

Marralomeda Newsletter

Summer 2022



Update from Community Leader-

I hope everyone had a wonderful Christmas and a good rest in preparation for another changeable year ahead. The Community Members all seemed to have a great summer break with lots of fun activities and time with family and friends. You will see the lovely photos of some of the activities further on in the newsletter.

It has been a strange start to the year with the changes to the Red Light Covid Protection Framework coming into place. This has meant a number of the usual activities that people do such as some of the sports, Faith and Light, and day services have either not been on for people to go to or they have been operating at a reduced level. This has meant a lot of reorganising at Marralomeda and I want to thank Gina and Sharyn and both their staff teams for their flexibility and willingness to adjust as required. We have had more people at Marralomeda during the day as they haven't been able to go to the day activities for the same number of days that they usually do. We have had to support people both at the Pike Centre and sometimes at home as well during the day. I'm not sure how long this situation will continue. However, on the positive side we continue to provide lots of support for people to do things they are interested in and we are all managing to have fun and keep safe.

As you will be aware, one of the safety measures we currently have in place is that we are restricting people coming into Marralomeda to try and reduce the risk of bringing Covid into our Community. This will become increasingly difficult to prevent as the virus ramps up and becomes more prevalent in Christchurch. When this happens it is likely that we will need to ask Community Members to reduce their activities (some of which may not be on anyway) to help protect the more vulnerable people at Marralomeda. I realise these changes are difficult and frustrating for everyone, however we want to do as much as we can to reduce Omicron at Marralomeda. Any changes have been (and will continue to be) discussed with Community Members and families will be kept informed of what we are looking at. Please feel free to contact me if you have any concerns or issues with how Marralomeda is managing things during this pandemic. It is incredibly difficult to balance Community Member and staff safety with peoples' rights and freedom of choice.

We have some large maintenance projects happening at some of the houses over the next few months. Kainga Ora (who we rent McAuley from) has advised they will be painting the outside of the property and will be making some improvements to the heating system. Marralomeda has also made a commitment to improve the "homeliness" of the property and we are looking at options to improve the shared living area in the house. Ena Adams is getting a new roof soon, which is long overdue and should be a big improvement to the house. The other major piece of work is the drains are being redone at Ena Adams, McAuley and McHale. This work is being completed as a result of the earthquake. We don't have specific timeframes for any of this work yet, however we hope to hear more soon.

For the past few years, Marralomeda has been involved in The Advanced Care Planning research project. This project has been led by Nic McKenzie and has involved a number of disability organisations, including Marralomeda. The project has been working on developing an Easy Read version of an Advanced Care Plan so people can express their wishes for if they become seriously ill or pass away. Marralomeda Community Members Jill, Karen and Margaret requested to be involved in this project, along with some

Marralomedas staff. The research has been reported on in an American magazine called Impact. The link for the article is- <https://publications.ici.umn.edu/impact/34-3/my-plan-for-a-good-life>

Once the final revised template is released we hope to make this available to all Marralomedas Community Members who would like to complete it with support from their family and/or staff.

Take care everyone and thanks for your on-going support. Please contact me if you have any questions or concerns about anything.

Karen Rickerby
Community Leader

Update from Marralomedas Board-

This year has begun much as the last one ended, with Covid being the deciding factor in so many activities. The Marralomedas trustees, really appreciate the resilience, co-operation and good humour of this community as we negotiate, hopefully the beginning of the end of the pandemic. Change has been the only constant in our lives and community members, staff and families have had to negotiate so many upheavals in their homes and working environments. At the beginning two years ago, it was something of a novelty and challenge to be confined to home but now it is not so easy to come up with new ideas and enthusiasm when we are all stressed. Thank You that you are hanging in there!! That we have been able to remain virus free for two years is great.

The Trustees appreciate every one of you for your willingness and flexibility to follow the ever changing guidelines. We acknowledge that work is stressful, even under normal conditions so we hope it is not too long before full on social interaction and celebrations can once more be a fundamental part of life at Marralomedas.

The environment, challenging as it is, does not seem to diminish the enthusiasm for activities in each home with baking and gardening seemingly taking centre stage. There are so many good things to celebrate. We are grateful for Facebook that keeps us connected with these activities.

Trustees are planning a Strategic Planning Day in the near future so if you have any thoughts and ideas it would be good to hear from you. You can contact any of the trustees or the Leadership team.

The World is now too dangerous
And too beautiful for anything but love
May your eyes be so blessed you see God in everyone
Your ears, so you hear the cry of the poor.
May your hands be so blessed
Everything you touch becomes a sacrament.
Your lips, so you speak nothing but the truth with love.
May your feet be so blessed, you run to those who need you.
And may your heart be so opened,
So set on fire, that your love,
Your love, changes everything.

-Black Rock Blessing

The Marralomedas Board

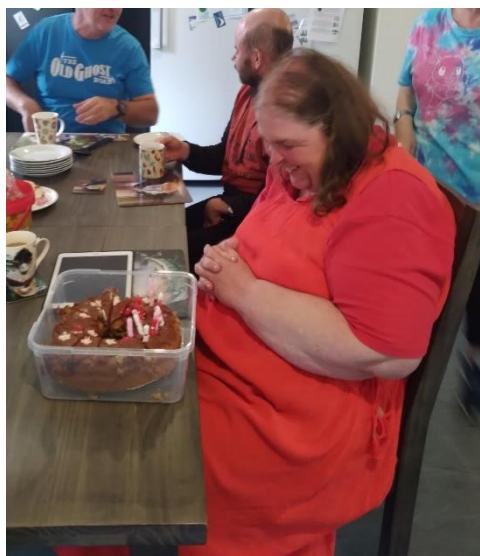
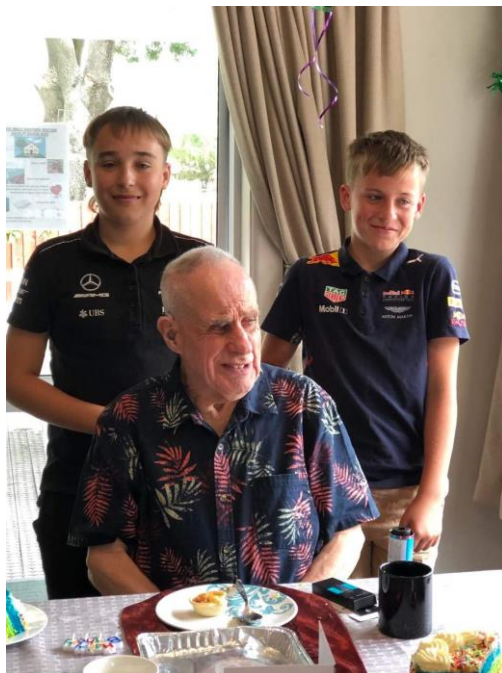
Community Activities-



Michael celebrates his 65th birthday with his brother Garry and other family

Brian enjoys hosting his family for his birthday party on Christmas Eve

December was birthday month at Ena Adams for both Brian and Michael



Joan is delighted with her cake and presents at her birthday celebrations with her family and friends in January



Nigel also enjoyed celebrating his birthday in January



Jane, Grace, Caralyn, Michael, Virginia and Kathryn enjoy the gardens



Michael supports Virginia down the slope



Pat and Virginia enjoy a break



Pat, Batin, Lorna and May take in the view from the Gondola



Virginia, Jane, Grace and Kathryn ready to enjoy their day out



Neville is interested in seeing the developments at Lyttleton Port



Kathryn in her happy place



Susan is masked up and ready to go for a walk at Brighton beach

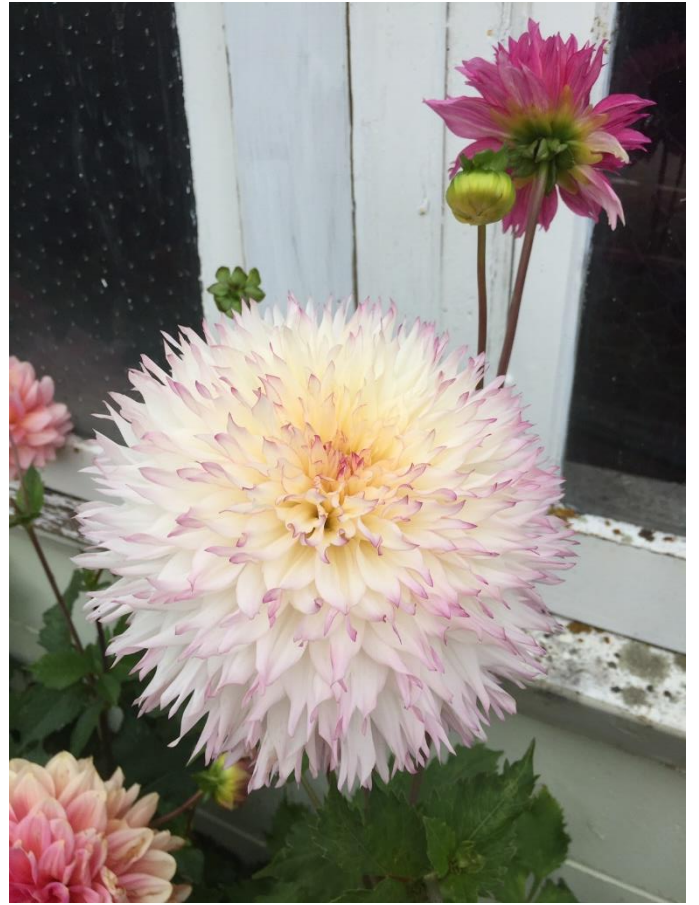
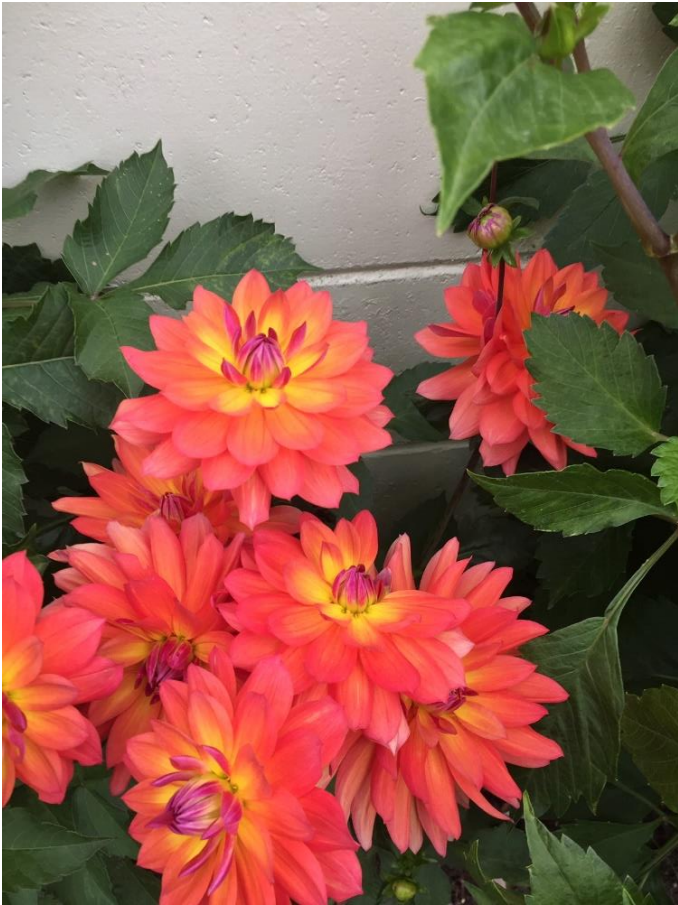


Christmas is always a very special time. Kathryn and Jane have a wonderful morning opening their gifts.



Another reason Christmas is special is that many Community Members like to visit the graves of their family. Karen and Michael both take time to remember their parents.





Joan has taken up gardening and grew some beautiful dahlias this year at McAuley





Michael, Bernadine, Jack, Nigel, Joan, Tim and Karen get together for a meal



Nigel shows Michael around at his family's home



Amy is very happy with the pikelets they have made



Grace makes some jelly



Batin and May visit the Wigram Airforce Museum



Sarah enjoys a pampering session



Judith takes a walk in the sunshine



Jill gets some exercise on her machine



Margaret is happy preparing her lunch for tomorrow



Sarah and Amy play a balloon game with each other





Karen, Bernadine, Joan and Tim have a great day out at the beach



Michael, Nigel, May and May's Dad Andy get ready for a jet boat ride

Brian, Jill, Judith and Michael have a great day out as they look out over Lyttleton Harbour



Pike Centre News-

"Happy New Year and Welcome to 2022." We all hope that you have had an enjoyable Christmas/summer holiday and were able to spend some quality time with your loved ones.

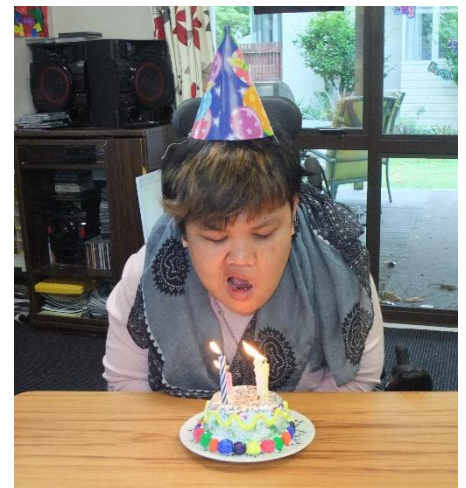


We ended 2021 with a lovely break up party on our last day.



There's been a few birthdays to celebrate.

For hygiene purposes a small tealight candle was being used to blow out and make a wish which wasn't much fun. A small group got together to be creative and produced this fun colourful dough cake with holes on top to hold candles.



Every year the community members take part in project "shoe box" where they team up with another person and fill a shoe box of gifts to be sent overseas to children that are less fortunate for Christmas. With all the struggles last year around Covid it was discussed and agreed that we would like to support children/families in our own community. We again teamed up and decided what age group we would like to buy for, we did some research online and looked at things we would like to buy – as a group we brought presents for 12 children and delivered them to the Salvation Army on Main North Road. It was a fulfilling experience to be able to see where the presents were going.

Being back at the Pike Centre we have all adjusted really well to the requirements of wearing masks, social distancing and sanitizing our hands. We are very proactive at keeping ourselves safe.

Last week we held our 6 monthly planning meeting. We are going to be kept pretty busy with all the great suggestions and ideas about what we can achieve here at the Centre.

We volunteer for Meals on Wheels and over the last month we have taken on extra days. It's another way we like to be involved in the community. Although with the current climate of Covid we have stopped doing this and when it is safe to do so we look forward to cruising the streets of Redwood and Belfast delivering meals again.



The gardens are looking great with produce, all ready for the Edible Garden Awards in February. The lettuce and cucumber will be used in wraps for the community lunch.

We are currently watching the movie “Poppy” on TVNZ on Demand. It’s the story of a spirited young woman, determined to follow her dreams despite her disability – it is definitely a new favorite from everyone here at the Pike Centre. Highly recommended!!!

Until next time enjoy the rest of summer and stay safe.

Love and Blessings from The Pike Centre

(This update was constructed with the help of Batin Carpenter, Nigel Greenlees and Karen Hall)

Virginia’s Art Exhibition-

Virginia has followed her dreams of sharing her art with the local community.



Virginia was very excited to have an art exhibition over December and first week of January at the Redwood library.

The staff at the library were very welcoming and so taken back by the artwork. Virginia received some wonderful comments from the team.

Virginia likes to paint mainly on canvas, using bright colours and shapes and Virginia often talks about her paintings being Christmas decorations.

Why do you like to paint?

“Because it makes me smile, I feel happy and good”.

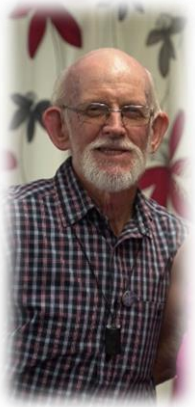
What do you want people to think when they see your artwork?

“I want people to have a look and say that’s quite neat, to enjoy the bright colours I use”.

“That it is simple, and anyone can give it a go”.

Staff Updates-

One of our founders Roger Pike has retired from his role of Transport Community Support Worker after many years of ensuring Community Members are getting to where they need to be each day. We have delayed Roger's farewell party until we can have a bigger celebration of the many years of service that Roger has given Marralomeda. Roger won't be completely leaving Marralomeda though as he wants to continue with his role of mowing the lawns and doing the edges to keep things looking nice.



McHale house has welcomed Sandy Robertson as the new Residential Assistant. Sandy is settling in well and by all accounts everyone is very happy.

We have also recently had a couple of new Support Workers join our Community mainly at Annie Margaret and Ena Adams houses. Welcome to Andrew Seatter and Harpreet Kaur.



We are continuing to recruit for Residential Support Workers, so if you know of anyone who wants to support Community Members at home and out in the community then we would be keen to hear from them. There are some regular hours, but we are also looking for casual relievers as well.

Mia Cameron has taken up the newly established position of Finance and Administration Co-ordinator. Mia started on 1st Feb. Mia is the new person who will be working on all the Finance and Administration requirements for Marralomeda and has an Accounting qualification and many years of experience in similar roles. Jerome O'Sullivan has been working temporarily in this role over the summer and is taking up an accounting position with another company next month.

Policy Update-

We have set up at three yearly cycle for reviewing our Policy and Procedure Manual. If you would like to view any of the Marralomeda Policies then please let me know.

We are due to review the following Policies in the next few months:

- Health and Safety
- Communication Between Staff
- Emergency Management and Security Systems
- Incidents and Accidents
- Infection Control
- Te Tiriti o Waitangi
- Special Celebrations
- Meetings at Marralomeda
- Professional Boundaries