

Everyday people

Everyday places

Everyday things

Everyday times

Ninth Edition

October—November





NEW ZEALAND  
**RED CROSS**  
RĪPEKA WHEREO AOTEAROA

Meals on Wheels  
Kawe Kai ki te Kāinga

Red Cross Meals on Wheels provides an invaluable service to the Hawkes Bay community and relies on the support of everyday volunteers.

Mark looks forward to lending a hand on Fridays (when Eunice takes wheel and he takes care of the deliveries) just as much as Mary looks forward to seeing Mark's smiling face.

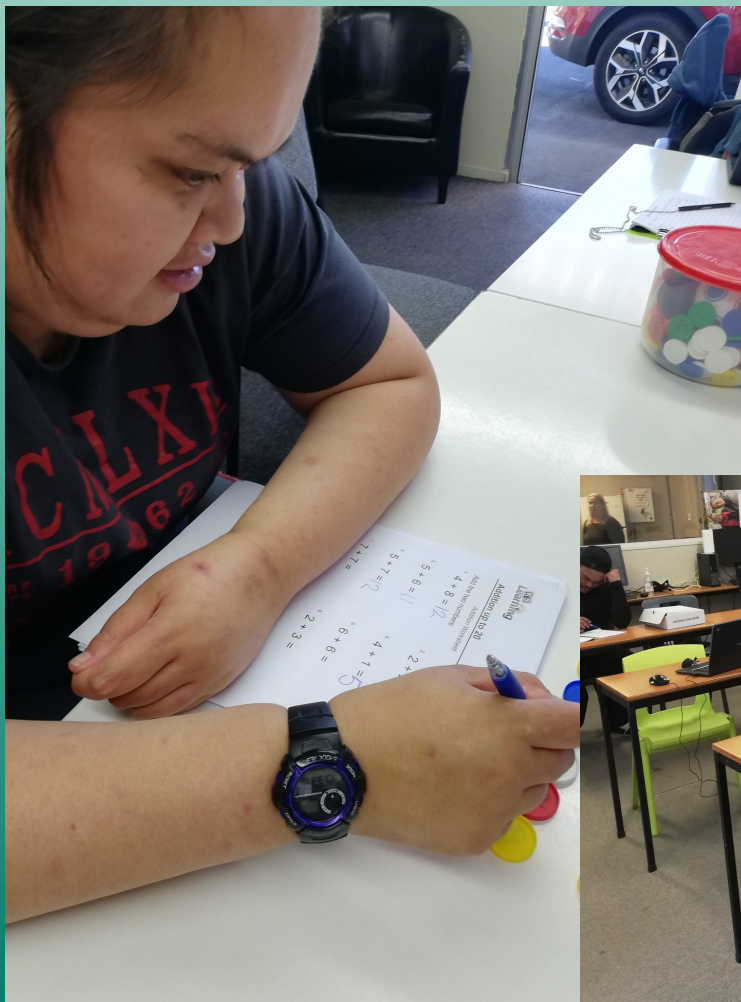
For the past seven months, Mary and Mark have enjoyed their weekly catch-ups where they check out Mary's latest garden design.

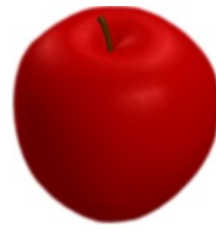


One of May's goals is to maintain her level of independence and improve on what she can do for herself.

Putting her listening and communicating skills to good practice, May signed up with Land Based Training to improve her numeracy and literacy skills and is making fantastic progress.

May has also been volunteering at Habitat for Humanity ReStore Hastings, where she has been getting to grips with time management and also learning to understand and follow through on tasks assigned to her.





Paula had set out to explore The Big Apple Project in Hastings, using a map to plan out her route and working independently to choose which artwork to focus on.

Paula has a real interest in art, and so the opportunity to experience twenty beautiful works by local artists and to explore new parts of the CBD suits her aspirations greatly.





Rachel is in her zone and on a mission to better her health and well-being at Hikoi4Life

Every week Rachel is committed to taking care of herself by showing up to all her gym sessions to feel greatness within.

What a great mission; keep up the motivating work, Rachel.



## Freedom - living her best life

Freedom's love of Kapa Haka begun early as she accompanied her Mum Georgina onto the marae, catching up with whanau and friends.

Freedom has a particular interest in the workings of waiata, and has become a valuable member of the weekly DRC Kapa Haka sessions. Always remembering to bring her very own poi on Thursday's, Freedom's poise is growing with her ability to not only lead the waiata when asked, but to also to confidently demonstrate the actions to the waiata.

Freedom, what a joy to watch your passion for music develop, and to see you offer such great encouragement to your friends.





What a motivating photo and message received from Duncan Ross Torwick.

“Had a great day yesterday at our clubs annual kahawai comp. I got the 4th and the second heaviest kahawai which got me all these prizes”.

Congratulations Duncan! You caught some great prizes!



Andrew living his best life

Andrew likes to be involved and loves being helpful.

Andrew also enjoys being active, especially being active outside.

The park is favourite place to visit, and Andrew often impresses fellow park goers with his amazing balancing skills and agility.





**Transport on demand.  
Ready when you are.**

Aimee living her best life

Aimee's journey towards more independence has recently taken on a life of its own with the trial of the My Way Bus service being offered in Hastings.

After downloading the MyWay app to her smartphone, Aimee has quickly become familiar with how the app works. This service is linked to her Bee Card so if Aimee keeps her Bee Card topped up, Hastings is her oyster. "Topping up my card is also easy to do online," said Aimee.

Everyday people, everyday places, everyday things, everyday times

