

# NEWSLETTER / REPORTS

## Spring



**ARAHURA CHARITABLE TRUST**  
A Society Of Respect And Inclusion

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## GENERAL MANAGERS ANNUAL REPORT

ARAHURA has weathered the year out particularly well. This time last year we were looking at the contracts finishing in June 09 with major restructuring being promised by the NDSA contracts manager and the finishing of level 3 and 4 supported accommodation. This uncertain situation was very worrying at the time and put a hold and dampener on the service in many ways in terms of future planning. Thank goodness for our service users this did not happen. A new contracts manager was appointed and further consultation took place in a more conciliatory fashion. While further changes will take place with new specifications we now feel our service is well placed and has a growing reputation for quality results and service provision. The current contracts were renewed for a term of three years which give services time to adjust to any new direction. We invited the new contracts manager to our service (Dedrie Maxwell) and she was very impressed with our service. Unfortunately she has been promoted and we have a new manager.

Financially as you all know we have been in a recession. We have reacted with prudent well directed spending. We can expect no increase in the current contract rates but financially as the 09 accounts show we have been in a sound position to continue quality service provision.

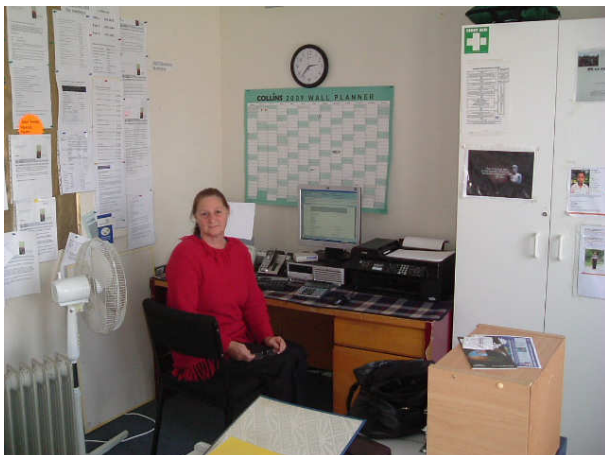
**PANDEMIC**— This was another hurdle and we did not know where this would go for the country and ourselves and service. We did considerable planning and took all precautions. Should the situation have worsened we were prepared to close the clubhouse and use the kitchen to provide 'meals on wheels' type support to clubhouse members and our supported accommodation service users. We had food and considerable medical supplies stockpiled for any situation. Luckily for us all it did not impact to adversely on the country.

**Burglary**— Around April the Crossroads Clubhouse was broken into and we suffered considerable damage and stolen property. As well as a computer two vehicles were stolen. While we had a security system in place and the security guard arrived while the criminals were still on the property they were unable to apprehend them. We have since replaced the vehicles and beefed up our security measures.

It really has been one heck of a year one way or another in terms of external circumstances. Despite this as I mentioned in the opening statement it has been business as usual and our quality of service has only improved.



Hazel has been working on our quality of service in our level 3 team based at Cullen street



Alla surrounded by a sea of documents and files is our admin manager.



Over the last year 6 residents have moved successfully into the community with packages of care from our level three service. Our residential staff with Karen as the team manager have been very innovative in helping people move successfully into the community. They prepared a 'moving forward folder' for the residents preparing to leave which has been so well received they were invited by the clinical/ngo forum for this to be used as a resource for other services. We translated our WRAP(Wellness recovery Action Plan) plan to mandarin and were asked by the Taylor Center (CMHC) to make it available for them.

The clubhouse with a new director Patrick Harris is going from strength to strength with an average daily attendance of 19. Patrick has overseen some needed refurbishment to the kitchen which puts out wonderful meals value at \$4 using fresh vegetables from the well nurtured garden. Our clubhouse house members are very engaged in the running of the clubhouse and it is credit to their work. They even spent some time promoting the service on the airwaves -Planet FM. The employment dinners have been very popular with varied guest speakers. Their newsletter Chatters is a good quality informative production. Members have taken advantage of the transitional employment programme and some have been asked to work on a permanent basis. See Patricks report for more information. Special thanks to the Trust Board during this period of at times uncertainty and change. The members give their valuable time freely to ensure that we are compliant with external agencies and financially on track. During this time we have become registered under the new Charities Act . A big thank you to our Chairman Chris Bayliss who not only attends TB meetings but regularly comes to the office to authorise financial transfers and sign cheques.

Regards and many thanks to everyone involved with Arahura  
David



**Arahura's Dominion Road  
Accommodation**

Arahura's Cullen St accommodation and  
office



**Crossroads Clubhouse Annual Report 2009**

I took up the role of Co-ordinator / Team Leader / Director in mid January this year, like the title, the role was unclear and for me new to begin with, eventually the director title was agreed to, to align the service with the International body of Clubhouse (ICCD).

Through dialogue with Tapestry Clubhouse in Dunedin, culminating in a week long visit I was able to identify more the role I needed to take up and to get on with the job.

Soon after my return to Auckland after my orientation trip we had a Clubhouse planning day with the then staff. Wayne Taylor had just left after two years in the Clubhouse. Jade Thorne filled the vacancy and took up the post as facilitator of the Food Services Unit. Stephen Hart fully established himself in the Employment and Education Services Unit. Gary Unamadu has continued in the Communications Unit.

The Clubhouse was beset by three burglaries in those early days of my tenure (and early this year) and I must say I was beginning to wonder what I had taken on, I felt I was in a war zone. Arahura and Clubhouse have implemented a number of security measures as a result of these burglaries and I am pleased to say to date there have been no further incidents.

As Director of the Clubhouse I have undertaken a number of initiatives, firstly I introduced and implemented some procedures that Tapestry were doing. Creating a 'work like' morning and afternoon tea break and providing free morning and afternoon tea at those times. Establishing a fun way to get the day to day cleaning jobs done around Clubhouse by having a 'Lucky Dip'. The kitchen in the food services unit was given a face lift with a new coat of paint. A new counter was installed and some appliances either purchased or replaced. A self serve counter was created in the dining room. Recently we have repainted the main toilet and on-going re-decoration of other areas is planned.

We have had two successful open days this year one in April and the other in October. Approximately eighty people turned up on each of these occasions.

Clubhouse's profile in the community is very good at the present time and we continually receive positive feedback about this. Membership continues to grow with about two new memberships per month. Attendance varies day to day but sits at an average of 20 currently.

Job Club has been a regular feature of Clubhouse life and has enabled members to apply for and in some cases gain employment. Walsh Trust in the form of an OT Chris Tennant has provided some skilled input into this.

Other regular features that are always well attended are the evening Employment Dinners. These have had guest speakers from Volunteering Auckland, WINZ, Disability Law Society, Relationship Workshops to name but a few.

Also the monthly weekend recreation outings have provided some enjoyable trips, like the Puhoi Tunnel and Olde Worlde Pub



**Job club**



**Clubhouse group photo**



**Clubhouse at mental health awareness promotion**



one, finishing up at Wenderholm. There was also a visit to the Maritime Museum and rides on the Glenburn Steam Locomotive.

Clubhouse has had input from the Heart Foundation and they have provided guidance for Jade in FSU to supply members daily with wholesome subsidised meals. As always and as in all aspects of the Clubhouse, members participate in the work, in this case meal preparation.

Another programme Clubhouse provides for members is 'The Feet Beat Challenge' a fun way to encourage members to get involved in more regular exercise, it is also an activity that all staff have been involved in. Members and staff were divided into three teams ; The Johnny Walkers, Mad 2 Walk and The Wanderers.

Chatters the bi-monthly newsletter keeps going from strength to strength with each copy getting better and better. Chatters provides a good record of things going on in an around Clubhouse. It is also a good vehicle for members to contribute some of their creative talent.

Clubhouse Brochures were very recently given a creative make-over. I believe we have made them much more something that someone would actually look at, creating more interest with the insertion of pictures of some of the members and reducing the amount of written content.

Future plans for the Clubhouse is to move staff around into a facilitation role in a different unit that they are currently working in, this in an endeavour to bring new eyes into the unit and to refresh and revitalise them.

We look forward to another busy year ahead with the challenges that it will no doubt bring

Patrick Harris  
Director



**Social Rec. day at Cornwallis**