

MANAGER'S REPORT

Kia ora koutou katoa

E ngā mana, e ngā reo, e ngā kārangaranga maha, tēnā koutou.

Greetings to you all. With the winter cold snap and the rain I have been thinking how grateful I am to be sitting in my warm office writing about our great staff and clients, what we have done and what we might plan in the future. My last report was just before ANZAC weekend and already we have passed Queens Birthday weekend. The year is running away!

Group Programmes

The group programmes are very strong and well attended. The electrical course has come to an end. It was well attended and was very useful.

We are currently putting together a fitness programme for which Sport Hawkes Bay had organised Hastings District Council to donate 40 pedometers. Thanks to Sherilyn and Anita who organized this. We also have a music programme and Pete has purchased a number of instruments for those who want to play. We have some talented musicians among the clients and I'm looking forward to watching this programme evolve. Thanks to Pete whose not too dusty a muso himself!

Social Club

Clients have voted to go to Hawkes Bay for the annual trip in September/October. The destinations suggested by clients came down to three: Wellington, Hawke's Bay and Opotiki. Hawke's Bay was the winner and Anita and Kim are currently scoping appropriate venues

Strive Rehabilitation Trust

National meetings were held on 30 April and 1 May. The Senior Managers' meeting was very upbeat and productive. Most discussion centered around the new contract and the tendering process required by ACC. We have just been included in the TI contract, which required an interdisciplinary team to be named as part of the process. Thanks to Maxine Bevin for organising this.

Contracts

The big ACC contract "Living my Life Services" will be an exciting opportunity to deliver client centered services that haven't yet been included in our delivery. Currently we support clients with a supported living contract and a supported activities contract. **Living my Life** will be one contract comprising four components: **Facilitated Pathway Map:** undertaken with the Client to assist them to describe their aspirations and explore pathways to achieve them; **Independent Facilitation:** working with the Client to enable them to connect with their community, make choices about their life and create goals to implement the plans; **Tailored Support:** developing programme plans with the Client for up to a 12 month period with the aim of developing their skills and engagement in everyday life. This will include cultural, community and employment



Strive Rehabilitation at
Hawke's Bay

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participation; **Coaching for Self-management:** providing information and support to the client to consider how they might self-manage their ACC funding.

The Plan

Our plan is progressing slowly and clearly. Our goal is to develop and be recognised as a National Centre of Excellence. Our aims are to implement and develop best practice, employ continuous improvement, maximize community based rehabilitation and extend intrapersonal rehabilitation beyond the “social”. The impact on staff and clients is anticipated to be the return of personal power, greater creativity and engagement, increased participation in focus groups and greater cultural competence.

The challenge is for staff to become professionally qualified, engaged in continuous learning and encouraged to engage in rigorous self reflection.

To date, Maxine and I have undertaken a SWOT analysis with staff and some clients. We will disseminate the information and work on how we can achieve the aims of these analyses. I shall update you on further progress in the next newsletter.

On that note I wish you all a safe and warm June and July.

Ngā mihi nui

Guenevere

THE TBI MEN'S GROUP FLIP OUT

By Darryl Smith

On Friday 25 May, the **TBI Men's Group** went to **Flip Out Trampoline Arena Hawke's Bay** based in Hastings. They have set up a trampoline park that has a main arena, kids arena, foam pit and wall trampolines.

While some chose to have a drink at the Cafe, others put on their non-slip socks and got physical. They **jumped** around on the trampolines, **building up a sweat** and having water for up to an hour. The guys appeared to enjoy themselves and were going to **recommend** it to their friends and family.



FAREWELL DEVON By Kerry Harper

Special thanks and farewell to our **Living Skills Coach, Devon.**

After being with us nearly **three years** she is off on her big OE.

Many have **benefited** from her support as a coach.

The team will miss you Devon but we look forward to hearing of your travels.

Travel safe



BASIC ELECTRICAL KNOWLEDGE COURSE

By Annie Spiekerman

Six weeks ago a group of **eight people** started to gain a bit of knowledge about electricity.

Brian Rutledge our tutor started the first session **explaining electricity**. The second session he came in with **home-made circuits** and it was up to us to connect the wires. First the wire needed to be **stripped**. That was fun on its own, the wire was so thin that when stripping it just broke. Luckily very **capable** people are in the group and when the wire was stripped it needed to be connected to create the circuit. Everyone got **stuck in** connecting the circuit using the **power source**, switch and when it was all correct the light worked. Other systems we looked at were **relay's dynamos** and the **power of magnets**.

Feedback from the group:

A big thank you to Brian for teaching us is has been great.

It is all good stuff I did not know before

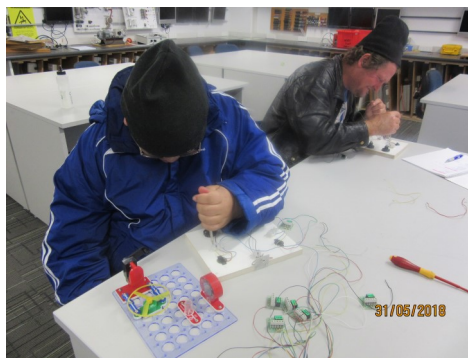
Learning new skills, helps to keep our brain matter fresh

We did very very well

Feedback from Brian:

Enjoyed all off you it has been great, we has lots of laughs

Thank you Brian we really appreciated that you were willing to share your knowledge with the group.



I am a bit later than planned getting the newsletter out so it is a bit late to advertise the Women's Group Mid Winter Dinner (over the page) but I'll keep it there as a reminder and to let you know where we are going and the cost.

Women's Group

Invites you to their

MID WINTER DINNER



When Wednesday 27 June

Where Bangkok House

205 Dickens St Napier

Time 6pm until finish

Cost \$25 banquet meal plus drinks

Own transport

Talk to Annie to put your name on the list for booking purposes

Contact Annie on 06 830 1534 (DD)

Text 0277864323

Or email annie.spiekerman@strivehb.org.nz

THE VALUE OF SINGING

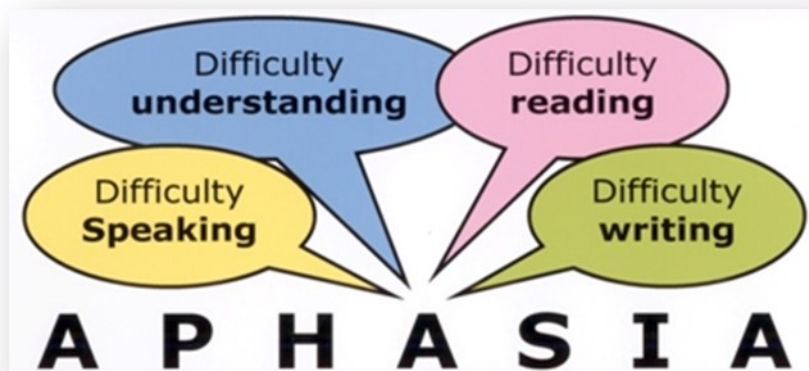
By Maxine Bevin



<https://haven.ca/sites/default/files/styles/medium/public/programs/SingingSoul.png?itok=eHcQDC0m>

What?

- In April 2017, the Aphasia Project Team (motivated by the late Bevan Wright) began a **singing group**
- The group **begins and end with waiata**
- The group enjoys a range of songs (traditional, folk, modern and some “requests”)



<https://connectnigeria.com/articles/wp-content/uploads/2012/06/aphasia.jpg>

When?

- It takes place at part of the group’s meeting on Wednesdays at **11.30 am until 12.00 pm**.
- Joining the group have been **Amy Maunder and Anna Jerebine** (Speech-language Therapists) who bring their enthusiasm and their vocal abilities

Why?

- There is evidence that there are **relatively spared singing abilities in people with aphasia**
- For many people with aphasia (and apraxia of speech), singing **allows the words to flow** more freely
- It's **fun!**

Why is that?

- **Left hemisphere** —part of the brain that has dominion over language, among other functions
- **Right hemisphere** - controls our response to the components of music
 - ◊ Melody
 - ◊ Harmony
 - ◊ Pitch

And what's new?

- Over the last two months, Pete (**Rehabilitation Coordinator**) has been joining the group to lead with **percussion** instruments
- Other clients and staff have also been joining the group (including Guenevere, our Service Manager)

And there's more!

<https://www.youtube.com/watch?v=NeqsKNkr-QQ>

<https://www.youtube.com/watch?v=repogOUTty4>

CHB MENS GROUP WAIPUKURAU

By Jose Cooper (Group Facilitator)

The **CHB Men's Group** is now up and humming, albeit winter, there is a lot of warmth and fellowship amongst the folk.

The group meets Tuesdays, 10am-12noon, with activities offered such as, **brain gym and quizzes, outings, speakers, movies** and of course the members of the group are invited for their input.

Participation is good and **feedback** suggests people are **enjoying** being part of the group.

Camaraderie banter and chatter is heard amongst the men, particularly over cups of tea and the '**morning tea challenge**'.

Our team comprises of myself, **Jose Cooper** (Group Facilitator), **Pania Hooper** (Rehab Assistant) and **Paul Surgenor** [Living Skills Coach].



Presentation from Les Cunningham the Field Officer for Stroke Central Region



MOVIE NIGHT

Strive Rehabilitation @ Hawke's Bay is going to host another **'Movie Night'** this year, as a fundraiser for our trip to Hawke's Bay. It is on **Thursday 12 July at 6:45 pm** at the **EIT Lecture Theatre**. The Lecture Theatre is in the same place but the main entrance is now at the back, off the carpark.

It is **\$8.00 a ticket** which **includes** the **movie** and **tea/coffee** and a **slice** at intermission and entry into the draw for a mystery seat prize. The slices are homemade by our Kim so you know they will be yummy.

The movie is **'Finding Your Feet'**. A few of our staff have seen it and they say it is a very good movie. There is a little bit about it on the flyer on the page 9.



If you have any loose change it would pay to bring it along as we will have the **Instant Kiwi Raffles, Grocery Raffle** and **Soaps** for sale on the night.

There is also a **mystery seat prize**. What is it?? Who will win it?? You'll have to come along on the night to be in to win!!!!

It'll be a great night and we look forward to catching up with you all.

You can pre pay for your tickets in advance or pay on the night but you do need to ring and tell us you are coming so we can save you a seat.

If you would like to buy tickets or have any questions give **Kim** a call on **06 830 1254 (DD)** or email

kim.herd@strivehb.org.nz

WALK FOR FUN

The idea for the **'Walk for Fun'** came about during the **Manawatu Exchange**. **Sherilyn** saw the pedometers on Strive Manawatu's shoes and wondered what it was about so **Bruce & Teresa** from Manawatu explained that they were wearing pedometers while they were at Strive. The **pedometers record** how many **steps** you take. At the end of the day the steps were recorded and marked on a map of New Zealand so in effect they were walking from one end of NZ to the other.

What a great idea, why not do something like that here to inspire everyone to become more active and introduce people to some of the great walks we have around Hawke's Bay.

We are doing this **'Walk for Fun'** with the support of **Sport Hawke's Bay, Hastings District Council** and **Napier City Council**. Hastings District Council have very generously donated **40 pedometers** and we are going to record our steps during the groups as well as extra walks around the EIT campus. At the end of the day the steps are converted to kilometres and marked off on a map of the **iWay**. When the opportunity arises and the weather is on our side we will take a van and walk sections of the **iWay**.

Pete came up with the slogan—"Walk for Fun, join the challenge, see the Bay the iWay" Doesn't that sound good?

Anyone of **any ability** is **welcome** to join the challenge.

We will have **spot prizes** where a name is drawn out (anyone doing the challenge) and they get to choose a wrapped prize out of a lucky dip.

There will be weekly updates and photos on **our Facebook page** and also on the **iWay Facebook page**.

A big thank you to **Hastings District Council**
for donating 40 pedometers for our
Walking Challenge



WALK

for
Fun!

Join the Challenge

See the Bay the



iway
walk it, bike it, love it

All abilities welcome

Count your steps to be in the draw to
win a spot prize

Pedometers provided thanks to

Sport Hawke's Bay

Hastings District Council

& Napier City Council



Date: Thursday 12 July

Time: 6.45 pm

Movie Night

The movie :

'Finding Your Feet'

2017

(Comedy, Drama, Romance)

On the eve of retirement a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

Starring:

Joanna Lumley, Timothy Spall, Celia Imrie, Imelda Staunton

@ the EIT Lecture Theatre

The entrance is now at the back by the car park . If you are unsure, come to the Strive Rehabilitation @ Hawke's Bay and we'll show you the way

\$8.00 a ticket

Includes entry for 'Mystery Seat Prizes' & tea/coffee & a slice at intermission

Mystery Seat Prizes

Mystery seat prizes on the night. Don't forget to bring any spare change as there will be raffles & soaps

Contact

Kim so we can book you a seat
Phone

(06) 830 1254 (DD)

Email kim.herd@strivehb.org.nz

Ecostore GOOD SOAP

. Lemongrass (80g)

A creamy plant-based soap with the fresh clean smell of lemongrass. Our gentle plant and mineral based soaps cleanse and nourish your skin without removing the natural protective oils.



. Grapefruit & Mint (80g)

An invigorating plant-based soap to cleanse and refresh your skin. Our gentle plant and mineral based soaps cleanse and nourish your skin without removing the natural protective oils.



\$2.50 a bar

Fundraising for the
Strive Rehabilitation @ Hawke's Bay
trip to
HAWKE'S BAY

Contact Kim Herd on (06) 830 1254 (DD)
email kim.herd@strivehb.org.nz

Internet Banking is available—speak to Kim

Strive Rehabilitation @ Hawke's Bay Women's Group is having a

CAKE STALL

to raise funds for their trip to **Hawke's Bay**



Where: To Be Confirmed

Time: 10.00—11.30am (Or earlier if sold out)

Date: Friday 13 July 2018



Please help us and donate some baking
Bring it to the Strive Rehabilitation @ Hawke's Bay on
Thursday 12 July (or bring to Movie Night)

Come along on Friday and buy some
delicious cakes



We are now collecting for our

Grocery Raffle

Fundraising for our trip to

HAWKE'S BAY

Please bring in non-perishable grocery item

Thank you



WHAT HAVE THE GROUPS BEEN UP TO?



May 2018

Senior Men's Group at Lowe Corporation Rescue Helicopter

PTO



We celebrated Mike's Birthday on 7 June with an awesome looking (& tasting) birthday cake made by Kim



*14 May
The Wood Turning Group have just made talking sticks which tell the unique story about the journey of your life.*



*15 June
Making Music*



*10 May
TBI Men's Group playing putt putt at Par2 Mini Golf*





The destination for the 2018 Strive Rehabilitation @
Hawke's Bay

Annual Trip is.....

HAWKE'S BAY

Sunday 30 September to Friday 5 October

\$250 per person

Please put your name on the list if you are interested

Why Hawke's Bay? PTO to find out

FUNDRAISING

Fundraising has started for Hawke's Bay trip. This fundraising helps pay the transport, accommodation, food & activities. We have some very exciting events coming up so pop the dates in your diary:

- **Movie Night**—6:45 pm, Thursday 12 July. See write up on page 11 for more information.
- **Cake Stall**—run by the Women's Group on Friday 13 July. See page 11 for more information.
- **Silent Auction**—if we get enough prizes this will start around mid July and the winners of the bidding will be announced in August.
- **Book Fair**—We are doing this again as it went really well last year. This will be on Thursday 16 August & Friday 17 August. We will be looking for donations of books so please start going through your stash & putting any books aside. These can be any books at all eg. recipe books, magazines, novels, text books, comic books, children's books, anything.

As well as this we have our ongoing fundraising:

- **Ecostore Soap**—See page 10
- **Grocery Raffle**—See page 11.
- **Scone Day**—Every fortnight Kim & Maria make scones to order for EIT staff.



Can you help us?

Strive Rehabilitation @ Hawke's Bay
have a couple of exciting
fundraising events coming up
We would appreciate any donations
we could use for prizes

ANSWERS TO THE WUZZLES (Back Page)

1. Lying on the Job
2. Space Program
3. Free For All
4. Double Agent
5. Any Questions
6. Smoke Stack

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 UPDATE

The reason Hawke's Bay got the most votes for the destination for the annual trip is because we thought it would be a great idea for us to stay in the bay and see some of the great things it has to offer.

Even though we live here you go about your daily routines and often don't get to see what is out there. With cheaper transport costs we hope to do a couple of activities that are usually out of our price range.

The first thing we have been looking at is the accommodation so we can make a booking then we could put the trip dates out there—**Sunday 30 September to Friday 5 October**. The good thing about being in Hawke's Bay, we were actually able to go out and look at the accommodation options and make sure they were OK for us.

After looking at a few different places we have decided on **Riverbend Bible Church** just out of **Havelock North**. We are all in one lodge which has two wings. Each wing has 14 single beds, a0 disability bathroom, 3 toilets, 3 showers & a lounge. There is a kitchen & big dining room in between the two wings and upstairs sleeps another 10.

Although this trip is in Hawke's Bay, it is still like any other Annual Trip. Only those who are on the trip can join in the activities. Everyone on the trip is expected to stay at the accommodation.

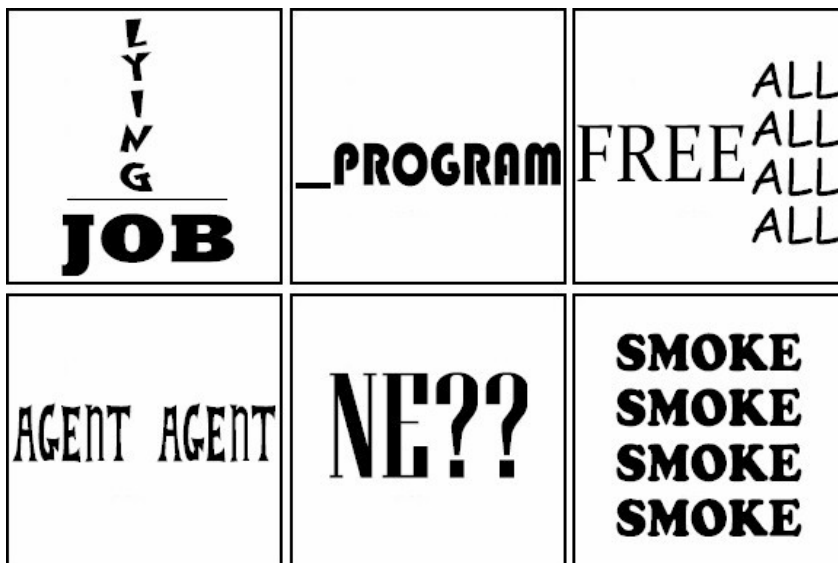
Now we are starting the fundraising (see page 13) and we will start looking at the itinerary so if you have any ideas for activities please let us know.

WUZZLES

How did you go last time?

Here's another lot.

The answers are on page 13.



COMING UP

Walk For Fun

See pages 7 & 8 for information.

Movie Night

6:45 pm Thursday 12 July @ EIT Lecture Theatre

See pages 7 & 9 for more information

Cake Stall

Run by the Women's Group.

See page 11 for more information.

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