

Everyday people

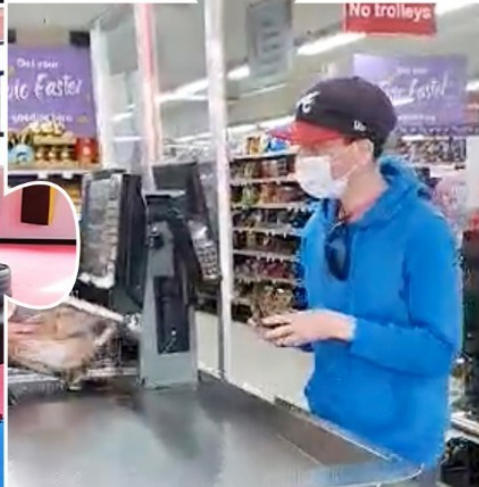
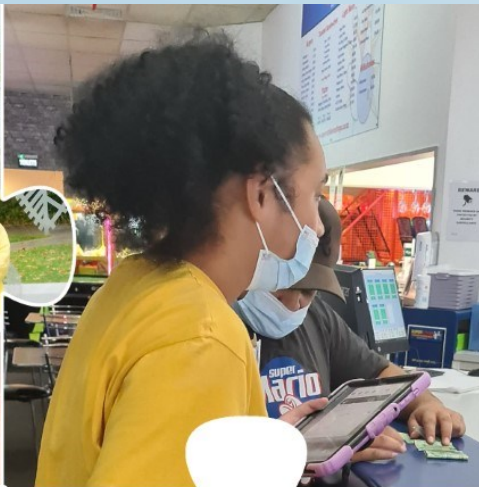
Everyday places

Everyday things

Everyday times

Sixth Edition

March/April 2022





## Blind Low Vision NZ Guide Dogs

Everyday at least three more New Zealanders will be told they're losing their sight. The aim of Blind Low Vision NZ is to provide practical and emotional support to these people, enabling them to face their future with confidence.

Paula, Mark and Richard braved the dreadful weather on March 26 and manned the collection buckets outside of John's Bakery in Hastings.

We heard their huge smiles were richly rewarded.





Although Rachel is relatively new to the sport of Karate, she is very determined.

Tom Kupa from K.I.M.A said that Rachel is focusing on participating, listening and exercising and that Rachel is committed to attending the trainings each week so that she can work her way up through the belts.

And in Rachel's words -

"I want to get fitter. I feel fantastic at the end of the class, and I like that I know a lot of the other people in the class".

Keep up the great work Rachel!



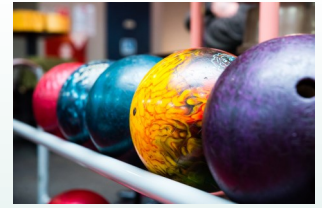


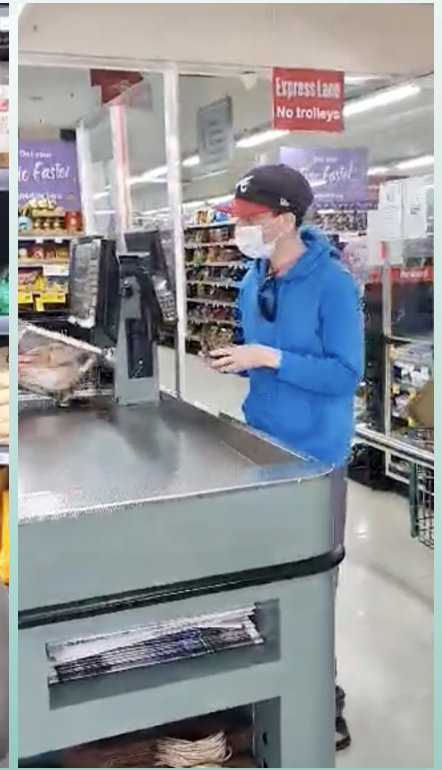
Oli loves ten pin bowling and is becoming more independent with every visit to Superstrike in Hastings.

Oli searches out her favourite pink bowling ball, it's the only one that will do.

And putting on her own bowling shoes puts Oli in the right frame of mind for a game of ten pin with her friends.

Oli continues to bowl us over every week with her energy and enthusiasm.





Chris recently spent some time at New World 'hunting and gathering' the ingredients for his world famous sausage rolls.

Chris is well known at his local New World and the staff are always happy to lend a hand, especially when searching for the elusive tubes of sausage meat.

After all the ingredients were safely herded and paid for, Chris headed home, donned his apron and whipped up a batch of sausage rolls.

Being the generous bloke that he is, Chris delivered some of the fresh sausage rolls to his great mate Ken. Great work Chris!



**PAK n  
SAVE**



Mark recently took charge of the supermarket trolley on a grocery hunt at Pak n Save.

Armed with a list of desirable grocery items, Mark trekked around the store searching out the items, before using the self scanner at the checkouts, alongside Karen.

Once the groceries were packed and paid for, Mark went the extra mile and put them away in the cupboards after they were safely delivered to the home of DRC's friend.





“Friendship is born at that moment when one person says to another: “What!” You Too? I thought I was the only one.” said CS Lewis.

How good is it to be able to sit with friends in companionable silence, but also at another time to be able share stories and laugh around the table with those same friends?

Friendship is one of the best things you can give and the greatest thing you can have. Just ask Rachel, May and Michelle.

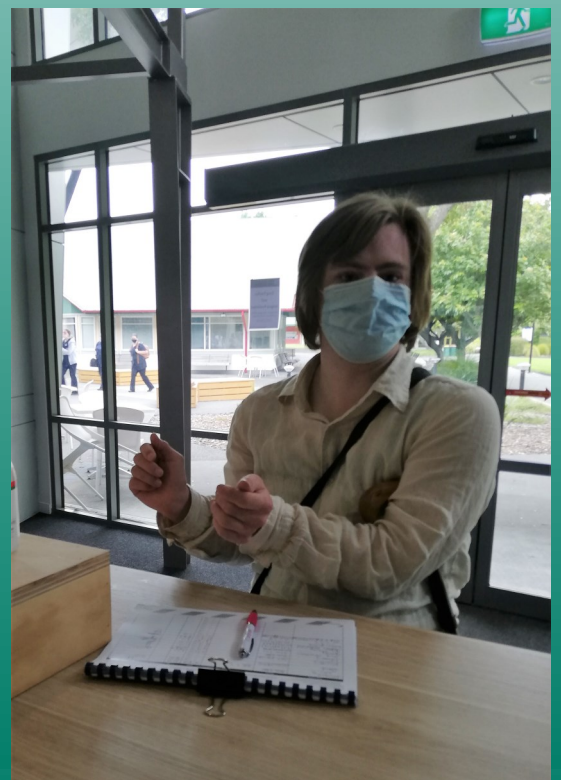




Samuel, Jess, Rachel and May really enjoy being independent and being out and about in the community.

With the price of petrol escalating, it was the perfect time to dig out their Bee Cards and refresh themselves on just how easy it is to use the bus system to get to where they want to go.

Parvesh and Nav joined them on an excursion to EIT in Taradale where it was also a great opportunity to check out what's available at EIT.



Lewey loves the outdoors and is quite the action man.  
Lewey is also a very keen photographer.

Recently Lewey and Stephen have been exploring the regional parks and engaging in a spot of bird watching, a sport they have a shared interest in.

Did you know that birdwatching often involves a significant auditory component, as many bird species are more easily detected and identified by ear than by eye?

