

Welcome to our Summer newsletter

Summer 2026

As we move into another busy year, it's a good time to reflect on how we spend our time and the activities that enrich our wellbeing.

With our beautiful garden and indoor-outdoor living areas at CHT St Christophers, there are many opportunities to enjoy life at our own pace.

We are fortunate to live in a vibrant neighbourhood with access to a wide range of cultural, educational and spiritual events. Residents are encouraged to take part in activities that are engaging and offer opportunities for discovery and new experiences.

Activities and celebrations



Residents watching the Santa parade prepare just outside our back door.

Moments of joy and community life

At St Christophers, some of the most enjoyable moments happen when things unfold unexpectedly. Someone may burst into song during lunch when a familiar tune plays on the radio, or another resident might get up and dance to warm applause.

At other times, we take advantage of community events happening around us.

When the Christmas parade was setting up just outside our back door, residents went out to watch and chat with the participants – including meeting a rather impressive large lizard.

Gardening together

meets on Saturdays to nurture the plants, talk about shared interests and build friendships along the way.

Interest in planting may come and go, but the enthusiasm for harvesting and sharing the results is always strong.

We are currently growing herbs and vegetables, and we're hoping for more tomatoes than we can eat.

It's easy to lose track of time when we are immersed in activities we enjoy.

Gardening is another popular activity at St Christophers. Our garden club



Improvements and Initiatives



CCTV has been installed in public areas and exit points around the care home.

Resident safety is a priority at St Christophers, and these cameras help strengthen security around the care home perimeter while providing visibility at entry and exit points.

The system supports our ongoing commitment to maintaining a safe and secure environment for residents, staff and visitors.

Resident profile: Steve Fenton

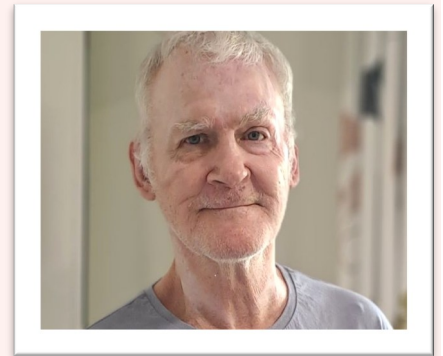
Not everyone's stay at St Christophers is permanent.

Allow us to introduce Steve Fenton.

Steve is a Kiwi and the youngest of three siblings, with two older sisters. Before retiring, he worked in several roles, with one of his most memorable positions being at Hills Distribution – well known as “the clothesline people”.

Before coming to St Christophers, Steve had been living independently before becoming unwell.

Steve has approached his time here with courage and positivity. He is focused on rebuilding his strength and regaining his independence, making good use of our long corridors to exercise each day as he works towards returning to independent living.



Steve Fenton, making the most of his time at St Christophers as he works towards regaining his independence.

Note from the Care Home Manager

Change can sometimes feel challenging as we age, and predictability often brings comfort. At the same time, a little spontaneity and variety can help keep life interesting and meaningful.

At St Christophers, we aim to create opportunities for residents to enjoy moments of freedom, enjoyment and connection, while continuing to support their wellbeing and independence. Together, we encourage residents to explore their interests, build confidence and work towards their personal and shared goals.

Best wishes,
Niccy Brougham
Care Home Manager
Niccy.brougham@cht.co.nz