

NEWSLETTER

Late Summer Quarter

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CEO'S REPORT CHRIS ADAMSON



Welcome all to 2004, it has been a hectic year so far and it looks like we have much of the same through Autumn. Before talking about current happenings I want to share what has been going on.

Mid November a request went out from the relevant Health Boards for a variety of Mental Health Service Contracts. We responded to four requests, at least to show our interest in extending our services formally. The Request for proposal (RFP) that was most important to us is was the Advocacy/Peer Support Consumers RFP. This is effectively 'Clubhouse Funding' and we have put forward a proposal that would fund two Full time equivalents (FTE's) which in effect would ensure the ongoing funding of Clubhouse. However, just to push the point with them. We also submitted an unsolicited RFP to extend the current

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Clubhouse contract. Our aim is to have two contracts running alongside each other that would mean four Clubhouse staff. We also responded to the Asian Community Support Workers RFP and 'Packages of Care' RFP. We were unsuccessful on all but the unsolicited Clubhouse one, I am still in the process of obtaining a solid response from the potential funders of this contract.

We also submitted an application to ASB Trusts to fit the new houses with new furnishings, we are rapt to say ASB Trusts have granted \$40,000 towards this cause. This is the most substantial Grant ever received and is a great vote of support for the style of service we aim to provide. Which brings me to the new houses. We have secured two adjacent properties to replace Kakariki. We will have an opening March 17th with a move in date of March 19th. Housing NZ has provided these houses and are in the process of obtaining two more for Arahura. All in all our work with Housing NZ has been extremely successful so far. Personally I am rapt with the houses being modern and of a high quality. The loca-

tion is good and I am sure this transition can only be beneficial to those who have been in the Boarding houses. It's a real achievement we must be proud of.

We have set a date for the Duly Authorised Auditing Auditor (DAA) BVQI to come in for an initial assessment (Gap analysis) on May 24th. They will assess where we stand in terms of the National Mental Health Standards. This is a voluntary move on our part as facilities with four people are not required to be formally credited. We are putting in a concerted effort to be fully prepared for this. The more prepared we are the more beneficial their feedback. This whole exercise will lead us toward 'certification' and a further professionalisation of the service generally.

There has been many service activities and supportive gestures from the philanthropic's in the past few months which are mentioned in the Newsletter. It is important that throughout the day to day business of the Trust we continue to strive to provide an quality service, I am pleased that however busy things have been with the upcoming move into new houses these activities and projects continue to happen throughout the service.

Chris Adamson,

CEO

Arahura Trust has recently received assistance from the following organisations. All at Arahura should acknowledge those willing to support us in providing a quality service – much of what we do relies on our ability to fundraise for it!

*ASB Trusts , \$40000
furnishings for new
houses replacing
Kakariki*

*Perry Foundation,
\$2832 Lawnmowing
Unit*

*Portage Trust, \$2549,
Printing Costs*

*Pub Charity, \$854,
Seaforth Bach Rental
and Potters Park
International Festival
Site Hires*

*Community Trusts,
\$1144, First Aid Kits for
all service sites and
Defensive Driver
Training*

*Auckland City Creative
Communities, \$1200,
Rhythm Therapy
Workshops for Residents*

*Almaza Restaurant
345 Manakau rd
2 x dinner for two*

LAWN MAINTENANCE UNIT NEW PROJECT!

Arahura is currently starting a new project, lawn maintenance. Historically each house has had it's own lawn mower and weed eater, with the residents taking the responsibility for maintaining their own sections. The cost of the Maintenance of the Equipment, the reality of the movement of Residents, and the volume of work already undertaken by House Supporters, has meant that the general standard of the sections has been lacking consistency. With recent addition of residential contracts in 2003 we have had to review the current practice. From this review and a small pilot held over the last month or two, the following is an accepted recommendation for change, of what has seemingly been representative of our philosophy. It is proposed that Arahura runs it's own internal lawn maintenance unit. Loosely based on the 'Transitional Employment Model' developed by Clubhouse. This unit would have the responsibility of lawns including edges. It is envisaged that two residents and a staff member (management role) would carry out these tasks on a fortnightly basis. Residents would be paid at hourly rate direct credited to their own bank accounts along with our current staff payment system. It was considered that we should purchase two new mowers, two new weed eaters, with the appropriate safety gear. The Perry Foundation has provided this equipment and supported this project. We appreciate their assistance immensely.

STAFF CHANGES

Emmy has left Arahura's employment – we had a really enjoyable farewell at Pt Chev park with residents and staff with a picnic and some fun activities.

Lucy has joined the staff and is already fitting in with the staff team. Lucy has been doing the Bachelor of Health Science and is currently studying Applied Mental Health. We had a really good set of people applying for the position and four people went to final interview panel of staff and residents. We also have a new Sleepover staff member from the process, Samira. Welcome aboard to both Lucy and Samira.

WEBSITE

Digital Builder is working on our website and it will be online during April.

There is just to be the most basic content to start with, more pages and subject area's to be added on an ongoing basis.

www.arahura.org.nz

CROSSROADS CLUBHOUSE

The Clubhouse Transitional Employment Programme is gaining momentum.

Chris Adamson is visiting with potential employers and making presentations to potential community supporters ie Rotary Clubs and local Members of Parliament.

Marua brought back some great resources from Australia that have helped Clubhouse put together a Promotional Pack.

Getting this programme underway is an essential part of the Clubhouse model of Recovery and has very real benefits for employers. Essentially it involves Clubhouse 'owning' a paid position which Clubhouse members hold for a time limited period, they move on so another member can receive the experience. Clubhouse takes on the responsibility of training members for the position and supplying a replacement in the instance of illness etc. The idea is after the transitional position members are better placed for permanent work. If you are interested in supporting this programme, please call Clubhouse (376 4267) or Chris Adamson (826 4466).

FUN STUFF

November saw residents ice – skating and using grant money for swimming. We held the Chess tournament at Paice Ave which saw 8 residents in high concentration with Nathan being the eventual winner. The level 1&2 residents also had a fun afternoon at Narrow Neck beach .

We received funding from Auckland City, Creative Communities, for Jaqui Barrett to hold ten Rhythm Therapy Workshops for Residents and Clubhouse. It is the aim of the funding proposal that part of the Drumming workshops structure is towards the end of having participants 'have a go' on the Drums at the Potters Park International Festival. Unfortunately this festival was cancelled due to weather (Cyclone Ivy). However, the drumming sessions were a different experience for those who gave it a go and most enjoyed the chance to do something a bit unusual and have a go at this form of music making.

The year's events have now been mapped out on an annual calendar to enable better coordination, planning, fundraising and over all better organization of the year's events

GREY LYNN FESTIVAL

Arahura is co-ordinating four community mental health organisations, Toi Ora Live Arts, Crossroads Clubhouse, Kelmarna Inner City Gardens and ourselves, to collectively run a destigmatisation campaign, 'Change Your Mind'. Local Community Board Funding has assisted with this in 2002 and the Lion Foundation in 2003. So far we have participated twice in a combined site at the local Grey Lynn festival.

It was felt that the 2003 festival was better for CYM, generally due to being better organised. However, the group will always strive to do better and has applied to the Auckland City Council for a Capacity Building Grant.

'Change your mind', is pretty much voluntarily run by staff and members of the previously mentioned organisations. The objectives of this group is to combine resources to collectively raise public awareness of the issues around Mental Illness. There is also benefits to the wider community in letting them know what resources exist in the local community for those experiencing mental health challenges ie an art centre, an inner city garden to work in, a 'Clubhouse' where personal strengths can be developed.

SEAFORTH BACH – OREWA

Residents and staff enjoyed 'Seaforth' at Orewa first week of March. Generally the key objective was relaxation relaxation relaxation! And the weather rose to occasion with lovely days post the cyclone.

Residents and staff, swam, visited the glow worms, fished, and played Quoits. There was also Trivial Pursuit and of course the Oscars. Pub Charity sponsored the rental of Seaforth and ensured this tradition went ahead this year.

Given the positive feedback it will be an ongoing calendared event.



"Supporting the community through hotels and taverns"

CHRISTMAS DAY 2003

Two Luncheons were organized this year for Xmas, VIP Café in Ponsonby and Valentines in Mt Eden.

There are photos of the Ponsonby group, and the photos attest to a good time had by all – actually an improvement on the year before. Being seated outside is definitely preferable to inside. However, the dramas we had around the fact that our booking did not correlate to staff on the day expecting us has put us off for next year. There was a flurry of action when we arrived, a group of 16+, due to our table not being set up at all.

Chris wasn't able to join Onslow and Kakariki at Valentines, however there was good feedback and we are thinking Valentines is a good choice for next year.

The staff do went really well, different from last year (pre merger) when we were two separate organizations, it was nice to all be under the same umbrella this year. Staff went on an evening Boat Trip with Nick's Cruises and enjoyed a buffet meal. Fairleigh lodge staff came along as well.

ANNUAL CALENDARS

We have produced many calendars which list Arahura Events and Meetings. Family/Whanu, Trustees, Houses and Residents were all posted these. If you missed out on one and would like one, please call the office. They are A4 size and whole year planners, along with key phone numbers.

FOUNDERS DAY

This year Founders Day was celebrated at Kakariki and would have to be the most memorable Event Arahura has held. There were over 100 people there. Family/Whanau, Residents, Staff, Trustees, Volunteers and even our new neighbours at the new houses.

We had visitors from Kapua Awatea and Cornwall House. The Hangi was done brilliantly, thanks to Wally who made it possible.

Kakariki has a lovely back garden and it will be missed. A special thanks to the staff of Kakariki who managed to accommodate such a crowd.

Thanks to those who made an effort to come, it was special due to having such a large diverse crowd come together to celebrate the founding day of