

Everyday people

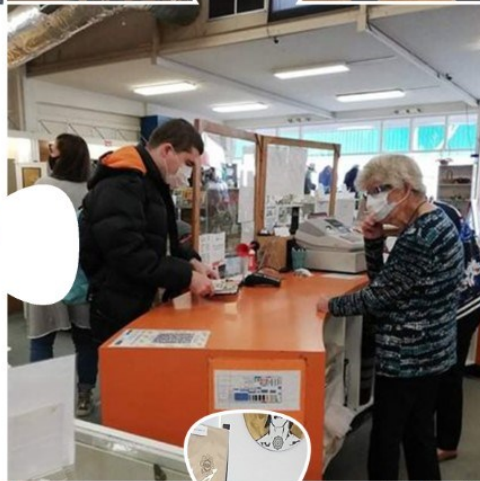
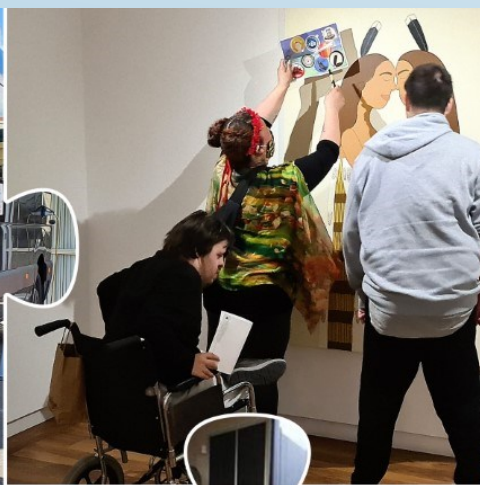
Everyday places

Everyday things

Everyday times

Fourth Edition

Oct/Nov2021



EXCELLENCE

Driving Academy

DRC living life connected recently hosted the Excellence Driving Academy with their state of the art driving simulator.

This simulator trains people of varying ages and abilities to drive, including those who have either told themselves or been told that they would not be able to drive.

Amber and Scotty joined several others as they took their turn behind the wheel and had the chance to experience life in the fast lane.

The simulator gave people the confidence and self belief to continue on their journey to achieve their Drivers Licence

This experience was a huge success and enjoyed by every one who took part, and DRC living life connected looks forward to repeating this exercise again next year.





Mosaic Creative Space in Taradale recently began delivering a range of art courses specifically for people with a range of abilities.

Mark was super keen to sign up for the Tuesday 'Art for Art Sake' group and is really enjoying the sessions.

Mark's adventure begins when he catches the bus from Hastings to Taradale to participate in the class.

Each week a different medium is explored and the art works being created "are very impressive"

said



Each of the courses are being offered as a taster, with many more courses being planned for next year.

Watch this 'creative' space :-)





Despite COVID-19, and after lockdown was lifted, Tony, Faith and John were still about to visit the Hastings City Art Gallery in their bubble to check out the exhibitions.

There was the added challenge of a Pukapuka Mahi activity booklet available that included fun activities related to exhibitions - such as I-Spy. It was all hands-on deck as the crew wove their way through the exhibitions trying to locate the different 'snapshots' taken from the artworks.

A solid demonstration of persistence, patience and perseverance resulted in the perfect outcome ... all snapshots were pin pointed!!

Great work team!!





Hikoi4Life delivers high intensity classes, healthy initiatives and lifestyle changes that are affordable for all.

Scotty and Graeme decided to join Hikoi4Life and they haven't looked back.

The sign-up process was seamless. Before they knew it, they both had a membership key to sign in meaning they can independently work out when it suits them, with the added benefit of knowing there are staff on hand to assist them if required.

Some of the equipment Scotty and Graeme enjoy the most are the rowing machine and treadmill. But even more they both appreciate and value the opportunity to work out in a way and at a time that suits them. As their fitness improves, Scotty and Graeme intend to schedule in more sessions at the gym each week.





DRC living life connected was recently gifted a walking bike from Multiple Sclerosis Hawke's Bay.

The Alinker is a non-motorised walking-bike without pedals. With an adjustable saddle and handle-bars, it is custom designed to challenge society's assumptions about disability.



Both Richard and Olione have had the chance to experience the freedom and excitement of moving on wheels.

Olione threw her head back and laughed in delight as she made her way around the Hastings sports park.

Richard appreciated the opportunity to have a look around the park at a more sedate pace as he came to grips with using a brand new group of muscles, while also discovering the balancing technique that's necessary with bike riding.

Living their best lives!!



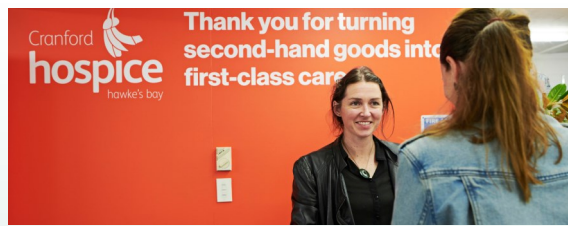
Christmas is coming, the goose is getting fat.....

But rather than goose on the menu, there may be shortbread, sausage rolls, arancini balls, rocky road, meringues and a whole lot of other treats on the table this year.

Samuel, Brent, Emily, Nathanael and Caitlin all signed up for the Christmas Cooking Course at EIT in Hastings running on Fridays for the last five weeks.



As part of a group of 12 students, under the guidance of the tutor Courtney and with the support of Kelle, this DRC living life connected cohort has been mixing, making and baking up a storm. As well as acquiring new cooking skills, there have been plenty of conversations and laughs as the whole group travelled together on this Christmas themed culinary adventure.



COVID level 4 lockdown was especially difficult for people living in residential care. When the time came to venture out safely once again Carson knew where he wanted to go first.... the Cranford Hospice Op Shop in Hastings to check out the books.



Carson managed to find a shiny gold coin in the very bottom of his backpack and was delighted to be able to purchase a couple of books that had caught his eye.

Great work Carson!!





Lewey loves art, and everything about art!!

So what better way to expand his horizons than to catch the bus to Napier to check out the art gallery's in the city centre.

Even better was the opportunity to speak with the gallery owners who shared their incredible art knowledge and were very happy to answer all of Lewey's questions.

Lewey will be heading back to Napier soon to visit the MTG and Creative Arts Napier.

Lewey, you are definitely living your best life.

