

Chemotherapy Day Unit Opens



(Left to right): Lakes DHB member Tupara Morrison (partially obscured), Stuart Burns CEO Rotorua Trust, Grahame Hall Rotorua Trust Chairman, Trustee and Lakes DHB Deputy Chair Lyall Thurston, Lakes DHB CEO Cathy Cooney, Lakes DHB Chair Deryck Shaw and Minister of Health Hon. Tony Ryall viewing the new Rotorua Trust Chemotherapy Day Unit. *Photos courtesy Lakes DHB*

The spacious, new Rotorua Trust Chemotherapy Day Unit at Rotorua Hospital opened at a special ceremony at Rotorua Hospital on 29 August 2011.

The Trust approved a donation of \$670,000 to assist with the fit-out last year following a presentation by Lakes District Health Board (DHB) CEO, Cathy Cooney and Lakes Health Services Improvement project director, Nick Saville-Wood.

Up until the new unit was completed, chemotherapy patients had been used to cramped conditions in the old unit which had five chemotherapy chairs, no outlook and minimal privacy.

The new unit is four times the size in total area (245 square metres), has nine chemotherapy chairs and three beds for medical day case patients. There is also a beverage bay, room for screens for patient privacy, air conditioning, TVs and a therapeutic view over Ohinemutu and Lake Rotorua.

Clinical nurse manager, Elaine Warner said the additional chairs and space means the hospital is better placed to meet the unfortunate growing demand for chemotherapy services.

It is estimated that the number of people using the unit will increase from 2,000 to more than 3,500 by 2021.

Trust chairman, Grahame Hall said trustees are well aware that cancer is a major health risk.

"Sadly, almost everyone in our community knows someone who has faced the challenge of living with cancer. One in three New Zealanders will have some experience of the disease, either

personally or through a friend or relative. Given these statistics, we felt the new unit would be of immense benefit to those people in our community requiring treatment."

Lakes DHB CEO, Cathy Cooney said Lakes DHB is extremely grateful to the Rotorua Trust for the support

given to the establishment of the new unit.

"The donation allowed the DHB to fit-out the new unit to a high standard which provides a wonderful healing environment for those receiving treatment."

"In recognition of the significant

financial input by Rotorua Trust towards the health and wellbeing of people in the Rotorua district the DHB has named the unit, Rotorua Trust Chemotherapy Day Unit."

The new unit is located on the ground floor of the new three-level Ambulatory Centre at

Rotorua Hospital.

Five years ago the Trust provided \$1 million towards the cost of the Magnetic Resonance Imaging (MRI) machine at Rotorua Hospital and agreed to cover the remainder of the MRI costs with a loan. The Trust also previously provided support for a new CT scanner.

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Rotorua Energy
Charitable Trust

Chemotherapy Day Unit

More Classes For 55 Plus

There are now more B.U.S. (Balance, Upright and Safe) classes operating around the city for people aged 55 years and over thanks to collaboration between Sport Bay of Plenty, Lakes District Health Board and Rotorua Trust.

Sport Bay of Plenty Pathways team leader, Sonia Lynds said classes began at the Parksyde Older Persons Community Centre several years ago but it had become difficult for some older people to access these as they didn't live close by and were unable to travel too far.

"People told us they wanted more classes across the city so it was easier for them to access them and there were also some existing groups that were in need of some support."

"Thanks to the support of Lakes DHB and Rotorua Trust, there are now seven regular B.U.S. classes running each week: at St Barbabas Church Hall in Ngongotaha on Monday; Rotorua East Bowling Club, Lynmore and two at Parksyde on Tuesday, and on Wednesday at the Mokoia Community Centre on Vaughan Road and at the Rotorua Methodist Church in Old Taupo Road. There is also another weekly session especially for those attending DayBreak Senior Daycare."

"We have also shared our knowledge with 17 people from



Trustee Trevor Maxwell (left) joins in the B.U.S. exercise programme at the Bainbridge Centre, led by instructor Gary Parker, (second left).

other organisations, which care for older people, so they are now able to provide the B.U.S. exercises in their own environment."

The B.U.S. Programme helps participants regain and retain strength and balance. Each class is a 45-minute work-out which

moves through a gentle exercise routine to music followed by the use of a range of equipment and some relaxing cool-down stretching.

Miss Lynds said the classes offer a supportive, safe and encouraging setting for older adults to enjoy

some physical activity at their own pace. "Participants also enjoy the social aspect of the programme as an added bonus."

Cost per class is \$2.00. The seven public classes coincide with school holidays so it is best to check dates with the instructor.

Call Sport Bay of Plenty on 348 4125, contact the Pathways team leader, Sonia Lynds on 027 222 5690, email sonial@sportbop.co.nz or check out their website www.sportbop.co.nz for further details.

CACTUS Builds Confidence

The CACTUS (Combined Adolescent Challenge Training Unit and Support) programme is helping local students build confidence and self-esteem.

Launched in Western Heights by Sergeant Steve Sutton and his Rotorua Community Policing Team in February this year, the community programme is an extension of a range of Police and community initiatives in the area. Sergeant Sutton said the programme, which is led by the Police, was initially developed in conjunction with the Western

Heights Community Association and made available to 25 students selected by Western Heights High School."

"Due to the programme's outstanding success, 25 students selected by Reporoa College completed an equally successful programme in July developed with the help of Reporoa Lions."

Sergeant Sutton said CACTUS helps to foster and develop teamwork, and leadership in schools by helping students set and achieve goals.

"A key component is challenging

the attitudes of the young participants through a well structured and strictly disciplined programme in an environment which is outside their comfort zone. The young people achieve challenges that exceed what they think they are capable of and extend their personal belief in themselves."

"Based on an armed forces programme, the eight-week intensive physical training programme is designed to extend a young person's mind and physical capability, with a

focus on teamwork, goal setting, leadership and discipline."

"As well as instilling discipline and self-esteem, the programme aims to educate and provide wider choices to young people. It teaches them life skills and the consequences of challenging boundaries set by law and also social boundaries, encouraging them to look and listen before they act. It finishes with "The Longest Day": eight-hours of challenging and demanding physical activities followed by a graduation evening."

Sergeant Sutton said that while the programme does not specifically target "at risk" youth, some are included because its objective is to foster and develop teamwork and leadership across the school.

"These students are at an age where they are reaching a cross-road in their lives so it's vital to give them the tools and capability to make the right choices for their future direction."

"We are all very grateful to a large number of organisations and businesses which have provided support for the programme including Countdown, New World, The NZ Fire Service, Kelloggs NZ, Rebel Sport, Rotorua District Council Safer Communities, Toi Te Ora Public Health, and Rotorua Trust plus many more locally owned businesses."

Sergeant Sutton said the results of the programme have been outstanding.

"The course for some has been life-changing. It also has a zero reoffending rate for those who completed the course and has also helped some students into the workforce. One parent said, "thank you for giving me back my son", which speaks volumes for what this course gives the young people who take part in it."



Students taking part in a physical training programme.

Photo supplied

Talking Hands

English Language Partners is offering a creative, hands-on approach to mastering English language skills.

Co-ordinator, Judy Winiata said the novel and successful programme is designed to appeal to a wide range of people.

"Those wanting to learn the English language, along with people proficient in the language but who enjoy fun craft activities and mixing with Rotorua's international population, will certainly enjoy the classes."

Mrs Winiata said Jonathan Baxter, who is director of Origami NZ and a world-class origami expert, is working alongside the English language instructor in the classes.

"The thinking behind this approach is where the hands go, the mind follows."

"Focused on making something with their hands, participants discover word associations between the material they are

working with their hands and directions from the instructor. Questions naturally arise that relate to the activity exercise, and a correlation between what the hands are doing and the words needed to explain the actions, is effectively made."

Mrs Winiata said participants enjoy activities that stimulate their imaginations as they learn.

"A craft activity such as origami gives the group learning a second language, greater opportunities to discover, comprehend and practise speaking because of the relaxed atmosphere."

"The craft-based activity builds vocabulary, strengthens dialogue skills and builds confidence in mastering the complexities of the English language."

The free lessons for adults are held every Tuesday from 9.30 – 11 am at RAVE, 120 Hinemaru Street, Rotorua and do not require booking in advance. For more information, contact Judy Winiata on 07 350 2395.



(Rear) Jonathan Baxter director of Origami NZ and trustee Jo-Anne La Grouw take a creative hands-on approach with students learning English language skills at RAVE.

Wearable Creationz Celebrates 10 Years

The Rotorua Creative Art Trust celebrated the 10th anniversary of the ever popular Wearable Creationz event in August with three shows.

This year saw an increase in numbers of entrants and team followers with the highest number of students ever in the history of the event taking part, including three new schools.

Creative Art Trust spokesman, Nick Dallimore said this was only the second time the Trust had held three shows, once again increasing ticket sales.

"The support we receive from our partners is invaluable as we reach even further into the local community. More local youth have become involved which has created an environment for music as well as the traditional creative talent. Rotorua has some fantastic talent. This year our live band,

Ward 16, grew in confidence and ability, and produced a CD."

"We have seen positive growth in so many ways. The students aspire to be a part of Wearable Creationz each year and to watch them grow through their journey has become our reward and keeps us focused. We also find we have the same sponsors whom we believe joined and stayed with the family of Wearable Creationz because they too are able to see the amazing difference in this community of ours."

"Following each of the past shows we have received emails from participants, volunteers and audience alike, saying how they have been exposed to elements of life that they would not normally have the opportunity to be involved with. Many have gone on to pursue and succeed in other areas that perhaps might not have



Supreme award winner Zoe Stephenson with her creation *Line Me Up*.

Photos courtesy Gotya Photography



been explored previously. This feedback is priceless and lifts our spirits knowing we are playing such a key role in a community which is hungry to achieve."

Another feature of this year's event was hosting a second successful art exhibition prior to the Wearable Creationz event itself. The exhibition, designed by Chris Currie and Lynley Hermitage, illustrated the diversity and quality of local work from the wider Bay of Plenty region and nationally, including a range of both two and three dimensional work, all of which were available for purchase.

From well known artists to high school students, the exhibition was designed to delight all those that visited, as well as providing valuable exposure for up and coming artists. Over 800 people visited the exhibition featuring more than 200 works from 60 artists over 10 days making it one of the biggest exhibitions ever held in the region.

Wearable Creationz will be held again on 16-18 August 2012. Entries open March 2012. For more information view the website www.wearablecreationz.co.nz

Role Model Wins at Australian Rodeo

Meet your Trustees



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Caitlin Parsons in action.

Photo courtesy 3 Sisters Photography

Role model, Caitlin Parsons, recently won the barrel racing event at the national Australian Rodeo.

The Western Heights High School student said she travelled to Queensland on 24 August to represent New Zealand in the Trans Tasman rodeo series run by the New Zealand Rodeo Association (NZRCA) and the Australian Rodeo Association, returning home on 5 September.

"The Trans Tasman series is specifically for high school students from New Zealand and Australia who are 14 to around 18 years of age. I competed in barrel racing in Rockhampton, Capella and Yeppoon, and was placed second in two of those events."

"I also entered the national Australian Rodeo and won the barrel racing event."

"One of the biggest challenges was having to ride lots of different

horses as we were unable to take our own over there."

Horses for the New Zealand competitors were supplied by the Australian competitors.

"I feel privileged that my school recognised and acknowledged that I am doing well in something a little different outside of the normal curriculum, and was able to help source funding so that I could travel to Australia."

Bruce Walker, chair of the Rotorua Secondary School Principals' Association said the role model programme is truly inspirational and a great initiative.

"It is very valuable for both students and their parents. It is also inspirational for those students verging on becoming high achievers as it helps point them in the right direction."

Mr Walker said he endorses the programme 100 percent and feels confident that he is speaking for

all Rotorua secondary schools and parents of high achievers in saying that.

Rotorua Trust established the role model programme to inspire and motivate young people, and to recognise the achievement of Rotorua students at national level. It is constantly amazed by the number of local students who achieve national and international standards.

The Trust receives applications from schools for funding to assist with the activities of high achieving students which the school considers to be "role models."

Funding is generally sought to assist students who have been selected to represent New Zealand nationally to participate in an activity either in New Zealand or overseas. In some instances funding may be required for equipment for the student to

undertake the activity. Sports related activities are able to be funded and in some instances a group of students from one school may be participating in a role model activity in which case funding is limited to a maximum of \$5,000 for that group.

Funding is available for year nine to 13 students and is limited to a maximum of \$1,000 per student for up to two occasions. Home school students are eligible to participate in the programme by applying through a recognised community organisation.

Role model students must be returning to secondary school following participation and are required to report to the Trust following completion of their activity.

For more information about the role model programme contact your local high school or call Rotorua Trust on 07 347 6239.

Management Team



(Left to right) Andrea Thompson (seated), Alison Perrin, Peter Halligan, Stuart Burns, Michael Wyeth, Edith Tissink (seated), Lee-Anne Thompson.



1358 Eruera Street
Rotorua 3010
Phone: 07 347 6239
Fax: 07 347 6305
Email: admin@rotoruatrust.org.nz

www.rotoruatrust.org.nz

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