

Welcome

Summer 2026

Life at CHT Hillsborough continues to be shaped by the everyday moments we share – conversations, activities, laughter, and time spent together.

Over the past months, residents and staff have enjoyed a range of events and activities around the home. In this newsletter, we're pleased to share some of the highlights and the moments that continue to make Hillsborough a welcoming and supportive community.

## Activities and Celebrations



*Lunar New Year celebration.*

At Hillsborough, we support residents' wellbeing across all areas of life – physical, emotional, social, cultural and spiritual.

Our activities programme is designed to bring people together, reduce feelings of loneliness, and encourage confidence and independence.

Residents are also encouraged to take an active role, helping with simple food preparation and baking, planning van outings, gardening, and contributing ideas for activities.

### Celebrating our community

As a multicultural community, we celebrate diversity through events such as Waitangi Day and Lunar New Year, along with regular spiritual gatherings that respect individual cultural and faith traditions.

Residents also enjoy outings, live music, themed celebrations, and social visits – both visiting other care homes and welcoming guests for morning tea.

These shared experiences help strengthen friendships, encourage meaningful engagement, and create a warm sense of belonging within our community.



*Residents enjoying time together preparing food.*

## Improvements and Initiatives



*HCA Gordana celebrating the completion of her Level 2 Careerforce training.*

At Hillsborough, we continue to focus on providing safe, high-quality care for our residents. In 2026, we are strengthening several areas of our practice, including maintaining our restraint-free approach, improving falls prevention, and continuing our strong focus on infection control.

Our team is also continuing to build their skills through internal and external training, helping ensure residents receive the best possible care and support.

These efforts reflect our ongoing commitment to creating a safe, supportive and welcoming environment for everyone in our community.

## Resident Profile: Rhonda

Warm greetings to our lovely resident, Rhonda, who has been part of our Hillsborough community since last year. Rhonda came to New Zealand from Australia in 1960 on an exchange programme in Christchurch, where she later worked as a teacher.

Rhonda is a proud mother of five sons and a former professional tennis player who represented Northland. She enjoys bingo, finds music deeply therapeutic, and is a spiritual person with a wealth of knowledge and life experience.

She also loves cooking and baking, treasures visits from her supportive family and many grandchildren.

We are grateful to have her as part of our Hillsborough community.



## Note from the Care Home Manager

I would like to extend my sincere thanks to all our families for your thoughtful feedback. Your kind words and compliments mean a great deal to our team and are a real source of encouragement. Your suggestions also help us reflect and continue improving the care we provide.

At CHT Hillsborough, we remain committed to creating a warm, safe and engaging environment for our residents. Your ongoing support and trust are deeply appreciated by our team.

Thank you for being part of our community.

Best wishes,

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