

NEXT STEPS

Expo 2023

Discover Possibilities

For support and options for young disabled adults and their whānau considering the transition from education.

Learn about: Speaking Up, Community, Housing, Sports, Social, Study, Work, Fun & More!



Thursday 13th July 2023, 11am - 4pm

Haeata Community Campus Auditorium
240 Breezes Rd, Aranui



Enabling Good Lives







Map



Business Name	Description	Payment Methods
Kate's Art Shed	Hi - I am Kate, I am an Artist and I run Kate's Art Shed from a shed at my home. I use art to help me relax. I love painting, clay work and anything using my imagination. My art makes me happy. I smile and laugh a lot when I see my art work.	Cash
Makayla's Creations. Cards and Bottle Lights	Makayla with the help and support of her family and friends makes gift cards and battery operated bottle lights from upcycled materials.	Cash
Pure Delight	Pure Delight presents aromatherapy to relax you but plus dishwasher and laundry tabs that make life that little bit easier for those who live with a disability as well as those with busy lives and products are all natural for those with allergies.	Cash
Dj Ramanui	Hi, I'm Te Ramanui, AKA Dj Ramanui the only thing I enjoy more than having a good time myself is hosting events where you get to party and have a great time. I love all things music, big speakers, stages and dancing while being a different type of perfect. Having my own DJ business was the best option as I have such a love for music. My business has grown over the years from more equipment added, branding, finding the right DJ mentors to support me.	Cash

Organisations

Stall	Organisation	Description
1		<p>Helen Anderson Trust</p> <p>The Helen Anderson Trust in Christchurch provides a support service for adults with intellectual disabilities. We work with individuals to provide opportunities that reflect their interests as well as helping them to achieve personal goals. With some of our clients requiring additional support including visual, hearing, physical and autism, our services are aimed at seeing young and mature adults excel, sharing their skills, showing consistency and never giving up when things get difficult. We also run to Duke of Edinburgh's Hillary and Helen Anderson Trust, Believe and Achieve awards</p>
1		<p>Volunteering Canterbury</p> <p>Volunteer roles can be found under 'volunteer opportunities' on the Volunteering Canterbury website, www.volcan.org.nz. These roles are provided by Volunteering Canterbury's members, all not-for-profits in the region. If you would rather talk to someone about volunteering, ring our office for an appointment (ph 366-2442). We are located in Christchurch Community House, 301 Tuam Street. We're here to help you make a difference!</p>
2		<p>Te Wana Ltd</p> <p>Te Wana Ltd supply Assistive Technology Care Alarms and MSD funded Medical Alarms to support people with Epilepsy, Intellectual Disabilities and Autism to live independently. Alerting Whānau instantly if someone needs help and monitoring their welfare if they are living in their own flat.</p> <p>We can tailor solutions to meet the needs of individuals, keeping them safe in their own home, within shared living and when they are out in the community. For those moving into more independent settings solutions can be supplied that initially monitor people intensively (with their permission) and then step down to only manage the ongoing risks as people settle into their new homes.</p>
3		<p>Learn Active</p> <p>Learn Active is a registered charity that provides outdoor education opportunities to people with intellectual disabilities, 15 years old and above. Our mission is to enable people with intellectual disabilities to explore and have fun in the outdoors while creating and achieving their goals, learning new skills & building friendships. We run two main programmes that offer various outdoor activities and skill building throughout the year. Active Discoveries are our weekly, long term progressive programmes where students attend with the same group, 1 day per week, each term and the Active Holidays programmes run during the school holidays. Our Programmes provide opportunities to develop: Self-confidence, Independence, Commitment, Social skills, Organisational skills, Physical fitness, Increased mobility, Team-work skills, Technical outdoor skills.</p>
3		<p>Disabled Persons Assembly</p> <p>What is DPA - DPA New Zealand is run by and for disabled people. It is a Disabled People's Organisation (DPO) that includes people with all types of impairments. We work in collaboration with others to achieve equity and inclusion for all in Aotearoa New Zealand. Since our formation in 1983, DPA has brought disabled people together and shaped our collective input in a way that drives system level change; significant outcomes have included influencing the Human Rights Act 1993, Disabled Persons Employment Promotion Repeal Act 2007 and the writing and adoption of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD).</p>



Risingholme Learning

300+ Short Courses! Risingholme Learning offers a wide range of short courses, each term, around Christchurch.

- Arts & Craft
- Business & Digital
- Fabric Arts
- Food & Cooking
- Languages & Writing
- Music
- New & Interesting
- Pottery
- Wood
- Exercise, Wellbeing & Health



Laura Fergusson Brain Injury Trust

We are driven to help our clients achieve independence, inclusion and quality of life. Our assessment team are experts in complex injury intervention including spinal, brain and multi trauma injuries. Services include wheelchair and seating, housing, transport and social needs assessments. Our community rehabilitation team provide a range of services in our clients' own homes and communities. These involve both physical and psychological areas of rehabilitation.



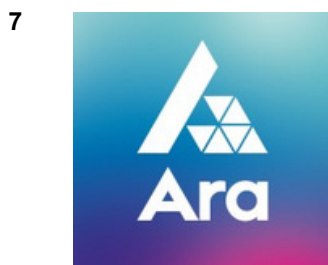
The White Room Creative Space

About The White Room Creative Space: The White Room Community Creative Space was developed in late 2014 in response to a growing need to foster and develop the creative talent of people supported by SkillWise. With its own dedicated creative space, it has become an exciting and successful place where artists can explore and showcase their artistic potential. The White Room advocates for the artists inclusion in contemporary arts practice through supporting their art making, participation in exhibitions and other creative projects. Last year we begun an outreach programme, which aims to increase access to, and participation in, creative activities for groups of people in Ōtautahi who experience barriers to participation.



Christchurch City Libraries Outreach and Learning

Through our network of libraries across Christchurch and Banks Peninsula we are committed to connecting people, inspiring discovery, enriching communities. We provide a wide range of free physical and digital resources, events and technology to ensure we meet the needs of our communities. Membership is free and we're here to help.







Ara Institute of Canterbury

If you have an intellectual or learning disability, our Supported Learning courses will equip you with valuable skills and confidence for everyday life and work. You'll become more independent, and if you've recently finished secondary school, you'll be able to make a smoother transition to tertiary education. We have part time and fulltime options available. At Ara, you'll be welcomed and encouraged by dedicated Supported Learning tutors and staff who are committed to your wellbeing and success. You'll also be part of the wider Ara student community and have the opportunity to participate in a wide range of on- campus events and activities.



Driving Miss Daisy

Driving Miss Daisy is a personalised companion driving service, providing a caring, safe and reliable service for you, your family or friends. Making a difference is important to us, and our service provides an opportunity for you or your family to stay connected to community and maintain important interests and activities. At Driving Miss Daisy, we tailor our service to meet your needs. Total Mobility Scheme cards accepted, offering discounts for those eligible.

Stall	Organisation	Description
9	 Muscular Dystrophy New Zealand	MDA South Island Te Waipounamu <p>Supporting people affected by rare neuromuscular conditions in the South Island Te Waipounamu. We provide practical community based support and advocacy along with peer support groups and events.</p>
10	 NZCommunity Living <small>Together, wherever you're going Hāere tonu tāu</small>	NZCommunity Living <p>Our mission is to provide in partnership with people with disabilities and their family/whānau and advocates a lifestyle or people that promotes choice, rights, culture, dignity and learning.</p> <p>Our services include:</p> <ul style="list-style-type: none"> • Whānau Support • Vocational Support • Flexible Disability Support • Huntingtons and Neurological Disorder Support • Respite Services • Residential Services <p>If you would like to know more, come and talk with us about how we may be able to support you get the life you want.</p>
11		Friendship Music Charitable Trust <p>We provide music groups for people with disabilities.</p>
11		Enrich Community Chaplaincy Trust <p>Enrich Chaplains provide spiritual care to persons with an Intellectual Disability, their Residential Providers, Family & Whanau. We support the emotional, social and spiritual needs of people in their search for purpose, meaning and the experience of connectedness to something greater than self.</p> <p>We aim to provide comfort, assist families with challenges, and offer an anchor of spiritual strength in the midst of life. We believe everyone's life is a story, unique and precious. We are a listening presence to encourage hope, healing and embracing all that life has to offer. We believe in celebrating people in their life's journeys and milestones, especially encouraging greater involvement in community groups. Providing 1:1, running groups, dances and choirs weekly. Along with weekly chapel service. Contact: gabrielle.enrich@gmail.com, 0273620782</p>
12	 aspire canterbury	Aspire Canterbury <p>We are here for people with disability, aged adults, whānau, and the Canterbury community. Serving the Canterbury community since 1982, Aspire provides free disability information and advice, and access to resources that enable disabled people, and people with impairments to live their best life.</p>
13	 recreate nz ME	Recreate NZ <p>Recreate NZ aims to provide meaningful experiences for young people with intellectual disabilities. These can include a 4 hour social event, a weekend away, or a 4 or 5 day adventure camp. These experiences provide our youth with a safe place to socialise, help them to build confidence, try new things, and create lasting friendships.</p>

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IHC

IHC's Family Whānau Liaisons support families of people with intellectual disabilities and individuals to:

- Access Funding
- Access service support
- Connect with their communities in meaningful ways

We provide knowledge, experience and direction to families about the services and supports available in their communities.

This involves:

- Getting to know families of people with intellectual disabilities
- Assisting families to understand available supports and helping identify what supports would best meet their needs
- Assisting families to connect with available services

We are a free, non-government service. No formal referral process required.

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Enabling Good Lives Christchurch

Enabling Good Lives Vision: Disabled children and adults and their families will have greater choice and control over their supports and lives and make more use of natural and universally available supports. In Christchurch the EGL approach is open to ORS* funded high school students. Young people and their families work alongside an

Enabling Good Lives Connector / Kaitūhono to dream big, make a plan for the future and connect with their local community. The young person and whānau also have access to an EGL personal budget which combines all of the disability support funding into one resource which can be used flexibly to achieve their goals and live their good life.

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Choices NZ

Choices NZ works with people with disabilities and health needs to achieve employment and thrive on the job. We partner with local businesses to make this happen. We can provide employment-related case management, including any required and agreed coaching assistance, while working with you to identify open and inclusive employment opportunities.

We can assist you with:

- Pre-employment training
- Facilitating employment opportunities
- Ongoing work coaching for up to 12 months
- In-work coaching after 12 months

For more information and to learn if you are eligible for work support please call 0800 723 154 or email talktous@choicesnz.org.nz.

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Adult Conductive Education Trust (ACET)

Adult Conductive Education Trust (ACET) assists tāngata whaikaha, disabled people with cerebral palsy and other neurological conditions to maintain routine life skills and help them reach their maximum potential. To achieve this, we provide weekly holistic/physical sessions facilitated by a Conductor (specialist trained in Conductive Education) and a Speech and Language Therapist in both a group and on an individual basis. We also offer weekly group music and movement sessions lead by a registered Music Therapist. The holistic therapy and practices of our programmes use the principles of conductive education and are based on the concept of "Every day people in every day places doing every day things".

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Halberg Foundation

Disability Sport Charity who aims to enhance the lives of physically disabled young people by enabling them to participate in sport, recreation and play.

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**Te Whatu Ora Waitaha Project SEARCH**

Project SEARCH is an employer led one-year internship programme for students with learning disabilities (ORS funded) in their final year of school. It is targeted to students whose goal is paid employment. The learning takes place within the Canterbury District Health Board, where total immersion in the workplace facilitates the teaching and learning process as well as the acquisition of employability and marketable work skills. Interns participate in three unpaid internships to explore a variety of career paths.

Interns work with a team that includes their family, their Project SEARCH tutor, skills trainer, job developer and other partners to create an employment goal and support the student during this important transition from school to work. For more information about the first Project SEARCH programme in New Zealand – www.projectsearch.nz

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**NZ Disability Advisory Trust**

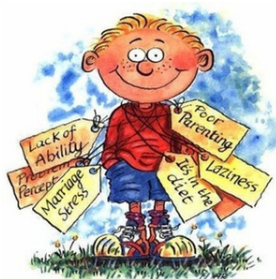
We are a relatively new organisation, designed to assist people of all ages with all kinds of disabilities, as well as their parents and caregivers, to navigate the various agencies and government departments that they may need to interact with. We also offer a private service for primary health diagnosis. With over 70 years lived experience with disabilities, our team of disability service navigators are ready and willing to assist in any way we can.

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**Outward Bound**

Outward Bound specialises in personal development. We help participants build resilience, self-awareness, a positive mindset, connection to self, peers and the physical environment. People of all cultures, abilities, and backgrounds are welcome at Outward Bound. We offer a variety of courses adapted to the needs of people who live with a physical or intellectual disability. Located in Anakiwa in the Marlborough Sounds, we help you reach your full potential through challenge in the outdoors. Our classrooms are the mountains, bush and waterways of this beautiful corner of New Zealand. You don't need previous outdoor experience to participate.

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**ADHD (ADD INFORMATION SERVICE)**

CELEBRATING DIVERSITY – REMOVING BARRIERS – TAPPING INTO LEARNING POTENTIAL ADHD (ADD INFORMATION SERVICE):

- Can assist with enquiries re accessing medical assistance and options for children & adults with potential ADHD, autism & other disabilities.
- Assists with collating Pre medical diagnostic assessment forms .
- Provides ongoing post diagnostic information, education and support.
- After hour access support is available.
- There is a fee. Depending on what is advised and family /adult patient personal choice, there will be costs associated with a private paediatric assessment for children, or a medical consultative assessment for teenagers and adults.

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**Kilmarnock Enterprises**

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.

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.

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 adults. Students will learn a variety of skills in a supportive, safe, fun and active workplace.

Where appropriate, we aim to assist transitioning to mainstream employment.

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Donaldson Residential Trust

The Donaldson Residential Trust is a provider of residential care for adults with intellectual disabilities that was established 33 years ago by Carol Donaldson (Officer of the New Zealand Order of Merit). We have 5 houses in North-West Christchurch with capacity for 27 Residents. We have a team of 35 staff who provide 24 / 7 care to our clients. We have contracts with Whaikaha - Ministry of Disabled People and Te Whatu Ora – Health New Zealand.

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Florence Nightingale Agency

At Florence Nightingale Agency we will work with you to get you the best possible outcomes from your support package. We achieve this by having a supportive, passionate team who are committed to positive outcomes for the people we support. We understand the importance of family, continuity of support, flexibility and confidentiality.

We can support you with:

- Recruitment, selection, and employment of your own support team
- Paying invoices on your behalf
- Direct funding (funds into your account on a monthly basis)
- Paying resident family carers
- Operating a payroll service on your behalf
- You have access to our Agency Support Workers
- You have access to our Goal Navigator (an ally who will support you and your family to get programmes and people in place to help implement your good life plan).

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Tri rugby Clubs

What is Tri Rugby? Unified rugby that enables people with a range of disabilities or vulnerabilities to play the game of rugby. It allows people who are not able to be part of a mainstream rugby team to play a supported version of the game. We are looking to recruit enthusiastic enablers and coaches to support the team next season along with new players. We currently have a team of 34 players, male and female ranging in age from 12 to over 50.

If you are interested in either playing or supporting the players either coaching or being an enabler for HSOB Rugby Club or Prebbleton Rugby Club, please email - trinz.christchurch@tri.group

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Horizons Trust

OUR HISTORY: Horizons Trust is a Christchurch-based registered charity that has been providing flexible day support for people with intellectual disabilities since 1997. We have the staffing and facilities to accommodate a wide and diverse range of abilities.

OUR MISSION: Horizons Trust enables adults of all ages to develop confidence, build relationships, and learn life skills through a range of diverse activities, in a fun, safe, caring, and supportive environment.





OUR VISION: Horizons Trust strives for a world where everyone is valued and treated equally. We promote the inclusion and engagement of people with varying abilities within the wider community. We aspire to provide an inclusive environment where everyone can thrive, participate, and engage fully in activities to the maximum of their abilities, while having fun and smiling.

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Shine Tribe

Shine Tribe is a space in North Canterbury for creative individuals who happen to have an intellectual disability. All activities have been handpicked with intention to create a holistic experience. Through movement to music, artistic projects and mindfulness inspired activities - our wellbeing is nurtured. Shine Tribe is an opportunity to create friendships with others but also to embrace and express ourselves creatively.

Stall	Organisation	Description
27		<p>Tech Ability</p> <p>Tech Ability is to enable different types of disabilities to use technology. We also help to set up different devices like phones tablets, iPads, computers, etc</p>
28		<p>Deaf Aotearoa</p> <p>Deaf Aotearoa's Youth service develops the potential of Deaf and hard-of-hearing youth as individuals and as a group, by providing:</p> <ul style="list-style-type: none"> • a transition programme to guide young people into work or study • a youth intern programme • activities to develop strong Deaf identities and leadership skills. <p>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.</p>
29		<p>Delta Community Friendship Link</p> <p>At Delta Friendship Link we seek to encourage and acknowledge the strengths and abilities of intellectually disabled people, loving respecting and valuing them for who they are. Our programme is empowering in two ways:</p> <ul style="list-style-type: none"> • by facilitating friendships among their peer groups and in the wider community • by providing every day social opportunities and activities. <p>Our activities range from pamper, scrapbooking, arts & crafts, karaoke, exercise to music, line dancing, Indoor bowls and more.</p>
30		<p>Durham Street Methodist Church</p> <p>Durham Street Methodist Church is a small, but growing inner-city faith community with an exciting vision to take inclusion seriously for EVERYONE. We sum up our approach as "Open Hearts, Open Minds, Open Doors." We want to help all explore and express a spirituality that works for them. No special programmes for some - just a special, warm welcome for all. We also have a track-record in helping anyone find where they can lead.</p> <p>Join us at the fully-accessible, stunning new Aldergate Centre (309 Durham Street) any Sunday at 10:00am, with other activities through the week. Check us out and what's coming up at www.aldersgate.org.nz. Contact: Rev Philo Kinera on 021 521118 or minister@aldersgate.org.nz</p>
31		<p>Lifelinks</p> <p>LifeLinks provides an individualised whole-of-life approach to service provision. We work closely with you and your family/whānau to develop an Outcome Plan and support strategies to achieve your identified goals. We take a whole-of-life approach and work beside you to review key life areas to identify what's working well, what can be improved and what natural, mainstream and funded supports might assist you to achieve your goals.</p>
32		<p>Access Community Health</p> <p>Since 1927 Hauora Tare-Ā-Whare Access Community Health (ACH) has been caring for those most in need in our communities. With a belief that all tāngata deserve a life of comfort, independence and dignity, since our beginnings we have grown into one of Aotearoa's largest community-driven health providers. Hauora Tare-Ā-Whare have long held and established contracting relationships with Te Whatu Ora, Whaikaha and ACC, as well as working alongside other health organisations throughout the country to meet the needs of their members, whānau and community. These relationships have led to Hauora Tare-Ā-Whare having extensive experience with those recovering from injury or illness, or tāngata requiring ongoing long-term care for life. Our tāngata range from short- or long-term respite, or needing home care support once a week, through a continuum to full 24/7 care in their home.</p>

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**Idea Services**

IDEA Services is New Zealand's largest provider of services for more than 3000 people with intellectual disabilities. We provide quality support services based on specialisation and a proven track record of working with people with disabilities and their families / whānau. We provide support founded on IHC's utter commitment for people with intellectual disabilities to have a good life and to be valued contributors to and members of their own community.

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Te Roopu Tuhono

We are a not for profit group tha meets every Friday in school term time to perform traditional waiata & haka. We perform at other functions on request. Currently we support anyone aged 18 - 65 years. We welcome new members. For more information contact Michelle Boardman 022 0430 425.

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**SkillWise**

SkillWise is a vibrant community organisation working with individuals to create a positive future! SkillWise helps to facilitate a wide range of learning, community opportunities and employment support for adults with learning disabilities. Community Support Service involves connecting people in a range of training, educational and recreational activities from our central city premises and in the wider community. Our Employment Support Service assists people to obtain paid work in the open labour market. 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.

Contact us: www.skillwise.org.nz | (03) 382 0350 | info@skillwise.org.nz
Facebook: @SkillWiseCHCH

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**Arts Integrated**

A charitable trust that offers a two-year programme for young disabled people to experience dance, drama and music as well as many unique aspects in the arts. These include connecting, learning, being active, being part of a team and most importantly the socialising. The programme is three hours per week – 32 weeks per year.

A one-year programme offers music, including learning about and identifying a range of musical genres; how music is made; singing; and making and playing instruments. The programme is two hours per week – 32 weeks per year. Classes are held Wednesdays and Thursdays at North City Church in Papanui.

Web: www.artsintegrated.co.nz | Facebook: @artsintegratedchch
Instagram: arts_integrated | Email: artsintegrated1@gmail.com | Phone: 022 531 9447

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**Christchurch City Council**

Christchurch City Council operates the Southern Centre, a multisensory room based at Pioneer Recreation and Sports Centre. Multisensory spaces are known to significantly benefit people with disabilities. This is because the design encourages fun, relaxation, intellectual activity, language and social skills in a fun and explorative way. For more information contact:

Email: southern.centre@ccc.govt.nz | Phone: 03 941 7060

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**Therapy Professionals Ltd**

When disability makes life hard our Physio, Music, Speech Language & Occupational therapists and Dietitians can help make life easier by improving confidence, independence, health and wellbeing. We'll identify the cause/s of your difficulties (assessment), explore solutions, and teach and support you or others to put the solution into action (treatment /implementation).

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Ali's Home Healthcare

Ali's Home Healthcare do more than simply care, we support people to live a meaningful life. We do this with a whānau centred approach for people living with disabilities, this includes several key components. Firstly, we put the client at the centre to create a personalised care plan that is respectful of their cultural beliefs and practices. Secondly, we work closely with their whānau and carers to involve them in the care or life planning process and provide them with the support and resources they need to effectively support their loved ones. Thirdly, we take a holistic approach to care that incorporates cultural beliefs and sensitivity, community engagement, and advocacy.

Ali's Home Healthcare is a long-standing and reputable, our primary objective is to help our clients live independently in their homes with dignity and respect, without compromising their safety. Our company was founded by a wāhine Māori who intentionally integrated Māori culture and values into the care we provide, resulting in a holistic approach that is unique and culturally sensitive.

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Hohepa Canterbury

Hohepa Canterbury is a vibrant intentional community of people with intellectual disabilities and/or autism spectrum disorder. For over 50 years we have delivered a range of disability supports to people across the Christchurch area. These include residential services, supported independent living, and our LEAP programme which offers a wide range of community based opportunities and activities. 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. Web: www.hohepacanterbury.com Phone: 03 332 3179 Email: info@hohepacanterbury.com

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Stand Tall - IHC Library

Stand Tall is an online game and app developed by the IHC Library, with the support of The Holdsworth Charitable Trust and InGame, to provide a fun and interactive way for young people with intellectual disabilities or neurodiversity to learn about managing money and living independently. The game allows players to create an avatar and face various scenarios related to living in a shared flat, with choices that impact their financial, physical, and emotional health. The game was first tested as a board game before being developed into an online game and is regularly updated with new scenarios. The game can be accessed at <https://www.ihc.org.nz/how-we-can-help/stand-tall-money-game> and can be downloaded from Google Play or the Apple App Store.