

WHAT'S UP AT THUMBS UP?

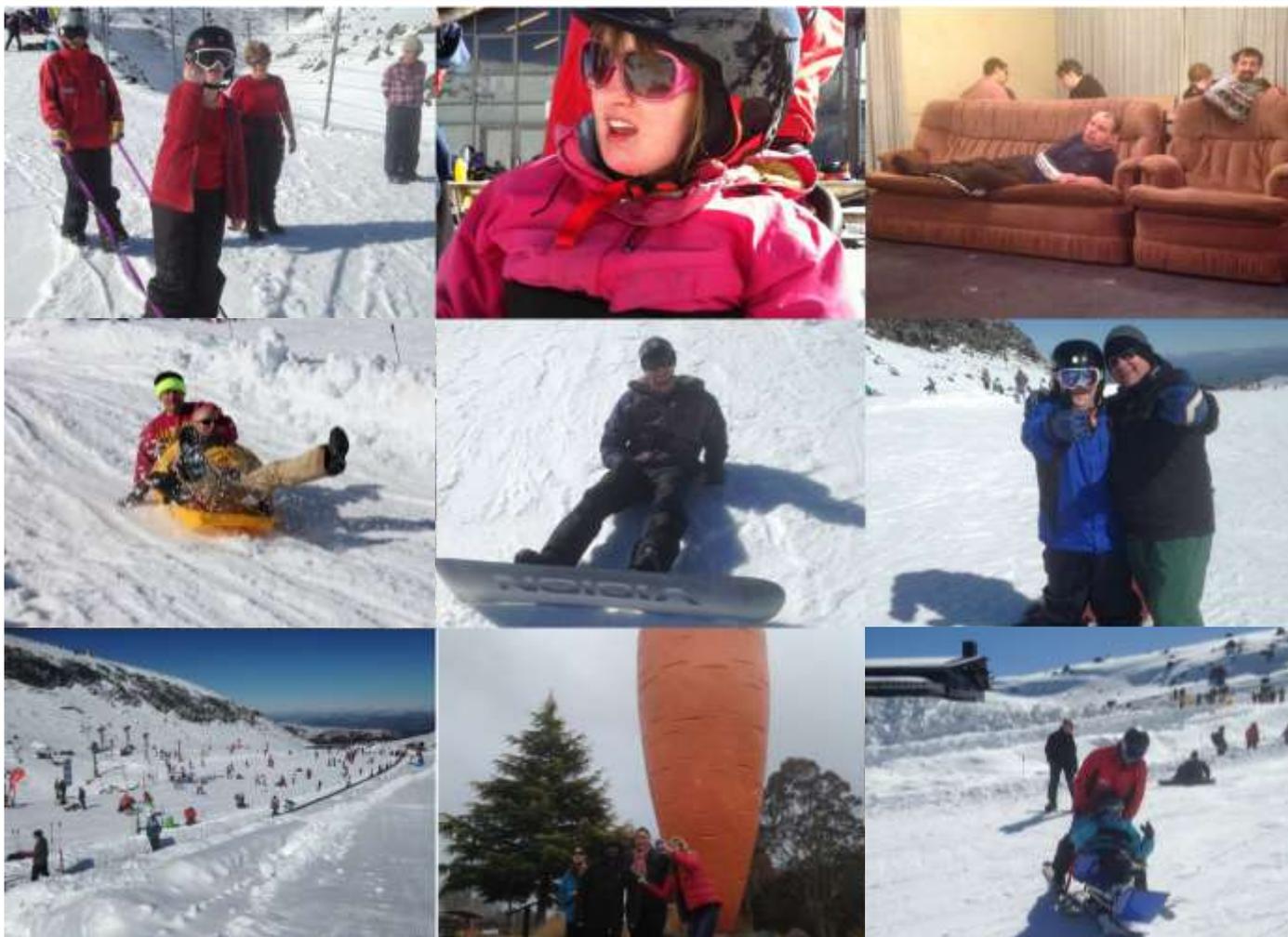
Frosty Fun in Ohakune!

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We had an amazing trip to Mt Ruapehu to go skiing at the end of August. The months of planning were very worth while, everybody had a great time and got out and about in the snow. We had an action packed week filled with walking, tramping, gum boot throwing, hot pools, tobogganing, skiing, snow fights, building snow (wo) men and lots and lots of laughter. Thank you to all our sponsors for this awesome experience, we will remember this forever!



New Website Thumbs Up!

A big thank you to Ed Goode who kindly offered us his website building services for free to give our website a much needed makeover!

Take a look at our new and improved site at www.thumbsuptrust.org.nz

Ed's website is itandsympathy.org.nz Check it out! Thanks Ed!

Thumbs Up Renovations

We are very happy to be back into our centre which has a revamped computer room, a new laundry and a large room for storage. The sensory room has been given a makeover, with a new built in desk to provide a quiet space for reading, writing or study. We have a new entertainment system put in and plenty of bean bags for relaxed Friday afternoons when everyone is winding down. The builders have been working hard and have also upgraded our side garden with a garden bed and concrete path. The whole centre looks very sparkly, bright and fresh with new paint throughout. The renovations would not have been possible without the major support of Pelorus Trust. Thank you **Pelorus**, we love our new space!

Welcome and Goodbye Thumbs Up



Hi my name is Jamie and I started at Thumbs Up in July this year. I live in Wellington with my wife. I love to play the guitar and I have been really enjoying getting to know all the fun young people at Thumbs Up.

We would like to say goodbye to Joanna Eikenbrock who has been our Art Facilitator for the last 4 years. It has been great to have her work with all our clients and inspire them to create great art. Some of the art that they made has been displayed on the art trail in the last few months. Joanna is now retired and can enjoy some time relaxing and riding her bike!



Horsing Around in Waikanae



We were lucky enough to get up to the Waikanae Horse Centre again this term for a day of fun. Our guys really enjoy getting out there and show no fear jumping up on some very high horses! The Waikanae Horse Centre have been fantastic hosts and with them we are able to provide a number of activities at the centre which means everyone can get involved with the animals and have fun. Take a look at some pictures from the day showing our talented riders in full swing!



Boot Camp With Kelly

Over the colder winter months it can be hard to get outside for activity and exercise... No worries, we have Kelly Wilson! Every week Kelly comes down to Thumbs Up to run Boot Camp training sessions, where we do everything from running drills carrying tyres to squats against the wall! Between Kelly, Cora and Jill there is no time for resting during the 45 minute session and we all enjoy the fast paced, high energy atmosphere. There's something for everyone and never a dull moment! A big thank you Kelly for your commitment and all the support you have offered during the term with this programme! We look forward to more Boot Camp sessions next term... Well... most of us anyway!!



Communication With Shannon

Since the beginning of the year we have been grateful to have Shannon Hennig, Communication Inclusion Therapist, working with us at Thumbs Up. With the funding support of Infinity Foundation, Shannon has brought a wealth of knowledge to the team and has helped us develop quality communication goals for all of our young people. "It's been really exciting seeing so many of the clients starting to use the alphabet and so many other forms of communication to help them get their ideas across" says Shannon, who has been running weekly literacy groups where we explore letters and words through reading and writing. We can clearly see the increase in communication across the whole centre, and the introduction of some new resources has also supported the growth we have seen. Shannon has noted that "Clients are requesting a chance to write poems and using the iPad to read stories and best of all I see clients speaking a lot more". We are very grateful to **Infinity Foundation** for the \$6000 that we received to keep improving our communication skills which is one of the most empowering tools we have access to!

Thumbs Up At A Glance



Melissa busy creating the next masterpiece at Menz Shed in Eastbourne



Andrija enjoying a horse ride in Waikanae



Matt on the horse in the sunshine



Matt having fun at the fire



Daniel helping JP with music



Merryn relaxing in the sunshine with one of the



Shannon & James writing stories in literacy



Phillip and Corey at the Dam with the walking group



Parachute play to finish off a Boot Camp Session



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MAJOR SUPPORTER

A very special thank you this newsletter to Jo Martin, Barney's mother who donated \$1000 to Thumbs Up on his birthday. Barney who passed away last year, is one of the founding members of Thumbs Up and we have very fond memories of his time with us. The money will be going towards a new iPad for our people to use to enhance their communication.



Supporters of Thumbs Up 2015 Grants and donations

Pelorus Trust
Upper Hutt City Council Creative Communities NZ
Infinity Foundation
Petone Working Men's Club
Rehabilitation Welfare Trust
Hutt Mana Trust
Molly Vance
Hutt City Council
TG Macarthy Trust
Winton and Margereth Bear
Naureen Colgate, family and friends

Ongoing Service Support

Jo Young Petone Physiotherapy
DLA Phillips Fox
Vertia Print
Gillespie Young Watson
Avenue Service Station
PC Patch
Fine Signs
Stevens Motors

Volunteers

Kelly Wilson - Boot Camp Facilitator
Cora De Wit - Boot Camp Co Facilitator
Michele Hughes - NCEA Support Tutor
Diana Bermudetz - Weltec Intern
Corinne Cobb - General volunteer

Thank You

A big thank you to **Pelorus Trust** for funding our building renovations with a generous \$165,000 grant. This has allowed us to create an amazing space for us.

Thank you to **Infinity Foundation** for its grant of \$6000 for our Inclusive Communication Therapist.

This term we are also very grateful to receive a grant of \$2400 from **Hutt City Council Creative Communities NZ** for Singing with Soul Connection.

Thank you to **Rehabilitation Welfare Trust** for a grant of \$2000 and to **Hutt Mana Trust** for a grant of \$5217 both of which funded our ski trip in August.

We are grateful to **Winton and Margaret Bear** for the additional \$5000 received earlier this year which will help fund John Paul Young our music therapist.

We also received \$5000 towards our operational costs from the **Hutt City Council Community Grant**. Thank you for supporting us to continue our service!