

Welcome

Winter 2026

Kia ora everyone

As winter settles in, we've been making the most of the season at CHT Hillcrest. While the days may be cooler, our care home continues to be filled with warmth, friendship and plenty of opportunities to connect, celebrate and enjoy time together.

In this edition, we're sharing some of the moments that have brought our community together over the past few months, along with updates on improvements around the care home and a special resident story. We hope these pages offer you a glimpse into everyday life at Hillcrest and the people who make it such a welcoming place.

Thank you for your ongoing support, and we wish you a warm and enjoyable winter.

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

**Exploring the art of weaving**

Residents recently enjoyed a special weaving workshop led by Bernie from Butterfly Creek, who shared her knowledge of traditional Māori weaving and the cultural stories woven through the practice.

Residents from both the hospital and dementia care areas joined staff for the session, watching Bernie's demonstrations before trying the techniques for themselves.

The weaving workshop was warmly received, with residents embracing the experience in different ways. Some were keen to try the techniques independently, while others preferred to observe, listen and enjoy watching the weaving take shape. Regardless of how they participated, the session sparked curiosity, conversation and a genuine appreciation for the art of traditional Māori weaving.

Whether weaving, observing or asking questions, everyone had the opportunity to learn something new while celebrating an important aspect of Māori culture.

Improvements and Initiatives

CCTV now operational

As part of our ongoing commitment to resident safety and wellbeing, CCTV is now operational in selected shared areas throughout CHT Hillcrest.

The cameras are located in communal spaces, including entrances, lounges and corridors, and do not record audio. No cameras are installed in private areas, and access to recorded footage is strictly controlled and only reviewed when necessary.

The introduction of CCTV supports a safe, respectful and welcoming environment for residents, families, visitors and staff, while continuing to uphold the privacy, dignity and person-centred care that are central to life at Hillcrest.

Resident Stories: Meet Alison

Growing up on a Māori Affairs farm in the King Country, Alison enjoyed a childhood filled with sheep shearing, docking and mustering. She was also the first girl to compete in the local rodeo. Later, she trained as an enrolled nurse in Tokoroa during the bustling Kinleith Mill years.

Today, Alison continues to lead an active and connected life at CHT Hillcrest. With her trusty shopping trolley, Betsy, by her side, she regularly heads out shopping, enjoys swimming, volunteers at a local community kitchen, and keeps up her own exercise routine.

Alison says the support of the Hillcrest community has helped bring greater balance to her life and is a firm believer that moving into a care home doesn't mean life slows down.

"Life does not stop just because you reside in a care home."



Note from the Care Home Manager

A heartfelt thank you to our residents, families, whānau, volunteers and staff for the kindness, care and support you bring to Hillcrest every day. It's those everyday moments, sharing a conversation, joining an activity or simply spending time together, that make our care home such a special community.

As we settle into winter, I hope this newsletter has given you a glimpse into life at Hillcrest. Thank you for your ongoing support, and I look forward to sharing many more moments together in the months ahead.

Best wishes,

Suja Varghese
Care Home Manager
suja.varghese@cht.co.nz