



Autumn/Winter 2023

Rural Impact Report

You helped people in rural communities during the cyclone

When things are tough, they are often toughest for the most vulnerable. Thanks to your Calf & Rural Scheme support, things were made easier during this time for people with intellectual disabilities living in rural communities.

Cyclone Gabrielle has affected many people, including those living in IHC Supported Living homes. The good news is, everyone is safe, although some of the people we support had to evacuate their homes.

IHC was able to quickly mobilise and get supplies out to these homes in affected areas. This included Calf & Rural Scheme funded activity boxes full of board games, art supplies and craft materials to keep people entertained during the bad weather.

Your support also meant we could get food and hygiene products to people with intellectual disabilities in rural areas where some of these items were in very short supply.

Using funds donated by Calf & Rural Scheme donors, we've created an IHC Cyclone Relief Fund. This money will be used in the longer term to help people with intellectual disabilities and their families affected by the cyclone.

Thank you!



Shane, Maraea, Dawson and Marie live together. They were very happy to get some new board games and art supplies to keep them busy.



Sam, who lives in Gisborne, was very happy with his activity box.

Calf & Rural Scheme delivers cyclone supplies

The Amarok kindly provided to the Calf & Rural Scheme by Volkswagen was the perfect vehicle to get supplies to people with intellectual disabilities in rural areas during Cyclone Gabrielle.



You give the gift of friendship and learning new skills

People with intellectual disabilities often lack confidence. They also say they feel lonely. There are people around them, family members, support workers, housemates, but they often feel they don't have their own special friend. Someone to get out and about with, giving them a break from those they live with and spending time doing the things they love.

IHC's volunteer programme, funded by kind people like you matches people with intellectual disabilities with a volunteer friend who has similar interests. It also helps people learn a new skill through Skills Based Learning, short term assignments were a volunteer supports a person with an intellectual disability learn a new thing. Here are some of the people you are helping.

Tayla and Jake

IHC's Skills Based Learning volunteers work with someone while they learn a new skill. These skills are something they have identified they would like to learn. Often for people with intellectual disabilities it takes a while to learn new things and they need to practice the skill many times to gain confidence to do it on their own.

Tayla (left) and Jake were matched in January and got started on a skill Jake wanted to master, catching the bus from his home to the town bus hub. Tayla was spending time weekly with Jake while he learns about catching the bus. It was a step towards another of Jake's goals - gaining employment.



Tayla and Jake. Jake needed to learn how to catch a bus so he could look for a job

The good news is, Jake now has a job as a kitchen hand. His new job isn't in town, it is in the suburbs, so Tayla is now working with him to master catching the bus to and from work.

Thank you for helping Jake reach his goals!

Nick & Stuart

Nick (left) and Stuart only met late last year and they have become good friends. Living on a rural property with his parents, Nick didn't have any friends his own age. He was very happy to be matched with Stuart as they share similar interests. They enjoy getting out for walks or going to the local pub for a game of pool or a quiet drink and a chat. Nick is pleased he now has a friend to do these things with.

Nick has horses on his farm and loves to ride. He competed and won medals last year in the Equestrian Competition at the Special Olympics held in Hamilton. Like all good friends, Stuart was keen to go along to watch Nick compete and cheer him on.



Nick (left) was proud to have his friend Stuart cheering him on when he won medals at the Equestrian Competition at the Special Olympics last year.

You can watch a short video **Stuff** produced on the volunteer programme



Rural people needed for i-Volunteering programme

The i-Volunteering programme is an online version of the Volunteer Friendship Programme. And we are looking for rural people to get involved.

People in this programme don't need to meet up in person. This is a great way that people who live rurally can both volunteer or be matched with a friend.

The i-Volunteering programme is open to anyone over the age of 17 with an intellectual disability who wants a friend, it isn't just for people being cared for by IHC. These people may be living with another support service, living with family or independently. If you know someone in your community who may want a friend, please tell them about the programme and encourage them to apply.

The programme is also available to the parents or caregivers of people with intellectual disabilities who might want someone to have a chat with, giving them some down time.

And we also need people to volunteer to be a friend to a person with an intellectual disability. If you, or someone you know, could spare some time each week or fortnightly to catch up with a person with an intellectual disability or a carer, by video calling we'd love to hear from you.

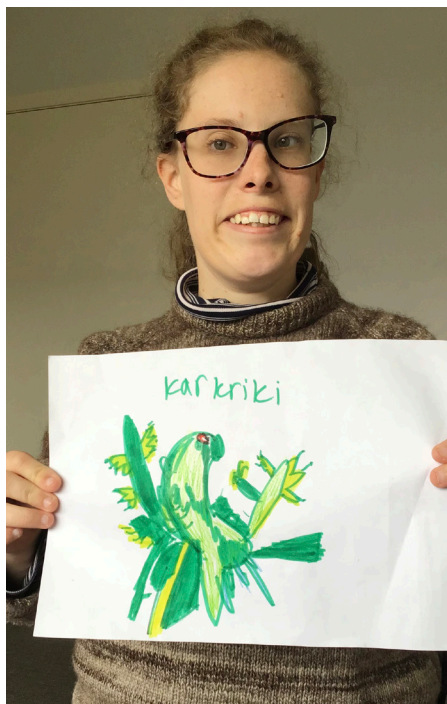
There are a wide range of things you can do during this time. While many people like to talk about shared interests, we also have younger people who will catch up and do online gaming with their friends. Parents of these younger people with intellectual disabilities say they know if they are online with their friend they are safe and that is a relief for them while their young person is having fun.

To find out more or apply please go to ihc.org.nz/get-involved/volunteer or call Tamsyn on 022 015 7166.

You are bringing people together, wherever they are in the country, to enjoy online activities

People with intellectual disabilities often feel isolated. They may not have many friends and want to do more and learn new things. This is more of a problem to people living in rural communities who may not have the services or facilities available to them.

What started during the COVID lockdown as Give It a Go, live-streamed Zoom sessions of activities for people living in IHC homes has now grown to become IHC Media.



Chardonnay and her drawing of a native bird.

A weekly series of programmes, IHC Media is available to anyone in the country with a disability who can join these interactive online sessions.

During the sessions, participants can see and talk to each other making friends throughout the country.

These sessions are not just for people with intellectual disabilities to participate in, they are also being supported to lead the sessions.

Chardonnay loves doing arts and crafts and is a regular at the 'Drawing with Lindsay' sessions. Each week they have a new project to draw. They discuss what they are going to draw and learn more about it.

In a recent session, the group was learning about and drawing native New Zealand Birds. Ranger Carisse from DOC was there to talk about the birds, where they live and the calls they make.

Chardonnay says she really enjoys these sessions. "I just love how Lindsay is so talented and shows us how to draw the pictures."

Chardonnay is also excited that she has been asked to run a session on IHC Media. "I'm going to do a pom pom animals making workshop. I love working with wool so I can teach others how to make the animals."



Drawing with Lindsay – Draw a native bird class. In this session, Lindsay (top right) shows participants how to draw a native bird. DOC Ranger Carisse (bottom left) leads the discussion about the birds including what they eat and the sounds they make.



Brent and Paul enjoy the music sessions. Paul uses a chair as a drum.

Give the gift of a meaningful life



For 70 years, with support from caring New Zealanders like you, IHC has been helping people with intellectual disabilities live rich and meaningful lives.

Through a gift in your Will, you will carry on IHC's long tradition of care for people with intellectual disabilities.

If you would like to continue to bring purpose, joy and choice to the lives of people with disabilities, please consider a gift to IHC in your Will.

To find out more, please contact Lisa Marshall on **0800 746 444** or email **Lisa@ihc.org.nz**

Cycling from Cape Reinga to Bluff to raise funds for IHC

Farmer Warren Erickson has recently completed a 2,200km bike ride and raised more than \$25,000 for IHC.

Warren wanted to support IHC as his daughter has Down syndrome. The family have been supported by IHC for more than 30 years and his daughter now lives in an IHC IDEA Services home.

Along the way he stopped in and visited people with intellectual disabilities living in supported living homes which he says was a highlight of his journey.

You can listen to an interview with Warren where he tells Jamie Mackay about the support his family have had from IHC and his epic bike ride.



Photo Competition Winners



Category: IHC Calf
Charlotte Savage.



Category: Livestock
Bryanna Moir.



Category: Landscape
Callum Kidd.

Congratulations to the winners of the IHC Photo Competition. There were many great entries and we'll be running the competition again later in the year.

Win a Mystery Weekend

Make your pledge before 1 June 2023 and you'll go in the draw to win some great prizes.

- A Mystery Weekend Away for two.
- A family set of Skellerup Gumboots
- Peach Teats Lollies



Congratulations the winners of the 2022 Mystery Weekend, Daniel and Emily Woolsey from Wyndham pictured with Canvasser Brian Church.

Choosing a calf to donate

Now is the time to pledge a calf.
Here's how to choose a calf to donate.

- Choose a well breed, early born calf. Friesian or Beef X bulls or heifers usually do well.
- Get your calf to a weight over 100kgs prior to sending it to the sale.
- Make sure your calf has a registered EID Nait tag and the ASD form is filled in correctly.



Thank you!

IHC is grateful to everyone who makes the Calf & Rural Scheme such a great success.

Thank you to all the wonderful farmers who donate, the reps at PGG Wrightson who help sell the animals, the freight companies who get the calves to sale at no or a reduced cost, and the canvassers who do a great job.

See you at Fieldays! (June 14 - 17)

We'll be in our usual spot (PA1B) in the Pavillion Foyer. We'd love to meet you.

Thanks to our wonderful sponsors

Their support means your gift helps even more people in our rural communities.

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