

HŌHEPA HAPPENINGS
HŌHEPA WELLINGTON
MARCH 2026



Hōhepa

every life fully lived

FANTASTIC NEW ACTIVITIES



We're thrilled to share that two brand-new activities have recently got underway for the people we support - **swimming and pottery**.

Our new swimming sessions are delivered in partnership with the award-winning local swim school **Kāpiti Learn to Swim**. Our swimmers have access to their dedicated pool and experienced instructors, creating a safe, supportive, and encouraging environment. These lessons support confidence in the water, physical wellbeing, and independence, while also offering plenty of fun and opportunities to celebrate personal achievements.

We've also warmly welcomed **Aki, our wonderful new pottery lead**, who has brought creativity and calm into The Studio through clay. Pottery offers a hands-on, sensory-rich experience that encourages self-expression, focus, and connection. Whether shaping, smoothing, or glazing, working with clay allows people to create at their own pace and take pride in something uniquely their own.

With pottery joining our much-loved cooking classes, morning circle, yoga, and art sessions, The Studio is really humming.



FROM OUR GENERAL MANAGER

Linda Windley



Kia ora koutou,
This quarter we have continued to build on the work that emerged from our recent safety review. Whilst 84% of staff reported feeling reasonably well- to very well-equipped to manage safety issues at Hōhepa Wellington we know that there is always room for growth. Over the past couple of months, we have been connecting with staff to hear more about where they feel the 'pressure points' of their days and routines. These conversations have been honest, thoughtful, and incredibly valuable, helping us to fully understand the staff experiences and where there is opportunity, to improve how we plan, resource, and work together.

As you'll read about in this newsletter, there have been some exciting additions and upgrades to both our amenities and the activities

we offer. The Studio holds such an important place for the people who live and work at Hōhepa Wellington, as it's where we gather as a community. To see it renovated to better suit our needs is very satisfying. Alongside this, our newly introduced activities offer further opportunities for learning, connection, creativity, and wellbeing, and we're looking forward to seeing how they grow over time.

Looking ahead to the coming quarter, there are further site improvements planned - including the repositioning of one of our homes. These will go even further to ensure our amenities best suit the needs of the people we support, while supporting the whenua in a sustainable and efficient way.

- Linda

FROM GOOD TO GREAT

Building meaningful engagement and strong community connections is a key focus for Hōhepa Wellington and central to our vision of "every life fully lived." We know that connection, belonging, and participation in community life are essential to wellbeing, and we're excited about the partnerships that help make this possible.

We're delighted that **PACT has opened a new Social Networking Centre in Paraparaumu**. This welcoming space offers people with disabilities opportunities to connect with others, take part in meaningful daytime activities, and relax in a supportive, inclusive environment. We look forward to exploring ways to work alongside PACT, creating shared opportunities that promote inclusion, broaden experiences, and strengthen community connections across Kāpiti.

We also **continue to value our close relationship with our friends at The Shed Project Kāpiti**. Recently, we've been ordering their beautiful handcrafted wooden boxes, which we use to present plants as 'living gifts' - a lovely way to share something meaningful and sustainable. The Shed has also generously supplied us with art paper, now being put to excellent use through our Easter art activities.



THE SHED PROJECT
KĀPITI
Unlocking Potential




WHAT'S HAPPENING ONSITE?

As always, there's plenty happening to care for Hōhepa Wellington's whenua, deepen our connection with nature, and enhance our amenities.

 The Studio is at the heart of our Hōhepa community - the place we gather to share, learn, and connect. We are so excited that we've been able to give it some well-deserved upgrades to make the space more functional, efficient, and enjoyable. With a brand new kitchen and appliances, plus a whole lot of storage space, **The Studio is now better than ever!** These upgrades reflect our values of **sustainability**, with a future-focused space, and **responsiveness**, ensuring our environment continues to evolve to meet the needs of our community.



 With the support of Ina, our Garden and Nursery Lead, a **new herb workshop activity** has been started. A HUGE amount of work and care from the people we support goes into the collecting, drying, preparation and packaging. What a wonderful way to use the things we grow to create fantastic (and delicious!) products.



 Beside the main vegetable garden our community have also been working hard on composting, by using a 'hot compost' method to quicken the process. **Hot composting** works well in places wanting efficient, environmentally responsible composting — particularly where supporting the whenua and reducing waste is a priority. That all gets a big tick from us!



A WORD FROM THE BOARD

Souella Cumming



My son Timothy has been living as a member of the Hōhepa Wellington community since 2018. During that time my husband Brian and I have seen Timothy gain more confidence and independence and develop new interests – horse riding each week is a highlight, as well as sailing with his housemate, and more recently a wonderful horticulture programme – learning all about the seasons, plants, biodiversity, and the natural world on the Otaihanga campus and beyond.

My working life was spent working with business, government agencies and non-for-profit organisations providing advice on finances, risk management and governance practices. Now that I've retired from full time work I've been very fortunate to volunteer with a range of organisations including the Special Olympics New Zealand Foundation and a global women's rights organisation, Zonta International which provides me with an opportunity to advocate for my passion – equality – whether for women and girls or for those with disabilities.

There's no question that the disability sector is facing many challenges in the current political and economic climate. But being a part of the Hōhepa community - the people we

support, our managers and staff, our families and whānau, and

the local community – provides energy and support in my board role. The Hōhepa Wellington Board is very collegial with all board members working together and very focused on our vision of "Every Life Fully Lived". It's a privilege to work as part of the wider team to ensure the long term sustainability of the Hōhepa Wellington community. We have some exciting developments ahead of us over the next 12 months with the repositioning of Kowhai House, the roading and walkways, and the landscaping and planting and I'm excited to see this all come together to continue to develop the culture and community of Hōhepa Wellington.

WELCOMES AND FAREWELLS

Since our last newsletter update we have welcomed one new permanent Support Worker – Aditi – along with six new casual team members: Brittany, Liam, Jenish, Robin, Panangala and Tireque. Additionally, two casual Support Workers transitioned to permanent roles, and one of our Support Workers shifted from a permanent role to our casual pool.

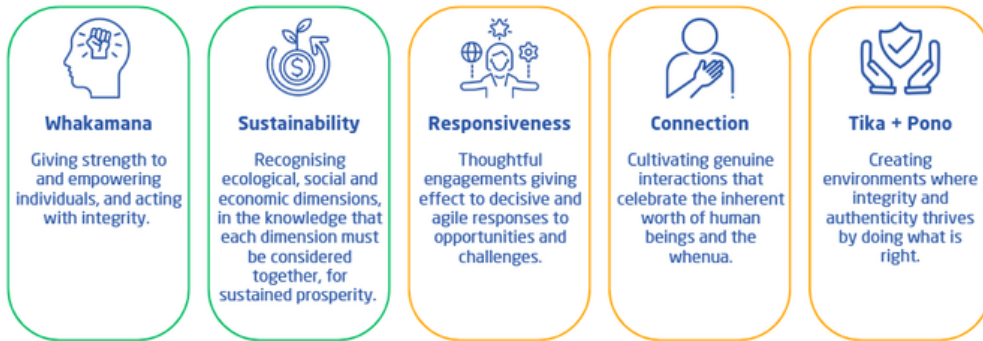
Over this time we said farewell to four Support Workers and Carolyn, one of our Team Leaders, and we wish them all the very best.

We are **currently hiring full time, part time, and casual Support Workers**, so if you or someone you know is interested please take a look at the [job advertisement](#) on Seek and get in touch.



LIVING OUR VALUES

We're shining a light on some of the individuals and teams who are **quietly, boldly, and beautifully living our values**. This is just a small peek at some of the amazing happenings across Hōhepa - where our values are woven into everyday life.



We're proud of the people we support who have been staying active and living our value of **connection** by taking part in the local Special Olympics social walking group. Great work, team!



Achieving goals together as housemates is a powerful way to strengthen relationships and live our value of **whakamana** - empowering individuals to build confidence, resilience, and pride in what they can achieve. In this photo to the right, you can see the Kānuka House team after walking all the way up to the Kāpiti landmark, Our Lady of Lourdes.

The photo on the left captures Simon taking part in the awesome [Sailability](#) programme - which a number of the people we support really enjoy. Recently, Simon's skill, focus, and passion for sailing were recognised, and **he was invited to take a huge next step - solo sailing. This is an incredible achievement!** Simon has been welcomed into a solo sailing crew where he is learning to sail a boat completely independently. What an epic example of **whakamana!**



LIVING OUR VALUES




Whakamana
Giving strength to and empowering individuals, and acting with integrity.



Sustainability
Recognising ecological, social and economic dimensions, in the knowledge that each dimension must be considered together, for sustained prosperity.



Responsiveness
Thoughtful engagements giving effect to decisive and agile responses to opportunities and challenges.



Connection
Cultivating genuine interactions that celebrate the inherent worth of human beings and the whenua.



Tika + Pono
Creating environments where integrity and authenticity thrives by doing what is right.



The housemates at John Spotswood House have been busy giving their garage space a fantastic makeover. A new pool table that converts to an air hockey table has been a very welcome addition - though it did require some hard mahi to put together! By working together and bringing the idea to life, the housemates have created a space they're now thoroughly enjoying. Spotting the potential of the space and making something great happen is a wonderful example of **responsiveness** in action.



MEET THE LOCALS with Elle

Elle posed some hard-hitting questions to our Engagement Facilitator, **Sophia Kennedy**.

What is your favourite food?
Tiramisu! Though there is nothing I really don't like.

Do you like watching TV/movies?
My guilty pleasure is Below Deck.

Where did you grow up?
Invercargill.

Do you have any pets?
I have a teenage dog named Olive, and she demands a LOT of attention.

Can you play any instruments?
I played the oboe as a child, but I wasn't good at it!



Do you have a middle name?
Rose

What's something you're really good at?
I think I'm good at trying new things.

Do you snore?
I won't lie...I have been told that I do!

ESTATE MANAGEMENT TEAM

We'd like to introduce you to our hard-working Estate Management Team. Under the guidance of Jeremiah - our Estate Environmental Lead - this crew connects with, and cares for, the whenua, using principles of:

- permaculture (earth care, people care, and fair share), and
- biodynamics (a holistic and ecological approach to farming that emphasizes the interconnectedness of soil, plants, animals, and humans, promoting sustainability and biodiversity)

The team's mahi is guided by the Māori lunar calendar - the Maramataka - which is cyclical and responsive to nature.

This team does an incredible job, and their skills and knowledge are growing all the time. The community as a whole thanks you for your efforts!



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HELPING HANDS

For Hōhepa, being a good neighbour and an **active part of our local community really matters.**

One small but meaningful way we've been showing up lately is by sharing the excess produce we've been harvesting. Using a traditional Kiwi "farm gate" style stand, and spreading the word through the Otaihanga Community Noticeboard Group on Facebook, we've loved being able to offer fresh, home-grown produce to our Otaihanga neighbours.

Looking to help? There are plenty of ways you can volunteer or support what we do. Please reach out to Shelley Elliott on 0272515422 or Shelley.Elliott@hohepawellington.com



We're working hard to raise Hōhepa Wellington's profile and share all the incredible things the people we support, and our staff, do every day.

Please follow us on [Facebook](#) and [LinkedIn](#). The more you like, share, and comment the better!

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