

Welcome

Winter / Spring 2024

Kia ora, and welcome to the Winter/Spring edition of the CHT Carnarvon newsletter . A very special warm welcome to all our new Residents and Whānau/ families.

It was a relatively mild Winter at CHT Carnarvon as reported by residents, with our care home being warm and cosy, although a few residents from Dunedin and Christchurch had to open their windows to recreate their southerly climate conditions. This resulted in lively debate at Residents Meetings. A special thank you to the girls of St Dominick's school who visited weekly, come hail or rain, to sing for the residents. They sang in the lounges and in residents rooms. Singing in Māori, English and Samoan. They will now take a eight week break and we will miss them.

Activities and Celebrations

With our new Activities Coordinator on board, activities took on a new focus of exploring new places, such as a visit to the Concert by the NZ Navy Band, Auckland War Museum and café and Kings Plant barn. We celebrated Matariki by creating crafts appropriate to this celebration.

For Kings Birthday we had a High Tea and live music.

We introduced new Cooking demonstrations, Chop Suey, Pikelets ,and Māori bread making. We have increased Pet Therapy to two visits per month and a visit by a Rescue Dog.

Happy Hour continues every week in the Waitakere Lounge and now includes a live DJ, which is proving very popular.

Carnarvon Resident Activities



Improvements and Initiatives

CHT Carnarvon has worked hard over the years to establish close ties with the Waipareira Trust and this is now bearing results. Staff from the Trust drive our kaumatua (elders) to Henderson every Tuesday. There they have the opportunity to have supervised swimming, followed by morning tea, then arts and crafts, followed by lunch. After a period of socialising they can learn or watch traditional music makers perform before returning to Carnarvon.

CHT have engaged a new company to maintain the gardens and they are proving most successful. Residents now report increased enjoyment when taking a walk.

We have now recruited a third Activities Coordinator, Paul and so we have activities seven days a week. Paul is an accomplished musician himself and includes this as part of his activities.

*A lovely afternoon with Mrs
Yvonne Allen*



Resident Stories

We have had a very interesting conversation with Mrs Allen. She has spoken very highly of the care that is provided to her at Carnarvon. She feels at home knowing that she is in safe hands and that help is just a bell away. Mrs Allen has also said that she enjoys all the activities provided at the home, some of which are Arts and Bingo. She also loves bus trips and enjoys her coffees with other residents. She has also said that the atmosphere at Carnarvon is very pleasant with hard working health care workers to make caring easy.

Note from the Care Home Manager

I was pleased to introduce you to our new Care Home Administrator Virginia Gounder who has adjusted well to her new role and settled in well.

We have temporarily lost Clinical Coordinator Suja Varghese as she takes on the role of Acting Care Home Manager at another CHT care home. We hope she does not get too comfortable there. In the meantime Raquel Ramos has stepped up as the Acting Clinical Coordinator here.

Ngā manaakitanga

Best Wishes
Care Home Manager,
Gerry Fennelly
Gerry.Fennelly@cht.co.nz