

# MASH NEWS

## Whānau/Family

WORKING TOGETHER TO ACHIEVE GREAT LIVES | MAHI TAHI KI TE WHAKATUTUKI I TE ARA NUI

### Tenā koutou,

We recently confirmed a statement we call, The MASH Way: Working together to achieve great lives, a person-centred approach. All day, every day.

What this means is at MASH, services reflect the unique, individual needs and aspirations of the people we support. Sometimes we will be challenged between doing what is easy and doing what best supports a person’s self-determination. The MASH Way means supporting self-determination and enabled decision making every time.

As one team we are all here to make sure that every single person we support lives their version of their best life. To do this:

- ◆ Rather than doing what is convenient or easy, we organise our work to ensure that the people we support remain the focus of our decisions.
- ◆ We show up to work intent on demonstrating manaakitanga, responsiveness and flexibility to the needs of people we support and each other.

Our staff are starting to learn what this looks like in their everyday work. Starting with the way that they write about the people we support. We are doing this through weekly communications and group learning with their Service Coordinators. For accountability, we have also developed a verification exercise to be able to review documentation and provide meaningful feedback.

For our office-based staff we are applying this learning to how we write policies and other communications.

A strategic goal we are focussed on right now is around improving what we do and sustainability. We want to make sure we are using all our resources to their full potential, and that we are making a conscious effort to improve.

### Executive Director - Programmes



Tania Lennon

Things that highlight areas for us to improve on include feedback gained through our surveys. The next round of surveys are open now so please take part and have your voice heard.

Ngā manaakitanga

Tania Lennon

Executive Director Programmes



# Disability to Ability: “Give It a Go” Session

----- VANESSA COWLEY

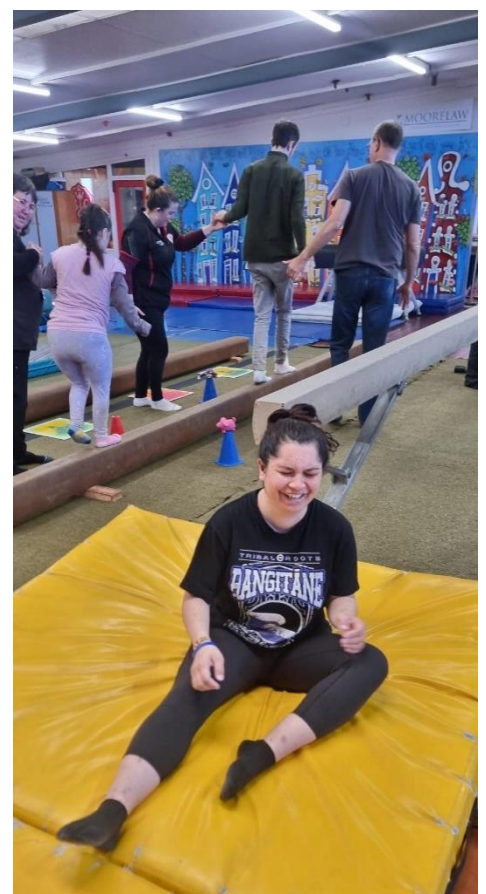
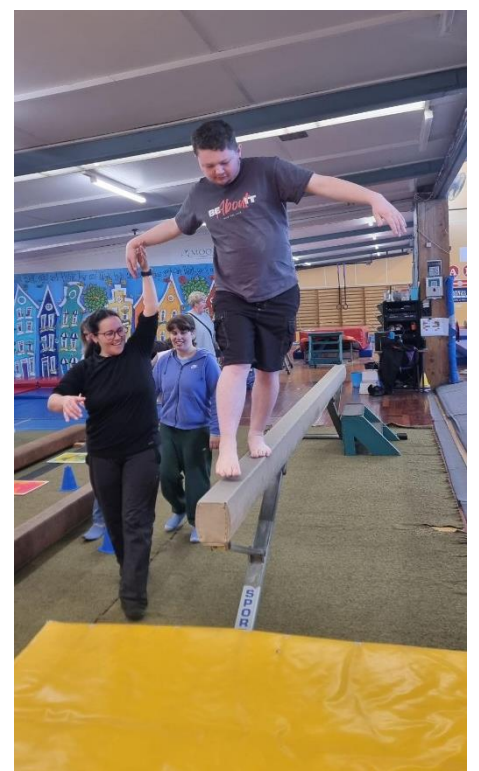
On Thursday, 14th August MASH Trust launched its new Disability to Ability Health & Fitness Initiative with a special “Give It a Go” session at the Whanganui Boys and Girls Gymnastics Club (G.F. Moore Drive, Springvale, Whanganui).

The event welcomed MASH clients, families, providers, and the wider disability community to experience fun and inclusive physical activities in a supportive environment. With the guidance of professional gymnastics coaches, participants had the opportunity to try new exercises, build confidence, and connect with others.

This session marked the beginning of an ongoing programme designed to promote wellbeing, inclusion, and empowerment through health, fitness, and social connection.

At just \$5 per person, the event was an accessible way for individuals to explore whether they would like to continue with future sessions as the initiative develops.

The turnout highlighted the strong community interest in creating spaces that encourage movement, fun, and belonging for people of all abilities.





# Building strength and confidence

----- VANESSA COWLEY

Matt Sinclair, a Personal Trainer from Palmerston North, has been working with Georgia Garrett, a 30-year-old woman with Down syndrome, for over a year. Together they have focused on health, fitness, and confidence, achieving impressive progress along the way.

Through their sessions, Matt has seen first-hand how gym training benefits people with Down syndrome. Beyond building strength, flexibility, and balance, it also greatly boosts confidence and self-esteem. Matt emphasises creating a safe, supportive, and positive environment always greeting Georgia with a smile, celebrating milestones, and ensuring exercises are taught safely and effectively.



## Personal Training

- Strength and Conditioning!
- Flexibility & Balance!
- Experienced with Disabilities!
- Positive and Encouraging!

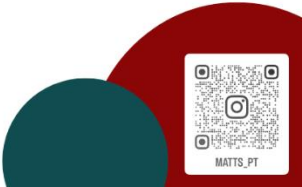


**Lets get started!**

**Contact me:**

Email: [mattspt@outlook.com](mailto:mattspt@outlook.com)

Phone: 022-396-8894



Starting with low resistance, Matt gradually built up Georgia’s training to include free weights, flexibility, and balance work. The results have been both physical and mental growth, with Georgia becoming stronger, healthier, and more confident.

Matt encourages anyone interested in beginning their fitness journey to reach out for a free consultation at [mattspt@outlook.com](mailto:mattspt@outlook.com), or follow his training updates on Instagram [@mattspt](https://www.instagram.com/mattspt).



# Whanau Advisory Group Update

The MASH Whānau Advisory Group and MASH Management are delighted that Apryl Cadman, a Registered Legal Executive with Manawatu Community Law has kindly agreed to provide a briefing to families on the current thinking surrounding Enduring Power of Attorney (EPOA) and Welfare & Property Guardianship. This can be a very expensive exercise for families with legal fees and a time-consuming process dealing with court appointed lawyers and the application process.

**WHEN:** 12:00pm Thursday 11 September 2025

**WHERE:** Focal Point Palmerston North  
[223 Cuba Street Palmerston North](#) and [online here using Teams](#)

**RSVP:** If attending in-person, please RSVP to [enquire@mashttrust.org.nz](mailto:enquire@mashttrust.org.nz) by 5pm Tuesday 9 September.

We are very grateful to Apryl for her willingness and effort to do this for families and hope you will be able to attend.

We would love more members, particularly if your person is receiving MASH Mental Health or Addiction Services as the group has no experience in those areas. We understand how stressful it can be to be the advocate for your person and we here are to support you too.

To that end, we have created a confidential email address so you can reach us directly: [whanauadvisory@mashttrust.org.nz](mailto:whanauadvisory@mashttrust.org.nz).

Please email with any questions you might have, concerns or any general feedback. We are here to advocate for all families.





**MASH**  
TRUST

# Splash


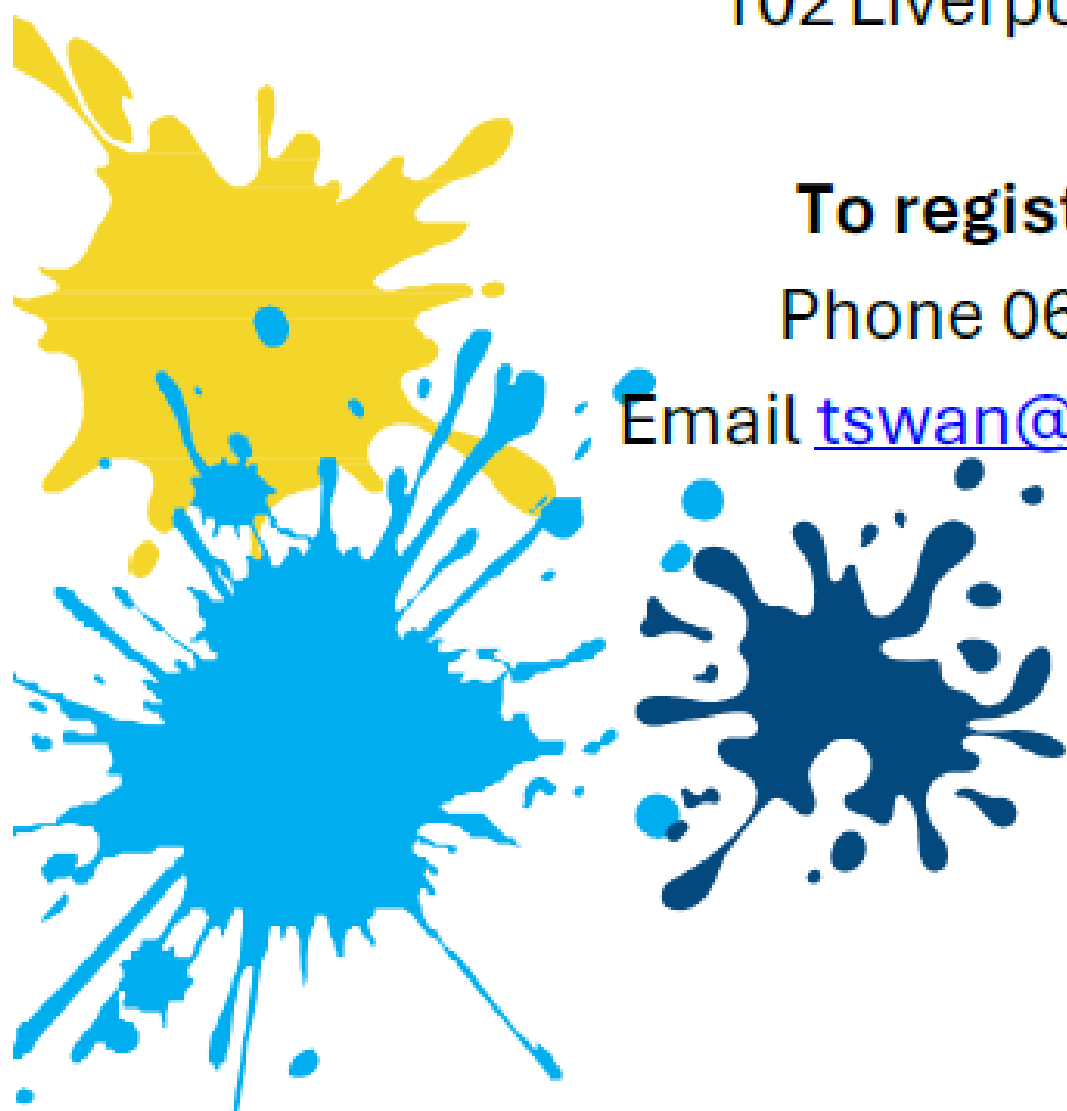


**An Inclusive Art Exhibition**

**Open to the public from  
10:30am to 3:00 pm on 1 November**

Te Puna Rau Aroha  
102 Liverpool Street Levin

**To register your art:**  
Phone 06 368 6294 or  
Email [tswan@mashttrust.org.nz](mailto:tswan@mashttrust.org.nz)



# Splash Art Exhibition



**Where:** MASH Trust’s community space, Te Puna Rau Aroha  
102 Liverpool Street, Levin

**When:** Special opening just for artists and their whanau on 31 October at 2:30pm  
Open to the public and sales on 1 November from 10:30am to 3:00pm

## Artist Entrance Form

Fill in two. One to be attached to the art,  
the other to be handed in person to MASH  
with the artwork by 17 October.

Artist Name \_\_\_\_\_

Name of art \_\_\_\_\_

Price (if for sale) \_\_\_\_\_

*Number, to be filled in by administrator.*

\_\_\_\_\_

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Price (if for sale) \_\_\_\_\_

*Number, to be filled in by administrator.*

\_\_\_\_\_

## Disclaimer

Please be advised that while every reasonable care will be taken in handling and exhibiting submitted artworks, **MASH does not accept responsibility for any loss or damage** that may occur during transit, handling, hanging, display, or removal, whether caused by accident, public interaction, environmental factors, or otherwise.

By submitting your artwork, you acknowledge and agree that **MASH will not be liable for any damages**, nor will it cover the cost of repair or replacement of your artwork.



# MASH Trust Survey

Your opinion matters!

----- VANESSA COWLEY



We're excited to let you know that our next round of surveys for the people we support and their families are now open and run until Tuesday, 30 September closing at 5pm.

Your feedback is really important to us as it helps us understand what is working well and where we can do better, so together we can create the best possible support and experiences.

## Getting out and about





# MASH Leadership Team



Sandra Lester, Angelique Walker, Karleen Edwards, Tania Lennon,  
Bruce Miller, Te Arika Paitai, Janet Ellery,  
Adam Bouman, Darryl MacDuff, Isaac Davis,  
Jason Raman, Anna Harris, Penny Odell, Hayley Wakefield  
Absent: Marlon Hepi

## MASH TRUST

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