

Care



Cholmondeley
Value Our Children

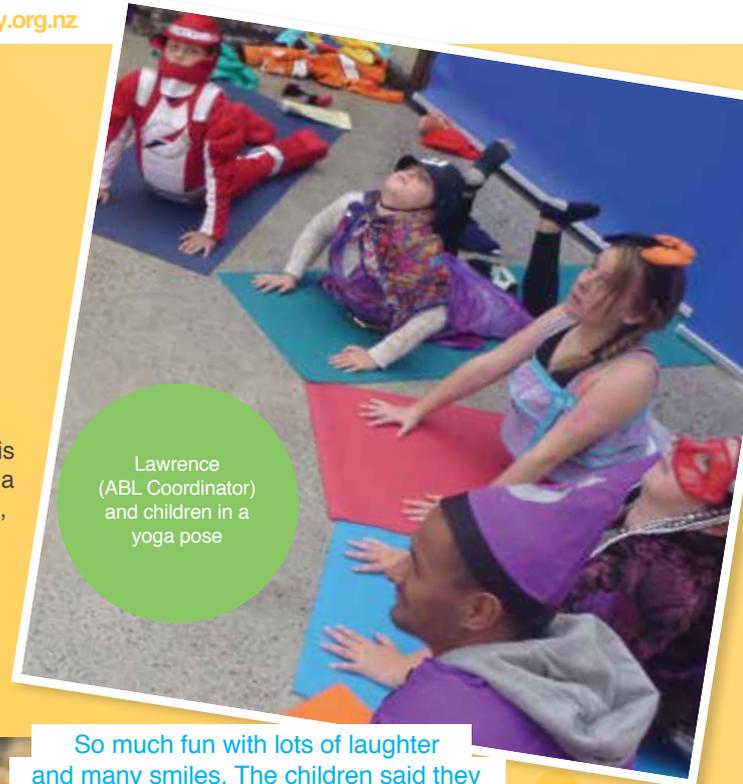
Cholmondeley Care Newsletter. Issue 23. 2016 www.cholmondeley.org.nz

The greatest fun imaginable.....

The Imagination Yoga session, held at Cholmondeley recently, was led by the wonderful Louise Buckingham of Siouxie Solar's Imagination Academy and embraced the dimensions of Hauora (Wellbeing).

Hauora is a Māori philosophy of health unique to New Zealand and is also found in our education curriculum. It comprises taha tinana, taha hinengaro, taha whānau, and taha wairua — or the physical, mental, social, and spiritual dimensions of wellbeing also recognised by the World Health Organisation.

Taha tinana — The children stretched and moved their physical bodies, increasing their awareness of its strength, flexibility, and how to care for it.



Lawrence (ABL Coordinator) and children in a yoga pose

So much fun with lots of laughter and many smiles. The children said they 'felt better' and would love to do Imagination Yoga again.

Full steam ahead, Louise with the children



You'll find more information on the Cholmondeley website about Hauora and contact details for Siouxie Solar's Imagination Academy. Go to: bit.ly/Imagination-Yoga

Taha hinengaro — The children were encouraged to express their thoughts and feelings, and use their imaginations and creativity. Everyone chose costumes and became whatever they wanted to be, including the staff!

Taha whānau — Sometimes the children had to work with a buddy, or together as a whole group to complete a physical activity. There was a real sense of participation, cooperation, and shared enjoyment.

Taha wairua — The session centred around fun and allowing children to be children, reinforcing the importance of their individual identities, values, and beliefs.

The concept of hauora is currently being implemented across Cholmondeley's other programmes, including Adventure Based Learning, to enhance and grow wellbeing at every opportunity.

"Can I stay here forever?
It's just so beautiful." Victoria (5 years old)

Kia ora koutou,

For a while there it seemed that summer would go on forever, but sure enough over the past several weeks the temperature has plummeted. We start thinking more seriously about flu vaccinations and prepare for the increased power bills that will inevitably come over the next several months.

Here at Cholmondeley we're mindful of the increased pressure and stress that winter brings for many families. Maintaining our wellbeing can be a challenge for many of us, but particularly so during the winter. At Cholmondeley we regard a child's wellbeing as central to our vision and purpose.

Much of what we do with the children on a daily basis is designed to assist a child to foster their resilience; that is the ability to maintain their wellbeing as much as possible even under challenging circumstances. Many of the activities they do reflect this purpose in a journey of guided self-discovery with our team of practitioners, be they Child and Youth Care Practitioners, Teachers, or Lawrence, our Activity Based Learning (ABL) Coordinator pictured in this issue of Care, joining the children for an Imagination Yoga session.

When a child is with us, maintaining and even promoting their wellbeing, and fostering their resilience is a

responsibility we share with the child's parents, carers, families and whānau — it is a team effort. We regard it as an absolute privilege to be given this opportunity and to be entrusted as part of a family's network of support when times become more challenging.

On behalf of us all thank you once again for your generous support and stay well and warm this winter.

Ngā Mihi Nui

**Shane Murdoch
CEO**



Kerry Dellaca,
Sir Miles Warren
and Lady
Barbara Stewart

Life Membership Awarded Sir Miles Warren honoured for service to Cholmondeley

Prominent Governors Bay local and long-time supporter of Cholmondeley, Sir Miles Warren, has been recognised as a Cholmondeley Life Member.

Cholmondeley President, Kerry Dellaca, along with Patron, Lady Barbara Stewart, recently presented Sir Miles with Life Membership, after he was unanimously selected for the honour at the Annual General Meeting earlier this year.

Sir Miles has provided valuable service to Cholmondeley over many years. He also designed a new building addition for the Centre in 1991, and was a significant supporter of the rebuild completed in June 2015.

We sincerely thank Sir Miles for all he has given to Cholmondeley and the children of Canterbury.

It's time for Canterbury's Biggest Morning Tea!

Every year, businesses, clubs, schools, community groups, and individuals from across Canterbury get together to host morning teas and other delicious events to raise funds for Cholmondeley.

Canterbury's Biggest Morning Tea is back for 2016 and running for the entire month of August — and this year, we've got you covered for ideas for your morning tea, breakfast, brunch, lunch, or dinner! Follow the CBMT Pinterest page at: bit.ly/Pin-CBMT2016 and keep an eye on our Facebook page for recipes and other tips on how to make your event fabulous.

Like the idea of supporting Canterbury's children while enjoying a cuppa with friends and whānau?

You can register your event with us now:
www.cbmt2016.eventbrite.co.nz

For more information contact:
Emily Smith
emily@cholmondeley.org.nz
03 329 9832 ext 704

Parties and picnics, bashes and soirees,
Brouhahas, shindigs, banquets and parades,
Festivities, feasts, receptions and sprees,
It's time for Canterbury's Biggest Morning Tea



Register your event with us:
www.cbmt2016.eventbrite.co.nz

A fishy tale United Fisheries supports Cholmondeley

For several years, United Fisheries has supported Cholmondeley with a regular supply of fresh seafood. Recently, some of the children accompanied Cholmondeley staff to select the weekly bounty, and were treated to a meeting with Managing Director, Kypros Kotzikas.

The children enjoyed hot chocolate around the Board Room table and discussed their favourite fish (calamari was a front runner until it was discovered this is also known as squid) and even shared fishing stories — one girl sharing about the time she caught a trout.

Mr Kotzikas also gifted each of the children a cap, and some very special Begleri (Greek peace-of-mind beads) in the shape of fish. "Greek people use these all the time", he said, and demonstrated some basic bead tricks for the children.

They also received some gifts to take back to Cholmondeley and share with the other children.

Thank you to Mr Kotzikas and United Fisheries for your incredible support!



Help us to provide a bed for him when he needs one.

Become a regular giver.
www.cholmondeley.org.nz/donate



Help a child in crisis. Today.



RMBH Architects recognised Cholmondeley's award-winning design

Our sincere congratulations to Cholmondeley's rebuild architects, Ross McGuire and Braden Harford of RMBH Architects, winners in the education category of the Canterbury Architecture Awards.

The children, staff, families, and community all love our new building, and we think Ross and Braden's work deserves all the recognition it receives.



All the winning projects have been shortlisted for the NZ Architecture Awards in November — best of luck Ross and Braden!



You can use online banking to donate to Cholmondeley.

Cholmondeley Children's Centre Inc. Westpac
03 0866 0337413 00
or you can donate directly on the Cholmondeley website:

www.cholmondeley.org.nz/donate

Super Sponsors

Anstice and Associates Optometrists have joined us as a corporate sponsor again this year — this time at gold level! Anstice supports us with a clever combination of sponsorship and cause related marketing, gifting a portion from sales of select pairs of glasses to Cholmondeley. It's great to continue partnering with the Anstice team and we thank them for their growing support.



In addition, we are pleased to recognise the continuing support of gold corporate sponsors John Jones Steel and Stark Bros, and also silver sponsors Mike Greer Homes and Dr Jesse Kenton Smith, who are all continuing their sponsorship again this year.

Thank you.



Alastair, one smiley member of the Anstice & Associates team

Thank you to our corporate sponsors

Thanks to all our corporate sponsors for helping us make a difference in the lives of Canterbury children.

Gold				
Silver	Borrmmeister Architects	Stark Bros	Dr Jesse Kenton-Smith	Mike Greer Homes
Bronze	Chemcolour			
Media				



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Funding & Marketing Manager
Sarah Vidette
Tel 027 522 8840
sarahv@cholmondeley.org.nz

Cholmondeley Children's Centre Inc.
PO Box 12276, Beckenham, Christchurch 8242.
Tel (03) 329 9832
info@cholmondeley.org.nz
www.cholmondeley.org.nz