

MANAGER'S REPORT

Kia ora koutou katoa

Greetings to you all.

Time has passed quickly since I wrote my last report. I have spent this time getting to know my job, getting to know more clients and working on future plans with staff. Staff and clients are moving from the cooking group to wood turning where they have begun making talking sticks, and we have started a new group who will be learning electrical safety. We are continuing with the swimming group, the gym programmes, the women's group, the men's group and all our usual activities including the Confident Communication, Heroes' Journey and the Aphasia Project.

BIA have hosted a Blue Brunch last Friday morning for Stroke Central Awareness Week. We had around 20 staff and clients attending.

Exchange

What a wonderful group. Congratulations Strive Manawatu! What a wonderful group. They won the cup. Special thanks to team Hawke's Bay who made a great job of hosting – I'm biased, of course, - all the team turned out and things ran like clockwork. Big UPS to Anita, you're a STAR!

Plan

The team and I have been working on a plan to make Strive Hawke's Bay a nationally recognised Centre of Excellence. This includes identifying best practice, committing to continuous improvement, maximising community-based rehabilitation, and looking at ways to extend rehabilitation beyond the social. We have made a start by planning and introducing two small projects (more next newsletter), and making a date for a dedicated staff meeting to complete SWOT analysis. It is exciting to be part of this and we plan to involve clients in the ideas and decision making process a bit further down the track.

Training

Three (possibly four) staff have stepped up to enrol in the Career Force REAL Apprenticeship in Brain Injury Rehabilitation Support. This is a great opportunity for staff to study for a qualification that relates specifically to their work. Two staff have enrolled in and will be attending a training course "Enhancing Relationships in Rehabilitation" with Dr Felicity Bright in June.

Coming Up

With the end of daylight saving we have been experiencing cooler weather and there have been lots of sniffles and colds from staff and clients. A reminder for those of you who have them, flu injections are now available at the doctors.

On that note I wish you all an enjoyable ANZAC holiday and look forward to meeting and getting to know more of you in the near future.

Ngā mihi
Guenever



Strive Rehabilitation at
Hawke's Bay

Inside this issue:

<i>Manager's Report</i>	1
<i>Managing Fatigue</i>	2&3
<i>Face the Facts— Holly McCleary</i>	4
<i>Thank You Easie Living</i>	4
<i>The Desire to Read Again</i>	5
<i>2018 Manawatu Exchange</i>	6-8
<i>What does 'Strive' mean to Confident Communication</i>	9
<i>Blue Brunch for Stroke</i>	9
<i>2018 Commonwealth Games Quiz</i>	10
<i>Annual Trip Destination</i>	11
<i>Wuzzles</i>	11
<i>Coming Up</i>	11





Margaret Boyle Occupational Therapist

http://www.tmsconsulting.com.au/wp-content/uploads/2015/07/International_Conference_on_Managing_Fatigue.png



“Thank you” to **Margaret** who gave her time to present to **Hero’s Journey** and other clients and staff on Wednesday, 28th March, 2018 on **fatigue management**.

18 people attended and the **feedback was very positive**.

Fatigue is a **common challenge** following and acquired brain injury. Margaret’s presentation provided **background information** as well as a **system used by occupational therapists** and included **strategies** for managing fatigue in the longer term.

Thanks too to **Anita** (Miller) who identified the **value of this presentation** for Hero’s Journey and also to **Arthur** (Brown) who thanked Margaret **on behalf of the group** and then presented her with a **card and gift**.

PTO

Some snippets from Margaret's presentation (using information from a presentation by Becky Moran, Occupational Therapist, London, Canada):

*Think of your brain like a **car** and your **energy level as a fuel tank**.*

- ***Before your injury, your brain was very efficient and used little fuel***



<https://www.muralswallpaper.co.uk/app/uploads/red-ferrari-car-plain-820x532.jpg>

- ***After your injury, your brain is like a “gas guzzling” jeep***



http://img.timeinc.net/time/photoessays/2009/general_motors/gm_hummer.jpg

- ***The biggest “gas guzzlers”:***
 - ◇ *Talking*
 - ◇ *‘Phone*
 - ◇ *Crowded environments*
 - ◇ *While others are talking*
 - ◇ *Visually stimulating environments or activities*
 - ◇ *“Evil triad”*
 - ◆ *Bright, colourful and moving/busy*
 - ◇ *Driving*
 - ◇ *Even as a passenger when it is raining or on crowded roads*
 - ◇ *Any activity that requires filtering*
 - ◆ *Any noise in the background will be distracting and it takes a lot of energy to put up a filter*
 - ◇ *Cognitive tasks requiring increased attention and processing*
 - ◇ *Reading, Sudoku, crosswords, completing forms, planning events*
 - ◇ *Physical activity*
- ***Take home message to manage fatigue:***
 - ◇ *Need to **limit** tasks that take a lot of energy*
 - ◇ *Need to **pace** activities*

FACE THE FACTS—Holly McCleary

What is your job at Strive Rehabilitation @ Hawke's Bay?

I am a 3rd year Social Work student, currently doing a 60 day placement at Strive Rehabilitation @ Hawke's Bay. My current role at Strive is to engage with clients and participate in activities. Along with my work at Strive I also have work from EIT to complete such as assessments.

What got you in to this type of work?

I have always cared for people and for those who may be disadvantaged. My role as a Social Worker is to advocate for and work with clients that face daily struggles.

What other jobs have you done?

Before starting study I did a few odd jobs here and there. I worked in a café, retail and the odd supermarket.

What are your interests out of work?

Outside of placement and study, I enjoy going out for a Sunday breakfast, gardening, spending time with my wonderful husband and our mini zoo (we have 2 cats, a rabbit, a turtle, goldfish and a puppy).

How do you relax?

I thoroughly enjoy stargazing. I relax by making a hot drink and listening to music (but only when my house is clean).

If you could go anywhere in the world, where would you go?

I lived in Australia for 7 years but decided to come back to Hawke's Bay about 5 years ago. I would like to travel to India some day (but I do get terrible travel sickness).



THANK YOU EASIE LIVING

A big thank you to **Lesley** from **Easie Living** who came to Strive Rehabilitation @ Hawke's Bay on Tuesday 10 April with the mobile Van Service. I was a horrible wet day so Lesley set up in an empty room next door.

"An innovative service providing easy access to disability information, advice, aids and equipment for independent living"

There is a lot of very useful equipment out there to make our lives easier and Lesley was full of **great advice and information**.

But don't worry if you missed out, she will be **back again** later in the year.



THE DESIRE TO READ AGAIN

Anita Miller

Maxine Bevan

Rehabilitation is about team work and we would like to share an example of rehabilitation in the longer term and the value of team work.

Anita:

I had a stroke in 2006. Most of the focus when I was in hospital was on the physical side and I wasn't aware then that I had any cognitive changes. Before my stroke, I loved reading. When I was back at home, I was surprised to find that I could no longer read. I could recognise words and sentences but I couldn't recall what I had read.

I began attending the Stewart Centre @ EIT in 2007 and I enrolled in a computer course. I managed the first papers because I didn't have to retain what I had read over a long time before I did assessments. The next papers were difficult because the time between reading material and doing the assessments was much longer and I gave up.

I thought that I would never read again.

Last year, as part of the Stewart Centre@ EIT's fund raising for the trip, we held a book fair. I felt so sad to see other people getting books to read including Pete and Lee. I realised that the passion for reading that they had was still there in me and I needed to do something about it. I wanted to see if there was anything else that I could do to be able to read again but I was scared to try in case I failed and then I would know that I really would never read again.

I talked to Maxine to see if she had any suggestions. Maxine talked about recent research that suggested that adults with traumatic brain injuries seem to benefit in reading efficiency when listening to and reading written passages at the same time.

How could I do this? I talked to Annie and she came up with the idea that I could use books from the Twist library that are meant for adults learning English as a second language. These books are simplified novels that introduce students to the pleasures of reading in English and come with a CD. Annie also found a great website.

I had a Kindle and so I started to use it to read and use the text to speak option so I could read and be read to at the same time.

Lee reintroduced me to the library and I updated my membership.

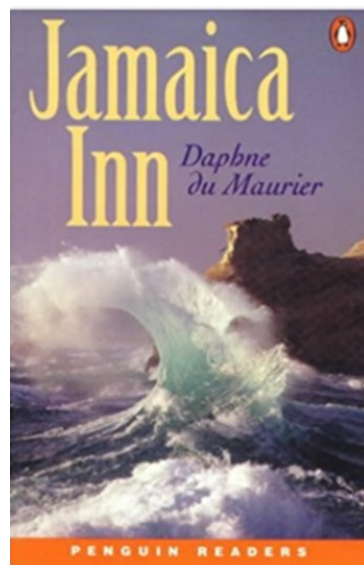
I have calculated that I have now read 14 books. I am now reading a book a week and I have been able to read two chapters recently without listening to the text.

I am so grateful to Annie, Pete, Lee and Maxine. I can't express how much it means.

Suggested websites:

<https://www.lifewire.com/free-audio-books-3481748>

<http://esl-bits.net/>



2018 MANAWATU EXCHANGE

Every year we have an exchange with **Strive Rehabilitation Manawatu**. One year they come to us and the next year we go to them.

As a part of the exchange we have a sports **challenge** and the winning Strive Rehabilitation gets the **Ranworth Cup**. This year it was Manawatu's turn to come here and they came on Wednesday 11th to Friday 13th April. Here's what we got up to:

Wednesday 11th April

Manawatu arrived at Strive Rehabilitation @ Hawke's Bay just after 2:30 pm and we had a **Mihi Whakatau** (welcoming) followed by a yummy afternoon tea. Thank you to **Kim**, it was delicious as always.

Then everyone had a lot of fun with a sing along and I have to admit Manawatu well and truly showed us up with their singing voices. A lot of the HB guys absolutely loved singing along so it has inspired us to incorporate singing in the programme somehow. We have photocopied Manawatu's song book and we might even have a few of our own to add to it for next time—watch this space!

This was followed by an early dinner of **fish & chips** from '**Golden Friar**'. then off to the EIT Lecture Theatre to watch the movie '**Love Birds**'. This is a New Zealand comedy movie starring **Rhys Darby**—a great movie.



Mihi Whakatau



Yummy afternoon tea



Catching up with friends



Fun singing along



Fish & Chips for dinner

Thursday 12th April

In the morning we were divided among two buses and did a **Art Deco bus tour** and we got to see some of the sights around Meanee, Taradale & Napier. It is amazing you can live in a city for several years and still learn something new about the history behind things. Thank you so much to **Mark & Merve** from '**Deco City Discoverer**' for driving the buses & providing us with guided commentary along the way.

We then had a **picnic lunch** on the **Marine Parade**. The weather actually turned out quite nice - sunny & not as cold as we were expecting.

In the afternoon we went to the **Aquarium** which is always good and you see something new every time you go.

After a bit of **R&R** we had a **BBQ dinner** back at Strive Rehabilitation which was cooked **Ross**—our BBQ King with his sous chefs Pete & Darryl.

We were then treated to a Quiz night with the always fabulous **Mike Goodacre**. A big thank you to Mike for doing this at very short notice (just a days notice), as we thought it would be too cold for Ocean Spa as originally planned. Also thank you to **Sherilyn** for doing all the marking - some dodgy answers, I'm sure. Congratulations to '**Strive for Success**' who were the winning team tonight. Also a big thank you to **Darryl** who stayed behind to clean up the dinner dishes while we did the quiz.



Art Deco bus tour



Picnic Lunch



Aquarium



BBQ dinner



Quiz Night



Friday 13th April

Today we played **Bat Down** at the **Hastings Sports Centre** as the challenge for the **Ranworth Cup**. It was a great game full of a lot of laughs & some real sportsmanship was seen.

Congratulations to Strive Rehabilitation Manawatu who won the cup and also congratulations to **Norman** who received the most green cards and got '**Player of the Match**'.

A big thank you to **Pete** who organised the challenge. It was great to catch up with our old friends at Manawatu as well as making a lot of new friends.

Make the most of the cup Manawatu, as next time it will be coming back to Hawke's Bay!

PTO for photos



Manawatu wins the cup



What a great looking bunch of people

ANSWERS FOR THE 2018 COMMONWEALTH GAMES QUIZ

Questions on page 10

- | | |
|---------------------------|--------------------------------------|
| 1. Sophie Pascoe | 7. Badmington, Basketball, Beach |
| 2. Prince Charles | Volleyball, Boxing |
| 3. Four | 8. Blue Koala—'Barobi' is Aboriginal |
| 4. Glasgow, Scotland | for Koala |
| 5. 71 | 9. Dream |
| 6. Vanuatu, Wales, Zambia | 10. Birmingham, England |

ANSWERS TO THE WUZZLES (Back Page)

- | | |
|------------------------|----------------------|
| 1. Forgive and Forget | 4. Almost Impossible |
| 2. Back Door | 5. Afternoon Tea |
| 3. Go on a Double Date | 6. Not in Use |

WHAT DOES "STRIVE" MEAN TO CONFIDENT COMMUNICATION?

"Go hard"

"Goals"

"Perseverance"

"Do your
best"

"Achievement"

"Let's get
into it"

"Commitment"



*For a Positive Future
Mo te heke mai pai*

"Endurance"

"Just do it"

"Up"

BLUE BRUNCH FOR STROKE

Last Friday 20th April the **Brain Injury Association HB** hosted a '**Blue Brunch**' which was a fundraiser and to raise awareness for **Stroke Central Region** as it was their awareness week at the start of April.

The **Woman's Group** and **TBI Men's Group** went along and everyone commented on how delicious the food was.

Thank you Dairne & Les, it was great to be a part of such a worthy cause/event.

If anyone would like information about Stroke please contact **Les Cunningham** who is the **Field Officer** for **Stroke Central Region**

Tel: 06 8330+ 6972 / **Mob:** 021 962 372

Email: lescunningham.strokecentral@gmail.com



QUIZ QUESTIONS—2018 Commonwealth Games

As always Mike Goodacre's questions for the quiz night were excellent. Even though the 2018 Commonwealth Games are over I thought I would include that Round of questions in the newsletter. Mike has very generously sent us the questions and answers so you can see how you go.

Questions

1. Who was the NZ Flag Bearer for the 2018 Commonwealth Games?
2. Which British Royal opened the 2018 Games?
3. How many years between Commonwealth Games?
4. Where was 2014 Commonwealth Games held?
5. How many countries & territories are in the Commonwealth?
6. Which 3 countries begin with the letters—V, W and Z?
7. 4 sports begin with the latter 'B' - can you name them?
8. The games mascot was 'BOROBI' - what was he?
9. Motto for 2018 Games was: "Share the" What?
10. Who will host the 2022 Commonwealth Games?

See page 8 for the answers.

Manager: Guenevere Weatherley

Supported Living Co-ordinator/Assistant Manager: Kerry Harper

Rehab Co-ordinators: Annie Spiekerman
Kim Herd
Darryl Smith
Pete McLachlan

Rehab Coach: Roger Mabey

Administration: Carron Burn

Rehab Professional: Maxine Bevin

SOCIAL CLUB

Co-ordinator: Anita Miller

Staff Support: Kim Herd

Secretary: Maria Dawson

Treasurer: Andrew Routledge

Committee: Michael Katene
Michael Hape
Ross Hantler
Dawne Gooch
Teresa Ashe

Newsletter Editor: Anita Miller

ANNUAL TRIP DESTINATION

Very soon we will be starting the voting process for the **destination** for the **2018 Strive Rehabilitation @ Hawke's Bay Annual Trip**. This is how it happens:

- During the Social Club Meeting we write up any destinations in the North Island (this year's trip will be in the North Island).
- In that meeting people vote for which destinations appeal to them.
- The 3 destinations with the top votes go on the notice board and people have 2 weeks to vote.
- In 2 weeks, the votes are counted up and the destination with the most votes is where we will go in around September/October. Where will it be?????????
- We are going to start the voting process in the **Social Club meeting** at **9:30 am on Wednesday 2 May**.
- If you can't make it to the meeting, please write your suggestions on the list on the noticeboard.
- Get your thinking caps on. **Where would you like to go?**

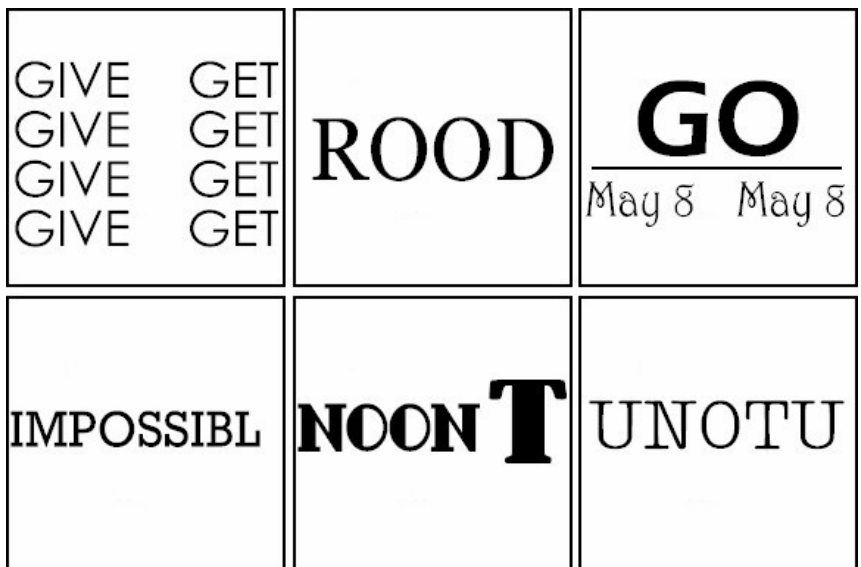


WUZZLES

How did you go last time?

Here's another lot.

The answers are on page 8.



COMING UP

Trip Planning

We just have to decide where we are going. Bring your suggestions to the Social Club meeting on 2 May and we'll start the voting process.

See Anita or Kim if you have any questions at Strive Rehabilitation @ Hawke's Bay

Phone 06 830 1557 (DD)

Email anita.miller@strivehb.org.nz