



Autumn 2019 | Thank you for supporting people with intellectual disabilities

IHC NEEDS YOUR CALF

Thank you to everyone who supported the IHC Calf & Rural Scheme last season. In what was a challenging year for the farming community, you raised an amazing \$650,000 to support people with intellectual disabilities living in rural communities. Thank you so very much for your loyal support.

This year the scheme is off to a good start and we have already started to receive pledges of calves. We want to keep the farming community safe, so to minimise the risk of transmitting *Mycoplasma bovis*, have made one important change to the scheme.

Farmers are now asked to arrange transport of their IHC calves, along with their own calves, going to the sales. Many farmers have told us they prefer this system as it is more convenient to send the calf or calves at a time that suits them. The sale of that particular tagged calf will be donated to IHC from any sale yard in New Zealand.

If you aren't able to send your calf or calves to sale with your own lot, IHC can pay to get it there, just let us know. It is then likely to be sold in a blended lot to get the best possible price. We thank PGG Wrightson for

First calf for 2019/20 Pledged



The first tag number for this year's Calf and Rural Scheme has been placed on 'Carter' – from Mike Fraser-Jones farm in Morrinsville.

their ongoing support, sponsorship and expertise. Your local stock agent can help and give advice, but sales of "IHC calves" can be through any agency.

For more than 30 years, the rural sector has supported people with intellectual disabilities living in their communities and we need your help once again to make this season a successful one. We have set an ambitious target of \$1 million and hope you will join us to achieve this.

You can still donate virtual calves via our website.

Thank you!

How to get your calf to sale:

1. **CONFIRM** your pledge with IHC and we will send you a pink IHC eartag
2. **SELECT & TAG** your IHC calf with both your NAIT tag and the pink IHC tag
3. **INFORM** your sales agent of the IHC calf or calves coming with your lot
4. **WRITE** "IHC calf" on the ASD form going in with your IHC calf
5. **CONTACT** your local transporter to arrange collection

Mystery Creek Fieldays, Hamilton

12 – 15 June 2019

Still at our usual spot
PA12 in the pavilion

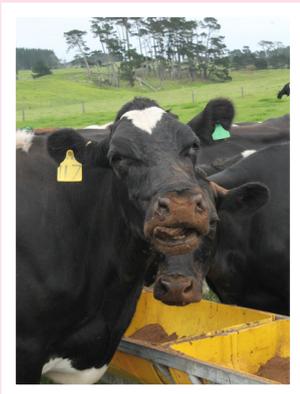


Photo competition winners

Thank you to everyone who entered the competition. Once again we had a good number of entries and a high standard of photos in each category. We are pleased to announce the following winners who each won a \$100 Pressie Card.



Under 7 Years – Macey Parks Aged 6



13-18 Years- Aria Hoggart 16 years old



8-12 Years- John Barrow 9 years old



18+ Years- Diane Parkers

IHC's new service – Family-Whānau Liaison helps struggling families



A privilege to help families in need, say Suzanne Downes, Jim Callaghan and Sheridan Myall of their new roles

Thanks to your support of IHC's Calf & Rural Scheme, we are piloting an exciting new service to help families of young people and children with intellectual disabilities.

Jim Callaghan, IHC Family-Whānau Liaison for Northland says he hasn't met anyone who has a family member with an intellectual disability who is not struggling in some way. "In my area people live rurally, so actually just travelling to where the services are available can be a problem. A lot of the families I work with are nervous about approaching organisations like WINZ as they feel the staff are unhelpful. But I can help them to access WINZ's health and disability advisors who are very helpful and can ensure they are receiving all the help they should."

"I see my role as a privilege. I am invited into these families' homes and I am invited into their lives to share things with them that are quite personal. People don't have to jump over hoops to see us."

"I had a family come into my office and ask how they could be referred to our service" says Jim. "I said 'you have just done it' and I could see how relieved they were that it was so simple."

The aim of this new service is to be a place to provide advice on what support is available to families in their area. In the past, families have been referred to services, only to discover there is a two-year waiting list. "They get their hopes up that they will finally get help, only to discover that help won't come for a very long time," says Sue Kobar, IHC Family-Whānau Liaison Manager. "If we know this in advance

we can avoid referring people to agencies with waiting lists," she says.

Many of the services available to families of people with intellectual disabilities are government funded, leading to a lot of bureaucracy and extreme frustration. "Because we are fortunate our service is funded by the kindness of donors and managed by IHC, we don't have all the forms to be filled out or need to count things that government agencies do," says Sue. "We can just get out there, roll up our sleeves in the New Zealand way and help where it's needed the most! That is what families need."

Regional differences are already being seen in how the service is developing and the work in each area will be shaped by the needs of the families in that area.

Sheridan Myall works in Christchurch. She says issues like foetal alcohol spectrum disorder and undiagnosed intellectual disabilities are becoming more apparent. "Without a diagnosis these families will not receive funding for support services, they just fall between the cracks."

Suzanne Downes covers the Manawatū-Horowhenua area. She is based in Levin and works out of a new community hub where she can easily connect with families and community services. In her area there is a lack of after-school care and respite services. She has been working on a time-bank system where families help each other. "One family might look after another family's child after school a day or two a week to give the parents a break and time to spend with their other kids, and then the other family might help them with something they need, like mowing lawns or housework. They support each other and fill a gap in services."

"As word is getting out about this service I'm asked frequently by other areas if they could have a Family-Whānau Liaison. The demand is there and we are very grateful for the kind support of IHC Calf & Rural Scheme donors for this pilot programme. Each donation is making a real difference in the lives of people with intellectual disabilities and their families," says Sue.

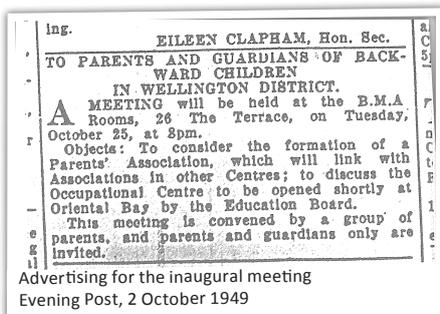
Thank you for 70 years of support!

This year marks 70 years since the organisation that grew to become IHC was set up. You, and kind donors like you who care about



people with intellectual disabilities, have achieved so much over the years. Thank you for what you have done.

In 1949 there were few rights and no services available for people with intellectual disabilities. It was felt that if services were provided in the community, it would only encourage people to keep their disabled child at home. There was very little information available to families about their child's diagnosis. Parents were advised to put their kids in an institution and leave them there. They were separated from their family and from society.



Margaret and Hal Anyon's youngest son Keith was born with Down syndrome. After seven years of fighting for him to have an education and broken promises from the government, they took action and called a meeting of parents of children with intellectual disabilities.

The first meeting was attended by 22 parents who wanted a fairer deal for their kids. Less than a month later a second meeting was attended by 50 parents, and the Intellectually Handicapped Children's Parents' Association was officially set up.

Parents from this group then travelled around the country, setting up branches of the Association. There are now 35 local Associations around the country.

In these early days, and for the 70 years that have followed, the parents belonging to the association were helped by kind people like you. IHC's Calf & Rural Scheme donors have, over the past 35 years, provided much needed funds and practical help. Like them, you are part of this amazing 70-year legacy giving people with intellectual disabilities a better life.

IHC has been at the forefront of some huge and important change for people with intellectual disabilities, but so much more is still needed. This is why we are so grateful for your ongoing support.



Keith Anyon

A good life thanks to IHC

Olga Mawson has been a regular supporter of IHC for over 50 years. "It is my favourite charity as IHC played such an important part in my brother's life. My parents helped set up the New Plymouth branch."

Arthur May was born in 1946. Olga remembers his birth well as she was 11 years old at the time. "It was some hours later that Mum and Dad were told he had Down syndrome. Mum and Dad didn't have a clue what it was all about. There was no information available to them.

"The doctors told my parents Arthur wouldn't live very long. He should go and live in an institution and Mum and Dad should get on and have more children who could help on the farm. We wouldn't have been able to have much contact with Arthur as he would have had to go to Levin or the Waikato. It would have been difficult for the family to travel that distance. My parents felt he was their responsibility, so they would look after him," Olga said.

"Arthur was a very sick baby. It was hard to feed him", Olga said. "In Arthur's early years we lived in a small rural village and the closest doctor was over 10 miles away. We were quite reliant on people in our community giving us advice and assistance with him. Like Mrs Chew, an elderly lady who showed us how to do exercises with him to strengthen up his muscles, so he could learn to sit up."

When he was seven years old the family moved to New Plymouth to be closer to medical treatment.

"When we moved into town Mum and Dad met other parents of children with intellectual disabilities and they formed a branch of the Intellectually Handicapped Children's Parents' Association, that would have been in the early 1950s.

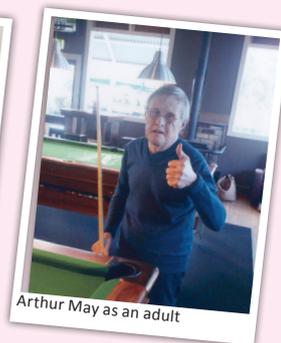
"With the help of the community they raised a lot of money and ran a school for kids with intellectual disabilities. They also built four or five houses and a workshop in the 1960s - 1970s. They made a garden so people living

at the houses could grow things, my brother mowed the lawns and there was a workshop where the adults with intellectual disabilities could make things like coat hangers to sell. Mum and the others made jam and chutney to raise funds. It wasn't just the parents of people with intellectual disabilities that helped out, there were people like Angela and Jim Shanley and their family. They helped people living in the houses in the early days. In later years after my dad died, Arthur lived with them."

Arthur died a few years ago aged 71 years. "He had a good life, and achieved so much. He went to the Special Olympics and won medals there. He was really proud of this. None of this would have happened if it wasn't for the support of IHC and the caring community Arthur had around him."



Arthur May as a child



Arthur May as an adult

Thank you for being a friend

In January this year, Debbie and Sylvia celebrated 10 years of friendship through IHC's volunteer programme. Your support of the Calf & Rural Scheme has helped make this friendship happen, thank you!

When Sylvia met Debbie she had only been living in New Zealand for a few months. "I thought the easiest way to get into the community was to volunteer. I saw this advert for IHC, I didn't have a clue what it was about," said Sylvia.

Sylvia went and spoke to the Volunteer Coordinator who told her about Debbie and thought they would be a perfect match. "When she explained it all to me I just couldn't say no. It sounded interesting. I met Debbie a few days later, we went for a coffee with the coordinator and it was just lovely. Debbie was so happy to have a friend that she gave me the biggest hug! I knew we would be great friends."



Debbie and Sylvia celebrating 10 years of friendship

The pair usually meet once a week for a couple of hours. Debbie speaks very softly and is hard to understand, so Sylvia says they prefer to do things together rather than sit at lunch and have a conversation.

"We like to vary our activities. Here in Blenheim there are good family events and concerts during the summer. We normally go to those as Debbie loves dancing. She has an amazing sense of rhythm so when we do go to a concert, she is always the first one up dancing.

"We do most of the school galas and we both enjoy swimming. In the winter months it is a bit harder to find things to do, so we tend to wander around op shops, Debbie can look at the clothes for hours. We will go to a movie or on a drive somewhere. She is a massive ABBA fan, so if we ever drive any distance I put music on in the car, and she dances and grooves and just loves it.

"The Volunteer Coordinator sometimes helps us to organise special outings. Debbie loves cars, so one day we got to go to the local golf course and drive the buggies around, Debbie loved this. We had a real hoot! It was fun to see Debbie speeding around on the golf

course having such a great time. Another time she arranged for us to go and see some miniature horses, that was really special."

Sylvia says she has a lot in common with Debbie as neither of them have close family nearby. All Sylvia's family are in the UK. Debbie was an only child and her father passed away many years ago. Her mum is in a rest home now with Alzheimer's, so she doesn't have anyone else to go out and spend a day with.

"I've had some training as part of the volunteer programme, which has been good. I've done a couple of first aid courses. I've also done training on recognising different forms of abuse, not just physical abuse, but mental abuse or financial abuse. This would mean I could help Debbie if she needed it."

Sylvia says the years have flown by and they continue to enjoy each other's company. "Thank you to IHC's Calf & Rural Scheme donors for supporting this wonderful programme! It means so much to us both."



What's your legacy?

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 legacy. Share it with us.

Please phone 0800 746 444 and ask for Gail Plamus in confidence.

Canvassers Needed!

We need friendly people to contact farmers who currently donate to the scheme, as well as meeting new potential donating farmers to sign them up. This is a paid contract role for approximately 3 months starting in May. For more information email calf@ihc.org.nz or phone 0800 442 500.

Mystery Prize Weekend

Pledge to IHC before 1st of June 2019 and go into a draw to win a mystery weekend for two – one for the North Island farmers and one for the South Island farmers.

Thanks to our sponsors:

PGG Wrightson Livestock

