



Spring 2026

Your Help Changes Lives

Building Strength & Resilience in Rural Families

17 young people from around the East Coast came together for the first Sibling Camp held in the region. Gisborne and the East Coast are areas where there is not a lot of support for the families of children with intellectual disabilities. Because of the kind support of Calf & Rural Scheme donors like you, IHC was able to make this a priority area to hold a Sibling Camp.

Sibling Camps bring together young people who have a brother or sister with an intellectual disability. **These camps are especially important for families living in rural areas who may not often get to meet other kids with families like theirs.**

Siblings of a child with an intellectual disability often feel left out as their parents may need to spend more time with their brother or sister with a disability. They may often not be able to attend sports games, after-school activities or play dates if their disabled sibling is unwell or needs their parents' attention. And the one thing the parents tell us is that their kids never complain. **They understand they have to make sacrifices to ensure their disabled sibling is OK. And the parents find this heartbreaking.**

These children often also carry a lot of worry about their sibling with an intellectual disability if they are unwell. They worry about what will happen to them in the future and are hurt when they see them not being treated fairly. Sibling Camp is a place they can put these worries aside for a couple of days and have fun. It is a place just for them.

At the Gisborne Sibling Camp, the kids did fun activities like horse riding and pottery. These activities bring the kids together as most don't know each other.



There are also workshops where they talk about what it is like to have a sibling with an intellectual disability, and how they feel or respond when people say unkind things. It helps them to understand their sibling's needs. But the real magic is the friendships that are formed. These kids get to establish their own support networks by making friends with other children they can relate to. And many of these friendships last for many years.

Scan the QR code to see more of the feedback from the Gisborne Sibling Camp.



Feedback from Parents

"They have loved every second of last weekend and are constantly asking if I have heard back about the next SibCamp."

"This is an awesome idea and it's a cool whakaaro to celebrate siblings who live with diversity and disabilities."

"The smile on my son's face!"

Thank you!

Thank you to everyone who makes the Calf & Rural Scheme such a great success. Your support means people living with intellectual disabilities in rural communities can live meaningful lives.

Thank you to all the wonderful farmers who donate, the reps at PGG Wrightson who help sell the animals, the freight companies who get the calves to sale at no or a reduced cost, and the canvassers who do a wonderful job signing people up for the scheme. We couldn't do it without you!



Legacy of Giving: Passing the Torch in the Manawatū

The IHC Calf & Rural Scheme started as a simple idea. Farmers would donate a calf, and in return get a pair of gumboots. That was almost 45 years ago and over the years, the scheme has become a family tradition for many. As parents retire and their children go into farming, they continue to support the scheme as it is something their family has always done.

Family connections run strongly through the scheme. For many years, Murray and Lesley Mitchell, who donated calves to the scheme, also canvassed farmers in the Manawatū area for IHC. Now, their niece Chrissie Thomas is following in their footsteps as a Canvasser in the area. For Chrissie, this role is more than simply taking on a new responsibility. It is continuing a family legacy. Like her aunt and uncle before her, she understands the value of sitting around a kitchen table and sharing how every calf and every donation helps people in rural communities with intellectual disabilities.

The Mitchell's sons have also kept with the family tradition and now donate calves to the scheme. It is a wonderful example of what makes this scheme so unique.

Do you have a Calf & Rural Scheme story you'd like to share? Please email calf@ihc.org.nz to tell us your story.

Winner of the pre-pledge mystery weekend prize draw, Patrice Guerin, with Manawatū Canvasser Chrissie Thomas whose family have supported the Calf & Rural Scheme for many years.



Enter the Mystery Weekend prize draw!

We have two Mystery Weekend prizes to give away.

- **Draw One** – live animals sold for \$300 and more before 31st March 2027
- **Draw Two** – All donations of \$300 and over received before 31st March 2027, this includes virtual calves and donations.

Congratulations to our pre-pledge draw winners: Brian & Patrice Guerin from Palmerston North, and Johnny Adamson from Invercargill.



Photo Competition

Enter before Friday 30 October

We have some talented photographers who are part of the Calf & Rural Scheme.

Do you have one of this year's winning photos?

There are three categories in the Calf & Rural Scheme Photo Competition this year

- **IHC Calf (show us your ear tag)**
- prize \$150 Prezzy Card
- **Farm Animals**
- prize \$100 Prezzy Card
- **Working on the farm**
- prize \$100 Prezzy Card

Enter online at
ihc.org.nz/CSphoto
or scan the QR code.



Give the Gift of a Meaningful Life



For 75+ years, with support from caring New Zealanders like you, IHC has been helping people with intellectual disabilities live rich and meaningful lives.

Through a gift in your Will, you will carry on IHC's long tradition of care for people with intellectual disabilities.

If you would like to continue to bring purpose, joy and choice to the lives of people with disabilities, please consider a gift to IHC in your Will.

For more information please call Julie Osborne on 0800 442 886 or email julie@ihc.org.nz

Thanks to our wonderful sponsors

Their support means your gift helps even more people in our rural communities.

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You're Helping People Live Healthier Lives



When IHC's Data to Dignity report showed people with intellectual disabilities were four times more likely to be experiencing food poverty, your Calf & Rural Scheme donations enabled IHC to establish a new programme to help.

The report identified that people with intellectual disabilities were four times more likely than other New Zealanders to say they couldn't afford to eat meat or a vegetarian protein every second day, and that they were three times more likely to cut back on fruit and vegetables due to cost.

Cath and Shayne have been travelling around New Zealand with their camper van, running Cooking with Cath and Wellness Workshops for IHC for the past couple of years. Using the camper keeps costs down as they travel to communities throughout New Zealand. It also makes it easier for them to get to rural communities to run these workshops too. Calf & Rural Scheme donors provide the essential funding to bring these cooking workshops into rural communities around the country – **Thank You**.

When they read that people with intellectual disabilities were struggling with affordable food, they knew they could help. With funding from wonderful Calf & Rural Scheme supporters like you, Cath and Shayne are developing an online cooking school aimed at people with intellectual disabilities called The Happy Healthy Kitchen.

Cath has been teaching people around New Zealand with intellectual disabilities, and the people who support them, about living a healthy lifestyle. She also teaches them to cook their own simple, affordable meals. "It's about building skills and confidence. Anyone can cook. Anyone can eat well."

Cath had been thinking about the ongoing challenge to teach more people. The classes, which are fully funded by IHC's donors, including Calf & Rural Scheme supporters and legacies, are free to attend and Cath says, "They are always full. And at the end of each workshop, people would say goodbye feeling excited and motivated. They'd say, 'See you tomorrow!' They wanted to come back and learn more."

With Shayne's skills as a photographer and designer they knew The Happy Healthy Kitchen

was a much-needed resource. And while it is created for people with intellectual disabilities, anyone can use it.

Although the site is new, Cath aims to have over 100 recipes on it, just as soon as she can develop them. And this is all thanks to your Calf & Rural Scheme supporters like you. **Thank you!**

*Although Happy Healthy Kitchen is designed to be easy to follow for people with intellectual disabilities, anyone can use it. It is a great resource to help young people or those less confident in the kitchen to learn to cook. Cooking a special meal for someone else adds a real sense of meaning to anyone's life.

Scan the QR Code to see more recipes.



The Happy Healthy Kitchen

Recipes start with a short video. For example, **the Chia Seed Pudding** recipe. The video explains that it isn't really a pudding, and it is a food for breakfast or any time of the day. It also explains where in the supermarket to buy ingredients that might not be cupboard staples, e.g. the chia seeds, and shows step-by-step how to make the recipe.

The recipe is also written out in very easy steps, and can be printed out, so it is easy to follow. A list of utensils needed is also given in Easy Read format so everything can be organised ready to cook.

Chia Seed Pudding

INGREDIENTS YOU WILL NEED



Chia Seeds



Milk



Maple Syrup



Peaches

Ingredients are listed in *Easy Read* format and includes pictures to make them easier to identify

PGG Wrightson Sale Dates & Top Pen Competition

We'll be running the Top Pen Competition again this year. PGG Wrightson have donated 10 regional prize vouchers of \$100 for winners. IHC Calf & Rural Scheme calves that are in the top 10% of the sale prices achieved at each of the sales below are automatically entered into the draw. Please ensure you have 'IHC Calf' written on your ASD form.

You can increase your chances of winning by donating a well bred, early-born calf and getting its weight to more than 100kgs before sending to sale.

When you are ready to send your calves to sale

- Contact your local transporter to arrange for your calf to be picked up. Most transporters will invoice IHC directly.
- Make sure you have written IHC Calf on your ASD form

Congratulations Jamie!

Jamie MacKay won the Agriculture Communicator of the Year award at the The Primary Industries NZ Awards in June for his radio programme 'The Country'. Jamie is also Ambassador and a big personal supporter of IHC's Calf & Rural Scheme. Congratulations Jamie and thank you for all you do for the scheme.



PGG Wrightson Sale Dates

Saleyard	Sale Dates	Weekday	PGW Rep/s
Paeroa	02/11/2026	Monday	Rhys Mellow 027 664 5143
Rangiuru (1st)	28/10/2026	Wednesday	Simon Rouse 027 492 4805
Frankton (1st)	29/10/2026	Thursday	Neil Lyons 027 223 5784
Rangiuru (2nd)	11/11/2026	Wednesday	Simon Rouse 027 492 4805
Inglewood (Taranaki)	12/11/2026	Thursday	Andrew Gibson 027 444 0108
Feilding (1st)	12/11/2026	Thursday	Callum Stewart 027 280 2688 Ross Karam 027 256 4258
Tuakau	13/11/2026	Friday	Andrew Person (Andy) 027 590 4826 & Karyn Blake (office)
Kaikohe	25/11/2026	Wednesday	Vaughn Vujcich 027 496 8706 Grant Pallister 027 590 2201
Stortford Lodge	25/11/2026	Wednesday	Neil Common 027 444 8745
Frankton (2nd)	26/11/2026	Thursday	Neil Lyons 027 223 5784
Feilding (2nd)	26/11/2026	Thursday	Callum Stewart 027 280 2688 Ross Karam 027 256 4258
Golden Bay	26/11/2026	Thursday	Craig Taylor 027 435 7437
Wellsford	30/11/2026	Monday	Bernie McGahan 027 590 2210
Dannevirke	01/12/2026	Tuesday	Cam Smith 027 446 9963
Canterbury Park	01/12/2026	Tuesday	Stu Walsh 027 434 4093
Brightwater	02/12/2026	Wednesday	Craig Taylor (Brightwater) 027 435 7437 Chaz Woodhouse (Blenheim) 027 560 4584
Temuka	02/12/2026	Wednesday	Bernie Cox 027 477 0551
Temuka	03/12/2026	Thursday	Bernie Cox 027 477 0551
Waiareka (no sale calves going to Temuka)		Calves going to Temuka	Wayne Brensell 027 405 8248
Lorneville	03/12/2026	Thursday	Andy Yule 027 436 7962
Charlton	17/12/2026	Thursday	Mike vanderLinden 027 609 9187
Ross (no sale calves going to Canterbury Park or Brightwater)	Contact Rep	Calves going to Canterbury Park or Brightwater	Lleyton Phillips 027 211 0429
Balclutha	20/01/2027	Wednesday	Paul Anthony 027 534 2512

If you prefer to send your calf to a different sale, please get in touch with your local rep. PGG Wrightson reps are listed here.