

# Living My Life Service Newsletter

September | Mahuru 2019



Rehabilitation  
Laura Fergusson Trust  
Canterbury

There have been a lot of changes in 2019 since Laura Fergusson Trust started to deliver services under ACC's Living My Life Contract. This newsletter summarises what our Living My Life Service is, who makes up the Living My Life team, an update on Laura Fergusson Trust, and news and updates from the year so far.

## What is the Laura Fergusson Trust's Living My Life Service?

Living My Life (LML) is an ACC disability support contract that is all about providing clients with more **choice and control** over **“where they go, what they do, where they live, and who with”**.

Laura Fergusson Trust currently provides **group-based** and **individual LML support** to **45 adults** living in the community with **Traumatic Brain Injury (TBI)**. We are a team of 12 Allied Health Professionals and Rehabilitation Coaches and we also work collaboratively with sub-contracted organisations to deliver our services. **Here is a summary of our current services:**

### Living My Life Group Programmes

- **Reconnect Groups** – based in Bishopdale, our Reconnect groups run Monday to Friday targeting a range of skills and activities such as: social interaction, maintaining independence, exploring the community, ongoing education about TBI and practicing compensatory strategies. We are currently setting up a new Reconnect group with a specific focus on physical activity.
- **Tas-Tech Woodwork** – based in Wigram, Tas-Tech is a specialised woodwork studio which facilitates groups from Monday to Friday. This is a safe, work-like environment where clients can work on personal woodwork projects while socialising with peers who have also sustained a TBI.
- **Ōtautahi Creative Spaces Trust** – based in Phillipstown Community Hub, Ōtautahi Creative Spaces Trust offers art work groups to support wellbeing through creativity.
- **Art Metro** – based in Papanui Road, Art Metro offers a range of art classes and tuition which can be tailored for clients with TBI. **Art Metro is also the home of the Laura Fergusson Trust's Can Do Café.**



The Tuesday Reconnect Group – T-shirt printing at Tūranga Library

### Living My Life Individual Support

- Alongside our group-based programmes, a number of our clients also engage in **individual support** whereby they have **Rehabilitation Coach support** in order to achieve **individualised goals** such as: increasing/maintaining independence at home, connecting with their community, and seeking/maintaining employment (in collaboration with Workbridge).

## Living My Life Team



Some of the Reconnect staff (from left to right): Eleanor, Paige, Heike, Jo, Claire

Each client has a designated **LML Key Worker** (either Eleanor, Jo or Paige), we then have a **team of Rehabilitation Coaches** that work with our clients (Mark, Claire, Martin, Heike, Diana, Matt, Andrea, Sandra, Dave).

On top of this, we have our **Tas-Tech colleagues** (Nigel, Liv, Dave, Taylor, Mahu), **Ōtautahi Creative Spaces Trust colleagues** (Kim, Issy, Rachel, Alexia), **Art Metro colleague** (Simon), and **Workbridge colleagues** (Amber and Ben). The Living My Life Service Manager for Laura Fergusson Trust is Eleanor Jackson.

## Laura Fergusson Trust Canterbury

Laura Fergusson Trust Canterbury is an **independent, charitable organisation**. Our mission is to facilitate autonomy, inclusion and independence for people with impairments and their families/whanau, particularly those who have **suffered from a brain injury**.

Laura Fergusson Trust was established in 1979, therefore this year we are celebrating the 40<sup>th</sup> Anniversary.



**There are many different parts to Laura Fergusson Trust Canterbury:**

- **Residential**
  - 24/7 care and rehabilitation based at 279 Ilam Road as well as small group living options
- **Rehabilitation**
  - 5-bed intensive rehabilitation unit providing 24/7 care and rehabilitation for those who have recently suffered from a brain injury (based at 279 Ilam Road)
  - Community Rehabilitation Services - a team of Allied Health Professionals (Physiotherapists, Occupational Therapists, Speech Language Therapist, Psychologists, Social Workers) and Rehabilitation Coaches providing meaningful rehabilitation in client's homes and workplaces (based at 177 Montreal St)
  - Living My Life Service (based at 94 Farrington Ave)
  - **You will notice we are now using "Rehabilitation Laura Fergusson Trust" rather than "Insight Rehabilitation"**
- **Specialist Assessment**
  - Wheelchair, seating, equipment, housing, and driving assessments for people in their own home or workplace (based at 177 Montreal St and The Mobility, Hub Ferry Road).

# News and Updates

## Finished Tas-Tech Projects

Well done to everyone working on their projects at Tas-Tech. There have been some amazing projects finished this year. Here are just a few:



Travis' Wooden Chest



Robert's coffin!



Richard's first project – a chopping block



Jayden's stools



Sasha's bedside cabinet



Vaea's TV cabinet

And a big 'thank you' to Steve who has made a seat for the Reconnect Garden. This will be put to good use once the weather warms up!



Steve's seat for the Reconnect Garden



Steve, Moi, Eleanor, and Mike testing Steve's seat

## Graham's First Solo Art Exhibition

Graham receives both group-based and individual support through Laura Fergusson Trust Canterbury's Living My Life Service. This includes a weekly art class at Ōtautahi Creative Spaces Trust ("Room 5" as it is referred to by the artists), and individual employment support via Workbridge.



Graham (middle) with his art tutors Issy (left) and Kim (right)

Here Graham talks about "Room 5" and a recent solo art exhibition displayed within the Laura Fergusson Trust's intensive rehabilitation unit.

*"Room 5 is like family. It's safe and it's like, you get to meet other people, like Kerry and that.*

*It was Kerry who mentioned to me that I should try drawing with pastels, and I thought I'll give it a go, but since I've done pastel I haven't stopped since.*

*I get a book out of the library every week and chose a picture that I want to draw. I like drawing portraits and landscapes, Rita Angus. Bright colours are my favourite, purple, pink, or yellow.*

*I've got 6 pictures up at Laura Fergusson at the moment. Kim and Issy [art tutors] came along to the opening, it was really good. My first time having my own exhibition. I was pretty proud.*

*My favourite thing about Room 5 is talking to Kerry, doing my art, showing people that there's colour in the world, being grateful to be doing this, it's like a classroom, you meet other people, and know that everything's okay".*

## Coffee Cart at Laura Fergusson Trust

Each Wednesday at 1pm, Paul from Coffee Magnet and our client Caleb make coffees for sale outside Laura Fergusson Trust (279 Ilam Road). Feel free to pop-in and buy a coffee from Paul and Caleb if you are ever in the area on a Wednesday.

We can also offer a 6-week barista training course with Paul for anybody that has goals of working in a café.



## Volunteering within Reconnect



**Trees For Canterbury**  
Te Waonui o Tane Ki Waitaha  
The Green Effect Trust Te Roopu Kakariki

This year the Reconnect groups have been volunteering at both Trees for Canterbury and the SPCA. Thank you everybody for giving up your time to volunteer, your work is greatly appreciated!