

Welcome

Winter 2026

Kia ora

A warm welcome to the latest edition of the CHT Carnarvon newsletter, and a special welcome to our new residents and their whānau. We hope you're settling in well, making new friendships and feeling at home in our community.

One of the highlights of recent months has been the return of students from St Dominic's College. This year, four returning students were joined by six new students, bringing the group to 16. The visits continue to bring great joy to residents while giving students valuable insight into life at West Auckland during their grandparents' generation. Residents have often shared at resident meetings how much they value these intergenerational connections.

Winter reminder

As we move through winter, please help protect our residents by postponing your visit if you're unwell, practising good hand hygiene and following any guidance from our team. Thank you for helping keep our communities safe.

Activities and Celebrations**Cooking demonstrations**

Our three Activities Coordinators have organised a wonderful range of events over the past few months. Weekly cooking demonstrations have become a firm favourite, regularly filling the Waitākere Lounge as residents enjoy watching the dishes come together before sampling the finished creations.

Mother's Day

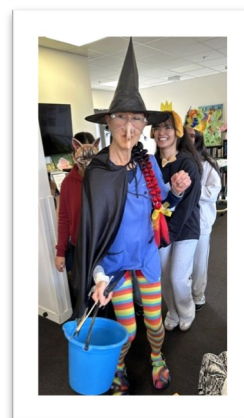
Residents celebrated Mother's Day with a special outing to the Riverhead Tavern, enjoying good food, great company and the opportunity to spend time together in a relaxed setting.

The Carnarvon Choir

Activities Coordinator Sue has established the Carnarvon Choir, which has quickly become a popular weekly activity. Filled with music, laughter and plenty of enthusiasm, the sessions are always a highlight for residents.

Pantomime performance

Activities Coordinator Sue joined students from Waitākere College and several residents to present a lively performance of Room on the Broom. The colourful costumes, singing and dancing delighted the audience, and Sue stole the show after being voted the residents' most convincing pantomime witch.



Improvements and Initiatives



Meaningful involvement

Over the past year, we've continued to build on our Māori Health Plan by incorporating aspects of tikanga Māori into everyday life at Carnarvon.

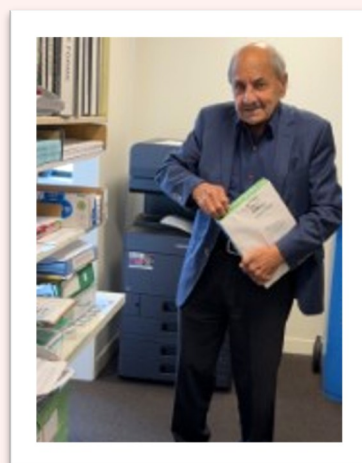
In particular, the principles of manaakitanga (respect and care for others) and mauri (the life force within each person) encourage residents to make their own decisions and play an active role in the life of the care home.

Resident George (see story below) is a wonderful example. Drawing on more than 50 years of experience running his own stationery business, he now helps our Care Home Administrator by carrying out stocktakes and assisting with stationery orders. Working alongside our Maintenance Technician, he also helped redesign the stationery cupboard, putting his knowledge and experience to good use. It's a great example of how recognising residents' skills and life experience can create meaningful opportunities to contribute and remain actively involved in the care home community.

Resident Stories: Meet George

George began his career in the stationery industry in 1954 at just 19 years of age. After starting in the stationery division of a printing company in Penrose, he later joined Olympic Stationery, which became Croxley, before moving into sales with James Lockley. Drawing on years of experience, George established his own stationery business in 1975 and successfully ran it for many years.

Today, George continues to enjoy putting his knowledge and experience to good use at CHT Carnarvon. His practical skills, willingness to help and decades of experience remain a valued part of life at the care home.



Note from the Care Home Manager

Thank you to George for sharing his story and for the enthusiasm and experience he brings to life at Carnarvon.

It's also wonderful to see so many community groups and organisations wanting to be part of our care home. Their involvement creates new opportunities for residents to connect, learn and enjoy a wide range of experiences. I look forward to introducing many of these groups at our resident meetings over the coming months.

Ngāmanaakitanga

Gerry Fennelly

Care Home Manager

gerry.fennelly@cht.co.nz