

APC Newsletter



Christmas Edition Term 4, 2023



FROM THE PRESIDENT

Gaynor Brown



The Year at Ambury has progressed successfully with all three programmes retaining good numbers and operating rhythmically in harmony. All in the programmes go about with purpose and focus. It is a delight to watch the children and adults both enjoy their therapy rides and clearly benefit physically, socially and psychologically. There are so many wonderful success stories. The school students have also enjoyed many successes, as they so often discover the APC School to be a comfortable place for them to develop confidence and educational and social skills. This is also true of the adult clients as Ambury is a happy place for them, even as they work hard around the Centre. They have wonderful times both at the Centre and out participating in activities in the community, such as swimming, Art, Waiata sessions to name a few. The students take part in community activities for EOTC. Our students, adult clients and therapy riders are fortunate in what they do at Ambury and with the support of our wonderful staff. Ambury Park Centre is privileged to work with them. There will be some days better than others but the programmes are overwhelmingly magical with the therapeutic impact of the horse affecting all. On behalf of the board, I sincerely thank Patricia and all staff for another year of their care and dedication for our tamariki and rangatahi. Our volunteers provide vital support in the riding therapy programme as leaders and side walkers with real care for our riders. The board is deeply grateful for their mahi for this and in supporting the Centre's fundraising events.

On 28th October the Centre held a Carboot/Gala Day when the volunteers and the staff were out in force to ensure a popular, enjoyable community event with many items to buy from carboot vendors, Ambury stalls of produce and lovely baking. There were also pony rides, hot food from a barbecue and hangi. All incredibly popular! A very big thank you to the staff and volunteers on the day and for the work by all prior. To Trish Dyson, past staff, reliever and volunteer, we extend our gratitude for her extraordinary effort for this event in organising the day, procuring donated goods and being everywhere on the day. Thank you to Patricia, Director/Principal, for much support for the day and for her and her whanau's Hangi -. Ambury's first and super successful! It was estimated that about 3000 people came. I mentioned in the mid-year Newsletter the planting of shade trees had begun in the paddocks without shade. This and the fencing around them is now completed. The board is grateful to Paul and Parks for the trees and to the Lindsay Foundation for funding strong fencing. The Lindsay Foundation also funded the purchase of a large shade shelter which will be assembled early in the summer. This project for shade is very much needed as our weather warms. We will be interested to see how the horses take to the shelter. Another project in Term 4, funded by the Māngere Market Trust, was to finance a new server and IT system to especially support the students' learning and of course for IT to be efficient all round the Centre. The board and Centre are very grateful to the Lindsay Foundation and Māngere Market Trust for their wonderful support without which this would not have been



possible. In the mid-year newsletter the Joyce Fisher Charitable Trust was acknowledged for its major contribution to the renovation (virtual re-build) of the Arena bathrooms, which are stylish and fit for purpose. Thank you again to the JFCT for their support with this project and to Jeremy Purcell (parent, board member and architect) for his great contribution to the design, materials and overseeing the work. At the time of writing this we are all anticipating celebrating our students, adult clients and therapy riders at the Prize Giving on Thursday 14 th December. It is also a time to farewell a few people. Nicola Seager our Head of Academic is moving on to a new school and Nina Pelham from our Vocational programme is off cruising with her partner, while our physiotherapist Marjolein Harting looks forward to spending some relaxing time with family, including husband Pieter who has been an absolute asset to Ambury also. The board and staff are very sorry to see them go but thank them for their care and hard work at Ambury. We wish them well in their new ventures.
Hari Kirihimete and Hari Hou Tau, Merry Christmas and Happy New Year. Gaynor Brown

FROM THE PRINCIPAL / DIRECTOR

Patricia Simeon



As we approach the end of yet another year full of challenges, ups and downs, there are thankfully many genuinely joyful highlights to celebrate. We were lucky to welcome some awesome new faces to the Ambury team. Among these are Junior Fuimaono and William Fosita who happen to be musically talented, a definite bonus for the Academic department! Our Ribbon Day showcased some amazing riding skills from our Blues and Vocs, many of whom have so much to be proud of in the way they have challenged themselves and grown in confidence and self-esteem. It was a wonderful

opportunity for them to display our Centre core values of Manaaki (care), Manaakitanga (kindness/respect), Kotahitanga (community) and Manawaroa (resilience). Other highlights include our Centre being featured in an article in Onehunga Community News, our beautiful Fable almost winning the Barbie lookalike contest on The Project, running successful holiday programmes, being able to host some awesome corporate volunteer groups, the opportunity to tell people all about our Centre at the Disability Connect expo, and of course our Car Boot Day which had an amazing turn out and was enjoyed so much by the local community. In saying goodbye to this year and looking forward to a new one, we will all aim to continue the vision of Ambury Park Centre being successful, inclusive and serving the needs of those who need us most. A heartfelt Nga mihi nui to our hardworking staff, volunteers and the wider Ambury whanau who all make the Centre the unique place that it is. Wishing you all a mere kirihemete and a good rest!



Equine

Katja Spooner

2023 started with a few new horses joining our team. Big thanks to our Equine team who had been busy going out horse-shopping for our centre during the summer holidays. Gin and Angel joined our equine crew and soon became new



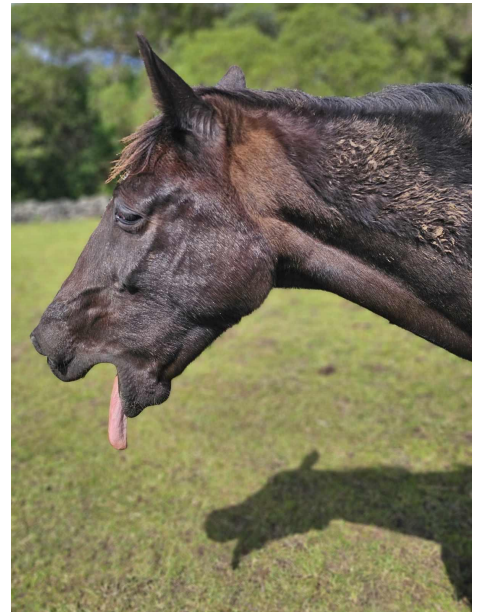
favourites with our Blues students. Luckily, we also had two lovely owners who trusted us with their horses for a long-term lease.

The handsome black Lorry (named after a previous owner) became an important member for our RDA and physiotherapy rides. The bay Harvey, known for his enthusiasm, has been very reliable in the rides for our Blue students. The tallest horse in our stable, Highlander, has joined our program in the RDA rides and rides with the blue students. Highlander has started to take his role now very seriously: His specialty is making sure everyone is focused when walking past his favourite snack tree.

Awhina has moved successfully into the coaching role for our students and did a great job preparing everyone for the biggest event of the year: Ribbon Day. The challenge was not only practicing the riding skills, but also looking after everyone's nerves - with Awhina as a confidence builder our students had the right person on their side. She did an amazing job challenging her students, but also giving them the boost when needed: Our students performed in the obstacle course either on foot or on the horse and also demonstrated great skills showing off their riding skills - in trot, over poles and even in a small dressage test. Our judge was impressed by everyone's progress over the year.

After an endless winter, with the weather slowly improving, hacking out finally became possible over the farm. Unfortunately, our paddocks did get a hit by the relentless rain and never-ending mud. The better weather was welcomed by everyone - horses and humans.

We have also had amazing new staff members join us this year in our Equine Department who all quickly learned the Ambury way. Not to forget our long-term standing colleagues who have been loyal to our horses and humans - with their knowledge being a great resource in the daily Ambury life. Being short-staffed, especially during the second part of the year in our Equine Department, meant that not all our goals could be achieved - there are still some exciting lessons planned that have not become reality...just yet. However, first changes have been taking place with our equine staff engaging in their horse's fitness work and helping our horses get diversity during their daily routine. Our equine team also had a chance to invest in their own learning when taking part in lessons at our centre with Bill Noble, one of New Zealand's Grand Prix dressage riders. As horse people, life-long learning is part of our journey to be our best we can be for our horses.



At the end of the year, we are waving goodbye to our physiotherapist Marjolein who has been with the centre for 8 years! Thank you so much for what you have done for us - we are not only losing an incredible knowledgeable colleague, but also a wonderful friend. Wishing you all the best for your travel adventures with your husband Pieter!

We finished off a successful year with a picnic ride-out over the farm. Our department (horses and humans) are looking forward to a well-deserved break over the holidays!



Follow Ambury Park Centre Inc. on Facebook, Instagram and Tiktok to be kept up to date with future events and lots of photos and interesting articles.

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Tiktok: @amburypark

Instagram: <https://www.instagram.com/amburyparkcentre/>
@amburyparkcentre



Academic

Secondary Students Term 4 - "Keeping Up with the Blues!"



What a fun and action-packed year 2023 has been for the Blues! After the excitement of Ribbon Day, we finished Term 2 with a day at Te Pane o Mataoho, hosted by the Māngere Mountain Education Centre team. Our day of learning about the history of our local maunga, rongoā rākau and games, was captured in their promotional video! We continued our celebration of Te Wiki o te Reo, Māori language week, with waiata, games and a delicious hangi.

Term 3 started off with a roar, as the Bunnings team joined us to build the new garden we had planned. We are taking good care of our garden beds and trellis next to the science classroom, and already enjoying plenty of salad and kale; we can't wait for the tomatoes to ripen! After a Blues whānau working bee, the garden and centre were looking great for our Car Boot Sale. Students had spent their spare time making scrunchies, bracelets and bookmarks to sell, whilst others had designed games for the popular "kids activity zone". More student fundraising, bagging and selling horse dung, raised funds to enable our wonderful end of year trip to Rainbows End! All the hard work, team spirit and collaboration paid off with a fun day out, scaring ourselves on the rides!



Our academic program was enriched by many other activities; forensic science workshop, sports, lamb feeding, careers expo, arena set-ups and more. Importantly our students have demonstrated commitment and achievement in their learning, producing fantastic work and earning credits in a range of subjects including English, Maths, Science, Equine, Digital Technology, Work skills and more!



Claire Hall



The Vocational Programme

Julie Wharton

As I look back through the photos from 2023 I notice the many activities our tangata have been involved with. The courage and excitement they show whenever they engage in a new activity or experience is so rewarding to see.

I would like to commend our Vocational team on their exceptional work effort, consistently serving the Centre through vital daily tasks. They are the worker bees that keep the cogs of Ambury turning. In their down time our clients have been working in the community, while enjoying exploring the many walkways we are lucky to have access to here in Māngere. They enjoy swimming at the local Moana-nui-a-Kiwa pools, Waiata group and the fortnightly treats of Takeaways from Māngere Bridge. The regular mahi involved in setting up Clevedon Arena for events can be challenging at times, especially in bad weather, but it's such a great feeling of achievement when staff and clients can sit back and look at the completed work with satisfaction.

Our wonderful clients are all such great characters who continually make us smile, laugh and surprise us all daily. Thank you for a wonderful year.

Thank you whānau and carers for your ongoing support.

Happy Festive season and all the best for the New Year!



How can you help?

The Centre being a 'not for profit' relies heavily on its supporters to ensure it can continue to provide the level of service requested by the community. If you or somebody you know could help in the following areas please don't hesitate to get in touch with Stacie or Barbara in the office. Any help is greatly appreciated - Thank you! office@amburyparkcentre.org.nz

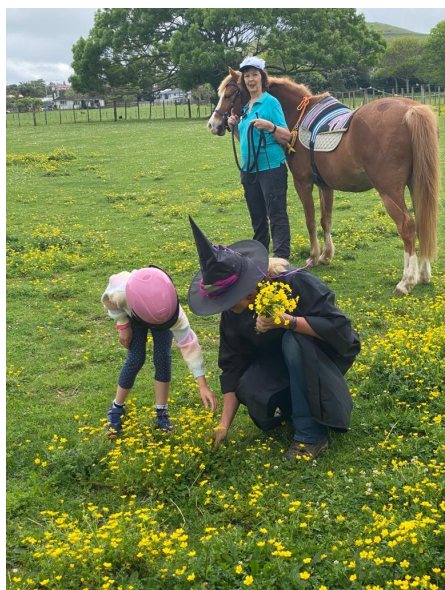
- Volunteer with our therapy riding programme
- Donate products or services – contact us to see what we might need!
- Become an Annual General Meeting voting member of the Centre for \$25.
- Make a cash or bank donation: Donations can be deposited into our Ambury Park Centre Inc. account 06-01930-154558-26 (please let us know if you require a receipt!)
- Collect Horse manure from us for a koha (great for the garden!)
- Sponsor one of our wonderful horses! Each sponsor receives a certificate and bio plus an invitation to visit their chosen horse.



Physiotherapy Program

Marjolien Van Harting

Dear Ambury family



And before we have realised, we are at the end of yet another year. For RDA and physiotherapy it has been a year with lots of people changes. Toni (physiotherapist) and Grace (coach) both have left us for other exciting work challenges. Some of you might remember Katja. She has come back to Ambury and taken on the coaching role at first and now has become our equine manager, after Andrea left for a job closer to her home. Besides all these personnel changes we have been busy in the arena learning to take control of the horse; for some of our clients that can mean sitting on the horse and taking out/putting back their feet in the stirrups, for others sitting on the horse and using the reins and yet for others it might mean trotting around the arena. We try very hard to work with every client individually and help them to become as independent as possible while riding their horse. For the physiotherapy clients, one of the things we tend to work on would be sitting in different positions while maintaining the upright and doing reaching activities at the same time. This, depending on the client's diagnosis, will help with sitting upright

while at school or the dinner table, learning to walk to keep up with peers or learning to vocalise among lots of other benefits.

We have had special topic weeks complete with arena decorations and dress ups, eg Ribbon day, Halloween and now Christmas. We are also enjoying the slightly dryer weather with being able to go outside and enjoy a ride through the paddocks or along our slowly developing sensory trail.



I have to share some personal news with you all. I am going to retire at the end of this year. I will miss "my" families and clients, our wonderful pool of volunteers and of course my colleagues. I wish you all the best. You will still see me around a little bit as I will be helping the new physiotherapist to find her/his feet around this wonderful place called Ambury park Centre.



Happy holidays everybody and a healthy 2024 🌲

Marjolein



Volunteers

Barbara Peterson

This year with stepping into the Volunteer Co-ordinator role it's been my immense pleasure to get to know so many of our volunteers, and a real highlight has been witnessing how amazingly some of our students and vocational clients have stepped up into volunteer roles with professionalism and enthusiasm.

Although it's been sad to say goodbye to some well-loved volunteers, we have been thankful to say hello to some very welcome new faces!

One volunteer who is leaving us deserves much more than a passing mention. Trish Dyson is an amazing angel with a heart of gold who has poured so much into Ambury during her time with us. She worked so tirelessly to help our Car Boot Day become the success that it was. Many of us joked that we should check her back for batteries because like the Energizer bunny she just somehow keeps going and going! She cares so much for the horses and taking care of everyone at Ambury, making sure that everyone feels valued and making bleak days just that much brighter.

Thank you, thank you Trish!

Thank you to all of our amazing volunteer team – you are such assets to Ambury! Debra used to refer to you as shining stars and she is 100% correct, you really do brighten our lives and the lives of those you work with. Wishing an enjoyable holiday to you all and hoping you have the well-earned break you deserve.



The board is most grateful for grants both substantial and generous.

A sincere thank you to all our donors.

Such generosity enables the Centre to continue to provide for and strive to raise performance for its riding therapy, second or third chance secondary schooling and a vocational course for adults.



Thank you to our donors in 2023:

Throughout the year many trusts, organisations and individual donors have supported Ambury Park Centre programmes. The board and staff are deeply grateful to:

The Joyce Fisher Charitable Trust, Maurice Paykel Charitable Trust, J M Thompson Charitable Trust, Woolf Fisher Charitable Trust, Peter and David Picot Charitable Trust, Chenery Memorial Trust, Kelliher Charitable Trust, Lindsay Foundation, Nell Erne Adams Charitable Trust Foundation, Foundation North, NZ Lottery Grants Board, NZ Community Trust, ARA Lodge No.348 IC Charitable Trust Board, Samar Kand, Four Winds Foundation, Trillian Trust, Rotary Club of Māngere, Auckland Manukau Dressage Group, Baron Investments, Rano Trust, Michael Otto, A K Potts, Janet Hepi, Sam Hugli, D and A Alderslade, Shams Alchalabi, Longmuir Trust, James Dunlop Textile Group, Morphem Environmental Group, Ron Paterson, Māngere Market Trust, The Trusts Community Foundation, Milestone Foundation, Tim and Suzanne Merriott, Grove Hardware Ltd, Pub Charity Ltd, COGS, T.W. Thomas-Stone, Linda Watts, Jane Anderson, P.G. Watts, A T Realty Ltd (Ray White Mangere Bridge), Auckland Council Mangere-Otahuhu Local Board, Tim Chan, Mary Brook, Plywood Wall Linings. Plytech, Floor and shower vinyl, Inzide, Toilet partitions, Resco, Plywood flooring and fixings. Warren and Caroline Grove, Sanitary fixtures. Mico, Floor drains, Allproof, Insulation. Roof Logic, Sheryl Christian, Gaynor Brown, Claire Lingman, U3A Remuera, A R Hing, Tu Manawa Active Aotearoa, Tayla Watts, Margaret Henwood Estate, Jane Carew, Speirs Finance Group and our other donors who contributed towards expenses such as a new horse for the Centre and saddles, including those who wish to remain anonymous.

See you all back next year! Programmes resume 1st Feb 2024.

