

THINK!

THE HEAD INJURY NETWORK FOR KIWIS

The voice of those affected by head injury

Te reo o nga tangata i pangia i te mate mahunga

The Traveller

By Leonie Moxham-Smith

I feel I am a traveller
Trudging down a narrow
road
My feet are worn and tired
For I've borne a heavy load!

I mostly miss my children
Now grown and standing tall
Oh how fast my life's fled by
me
Since I had that terrible fall!

Think positive now - for I can
walk and talk
And lead a comfortable life
But I often wish I could return
Just to the role of mother
and wife

I'll feel better in the morning
For tonight the light grows
dim
And soon I will be fast asleep
For tomorrow's race I've yet
to win!

THINK NOT

Think not of the amount
to be accomplished, the
difficulties to be
overcome, or the end to
be attained, but set
earnestly, at the little task
at your elbow, letting
that be sufficient for the
day.

Sir William Osler



***"Bringing together those
in need with those who
wish to give"***

April - June
2016

I think life is sort of like a
game of tennis. You
have no choice how
that ball comes to you
but it's how you hit it
back that counts.

Margaret Moth, CNN camerawoman

IN THIS ISSUE

Research Report - Page 2

Information about Teen Online
Problem Solving (TOPS) study,
now ready for testing in NZ.

Stranger in my Place - Page 3

A poem about the 'new' me

Upcoming events - Page 4

Planned events for the next few
months

Balance problems - Page 5-

Common balance problems
following TBI

Meetings and events Page 6

Information about Support
Groups & Education Sessions

Fundraising / donating Page 6

Ways you can support us. New
fundraiser by Josh Barker

From our photo gallery Page 7

What we've been up to

Membership - Page 8

Memberships are due on 1 April.
Your contribution helps us to
provide essential services.

LIKE US ON FACEBOOK

Like us on Facebook and connect with like minded people from all around the World!



THINKHeadInjuryAwareness
NZ

Sincere thanks to all our funders and supporters



Lottery Grants Board
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TE PUNA O WAIKATO



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Sir John Logan Campbell
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Waikato WDFE Karamu Trust, NZ Community Post, Jumble Around, Donny Charitable Trust, The Norah Howell Charitable Trust, Page Trust; Waikato Lyceum Charitable Trust, Waikato Provincial Rural Women NZ, Ministry of Health, D.V. Bryant Trust, Grassroots Trust, Jet Creative Design, C1 South, Oosh Cambridge, 4Good NZ, Hinuera-Te Poi Lions Club.

Thank you to everyone who has given a donation, but for privacy reasons cannot be named.

Research Report



Dr Kelly Jones, Senior Research Fellow, National Institute of Stroke and Applied Neurosciences, AUT University

As many of you may be aware, last week was Brain Awareness Week 2016! This annual, interactive public event is organised by the University of Auckland in partnership with the Neurological Foundation of New Zealand and Brain Research New Zealand. The week started with *Brain Day – Your Amazing Brain* at The University of Auckland's Tamaki Innovation campus. A series of research panel discussions were held chaired respectively by Dr Jessie Jacobsen, Associate Professor Ralph Buck and Associate Professor Cathy Steinar. This event is a great way to keep informed.

Adolescents face greater risk of traumatic brain injury (TBI) compared to other age groups. Subsequent behavioral difficulties may include poor attention, more emotional problems, and increased aggression compared to teenagers without a brain injury. Cognitive-behavioral therapy is a type of treatment that has been shown to be helpful for helping teenagers in their recovery.

However, it can be difficult to access face-to-face services due a variety of reasons, such as travel times or limited availability in a particular geographical region. This type of treatment delivered via the Internet offers an accessible alternative.



After several years of planning and preliminary research, one program known as 'Teen Online Problem Solving' (TOPS) is now ready for testing in New Zealand. The program includes video footage of local teenagers sharing their experiences after TBI, along with actors' role playing scenarios and demonstrating techniques that may be helpful for teenagers. The therapy sessions cover problem solving and behavioral skills as well as family education in stress management, planning and organisation, communication, anger management and self-regulation. Discussions are currently underway with ACC and rehabilitation providers around the design of a pilot trial of TOPS to ensure maximum benefits for teenagers impacted by TBI and their families. Please contact me if you would like more information - kejones@aut.ac.nz.

Report from headquarters

by Ella & Marion

Greetings everyone

We do hope to see you at one of our meetings or sessions.

On top of our existing programs, we also have events coming up in the next few months [page 4](#).

In April we have a workshop with Ron Dick, Neuropsychologist. Our Annual General Meeting is on 31 May at the office. June is Head Injury Awareness month. We will be at Fieldays sharing a stand with Healthcare Rehabilitation. We have another full day seminar for Professionals and Service Providers on 24 June.

AUT is still conducting their research study on 'Community Integration after Brain Injury'. If you haven't completed the questionnaire yet, it would be a good idea to contact the office so we can send out a pack or the link to complete it online, which is available on our website. This study looks at aspects of living with a brain injury / stroke at least 6 months or longer after the injury.

Don't forget we still would like to feature your poem. We hope you enjoy the poem kindly provided by Leonie – [front page](#) and the one in the next column.

Congratulations to Lyn Clement who is the winner of the mystery prize draw for paying a membership fee.

We need your input on the following:

- What you think the benefits should be for financial members;
- Questionnaire on our how our services assisted you;
- In a sentence or two say what brain injury is for you – we need quotes for our newsletter and posters.

We thank Hinuera-Te Poi Lions sincerely for their kind donation that allows us to continue services in Matamata.

Marion had a great time at the Brain Day at Auckland University, and attended some very interesting presentations and interactive workshops designed to engage both the left and right brain. The Celebration Choir made up of people with a range of neurological conditions made a special impact. Very inspiring, and a nice lead in to Shona's proposal see [page 4](#) to start something similar running here.

Remember we are only a phone call or email away, for support and advocacy.

We are starting a carers support meeting, please get in touch if you are interested.

Stranger in my Place

By Sandra Linley

My husband has a new wife
My daughter, a new mother.
And sometimes I think I hate
The stranger who has taken
my place.

It's painful just to watch her
Do what I once did.
She cooks (a little), cleans (not
well),
And dreams her little dreams.

But where is the laughter, the
passion,
The two of us used to know?
Where, the bright hopes and
the wonder
That bound us, heart and soul?

And yet my husband loves her
(I wonder how he can)
A person slow and awkward,
Limited and sad.

The accident that brought her
Saw the old me die
Left this strange new person
To carry on in my stead.

Now my daughter calls her
Mommy,
And trusting takes her hand.
My husband calls her *Dearest*
And draws her into his arms.

But deep within me something
Remembers and protests,
*I refuse, I will not be
This stranger who has taken
my place!*

Taken from:

<http://www.bindependent.com/poems.htm> (14/3/16)

UPCOMING EVENTS

APRIL:

Workshop with

Ron Dick, Neuropsychologist

Topic: Relationships

Communication in daily life after a brain injury

When: **20 April 2016**

Where: 11 Somerset Street, Frankton, Hamilton

Time: 10:30am

Cost: \$10

Financial members \$5

Please RSVP by 12 April 2016

Limited numbers

MAY:

Annual General Meeting

When: Tuesday, **31 May 2016**

Where: 11 Somerset Street, Frankton, Hamilton

Time: 10:30am

Guest speaker: Shona How, New Zealand Registered Music Therapist.

Shona will share an insight into music therapy & will also invite you to participate in a 'taster' of a component called 'improvisation' often included within group music therapy sessions.

Tandem charity ride

Josh Barker, showjumper, and his girlfriend Maggie, are doing a charity tandem bike ride from Cape Reinga to Bluff during May 2016. They will raise awareness of brain injury & funds for THINK!.

Follow them on facebook

<https://www.facebook.com/Ride-2-Think-698162233619888/>

To donate go to <https://givealittle.co.nz/fundraiser/ride2think>

JUNE IS AWARENESS MONTH



No brain injury is too mild to ignore or too severe to lose hope.

Help raise Traumatic Brain Injury Awareness

We will have community education displays in different towns. We aim to sell home baking again and would like your support in making this happen.

There is a list of volunteers jobs on our website, if you are available to volunteer please get in touch with Ella.

Fieldays 15-18 June

Healthcare Rehabilitation Limited has kindly agreed for us to share their stand. If you are at the Fieldays, please come and say hi.

Full day seminar

For Health Professionals and Service Providers

When: Friday, **24 June 2016**

Where: Hamilton Gardens

Time: 9:30am – 2:45pm

Cost: \$75

Morning Tea & lunch will be provided.

We have a great line up of presenters. This year family members will be sharing their stories of living with a person who sustained a brain injury.

TUNE IN ...

Singers, would-be singers, once-were singers and people who appreciate the value of singing in a group...

Making music together, the camaraderie and the physiological benefits of singing and belonging to a therapeutic community singing group

... in the Spring of 2016

Join a Community Singing Group or Groups, facilitated by a NZ registered Music Therapist, dedicated to members of THINK! and anyone else associated with neurological and healthcare services in Hamilton and the greater Waikato.



Auckland's got one ...
CeleBration Choir
Tauranga's got one ...
BrainWave Singers
Wellington's got one ...
SoundsWell Community Singing Group
Christchurch's got one ... The Cantabrainers Choir
And now it's Our Turn!
Watch this space in the July edition of the quarterly newsletter.

Shona How, NZ Registered Music Therapist

Balance problems after traumatic brain injury

People with traumatic brain injury (TBI) commonly report problems with balance. Dizziness includes symptoms such as lightheadedness, vertigo (the sensation that you or your surroundings are moving), and imbalance. When you have poor balance you have a high risk of falling and having another brain injury or broken bone.

What are common causes of balance problems after TBI?

Medications: A number of commonly used medications can cause dizziness, lightheadedness & decreased balance. Ask your GP if any of the medications you are taking may be causing dizziness or balance problems. A change in medications or dosages may improve the problem.

Problems with eyesight (vision impairments): Eyesight is one of the key senses you need to keep your balance. Eyesight problems such as double vision, visual instability, partial loss of vision, and problems with depth perception can make your balance worse.

Inner ear problems (vestibular impairments): Your inner ear contains many tiny organs that help you keep your balance (called the vestibular system/labyrinth). It also has other structures (otolith organs) that monitor linear movements of your head.

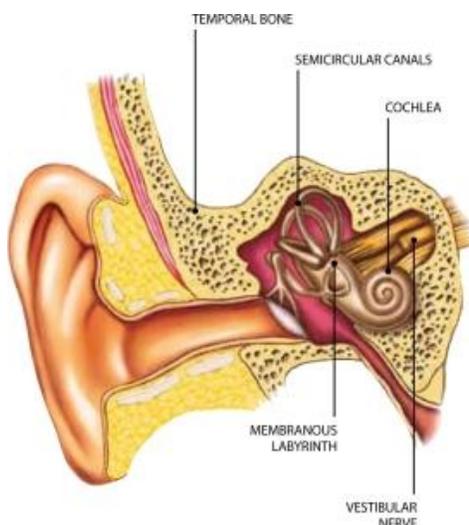
These otolith organs contain crystals that make you sensitive to movement and gravity.

If your vestibular system is damaged from your head injury, you may have problems with balance, dizziness, or a sudden sensation that you're spinning or that your head is spinning.

Three types of vestibular impairments are:

Benign paroxysmal positional vertigo (BPPV) is one of the most common causes of vertigo. With trauma, the crystals in the inner ear can be moved out of place, making you sensitive to changes in gravity. BPPV is characterized by brief episodes of mild to intense vertigo.

Labyrinthine concussion or injury to the nerve to the vestibular system are also causes of vertigo and imbalance after brain injury.



Traumatic endolymphatic hydrops occurs when there is a disruption of the fluid balance within the inner ear. When this happens, you may have periods of vertigo, imbalance and ringing in your ears that last for hours to days.

Treatment options

Balance problems can have many different causes, each one requiring a different treatment. Your doctor, physical and occupational therapists and/or other health care providers will work with you to understand and treat all the different causes.

Ways you can improve your balance:

Increasing your strength and flexibility will help your balance
Find your limits in balance by moving your body over your feet as far as you can without lifting your feet

Practice standing or walking in different conditions

Practice activities that will improve your balance while walking, such as walking longer distances; walking and keeping up with someone else while carrying on a conversation; walking over different surfaces.

Be cautious when working on your balance, and make sure you work at an appropriate level to avoid falling when no one is around

Taken from - adapted
<http://www.msktc.org/tbi/factsheets/Balance-Problems-After-Traumatic-Brain-Injury> (14/3/16)

THINK! SUPPORT GROUP MEETINGS



Cambridge

Third Tuesday of each month at 10:30am at Cambridge Community House, 193 Shakespeare Street, Cambridge

Kirikiri

Last Tuesday of each month at 10:30am at THINK! office, 11 Somerset Street, Frankton, Hamilton

Matamata

Fourth Wednesday of each month at 10:30am at Railside by the Green, 41A Hetana Street, Matamata

Tokoroa

Second Thursday of each month at 10:30am at Tolloch House, Gate One, Maraetai Road, Tokoroa

Huntly

Please contact the office if you are interested in attending to ensure you receive the notices once we have finalised the arrangements.

Please contact the office for more information or to receive monthly notices.

Education sessions with Healthcare Rehabilitation Ltd

Sessions for clients, families, carers, & anyone interested in the topic of brain injury. Sessions are on the **2nd**

Wednesday of the month at **10:30am** at the THINK! office.

April:

Wednesday, 13th April

Topic: Emotional coping strategies.

Daniel Molesworth, Counsellor will give coping strategies for emotional ups and downs.

May: Wednesday, 11th May

Topic: Brain Injury Rehabilitation.

Bupa staff will share what brain injury rehabilitation looks like at Bupa.

June: Wednesday, 8th June

Topic to be announced.

Information about these sessions will be on our website www.thinknz.org.nz

Head Injury Advocates

Only THINK! staff members are advocates for THINK!. No one else can represent THINK! in an advocacy role or use the name of THINK! for other purposes not approved by the Board. Consultation with THINK! staff is recommended for any suggestions made by other head injured people for treatment for a head injury.

Fundraise / donate

Give a Little

We are registered with givealittle. To support the work we do, go to www.givealittle.co.nz/org/whis/donate



Payroll Giving

Why not consider donating this way? It is easy, your employer deducts a set amount of your wages and it gets paid directly to us. My **sincere thanks** to the people who are currently donating through payroll giving.

Awareness fundraiser

Charity tandem bike ride the length of New Zealand from Cape Reinga to Bluff.

2 people 1 bike / 2 Islands 1 country / 2 stories 1 goal. Josh Barker, showjumper, and his girlfriend Maggie are going to do this ride to promote the importance of wearing your helmet – be smart and protect your head. They will also raise funds for THINK!. To see what Josh is up to, visit his facebook page

<https://www.facebook.com/Ride-2-Think-698162233619888/>

To donate to this worthy cause, please go to <https://givealittle.co.nz/fundraiser/ride2think>

Photos from our gallery



Shona How, Music Therapist, kept the audience captivated.



TBI study day hosted by THINK!



Get together for women who have had a horse related injury.

MISSION STATEMENT

We empower people affected by head injury through the provision of information, education and advocacy support and raise awareness and prevention of head injury in the community.

FEEDBACK & SUGGESTIONS

We welcome your suggestions and/or feedback. We want this organisation to work for you. Please forward your input to Ella at admin@thinknz.org.nz

Board Members

Isy Kennedy - Chairperson
 Margaret Brewerton - Treasurer
 John Grey - Secretary
 Amanda Straiton
 Pat Samson
 John Hadfield
 Kelly Jones

CONTACT US:

Ella – 07 8391191
 Marion - 07 9744592
 11 Somerset Street, Frankton
 PO Box 1168, Hamilton, 3240
 Email: admin@thinknz.org.nz

www.thinknz.org.nz
www.facebook.com/THINKHeadInjuryAwarenessNZ
<https://givealittle.co.nz/donate/Organisation/whis>

LOVE YOURSELF



Disclaimer:

All care has been taken in the preparation of this newsletter; THINK! disclaims any liability for information contained within. It is of a general nature and to be used as a guide only.

2016 MEMBERSHIP

Join or Renew!

Due on 1 April 2016



Please renew your membership or join today
 Form on [page 8](#) - pay online.

Your membership and donation help us to make a difference in the lives of people who have sustained a brain injury and their families. We aim to reduce the isolation people experience after a brain injury.

Apart from our regular services and programs, this year we will have 2 seminars for clients, families, carers & our full day seminar for Professionals.

THINK! has an outcome focussed approach to achieve set outcomes.

With your help we can continue our much needed services. If you need any assistance, please contact us.

THANK YOU FOR SUPPORTING US IN THE WORK WE DO.

THINK!

THE HEAD INJURY NETWORK FOR KIWIS

11 Somerset Street, Frankton

PO Box 1168, Hamilton, 3240

Phone: (07) 839 1191

Fax: (07) 839 5648

Email: admin@thinknz.org.nz

www.thinknz.org.nz



www.facebook.com/THINKHeadInjuryAwarenessNZ

CC 23785

NEW MEMBERSHIP / RENEWAL

We invite you to become a member and support the work of THINK!

We empower people affected by brain injury, to make informed choices in ways that create a long-term and sustainable difference in their lives through the provision of information, education and advocacy support. We raise awareness and prevention of brain injury in the community

I wish to become a member \$ 10 (Students, beneficiaries, seniors)

I wish to become a member \$ 50 (individuals waged)

I wish to give a donation \$10 \$20 \$30 \$ ___ (other)

Payment can be made by Direct Deposit into SBS bank account no 03-1355-0691730-00. Please use your name as reference or phone the office for a reference number.

Name:.....

Address:.....

Contact numbers:.....

Email address:.....

YOUR MEMBERSHIP AND DONATION MAKES A DIFFERENCE IN THE LIVES OF PEOPLE WE SUPPORT