

DECEMBER 2022

STRIVE REHABILITATION @ HAWKES BAY NEWSLETTER

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Are you aware of our Complaints, Compliments & Suggestions Policy?

If you are not happy with the services & support you receive, you can:

Talk to a staff member or fill out the Complaints Form & leave in the drop box at Strive, we check this regularly.

We also value your suggestions & compliments so please feel free to put those in the drop box too!



@ HAWKES BAY

*For a Positive Future
Mo te heke mai pai*



From the Manager:

Kia ora koutou katoa

**E ngā mana, e ngā reo, e ngā kārangaranga maha, tēnā koutou
Time has just flown by, and at Strive Hawkes Bay, we will soon finish work
for another year.**

**Our clients' Christmas lunch was held at Clubs Hastings on Friday 16
December, preceded by quizzes and carol singing. There was plenty of high
quality food, much enjoyed by clients and staff. Well done, Clubs Hastings;
thank you!**

**The development of an amazing edible garden outside my office window
has been wondrous to behold. It seems it had only just been dug over and
the soil prepared, and now everything is being harvested. Last week one of
the chefs picked a swathe of beetroot for the wedding of two EIT staff.
Hopefully, there will be more vegetables waiting in January when we return
from leave. Our small raised garden at Strive is flourishing as well, and
we've been able to pick salad greens and herbs for the last few weeks.
As things settle after the big day (Christmas) we have time to reflect on
what worked and what didn't, what we might do and what we might do
differently. One of the ways I do this is to make mind maps. ACC sometimes
commission Facilitated Pathway Maps for clients. I love doing them as it
gives clients a tool to shape their own futures, breaking goals into smaller
steps and achieving positive outcomes. This is a possibility for all of us; but
for right now, I wish most of all that everyone has a safe, happy and
healthy 2023.**

**Ngā mihi nui
Guenevere Weatherley,
PhD, MPhil, MSocSci
IAAN, NZPsS**

**P.S. Don't forget to get your tickets to go and see Ben Walters at the MTG
on 28 January!**



STRIVE'S CHRISTMAS LUNCH



StriveHB decided to try someplace other than The Duke (which has always been great) for it's Christmas lunch. We picked a smorgasbord at the Club Hastings and it did not disappoint.

We arrived to StriveHB dressed in our Christmas finery and set off in the vans and cars after doing a Christmas themed Otago exercises programme.

We had a great game of Christmas Bingo and a couple of Christmas quizzes with Santa Chocolates as a prizes. No Christmas lunch is complete without some Christmas Carolling and we sang our hearts out, all that practice in the music group has paid off.

Then it was time for Santa and his helpers to appear with his gifts for all. Crackers were pulled, terrible jokes told and Christmas hats put on.

A karakia was said and we took it in turns to line up and get our lunches, seconds for those who wanted it, dessert and a cup of tea or coffee to finish. We all agreed it was a great meal, the staff at Clubs Hastings were so accommodating and it is definitely a place we would visit again.

Thanks go to the StriveHB staff for their work in organising the trip and for running the activities and help people out on the day. Thanks also go the StriveHB attendees for dressing up, taking part in the activities, for looking out for each other on the day and being great company for lunch.

It's was a real StriveHB team effort, a lovely way to finish the year and an example of what makes StriveHB a special place to come to.

And in the words of the song:

WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR!





Strive Art Exhibition

What a great year both the Art and the Ceramics programme have had. This year's exhibition was excellent, with the artists having the opportunity to both display (and possibly sell) their favourite pieces. The gallery space was spacious and bright with all the artwork professionally displayed with the help of the tutors. The opening reception was extremely well attended with the clients having the opportunity to meet and speak with visitors who had come to see the artwork. It was exciting to see how much the clients spoke about each piece they created and the passion with which they spoke about each piece.







In November StriveHB were lucky enough to have some special visitors from K9 Friends Pet Therapy. Officially they were in E.I.T. to offer a bit of exam stress relief to the students and decide to visit StriveHb as well. Over the course of the week they visited on several days. Kassie, Ellie and Scarlett wondered around StriveHB meeting everyone even interrupting dominoes for a talk and a pat. The K9 Friends visits were a lovely surprise for StriveHB attendees and the staff. Kassie, Ellie and Scarlett and their human friends would be welcome back anytime.



K9 Friends



Strive's Vegetable Garden

In September work began to remove the hedge outside Strive to create a raised garden for vegetables. With the help and muscle power of the garden team at EIT this was achieved. Suddenly Strive is connected with the grounds of EIT and bathed in sunshine, what a transformation!



The women's group germinated seeds and began planting the garden as soon as it was in place. The garden has connected Strive with other's at EIT, there are regularly a small crowd gathered beside the garden admiring the hard work and our garden. It's achieved so much more than we anticipated!



The great soil which is generated from the garden pruning's has resulted in this garden being really productive and lettuce, herbs, Kale have been taken home by both staff and attendees of Strive HB.





Whitebait fritter anybody? Yes please! Clients and staff were treated to a cooking demonstration led by Logan Brown head chef Shaun Clouston, who was supported by Steve Logan himself. Both clients and staff enjoyed learning about life in one of New Zealand's top restaurants and some of the techniques that are used in them. Then to top off a great demonstration everybody got to enjoy the delicious Whitebait Fritters that were made. Yum!



Cooking Demonstration from Logan Brown



Special Olympics National Games 2022



After months and months of training the day arrived for me to go to Special Olympics Nationals to compete in swimming with the Hawkes Bay squad. A covid test, with the all clear and I was off.

On the 8th of December we left Hawkes Bay, travelled to Hamilton. There were lots of road works along the way. We stayed at the Ambassador Motel, quick change into our uniforms, and we were off to the opening ceremony.

Special Olympics allows me to compete in sport, especially swimming, which I am great at. Swimming gives me great exercise and being a part of the team makes me feel included. The values of the Special Olympics are; Fun, Inclusion, Respect, Courage and Agility.

On day one, it was all about the heats and qualifying for my events. My first medal was 100 metre freestyle. This was the first time that I had competed in this event. I got a Silver Medal in the 100m. Not bad for the first event. My 50 metre freestyle event I came 5th and ended up with a ribbon. In the 50 metre back stroke I came 4th so that is also a Ribbon.

It was a rushed trip to get back to Hawkes Bay. Every athlete that competed in the swimming at the National Games came back with a medal. A great result for my swimming team.

McKenzie Donaldson



LIFTING *the* BLUES

2023

BEN WATERS & FRIENDS

Cousin Leonard + Michael Stodart

Jools Holland described Ben as being one of the best pianists of all time. Ben is proud to count many of the legends of boogie-woogie and rock 'n roll his colleagues and friends, having played alongside Jerry Lee Lewis, Chuck Berry and The Rolling Stones to name but a few!

28th JANUARY
2023 7.30pm

MTG CENTURY THEATRE
TICKETS \$75



STRIVE'S HOLIDAY CLOSURE DATES

Clients Last Day -
Tuesday 20th December 2022

Clients Return -
Monday 16th January 2023

