

# RANFURLY NEWS

JULY - AUGUST 2023

EMBRACING CHANGE AND ACHIEVEMENTS



Army Recruits at North Head



Off to watch the Barbie movie



Singapore Day





Pam and Linda's 80th birthday celebration with Elvis



## CELEBRATING MILESTONES

Hello, my dear friends! It warms my heart to share some news with all of you. Times are changing, and we must embrace them with open arms.

The 2023 Customer Satisfaction Survey is just 'round the corner, and we value your opinions more than you know. Keep your eyes peeled for that survey next month. Your voices do make a difference!

On behalf of Pam and I, who share birthdays, our sincere thanks to Clive and the Activity Centre staff surprise; Elvis dropped by, much to everyone's delight. It was a memorable morning with everyone dancing and enjoying the music, the occasion and the stage soon full of Ranfurly Elvis.

I thank all the staff for spoiling me as I felt truly humbled by the thinking and planning behind their purchase of the Pandora charm bracelet. One charm was a wee gold tree, our Oak tree symbol and the second was a circle with the engraved word Family. A circle has no beginning or end, an appropriate recognition of the Ranfurly Family, one I care about deeply.

God bless you all for such an amazing, memorable day.

Linda Nelson

*Change can be a bit daunting, but it's also a chance for new beginnings and adventures. Let's face it all with smiles and warmth, just like we always do.*



Janice, Christie, Carol, and Peter

## GREETINGS FROM THE ACTIVITY CENTRE

*Here comes the sun, doo-doo-doo-doo*

It has been a busy few months, and especially so now that the sun has finally arrived! We have taken the opportunity to get out and about while it lasts!

The FIFA Women's World Cup gave Auckland a great atmosphere and we were lucky enough to enjoy a number of fun visits down to the waterfront to participate in the interactive games and soak up the atmosphere.

As we know it's not always sunny, so with 'Barbie Mania' sweeping the world a group went off to the Lido complete with wigs. Not to be outdone a trip to 10 Pin Lincoln Road was enjoyed; with Anne showing off her bowling skills.

With students and staff originating from many parts of the world August saw us celebrate India, Sri Lanka, and Bangladesh Day with 'Bollywood' dancing, delicious food and Hasini, Munija, and Rupa looking gorgeous in their finery.

More theme days to come, so watch out for Stuart in his kilt in November.

Recently our trip to North Head for Noah's goal was enlivened when our group was honoured with a haka from a group of army recruits. We won't mention names but a couple of ladies in our group decided this was probably the highlight of their year and were very keen for a photo op!

Life though isn't all about admiring soldiers and we would like to thank all our students who volunteer for organisations through the week.

**We would also like to thank the organisations that make this possible.**

**Geoff's Emporium** Dominion Road Katy, Caroline, Va, and Vicky P. **Dove Shop Epsom** Aimee, Christie, and Chris. **Community Garden** **Onehunga** Dan and Chris. **Meals on Wheels** Ihab, Scott, and Warren. **Ecostore** Spencer 'Moving On', and Caroline.

As always anyone with a contact or ideas for work (paid or otherwise) please let us know.



Digging it with Chris and Dan

# Thank You



**Dove Hospice & Wellness**  
supporting people with life threatening illness



**ecostore**



# STEVEN'S GOAL

Catching the bus into the city!

6/07/2023





# Goal Getters



## at the FIFA World Cup Fan Zone



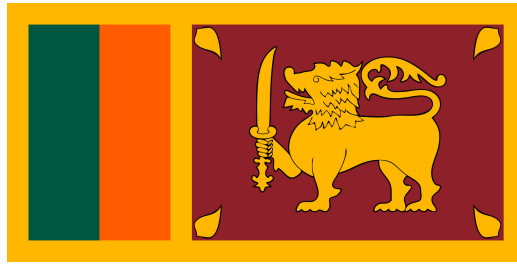
# OUR FANTASTIC BOLLYWOOD DANCERS

## CELEBRATING

14/08/23



**INDIA**



**SRI LANKA**



**BANGLADESH**





# 10 PIN BOWLING



17/08/2023



# DAY OUT AT MAUNGAUIKA HISTORICAL RESERVE







# SKY TOWER

*exploring & cafe visit*



25/08/23

# MEALS ON WHEELS 29-08-23



*Congratulations!*



**WELL DONE!**



On Saturday, 10 June 2023, Christie Ryan achieved an awesome victory securing the coveted first-place position at the Special Olympics Indoor Bowls Tournament. Christie's skill, determination, and dedication to the sport shone brightly.

# OUT AND ABOUT

Yesterday, Jo and Mark manned a booth at the Transitions Expo in St. Johns where they shared valuable information about Ranfurly Care with students who are in the process of exploring their post-school options.

The event saw an enthusiastic turnout, with many students showing a keen interest in the opportunities Ranfurly has to offer.

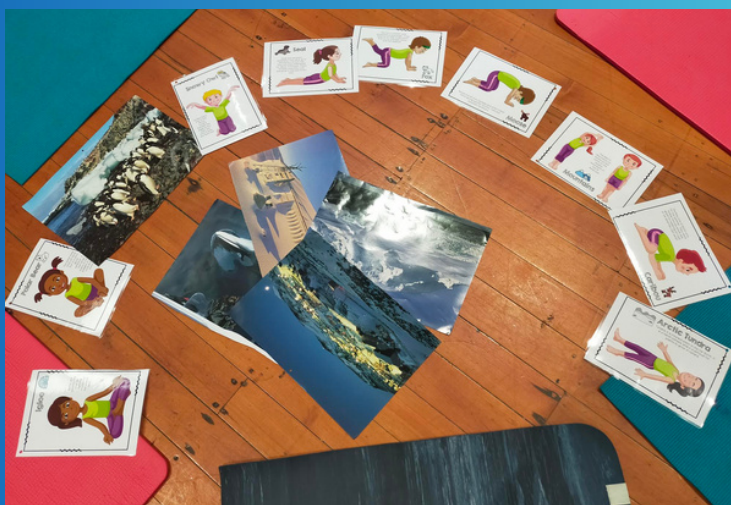


# LIVING SKILLS



# Monday Wellbeing and Relaxation Group with Hannah

Arctic and cold yoga story flow - 4/9/23



The wellbeing group have been busy on Monday mornings creating lots of imaginative yoga flow stories. These flows and the other mindfulness and relaxation activities that we practice, enable the group to experience some of the wonderful benefits of yoga and mindfulness. A few of these benefits include: fostering emotional/physical wellbeing, promoting positive self-understanding/regulation, building self-confidence and strengthening relationships through fun collective sharing experiences. Here is our latest yoga story the group was very proud to create 😊

This group fits in well with the upcoming Mental Health Awareness Week - 5 days, 5 ways to Wellbeing with Take Notice being one of these pathways directly linking to mindfulness. More information can be accessed via their website.



Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

## FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS