

RANFURLY NEWS

QUARTERLY NEWSLETTER





EMBRACING THE NEW: A FRESH START IN 2024

LINDA NELSON

Hello and welcome to the first edition of our newsletter for 2024! We hope you all had a relaxing time with friends and family celebrating all the good things in life. It has been a while since our last update in November and I wanted to share some of the insights and updates that have come from the Customer Satisfaction Survey last November.

Overall, the feedback has been good, with high satisfaction levels regarding the care, support, and service that we provided.

Despite this positive feedback, our survey response rate consistently falls below expectations each year. We're keen to understand and overcome any barriers to engagement, whether related to time constraints, survey length, or a sense of not being heard. We also recognise the potential fear of repercussions, with family members possibly hesitating to speak up on behalf of their student/resident.

The survey has highlighted areas for improvement, and we're making good progress. The Activity Centre introduced two popular new groups, World Culture and Sign Language. They have also factored in mid-year staff movements into their planning strategy to provide consistent support as circumstances evolve.

In our residential space, we're encouraging more resident participation in activities and outings, we're introducing low-impact physical exercises at home and during outings, and reviewing menu planning with the guidance of our Dietician.

For senior residents, we're addressing the suggestion for regular updates on staff changes to assist families, especially when residents may struggle to recall names. We aim to enhance communication through email, newsletters, and in-person updates.

Please continue to contact us if issues arise or if you simply want to chat. We're here to listen and support. Don't forget, that the upcoming Lifestyle Plan Meetings provide a great opportunity for one-on-one discussions to improve our services and ensure the best care for your students, residents, and seniors.



MEMORIES OF 2023: A JOURNEY THROUGH THE YEAR

LINDA NELSON

I'd like to take a moment to acknowledge the staff at Ranfurly. Their dedication and care make Ranfurly a truly special place for our students and residents throughout the year.

Now, let's turn our attention to the wonderful events that took place at Ranfurly in November and December.

As the festive season approached, Clive and his team worked tirelessly to spread holiday cheer throughout Ranfurly. They started with a touching Memory Afternoon, where we honoured the cherished memories of those who have passed away. Then came the eagerly anticipated annual Nativity show, a heartwarming tradition where our students and residents take centre stage.

In the midst of it all, we carved out a magical day with a Christmas lunch at Cheltenham Beach restaurant McHughes. It was a joyous occasion for both staff and residents.

And of course, we couldn't overlook the highlight of the season: the student Christmas lunch. It was a lively affair, brimming with delicious food, festive decorations, and lots of laughter.

Now, onto a little surprise for everyone. Despite its tardiness, I'm happy to present a belated Christmas treat: a delightful collage of images capturing the adventures of our students, residents, and staff throughout 2023. It's a small token of appreciation for all the joy and warmth they bring to Ranfurly each day. Click on the gift below.









A few fitness enthusiasts from the Activity Centre took advantage of the lovely weather. Christie, Katy, and Vicki tackled Mt St Johns in December. Promoting a healthy lifestyle is important to Ranfurly. With staff member Glynis, they conquered the steep hill, step by step, enjoying the rewarding panoramic view of their local community. After the exhilarating climb, the group relaxed and rested their weary legs with a coffee at the local café.



PEAKS AND PERKS: MT ST JOHNS AND A WELL-EARNED BREW



SCALING HEIGHTS: TAEYEOL'S THRILLING ADVENTURE AT EXTREME EDGE

Taeyeol braved dizzying heights at Extreme Edge in Panmure and achieved part of his Activity Centre goal.

Taeyeol's daring nature inspired him to tackle a tough test of strength and bravery by ascending the vertical climbing frames.

Taeyeol was joined by friends, Max, Keith, Daniel and staff members Stuart and Rudon.

Stuart tried his hand at scaling the wall, but Taeyeol's speed was too much for Stuart, who was left looking up at a rapid Taeyeol for the duration.

FROM WALKIE-TALKIES TO WAR PLANES: A DAY OF DISCOVERY AND HISTORY

Over the holidays, MOTAT treated us to an engaging presentation on the history of New Zealand aviation.

Projected onto various aircraft, the educational session provided us with fascinating insights.

Michael had a blast exploring a grounded helicopter and communicating with the gang stationed safely in the control centre via walkie-talkie.

Our enthusiasm caught the attention of a volunteer who graciously offered us a private tour of the aircraft section. He guided us through, answering our questions and sharing the captivating history of each plane.

To cap off our day of exploration, we wrapped up with a drive-thru McDonald's treat.





Elvis in the Park



Day Out at Ambury Farm





MEWS NEWS

We had some awesome outings last month, creating fun and memorable experiences for our residents.

Here's a glimpse of what we've been up to lately:

Strawberry Picking at Good Planet, Kumeu (Andrea's Goal)

Christie, Dan, Shelly, Janice, and Andrea enjoyed a delightful train ride around Good Planet Farm while picking fresh strawberries. Andrea achieved her goal for the year, and everyone savoured refreshing real fruit strawberry ice cream.

Chelsea Sugar Bay Factory Mini Tour

Dan, Shelly, Andrea, Christie, Janice, Aimee, and Warren explored the Chelsea Sugar Factory in Birkenhead. They marvelled at the huge sugar mountain, learned about sugar refinement, and had a blast in the interactive corner. The day concluded with a picnic lunch.

Swimming at Onehunga War Memorial Pools

Janice, Andrea, Dan, Shelly, and Helen had a fun-filled day at Onehunga War Memorial Pools. Splashing around, they enjoyed a refreshing dip and energising exercise for everyone.



NEW AT THE MEWS

A warm welcome to Cathy, the newest addition to the Mews team.

Cathy will be working on Monday sleepovers, Tuesdays, and covering other days as needed.





EMPOWERING INDEPENDENCE: BALANCING ROUTINE AND FLEXIBILITY AT RANFURLY HOUSE

Life at Ranfurly House isn't all about fun outings, staff understand that routines play a crucial role in our residents' lives.

We strike a balance between routine and flexibility to help residents adapt to changes and develop problem-solving skills. Every day, residents actively participate in daily tasks such as personal care, cooking, meal preparation, dishwashing, and general tidying of their home.

These activities promote social skills, health, time management, and problem-solving. While some tasks may seem mundane, they are essential for our residents' independence and inclusion in various aspects of life.



Some of our staff members (L-R: Tania, Rupa, and Kiona) who support our Ranfurly residents.





Staff member Rowena prepping Tina for a manicure.

ENRICHING LIVES: THE IMPORTANCE OF FUN AND ENGAGING ACTIVITIES

We encourage residents to take part in enjoyable activities that stimulate their minds, social connections, and physical well-being.

These activities contribute to building stronger, happier individuals.

Engaging in these pursuits not only brings a sense of accomplishment but also adds joy to their lives, enhancing their overall well-being.





Planespotting at Auckland Airport's Scenic Lookout: Robert had a one-on-one outing with staff member Arthur, spotting several airlines, and even mimicking playing a guitar.



OUT AND ABOUT

In the last 3 months, residents had 81 outings, an average of 9 per week during the holidays.

The outings varied based on abilities, interests, resident willingness, weather, and staff capacity.

These experiences reflect the diversity and joy that outings bring to the residents' lives.

These are just some of the highlights.

David enjoyed time with his mum, Eileen, in her new home. David appreciates the care and delicious meals Eileen receives.

Filia, Warren, and Michael marvelled at the night sky.

Residents unwound after a walk, enjoying refreshments and shade.



Tamanu Picnic: The ladies enjoyed a weather-perfect picnic.



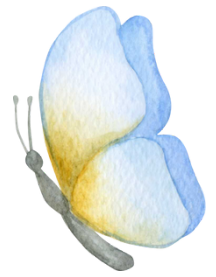
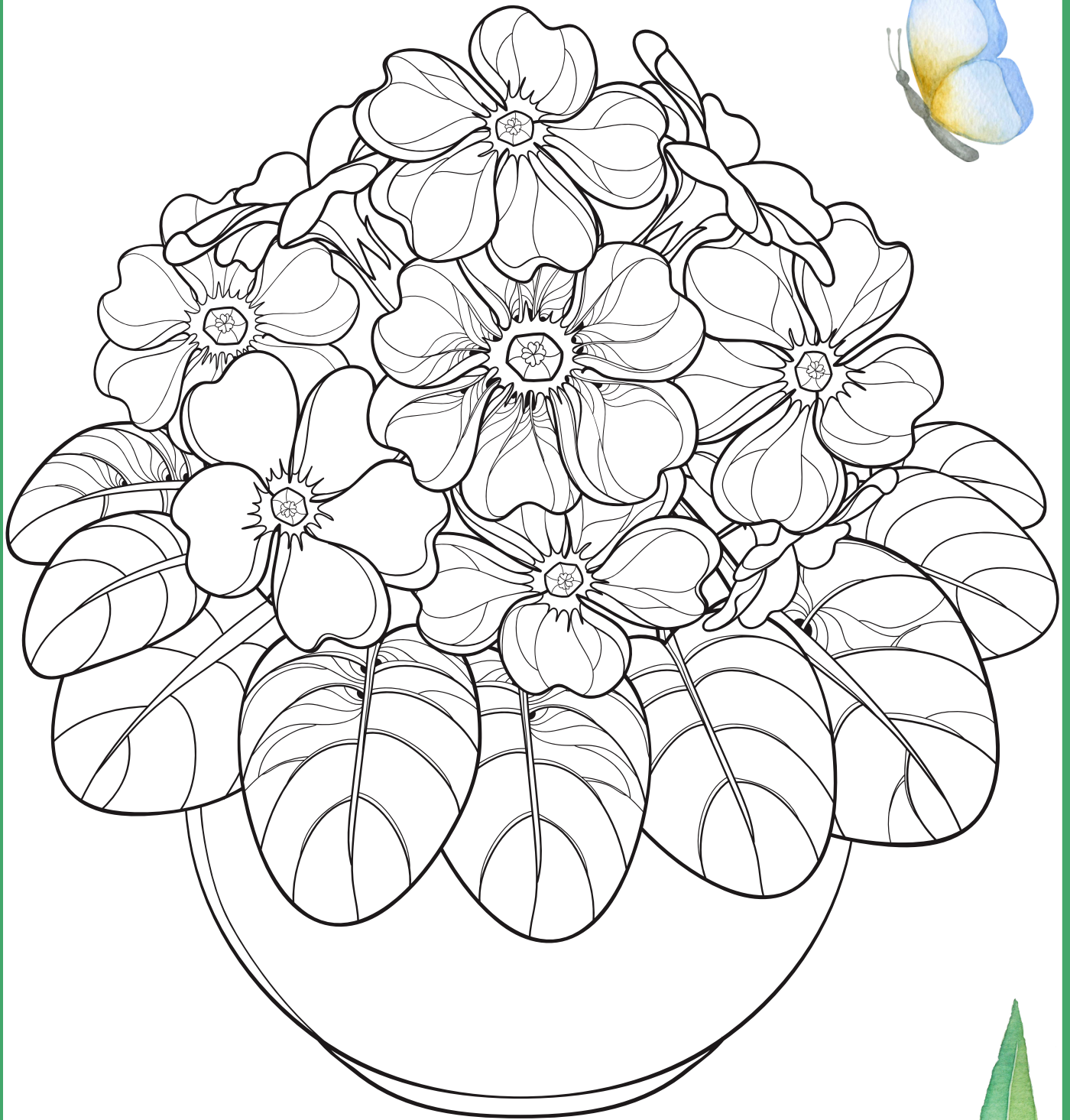
Filia, Warren, Michael and Aimee explored Cornwall Park and enjoyed Wendy's afterwards and as you can see Filia enjoyed his meal.



Despite health challenges, Vicki went for a walk in the park, relishing a refreshing drink in the warm weather.



Colour Me In



Primrose



GET AMONGST IT!

**EMBRACE THE WARMTH AND
CHECK OUT SOME OF THE
VIBRANT FREE EVENTS
ACROSS THE CITY!**

OUR Auckland
TO TATOU TAMAKI MAKAUURAU

Auckland Events - Family, Festivals and more

Explore what is happening in Auckland and find an event near you. Including free events for the whole family. Brought to you by Auckland Council.

 OurAuckland