WHAT'S UP AT THUMBS UP?

News Flash from Thumbs Up!

Issue 28

September 2018

Plenty of fun for the first half of 2018!

Brookfield Treasure Hunt & Adventure Day

This year Brookfield was run a little differently from previous years and the result was fantastic! The main focuses of the day were fun teambuilding games and activities capped off with an Easter treasure hunt. What has been really great about these adventure days is the relationships that have been built between the staff at Ignite Sport and the people we support. It really was about catching up with old friends as much as it was about the games! Some of the challenges we did were the 'army crawl', scaling the wall, coming down the rope and working through an obstacle course. The growing confidence of the people we support was clear to see, as they were ready to dive right into the challenges and get going! It was messy and muddy but that didn't stop anyone from enjoying the day. Josh was a real trooper—he was the 'water balloon' target for the day. I think its fair to say he was drenched, which must mean our guys have a pretty good aim!! This was the best adventure day yet. We can't wait to do it all again next year!

Thanks Ignite Sport, you guys rock!

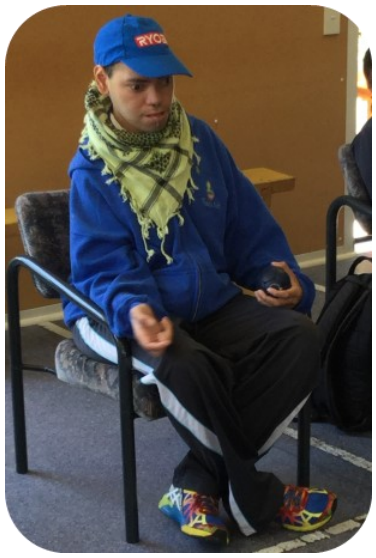
Thumbs Up At A Glance!

Let's get Physical!

A big part of what we do at Thumbs Up is about encouraging physical health and wellbeing. See below for pictures of some of the different exercises we try to get into our days at Thumbs Up!

Above Miriam enjoying the water at Huia Hydrotherapy Pool
Below: Daniel supporting Abi in Bend & Stretch
Right: Danielle working on 'skills' during horse riding in Waikanae

Far right: Merryn working hard with Jo Young, Physiotherapist & Thumbs Up volunteer
Middle Right: Karyn having fun with the parachute
Right: Melissa enjoying the sunshine and a bike ride



Above right: Tuese playing Bocce at Laura Fergusson.
Above left: Corey and Fingal swimming at Huia Pool
Left: Linda's story telling group

Thumbs Up At A Glance!

Song Leading Group finishes off with a bang!

For the past 20 weeks Claire Hewitt has been running a Song Leading project at Thumbs Up. There were a number of weeks practising to lead up to a community performance. In early April the group went to the Conservatory in Lower Hutt and performed for members of the public. It was a fantastic outing and another great opportunity to get to know some new people in our community. THANK YOU to the Hutt City Council for supporting this project!

Top left: Fingal and Merryn dancing with the boom whackers at the Song Leading performance

Above left: Corey & Katrina boogying with the Song Leading Crew

Above middle: Miriam was all smiles listening to the music.

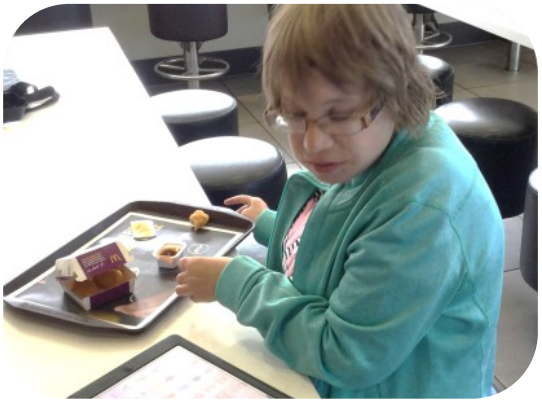
Above right: Group photo of the performers at the Community Song Leading Performance.

Far right: Abi at McDonalds getting ready to place her order.

Right: Melissa eating her nuggets after ordering them herself from the counter using the IPad

Communication In Action Group Project: Teaching McDonalds staff about how we communicate

The Community In Action group was busy working hard over the first term preparing for an outing to show off their communication skills to the community. The group organised the whole event themselves, choosing where to go, who would do what when they got there and how they would go about ordering their food. The group called McDonalds prior to the outing and spoke with them about making sure someone would be there to assist us in taking our food orders. McDonalds were fantastic and got right on board with the plan! They assigned a staff member just for the Thumbs Up group and the whole team spent time practising using all their communication tools like the switches and IPads. Following the outing, the group came back together to create a film about their project. It is a fantastic way to show off all the work they have done around communication. The whole group did an amazing job and everyone was really proud of the end result. Well done to the Communication in Action Group and thanks McDonalds for getting on board with our project. Thank you to the ANZ Staff Foundation for supporting our Communication Inclusion Therapist, Shannon Hennig, who runs the CIA group. We really appreciate it!



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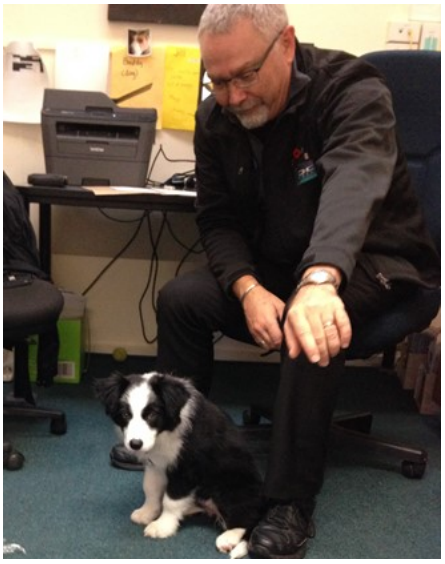
Thank You



A big THANK YOU to Neil and Lacey from PC Patch in Petone.

Neil keeps us humming along by kindly donating his time and expertise to support our IT systems.

Lacey has an important job too—she provides many snuggly cuddles and lots of fun and games while Neil is busy sorting out the computer systems! .

Supporters of Thumbs Up 2018 Grants and Donations

Pelorus Trust
Infinity Foundation
Petone Lions Club
ANZ Staff Fund
Hutt City Council
Winton and Margaret Bear
Frozen Funds
Petone Rotary

Ongoing Service Support

HR at Work
Jo Young—Petone Physiotherapy
Avenue Service Station
Trevor Lacey—Handyman
Fine Signs
Vertia Print
PC Patch

Volunteers

Steven—Volunteer
Kane - Volunteer
Alex – Volunteer
Walter - Volunteer
Zac - Volunteer
Robert -Volunteer

Thank you for support received in 2018

A big thank you to the Petone Rotary Club for donating two computers to us. We were in desperate need of some updated computers for our administration team. Thank you so much! Our admin work is now moving along a lot faster!

Thank you to the TG Macarthy Trust for your grant of $7500 towards the cost of our Music Therapist JP Young. Music Therapy is an integral part of our day to day service and is a favourite activity of many of the people we support. Thank you!

Thank you to Corey, Linda & Steve Wilkie for supporting Thumbs Up through meat raffles in their local community. We really appreciate the support and could not do what we do without the generous support from the community through fundraising ventures such as this. Thanks guys!