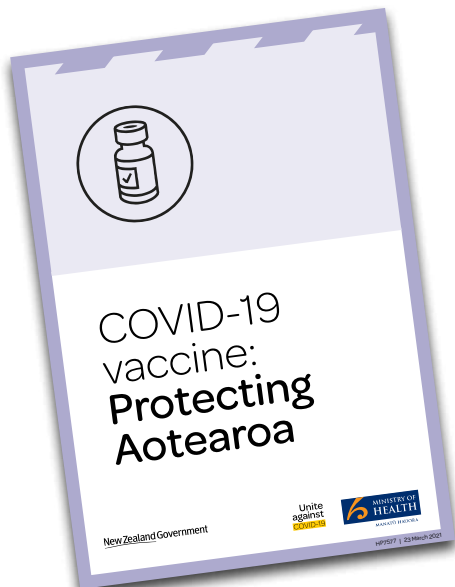


Across the Spectrum

ISSUE 106 WINTER 2021

Inside:

- > Finding a way together
– Helping maximise potential
- > Welcome back to the Pacific Luau!
- > Your feedback matters!
- > Ordinary life outcomes
– The “Ashrylic Art” of Ashley Reuben
- > Programme Astra Update
- > Getting creative in the digital space



Kia ora koutou

No doubt you and your whānau are thinking and talking about COVID-19 vaccinations. While definitive information has yet to be provided by the Ministry of Health and our district health boards, we thought it timely to share what we do know about the vaccine and the vaccination process...

The Ministry of Health has announced that everyone in Aotearoa (aged 16 years and over) will have the opportunity to be vaccinated by the end of 2021.

People most at risk of getting and spreading COVID-19, such as MIQ workers, or getting very sick from the virus, were given first priority for the vaccine.

High-risk frontline healthcare workers and people living in high-risk places, such as aged care homes, were the second group to receive the vaccine.

Vaccinations for people we support in residential settings will occur as part of group two, and follow a thorough 'informed consent' process based on the Code of Health and Disability Services Consumers' Rights. This can be found at <https://www.hdc.org.nz/your-rights/about-the-code/code-of-health-and-disability-services-consumers-rights/>

People we support and their staff in non-residential settings are in group three. The Ministry of Health is about to start offering vaccinations to group three, but have yet to announce exactly when, where and how this will occur. Vaccinations for the general population (aged 16 and over) are expected to begin in July.

The vaccine helps people's immune systems to recognise and fight the virus. Getting a COVID-19 vaccine is an important step you can take to protect yourself and your whānau from the effects of the virus. While the vaccination isn't mandatory, we strongly encourage you and your whānau to consider getting vaccinated.

While the vaccine is 95 per cent effective in stopping serious illness, it doesn't stop people from catching or spreading the virus. That's why we'll maintain our strict infection control measures regardless of whether people we support and staff have received a vaccination.

Here's where to find all the latest information and advice about COVID-19: www.covid19.govt.nz

By working together, we help keep everyone safe.

He waka eke noa [We're in it together]

Ngā mihi nui

Sean Stowers – Chief Executive

spectrumcare.org.nz



Helping maximise potential

With the loss of the Laura Fergusson Trust facility in Greenlane, many people were without 'planned break' support, but we found a way – together!

After many COVID-related delays, the renovations of our new 'planned break' centre in Mt Roskill have begun! A huge thanks goes out to Kāinga Ora and the Ministry of Health for their massive contribution to this project. Their combined efforts have allowed us to ensure that people needing access to this kind of support do not have to go without.

When Spectrum Care was chosen to provide services for ex Laura Fergusson Trust clients, we made a commitment to maintain and build upon the level of support they'd previously experienced. Our new planned break house on Melrose Road is part of this journey.

This home was purchased specifically for people who need a break. That break can take many forms, an afternoon, an evening, a weekend or even a week. That break also needs to have all the supports they'd normally have at home. In order to be more than just another clinical setting, the new house at Melrose Road has been created to be a home away from home. Planned breaks are also for whānau, so ensuring loved



ones are in a space that's best for them is one of the main reasons Spectrum Care is developing the home on Melrose Road, not just a house.

A large group of people and their whānau, who'll benefit immensely from this support, turned up last month to have a first look and were able to give feedback on the planned changes. Members of our management team and Kāinga Ora were on-site to officially get things underway. Maurice Kiely and Xanthe Johnson from Chow Hill Architects were also there to help with any questions. We'll post updates over the next few months of how the work's progressing – stay tuned!



Pictured (left to right)
Spectrum Care Chief Executive Sean Stowers,
Homes of Choice General Manager Peter Sanders,
Kāinga Ora Bonnie Moana and Don Barrance,
Spectrum Care Chief Operating Officer Ray Finch.
Not pictured Maurice Kiely and Xanthe Johnson from
Chow Hill Architects, and Liana Tongotongo from
Kāinga Ora.

Welcome back to the Pacific Luau!

Talofa, mālō e lelei, bula, kia orana, fakalofa lahi atu, malo ni, fakatalofa atu - and hello!

Friday 21 May was the resumption of one of the highlights of our Pasifika calendar – the Pacific Luau! Spectrum Care has a very proud Pacific community, consisting of our staff, the people we work alongside and many other supporters too.

The turnout was huge and the night was a great success. Staff and people alike had been anticipating the event and were turning up even before the doors had opened! The first stop at the Luau is the photo booth and our cameraman was run off his feet with everyone waiting for their turn in the spotlight. With over 500 photos, we've included just a selection for you to see here. If you're interested in getting copies or seeing more, please get in touch with your service coordinator.

This event was the responsibility of the Fijian sector of our Pacific team. They put on a fantastic event, decorated the entire Manhattan Ballroom in the best-looking Pacific way and even organised a Fijian dance group to perform a traditional meke and tralala.

The food was amazing – green bananas, taro, chop suey and many other Pacific delicacies. However, it was the dance-floor that was most popular. At one stage of the night, the Fijian dance performance group members swelled from four to practically everyone at the event!

A huge thanks must go to the various Cultural Team members here at Spectrum Care for their efforts. Thank you to Amerika, Anne-Marie, Kilisimasi, our Pacific Cultural Leaders and volunteers for another fabulous evening. The brightly coloured Pacific clothes, the Fijian dancers, huge smiles on people's faces and R&B grooves through to 'Old School' tunes from our regularly attending band '20/20' made the whole night exceptionally memorable. Also, a big thanks to all the support workers that were to party alongside everyone attending.



Your feedback matters!

Here is some feedback we have received recently.

"Just letting you know our daughter Pei has really enjoyed your school holiday programme activities last week. She had a lot of fun going to MOTAT, the trampoline park and art class. Your staff did a good job looking after her and called us when Pei's behaviour needed to be notified.

The holiday programme gives us a chance to take a break from the tough times caring for our autistic child. It's nice to see our daughter feel happy coming back home, which releases some stress for us. Thanks so much for the good work on this programme!"

Dennis & Mei

Have your say!

If you'd like to give us feedback, good or bad, please email: feedback@spectrumcare.org.nz



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



The 'Ashrylic Art' of Ashley Reuben

Our staff are constantly working to maximise the potential of the people they work alongside. The support they provide is tailored to individual needs and goals. Creative expression is something that Ashley has huge amounts of. His true love is art and he's been experimenting with different types of art and media over the past few years. Art keeps him focused and encourages him to use his imagination. It also improves his hand-eye coordination and is building his memory recall.

Ashley first joined the Estuary Art Centre in Orewa two years ago, when he began a mosaic art course. He is now a regular member of his group and is building relationships with both his tutor and other group members. The art course has been a fantastic way for Ashley to access mainstream services and have opportunities that anyone can experience for themselves.

Ashley's team has been looking for other forms of art that might appeal to him and, together, they discovered 'acrylic pouring art'. Ashley really took to this and has enjoyed several community classes. Over the past six months, his team has been supporting Ashley to set up a small business with the help of the Spectrum Care Outcomes Fund. This is a fund which is available to people who live in a Spectrum Care residential setting, or for people who want to move from our residential services to live in other Spectrum Care supported living arrangements.

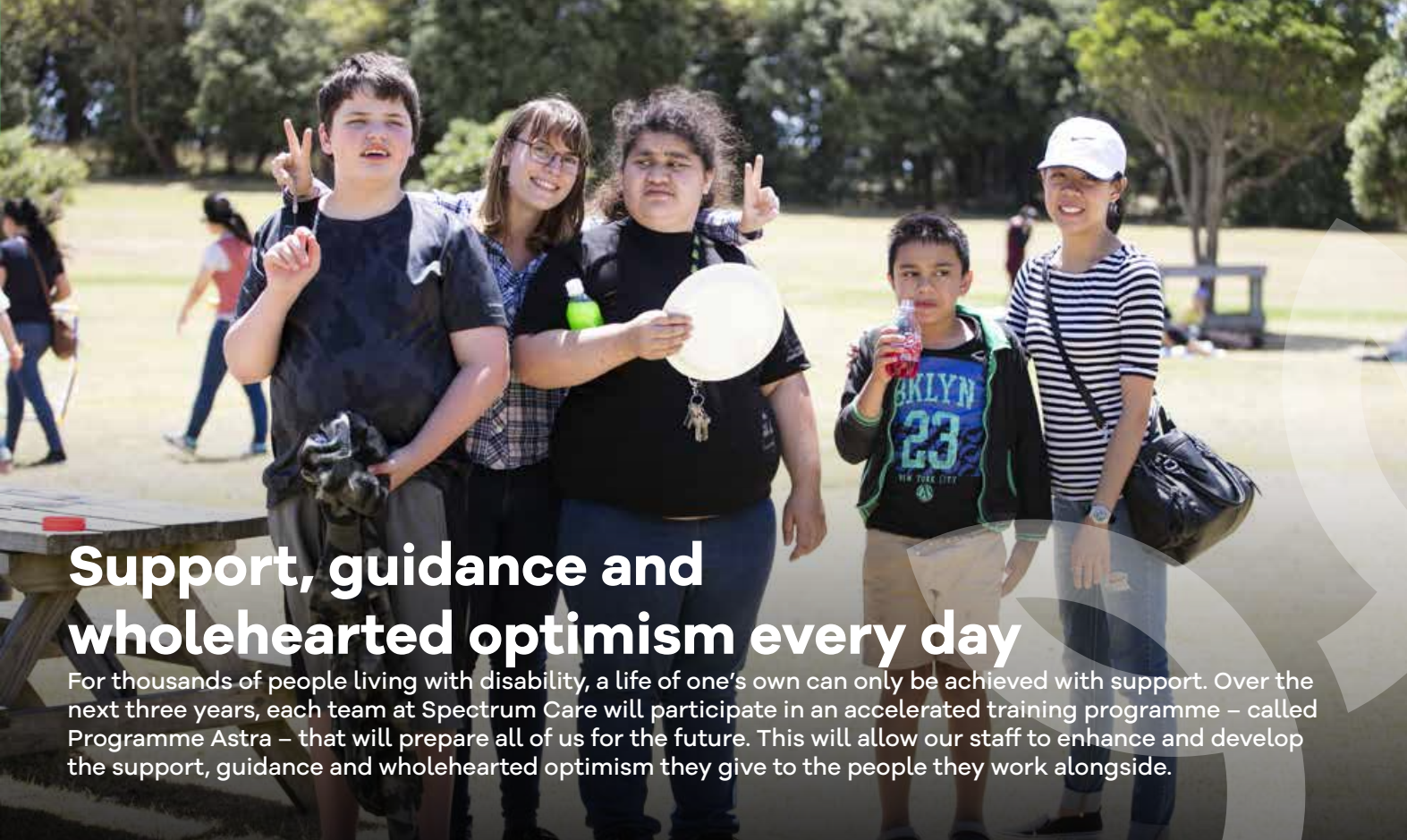
The Outcomes Fund is also for people who have big medical costs, are actively seeking employment, or wish to start a small business. The Outcomes Fund granted Ashley \$500 towards purchasing all the necessary materials to start making artwork at home.



As a member of the Estuary Art Centre, Ashley was recently invited to exhibit some of his art in their Student Showcase. He submitted three pieces of work and was really happy that they were all chosen to be exhibited. This showcase ran for two weeks and Ashley also had a stall selling his artwork at the Long Bay Market. If you're interested in his work, you can email info@spectrumcare.org.nz and we'll put you in touch with him.



If you're interested in applying for the Outcomes Fund, please email sue.robertson@spectrumcare.org.nz



Support, guidance and wholehearted optimism every day

For thousands of people living with disability, a life of one's own can only be achieved with support. Over the next three years, each team at Spectrum Care will participate in an accelerated training programme – called Programme Astra – that will prepare all of us for the future. This will allow our staff to enhance and develop the support, guidance and wholehearted optimism they give to the people they work alongside.

We've consulted within and outside of New Zealand to source and design the training content. This content will look familiar to Spectrum Care staff, as it's similar to the practices we've been working towards for several years. By making them part of our practice, we'll ensure that the people we support have the best chance of maximising their potential and be able to help them realise it. This is who we say we are and these practices will help us live up to our own ideals. Programme Astra is clearly underpinned by our vision 'every person with a disability deserves a life of choice, freedom and independence'.

Programme Astra has a Programme Board that meets every month, a Programme Team that meets regularly, and project managers for each of the projects: Positive Behaviour Support (PBS), Personal Planning, Intentional Networks and Informed Decision Making. Along the way, related policy, management standards and operating procedures, overseen by the Quality Manager, will be reviewed or written.

Our Programme Astra journey began in Wellington and Central Auckland in April with PBS.

At the end of the training, Spectrum Care teams will have learnt about improving the quality of people's lives and uncovering the real reasons for behaviour.

Because we face challenges together, the training will occur with each team, supported by coaches selected from these same teams who will receive

specialised training to support staff to apply and reflect on their learning as they go about their day-to-day work.

Staff will also have the opportunity to do some online learning about building and nurturing intentional networks and Personal Planning. Families will be familiar with Spectrum Care's approach to personal goal planning, led by people we support and involving people from their personal networks (family, whānau and people who really matter to the individual).

We want to share some of our learning opportunities which will be delivered online for informed decision making – so that people make more of their own decisions, with support where needed. There will be a module for families and a module written specifically for people we support.

All of these modules will be presented to three project working groups (staff, family, people we support) for feedback, before the modules 'go live.'

Programme Astra will also take a look at our recruitment practices to make sure we're attracting additional high-calibre staff to further complement the existing high quality staff.

The exciting news is that we're all in this together and we are really looking forward to the sharing our learning journey.

With thanks [The Programme Astra Team](#)

Support, guidance and wholehearted optimism with every step.

Getting creative in the digital space

Human potential is in everyone, some people just need more support to realise it. And what if that potential is in the digital space? How can you encourage that form of creative potential? Introducing Spectrum Care's new 'Media Lab' creative programmes – Easy Beats and YouTuber Studio

Our team at Spectrum Care has been developing some brand new creative programmes, within our new 'Media Lab' project. They are aiming to provide a variety of high-quality, low- or no-cost creative skills activities and learning sessions.

The first two programmes devised by the Media Lab Team are called Easy Beats and YouTuber Studio.

Digital music is huge right now, and being able to create your own is easy. Digital music is less complicated when compared to learning an instrument, such as the piano or guitar. If you can use a computer, you can create music! With fewer barriers to success, the people we work alongside are able to create music like everyone else – it's why we call it 'Easy Beats'.

YouTuber Studio is using the online platform, YouTube, to help people create online videos for their own channel and share them with the world. The course will teach people video creation and curation, as well as how to stay safe online.

Some of the lessons will be more 'play' based, while others will be focused on more detailed learning outcomes. All are designed to be engaging and accessible for all abilities, as well supporting and building relationships between people supported, their whānau and the community.

Spectrum Care's Media Lab is looking for attendees for our brand new music- and video-making programmes in our Onehunga Community Centre. Ideal candidates will be 17 and over, have an active interest in either discipline, and have fairly minimal support needs or be able to bring necessary support staff.

The sessions are on Wednesdays at our Onehunga Community Centre, with a single session for YouTuber Studio (3-5pm) and three different sessions at different skill/learning levels (12-2pm, 3-5pm, and an inclusive session 6-8pm).

Media Lab will be running some introductory sessions, and if you or someone your support is interested, please email media.lab@spectrumcare.org.nz. Acceptance onto the main 10-week programme is based on attendance at (at least) one of these sessions, so the team is able to assess suitability and social mix for the groups.

Media Lab is really excited to be offering these sessions, and is also developing a range of other programmes, including:

- > Screen-printing/T-shirt design
- > Photography
- > Easy web design

If you're interested in any of these or have any suggestions for other creative outputs, send the Media Lab Team an email on media.lab@spectrumcare.org.nz



Across the Spectrum is available by email

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 spectrumcare.org.nz/about/our-newsletter/ and join our mailing list in one easy step.