



# NEXT STEPS

EXPO 2018

Riccarton High School Hall, Monday April 16th 2018, 11am – 5pm

31 Vicki St, Christchurch

## Discover Possibilities

For support and service options from a range of organisations

- Tertiary Study
- Employment
- Self Advocacy
- Community Engagement
- Vocational Programmes
- Housing & More



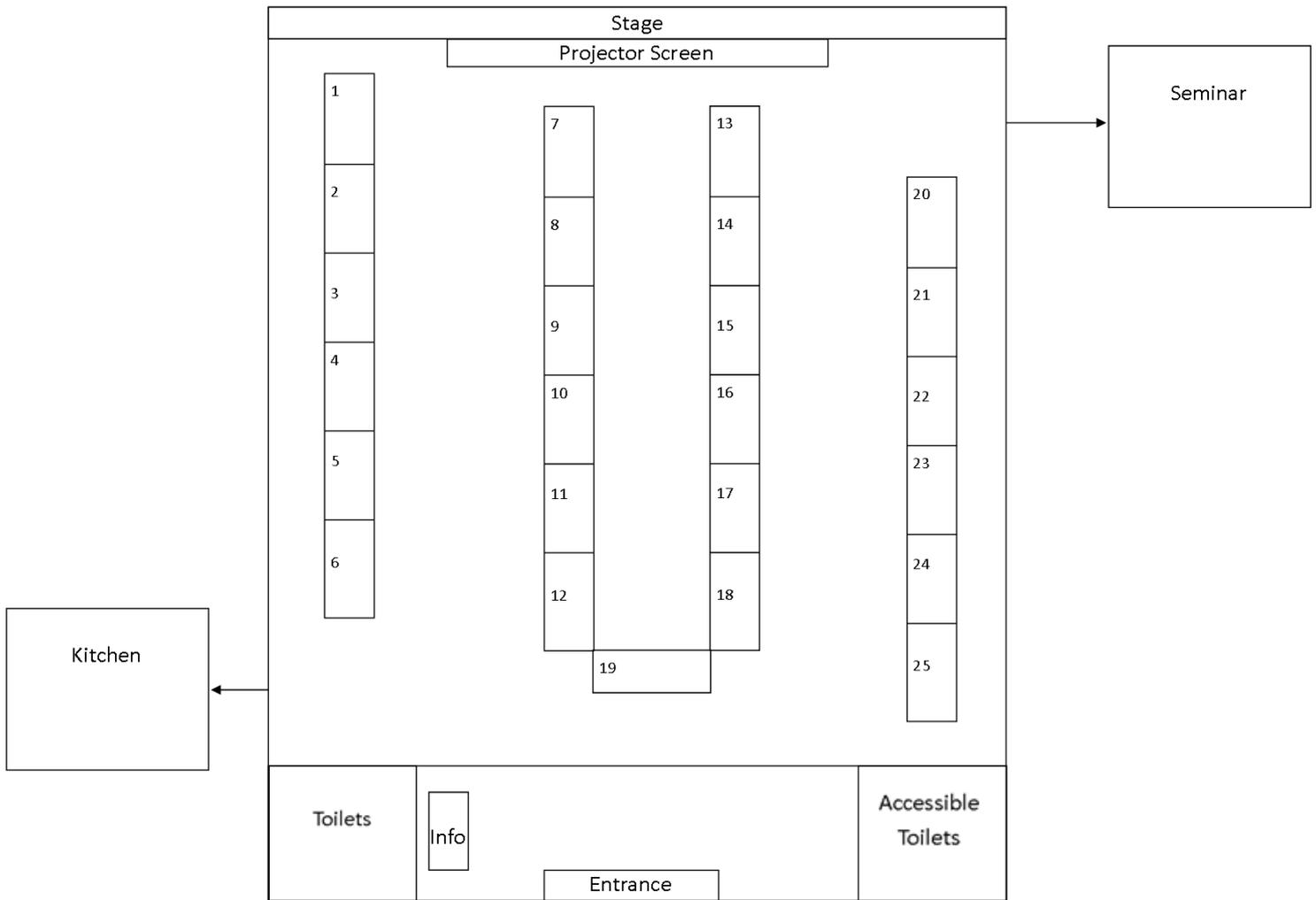
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nextstepsexpo](https://facebook.com/nextstepsexpo)

**Enabling  
Good Lives**



MANATŪ HAUORA

## SITE MAP



## SEMINAR SCHEDULE

Timeslot	Organisation	Presenter	Topic
11.30am - 12pm	Enabling Good Lives	Hannah Perry	Enabling Good Lives; Independent Facilitation and Flexible Personal Budgets
12.10pm - 12.40pm	People First New Zealand	Marg Matheson	Introducing People First New Zealand Inc. with a local perspective.
12.50pm - 1.20pm	CCS Disability Action	Tom Callanan	CCS Disability Action
1.30pm - 2pm	My Home Chef - Cooking School	Rita Yosef	Cooking Skills & Education (demo)
2.10pm - 2.40pm	Emerge Aotearoa	Luke Mitchell	Your Choice: Hope & Mental Health
2.50pm - 3.20pm	Hagley Adult Literacy Centre	Anne-Marie Rose	Improving your reading, writing and maths skills for daily life
3.30pm - 4pm	Community Law Canterbury	Penny Arthur	Welfare Guardianship Options for your family
4.10pm - 4.40pm	TIMA	Kaye	TIMA - Transforming Lives Through Adapted Movement

### Hohepa Canterbury

Hohepa Canterbury is vibrant community of people with intellectual disabilities.

For over 50 years we have delivered a range of disability supports across the Christchurch area. These include residential services, supported independent living, respite, vocational services, and Flexible Disability Supports including EGL.



We are embracing the Enabling Good Lives principles in everything that we do. You may want to take advantage of our existing service programmes or you may want to challenge us to use our networks and skills to create opportunities just for you.

**Stall 1**

We look forward to meeting you at the Expo, and discussing your next steps.

Racheal Priestley - Hohepa Social Worker

Phone 332 3179

Racheal.Priestley@hohepa.com

### Florence Nightingale Agency



Florence Nightingale Agency is a locally owned and operated home based service with the ability and resources to provide quality support to allow our clients choice in how they use their flexible funding options.

**Stall 2**

Contact: 366-8630 or go to [www.florence2care.co.nz](http://www.florence2care.co.nz) for more information.

### Deaf Aotearoa

Deaf Aotearoa's Youth service develops the potential of Deaf and hard-of-hearing youth as individuals and as a group, by providing:

- a transition programme to guide young people into work or study
- a youth intern programme
- activities to develop strong Deaf identities and leadership skills.



Transition Programme This programme is for Deaf and hard-of-hearing youth aged 16-21 who are in their last years of high school. Deaf Aotearoa Facilitators work closely with Transition participants to plan life after school, whether that means further education, training, or getting a job. Facilitators support young people to find and understand important information, so they can make fully informed decisions.

**Stall 2**

For more information: [national@deaf.org.nz](mailto:national@deaf.org.nz)

### Enabling Good Lives

For all ORS funded school leavers.

Enabling Good Lives aims to transform the disability support system, giving young people and their families choice and control about the lives they lead, and the resources that are available to them.

You can work with an EGL Independent Facilitator to make a plan for your Good Life. This includes looking in your local community to see what's happening ... you might want to join a walking group, play music, go to the gym with friends, create some art, do some volunteering, go flatting, study or get a job!

### Enabling Good Lives

You combine your funding from the Ministries of Health, Education and Social Development and create an EGL personal budget. This can be used really flexibly to achieve your goals. Here are some examples of what people use their EGL Personal Budgets to pay for ...

- things (e.g. a phone with GPS so you know where you are)
- services (e.g. support from the organisations in this booklet)
- support (e.g. working with a support worker, mentor, coach or tutor)
- activities (e.g. going swimming, horse riding or on a train trip)

Please contact Hannah Perry;  
email [Hannah@eglives.co.nz](mailto:Hannah@eglives.co.nz) or phone / text 021 035 4134

Stall 3

### Manawanui

Manawanui is the pioneer and leading facilitator of Self-Directed Funding in New Zealand.

Self-directed funding means that you are in control of how, when and who delivers your support at home and in the community. This means you purchase the support you need, employ the people you want and manage your available budget. We can provide as little or as much support as you need.



Whether you need help with recruiting, budgeting and being an employer, want a hassle-free payroll system or are looking for a proven and trusted payroll partner, we have an option to suit you.

You might be fully government funded, have government plus some private funding, or funding your services privately. If you are funding your services privately then you can design your service however you want with no restrictions. If you are using government funding, then you will under one of the following funding programmes; Individualised Funding or Enabling Good Lives Funding.

You can contact us on 0508 462 427 for more information.

Stall 4

### IHC Volunteering

IHC Volunteering offers people with an intellectual disability the opportunity to learn a new skill through our "Skill-based Programme". These skills can include budgeting, interview skills, learners licence, cooking, bussing, computer skills etc. etc. there are no limits to what a Skill-Based volunteer can teach.



We also offer a "Friendship Programme" where a volunteer and the person with an intellectual disability enjoy spending time doing what they want when they want while out in the community. This may include shopping, movies, walks, sport, swimming, fishing, ten pin bowls or anything else while forming a genuine friendship.

Visit: [ihc.org.nz/volunteer](http://ihc.org.nz/volunteer)

Stall 5

## SkillWise

SkillWise is a vibrant community organisation working with individuals to create a positive future! SkillWise helps to facilitate a wide range of learning, inclusion and participation opportunities, together with employment support for adults with intellectual disabilities.

- Inclusion and participation involves supporting people in a range of training, educational and recreational activities in the wider community
- Our employment support service assists people to obtain paid work in the open labour market.

For people with Flexible Support Funding we will be able to provide:

- Direct Fundholding - similar to individualised funding hosting services.
- Facilitated Buying – Where we support people to purchase support or things of their choice.
- Delivery of Flexible Support – Where people will have individualised opportunities and options to be involved in community life.

We pride ourselves on working in a principles based way that ensures people drive the process, determine the outcomes and participate in the community in many and varied ways. Our vast range of community connections and networks help to make this possible.

We welcome enquires at any time

Tel: (03) 382 0350

Email: [info@skillwise.org.nz](mailto:info@skillwise.org.nz)

Web: [www.skillwise.org.nz](http://www.skillwise.org.nz) or

like us on Facebook <https://www.facebook.com/SkillWiseCHCH/>



Stall 6

## Hawksbury Community Living Trust

Our current Mission Statement "To support people with an intellectual disability to achieve their life choices" and Vision "Your Life Your Way" is used to focus staff as part of their orientation and at annual intervals where all staff meet to discuss the Mission Vision and Values and the success in achieving what we have set out to achieve for the people we support.

Hawksbury already ensures each person they support has their own personal plan which refers to their likes/dislikes, the way they want to live life, what it looks like, ways to communicate most effectively with the person and, an attitude of "whatever it takes" by reinforcing the "no barriers" approach.

Hawksbury will work collaboratively with you and your family to ensure, we offer, the plan you are developing in meeting your outcomes which could include, personal support, employment of your staff, assisting in your selection of these staff, maintaining relationships and your engagement with your community!

Contact:

Martin Harris (CEO)

Mob: 0272804430

Email: [martinharris@hawksbury.co.nz](mailto:martinharris@hawksbury.co.nz)



Stall 6

## NZCare Disability

You'll be thinking about leaving home and flatting with friends, finding a job and earning money or enrolling in further study.

You'll want to go out and socialise with friends and get involved in sports and hobbies.

NZCare Disability provides support for school leavers taking a step into independence, helping you plan for and experience all these exciting new adventures. You will work with our EGL Relationship Manager who will work with you and your family/whanau in developing your plan for what a good life looks like for you and how you might achieve it.

Call 0800 002 623 or visit our website [www.nzcare.co.nz](http://www.nzcare.co.nz)



Stall 7

### Identity Tours

Since 1987, thousands of men and women with developmental challenges, Autism, Down Syndrome and Special needs clients have achieved greater independence through the travel experience provided by Specialised Charter Services which is now called Identity Tours Limited.

The focus of Identity tours is to provide a growth encouraging experience for our service users, in which they are able to travel and socialise with people from different cultures. Many of our service users share their own holiday experience with family, support workers and friends.



At Identity tours, our friendly, professional staff makes sure our travellers not only have their independence, but also have assistance with money management, medication support, personal cares attended to and a memorable Holiday. At Identity Tours we also focus strongly on Person Centered Care.

Free phone: 0800-196-633

Web: <http://www.identitytours.co.nz>

Email: [Identity\\_nz@hotmail.com](mailto:Identity_nz@hotmail.com)

[douglas@identitytours.co.nz](mailto:douglas@identitytours.co.nz)

[avi@identitytours.co.nz](mailto:avi@identitytours.co.nz)

Stall 7



### DPA - Christchurch & Districts

We are a lobbying and an advocacy DPO (Disabled People's Organisation) and are actively involved in community engagement with both the disabled and general communities. We are also recognised nationally and internationally as the "collective voice for all disabled people".

Stall 8

### Helen Anderson Trust

The Helen Anderson Trust was formed in 1993; it provides support for adults with intellectual disabilities, enabling them to live good lives by fostering a sense of independence, personal confidence and life skills. We work with individuals to provide opportunities, through participating in the community, that reflect individuals interests as well as helping them to achieve their personal goals.

The Helen Anderson Trust facilitates The Duke of Edinburgh's Hillary Award and The Helen Anderson Trust "Believe and Achieve", Awards. These award programmes challenge, empower and create a sense of achievement for the participants. Through these programmes the participants take part in community based activities and overnight camps. The awards are developed around individual abilities at whatever level, to provide an achievable challenge.

Contact Details:

Phone: 03 385 9818

Cell: 021 264 4183 (Manager-Debbie Andrews)

Email: [Debbie@helenandersontrust.co.nz](mailto:Debbie@helenandersontrust.co.nz)

Visit our website for more information: [www.helenandersontrust.co.nz](http://www.helenandersontrust.co.nz)



Stall 9

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Horizons Day Options Trust

"SUPPORTING INTELLECTUALLY DISABLED PEOPLE TO LIVE THEIR OWN LIVES"

Each person is supported with their own dreams, aspirations and goals.

Independence is encouraged through skill developments, socialisation and education.



Horizons Day Options Trust has units in Middleton and Sydenham that support individuals in a broad range of experiences and / or activities in the community and unit. Current programmes include swimming, walking, pottery, music, going to the gym, woodwork, coffee outings, visiting places, craft, baking social interactions, structured contract work, and weekly Art and Computer groups.

horizons10@outlook.com  
03 341 3073

Stall 9

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Recreate NZ

Recreate NZ is a youth-based organisation with a mission to provide life-changing experiences for young people with disabilities.



We offer social, recreational, adventure, and educational programmes, ranging from ½ day to 5 days in length, so we have plenty of opportunities for you to enjoy.

Visit [recreate.org.nz](http://recreate.org.nz) or email [christchurch@recreate.org.nz](mailto:christchurch@recreate.org.nz) for more information.

Stall 10

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StarJam

Do you love MUSIC, SINGING, DANCING or JUST HAVING FUN?

StarJam is a New Zealand charity that seeks to empower young people living with disabilities through music and performance.



We run weekly performance workshops from 6.30-8.00pm for anyone aged 6-25 years old living with a disability. Our workshops have room for up to 12 young people, who are able to commit to coming every week to learn new skills, make friends, and experience the belief that anything is possible.

Each workshop is supported by a skilled tutor and 2 or 3 volunteers

christchurch@starjam.org  
021 782 766

Stall 10

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### My Home Chef - Cooking School

Special Needs cooking Classes - My Home Chef now offers a unique program for young adults with special needs and disabilities.

In this program the young adults will be able to learn a life skill, gain confidence, independence, and get involved with their family day to day.



The "one on one" or small group cooking lessons will improve their motoric, social, numeracy and literacy skills. At those lessons they will learn how to read and understand a recipe, safety in the kitchen, different methods of cooking and baking, exploring spices and herbs and different ingredients. They will learn new recipes from different cuisines.

Stall 11

As each young adult is unique the lesson will be structured and developed to fit his or hers pace and ability.

rita@myhomechef.co.nz  
0277726022

### LifeLinks

The purpose of the outcome planning and coordination process is to facilitate a process whereby our LifeLinks' staff work with you to identify your goals and outcomes in order to determine what supports you may need either to enhance or maintain your level of independence within your community. When putting together a support package, LifeLinks' staff will consider whether community supports and/or funded supports are appropriate; the level of funded support that can be accessed; and, the ways in which such support might contribute to meeting your identified goals and outcomes.

#### Outcome Planning:

The process of outcome planning involves us visiting you to work together to identify your strengths and abilities; what you would like to be doing; and, any support that you may need because of your disability to achieve your identified goals. This is all written down and is called the Outcome Plan. This Outcome Plan belongs to you. On completion it will include a prioritised list of your, and/or your family/whanau member's, goals or desired outcomes.



**Outcome Coordination:** The coordination process begins after you have signed the Outcome Plan. This process involves writing a support plan which says what should happen to maintain or enhance a more independent/ordinary life for you.

We will work with you to access particular services that will assist you in your day-to-day life, and that of your family/whanau. It is our job to know about many different services that can help people with disabilities. We will then connect you with the services of your choice, and also later, check in with you to see if the services are okay.

If we cannot find a service that best fits your particular circumstances, it means that there is a "gap" in services. Records of these "gaps" are kept and used to help the Ministry of Health better plan for the services that people with disabilities require.

Stall 12

Please contact Suzy Lawson LifeLinks EGL if you wish refer to EGL or to move your funding to a FDS Organisation.

Just email or phone if you have any queries at all.  
PH 03 3659593 ext 119  
lawsons@lifelinks.co.nz

PH 03 365 9593, 0800 866 877  
FAX 03 365 5244  
EMAIL community@lifelinks.co.nz  
LifeLinks Business Hours 8.30am – 5.00pm Monday to Friday, after hours 027 439 9691  
www.lifelinks.co.nz

Kilmarnock

We believe that meaningful employment can be the key to a purposeful life.

Employment- With the right training, support, and encouragement, we can all achieve incredible things. Kilmarnock provides a supportive environment where social and professional development is encouraged. We have a fantastic workplace culture that is based on mutual respect and the pursuit of excellence.

Training- Kilmarnock provides a hands on, practical training environment that prepares trainees for further employment opportunities. Our workplace is similar to many commercial workplaces, only more diverse. Trainees have the opportunity to gain experience in a large variety of industries including food processing, e-waste recycling, packing, and office services.

Work Experience- It can be pretty challenging working out what you want to do after high school! That is why we offer a work experience programme tailored to suit school leavers and young adults. Students will learn a variety of skills in a supportive, safe, fun and active workplace.

www.kilmarnock.co.nz  
robbi.shearer@kilmarnock.co.nz  
03 348 5162



Stall 13

Delta Friendship Link

Delta Friendship Link is part of Delta Community Support Trust.

Friendship Link aims to give people with Intellectual Disability social opportunities, so they can form friendships.

We provide a range of activities including craft, pamper, exercise to music, cooking, gardening and weight loss groups. Our programme runs three days a week, Tuesday to Thursday 9.30am to 2.30pm, different morning and afternoon sessions. There is a monthly Movie and Disco on Thursday nights. We also support a number of people that have set up their own micro-enterprises businesses.

Please contact Sue van der Byl 021 079 7531 or email sue@deltatrust.org.nz



Stall 14

Careerforce

Careerforce works with employers nationwide to create and implement customised New Zealand Qualifications Authority (NZQA) recognised training programmes. We have 48 unique qualifications registered on the New Zealand Qualifications Framework from level two through to six.

As the Industry Training Organisation for the health, mental health, aged support, disability, social services, home and community support, youth work, cleaning and pest management industries, we pride ourselves on providing quality, accessible and flexible qualifications.

Careerforce is industry driven. Our Board of Directors, made up of sector leaders, ensure we are meeting the needs of the workforce.

Ultimately, we strive to improve the health and wellbeing of New Zealanders through workforce training.

Freephone: 0800 277 486  
Phone: 03 371 9295  
Email: info@careerforce.org.nz  
Fax: 03 371 9285



Stall 14

## Brackenridge

Brackenridge is about people.

We are an independent subsidiary company of the Canterbury District Health Board, a charitable organisation that provides support to children, young people and adults with disabilities and autism in Canterbury.

In supporting people to choose and create great lives for themselves, we use a person-centred approach that supports people to live the life they choose by working with them to create aspirational life plans.

### Flexible Models of Support

Brackenridge is a Flexible Disability Support provider:

☑ We promote a community membership model of support all activities as a training ground to develop personal skills, strength and interests with a view to either work readiness or greater social independence, interaction and ordinary life outcomes.

☑ It is our mission to support people to make meaningful connections with individuals, organisations and industries who offer friendship, engagement, learning or employment.

☑ Brackenridge forms just part of a person's circle of support: we recognise the significant role families/whanau, friends, and communities play in an individual's life.

128 Wrights Road, Addington, Private Bag 1738, Christchurch 8140 [www.brackenridge.org.nz](http://www.brackenridge.org.nz)  
03 926 1999

**Stall 15**



## Equitas Care Ltd

Equitas, based in the north west area of Christchurch, provides homes for young people who have suffered a brain injury where rehabilitation, independence and personal goal setting provides the basis for all service delivery.

Where residents cannot progress to independent living, Equitas provides a person centered supportive home for young people that facilitates aspects of independent living and meets their social, emotional, spiritual and physical needs.

Residents family/whanau and friends are welcome at Equitas and we encourage them to fully participate in all aspects of residents' lives.

Find more information at <http://www.equitas.co.nz/> or by contacting Vicki Corner at [vicki.corner@equitas.co.nz](mailto:vicki.corner@equitas.co.nz) or 0276353401

**Stall 16**



## Handmade Studio

The Handmade Studio is a charitable Trust established in 1983 to provide a positive and supportive environment that assists members with a disability in perfecting their skills to gain independence and self esteem towards community participation.

We are a cooperative of proficient weavers of woollen materials which are made into garments, fashion accessories and soft toys. We also make Sheepskin covered coat hangers and handmade occasion cards. Once a person has gained the skills to make a quality item the majority of the proceeds are returned to the maker.

Our Trust Board comprises Studio and members, carers and friends of the Handmade Studio.

We are at 166 St Asaph Street Christchurch Phone 3777042 or Email [handmadestudio@xtra.co.nz](mailto:handmadestudio@xtra.co.nz)

**Stall 16**



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### CCS Disability Action

CCS Disability Action's vision is to see every disabled person included in the life of their family and community. As well as providing direct support and advocacy, we have a wider role in shaping society's attitudes towards people with a disability. We offer a number of services for disabled people.



Telephone 03 365 5661 or 0800 227 2255  
Fax 03 372 9507  
Email [Canterbury@ccsDisabilityAction.org.nz](mailto:Canterbury@ccsDisabilityAction.org.nz)  
Business Hours 8.30am - 4.30pm, Monday to Friday

**Stall 17**

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### Emerge Aotearoa

#### Flexible Disability Supports - Emerge Aotearoa

Emerge Aotearoa provide a wide range of Community-based mental health, addiction and disability services nationwide. We believe in supporting wellbeing and helping people find richer happier lives through connecting to their families, whanau and communities.



We will work alongside you to tailor a package of supports that is uniquely suited to you following a collaborative and flexible approach designed to empower you towards your aspirations. Our Co-ordinators have extensive experience in mental health and disability services, and where possible, are matched to the client's needs.

Through out your time you will receive regular contacts from your co-ordinator and be supported to connect existing resources and services of YOUR CHOICE.

All of this will be driven by your dreams, ambitions and preferences.

P O Box 2322  
Christchurch 8140

T (03) 371 5599 F (03) 331 6347

**Stall 18**

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### People First New Zealand

#### What do we stand for?

People First New Zealand is a self advocacy organisation that is led and directed by people with learning (intellectual) disability. People First is part of an international movement fighting for the rights and inclusion of all people with learning disability.

#### Our Mission Statement

People First New Zealand Inc. Nga Tangata Tuatahi is here to empower and support people with learning disability to be strong and valued individuals in New Zealand.

#### People First believes:

1. People with learning disability should have respect, have full rights of citizenship in New Zealand and be fully included in communities.

2. Maori are the people of the land (Tangata Whenua) and we will support the rights Maori have under the Treaty of Waitangi.

#### Our Vision

People First is here to:

1. Make sure people with learning disability can speak up and be heard on things that are important to them in government, in services and in the community;
2. Represent people with a learning disability who cannot speak for themselves;
3. Promote the rights of people with learning disability.

Tel: (03) 366 4210

Mob: (027) 5528560

Email: [marg@peoplefirst.org.nz](mailto:marg@peoplefirst.org.nz)



**Stall 19**

### Learn Active

#### Learn Active

-Learn Active is a registered charity that provides outdoor education opportunities to people with intellectual disabilities.

-Our mission is to give students with intellectual disabilities the opportunity to explore and have fun in the outdoors while learning new skills, meeting new friends and achieving goals.

-We run a range of programmes during the term, holidays, weekends and overnight.

Website - [www.learnactive.co.nz](http://www.learnactive.co.nz)

Contact - Karla Roberts, 0211398156, [karla@learnactive.co.nz](mailto:karla@learnactive.co.nz)



**Stall 20**

### Arts Intergrated

Arts Integrated: Making a difference to disabled youth by providing a 2 year programme in dance, drama and other similar activities.

Arts Integrated is a term time programme offering many unique aspects in the arts that include connecting, learning, being active, being part of a team and most importantly the social element. Arts Integrated offers two programmes of three hours per week for 24 participants with diverse needs. It operates out of North City Church – a fantastic community hub – where the students are able to connect with other people utilizing the church.



The long-term vision for Arts Integrated is that students will develop skills and confidence to connect with other similar activities. This could include someone being part of their local drama group or someone looking at gaining a qualification but needs more foundation skills.

Arts Integrated employs Assistant Tutors through Jolt's Integrated Dance, "Move Programme" - a training scheme where participants learn to become choreographers.

Contact Details: [artsintegrated@yahoo.com](mailto:artsintegrated@yahoo.com) or  
021-158-3675

Website / facebook: <https://www.facebook.com/artsintegratedchch/>

Stall 20

### Youth SPACE



Youth SPACE is a service for 16-30 y/o youth & young adults that focuses on skills, independence, and strengthening social connections. We run four day services in Rangiora, Rolleston, and Papanui. Youth SPACE creates it's term plans directly from the goals and aspirations of our young people, ensuring our service is always youth-directed, strengths-based, and responsive to the needs of those who attend

Rawdon Wallace  
Youth SPACE Coordinator  
[rawdon.Wallace@idea.org.nz](mailto:rawdon.Wallace@idea.org.nz)  
022 010 2837

Stall 21

### IDEA Services - Supported Living



Supported Living will support you to live the life you want, the way you want, in your own home. A one-on-one support person can help you explore options such as further education, using community facilities, shopping, budgeting or cooking, and helping with dealing with agencies such as WINZ or your bank and tenancy agreements.

[karli.langton@idea.org.nz](mailto:karli.langton@idea.org.nz)  
027 208 3230

Stall 21

### Hagley Adult Literacy Centre

HALC (Hagley Adult Literacy Centre) provides free courses for adults who want to improve their reading, writing, maths and computing skills.



There is a part time class for adults with intellectual impairments or those living with a mental illness which is held at Hagley Community College. This class has learners with a range of abilities. There is a focus on developing learners' skills and so enabling them to achieve greater independence, confidence and self-esteem. Learning in the class is an enjoyable, relaxed and fun experience.

To arrange an interview for selection onto the special needs course or other adult literacy courses at HALC phone 379 1916 or email:  
[anne-marie.rose@hagley.school.nz](mailto:anne-marie.rose@hagley.school.nz)

Stall 22

## Community Law Canterbury



Community law Canterbury  
Te Ture Whānui o Waitaha

Community Law Canterbury is a not-for-profit organisation which works to reduce and remove barriers to the law.

We provide quality, free legal help to people in Canterbury and the Grey and Westland Districts, who face barriers in accessing justice.

033666870

Stall 22

## Listen! Our Voices Count

Listen! Our Voices Count is a Plains FM 96.9 community radio programme about disability as I am the host and have a disability.

I have trained as part of my team a young man with spastic quadriplegia cerebral palsy and a young man with autism. This programme comes from a disability point of view.

Riccarton High School Kohanga Aka Department visited and were on the show the head of department called me a Role Model to young disabled people.

I have on my interview list this year Minister Disability Issues, Minister Education, Associate Minister of Housing and Human Rights Disability Commissioner as guests as it is a community programme I do not get paid I pay for my programme out of my Supported Living benefit . I am lucky this year my sponsor is Identity Tours - Thanks Avi and Doug.

Roger Marsden

brmarsden@xtra.co.nz



Stall 23

## PlainsFM

PlainsFM is Canterbury's only community access radio station and has been operating for 30 years to provide professional, open and accessible broadcast facilities and expertise to give a media voice to youth, ethnic communities, people with disabilities and other minority communities.

We support these groups to learn to create their own radio/podcast programmes in their own style and language to provide information and entertainment to engage their communities of interest. We currently broadcast 87 programmes in 16 different languages.

laura@plainsfm.org.nz

03 365 7997 ext. 4



Stall 23

## Phab

PHAB Christchurch is a fortnightly/weekly social group for young people with disabilities.

Group 1 meets every second Monday from 6-8pm during the school term beginning the first week of term.

Group 2 meets every second Monday from 6-8pm during the school term beginning the second week

Group3- meets every Thursday during the term from 5-7pm



PHAB Christchurch operates out of the Papanui Youth Development Center at 1a Harewood Rd, Papanui.- groups 1&2. Group 3 is run from idea services building 655 ferry road woolston

These groups are open to all between the age 16-21( group 1) 22-30 years old (group2 )17-25(group3)

PHAB is an international organisation that provides social experiences for young people with disabilities.

The young people become important and valued members of their communities, make friends and most of all, have fun.

Youth worker : Sean Bendall Ph: 0275315562

Email: youthworker2.0 @pyd.org .nz

Stall 24



**Special  
Olympics**  
Canterbury

## Special Olympics Canterbury

Special Olympics Canterbury offers year-round sports training and competitions for children and adults with intellectual disabilities.

Sports offered: Athletics, Basketball, Ten Pin Bowling, indoor Bowls, Equestrian, Football, Golf, Power Lifting, Swimming and Snowsports.

Contact Helen Mitchell on 021 237 5584 or email canterburyspecialo@xtra.co.nz

Stall 25

## Chris Ruth Centre Trust

## THE CHRIS RUTH CENTRE

Our mission is to provide a high quality individualised community orientated service for school leavers with very high needs disabilities in the Canterbury area.

What does this mean?

Each person has a personal programme developed through our individual planning process.



What might a programme include?

- People's physical well being is catered for through exercise programmes (swimming, dance, gym, horse riding) physiotherapy & personal cares.
- Educational & life skills opportunities in real world settings
- Encouraging community participation through a range of social, recreational and leisure activities
- Work participation placements in a variety of businesses

Where are we?

We have centres in Hoon Hay, Bishopdale, Kaiapoi and Ashburton

More information and contact details are available on our website - [www.chrisruthcentre.co.nz](http://www.chrisruthcentre.co.nz)

Stall N/A

## TIMA

TIMA provides physical activities adapted to individual needs. We aim to do this in a fun, inclusive and integrated environment. We run programs during the school holidays to small groups for participants aged 10-21.

## PHONE

Kaye: 027 2267499

Kim: 027 3675589

## EMAIL

timakiwi@gmail.com

## WEB

www.tima.nz

Stall N/A



## Christchurch City Libraries Outreach - Mobile Library

The Mobile Library connects the community with Christchurch City Libraries by:

Providing regular services to areas that have fewer physical libraries or libraries under development;

Promoting access to library services through community events and activities.

There are other ways that Libraries can connect with you. If you find it difficult to access library services due to a disability, illness or other factors that limit your mobility, please talk to us about your needs.

You may like to make suggestions about Mobile Library involvement in community events:

Phone (03) 941 7923

Email: library@ccc.govt.nz

Stall N/A  
(Van Parked  
By Hall  
Entrance)

## Thank you for attending Next Steps 2018

For a digital copy of this booklet, please email [rawdow.wallace@idea.org.nz](mailto:rawdow.wallace@idea.org.nz)

