



Across the Spectrum



Wishing you and your whānau a safe and happy holiday – from all at Spectrum Foundation Group!

Sean Stowers CHIEF EXECUTIVE
SPECTRUM FOUNDATION GROUP



From the CE

DECEMBER 2023

I know we say this every year, but I genuinely can't believe it's December already! The past year seems to've whipped by in a blur.

Fortunately, we've had the opportunity to reflect on our activities across 2023 in our recent strategy deep dive sessions.

One of the highlights was the establishment of our disabled person-led Philanthropy Moderation Panel, which provides independent funding and impact guidance to the Foundation Board. Each of the panel members has lived experience of disability, and represents a group or groups experiencing higher inequity, including tāngata whaikaha Māori, Pasifika, whānau, youth and people from our rural communities.

The Philanthropy Moderation Panel provides independent funding and impact guidance to the Foundation Board, based on lived experience of disability. The Panel also assess funding applications and make recommendations, before they're presented to the Board for approval.

Some of the programmes the Foundation has funded to date include supporting the **Independent Living Service Trust** to provide free repair services for mobility scooters and disability support equipment in low-income Auckland neighbourhoods; funding free legal advice and information for disabled people and their whānau nationwide via **Auckland Disability Law**; funding free early diagnosis assessments for children on the autism spectrum for 65 low-income families via **Autism New Zealand**; and supporting **Interlock Trust's** 'Café Connect' sessions which provide opportunities for disabled people and whānau to connect.

Parent to Parent was one of the first organisations we supported and it's already making a huge difference. Through Spectrum Foundation funding, Parent to Parent was able to launch their 'Building a Good Life' workshop, which assists whānau to navigate the disability support landscape and better understand their rights and entitlements.

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Spectrum Care Ball!

After a five-year hiatus, the Spectrum Care Ball returned with a bang!

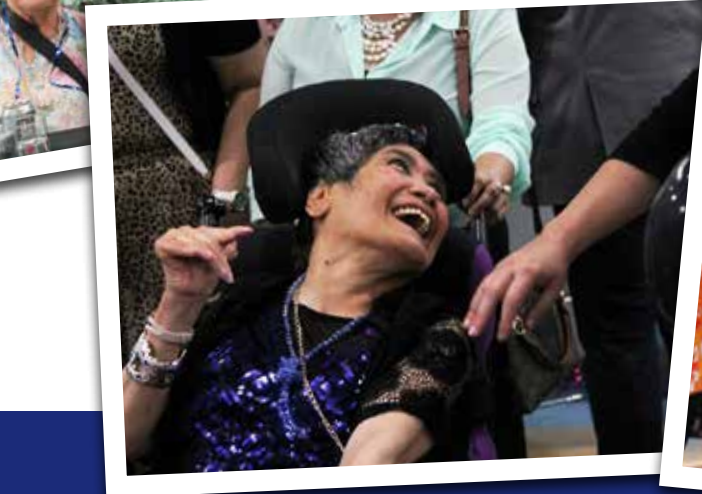
The theme for this year was "Saturday Night Boogie", and more than 500 of the people we support turned up to the Ellerslie Events Centre to celebrate.

The evening's entertainment was nothing short of spectacular, with the fabulous Foxymorons playing all the classic disco hits that got everyone grooving on the dancefloor.

It was an unforgettable evening full of glitz and glamour, and many special memories were made as everyone came together to enjoy some great kai, groovy tunes, and wonderful company. The Ball will return next year, and we're hoping to have a bigger venue so that more of the people we support and whānau will be able to attend.


**Spectrum
care**

Te Wai Kahukura Atawhai



**Every person with a disability deserves
a life of choice, freedom and independence**

From the CE continued...

One of the workshop attendees, Apanui Tawa, said it was eye-opening. "It was like someone had switched the lights on." The workshops made a huge difference for his whānau, as he now knows what funding and support is available, how to access it and how to advocate for his children at school. "I've got tools I can use to help give my kids what they need," he said recently. Tino pai Apanui!

There have been plenty of challenges for our three entities over the past year too, and I offer my thanks

for the role each of you has played in driving our waka forward. I hope the coming festive season gives us all the opportunity to take a pause, reflect on what we've achieved together and be grateful for the opportunities we have to make a difference in people's lives.

I offer my heartfelt thanks to our staff, stakeholders and, most importantly, the people and whānau we support for your support and partnership over the past year.

CiCL: Choosing how you want to live

Choices in Community Living (CiCL) is a service that helps people to live independently, in their own homes, while still receiving the support they need to achieve their goals.

The CiCL team at Spectrum Care support people with tasks and activities both inside and outside the home, whether that's learning a new life skill such as cooking or money management, having the confidence to try a new hobby or make new friends, or taking the first step towards employment.

Service Coordinator Honey Erice says that, at its core, CiCL is all about "growing confidence and empowering independence."

"Making the transition to CiCL can be scary. For many people, it's the first time they have lived apart from their family. But with the right support, they're able to live more independent lives.

"Support is delivered on a one-to-one basis, and it's tailored to each individual's needs and goals, so it looks different for every person."

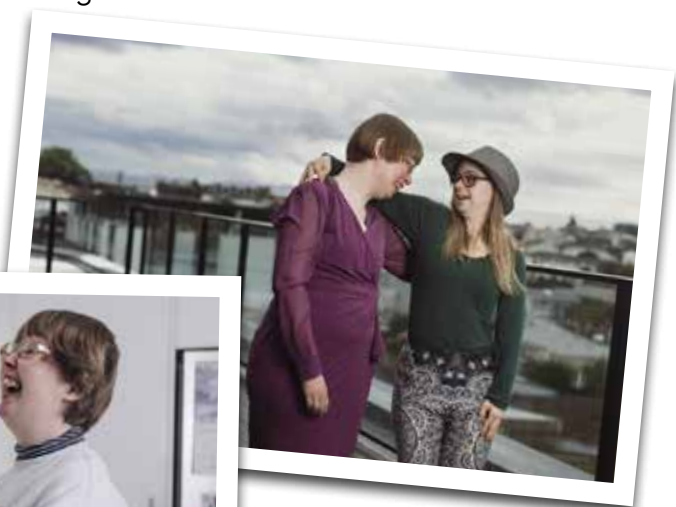
Before moving in, the team have in-depth conversations with individuals and their whānau, and listen to everyone's views and wishes. They take the time to get to know each person as an individual, to understand them and their goals for the future.

Amelia and Kirsten have been flatting together for two years. In that time, they have both developed their skills and become much more confident. Now, they're enjoying the freedom and independence that CiCL offers.

The personalised support has empowered each of them in different ways. "Moving into my own place was a turning point for me," Amelia reflects. "I love having my own space that I can decorate how I want, cooking my own meals, and choosing what I want to do."

For Kirsten, CiCL was a big transition from living at home, but she says that having a great flatmate makes a difference.

"Amelia and I are really good friends and we love living together" says Kirsten. "We support each other, too. We make a meal plan every week and have a budget for shopping. We take turns cooking, and we both do the cleaning in the flat."



Empowering individuals and families through Cultural Support

Spectrum Care's Cultural Support team works with individuals and families to provide culturally appropriate support for people from Māori, Pasifika and Asian backgrounds.

This involves supporting people to find resources in their language, connect with their community, and take part in cultural activities such as Fiafia Night, Samoan Independence Month and, of course, Spectrum Care's Pasifika Christmas Party, which is always one of the highlights of the year!

The team also works with staff to make sure they understand the needs of the people they are supporting, and with whānau to help them access additional support from other agencies.

Spectrum Care's Pasifika Engagement Lead, Kilisimasi 'Masi' Lutui, says that it's about understanding people "as individuals, as part of their families, and as members of their community."

"We want to empower people, and to do that, we have to build relationships with them, to listen to them. It's not just telling people where to go or what they should do, but sitting beside them, understanding their needs, their goals, and helping them to take the steps to get there."



Maloni Folau is a parent of seven children, four of whom are disabled. He says that accessing Cultural Support through Spectrum Care has been an incredible help for his family.

"When we did the Needs Assessment, there was a lot of information and it was overwhelming. I asked if they had anyone who could speak Tongan, and when Masi called me, it was such a relief. It made it so much easier to understand everything."

With the help of the Cultural Support team, Maloni was able to get funding for a mobility van that fits his whole family, outpatient therapy for his sons, and additional help with essentials like groceries.

"I was really struggling, especially in lockdown, but they helped us to figure out what else we were eligible for. Without this support, we wouldn't be able to cope."

Masi says that many people don't know what supports are available. "Many families don't know what they can ask for. They're struggling just to get through the day. But we can support them. We can give them the skills and knowledge to get what they need."

Homes of Choice unveils inclusive living options for disabled people



Homes of Choice has 27 apartments available for disabled people in Central Wellington. This includes three fully-accessible units on the ground floor, and an additional 24 units on floors three, four, five and six.



The apartments are part of a larger social housing development project spearheaded by Kirva Trust, which aims to provide permanent housing with wraparound support for those most in need.

Homes of Choice General Manager, Ratenesh Sharma, says the availability of these apartments will provide “much-needed housing options” for disabled people in the area.

The building is bright, modern and thoughtfully designed to ensure a safe, secure and welcoming environment for the residents. Each unit is a comfortable 50 square metres, with an additional five square metre deck, and the ground floor lobby has a communal space that will host concierge and tenancy staff.

“We want to be able to provide stable living environments, to support people to build positive relationships and to establish a sense of community, so getting the right mix is key,” says Ratenesh.

“We’re looking forward to seeing the positive outcomes of this development, and expanding our services to establish more progressive, innovative, and integrated housing options that adapt to the evolving needs of the community.”

Homes of Choice has several other projects currently underway, including two fully accessible units in Manukau, and nine one- and two-bedroom units in Māngere, which are due to be completed by mid-2024.

Introducing Our Philanthropy Panel!

As part of the disability sector, we know that lived experience is invaluable in helping us to understand our community. That's why we've created a panel of people with first-hand experience of disability, to guide the decision-making process and ensure we are addressing the needs of the community we serve.

The panel is responsible for assessing funding applications and selecting the projects, which then undergo final approval by the Spectrum Foundation Board. In our most recent funding round, the panel provided invaluable insights and perspectives that supported us in selecting which programmes would have the greatest potential for impact.

As a result of the open funding round, seven projects were funded, each of which will make a difference in the lives of disabled people and whānau:



- › **Auckland Disability Law Centre** – to help provide free legal education and information services.
- › **Independent Living Charitable Trust** – to provide a free repair service for people in South Auckland with disability support equipment.
- › **Flying Kites** – to help give disabled people and their whānau meaningful alternatives to current service options.
- › **Interlock Trust** – to help fund a weekly 'Café Connect' group in Cambridge.
- › **Project Employ** – to fund a 'job coach' at Project Employ's 'Flourish Café' programme.
- › **Turner Syndrome Association** – to help fund the Turner Syndrome Association Summit 2023, ensuring people and whānau living with Turner Syndrome could attend the conference.
- › **Panacea Arts Charitable Trust (Māpura Studios)** – to fund specialist weekly art therapy programmes for up to 28 young autistic people.



Want to make a difference in the lives of disabled New Zealanders?

If you'd like to support Spectrum Foundation by making a donation you can do so by:

- › Visit: www.spectrumfoundation.org.nz/donate
- › Internet or phone banking
Payee: Spectrum Foundation
Account: 12-3113-0000406-00
Code: Donation
Reference: Your name



For more information, contact Konrad Kurta on 021 243 6299, or at konrad.kurta@spectrumfoundation.org.nz.

Every dollar makes a difference. By donating now, you'll be directly supporting projects that benefit disabled people in our community.

**SPECTRUM
FOUNDATION**

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