

Thank you for supporting people with an intellectual disability in 2015.



Your generous donations have helped families of children with autism this year.

Tremaine was diagnosed with autism just before his 6th birthday. He is now 8 years old, and really enjoys hanging out with his friends and playing sport.

But about a year ago, things became a lot more difficult for Tremaine and his family. Tremaine's mum Theresa says the family were in desperate need of some support. They were not coping with Tremaine's autism, and Theresa and her husband were close to separating due to the stress.

Theresa was referred to IHC to get some support for her family and to help manage Tremaine's autism.

Community Specialist Services showed Theresa and her family strategies that not only Tremaine could use, but also strategies that the family could use to help with Tremaine's behaviour. They taught the family the importance of being aware of their own behaviour, as well as understanding Tremaine better.

Theresa can't speak highly enough of IHC.

"The strategies that we've been taught have made such a difference to my family. They have saved my marriage."

Tremaine can now calm himself down, and he is also able to identify when he is about to have a melt-down.

"Tremaine can now recognise his feelings, and understand them. He has been taught techniques like controlled breathing to help when he feels angry. Tremaine is also much more aware of others around him, and can manage his anxiety levels better as well."

Theresa is about to begin an Autism Spectrum Disorder (ASD) workshop supported by your donations, to get more knowledge about how to understand and manage her son's autism.

"You have helped my family so much, we wouldn't be a family if it wasn't for the ASD programme and assistance from IHC".

Your donations make a real difference in the lives of people in your community.

Moooving towards 2016

We'd like to send a big thank you to all those involved with the Calf & Rural Scheme – the farmers, the buyers, our sponsors, transporters, canvassers, volunteers and supporters.

The IHC Calf & Rural Scheme has been around since 1984. Norm Cashmore trialled the scheme in Taranaki and, encouraged by the response, it was rolled out across the country. All Black great and farmer Sir Colin Meads is the Scheme's patron, and he has been involved for more than 30 years. The 2015 sales are now underway, and despite the tough times the animals are bringing in good prices.

We are always thankful for your support, but given the hard economic times farmers have faced and are facing, we're especially grateful to each and every person who has donated a calf, money, their time, or their support to the Calf and Rural Scheme.

With your generous help, the Scheme raises more than \$1 million each year – you help us support and enrich the lives of people with intellectual disabilities around the country.



New friends

IHC's volunteer friendship programme is about making a positive change in someone's life and gaining a new friend in the process. It is about spending time doing what you want to do, when you want to do it, with a person with an intellectual disability. It is through your generous donations that the IHC volunteering programme can provide support and friendships like that of Hannah and Tess.

Hannah is an IHC volunteer who has just completed an HR degree at university. Hannah became a volunteer because she wanted to help someone with an intellectual disability get a job.

She was matched with Tess, who wanted to develop a CV with the hope of achieving her goal of working in a rest home.

Hannah says, "We talked about her goal and came up with a plan. I got in contact with Tess's supported employment manager and together, we helped with writing Tess's CV. Once we had the CV, Tess and I researched some retirement homes where Tess could get some work experience."

With the help of IHC's supported employment, Tess has been able to find some work experience in a rest home. She started in October.

Hannah says volunteering at IHC and being friends with Tess has really opened her eyes and allowed her to see life from a different perspective.

"When people volunteer it tends to usually be with animals or conservation-related. But the disability sector is a huge part of society that really needs support, and is sadly often left out. People with disabilities have so much to offer society, but sometimes they just need a bit of extra support, understanding, patience and most importantly encouragement."



It is through your generous donations that IHC is able to continue to connect people and create friendships like Hannah and Tess now have. Your donations help to create exceptional lives for people with intellectual disabilities.

To find out more about IHC's Volunteering programme visit ihc.org.nz/volunteer

The ultimate gift

Remembering IHC in your will isn't just a donation, it's an investment in the future of people with intellectual disabilities – and the Orr family will be remembered for many years to come for the contribution they're making to the support of people with intellectual disabilities in the Manawatu.

Palmerston North local Enid Orr passed away in 2009, and left provision in her will for an amazing \$1.6 million bequest.

Enid's father Alex Orr was a decorated Gallipoli veteran. He received a medical discharge in 1916 and came home to farm cows at Newman, Eketahuna, then at Aokautere, Palmerston North from 1925. He married Zillah



Humphries from Greytown and they had two daughters, Enid and Zena. Zena had an intellectual disability.

Alex died in 1949, and Zillah passed away in 1955. After her mother's death, Enid sold the farm and moved to Palmerston North. Zena moved into the Kimberley Hospital and later died in 1993, aged 70, at a rest home in Feilding.

With interest, the original bequest of \$1.6 million now stands at \$1.9 million. Trustees of the fund wanted to use the money to support people with intellectual disabilities in the Manawatu.

The Zena Elsie Orr Memorial Trust has been working closely with the Manawatu community to determine what services will provide the most benefit to

the community. So far, the Trust has employed a new staff member to work with families and to provide community programmes that help local families connect and network with each other.

The Trust is also focused on providing respite care to families. The respite programme offers families the chance for a night away, while their family member with an intellectual disability is cared for.

The fund provides an opportunity for the trustees to do more than subsidise government-funded services and to respond to what families say they really need.

With bequests like these, IHC can make a real difference in the lives of people with intellectual disability.

Thank you to all our generous donors who have left IHC a bequest in their will. It really does make a huge difference for future generations.

