



Welcome to our Term 1 Newsletter

From Gale's Desk:

Now that we are well into 2024 I hope that it has been a good start to the year for you and your loved ones, and that it will only get better.

It feels like ages ago when we hosted the Christmas party last December which was such fun for the children, planning the next one for this Christmas is well underway so watch this space. We've had a busy start to the year with a fishing trip for 12 young people in Tauranga, and a mums retreat in Long Bay which has become an annual event.

It's exciting times on site in Takapuna with the re-build of the respite Villas in full swing as we pray for the good weather to continue while the roofs go on.

If you are a young person, or the family of a young person with a physical disability, and you need financial assistance please have a look at our website www.wilsonhometrust.org.nz to see if you qualify for

a grant.

We always love visitors at the Cottage in Takapuna so if you are ever in the area please pop in, we serve a good coffee/tea!

Below is a survey being done by Health New Zealand, AUT University and Iwi United Engaged to get feedback about the rehab service that Health New Zealand operate at The Wilson Centre.

Opportunities to participate in a research project about The Wilson Centre

Paediatric inpatient rehabilitation: What's important to you?



Te Whatu Ora
Health New Zealand



AUT
UNIVERSITY
NEW ZEALAND



Iwi United Engaged

Kōrero Mai

Have a say in what is important for you and your whānau about inpatient rehab at The Wilson Centre



The Wilson Centre

Have you or someone you know spent time here?



Your voice matters

Your experiences and ideas will help us identify the top 10 priorities so kairangahau (researchers) and funders can ensure we are meeting whānau needs

Take the survey now


<https://redcap.aut.ac.nz/surveys/?s=NWECJ3XDNPFKCNH>
 Or contact us for more information and other ways you can participate
lynne.clay@aut.ac.nz



Dr Jimmy Chong
Te Whatu Ora



Prof Denise Taylor
AUT



Misty Edmunds
CEO, IUE



Dr Lynne Clay
AUT

Ethics ref 2023 FULL 18754

We are a group of researchers from the National Child Rehabilitation Service, Auckland University of Technology, and Iwi United Engaged that want to know what you think are the most important issues to children and young people with neurological conditions receiving inpatient rehabilitation at The Wilson Centre.

Our goal is to provide a clear direction for future research in this area so it benefits the lives of all individuals and their whānau/carers experiencing inpatient rehabilitation through The Wilson Centre.

We want to see that future research focuses on topics that matter

to you.

We are looking for:

- People who have past or current experience of being an inpatient at The Wilson Centre following injury or illness affecting the brain, spinal cord or nerves
- Whānau and carers of people with neurological injury/illness who have been an inpatient at The Wilson Centre
- Health, education and social care professionals with knowledge and experience of working with people with neurological injury/illness who have been an inpatient at The Wilson Centre
- Community group representative(s) with knowledge and experience of working with people with neurological injury/illness who have been an inpatient at The Wilson Centre
- People working/volunteering for community groups with knowledge and experience of assisting people with neurological injury/illness who have been an inpatient at The Wilson Centre

How you can participate:

We'd like to hear what you think is important to help us shape future research at the Wilson Centre. You can do this via a survey (online/paper), or group meeting/hui.

Take the survey now

<https://redcap.aut.ac.nz/surveys/?s=NWECJ3XDNPFKCNYH>

Email lynne.clay@aut.ac.nz for more information, a paper survey or to register your interest in attending a meeting/hui.

Carers Retreat February 2024



A wonderful weekend was had by 12 amazing mums for the 2024 Carer's Retreat at the beautiful Vaughan Park Retreat Centre in Long Bay, Auckland. The weather was mostly kind to us, and the Centre had everything we needed, with the beach right there. The women provided the fun, laughter, chats, as well as the deep and meaningfuls, and created a beautiful sense of connection and support.

We enjoyed some fun activities including Pinot & Picasso, creating arts and crafts with Jill McNaughton, we learned about our colours with Colour me Beautiful, and had a laugh line dancing with the gals from Homegrown LineDancing, Kaukapapa. We finished the weekend off with having mani/pedis with Totally Polished before enjoying lunch at the Long Bay Surf Club.

The most valuable part of the weekend was the growing relationships between the women who were all so different but had so much in common. Plans are already underway for playdates with the children, coffee and wine catch ups, and a reunion lunch later in the year.

In the words of one of the mums "***I didn't realise how much I needed***

that weekend away and how many connections I would make with other mums on similar journeys. It was so much fun!"

Keep following our social media and our e-newsletters to hear about the next one!

Getting Out and About



It was good to be out and about connecting with the sector, learning about equipment, meeting families and catching up with new and old friends at the Show Your Ability Expos in Auckland and Hamilton this week. We co-exhibited with Parent2Parent and enjoyed sharing the stall and resources between our two organisations as we have so many points of collaboration.

Following a successful trip to the Bay of Plenty and the Central Lakes district with Jane Ford from Parent2Parent Coastal Bay of Plenty, Lucinda is looking forward to travelling up to Northland next week to spend some time with Don Martin from Parent2Parent Northland. We have a busy road trip planned meeting with family whānau and organisations who work directly with children and young people. These trips are critical for sharing information, identifying points of collaboration, and reaching those families in the regions that need our grants.

Share Your Story



We're keen to hear how the Wilson Home Trust has made a difference for you or your family. Your personal experiences are important to us,

and we would love to feature your story and share the positive impact it has had.

Thank you Max for sharing your story

Name: Max

Age: 13

What Grant did you apply for: Family Holiday Grant

How did the grant benefit you:

Dad said: Since the accident we hadn't been away together, so this grant allowed us to get away and have some fun for a few days. We went to Taupo for three nights and had a great time checking out the Huka falls, going out on the Lake for an hour or so and looking at the carving, playing mini golf, ten pin bowling, and the highlight of the holiday being the parasailing. We all loved that, other than it wasn't long enough 😊, and feeling a little more normal! The boys had a swim in the lake and the pool at the hotel, luckily the weather was lovely, and had a wander around Taupo before having dinner out one night. All in all it was just awesome to have a few days away together, away from home and doing normal things and forgetting about the last 7 months or so. Thanks you so much to the Wilson Trust for allowing this to happen!

We'd love to hear from you so let us know if you would like to share your story of what a difference the grants have made to you and your family! Email lucinda@wilsonhometruster.org.nz

Grants



Holiday Grants

With the summer coming to a end, why not book a holiday with the holiday grant funding. Funding is available for up to \$1,150.00 per trip with the grant capped at \$2,300.00. For more information about these grants or to check if you have funds available please contact Chris on 09 488 0126 or email ChristineJ@wilsonhometruster.org.nz

The next Equipment & Activity / Young Adult and Group grants closing dates are:

- Thursday 7 March 2024
- Thursday 18 April 2024

For more information about our other grants - Hydrotherapy, Emergency, and Wellbeing / Counselling - which can be submitted at any time, please visit our [website](#).

Follow our facebook page for quick updates on information that might be helpful for you <https://www.facebook.com/wilsonhometruster1/>

Gale, Lucinda, Chris & Steve



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