those affected by this national tragedy. Prayers and reflections were offered at our Hub in Onehunga at 9am, 10am, 11am and 12pm, and I was very proud that we were able to create an environment that was inclusive and respectful of all cultures.

All those who attended also signed a remembrance book, which was then delivered, along with flowers, to the Onehunga Islamic Centre in time for 2pm 'Zohar' prayers (pictured below).

As-salamu 'alaykum to you all.

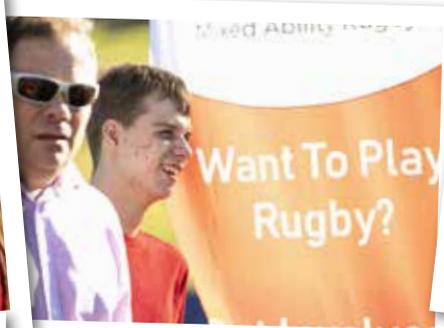
Sean Stowers Chief Executive



Photo from NZHerald, Jason Oxenham

Warriors join Mixed Ability Rugby match!

On Thursday 14 February, the Auckland Warriors joined the Mixed Ability Rugby team's touch rugby game at College Rifles to support the team's endeavours. Spectrum's photography partner, Michelle Hyslop, attended the event and gathered a wide array of high-quality images, which are presented here. Thanks to the Warriors for their fantastic support and community spirit!



Frank participates in memorial video

On Friday 15 March, the Christchurch mosque shootings shook the foundations of New Zealand. 'This is our home. This is who we choose to be' is an artistic response to the tragedy, created by the Eyes and Ears production company.

It's a simple video to acknowledge what's happened, while showing the wonderful, diverse faces of New Zealanders coming together to mourn – and stand up against racism and hate.

Together with a passionate team, the Eyes and Ears crew set out for a day around Auckland, filming real New Zealanders and their genuine reactions to the tragedy.

Included in this was Frank, a person supported by Spectrum Care.

The film is backed by a powerful poem that was written by Sabah Rahman and voiced by Jen Huang. Frank appears at 2m19s:

- <https://www.eyesandears.co.nz/we-are-new-zealand>



David joins UN monitoring review!

In New Zealand, disabled people are homeowners, renters, boarders and residents. But sometimes disabled people don't have access to safe or adequate housing.

The United Nations Convention on the Rights of Persons with Disabilities is an international agreement, which sets out what countries have to do to make sure disabled people have the same rights as everybody else. This includes the right to choose where and how they live, and the right to a good standard of living.

It's important to understand how well this is happening, so the UN and the Donald Beazley Institute is asking disabled people to share their experiences, thoughts and ideas with a group of 'Monitors'. These Monitors are disabled people who are interested in disability rights research and monitoring. Their role is to:

- find out what's going on
- find out facts
- uncover information
- collect data
- use indicators to measure progress
- measure progress towards justice for disabled people

We're pleased to announce that one of the people we support, David, has been selected as a Monitor for this Review and is looking forward to the two-day training in April.

Congratulations David!



Trusted partners – customer satisfaction results

The second round of our annual satisfaction survey for people and whānau was completed recently and we're pleased to report that more people are taking the survey, which means that more people want to have a say and be heard!

Positive highlights

- Satisfaction has increased, and we're doing well against the New Zealand average and our own benchmarks.
- People we support and whānau are more likely to recommend us to others.
- More people feel we make a positive difference in their lives.
- Many more people feel they have a say in choosing staff who work in their home.
- Whānau feel confident in and safe with staff.
- Whānau feel communication has improved, particularly around staff changes.
- People and whānau feel staff are well trained and possess the right skills.
- Whānau feel people are involved in developing their plans and are supported to achieve goals.

Opportunities for improvement

- Keep our promises and always follow up.
- Keep up our communication, and keep people and whānau informed.
- Make sure the support we provide is consistent.

Our focus

- Increasing whānau involvement in goal planning.
- Managing and communicating staff changes.
- Maximising opportunities for people to develop new skills.



Inclusive communities – Round the Bays 2019

The weather couldn't have been more perfect when nearly 30,000 people gathered at the Auckland Ports for the 47th Round the Bays.

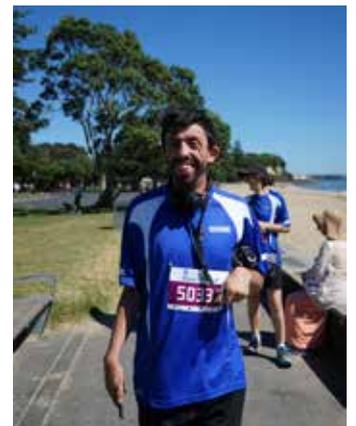
Blue skies, calm waters and a lovely breeze accompanied people of all ages and cultures while walking, jogging and running along the beautiful waterfront between Britomart and St Heliers.

In the middle of it all, 28 bright-blue 'Spectrum Racers' – people we support, staff from the Hub and houses, and friends and whānau – were giving their all!

With the help of an infinite supply of water along the course, a great atmosphere and committed staff, everyone was able to do their absolute best and finish the course (or at least parts of it). At the end of the day, it wasn't about being the fastest runner, but being part of the experience and doing something new!

A big thank you to all the Spectrum Racers that committed themselves to the run, as well as to the staff and volunteers that made everyone's participation possible!

Vera Boessenrodt – Outcome Broker



Taking our first steps towards 'Blended Learning'

Spectrum Care is developing an e-learning platform. What's an e-learning platform, you say? It's a cloud-based software programme that's accessible over the internet.

E-learning is another term for online learning, meaning that the learning (a course) can be completed on a computer or internet-connected device like a smart phone or tablet, rather than coming into a classroom.

There are many benefits to e-learning. Here are five of them:

1. Convenient and flexible access

Courses can be accessed anytime, anywhere. This means we can learn on trains, planes or comfy couches. It also means that not everyone has to learn at the same time.

Everyone has their own busy schedules, so our support staff can now access our learning when they have time, and when their energy levels and focus are maximised.

2. Serves different learning styles

Not everyone learns the same way. One of the greatest benefits of e-learning for training and development is that learners have a world of content at their fingertips – videos, notes, infographics, games and other content make e-learning engaging for everyone.

3. Self-driven and self-paced

Some people might learn quicker or slower than others. Another benefit of e-learning is that our support staff can learn at their own pace, according to their own needs. This means that learners aren't put under unnecessary pressure or painted with the 'one-size-fits-all' training brush.



4. Immediate feedback and recognition

Online training has interactive elements, like quizzes, that give learners immediate feedback. Leader boards, badges and certificates also provide a sense of recognition and achievement.

5. It's better for the environment

E-learning is an effective way to reduce energy use and our carbon footprint. It cuts down on travel and paper use, and reduces the resources needed to maintain a facility and equipment.

What is Blended Learning?

So, why is this article titled 'Blended Learning'? Blended Learning incorporates traditional face-to-face teaching as well as e-learning. While the benefits of e-learning are significant, Spectrum won't be abandoning our classroom learning. We aim to find a good balance in a blended approach.

Increasing independence – micro-enterprises

Joseph started his vegetable garden in November 2018 as part of his goal-planning around being more active and managing his internet time.

When we noticed that Joseph was becoming more interested in his garden, we started looking for funding to support his new-found interest. Joseph's Mum and Dad helped with this and, from January, his gardening project started to expand.

We talked about the possibility of creating a micro-enterprise around harvesting and selling his tomatoes, bok choy and silver beet at the Hub. Once we started doing that, Joseph got even more motivated to spend time in his garden.

Joseph is very fond of his vegetable garden and enjoys looking after it with the support of his staff. He's selling his vegetables regularly now and is always excited to get the money, which he uses to buy anything he wants.

While we've been encouraging Joseph to save some of his money in the bank, he's been enjoying spending all the fruits of his labours so far, which is fair enough!



We've officially been welcomed into Northland!

*E ngā reo, E ngā mana, E ngā tini karanga maha,
Tēnā koutou katoa. E karanga tēnei ki a hui hui mai tātou ki runga i
Te marae o Ngararatunua i roto i te rohe o Kamo a te rua te kau mā rua o ngā ra
O Pēpuere e heke mai nei. Te wa kotahi te kau ma tahi o ngā hāora i te ata.
No reira nau mai piki mai kake mai.*

On Friday 22 February, we were officially welcomed into Northland through a pōwhiri at Ngararatunua Marae in Kamo (pictured above).

We want to thank our friends from Blomfield Special School, Explore, Idea Services and, most importantly, the people we support and their whānau for being a part of this occasion.

We were humbled by the warm welcome and look forward to growing support options and partnerships in the Northland region.

Pictured top right is Jordan and his Grandfather Bruce cutting the 'official' celebration cake.



Across the Spectrum available by email. Register now!

As part of achieving Spectrum Care's ongoing vision of 'people with disabilities living great lives', we're constantly looking for opportunities to streamline our activities and provide higher-quality support to our service users.

To this end, *Across the Spectrum* is now available via email, with the aim of making more resources available to support our service users in living great lives.

If you'd like to receive *Across the Spectrum* by email, please send your email address to: newsletter@spectrumcare.org.nz, or simply go to our website (www.spectrumcare.org.nz) and join our mailing list in one easy step.