

# Selwyn InTouch

*The latest news from The Selwyn Foundation*

## What's New

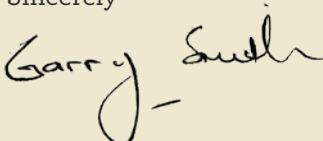
Our April edition of 'Selwyn in Touch' brings you news of our latest residential care and village amenities centre which opened at Selwyn Oaks in February. The Lees Centre is the second of our three new developments and offers 48 fully serviced care suites within an attractive 'household' setting, as well as a range of leisure facilities for the whole village to enjoy.

Selwyn's unique approach to providing residential aged care in our new centres has been shortlisted in the 2018 Asia Pacific Eldercare Innovation Awards. These prestigious awards, which are the 'Oscars' of the international aged care industry, recognise organisations for their innovative approaches to changing the way the region's older adults age and for their contribution in shaping the future of the ageing landscape. We're one of four finalists in the care model innovation category, and the winners are to be announced shortly.

In this issue, we also provide an update on our charitable work across three priority areas that affect the wellbeing of senior citizens today: loneliness and social isolation, affordable housing and the effects of financial hardship on healthy ageing.

As we go to print, the Selwyn Board and Executive team are putting the finishing touches to the Foundation's new Strategic Plan that sets out how we wish the organisation to develop over the next five years and how we intend to achieve that. During the planning process, we've reflected on the key principles and beliefs that make up our Mission, and identified goals and strategies that will help us achieve our development priorities in the medium term. This is a very exciting time for Selwyn, and I look forward to bringing you details of the final Plan in our next newsletter.

Sincerely



**Garry Smith**  
Chief Executive Officer



## Selwyn heads to the 'Oscars'

The movie is yet to be made, but the Foundation's unique new care model is a finalist in a ceremony dedicated to outstanding performances in the aged care sector.

Launched in 2013 as part of the longstanding Ageing Asia Innovation Forum, the annual Asia Pacific Eldercare Innovation Awards are regarded as the 'Oscars' of the international aged care industry. They recognise those organisations that demonstrate innovation and quality approaches in their business, operational and service models, with one underlying goal – to enhance the way older adults age.

Selwyn is one of only two New Zealand finalists out of 116 global organisations competing across 20 categories and is shortlisted for the prestigious *Innovation of the Year – Care Model*.

Our innovation is based on creating a true home for older people in residential aged care through having small communities or 'households' – a feature of our new care homes – where residents have a real sense of belonging and decision-making. The concept of participatory medicine is also a major influence on the design and application of our new care model, and is based around residents' individual needs and what they want out of life, rather than having others make decisions on their behalf.

Selwyn's is therefore an integrated approach to caring, offering inviting environments without an institutional feeling, and engaging and empowering residents to take a leading role in their own wellbeing. This is a fundamental aspect of The Selwyn Way approach to the care and wellbeing of all who connect with the Foundation.

The 'Oscar' winners are to be announced in Singapore on 16 May 2018, so fingers crossed!



*A typical household dining and lounge layout in our new care centres*

## Contributing to healthy living

Alleviating the effects of financial hardship on healthy living is one of the Foundation's three main charitable goals.

For those within the Selwyn family who can't afford some essentials that would add to their quality of life, the Foundation administers two hardship support funds – the Puckey Fund and the Auckland Ladies' Benevolent Fund – to provide financial assistance for the purchase of vital health-related products or services.

Grants are available to residents of all our villages, to Selwyn Centre guests and clients of our dementia day centres. This support helps with one-off purchases that would help improve a person's wellbeing, such as necessary dental work, hearing aids or spectacles, for example, (some qualifying criteria apply).

Providing hardship support in this way enables us to do more for those who may be in need, helping to lessen this cause of vulnerability in older people and so make their lives just that little bit better.

For further information on the support available, visit [www.selwynfoundation.org.nz/charity/hardship-support/](http://www.selwynfoundation.org.nz/charity/hardship-support/) or email: [selwyninstitute@selwynfoundation.org.nz](mailto:selwyninstitute@selwynfoundation.org.nz)

## A warm welcome awaits older people at new Selwyn Centres in Hamilton

Older people in the Dinsdale and Chartwell areas of Hamilton now have the chance to meet up each week with others in their local neighbourhood, make new friends and enjoy a varied programme of social activities in the supportive and welcoming environments of St David's Anglican Church and Chartwell Cooperating Parish.

Vivienne Thorpe, coordinator of the Dinsdale Selwyn Centre, says: *"I love being a coordinator for the Selwyn Centre. My guests have had such interesting lives and often share stories of their experiences. We initially started with guests who were members of our congregation and are now seeing our numbers grow from the wider community. Those attending actively engage in our various discussions and quizzes, and everyone really enjoys the company."*

The Centres welcome people of all religious, cultural or spiritual backgrounds who may live alone or may be in need of friendship, help and support. They've been established to address the major problem of social isolation of older people and the health risks that often occur as a result. Loneliness can be a serious health issue for older people, and research indicates that social interaction with others directly influences general health. It can also bring psychological benefits, such as delaying the onset of dementia.

Helen McAlpine is the coordinator of the Selwyn Centre at Chartwell Cooperating Church. She says: *"Our guests and volunteers alike offer input into the group, by leading our different sessions, providing materials and also helping in the planning of our various programmes. It's wonderful seeing the lively interactions between people and seeing new contacts being made. The level of chatter at morning tea and during activities is so high that we have to use a bell to call people to attention!"*

There are now 41 Selwyn Centres in total, which are part-funded by the Foundation and hosted in association with the local parishes. The new Centres in Hamilton have been established in conjunction with The Bishop's Action Foundation (part of the Waikato and Taranaki Diocese), which has previously partnered with Selwyn to open Centres in Melville (Hamilton), Cambridge, Morrinsville and Te Awamutu.

The Bishop of Waikato and Taranaki, The Most Reverend Philip Richardson, says the Selwyn Centres build on the Church's mission of helping people remain socially connected and treasured in their community. *"It's great to see the growth of the Selwyn Centres in the Waikato that are providing support and fellowship for older people who may be socially isolated and lonely in our community. With our ageing population, we need to continually respond to this challenge, providing pathways and opportunities to support the elderly, recognising the vulnerable status of some,"* he says.

To find a Selwyn Centre near you, visit: [www.selwynfoundation.org.nz/community/selwyn-centres/](http://www.selwynfoundation.org.nz/community/selwyn-centres/)



Guests at the Chartwell Selwyn Centre enjoy a full programme of activities

# Volunteering to enrich the lives of others

At Selwyn, we're very fortunate to have many volunteers involved in all aspects of life within our villages and day centres. Individuals and corporate groups generously help out with our wide range of recreation and social programmes and events, bringing great variety, fun and engagement into our communities.

At Selwyn Village's annual Children's Day Carnival in March, a team of volunteers from Cycling Without Age enabled residents to relive the joy of cycling by travelling on trishaws as the solution to their limited mobility. (Trishaws are specialised electric bikes that seat two people in the front, while a volunteer 'pilot' pedals from behind.) Other contributors at the event were Mercury



Energy, who provided ten electric bikes for people to use on the day, as well as many individual volunteers who led body percussion workshops, animal therapy sessions and a wide range of other activities that were enjoyed by the young and young-at-heart alike.

Selwyn Village also recently welcomed

volunteers from New Zealand's first dementia-friendly bank, Westpac. Members of the corporate banking team spent a day participating in social games and arts and crafts programmes with residents and also helped facilitate a trip out and about for residents of our Brian Wells Lodge dementia/memory support unit.



On Easter Sunday, we were particularly thrilled to host a group of 30 young people from Vancouver's Lord Tweedsmuir Secondary School, who interrupted their school rugby tour to spend time at the village. In a full programme that encompassed visits to each of the care homes on site, the students shared stories of their travels and homeland, joined in the various activities, distributed Easter eggs and learned about the village and the services it provides to older people. The day was full of fun for residents and visitors alike, and offered a meaningful experience for all concerned.

Our volunteers span the complete age spectrum – from 'Baby Buddies' visitors, to school students assisting in the 'Cyberseniors' learning initiative and independent living residents helping to deliver some of our engagement-in-life programmes within the care homes. We're extremely grateful for their valuable contribution, wonderful enthusiasm and energy and for all that they do to enrich the lives and experiences of everyone they meet.

## Haumarū Housing: holistic care supporting tenant wellbeing

A major milestone was celebrated by Haumarū Housing earlier this year, when it housed its 100th Income Related Rent Subsidy (IRRS) tenant well ahead of forecasts. Income-related rent is a subsidised rent payable by a tenant and is less than the market rent of the property. One hundred percent of Haumarū Housing's tenants are sourced from the Social Housing Register and, for those who qualify for IRRS, their financial burden is eased, yet valuable Government funding is provided to Haumarū which in turn helps further improve its services to tenants.

Haumarū Housing is the limited partnership between Selwyn and Auckland Council, which provides tenancy and asset management services for the council's portfolio of over 1,400 rental units for older people. An important focus for the organisation in its first year of operation has been achieving better outcomes for tenants through partnerships and joint working with key agencies in the wider social services arena.

In addition to developing its housing stock in safe, age-friendly neighbourhoods, Haumarū seeks to create environments that support older people to be resilient and content, by providing opportunities to connect with others in local neighbourhoods, for example. The team has been working closely with Selwyn in this respect, and more Selwyn Centre/Haumarū Housing events are planned in Waiuku, Clendon and Birkdale/Beach Haven. It is also developing strategies with leading stakeholders in the sector and service providers, with the aim of facilitating support services in other core areas that are critical for the wellbeing of older people.

This holistic view to helping tenants live well, which is reflective of The Selwyn Way approach to care and wellbeing, reinforces Haumarū's point of difference as a Community Housing Provider uniquely specialising in providing homes for older people.

For further information on Haumarū Housing, visit [www.haumaruhousing.co.nz](http://www.haumaruhousing.co.nz)



# Lees Centre offers unique participatory style of care

Our new three-storey Lees Centre opened recently at Selwyn Oaks village in Papakura.

Comprising four small communities of twelve residents, the new development reflects our innovative approach to residential aged care based on international best practice. Each household functions as a home would do: residents have their own room with ensuite and share a spacious lounge with open-plan dining and kitchen area, leading to a large outdoor deck and seating.

The interior layout and accessibility features also support Selwyn's unique 'care partnership' way of delivering care that promotes independence, enables residents to continue to take charge of their own lives and provides holistic care planning focussed on all aspects of a person's wellbeing. This participatory style of hospital-level care – a new concept in New Zealand – sees our residents directing us on what's important for them, with our care team then formulating a personal and tailored care plan based on the person's individual needs. Our staff have a guiding role, supporting the resident to make the best decisions about their own wellbeing and lifestyle within the care home.

The households are located on the first and second floors of the new residence, which also features a social hub on the ground floor. Village Manager, Roland Phillips, says: *"During the planning stage, we held a series of customer focus groups and asked residents, family members and staff what suggestions they had for the new building, so our village community could input into the process and contribute ideas on what they would like to see in terms of the leisure and social facilities on the ground floor."*

*"Consequently, the new amenities include a café and dining area, lounge and activity rooms, a residents' shop, hair salon, wellness centre and an outdoor barbeque space, as well as a dedicated chapel and administration*

*offices, providing a warm and welcoming centre for group activities and social get-togethers."*

The centre is named in recognition of the outstanding contribution of the late Ted and Rowley Lees to the establishment of Selwyn Oaks village. Leading figures in Papakura, Messrs Lees played an influential role in the development and growth of the village in its early years, supported by the magnificent fundraising efforts of the Lions Club of Papakura and the local community.

The Lees Centre is one of three new Selwyn developments which include the recently opened Moxon Centre at Selwyn St Andrew's in Cambridge (offering residential care, independent living and community amenities) and a two-storey, 90-room care centre due to open at Selwyn Village in Point Chevalier later this year.



*Cutting the ribbon at the opening of the Lees Centre: from left to right: Mr Ted Lees and Mrs Jan Wilcock (eldest children of the late Rowley and Ted Lees, respectively); Mrs Marjorie Foulkes (Ted and Rowley's sister and a Selwyn Oaks' resident); The Right Reverend Ross Bay (Bishop of the Anglican Diocese of Auckland) and Kay Hawk (Chair of The Selwyn Foundation Trust Board).*

## Have you visited the Selwyn website lately?

The 'Learning' section of the Foundation's website features an array of topical, thought-provoking and entertaining articles on all aspects of ageing well, brought to you by the Selwyn Institute for Ageing and Spirituality. Visit [www.selwynfoundation.org.nz/learning/](http://www.selwynfoundation.org.nz/learning/) for the latest thinking on health and wellbeing, the importance of spirituality in aged care provision and the new participatory approach to modern medicine, for example, as well as information on forthcoming learning events organised by the Institute.

While online, you might have a look at our Facebook and LinkedIn sites, too, and 'follow' us to receive further updates.

