

## FROM THE MANAGER

Kia ora koutou katoa

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

Greetings to you all. With the year almost over, the count-down to Christmas has begun. So much has happened, it's difficult to know where to begin.

### Group Programmes

The group programmes are very strong and well attended. Cooking, which has been very popular, will be running again next year with Sherilyn in charge. Sherilyn - the first woman in New Zealand to qualify as a pastry cook - is a wonderful chef. Her skill took her to Europe where she added further experience to her portfolio. We are privileged to have such an able person running this group. Two clients have asked if they can continue with cooking and Sherilyn, Johnny and Kevin presented us with a lovely couscous salad with our lunch. Next week I believe they are making a salmon pie.

Roger, who has just returned from Norway, where he held classes on a cruise ship, has begun another wood turning programme. The clients are making a boat out of walnut – a particularly beautiful wood. The even bigger news, though, is that Roger has been invited to write an article for the *American Wood Turning* magazine whose editors are very impressed with our programme and the work that clients and staff do.

Maxine and I facilitated our first Women's Group last Friday. It was great fun. We have based it on a Canadian programme, and we are looking forward to the remaining Friday sessions this year. In an informal survey, all participants bar one voted 9 or 10 for enjoyment and efficacy – a very pleasing result.

Since we have been awarded the new ACC contracts, we will be looking at offering additional group programmes, both here at Strive and in the community. Watch this space for our next addition where we will list the new arrivals as well as the popular programmes we already run.

### Annual Trip

The annual trip turned into 5 day-trips around Hawkes Bay this year. These were very well supported and enjoyed by the participants. Having 5 separate trips meant that more people were able to attend than otherwise might have been the case.

### Staffing

Annie has gone to pastures new and I'm sure she is enjoying her new role in Napier. I know you join with me in wishing her every success.

The new ACC contract requires us to have more people with different skills sets. Accordingly, we look forward to welcoming Denise Davies (who has been with us for



Strive Rehabilitation at  
Hawke's Bay

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a while as a casual staff member) joining us as a Key Support Worker from 5 November. Denise is an Enrolled Nurse.

Sherilyn Rawlings will be coordinating the Living Skills Coaches in the interim while the new contractual requirements bed in, and we have advertised for an Allied Health Professional – interviews this week.

Roger has also stepped up and will be doing an extra day from now on.

### **The Plan**

Our plan has been put on hold until the new staff are on board. However, our goals and aims remain the same:

- to develop and be recognised as a National Centre of Excellence,
- to implement and develop best practice, employ continuous improvement, maximise community-based rehabilitation, and extend interpersonal rehabilitation beyond the social.

*The impact on staff and clients is expected to be:*

- the return of personal power,
- greater independence, confidence, creativity and engagement,
- increased participation in focus groups and greater cultural competence.

*The challenge for staff is to become:*

- professionally qualified,
- engaged in continuous learning,
- involved in continuous, rigorous self-reflection.

Following from this, is the expectation that all permanent staff have either completed or are completing at least a level 4 qualification. I'm hopeful staff will continue with further study.

### **Client Success**

I am both proud and humbled by the client successes I have witnessed during the short time I have been here and I would like to end with a quote from Henry Ford:

**“Whether you think you can, or think you can’t – you’re right.”**

Ngā mihi nui

Guenevere

# "Living my life"



<https://www.betterhealthcare.co.uk/wp-content/uploads/shu-img-for-new-contract-good-news-107650040-Feng-Yu-820x410-820x410.jpg>

From 1<sup>st</sup> November 2018, Strive Rehabilitation @ Hawke's Bay will be working with ACC through a new contract called "**Living my life**".

This is a contract for **clients** who are receiving support from **ACC**.

ACC wants **clients and whānau** to have the opportunity to live their lives the way they want to.

*Enabling self determination about:*

*Where I live,  
what I do,  
where I go and  
who with*

Ka whakamanaia te rangatiratanga o te tangata mō ēnei āhuatanga e whai ake nei: "Te wāhi e noho ana au, ka aha au, ngā wāhi ka haerea e au, ki a wai hoki"



## About “Living my life”

Before this contract, ACC had **four disability support services**:

- ◆ **Transition**
  - ◇ Supporting a young person to transition from school to being an adult
- ◆ **Supported employment**
  - ◇ Supporting someone to find opportunities towards being employed
- ◆ **Supported activities**
  - ◇ Supporting someone to develop skills and build relationships
- ◆ **Supported living**
  - ◇ Supporting someone to build their abilities to engage in the broader community

From 1<sup>st</sup> November 2018, these **four services will become part of “Living my life”** and be called **“Tailored support”**.

## What else is new:

There are three new parts to “Living my life”:

- ◆ **Facilitated pathway map**
  - ◇ Enabling a person to **explore the important parts of their life** and describe their **aspirations**
- ◆ **Independent facilitation**
  - ◇ Enabling a person to **connect to their community** and make choices about how they will **implement their goals**
- ◆ **Coaching to self-manage**
  - ◇ Providing people with **information and support** to understand and think about what **self-managing their funding, services and supports involves**

## Key principles underlying “Living my life”

PERSON-DIRECTED

WHOLE OF LIFE

CONNECTIVITY

EMBRACING DIVERSITY

## More information



<http://www.lisbdnet.com/wp-content/uploads/2016/09/Info-300x300.jpg>

If you would like **more information** about this contract and how it might affect you, please contact:

- ◆ Your ACC case manager
- ◆ Guenevere, Service Manager, (06) 830 1532



<https://static1.squarespace.com/static/55f73529e4b0e5bde7f43a66/t/588e9bdfbf629abc01e2c4ac/1485741034444/>

There may also be an **opportunity to organise a meeting** to talk about the contract if **enough people are interested**.

## DAY TRIP TO DE BRETTS By Annie Spiekerman

YEHHHH DEBRETTS time again

On **Friday 21 September** two vans and a car took off for **Taupo**. The car was packed with our lunches and the vans full of people.

Yes, it is a long way to go for a soak but what a **marvellous soak** it was. We were in the water by **11am**. People were **relaxing** on the bubbling area, taking a dip in the cold pool, floating about or having a chat while enjoying their swim.

**Lunch** was served at **12.30** while the sun came out and warmed us up. A few people went in for a last dip after lunch and then it was time to head back to Hawke's Bay.



## COMMUNICATION By the Confident Communication Group

<b>C</b>	ONFIDENT
<b>O</b>	PEN
<b>M</b>	INDFUL
<b>M</b>	EANINGFUL
<b>U</b>	NDERSTANDING
<b>N</b>	ICE
<b>I</b>	INTERESTING; IDEALLY; iPHONE
<b>C</b>	LEAR
<b>A</b>	CCURATE; ACTION; ATTITUDE
<b>T</b>	IMING; THINKING; TALK
<b>I</b>	NITIATIVE
<b>O</b>	PTIONS
<b>N</b>	ETWORK

This is a a great group as we could all use a little help to have '**Confident Communication**'. If you would like to know more or are interested in joining the group, contact **Maxine Bevin** on (06) 830 1256 or [maxinebevin@xtra.co.nz](mailto:maxinebevin@xtra.co.nz)



## SHARED LUNCH By Annie Spiekerman

Shared lunch with **international students** organised by the **Women's Group** and **TBI Men's Group**.

It all started a few months ago when I thought it was a good idea for Strive HB to get involved with other EIT departments. The first one I thought of was the international students. We could learn about their **countries** and they could learn from us. The tutors thought it a great idea and after a short meeting the idea of a shared lunch was born.

It took a while but it finally happened on **Friday 31 August**. The group of about 30 students were all adults and in New Zealand to learn English. Their topic for the week was the word **resilience** and this fitted very well with rehabilitation. I went to talk to the class in the morning explaining **Brain Injury** and the work we do at Strive Rehabilitation @ Hawkes Bay.

And then at 10 o'clock all 30 students arrived at Strive Rehabilitation @ Hawke's Bay. This was a bit much so the group was divided in half and shared between the Women's and Men's Group.

The ladies based at the **nursing kitchen** peeled, chopped and peeled again as they were making a typical **Kiwi roast** lunch. **Carrots, potatoes, kumara, pumpkin** and not to forget the **Pork** which was already in the oven. When the international students arrived, they brought food from their country and everyone helped each other getting the food ready for lunch.

Meanwhile at the Strive Rehabilitation @ Hawke's Bay kitchen the Men's Group had created a few beautifully decorated **pavlova's** for desert and when the international students arrived it became a **hive of activity**. Electric frying pans, working at the stove, chopping and making sauces.

And then it was lunch time; awesome food from **New Zealand, Myanmar, Philippines, China** and other **Asian** countries were tasted by all. The best part was the **communication** going on around the place. A real sense of friendship with a **sing-a-long** to finish off the lovely lunch.



## Students on placements at Strive Rehabilitation @ Hawkes Bay

### COURTNEY

Hi everyone,

I am Courtney and I have been doing placement at strive for the last couple of months.

I am studying Level 4 **Mental Health and Wellbeing** at EIT and as part of my course I had the opportunity to do placement at Strive Rehabilitation @ Hawke's Bay.

Right from my first day I noticed the family atmosphere. Everyone was so warm and welcoming. People introduced themselves and made sure I knew where the cups were to make a coffee. On my first day at strive I wrote down my impressions and they were that "Strive is a warm, welcoming place filled with fun and hardworking people who I am excited to get to know."



Thank you all so much for letting me accompany and participate in your groups over the last months. I have learnt so much and I have both the amazing, supportive staff and clients to thank for that. Thankyou Annie for be such an amazing mentor. To anyone of the clients who shared their story with me or even just took time to sit and have a coffee I thank you as it was from you I learn the most. I'm sure I will be drawing on what I learn from this experience for the rest of my life.

### VANESSA

Hi my name is Vanessa Baxter. I am a student doing Mental Health and Wellbeing. I have nearly completed my placement at Strive Rehabilitation @ Hawke's Bay learning about brain injury and how it affects people and the brain.

I have been assisting people with a brain injury, by listening, communication and encouragement. I have assisted with activities and I have thoroughly enjoyed my time with the centre. Everybody I have worked with are awesome. Strive Rehabilitation @ Hawke's Bay is like a family and I will miss everyone. I have appreciated all the lovely food Kim has made for us. Thank you all.



*You will probably see Vanessa around as she has taken on a temporary role as a Living Skills Coach and a support person for Strive Rehabilitation @ Hawke's Bay while she completes her studies.*

## NEW GROUP

### COOKING GROUP

9:00am to 12:00 noon on  
Tuesdays

Starting Tuesday 29th January



Please speak to Sherilyn if you are interested

## FAREWELL ANNIE

**Annie Spiekerman** has been a **Rehabilitation Co-ordinator** at Strive Rehabilitation @ Hawke's Bay (Stewart Centre @ EIT) for 13 years starting in the Tower building in Hastings.

Annie has facilitated many groups over the years. I'm not going to list them all because it would take too long but one she facilitated 13 years ago when she started and was still facilitating on her last day at Strive Rehabilitation @ Hawke's Bay was the Women's Group. I know she has touched the life of every person who has been in the Woman's Group over the years and we all appreciate it everything you've done for us.

One outing with the Woman's Group has stuck in my mind over the years. This is going back about 8 -10 years ago, it was a beautiful Hawke's Bay day and Annie took us for a nice walk soaking up the sun and breathing in the fresh air on the Marine Parade. She parked the EIT van next to the toilet and we had just loaded up the van and were ready to leave when we noticed they there were hoses in the ground and they were emptying the septic tanks for the toilet.. The truck was parked right behind us so we couldn't get out and the smell was really bad and I mean really, really bad. That was an outing I will never forget.

Annie was like the energiser bunny and put a great deal of energy into everything she did. She always listened to the clients and what they wanted to do and turned it into a day trip or a group eg. De Bretts in Taupo, Sock Factory in Norsewood, high tea at Oruawharo, Redwoods, Art Deco tour, cooking, ponamu, copper art to name a few.

Annie had great passion for the clients and would do pretty much anything for them. This would include going into bat for them on the phone. I've heard many of these phone calls over the years and I tell you what, I'm so glad I'm not the person on the other end.

You will be missed for sure Annie and we all wish you nothing but the best for the future.



## ANNIE'S FAREWELL MORNING TEA/LUNCH

On Friday 12th October we had a Farewell morning tea/lunch for Annie's last day at Strive Rehabilitation @ Hawke's Bay. We started off with speeches and some lovely words were spoken from some of the clients. Then Annie was presented with her farewell gift ....a drill press. Yes, your eyes aren't deceiving you, Annie wanted a drill press.

Then after a karakea we all dug into a delicious spread made by Kim. There were club sandwiches, scones with jam & cream, cheese, grapes, cracker, sausage rolls, mini savouries, cheese straws, followed by a delicious carrot cake.

Then those that wanted to joined in for a group photo—see below.



*Carol presented Annie with a gift from the Clay Group. It is a fish wall hanging which was glazed/decorated in orange and yellow spots by Carol.*

# 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 sold out

~~\$2.50~~ a bar

**Christmas Special**

**\$2.00 each**

**OR**

**2 for \$3.00**

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

Internet Banking is available—speak to Kim

## FAREWELL MARY

As well as saying farewell to Annie on Friday 12th October it was also time to farewell someone else. After being a part of the Strive Rehabilitation @ Hawke's Bay / Stewart Centre @ EIT for what seems like forever, Mary Miller is moving on.

Mary was the Liaison Officer for Brain Injury Hawke's Bay (BIA) which in those days was also in the Tower building in Hastings along with Stewart Centre @ EIT and that was when Mary became a part of our family. When Stewart Centre @ EIT moved to the EIT campus in Taradale we still saw Mary all the time through her work at BIA. Once a month Mary would bring over the ladies from BIA to meet with the Women's Group. I first met Mary early in 2007 when I got the standard 20 questions—who are you? tell me about your brain injury and so on. Mary is one of those people that make you feel totally at ease and you can talk to her about anything. Although to this day she is very good at evading any personal questions about herself!!! It was always the standard joke on trips as we were waiting around till everyone boarded the bus before we could take off. It was always Mary holding us up as she was chatting away to some tourist.

2007 was also the year for Mary's first annual trip—Kaiteriteri. Mary came along as Carol's carer and much to everyone's surprise she has been on every annual trip in that role bar one. Mary has been a vital part of the trips and as well as the annual trips she also comes on the Manawatu Exchanges.

Mary finished her role at BIA HB and become the Alzheimers Liaison. She also became a Living Skills Coach for Strive Rehabilitation @ Hawke's Bay.

The Women's Group became too big so Mary came along every Friday as help and support to Annie. Sorry I can't remember what year she began the Women's Group but I know it was years ago and all the women absolutely loved her.

We will miss you Mary but I'm very pleased to say that Mary said before she left that she would still like to come along to annual trips and Manawatu Exchanges as Carol's carer. Whew, I don't know who else would have taken that job—just joking Carol :)



*Women's Group Making bird feeders—2016*



*Woman's Group @ The View Room—2016*



*Whangarei—2013*



*Turangi—2011*



# Strive Rehabilitation @ Hawke's Bay

## Christmas Lunch

11:30 am—2:00 pm

Wednesday 19th December 2018

@

Strive Rehabilitation @ Hawke's Bay

For a BBQ Lunch catered by  
Raymond Van Rijk



**\$5.00 for Strive Rehabilitation Clients**

**\$15.00 for friends/family etc**



**Final date for numbers and payment is Friday 7th December**

Please see Kim

Phone: (06)9748000 ex 5254 DDI: (06)830 1254

Email: [kim.herd@strivehb.org.nz](mailto:kim.herd@strivehb.org.nz)



## STRIVE REHABILITATION @ HAWKE'S BAY ART & CERAMICS EXHIBITION

Thursday 6th to Friday 14th December

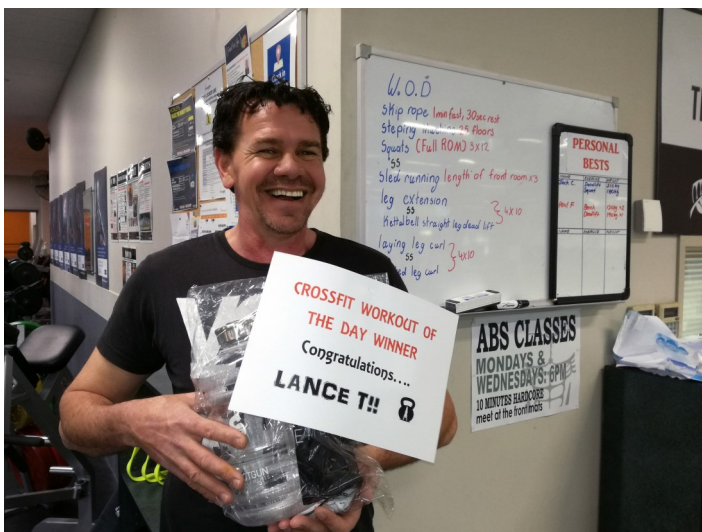
**Grand Opening**

10:00 am Thursday 6th December (to be confirmed)  
in the

Idea School Foyer @ EIT



*Community Constable talking to Senior Men's Group*



*Lance wins 'Workout of the Day' at Pettigrew Green Arena Gym*

### ANSWERS TO THE WUZZLES (Back Page)

1. In Between Jobs
2. Multiple Personalities
3. What's Up?
4. Cake Mix
5. End to End
6. A Stitch in Time

Manager: Guenevere Weatherley

Administration Manager: Carron Burn

Rehab Professional: Maxine Bevin

Key Support Worker: Darryl Smith  
Kim Herd  
Pete McLachlan  
Sherilyn Rawlings  
Rodger Mabey  
Denise Davies

Administration Assistant: Anita Miller

Kitchen Support Person: Maria Dawson

## 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

## WUZZLES

How did you go last time?

Here's another lot.

The answers are on page 15.

## COMING UP

### Strive Rehabilitation @ Hawke's Bay Christmas Lunch

11:30 am - 2:00 pm

Wednesday 19th December

See page 10 for more details

### Art & Ceramics Exhibition

Thursday 6th to Friday 14th  
December in the Idea School  
Foyer @ EIT

### Trip Newsletter

Sorry I know this is very late but it will be coming out any day now.

Make sure you read it for a chance to win a \$80 gift card for The Warehouse.



**Strive Rehabilitation @ Hawke's Bay**

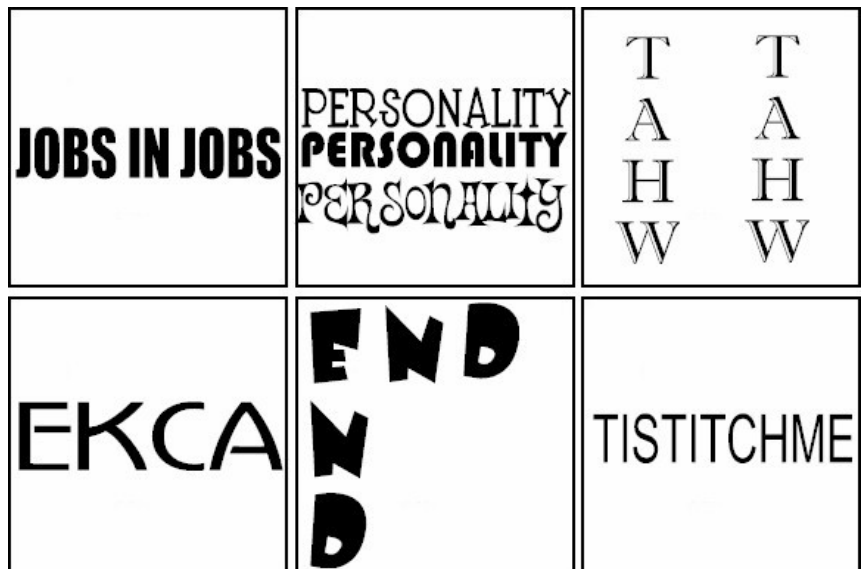
will have the last client day for 2018 on

**Wednesday 19th December**

**We open again on**

**Monday 21st January 2019**

*For a Positive Future  
Mo te heke mai pai*



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](mailto:anita.miller@strivehb.org.nz)