



Aspiehelp / The Aspire Trust

August 2016 Newsletter

Edited by Hazel Shanks

In this newsletter: Social science student Intern at Aspiehelp, more Sausage Sizzles for August, our Young Leaders group starts up, a winter soup recipe, and the usual In Our Office.

Olivia joins Aspiehelp

Olivia is a social science student who is interning with Aspiehelp. She'll be alongside Leith and Julie in directly working with clients.

She's been keen to help, and brings her experiences working with the Sea Cadets. So far she's been a great help around the office in addition to her work with our clients. She's sorted our Library, created a booklist for our website, and organised our resources.

If you are uncomfortable having a student sit in on your counselling session please let us know.



Olivia Stacy, our Social Work intern

Sausage Sizzles fundraisers for August

We have two sausage sizzle fundraisers coming for this month! Both of them are at Mitre 10 Beckenham, and will start at 9:30am and continue until roughly 3-4pm. The first is on **Sunday the 14th** of August, and the second one is on **Sunday the 28th**.

If you're in the area, please come see us and have a sausage. All profits go to supporting the work we do here at Aspiehelp (... including funding future sausage sizzles, of course).

Please note that the price has increased from \$2 to \$2.50. This was unavoidable, as the price of the sausages we use was raised.

Our delicious high quality sausages are provided by Fresh Meats Barrington.

Aspie Young Leaders group starting up

Over the coming months we will be starting up a youth leaders program. The program will focus on helping young people

- discover more about themselves,
- learn what Asperger's is,
- understand how it can affect your life,
- know how it affects people's perception of you (and how to deal with their assumptions),
- self-advocate, and
- to become leaders within the community.

We'll be letting members know how to get involved in the next month.



Maisie's Winter Soup Recipe

Thanks to Julie McGeorge

Feeds: 2-3 people. Total time: roughly 45 min.

1. Ingredients:

4 bacon rashers (or 250 grams of bacon pieces)

1 Leek

2 Parsnips

2 Celery sticks

1 large kumara

1 cup of split peas

(optional) one handful of spinach

2 liters of chicken stock

2 tablespoons of cooking oil (use a plain cooking oil eg. canola or sunflower oil)

2. Instructions:

First, chop all the vegetables and the bacon finely (into small pieces).

Then, gently fry all vegetables in the cooking oil until the vegetables are soft.

Finally, simmer (less than full boil) all ingredients in the chicken stock for 30 minutes.

That's all! It's ready to serve.



Ara Institute open day

Ara Institute (newly named when CPIT and Aoraki Institute merged) is having their open day on Thursday the 25th, from 2pm to 5pm. If you're interested in tertiary study to increase employability, give it a look.

To quote Ara:

"Attendees can:

- * Check out more than 150 career-focused study options
- * talk to tutors
- * Meet representatives from local businesses
- * attend info sessions
- * tour the campus

Further information, including a timetable of information sessions is available on our website www.ara.ac.nz or phone 0800 24 24 76 for more details."



Breathing instructions to help calm down

Place your hands on your chest, over your heart. Close your eyes and feel your breathing and heart rate. Try to focus on taking big, deep breaths in order to slow your breathing. If you can focus only on that and manage to take big breaths, you should feel your breathing and heartbeat slow.

You've taken a moment for yourself and reduced the physical symptoms of panic and anxiety. Now, you're ready to deal with the world again.

In Our Office

What a busy month we've had in our office. Our phone has been ringing regularly. Having a 4th person in the office has made things busy as well!

Olivia has been settling in and learning how we do things, and sitting in on client sessions. In addition, she's been working on larger one-off projects like sorting our library and creating a complete booklist. Having another person has led to a more active and social office.

We've had 6 clients needing our help, and some home help visits included in that. We have also been down to Hillmorton, with a client who needed emergency help which Julie found particularly educational. She found it very interesting to see how they managed people and the plans they made.

2 diagnostic results from the University Psychology Centre were issued for clients of ours this month, which is always gratifying. The diagnostic process does take some time (and money), but is crucial to obtaining future help.

It's been a bit hectic, but we're handling things and helping people out.



*Our staff, top to bottom:
Leith, Julie, and Hazel*

Social evenings

Our regular social evenings are on the first and the third Wednesday of the month, at a venue near Church Corner at 7:30pm. (Please contact Leith for the exact location).

We have board games, hot drinks and biscuits, and a selection of books from the Aspiehelp library available every meeting.

The next two meetings are on the 3rd and the 17th of August.

You are welcome to attend.

(New members should contact Leith or Julie first.)

Women's group

Our Aspiehelp women's group meets fortnightly on Tuesdays at 2pm.

A get-together for autistic-spectrum women and women living with aspie family.

The next two meetings are the 16th and 30th of August.

Our Patron is Stephen Mark Shore, PhD.

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