

“We can’t direct the wind, but we can adjust our sails” - Thomas S Monson

### *Kia ora whānau*

*Welcome Back! Over the past few months, we have all made adjustments due to Covid 19 and it continues to be a time of growth and change for all of us in the McKenzie Centre community. We need to continue to work together and ‘play it safe’ so we all get through this safely and prosper. Continuing to wash our hands thoroughly and to follow good hygiene remains our best defense.*

### **DATES FOR TERM 2 2020**

Now and Next Course:	Weekly evening sessions at McKenzie Centre starting on Thursday 27 <sup>th</sup> August till 15 <sup>th</sup> October 6.30-9.00 pm
Fire/Earthquake Drill:	10 <sup>th</sup> -14 <sup>th</sup> August
ESW Workshop:	Friday 18 <sup>th</sup> September
Matariki:	Began on 13 July
Te Reo Language Week:	14 <sup>th</sup> -18 <sup>th</sup> September
Parent Focus Week:	3 <sup>rd</sup> -7 <sup>th</sup> August
Core Board Workshop:	Friday 31 <sup>st</sup> July at 10.30am
Term 3 ends:	Friday 25 <sup>th</sup> September
Term 4 begins:	Monday 12 <sup>th</sup> October

### **Attending McKenzie Centre: Safety procedures under Alert Level 1.**

- ✓ When you arrive you must sign in and sanitise your hands before going inside. Use the Sign-in sheet stored on the cabinet on the deck.
- ✓ Visitors: Must sign in on the register in the foyer area. Use our QR tracker it is attached to the door to keep a record of where you have been.
- ✓ Make sure your phone and address details are up to date at the office and check with your Key Worker what is recorded correctly.
- ✓ If you, or your child, are sick, stay at home. We can reschedule or arrange an online or phone session. If you arrive and staff observe that you or your child are unwell, with flu like symptoms, we will ask you to go home.
- ✓ If you or your child are showing signs of illness, flu like symptoms, remain at home and seek medical advice.
- ✓ If the cause of the symptoms is non-infectious e.g. asthma, hay fever or other conditions, you can attend. Staff will have a conversation with you to ensure the symptoms are from a condition such as asthma.
- ✓ Wash and dry your hands often and thoroughly. This is our number one defence! When you come inside after being outside washing hands thoroughly is a must!
- ✓ Sneeze or cough into your elbow.
- ✓ Placing mouthed toys in the blue mesh bag for cleaning after the child has finished using it.
- ✓ Tidy up and cleaning - we have plenty of supplies, so please do help us to keep our Centre clean and tidy.

If we have a suspected or confirmed case of COVID 19, we will follow the directions of Health Authorities. This may mean McKenzie Centre will be closed for 72 hours to allow for contact tracing and, potentially, for another 14 days. If this occurs, our online services can be resumed.

If you have any concerns about your health, talk to your GP or Healthline 0800 358 5453. There is lots of information on the COVID 19 website ([www.covid19.govt.nz](http://www.covid19.govt.nz)).

We will keep you informed by email, Facebook or Key Worker contacts. If you have ideas or suggestions to help us, please talk to your Key Worker, Trisha or Suzanne.

Staff continue to be vigilant:

- Cleaning and using disinfectant on our high touch surfaces and equipment regularly.
- Our cleaners are working with us and have an upgraded health and safety cleaning procedures.

### Welcome Home to Marcia Ranginui Charlton!



Marcia was our Social Worker for 10 years before moving to a new project in 2018. She has now happily returned to our whānau, and we are delighted to have her back to support families, as both a Social Worker and to help build our Peer Workforce. This is an exciting new project for us, where we have parents supporting other parents in our sessions, as Peer Workers or Tuakana, as well as providing workshops.

McKenzie Centre believes the lived experience parents have is so valuable and should be shared while your children are young.

**McKenzie Centre's Tuakana team:** (clockwise, from top left) Eram Afroze, Linda Depledge-Brooker, Fiona Fu, Angela Amai, Yin Yin Li, Stacey Baker and Marcia Ranginui Charlton.

### Introducing -

**Eram Afroze:** Hello, my name is Eram and I work as a Peer Worker for McKenzie Centre. My life revolves around my 3 beautiful children (Ayesha 9, Omar 5 and Hamzah 4) and a very supportive husband. It's been 3 years since Omar was diagnosed on the Autism Spectrum and as a mother of an autistic child I believe in the importance of following a child's interests and strengths, creating opportunities to foster their talents and most importantly listening to the children and believing in them from early childhood. I'm a strong supporter of a strength based approach and family centred practice which were introduced to me at the McKenzie Centre. I love being a Peer Worker because it allows me to be part of an amazing team of parents who speak the same language of building relationships among families and supporting other parents and help them realise that they are the most important people in their child's life. My strongest signature strength has been my love of learning and my IT background which has been driving me forward on this amazing journey.

**Fiona Fu.** My name is Fiona and I have a daughter who is 6 years' old who used to attend McKenzie Centre before she began school. I come from China and have been living in Hamilton for 16 years. I can speak English and Mandarin and understand most of Cantonese. My family became involved with McKenzie Centre in 2016. After learning and getting support from the Centre for years, I now want to use my experience to help other parents. As a past - parent, I know the uncertainty and stress that most parents feel when they start their journey with "special needs" or "disability". I have been through it, learned about it, and I hope I can use my own experience and knowledge to help other parents navigate through this difficult time into a brighter future. Also, as a bilingual speaker, I am happy to help parents who are not comfortable communicating in English to settle into the Centre, so they don't lose this opportunity for early intervention.

**Stacey Baker.** My name is Stacey Baker and I am the Mum of 5 crazy kids (Ether 6, Taika 5, Belle 3, Asa 1, and Neo 3 months) and wife to an awesome husband. We have been a part of the McKenzie Centre for about 2 ½ years now, coming with my son Taika who was diagnosed with Autism at 2 years of age. Through the amazing support of McKenzie Centre, I have been able to participate in the 'Now and Next' course and 'More Than Words' and have attended a number of other workshops and facilitated a couple myself. Because of this I recognise the gold that comes from parents, so I am eager to be part of this peer support group and give back what I can. I love to have a good talk and get to know others who can understand the struggles and triumphs that come with having a child with special needs, so come and say 'hi' if you see me around. 😊

### New Part -Time Speech Language Therapist

**Siobhan Patterson, Speech Language Therapist**, joins our team and works on Monday mornings. "Kia ora I'm Siobhan. I trained as a Speech Language Therapist in London and graduated in 1999. Most of my work has been with young children with a range of communication difficulties. I have worked in clinics, preschools, schools, family homes and in the community. I grew up in Ireland and have worked there as well as England, France, Holland, Japan and Saudi Arabia. New Zealand has been my home for the last 11 years. During this time, I have worked for the Ministry of Education and ASD support services, before taking 3 years out to raise my daughter Kassandra. In the past I have worked in services alongside McKenzie Centre and I am excited to now be joining their team as a consultant. I have a passion for working with children and whanau, supporting the skills and knowledge families already have to help get the best outcomes for your child."



A big thank you to **Maria Man**, Speech Language Therapist, for her work at McKenzie Centre with Monday Playgroup families. It is always a pleasure having Maria here as part of the McKenzie Centre team. Best wishes to Maria, Sam and big sister, Moriah, who are expecting an addition to their family later this year.

### Quiz Night has been postponed until 2021

Due to the Covid-19 pandemic, and the ongoing impact that this has had on our community, including many of our sponsors, supporters and friends, we have decided to postpone our annual Quiz Night fundraiser until 2021. We thank everyone who has generously supported us so far with the donation of auction items and offers of assistance, and can promise you that we will be back next year, bigger and better than ever!

### Parent Workshops

**Core Board with parent Liz Becker: Friday 31<sup>st</sup> July at 10.30am.** If you use a Coreboard, or the idea has been introduced to you, come and listen to Liz. She has used the Coreboard with her daughter Ayla. Liz will share tips, ideas and lived experience of using this communication tool in her family's daily routine. Do make time to join this workshop - you will find it very interesting and motivating.

Last term, our parents presented two Transition to School workshops- these online sessions were well attended and told the stories of how parents, together with the support from staff at McKenzie Centre, successfully transitioned their children into mainstream and special schools. We plan to repeat this workshop, so do think about attending as it is fabulous to learn from each other's experiences.

At McKenzie Centre we are committed to families empowering each other, so you will find us regularly offering ways to do this, for example with workshops. Do join our Facebook groups - McKenzie Centre and Families Empowering families. We advertise our workshops on these platforms. Look out for our Sleep Workshops which will be scheduled for a couple of Tuesdays in Term 3. Families who did this workshop last year found it very useful.

**Parent Focus week** is scheduled for the week of 3-7 August, and with the support of our Peer Workers, Tuakana, we will be discussing community activities available for families in the Hamilton area, and other topics of interest. Parents often report how they love these workshops as it provides a time to meet other parents and share information. Staff care for the children, so do take advantage of this and connect with other parents.

**Families Empowering Families:** Check it out and join the Facebook group- parent to parent (or peer to peer) support is invaluable. If you have any questions speak to Eram, Fiona or your Key Worker. This group is open to any parent of a child with special needs.

### Now and Next programme

The Now and Next programme helps parents and carers develop skills to achieve positive outcomes for their child, family and self. The next course will be offered in the evenings at McKenzie Centre, starting on Thursday 27<sup>th</sup> August till 15<sup>th</sup> October 6.30-9.00 pm. It runs for 8 weeks, finishing on 15 October.

We encourage you to register, as families who have done this programme say it has changed their lives and made their family a happier one. For more information, talk to your Key Worker, Steph or Eram (Tuakana).

### Earthquake and Fire Drill

A practice of drills will happen in session in the week of 10<sup>th</sup>-14<sup>th</sup> August, but just in case you aren't at the centre, please follow this earthquake procedure: Drop, Cover and Hold. Drop to the ground, get under cover and hold on. Do not evacuate unless staff tell you to. Wait for the shaking to stop and then follow the instructions of the staff.

In case of a fire emergency evacuate through the nearest fire exit and assemble in the area beside the bike track (in the Hamilton West School grounds).

It's important to practice your own emergency procedures at home too.

**Early Intervention Fees**, are a family contribution towards the cost of providing services and cover more than the sessions at McKenzie Centre. Families who do not attend sessions, or who may be transitioning, will still receive a termly invoice. The WINZ Childcare Subsidy is available for many families, and covers the entire cost of the Early Intervention Fee. We can help you apply for this, or find another option for you, so that your financial burden is eased. Please see your Key Worker or the Admin team - we are happy to help.

**All Policies and Procedures** are on a review cycle so they remain current and relevant. A full list is available in the yellow "Licence, Policies, ERO Report" folder in the Whānau Room. Those under review will be listed on the wall in the Whānau Room and families' opinions are an important part of this review process. If you want to know more about any Policy, Procedure or how they are reviewed feel free to ask Lillian, in the office.

### **Thanks so much to:**

**All our volunteers and sponsors**, they do an amazing job for us in many areas, including gardening, general maintenance and repairs, helping us at our fundraising events and assisting our admin team. We love looking after our volunteers as they contribute so much to us and their support means we can deliver more services to your family. Special thanks to Richard Bennett and Jim Newlands, who regularly give their time to maintain our building and gardens.

**Best wishes from:** Trisha, Claire, Sue, Rachael, Laury, Leona, Estelle, Jaime, Suzanne, Teresa, Ruth, Helen, Henny, Lillian, Steph, Marcia, Amanda, Richard, Eram, Fiona, Stacey and Siobhan.

### **THANK YOU to our wonderful Funders, Sponsors, Friends and Supporters:**



### **As well as:**

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