

You make a real difference!

You kept people safe during lockdown

People with intellectual disabilities or autism find lockdown really, really hard. Many don't understand why their daily routine has changed, why they can't see their friends and family or do their usual activities they enjoy. This can make things difficult for them.

Thank you for helping to keep people with intellectual disabilities or autism in your community safe and busy during the latest lockdown. Here's just a few examples of activities you helped fund.



Jason used extra art supplies sent to the IHC home he lives in during lockdown to paint this excellent picture of a tiger.



Brittany and her flatmates had a day camp in their garden. They put up a tent and then had a hot chocolate at their campsite before undertaking more camping activities.



Friends Lisa and Coleen live in different IHC homes. During lockdown they kept in touch by video calling, using devices funded by the Calf & Rural Scheme donors. Coleen said, "I liked the way I could talk to my friend and see her at the same time."



Lynda and her flatmates had a day out at Lake Kainui, near Hamilton once they were able to get out in Level 2.



Housemates Ellen, Polly, Alexia and Tracey were delighted to receive a box of treats funded by kind people like you. These treats made their tea breaks a bit more special during lockdown.

Hamish and Jonathan

“that’s good to have a new friend that’s good becoming a new mate – must tell my other friends,” Hamish

Hamish is 19 years old and has Down syndrome. He left school at the end of last year. However, he has struggled with what leaving school actually means, that you can’t just go back in to see people. “Most of the people he knows are still at school, a few have moved on. His twin brother is now off at University and ‘life after school’ is a very different, unknown world that can be quite scary at times,” Stephanie, Hamish’s mum said.

One of his good friends, Amber, moved to Wellington in the middle of 2019 and is now at university and he misses her. They still catch up occasionally if she is back in Hawke’s Bay and they try to catch up on zoom during the holidays. Their conversation is so important.

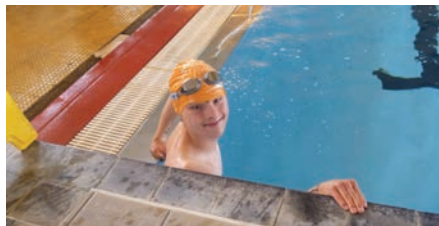
“It is often difficult for people with intellectual disabilities to learn the art of conversation in a safe environment and making friends is not easy. Once they leave school, they can often become isolated from the community through lack of communication skills,” said Stephanie.

“Hamish had said he wanted someone to talk to other than his mum and dad, which is fine, he is a teenager after all. I thought it would be neat to have another male his own age so they could talk about ‘boy’s things’. When I heard about the i-Volunteer programme I thought having a friend to video chat with was just what he needed. Last year in lockdown he did his school through Zoom. He loves Zooming,” Stephanie said.

Jonathan is in his early 20s and is working on his parent’s dairy farm in Taranaki for a few months. He is hoping, if Covid allows, to go back to working as a kayaking guide in Summer. When he found out about the i-Volunteering programme he thought it was a great opportunity to have a positive impact on someone else. IHC is a cause his family have supported through the Calf & Rural Scheme for years, they have already pledged a calf again this season.

“What is cool about the i-Volunteer programme is that it doesn’t really matter where I go, I can always have contact with Hamish on the internet,” Jonathan said.

Hamish and Jonathan had their first Zoom call a few weeks ago.



Hamish and Jonathan talk about the Special Olympics where Hamish competes in swimming

“Hamish was understandably nervous to start with and was rocking backwards and forwards a bit and rubbing his hands together – a sign of nerves, but as he began to relax this decreased and I was really impressed with his conversation, with essentially a stranger,” Stephanie said. “He began to offer more conversation which was great. He needs to feel comfortable and ready to talk, so it was great to hear him answering the questions that Jonathan asked. You never quite know how things are going to go.”

Stephanie said what was nice was how excited Hamish was afterwards. “He kept repeating “I am going to treat Jonathan as a friend, just like Amber except he is a male.” With a big smile on his face he said “that’s good to have a new friend that’s good becoming a new mate – must tell my other friends now got a mate like Amber”. He then went on to say, which I thought was fantastic, “if we are going to do this every week, I don’t want you looking over my shoulder and answering my conversation, I want to do it all by myself in my room”. I was really pleased he was asking for independence, that is fantastic! He could not stop smiling all evening.”

They have had a few calls now and Jonathan says they talk about Hamish’s Special Olympics, he’s a swimmer. They also talk about his family, hobbies and the Duke of Edinburgh awards.

Stephanie says Hamish is learning the art of conversation. He is learning it is

not just asking and answering questions. “So we are finding that he will have a conversation with Jonathan and then he will think about it and say things that he is going to do next week when they talk.”

Stephanie says they talk about the calls to help Hamish develop his conversation skills. “He told me Jonathan does kayaking. I asked him if he had told Jonathan he’d done a little bit of kayaking? And he said no, so I suggested he tell Jonathan he learnt kayaking for the Duke of Edinburgh awards and maybe share some photos. He realises now this is something they have in common.”

Asked if he had a message for the Calf & Rural Scheme donors, Hamish said “I’d like to say thank you. I really enjoyed getting to know a friend called Jonathan. He has been great to talk to on zoom on Sundays. I would love to catch up with him in person in the future. He talks really clearly and is really easy to understand

and lovely to be able to talk to someone new. He is a really nice person to have as a friend and I really appreciate him being part of my life.”



Hamish and Jonathan catch up once a week on Zoom



Jonathan, Hamish’s volunteer friend works part of the year on his family’s dairy farm. They have supported the Calf & Rural Scheme for many years.

i-Volunteer is an online or telephone friendship between a volunteer and a person with intellectual disability, or a family carer of a person with an intellectual disability.

During the first lockdown IHC volunteers made calls to people with intellectual disabilities living independently in the community and family caregivers who just needed someone to talk to. Once lockdown was over IHC realised the programme would benefit people living rurally or who wanted to connect to a friend by phone or video calling. So this programme has now been formalised into a permanent volunteer role as part of IHC’s Volunteer Programme.

Stand Tall, helping people learn to make good decisions

Thanks to your help, IHC is helping young people with intellectual disabilities make good decisions financially and in everyday living.

Stand Tall is a game played online that gives people a budget for the week and then scenarios where they get to make choices. These choices have consequences, like running out of money for food or missing out on a job because they weren't prepared for the interview. The scenarios relate to their wellbeing, finances and daily living.

One of the people testing the game is James. James is 17 years old and has Down syndrome. He dreams of moving to America. His mum Francesca is not so sure he is ready to leave home.

"James doesn't understand the value of things," Francesca said. "He wouldn't know if a coffee costs \$5 or \$50."

The first time James played the game he budgeted \$25 for his expenses for the week. He then played a scenario where his friends wanted to go to the movies and it would cost \$20. As he only had \$25 he made the choice not to go as he would only have been left with \$5 for food, transport and entertainment for the rest of the week.

"I was pleased he made this good choice. However, when it came to budgeting for the next week, he knew he had to budget more money, but only put aside \$40. Again, he ran out of money. I think the more he plays the game, the better understanding he will have of the cost of things."

Francesca doubts James will move to America, but she does hope he can live more independently when he is older, in a flat with his peers and plenty of support.

"At his school they go shopping each week on Friday and then on Monday learn to cook something, this week it was lasagne. He could learn to shop if someone showed him how to do it. But knowing the cost of things and how much money he would need to go shopping is harder for him."

The game is in the early development stage and scenarios are being made to get harder as the person progresses through it.

People with intellectual disabilities or autism can be very vulnerable to scams. So, one aspect of the game aims to help them recognise when they are being tricked and question the person or ask for proof. In a scenario early in the game, one of their flatmates tells them it is his birthday and they need to give them \$100.

The player has options to give them the money, say they can't afford it but will buy them a drink, or ask to see proof that it is their birthday. This introduces the idea that it is ok to question someone or say no. There are also consequences further on in the game if they do just give him the \$100 as they run out of money for other things.

What was most surprising is that during a session testing the game with people with intellectual disabilities or autism,



James is learning the consequences of his decisions when playing the Stand Tall game

almost all the testers gave the flatmate the \$100 they asked for! They didn't question them or say no, they just handed over the money. This really shows the importance of this game.

As the game progresses the scenarios will get harder. In a scenario still being developed for more advanced players someone phones, says they are from the bank, and that they must pay them \$1,000. We hope that from learning from the birthday scenario they will question this.

Francesca says she likes it that James can learn the consequences of his choices in a game, rather than in real life. "If someone said he had to give them money for something he would just do it."

Finding innovative ways to connect with young people with intellectual disabilities or autism and help them develop the life skills they need is so important. Thank you for helping IHC make this happen.

Photo Competition

*Enter before
Wednesday 3 November*



We love seeing the photos of the calves you raise for the Calf & Rural scheme and other images of life in rural New Zealand. Enter your photos and be in to win!

There are three categories in the Calf & Rural Scheme Photo Competition this year

- **IHC Calf (show us your ear tag)** – prize \$150 Prezzy Card
- **Farm Animals** – prize \$100 Prezzy Card
- **Landscapes** – prize \$100 Prezzy Card

Enter online at ihc.org.nz/photocomp2021 or scan the QR Code

ENTER NOW



Top Pen

**Be in to win a
\$100 voucher**

We know you like to compete against each other to have your calf sell for the highest amount. So PGG Wrightson Livestock, who want to encourage you to donate top quality calves, have donated ten \$100 vouchers as prizes for the winners of the IHC Top Pen.

All farmers whose calves make the top 10% at each of the recommended sales (sale dates are on the next page) automatically go in their region's draw for a \$100 voucher to be used at PGG Wrightson Rural Supplies Stores. They also get a certificate to recognise their calf was one of the top 10% at the sale.

Put your best calf forward and be in to win!

Maximising your gift to IHC

PGG Wrightson Livestock

With calving complete in some parts of the country, if you haven't already pledged a calf to IHC, it's not too late.

The best way to maximise your gift when selecting a calf or calves to pledge, is to donate quality well-bred calves that are early born and of good weight. These calves will be ready for the dairy beef sales that start in October and run through until early 2022. If you sell your IHC calves through one of the recommended sales, you'll automatically be entered into the Top Pen competition.

Sheep and other farmers can also donate animals when selling stock through PGG Wrightson Livestock.

If you'd like to donate other stock please talk with your local PGG Wrightson Livestock rep, or IHC, for further details.

PGG Wrightson Livestock's enduring 35-year relationship with IHC is one of the longest running charitable partnerships in rural New Zealand. We encourage you to continue to support this scheme. If you don't already, please consider pledging stock to this fantastic cause. We thank our clients and farmers for your continued and generous support of this scheme.

Jamie Cunningham
National Dairy Sales Manager
PGG Wrightson Livestock

Recommended Sale Dates

PGG Wrightson Livestock recommend sending your calf/calves to the following sales to be entered in for the Top Pen. These are not IHC specific sales as were held in the past.

Saleyard	Sale Date	PGG Wrightson Livestock Rep
Brightwater	Wednesday 1 December	Craig Taylor (Brightwater) 027 435 7437 Morice Stratford (Blenheim) 027 434 4066
Canterbury Park	Tuesday 30 November	Stu Walsh 027 434 4093
Charlton	Tuesday 14 December Thursday 16 December	John Rawcliffe 027 245 2258
Dannevirke	Tuesday 9 November	Bjorn Anderson 027 440 5888
Feilding	Thursday 25 November Thursday 9 December	Paul Jefferies 027 591 8632
Frankton	Monday 8 November	Neil Lyons 027 223 5784
Golden Bay	Thursday 25 November	Craig Taylor 027 435 7437
Kaikohe	Wednesday 24 November	Vaughn Vujcich 027 496 8706
Lorneville	Wednesday 1 December Wednesday 8 December	Andy Yule 027 436 7962
Paeroa	Friday 12 November	Rhys Mellow 027 664 5143
Rangiora	Wednesday 27 October Wednesday 10 November	Simon Rouse 027 492 4805
Ross	Wednesday 19 January 2022	Robbie Lash 027 438 4802
Stratford (Taranaki)	Thursday 18 November	Jeff See 027 568 0813
Stortford Lodge	Thursday 2 December Wednesday 1 December Wednesday 8 December	Chris Johnston 027 257 4091
Temuka	Friesian Wednesday 8 December Beef Cross Thursday 9 December	Barry Fox (Temuka) 027 439 3317 Victor Schikler (Ashburton) 027 590 8061
Tuakau	Friday 5 November	Brad Osborne 027 208 1015
Waikareka	Monday 6 December	Wayne Fisher-Hewitt 027 405 8248
Wellsford	Monday 29 November	Grant Pallister 027 590 2201 Rich Healey 027 972 7372

Three easy steps to get your stock to sale

1

Tell your local sales agent you have IHC stock going to sale

2

Write "IHC Calf" (or other stock type) on the ASD form going with your stock

3

Arrange collection with your local transporter

Instagram

Follow

@ihccalfandrural



Instagram

Give the gift of a meaningful life



For 70 years, with support from caring New Zealanders like you, IHC has been helping people with intellectual disabilities live rich and meaningful lives.

Through a gift in your Will, you will carry on IHC's long tradition of care for people with intellectual disabilities.

If you would like to continue to bring purpose, joy and choice to the lives of people with disabilities, please consider a gift to IHC in your Will.

To find out more, please contact Lisa Marshall on 0800 746 444 or email Lisa@ihc.org.nz

Win a mystery weekend

There are two chances to win a mystery weekend. If you sell your calf or donate before 31 January 2022 you'll automatically be entered into the draw. Winners will be notified.

Draw One – live animals sold for \$300 and over before 31 January 2022

Draw Two – All donations of \$300 and over received before 31 January 2022, this includes virtual calves, average price donation etc.

Congratulations to the winners of the Autumn/Winter draw Bernie & Raewyn Lawn and Jeremy Duckmanton.

Thank you!

IHC is grateful to all the people who make the Calf & Rural Scheme such a success.

Thanks to all you wonderful farmers who donate, the reps at PGG Wrightson Livestock who help sell the animals, the freight companies who get the calves to sale at no or a reduced cost, and the canvassers who do such a great job.

We'd also like to thank our sponsors.

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