

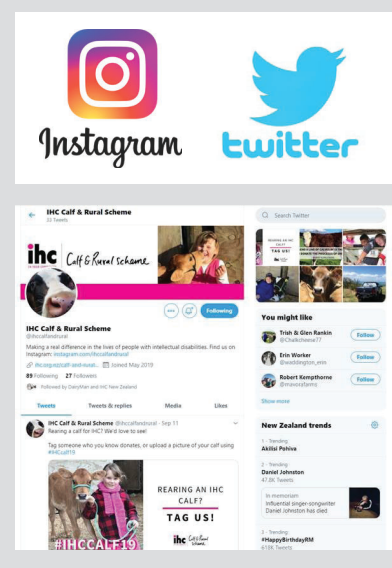
## What's your lasting legacy?

You have shown you care about people living with intellectual disabilities during your lifetime. A gift in your Will can make a huge difference in the lives and futures of New Zealanders with intellectual disabilities living in your community.

This could be your lasting legacy. For more information or to tell us you have left a gift to IHC in your will, so we can thank you for this during your lifetime, please phone 0800 746 444 and ask for Gail Plamus in confidence.

## Follow us on Twitter and Instagram

Follow the Calf & Rural Scheme on Twitter and Instagram @ihccalfandrural for up-to-date information about the 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 calves and lambs, the reps at PGG Wrightson Livestock who help with the selling of the animals, and the Freight companies that get the calves to sale at no or a reduced cost. We'd also like to thank our sponsors.



## Still got your 2019 IHC Calf?

If you didn't get your IHC calf to the sales before the Covid-19 lockdown, here's what you can do.

- Contact your PGG Wrightson Livestock or local livestock rep and sell it privately
- Send it to the sales when they start again
- Graze it on for sale at a later date

Thank you!

## Pledge next season's calf now and win a mystery weekend!

Pledge to IHC before 1 June 2020 and you'll go in the draw to win a mystery weekend away for two. There are two prizes to be won, one for North Island farmers and one for farmers in the South Island.

You are making a real difference

ihc | Calf & Rural Scheme  
IN YOUR COMMUNITY



Autumn 2020

## You are keeping people with intellectual disabilities safe during Covid-19

When times are tough they are hardest on the most vulnerable

You make amazing things happen with your support of IHC's Calf and Rural Scheme. Now more than ever, your support is playing a critical part in keeping some of your community's most vulnerable people safe in the face of Covid-19. Thank you!

IHC has been quick to respond to the Covid-19 risk. We want to assure we are doing everything we can to keep people in our care safe. We couldn't do this without your support.

It is likely even after lockdown is over,

many of the most vulnerable people will still require extra protection requiring them to stay in their bubbles for longer to keep them safe from Coronavirus. We will continue to offer extra support for as long as it is needed.

Here are just a few ways you are helping.

### Supporting families of a child with an intellectual disability

Families with an intellectually disabled child tell us they are really struggling. School, activities like swimming and Riding for the Disabled, or family or friends looking after their intellectually disabled child for a few hours are all gone. These times were used as a sort of respite, a time to take a break and spend time with their other children who often get less attention as the disabled child requires more engagement.

Awahi at Home (embrace) is a Facebook page that has been set up by IHC to

support these families. There are online sessions with play therapists, music therapists and behavioural therapists and activities to help them keep their children entertained.

Parents can support each other. They can chat with other parents and share practical experiences on what is working for them. They can also let off steam with parents who understand how they are feeling, so they don't feel completely alone and overwhelmed.

The feedback from families has been good, but we know how stressful they are finding the lockdown. The busiest time on the page is around midnight,



when parents finally have got their kids to bed and have a few moments of time to themselves.

### Keeping people safe in their bubble

IHC's IDEA Services residential homes care for more than 3,500 people with high needs. Many of these people are also older, making them even more vulnerable to the risks associated with Covid-19.

Prior to the country entering into Level 4 lockdown, IHC acted to seal these homes off and create a protective bubble to keep these residents safe.

The people living in these homes are missing their friends and family. Not all of these people can talk on the phone and some can't hear making communication even more difficult. IHC is getting devices into these homes so that people living in them can talk to



Geoffrey loves getting out and about on his bike. Riding clears his head and he is always happy after a ride. So, staff at the IHC IDEA Services home he lives in found an exercise bike for him to use in the safety of his bubble.

family and friends over Skype and see them. This means they can use sign language if needed and use the camera to show each other what they have been doing during lockdown.

Once lockdown ends, many of the people in our homes will need to continue to isolate. With your help, IHC is putting together extra programmes for adults with intellectual disabilities that can be streamed into homes and enable them to interact with their friends in other homes.



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### Extra support for people living independently

There are many people with intellectual disabilities living independently in their community. These people may have some support, with cleaning, shopping and cooking but are largely independent.

IHC staff and volunteers have called every member to see if they need any help. What we are hearing is that they feel very isolated and lonely. Many have run out of credit on their phones so can't keep in contact with friends

and family. So with your help, IHC is topping up mobile phones to help ease this sense of isolation

IHC has also launched WeCare.Kiwi in collaboration with Carers NZ. This website and 0800 phone number provides additional support for all vulnerable people living alone, or with family. This help is much needed. IHC's Trish Grant who has been making these calls says, "it has only taken three weeks to drive some people into extreme fragility."

With the support of IHC's Calf Scheme

donors, people in this vulnerable group can

access volunteers who can provide extra support. For example, many of these people have no internet access and have never used a credit / debit card, making online shopping impossible. IHC is providing them with devices so they can access the internet and volunteers are helping them to use Skype and internet shopping by talking them through this on the telephone.



### How your support helps

## From raising Calf Scheme calves as a kid, now Bethany helps people with intellectual disabilities learn to safely use the Gym



Bethany is spending lockdown with her partner on the farm.

on a bit, then it goes to the sale yards, it is not money that you have received and have to part with. It is so straight forward, but it makes such a difference for IHC without necessarily having to go out of your way to earn income to pass it on," Bethany said.

Bethany moved to Christchurch seven years ago, but IHC has remained a cause close to her heart. "One of my fitness clients was telling me about how they had joined the Friendship programme, and how IHC were also looking for people to teach skills, I thought I've got a skill set I can use and signed up."

Jessica is one of the people Bethany has trained. "I wanted to do exercise and work on my core and get healthy and fit. I do a lot of walking and bike riding. I'm quite active and wanted to do something else and I liked the gym," says Jessica.

Bethany helped Jessica learn to use machines like the rower, bike, treadmill and cross trainer safely. They also did stretching and some weight machines.

"I feel quite confident now going to the gym and using the equipment. My favourite machines are the treadmill and rower," Jessica says.



"I'd like to say thank you to Bethany and to the people who give money so I could learn to use the gym machines and be fit and healthy," says Jessica.

### 35 years of the Calf and Rural Scheme

## Graeme Neale was one of the first Calf Scheme Canvassers

Graeme Neale was a Calf Scheme Coordinator for 20 years. He recalls working with the late Sir Colin Meads and Mick Murphy in the early days of the scheme.

His son Chris, now aged 45, has autism, so Graeme knew how important IHC was to families like his.

Graeme says it was important for farmers to know that they were helping people with disabilities in their local communities. In return they received a pair of gumboots, the chance to win prizes and often an invitation to an annual dinner.

"I was a drainage contractor in South Otago, so I worked with most of these

farmers. I still know most of those people now."

Graeme puts his success as a Calf Scheme canvasser down to persistence and knowing the best times to find the farmers – in the milking sheds in the early mornings and late afternoons. And he is sure that the days his son Chris went with him were days when farmers found it hard to say no. Chris is non-verbal, but he would put out his hand for the farmers to shake.

"He always used to come with me. He loved to get out and meet the people," Graeme says. "He always got the message across."

Thirty years ago, Graeme travelled from Balclutha to Wellington to be

presented with his IHC Calf Scheme Golden Gumboot Award. He remembers the day with pride.

It wasn't an easy trophy to win. It was given annually to the Calf Scheme Coordinator whose area raised the most money through donated calves. The trophy is still on his mantelpiece. "It's been sitting there since 1990," he says. IHC thanks Graeme and all the other canvassers who help make the Calf & Rural Scheme such a success.



## Photo Competition winners

### Category

IHC Calf, show us your ear tags



Kerri Robson – Geoffrey and his girls

The photo competition will be run again later in the year.

Don't forget to get photos of your calves with their ear tags ready for the competition in Spring.

### Category

Farm Animal(s)



Tineke Smit – Young and old

### Category

Landscapes



Charlotte Savage – First Cruise Ship of the Season



### You are helping people live healthier lives

Bethany Cross works at a Christchurch Gym and is part of the Skills Based Learning Programme supported by the Calf & Rural Scheme.

"So far I've trained four people with intellectual disabilities to use the gym safely," Bethany says. The programme is one-on-one and teaches people to safely use the equipment and sets them up with a programme that meets their goals. "They usually want to lose weight, and as that is 20% gym activity and 80% diet, we also discuss what they are eating. I get them to do a food diary and discuss with them the amount of energy that is in the food they are eating so they can make better food choices."

Bethany's family have a long history with IHC. "My aunt had Down syndrome. I never met her, she died in her early 20s, but she lived with Nana and helped out on the family farm with cooking and cleaning. Because of this, my dad used to donate calves to the Calf Scheme while he was still on the farm and as a family we have always supported IHC. As a kid it was one of my jobs after school and on weekends to feed the calves. Now my partner Jared and his brother who run their family farm donate calves too."

"What I like about the Calf Scheme is that a lot of people struggle with letting go of money once they have it. But with Calf Scheme you have calves you will send to the works as bobby calves, they aren't worth that much. So when you have the ability to tag a calf and grow it