

# Take @ break

with us



## WELCOME

IHC welcomes you to  
Take a break with us.

The programme is for families,  
whānau and carers to have  
some time out to recharge their  
batteries. We hope you take the  
time to treat yourself and enjoy  
a well-earned rest.

## BACKGROUND

IHC was set up in 1949 by a group of parents wanting equal treatment from the education and health systems for their children with intellectual disabilities. IHC today remains committed to advocating for the rights, welfare and inclusion of all people with an intellectual disability. We support people to lead satisfying lives and have a genuine place in the community.

## IHC LIBRARY

The IHC Library is free to use and open to anyone living in New Zealand. We have information on all aspects of intellectual disability, autism and other developmental disabilities. For more information please visit [ihc.org.nz/library-page](http://ihc.org.nz/library-page)

## TELL YOUR FRIENDS!

We want to treat more people to some well-deserved time out! Please spread the word about IHC's Take a break with us, and feel free to post a photo on Facebook to share your experience, so others can find out about our offer. You don't have to use any services from the IHC Group to apply for a break - but you do need to be an IHC member and care for someone with an intellectual disability or autism in your home.

## FEEDBACK

We'd love to hear how your break went. If you'd like to drop us a line, please email [takeabreakwithus@ihc.org.nz](mailto:takeabreakwithus@ihc.org.nz) or call Danette Wilson on 04 471 6569.

## CONNECT WITH IHC ON SOCIAL MEDIA



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