

JULY 2024 | ISSUE 17

AIM HIGH NEWSLETTER

Aim High Charitable Trust



AIM HIGH CHARITABLE TRUST

**Non-profit organisation
for people with disabilities**

Aim High Charitable Trust was established in 2021 to support people with disabilities in Auckland.

Our goal is to improve the quality of life of people with intellectual disabilities by providing opportunities for learning and skill development, enable them to participate meaningfully in the local community.

The Aim High Education Centre provides a daycare, a day service, holiday programmes, individualised programmes for all age group. Aim High Café offers volunteering opportunities for individuals with disabilities.

Follow Us on Social Media

Trust Website

www.aimhightrust.co.nz

Trust Facebook

www.facebook.com/aimhightrustnz

Trust Instagram

www.instagram.com/aimhightrustnz

Cafe Instagram

www.instagram.com/cafe_aimhigh

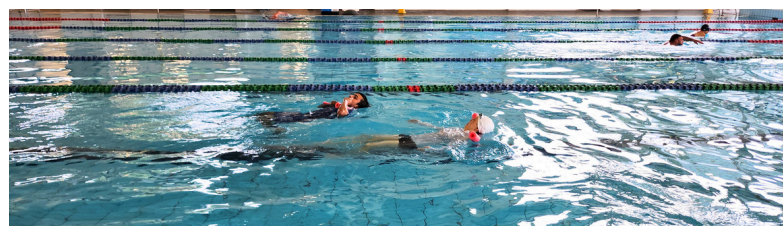
Contact Us

aimhighnz2020@gmail.com | 021 112 6483

47 Pearn Place Northcote Auckland 0627

PO Box 36213 Northcote Auckland 0748

COVER STORY



Fun Swimming Lessons for students with disabilities

Emily Jeong
Education Centre Teacher

Our education centre students meet a new world every Tuesday through swimming lessons. This wonderful opportunity started with the free volunteer service of a special education teacher Jinhee. They go to the Papatoetoe Swimming Pool to receive swimming lessons. Although the distance from the education centre may be a bit far, the students and teachers enjoy the special time as if we are on a trip.

Even students who initially felt tense and had stiff bodies, now after two months, they have started to entrust themselves to the water. Their appearance in the water has become much more relaxed, and little by little, they are beginning to float. As time goes by, their innocent laughter and enjoyment in the water bring great joy in itself.

With the efforts of the assisting teachers and caregivers, the students look forward to visiting the swimming pool every week. The experience in the water holds more significance than just exercise, and I believe it will bring great joy and a sense of accomplishment to the students. In order for the students to safely engage in activities in the water, the help of volunteers to supervise them one-on-ones is needed. If more volunteers participate in playing and assisting with the lessons, our students will be able to have an even more enjoyable swimming time.

I believe that our students will have better experiences with us through programs like these. Watching our students' bright smiles and positive changes once again emphasizes how important the various activities and experiences are for them.

TUESDAY SWIMMING LESSON

Centre teachers accompany and care for the students alongside a special education swimming instructor conducting lessons. Departure from the education centre is at 10 am, we return to the centre by 12:30 pm. Collection time is 1 pm. **Enquiries : aimhighnz2020@gmail.com**

EDUCATION CENTRE NEWS

2024 Term 1 Holiday Programme 15 April - 26 April

Aim High Education Centre runs a holiday programme during every term break. We had students of all ages, from young children to adults with disabilities, who spent a safe and enjoyable holiday with the help of our teachers and volunteers.

The Aim High holiday programme is designed for students with disabilities to use all their functions and senses. Indoor classes included art classes, music classes, as well as physical activity sessions such as K-pop dance, Taekwondo, Jiu-jitsu, yoga and more.

Outdoor classes included a Maritime Museum sailing, Tree Adventures and a farm visit. The students were able to enjoy the sea scenery on the ship, and at the farm, we engaged in various activities such as harvesting kumaras, planting flowers, and observing fruits and veges.

AIM HIGH EDUCATION CENTRE
2024 TERM 1 HOLIDAY PROGRAMMES
FOR CHILDREN AND YOUNG ADULTS WITH DISABILITIES

Aim High Holiday Programmes are run by disability support provider Aim High Education Centre. Our indoor programmes offer well-planned activities with arts, music, sports, games and more. Outdoor programmes are field trips with 1:1 supervision at many fun places.

Indoor Programmes (Mon / Wed / Fri)
Choose from sessions below
Morning Session : 10 am - 12 pm
Afternoon Session : 1 pm - 3 pm
Full Day : 10 am - 3 pm

Outdoor Programmes (Tue / Thu)
Field Trip : 10 am - 4 pm
(Maritime Museum visit day: 9 am - 3 pm)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	15 APRIL	16 APRIL	17 APRIL	18 APRIL	19 APRIL
10 - 12	ART	PAPERPLANE PROJECT & TABLE TOUR	MUSIC	FARM VISIT	MUSIC GARDEN
1 - 3	JIUJITSU		CABLE-KARTING		TAEKWONDO
WEEK 2	22 APRIL	23 APRIL	24 APRIL	25 APRIL	26 APRIL
10 - 12	ART	TREE ADVENTURES	MUSIC	(WE ARE CLOSED FOR ANzac DAY)	MUSIC GARDEN
1 - 3	YOGA		K-POP DANCE		TAEKWONDO

Please feel free to contact us for further details
aimhighnz2020@gmail.com

Aim High Education Centre / Aim High Charitable Trust
47 Pearm Pl, Northcote, Auckland



2024 Term 2 Holiday Programme 8 July - 19 July

Many students participated in various activities during the term 2 school holiday.

In art class, they learned candle making, watercolor painting, and other techniques. Our music therapist supported students to try out various musical instruments during music sessions. Taekwondo class was led by a certified 7th-degree black belt instructor, who taught kicks and jump rope to utilize the body effectively.

The outdoor programme included Chelsea Sugar Factory tour, an indoor playground called Spectrooms designed specifically for children with autism, and a visit to a hot pools suitable for the winter season.

AIM HIGH EDUCATION CENTRE
Term 2 Holiday Programme
For students with disabilities

We have awesome activities planned for students with disabilities during July school holidays. Our fun-filled indoor programme include arts and crafts, music therapy, dance, sports and more. Tuesdays and Thursdays will be trip days to various fun places.

Indoor Programmes
Mondays | Wednesdays | Fridays

Our sessions run as follows
Morning session : 10 am - 12 pm
Afternoon session : 1 pm - 3 pm
Full day session : 10 am - 3 pm

Outdoor Programmes
Tuesdays | Thursdays

Full day trip : 10 am - 3 pm

We only accept enrolments until the 28th of June
Please feel free to contact us for any enquiry
aimhighnz2020@gmail.com

July 2024					
	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
Week 1					
Morning	Candle-making & Exercise	Chelsea Sugar Factory (Factory tour)	Music time & Arts	Vertical Adventures (Rock climbing) & Spectrooms or MOTAT*	Music therapy & Arts
Afternoon	K-pop dance		Taekwondo & Games		Taekwondo & Games
Week 2					
Morning	Crafts & Exercise	Activzone (Skating)	Music time & Arts	Palm Springs Hot Pools	Music therapy & Arts
Afternoon	K-pop dance	Obstacle courses	Taekwondo & Games		Taekwondo & Games

* Spectrooms for children 10 years and under / MOTAT for older students

Indoor Programme Venue - 5 Argus Pl, Hillcrest (Korean Community Hall)
Trip days Drop off & Pick up - 47 Pearm Pl, Northcote (Aim High Education Centre)

AIM HIGH EDUCATION CENTRE
47 Pearm Pl, Northcote Auckland | aimhighnz2020@gmail.com | 021 102 4483
www.aimhightrust.co.nz

AIM HIGH PROGRAMMES

Day Service

Mon - Fri | 10 am - 3 pm

Aim High Education Centre (47 Pearn Pl. Northcote)

Aim High runs a day service for adults with disabilities. The programme includes arts and crafts, music therapy, swimming lessons, Taekwondo classes, basic reading writing maths, cooking and baking, as well as group sensory sessions, day trips to Auckland Museum and art galleries, and vocational training.

Our students will have a systematic education plan to continue learning through cognitive and sensory stimulation, rather than staying in their current state.

Group Programme

Tue 1 pm - 2:30 pm | Wed 10 am - 11:30 pm

Korean Community Centre (5 Argus Pl. Hillcrest)

We have group sessions on Tuesdays and Wednesdays. Led by expert instructors in various fields, the programme consists of activities in music, art, sports, and sensory therapy. Participating with other people with disabilities helps to enhance cooperative and social skills.

Students who take part only in the group programme should participate with a caregiver and will receive a group discount.

Weekly Schedule for Day Service

Monday : Vocational Training / Arts

Tuesday : Swimming / Music Therapy

Wednesday : Sensory Session / Baking

Thursday : Social Activity / Cooking

Friday : Half-day Trip / STEAM



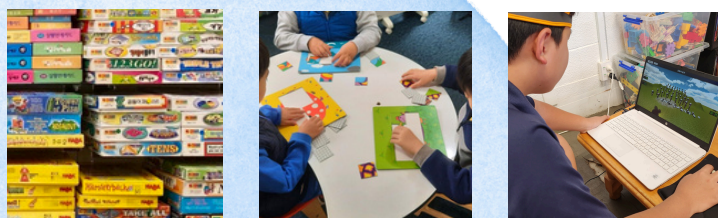
After-school Programme

Mon - Fri | 3 pm - 6 pm

Aim High Education Centre

The After-School programme is designed to support not only students with special needs, but also slow learners who struggle with learning and social skills in regular schools.

The programme includes Neuro Harmony sessions for brain training and memory enhancement, social programmes to promote basic knowledge and social skills, board games and puzzles, tutoring academic subjects, arts, and music.



AIM HIGH CAFE NEWS

Space for Neurodiverse People

The Aim High Cafe is a non-profit charity cafe that opened its doors to help people with disabilities live independently. All profits and donations from the cafe are managed by the trust and are used to operate the cafe and education center, as well as for vocational training for people with disabilities.

Aim High employs three staff members with disabilities at the cafe. They all started as volunteers and learned the cafe work to become our employees. As of July, out of 12 volunteers, 8 have developmental disabilities such as autism spectrum disorder and Down syndrome. They expand their abilities and learn social skills through weekly cafe activities.

Aim High Cafe is a place where people with disabilities can engage in society and interact with their neighbors freely. It's also a valuable space where the general public can feel comfortable spending time with people with disabilities and have the opportunity to engage in conversations with them.

We hope that support workers and caregivers from disability support services or residential houses will visit our cafe frequently. We aim for the cafe to become a social activity space where neurodiverse people can stay comfortably.

Venue Hire

You can hire our cafe venue for meetings or special occasions. Please book with our cafe staff or email us. aimhighnz2020@gmail.com



Volunteer Opportunity

For People with Disabilities

You can experience cafe work as a volunteer. The applicants or residential house managers choose days and times, and then they can join basic café work and baking preparation. The caregivers should stay with them and our cafe staff support our volunteers.

For Our Customers

You can donate your time or talent to help people with disabilities. Any help such as assisting FOH staff, sharing baking skills or donating goods all welcome. Volunteer application form available at the cafe or on our website.

Stories from Our Cafe Baristas

Barista Avery

I had experienced meeting disabled friends when I was in school, but interacting with them in society and at work was a whole different experience.

I realised that they pay attention to even the smallest details when they focus on something. Witnessing this, I truly became aware of their abilities and potential. Especially their ability to figure out what needs to be done and do it without me saying anything is truly amazing. Watching them grow and working alongside them gives me a sense of accomplishment and enjoyment.

Working alongside them has helped me to let go of prejudices and learn that everyone can play an important role in their own way. I hope more people get to experience this positive change by working with individuals with disabilities.

Barista Limy

Working with people with disabilities was initially challenging and required a lot of patience. There were moments when I doubted whether it was possible to work with them in a cafe, and there were times when I had to repeat myself several times to communicate.

However, seeing people with disabilities taking orders and serving customers, and being able to articulate clearly, made me realise that my initial biases were wrong. It reaffirmed to me that they are fully capable of working alongside others.

At first, it felt awkward and unfamiliar, but as we got to know each other, our daily interactions became more natural. Through this process, I came to understand how valuable this space is for people with disabilities, and what a positive environment it provides for them.

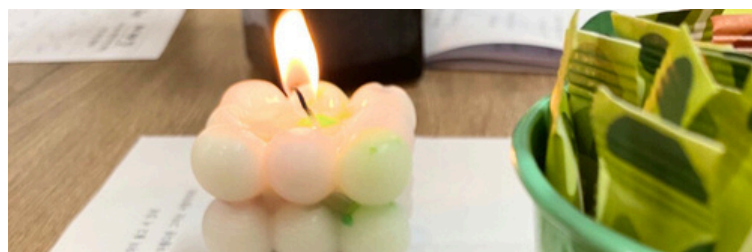
It was not just about the workplace; it was a priceless time of learning about communication and empathy. Witnessing their personal growth during our time working together was incredibly rewarding. I hope that more people can overcome their prejudices through such experiences in the future.



2024 Jan - June Cafe Volunteers

Alex | Danielle | Futaba
Jaewoo | Jeffrey | Jungmi
Kae | Kayla | Kaylee
Kino | Lewis | Michaela
Minji | Sumin | Yoko |
Youngae | Younsuk
Yuzuki | Wilson





Volunteer Night 6 July | Aim High Cafe

Aim High arranged a volunteer night event for the employees and volunteers who dedicate themselves to the trust. We shared a warm dinner with many people who work at the education center and cafe and also support us. There were a variety of dishes prepared by Aim High and also by the supporters themselves.

After the dinner and chatting, we had a diverse programme including a bingo game to find words related to Aim High, a choir expressing gratitude to our people, a performance by the board of trustees, and a gift giveaway hosted by Jinhee. We thank all the employees, volunteers, and supporters who have shared their precious time, hearts, and talents for Aim High.

Lunar New Year Festival 11 February | Northcote Town Centre

Aim High Cafe participated in the Lunar New Year Festival held at the North Court Town Center, where they operated a Korean culture booth.

There was a taekwondo demonstration on the stage in front of the library, and the outdoor tables at the cafe were set up as a Korean cultural experience area. Activities such as hanbok paper folding, fan making, and balloon art were popular among the many children who attended the event.

The cafe not only sold coffee but also beverages made with Korean ingredients, such as black sesame lattes and Jeju green tea beet tea.



TRUST NEWS



**PORT OF
AUCKLAND**
TĀMAKI HERENGA WAKA

Ethnic Communities Development Fund

We administer funds to support community development and social cohesion.

POA Sponsorship

Aim High Charitable Trust has been selected for sponsorship in the Ports of Auckland sponsorship programme and has received a \$2,000 grant. POA is a company owned by the city of Auckland, managing commercial logistics and ship-related facilities at Auckland Harbor. We would like to express our gratitude to Rosa KIM for recommending Aim High Trust to receive this support.

'The port is proud to have supported a wide range of events, groups and initiatives that have helped others reach their goals, live out their dreams and have fun along the way'
-From POA Facebook-

Donation from Hi Well

At the Hi Well 2024 Lunar New Year celebration, Aim High Trust was selected as one of four disability volunteer organisations to receive a \$1,000 grant, in support and encouragement of Aim High Trust's efforts for the second consecutive year. We express deep gratitude to the Hi Well Foundation for their continuous support and encouragement.

Ethnic Communities Fund

Aim High Trust has received a \$20,000 grant from the Ethnic Communities Development Fund (ECDF) of the New Zealand Ministry for Ethnic Communities. This fund supports small organisations that contribute to the development of diverse ethnic communities in the region.

Through the ECDF, Aim High has been able to stabilise staff employment and enhance operational costs for the education centre programmes. The fund has also been used to develop vocational training programmes for café volunteers and centre students.

We are thankful to the Ministry for Ethnic Communities for selecting Aim High for this support.





Kingdom Festival

13 July | Every Nation Church

Aim High Trust participates in the Kingdom Festival every year to introduce the trust. It raises awareness of Aim High as a non-profit organisation for people with disabilities and conducts campaigns to improve awareness of people with disabilities among Christian youth. Last year, we operated a mini café, and this year, we exhibited various materials to prevent addictions related to disabilities. We also arranged a hands-on experience area for 'Neuro Harmony,' a brainwave measurement and brain function enhancement programme used by students at the education center, which attracted a lot of interest from visitors.



K-Food Cooking Contest

29 June | Korean Community Centre

The team Aim High received a special award at the 1st National K-Food Cooking Contest hosted by the Korean Association. The team, consisting of Youngmi PARK as the trustee and cafe staff Kevin KIM and Avery KIM was selected as one of the 15 teams in the online judging and competed in cooking against participants from across NZ. The menu was composed of dishes representing the meeting of New Zealand and Korean cuisine. For the appetizer, they prepared mussel sashimi; for the main course, two variations of eel tempura with soy and red pepper paste; and for dessert, they created kiwi shaved ice and served it in traditional tableware. Big Paki paki to all the team members who represented Aim High.

FINANCIAL REPORT

January 2024 - June 2024

Income

Donation	\$14,800.00
EDCF Fund	\$20,125.00
Education Fee	\$72,839.65
Cafe Sales	\$125,997.09
Tax Return	\$1,177.19
Interest	\$63.74
Total	\$235,002.67

Liabilities

Government Loan	\$29,000
Short-term Debts	\$8,000
Total	\$37,000

All profits from the education centre and the cafe go toward the trust, improving the quality of life of people with disabilities through education.

Expense

Wage	\$90,907.89
PAYE	\$23,403.36
Lease	\$43,003.81
Utilities	\$4,658.88
Operating Cost	\$2,835.44
Travel	\$4,565.01
Education Centre Activity Fee	\$3,062.99
Cafe Food & Supplies	\$46,645.39
Cafe Equipment Hire	\$1,690.71
Maintenance	\$6,281.40
Education Centre Renovation	\$625.73
Education Centre Resource	\$121.34
Bank Fee	\$38.99
Total	\$227,840.94

AIM HIGH DONORS

Thank you for your continuous donation

H S Ahn | Y S Chi | J R Choi | A K Chung | M Chung | O Gu | J H Ha | J Hwang | J Jang | J Jung | H J Kang | M J Kang | J W Kim | H S Kim | I T Kim | P Kim | S Y Kwak | D H Lee | K Y Lee | J K Lee | M Lee | H K Lim | Y S Lim | B D Min | S K Park | Y M Park | S G Rhie | W K Rhie | J Ryu | E H Ro | H S Shin | P H Song | S J Song | Y I Song | D Won | Y M Woo | M S Youn | Best Buy Asian Supermarket | Eftpos Land | Hi-well Charitable Foundation | Korea Sports Council NZ | Korean Golf Association NZ | J Sign | JL Partners | NZ Victory Church | Port of Auckland | Snowman Ice | The Eden Life Trust | Tob Coffee

DONATION ACCOUNT

ANZ 06 0323 0694123 00 Aim High Charitable Trust

Please leave your name as a reference and enquire via email for issuing a receipt.

AIM HIGH STAFF

Trustees

OK KIM | Youngmi PARK | Joseph JUNG

Commitee

Hanjeon KANG | Jaerang KANG

Education Centre Teachers

OK KIM | Youngmi PARK | Eunseon Jeong | Sehee Oh | Eunchang Yang | Sunmi LEE

Cafe Staff

Yelim Tak | Suhyeon KIM | Kumsung KIM | Eunhee Heo | Jieae KIM | Hyungtak LEE
Alicia Liew | Ahjeong Ku

Admin

Jiyeong KIM

OUR SUPPORTERS

Thank you for your Support to Aim High Trust

hi well
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victory
CHURCH



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The Korean Society of Auckland Inc.

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