



ihc Calf & Rural Scheme
IN YOUR COMMUNITY



Here's your Rural Community Impact Report

You help keep Karen's dream alive

If you have been a supporter of the Calf & Rural Scheme for a while, you'll have already read about Karen Chapman, who has an intellectual disability. We are pleased to report she is still getting out and helping milk cows, something she loves to do. This is all thanks to IHC Calf & Rural Scheme donors who kindly welcomed her into their milking sheds.

Karen's Dad taught her to milk and she used to help milk around 100 Friesian-Jersey-cross cows after school. After her parents died and the family farm was sold, Karen moved into IHC residential care in 1978.

A friend of the family, Glen Lee wanted to help keep Karen's dream alive. So she contacted dairy farmers in the area to see if Karen could come and help out on their farms. Many of these farmers also donate calves to the Calf & Rural Scheme.

Local farmers, once they knew of her love of dairy farming, welcomed Karen to their farms, into their milking sheds, and encouraged her to lead their best pens of animals to judging at the Franklin A&P show.

The Franklin A&P Show at the Pukekohe Showgrounds is the highlight of Karen's year and she is disappointed that it was cancelled for the second year running this year because of the pandemic. She is now banking on seeing off the virus by next year. "Just kick it out the door," she says.

Glen now collects Karen in Pukekohe and drives her the 20 kilometres to Otawa and back. "It gives her such a lot of pleasure and it's no skin off my nose. And it gives me the same amount of pleasure," Glen says.

Glen would call farmers to see if Karen could visit. "It seemed to work best with the Goodwrights."



Karen loves milking

The Goodwrights have been donating calves and virtual calves to the Calf & Rural Scheme for over 30 years. Karen milked with them for many years. Once they retired and their son took over the farm, Karen started helping their daughter Becky and her husband Mike with milking on her farm. She has been going there for 15 years.

Becky says Karen often asks her who taught her to milk. "It is so she can tell me about how her Dad taught her to milk," Becky says. "She is a natural."

Karen says "I'm a good milker, I put the cups on the cows and I help to hose out the cow shed."

IHC's Calf & Rural Scheme supports Karen in other ways. Karen is part of the Volunteer Friendship Scheme and was introduced to her volunteer friend Lisa Kendall in 2017.

Lisa, who in 2020 won the Northern FMG Young Farmer of the Year competition, is competing again this year. She is a farming contractor and sheep milker, farming East Friesian ewes with her partner James. As part of their friendship Karen loves to spend time helping out on her farm.

The volunteer friendship programme helps people like Karen get out and about in the community doing the things they love. These one-to-one friendships mean that people with intellectual disabilities who may have difficulty making friends have their own special friend who they can spend time with away from their family or housemates.

For Karen, having a friend to share her love of farming with is what makes her happy. Thank you for helping keep Karen's dream alive.



Karen has been milking on Mike and Becky's farm for 15 years



Celebrating 40 years of IHC's Calf & Rural Scheme

The Calf & Rural Scheme grew out of humble beginnings. In 1982, Norm Cashmore in Taranaki came up with the idea. He asked dairy farmers to raise a calf and donate the proceeds to IHC when it was sold. To thank them they were given a pair of gumboots. It was a simple idea but one that farmers were quick to support. It was easy, they just grew on an extra calf with their herd.

Norm was soon joined by Mick Murphy in Blenheim and the Calf & Rural Scheme became a national initiative.

Sir Colin Meads was approached to help promote the scheme. He said he would give it two years but ultimately became a lifelong supporter and Patron of the scheme. When farms got bigger, Sir Colin asked farmers to donate more than



Mick Murphy

one calf. He sold raffle tickets and he donated the money he got from speaking engagements to the scheme. He later donated Pinetree Farm so that people with intellectual disabilities could be supported to live and work on a farm.

A big thanks goes to you. Your support donating to the scheme has made a real difference in the lives of people with intellectual disabilities. You have helped raise more than \$40 million over the past 40 years. 10,000 farmers have donated during this time showing just how strong the support of the farming community is for people with intellectual disabilities.



You can feel proud to be part of this scheme. You make a real difference in the lives of people with intellectual disabilities. We know you'll help make the scheme a success in the next 40 years too.

Thank you!



Sir Colin Meads with Andrew Siri and Hemi Winiterei at Pinetree Farm



Choosing a calf to Donate

1. Choose a well breed, early born calf (Friesian Bulls, Beef X Bulls or Heifers usually do well)
2. Get your calf to a good weight prior to sending it to the sale (100kg+)
3. Making sure your calf has a registered EID Nait tag and ASD form is completed correctly



You've helped families in crisis during lockdowns and self isolation

Your support of IHC's Calf & Rural Scheme has been more important than ever during COVID-19 lockdowns. Your support means IHC can address needs as they come up, knowing we have the funding from the Calf & Rural Scheme to do this.

A couple of months ago I heard about Lili and her family. Lili and husband Kien have three children. Jia their daughter is 14 and is at secondary school. Son How is 13 and has just started at secondary school. He has mild autism and ADHD and was anxious about the move to a new school. Youngest son Yong is nine years old and has moderate autism. He uses a device to help him communicate as he rarely speaks.

Lili says they have found lockdowns really hard, she describes it as "hell." Kien lost his job after the first lockdown but Lili says this has been a godsend as he is an extra set of hands to help her with the boys, particularly during the lockdown late last year.

"Over lockdown both my husband and I were reaching breakdown point. Our youngest son is used to the school routine, he knows

Monday to Friday he needs to go to school. Then all of a sudden we were in lockdown and that was it, all the routines changed," Lili said.

IHC's Family/Whānau Liaison in the area, Anna, says she knows of many families who struggled during lockdown. "Parents just didn't get a break. They were run down, sleep deprived and exhausted. I was able to direct them to the activities and support on IHC's Awhi Ngā Mātua page." Lili says this was really helpful as you knew if you asked a question to this IHC online group, other parents would give you suggestions.

A few years ago Lili was diagnosed with depression.

"It was a person who was referred to us to help with Yong's behaviour who realised my husband and I needed help. She gave us questionnaires and asked us to fill them out. She came back and said to me, you are in deep depression. She said you need to seek help today, go to the GP. I did not realise I had such serious depression until I saw them so concerned about me."

Lili finds it much easier when the kids are in school. "I get a chance to be alone to clear my mind, it is a mental strain. Sometimes I just need them



Yong loves animals and being out in the country

to go to school so I can have some peace and quiet to recover and rejuvenate my whole spirit."

Lili says she knows many parents like her suffer from depression and it is nothing to be ashamed of. "I want them to know they can ask for help."

Not long after Lili and her family came out of lockdown I heard they were once again isolating as the family had tested positive for COVID-19. Knowing the extra pressure the family would be under during this time, Anna once again reached out to see how IHC could help. She was able to put Lili in touch with organisations who could deliver food for the family. Knowing Lili would need someone who understood the situation she was in, Anna also put her in touch with another mum with a disabled child who Lili could talk to on the phone if she needed.

IHC's Family/Whānau Liaison Service is fully funded by IHC's Calf & Rural Scheme. The support they provide is individualised to the family in crisis. And there are many families in crisis. Thank you for ensuring they have the support they need.



Yong loves to explore

Congratulations to the Photo Competition winners!



Category: IHC Calf Winner
James Washington



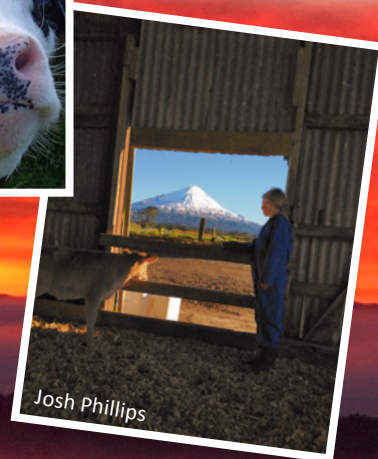
HJ Storey



HJ Storey



Chloe Payne



Josh Phillips

Category: Landscape, Winner: Nadia Shaw

Category: Livestock, Winner: Alison Shallue

Category: IHC Calf, Winner: James Washington



Category: Landscape, Winner: Nadia Shaw

Be in to win!

Make your pledge before 1 June 2022
and you'll go in the draw to win a handful of prizes.

- A Mystery Weekend Away for two
- A Family Set of Skellerup Gumboots (kindly gifted by Skellerup)
- A family pack of Peach Teats Lollies (kindly gifted by Peach Teats)

Congratulations to the winners of our previous prize draw. Peter & Pam MacDonald and David & Leonie Clement we hope you enjoy your mystery weekend away!



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

Find us at Fieldays

We will be at the National Fieldays at Mystery Creek this year, 30 November – 3 December in the Pavillion foyer (site PA1B). If you are coming, please pop in and see us. We would love to thank you in person for your support of the Calf & Rural Scheme.

Thank you!

IHC is grateful to all the people who make the Calf & Rural Scheme such a success.

Thanks to all you wonderful farmers who donate, the reps at PGG Wrightson Livestock 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 such a great job.

We'd also like
to thank our
sponsors

Principal Sponsor

PGG Wrightson Livestock

Sponsors



Commercial
Vehicles



Livestock Intelligence™
MSD Animal Health Intelligence