

The Chris Ruth Centre Trust

Newsletter

Autumn 2026



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Dates for Your Calendar

Monday, April 27: Centres Closed- Public Holiday- *Anzac Day Observed.*

Wednesday, May 27: *Annual General Meeting.*

Monday, June 1: Centres Closed- Public Holiday- *Kings Birthday.*

Friday, July 10: Centres Closed- Public Holiday- *Matariki.*

Monday, July 27 to Friday July 31: Centres Closed- *July One-Week Closure.*

Kia ora koutou,

I hope this newsletter finds you well as daylight saving comes to an end and the autumn colours begin to appear. I trust everyone enjoyed a relaxing Easter break and had the chance to spend some quality time with whānau. The year is certainly racing by, and as you'll see from the photos and updates from across our centres, a great deal has been happening. It is my pleasure to share a few messages with you.

Recent staff training update – Restraint Free Practice

As part of our ongoing commitment to ensuring all staff have access to current, relevant, and best-practice information to support their day-to-day work, we recently completed an organisation-wide training programme on Restraint Free Practice.

This training included a comprehensive presentation aligned with Health and Disability Commissioner (HDC) guidance, followed by a short quiz that every staff member was required to complete. The session reinforced our focus on dignity, cultural safety, and rights-based support, and ensures our team remains confident and

well-equipped in this important area of practice. If you would like further information about this training or the associated guidelines, please feel welcome to get in touch.

An update on the Tuam Street Centre

Plans for this were almost on time with a slightly later opening date than expected. Set up was completed last week with move in for everyone to be the 28th April. We look forward to sharing updates as everyone settles.

Fuel expenses

A communication was sent out a few weeks ago regarding fuel and vehicle use. As mentioned we will continue to do our best with optimising outings and fuel use. We are hopeful there will either be a shift in pricing or the government will offer some assistance to ensure we are able to continue with individual programmes and outings.

For those interested our Annual General Meeting is scheduled for Wednesday 27th May.

Warm regards,
Marilyn



Annual General Meeting Notice

DATE: Wednesday 27th May, 2026

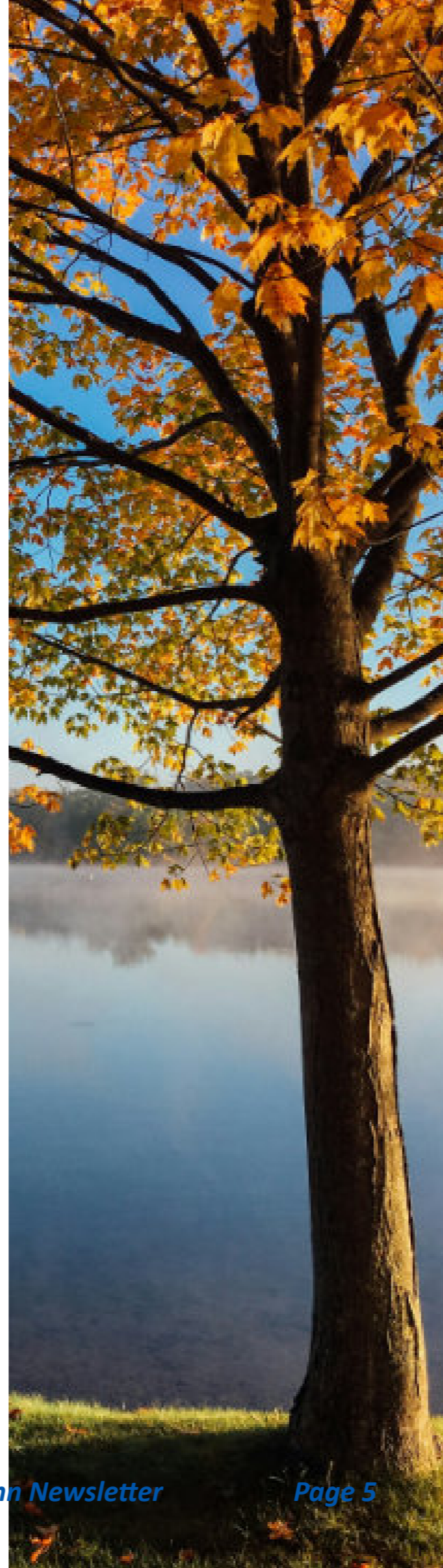
TIME: 6pm

PLACE: CRC Sockburn Centre- Unit 7 4-6 O'Briens Road, Sockburn.

RSVP: 13th May, 2026 by email to admin100@chrisruthcentre.co.nz



Sockburn Centre, beside Chef Astig on the corner and McConnell Dowell on the right.



New Centre On Tuam Street Opening Soon

The new Tuam Street Centre is set to open this month- with everyone set to move in on Tuesday 28th April. Thank you to everyone who has helped with the process of getting Tuam Street ready for business!

The Chris Ruth Centre has appointed a new Executive leader to oversee Tuam Street, Sorelle, and Stella from Hoon Hay Lamar, is coming across to fill the role of Team Leader.

Tuam Street has been established to cater to the growing demand for our services in the Canterbury region, and will make the eighth centre for the Chris Ruth Centre Trust which was established 28 years ago.

Keep an eye out for the new Tuam Street page on our website with blog posts going up within the near future.



New Tuam Street Centre- 462 Tuam Street Christchurch.

Ashburton

Tēnā koutou katoa.

We were delighted to mark the grand opening of the Ashburton Community Garden. It was lovely to see people from CRC and their families attend the event.

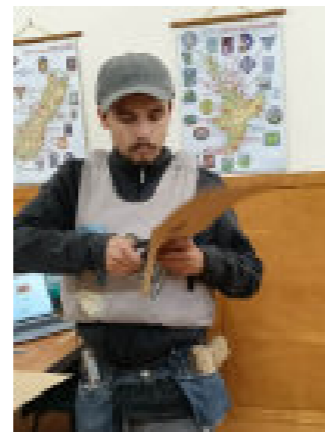
During Summer, we've seen wonderful community involvement, with individuals engaging in activities that reflect their interests, building relationships and contributing in their own ways.

We also celebrate the success of personal goals, from trying new experiences to leading activities. Each achievement highlights self-determination, strengths, and what a good life looks like for each person.

A special highlight has been celebrating three birthdays in March, with another to look forward to in May.

Thank you for being part of our journey.

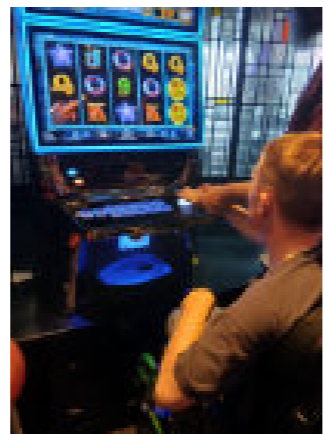
Sapphire and the Ashburton team.



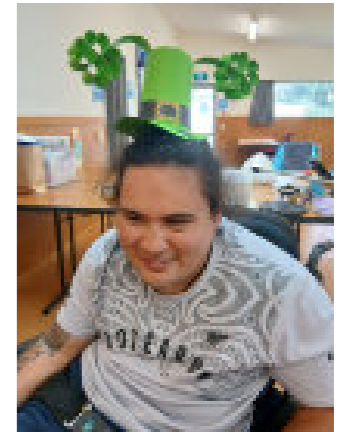
Harry making props



Aidan at the Menzshed



Hayden trying his luck



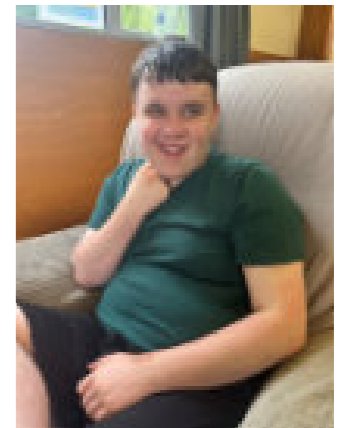
Levon celebrating St Patricks day with crafts



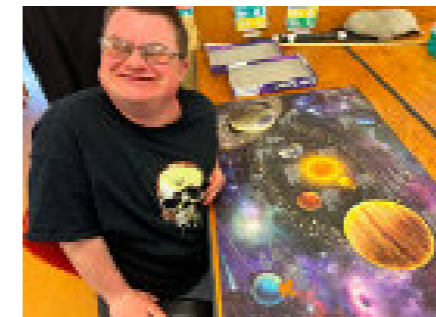
Olivia at the Community Garden



Jasmine's finished paper flower art



Harrison enjoying a foot massage



Jacob pleased with his finished puzzle



Dazzlehands performance by the Royal New Zealand Ballet, thanks to the Roy Owen Dixey grant



Ashburton Community Garden grand opening.



Levon and Katie (from the Art Gallery) at the Grand opening of the community garden.

Bishopdale

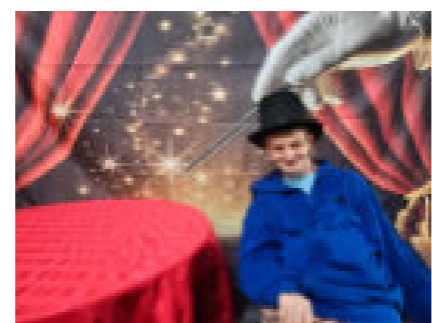
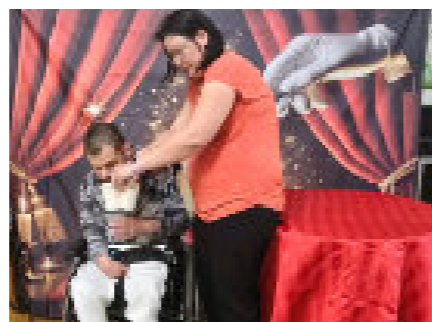
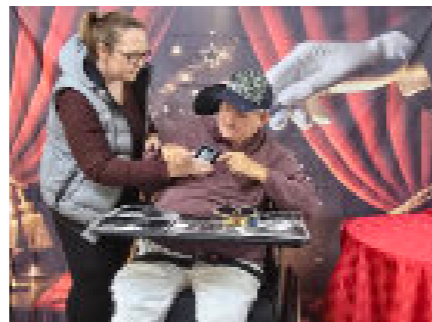
Greetings!

As we move to darker nights, we sadly start this update to say that Luke Thomas, who attended Chris Ruth Bishopdale Centre for over 15 years, passed away peacefully just before Easter. His infectious laugh and smile will be sorely missed.

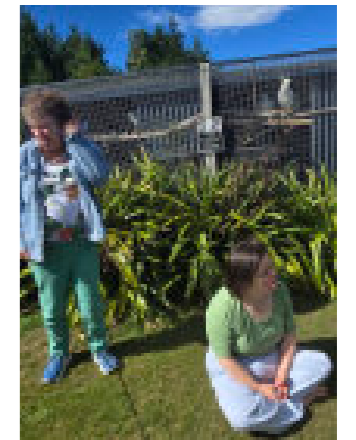
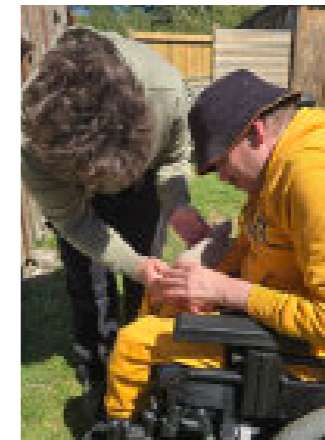
Over the last few months we have had some great times. If you follow our blog on the Chris Ruth website, you will see visits to new farm experiences at Glenlothian Farm and Wilderness Woodend. We have had a lot of laughs performing plays at short notice, an incredible disco and even a magic show! Jess has plans for more exciting events as the year goes on!

We also welcomed Annette who joined the team just before Easter. Her eagerness will be an asset to the amazing team at Bishopdale.

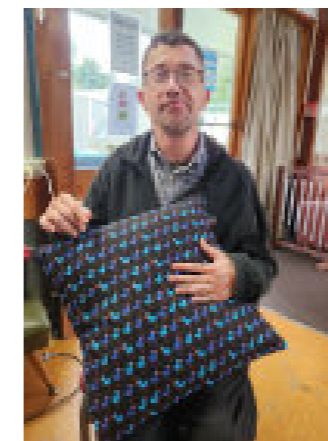
Greg and the Bishopdale team.



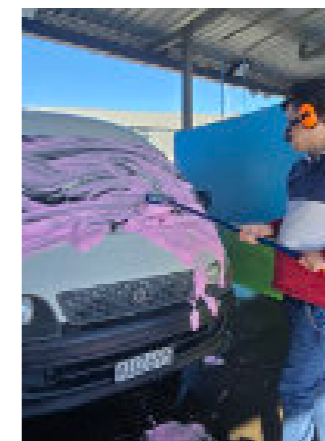
Magic Show at the Bishopdale Centre



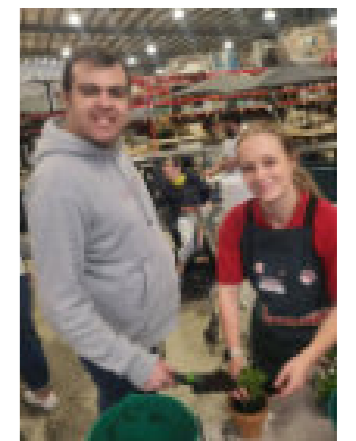
Visit to Glenlothian Farm and Wilderness Woodend



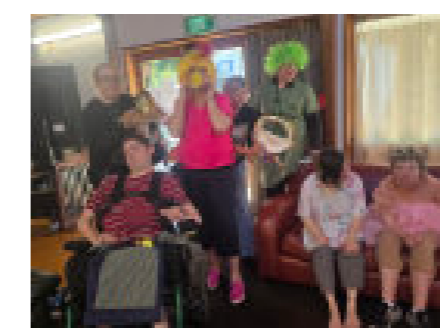
Alex T's finished project



James washing the van



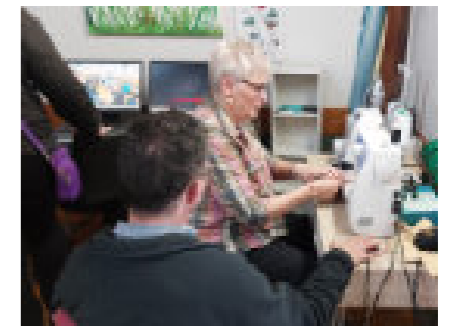
Bunnings Activity



The Bishopdale Centre plays: Jack and the Beanstalk (left), The Jungle Book (right)



Alex T's project that involved switching to use the overlocker



Hoon Hay



Hello to all,

We are enjoying getting to know new people and staff and hope the transition to the new Tuam Street Centre goes well for Caite, Geraldine, Sudip, Lucas and Ignacia. Staff relocating are Morgan, Mandi and Fuad. Exciting times ahead! We welcome new staff member-Alex to Hoon Hay One.

This year we're back on the horse literally, with Lou back enjoying his weekly rides. One of Lucas's goals was to play a sport, and this year he teamed up with Junior to join the mixed abilities netball team. They both love it, and it was great meeting members of the Tactics netball squad, especially as Juniors goal was to follow netball teams and scores.

Chevani, Caite and Batin recently enjoyed a visit to the Catnap cafe. Often the cats are a bit shy but luckily on this occasion they were very

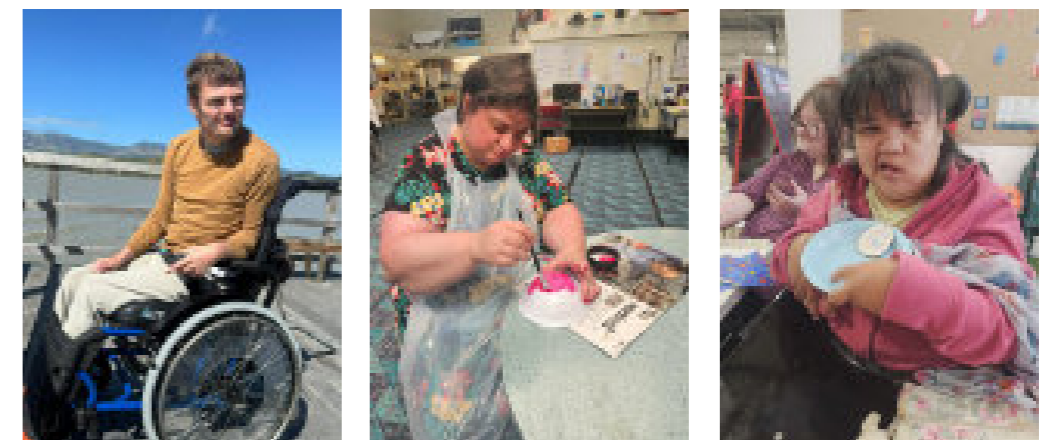
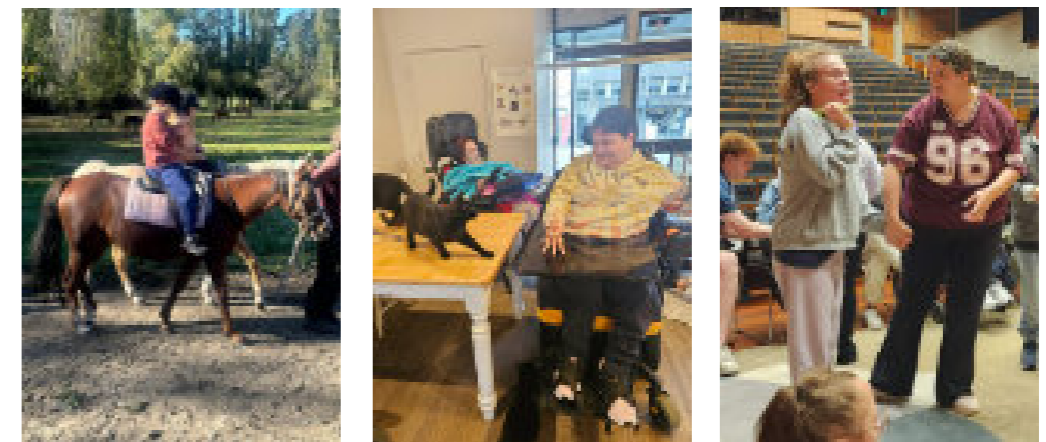
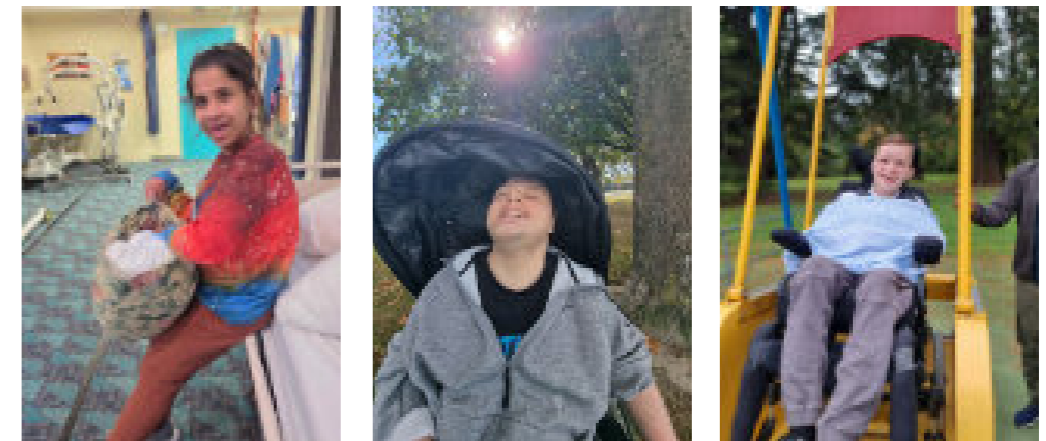
friendly. Claudia enjoyed a recent interactive performance at The Piano by members of the CSO brass division.

Tanner loves going on the swing chair at the Botanic gardens and Shane loves checking out all the pets at Animates. Geraldine has been working hard on her paper mache goal, and Kristian is loving the days he can get outside for a walk to the park.

Batin has enjoyed doing the workshop activities at Bunnings and is keen to get a work placement there...fingers crossed. Last but not least, Ignacia is a powerhouse when it comes to helping with the washing!

We're going to really miss all the people moving to Tuam Street, but we know that we can catch up with them regularly at music, for lunch or combined outings. All of the team are looking forward to a fun year ahead!

Adrienne and the HH1 staff



Hoon Hay

LAMAR

Tēnā koutou from Lamar (Hoon Hay Two),

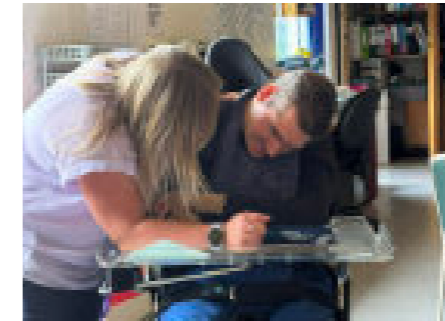
It's hard to believe that the end of April is already rolling around, and autumn is here. We've had a fabulous few months to start the year, with people working on lots of different activities — Bunnings workshops, getting out in the community for walks, and working on goals and aspirations — just having a good old time

We recently had a high tea party hosted by Houg, everybody had an enjoyable time. It's great to be back

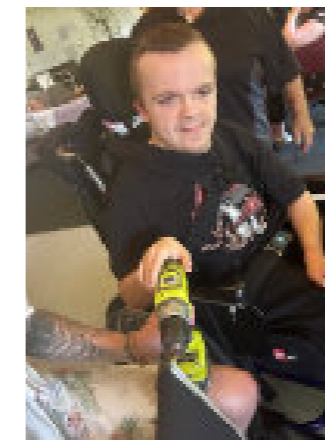
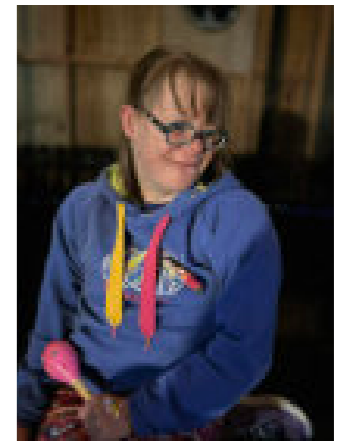
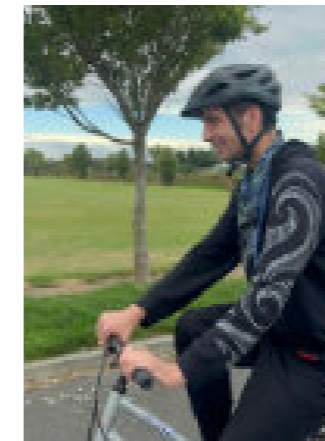
swimming, horse riding, at work placements and doing lots of other activities that keep us busy. We've been working on some very cool wooden craft projects and just generally having fun.

The Lamar Centre is saying goodbye to some of the people we support, and staff members Stella, Jayde, and Gina, who are moving over to the new Tuam Street Centre. We wish you all the best — a heartfelt thank you from the team.

Ngā mihi
Lynette and the Lamar team.



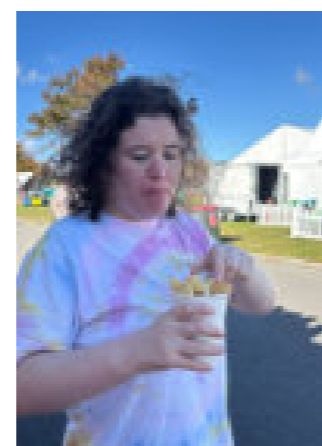
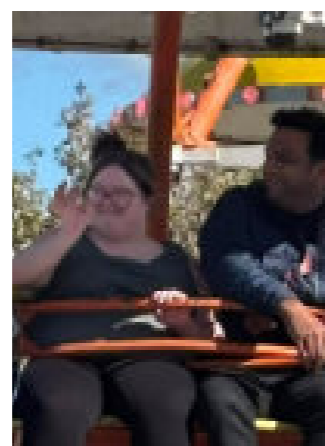
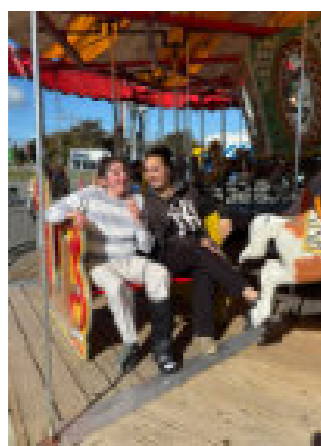
Having fun at the Centre and out in the community



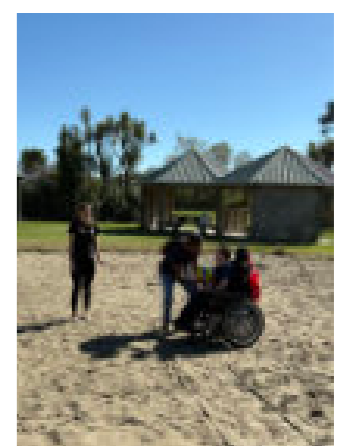
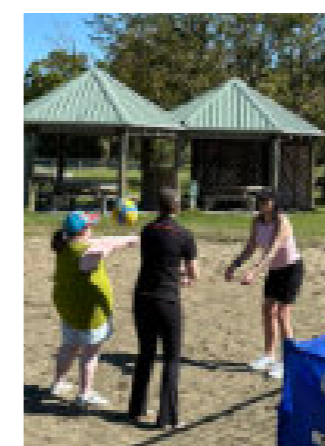
Working on a project

Work experience at New World

Having fun on the trike



Enjoying the Easter Show



Hōhepa Inclusive Sports Day at Spencer Park

Hoon Hay

THREE

Tēnā Koutou Katoa from Hoon Hay 3

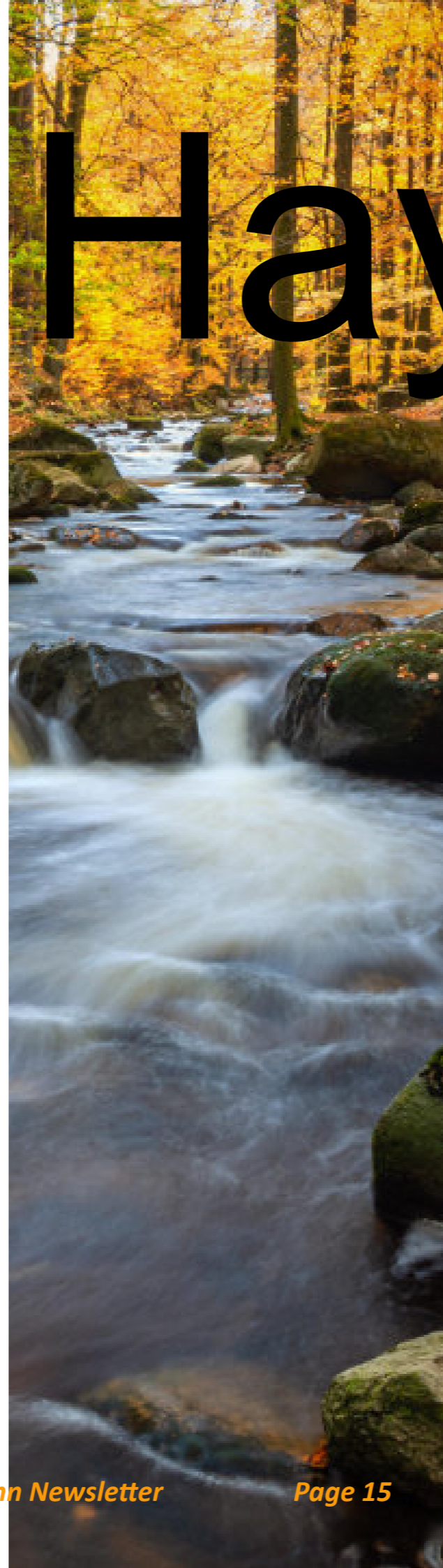
Over the past few months Hoon Hay 3 has continued to be busy and active both individually and as a group. The people in the Centre continue to participate in their usual activities i.e. graffiti spotting, swimming, baking, exercise, educational tasks and crafts of interest to them. While these activities make up some of their timetables at the Centre the other activities featured bring new experiences.

At the beginning of March Hōhepa ran an inclusive sports day at Spencer Park. Eli, Harry and Ant participated, enjoying all the different activities and games that were available to try out. While the lads were off doing this activity some of the ladies were off experiencing the sensory room at Pioneer Stadium.

In mid March the whole

Centre packed up and went out for the afternoon together. They were sent on a mission to find Ice Cream Charlie as many in the Centre had never heard of it nor had they tried it. From all accounts taste buds were delighted with some going back for seconds. Some of the people we support have had the chance to attend the Bunnings workshops. They have decorated plant pots and hanging shapes and a Easter activity. It has been lovely to see how mana enhancing this has been for them and their reactions are priceless.

Towards the end of the month Isaac, Jack, Earl and William got to go to The Piano experience which promoted interaction/ participation from those in attendance. Earl was quick to voice his opinion when asked who wants to be the conductor and needless to say he could be well and truly heard, and was a wonderful conductor guiding others.



Hōhepa Inclusive Sports Day

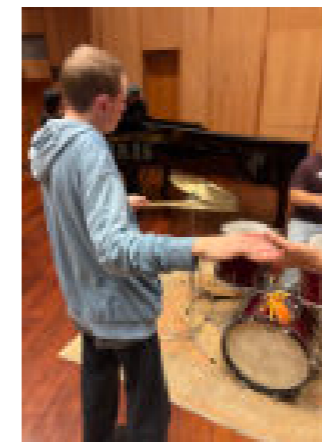


Grffiti spotting

March finished with a bang and we all participated in a pizza and karaoke afternoon. Everyone got the opportunity to hang out with each other, which doesn't always happen and new friendships seemed to be formed. Nerves did get in the way for some when it came to grabbing the microphone

and blasting out a tune. It was a lovely way to end the month dancing, singing and enjoying each others company. We look forward to the months to follow. Keep warm, keep safe as the mornings become darker and the days shorter.

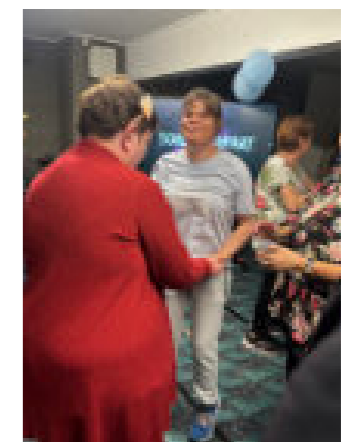
Shelley and the team at HH3.



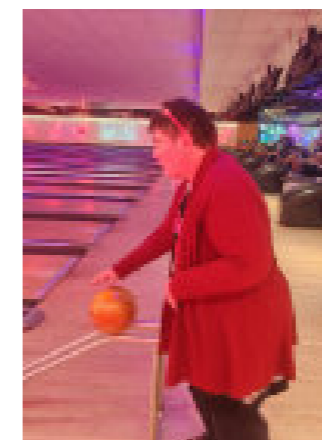
Isaac drumming and Jack in the audience



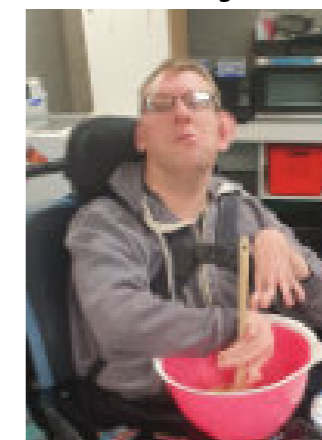
Simon and Courtney dancing



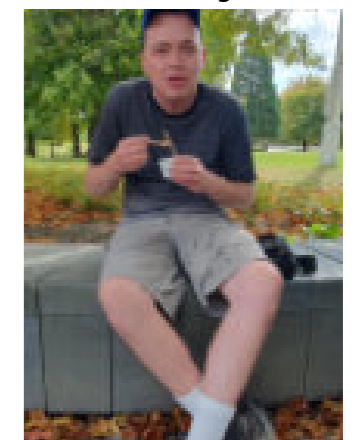
Michelle and Courtney dancing



Michelle bowling



Earl baking up a storm



Simon eating ice cream

Kaiapoi

Welcome! Autumn is well and truly here. As the weather begins to cool down, please remember to bring in warmer clothing such as coats, hats, and gloves. It's also helpful to have a box of tissues available as we head into the colder season.

We've had a busy and exciting time. One of our highlights was celebrating St. Patrick's Day, where everyone enjoyed getting involved in themed activities and preparations. We also organised an Easter scavenger hunt, which was a great success and was lots of fun for everyone involved.

Our days include community connections with Open Door, sensory sessions, music experiences, and time spent developing independence with baking and cooking activities. We are also continuing with new experiences including, volunteering at Mini Ha Ha Horse Haven, a successful visit to Launch Pad, Wildness Woodend, and opportunities to engage in the community.

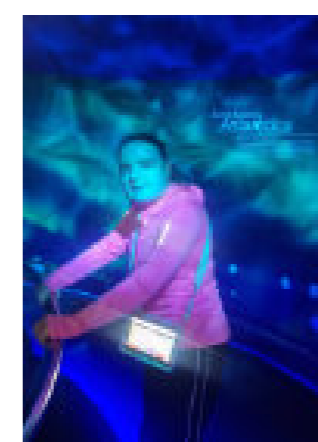
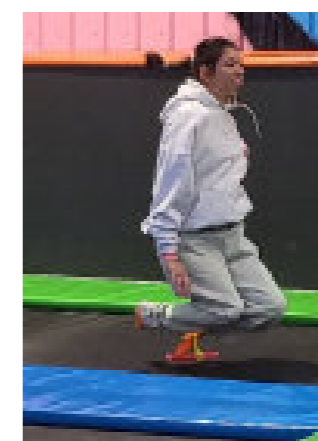
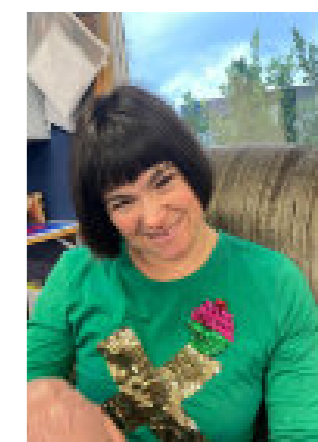
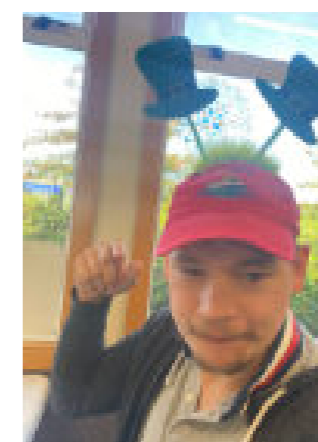
There is also a strong focus on activities that support communication and social connection. Looking ahead, we will continue to build on these experiences, with a focus on communication, independence, and choices.

We would also like to extend a sincere thank you to Harcourts Four Seasons Realty Ltd for their generous donation of musical instruments. This has enabled us to set up a dedicated music room to support music therapy sessions, which will be a fantastic addition for the people we support.

We are also very grateful to Creative Communities and Waimakariri District Council for the funding for the mural project. These additions have really brightened up our unit.

Thank you for your ongoing support, it is always appreciated.

Caroline and the Kaiapoi team.



Sockburn

Kia ora and welcome to the Sockburn Centre Corner!

We're excited to share a snapshot of the fun, laughter, and adventures we've enjoyed over the past few months.

We had a fantastic time attending the Inclusive Sports day, organised by Hōhepa. It was a great opportunity to get active, try new things, and be a part of a supportive and encouraging environment filled with smiles, and great energy.

Our T-ball team, the Sockburn Saints, brought amazing spirit to the field! Dressed in their bright yellow shirts, they showed teamwork, enthusiasm, and positivity, and we were incredibly proud of their achievement in reaching the quarter-finals.

Creativity was shining during our Bunnings activities, where we decorated pot plants, planted seedlings, crafted wooden birds, and explored

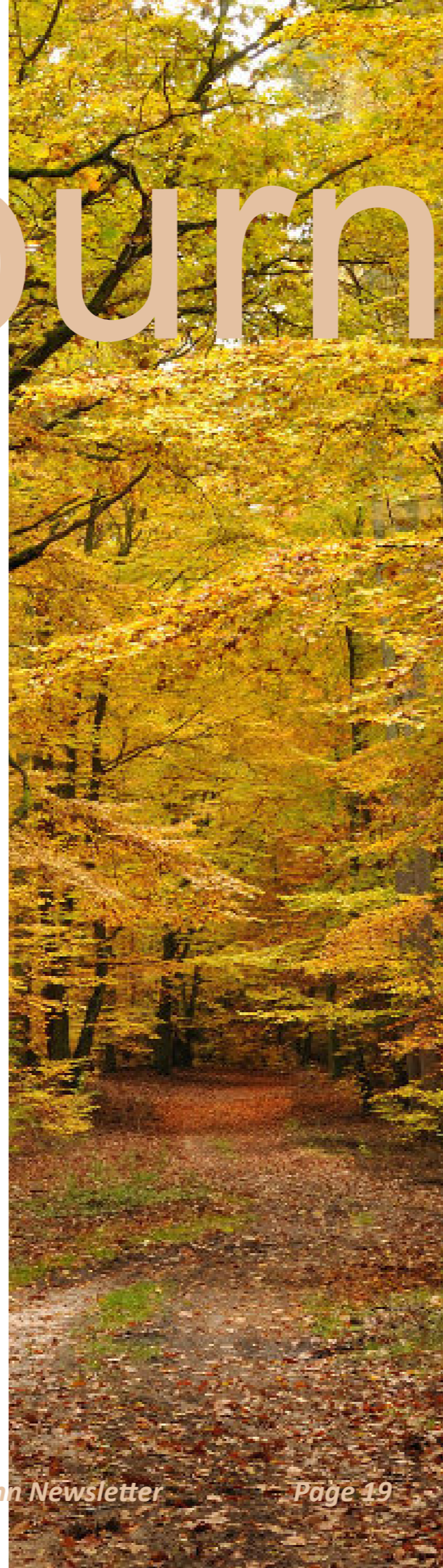
Mod Podge. Everyone enjoyed getting hands-on and proudly taking their creations back to the centre.

Fridays have been full of fun with our baking sessions, where everyone got involved in making delicious slices and showing off their skills and teamwork.

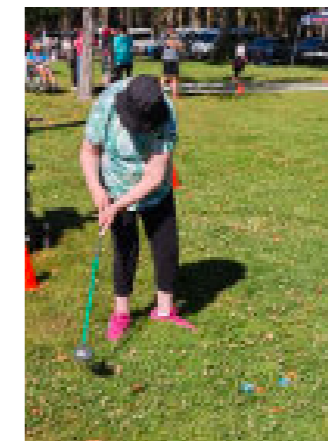
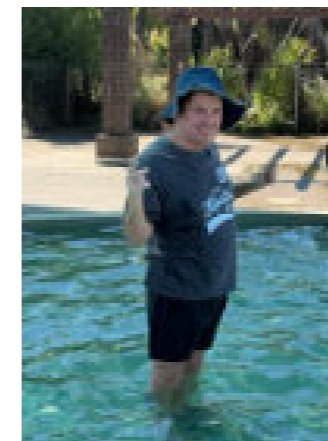
We've also been making the most of public transport, heading out on bus trips to explore local malls, enjoy nature walks, and discover new places. Some of us also had the opportunity to visit Willowbank, the Botanical Gardens, and enjoy additional nature-based outings. Another highlight was visiting the brand-new sensory pool and aqua facilities at Parakiore, which was an exciting and enjoyable experience for those who took part.

It's been a wonderful few months filled with connection, creativity, and community. We look forward to sharing more adventures with you soon!

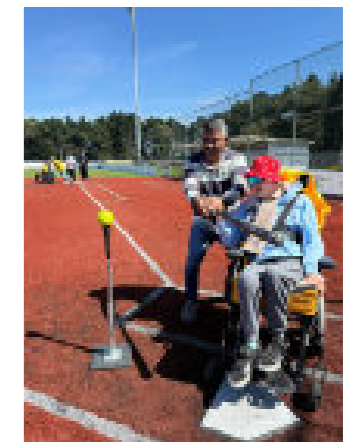
Pip and the Sockburn team.



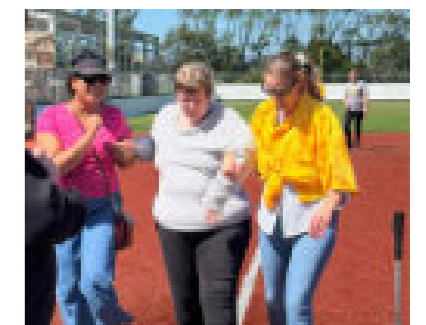
Hōhepa Inclusive Sports Day



Bunnings Activities



Tee Ball Competition



Spotlight on Our Supporters

Creative Communities NZ and Waimakariri District Council

Empowering creativity! In February the Kaiapoi Centre had undergone a major transformation, with two new murals- one on the side of the building at the entrance, and the other on the container in the car park.

This has been an incredible project to watch, with the transformation being a collective project with Off the Wall muralist Mel Eaton, a group of local aspiring youth artists, and the staff and people we support working on the project together. What a fantastic chance for the people we support to leave their mark on the Kaiapoi Chris

Ruth Centre building through a vibrant mural! It is also a incredible opportunity for local rangatahi to be mentored by Mel on this project.

The project couldn't have been done without the generous funding from Creative Communities through the Waimakariri District Council- Thank you for your support of our project.

We celebrated the unveiling of the murals at Kaiapoi on 26th February, with a morning tea, and a ribbon cutting ceremony.



Thank you for your support of the mural project at Kaiapoi Chris Ruth Centre

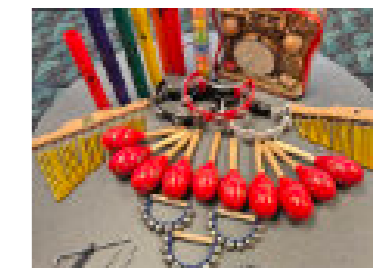
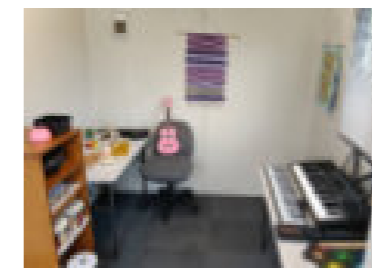


Spotlight on Our Supporters

Harcourts Foundation

Another spotlight this quarter is on the Harcourts Foundation and Four Seasons Realty Ltd for the recent funding of musical instruments for our new centre on Tuam Street and the Kaiapoi Centre, who are transforming their craft room into a multi purpose

music and craft space to provide more music opportunities for the centre. We also received musical instruments to replace instruments for the Thursday Music session at the Hoon Hay Centre, enabling the centres to come together to enjoy music.



Bunnings Riccarton

We are incredibly grateful to Bunnings Riccarton for their support with items for the new Tuam Street Centre. Claudia the activities coordinator from the branch, reached out to offer the people we support the opportunity to come in on a monthly basis to do activities in store.

This has been a fantastic edition to the activities the centres offer. The centres have had a blast decorating and potting plants, Easter activity, building a tool box and an Anzac activity this week. We look forward to more activities in the near future.



Thank you for your support of items for the new Tuam Street Centre, and providing activities for the people we support in store.

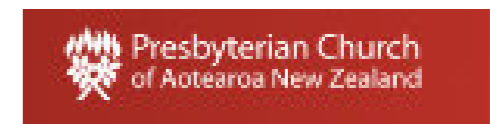


Thank you to Our Supporters



Estate of George Sevicke Jones

Steady as You Go walking group





The Chris Ruth Centre
promoting a good life for adults with disabilities

Head Office:

Unit 7, 4-6 O'Briens Road

Sockburn 8042

PO Box 9027, Christchurch 8149

Ph. 03 339 2930

E. admin100@chrisruthcentre.co.nz