

January to March 2017 Newsletter

**“Kua tawhti kē te haerenga mai, kia kore e haere tonu;
he tino nui rawa o mahi, kia kore e mahi tonu”**
**“You have come too far not to go further, you have
done too much not to do more”**

Ta Him Henare
(Sir James Henare)

The voice of those affected by head injury
Te reo o nga tangata i pangia i te mate mahunga

Wild Geese

by Mary Oliver

You do not have to be good.
You do not have to walk on
your knees
for a hundred miles through
the desert, repenting.
You only have to let the soft
animal of your body love
what it loves.

Tell me about despair, yours,
and I will tell you mine.
Meanwhile the world goes
on.

Meanwhile the sun and the
clear pebbles of the rain are
moving across the
landscapes,
over the prairies and the
deep trees,
the mountains and the rivers.
Meanwhile the wild geese,
high in the clean blue air,
are heading home again.

Whoever you are, no matter
how lonely,
the world offers itself to your
imagination,
calls to you like the wild
geese, harsh and exciting

over and over announcing
your place
in the family of things.



MISSION STATEMENT

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

**“Bringing together those
in need with those who
wish to give”**

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Linda Wells, Health & Performance coach, share great tips on this topic

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A big THANK YOU to everyone who supports us financially, enabling us to continue the work we do

Membership/donation Page 8

Your contribution impacts lives

LIKE US ON FACEBOOK

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



THINKHeadInjuryAwareness
NZ

Chairperson Report

by Isy Kennedy

Wishing you all a Happy New Year and hope you had a rested Festive season.

We have so many exciting things to look forward to this year. Firstly I want to thank our Ella and Marion for the outstanding work you continue to do for us. You are the engine room for Brain Injury Waikato.

The Board acknowledges the need to extend our staff out in the field which will help to address the demand that exists.

Also a big thankyou to our Board for your well thought contributions to our meetings.

**IMPORTANT
ANNOUNCEMENT!**

So here are some highlights...

1. We have had a name change – we are now **Brain Injury Waikato Inc.** So we are

no longer THINK!. The new name aligns with the new National office – Brain Injury New Zealand and is easily recognisable. We will gradually change items that identify us, such as banners and stationery.

2. We are very excited to announce that **Nicholson Auto Morrinsville** and **Suzuki New Zealand** have generously sponsored a car for our Society, we thank Alan Kerby, Marketing Manager for making this possible. The car will be used in the field, which will lift our profile tremendously in the community. Nicholson Auto Morrinsville has also kindly offered to pay to get the signage done professionally. Our sincere thanks to our Board member, John Grey, for the part he played in getting the sponsorship.

3. Another big announcement is **our Society is turning 30 this year.** June is also our Awareness month. On top of inviting Service Providers and Allied Health Workers to our Seminar this year, we intend to add another component that includes inviting people from the public to attend. More information in the next newsletter.

4. We continue to receive funding which keeps our office alive & functioning. Unless we are abreast of the funding opportunities, we could not do what we do.

5. Staff continue to hold Education and information sessions for clients who have sustained a brain injury, their whanau, caregivers and Service Providers.

Also Board members attend various relevant seminars and workshops when possible.

6. We continue to seek more members for Brain Injury Waikato. The statistics keep reminding us of just how many times a day a brain injury occurs and we want to ensure we have the resources to help these people in their recovery.

I look forward to another busy year with our dynamic staff and Board members.

Please note we have changed our email addresses:

admin@braininjurywaikato.org.nz
marion@braininjurywaikato.org.nz
ella@braininjurywaikato.org.nz
and website address:
www.braininjurywaikato.org.nz



Report from Headquarters

by Marion

Happy New Year everyone

Summer may fully arrive in February! It was good to have a break and we are now easing back into the start of 2017.

We begin the year with a new name and much more besides. It is very exciting that we are fortunate to be sponsored by Nicholson Auto Morrinsville and Suzuki NZ into our own new logoed car. We will soon be seen driving around with Brain Injury Waikato signage.

We are most appreciative of our Board members efforts in supporting the new developments and the promotion of brain injury awareness.

Each year we reflect on what people have found helpful and also what we could improve on. We have a number of things to plan for in 2017 including our Education Sessions, Seminar and event speakers, Support Groups, new initiatives and networking opportunities.

I am aware that Christmas and New Year is not always a fun happy time for everyone and there can also be grief and loneliness. None of us are immune to these feelings at times. The good thing is these feelings usually pass, but it can help to have some

simple strategies to lift your mood, during these times.

Last year I attended a workshop in Rotorua on Wellbeing. One of the speaker themes was Resilience. "Resilience is the ability to cope with life's challenges and to adapt to adversity".

Resilience was presented in the context of living with grief by one of the key speakers. Lucy Hone, lost her young daughter, in a road accident, and was forced to put her academic training in Resilience Psychology, to the test in her own life, following this immense tragedy. She has written a book on her experience called 'What 'Abi Taught Us'.

What Lucy now advocates is applicable to all of us, as we face challenges and losses no matter how big or small. Having a brain injury creates extra challenges and losses. In a nutshell, resilience is about making deliberate choices on how we deal with difficulties and in spite of them, finding the good, with strategies that help.

Another speaker, Anne Andrews told her story of living with progressive Parkinson's which has robbed her of her independence. Anne has written a lovely children's picture book, called 'Grandma's Brain', inspired by her wish to explain

her failing capability to her grandchildren.

The tenacity of both women in continuing to manage and reach out to help others in the face of adversity, is moving and inspiring.

We are going to use the theme of **Resilience and Wellbeing** at our Education Session in February. We will prepare our own take on it, in the context of brain injury, drawing on a range of sources.



We are also planning our **June Seminar** for Health Professionals and events for clients, families and the public with great speakers in the pipe line. We will keep you posted.

In April 7 – 9, Friday to Sunday, we will be in attendance at the **Waikato Show** at the Claudelands Event Centre. We need some volunteers to assist with time on the stand so if you are willing to give an hour or so please get in touch with us.

It seems timely to clarify that there are a few other brain injury related supports out there in the community.,

The NZ Brain Injury Support Network was set up to support families with a loved one with

a brain injury. Based in Rotorua they organised the Brain Day event that was held at Hamilton Gardens in December last year.

Brain Injury Whanau Action Group (BIWAP) provides support and education and is Auckland based, with an affiliation to the South Auckland branch of Headway Brain Injury. They hold a free Marae based Brain Injury Wananga annually. Last year it was held at Port Waikato Marae, and some of our clients attended.

Please note that despite the name change the services we provide to people and their families, have not changed. We will just take a bit of time to get used to not being THINK!.

We hope you enjoy what we have put together in this edition.

I look forward to catching up with you again soon. Best wishes for the coming year.

Marion Baird, Liaison Officer

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www.braininjurywaikato.org.nz

www.facebook.com/THINKHeadInjuryAwarenessNZ

<https://givealittle.co.nz/donate/organisation/whis>

Congratulations to Monica, who is the winner of our **mystery prize** draw this time.

Become a financial member and go in the draw for the quarterly mystery prize.

Brain Injury Advocates

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

WAIKATO SHOW

The most delightful show in the Waikato

When: 7-9 April 2017

Friday to Sunday

Where: Claudelands Event Centre, Hamilton

Time: 10am to 5pm daily

Entrance fee: \$8 (children under 5 is free)

We will have a display at this event. If you would like to volunteer for an hour or two, please contact Ella on 8391191 or email ella@braininjurywaikato.org.nz to put your name down.

This Show enables our community to discover the products, services and organisations available in the region.

Fundraising

Give a Little

We are registered with givealittle. Support our work www.givealittle.co.nz/org/whis/donate



Why not consider donating through payroll giving? Your employer deducts a set amount from your wages and pay it directly to us. My **sincere thanks** to people who are currently donating this way.

First Aid Kits



77 Piece first aid kit - \$39.95

Email & order your kit from the office today. We get \$12 for each kit sold. The 77 item kit has transparent fold-out compartments including a digital thermometer and instant ice pack. This kit is CE approved and follows Worksafe NZ guidelines. View this first aid kit at the office, or online at www.fundraisingfirstaid.co.nz

Disclaimer

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

How to get more Happiness

By Linda Wells



Sometimes we keep waiting and wishing for happiness, or put off happiness until we've got things back to normal or until we achieve some goal, which means we limit our happiness.

So how can you create more happiness in your life?

Every day we can make a big difference to our happiness levels by repeatedly doing some small things. Here are 5 short habits that take only a little time. If you do them every day, they will improve your feelings of happiness and also increase your health and well-being.

1. Breathe

Do two minutes per day of deep connective breathing by taking deep, slow breaths in and letting them go slowly. This technique will soothe general anxiety, keep your emotions in check, and keep you calmer when facing stressful situations so you can be at your best.

2. Double It!

For two minutes a day, think of one positive experience that's happened during the past 24 hours. Highlight each detail you can remember. This works because the brain can't tell the difference between imaginary or real, visualisation or actual experience. And you've just doubled a meaningful experience in your brain. Keep on creating that happy feeling inside!

3. Fifteen Minutes of Fun!

Each day do 15 minutes of aerobic exercise, the kind of walking that gets your heart pumping. Outside especially around nature is good place to build the pace up, slowly if necessary, so that you actually enjoy it and therefore have a good chance of staying with it. Make a commitment to exercising daily and your happiness levels will soar!

4. Being Grateful

Spend two minutes a day scanning your world for three new things you're grateful for. Be specific by using the word 'because'. For example, if you say "I'm grateful for my son," it doesn't work so well, but if you say "I'm grateful for my son because he hugged me today, which means I'm loved regardless", the specific detailing gets the brain wired in a new pattern of happiness and optimism. It's helpful to have a daily journal or book to write down the 3 things

you're grateful for as this really supports and cements these new patterns.

5. Showing Appreciation With Others

This final habit is one of the most powerful ones. Take a couple of quiet minutes each day and focus on one person who has helped you or supported you recently. Send them a text, write a positive email or make a phone call thanking, praising or acknowledging that person for how good they make you feel and how you appreciate them. And do it for a different person each day. This action will not only make the person receiving the message and you feel great, but it will also increase your social connection which is the greatest predictor of long-term happiness.

"We are what we think. All that we are arises with our thoughts. With our thoughts we make the world"

Linda Wells helps individuals to create and maintain new habits leading to a happier and healthier way of being.

As a Health and Performance Coach, Linda works with private clients, with people in leadership and business, and educates and informs people through keynote speaking at conferences, seminars and interest groups.

www.outcomesunlimited.co

Effects of Sensory and Perceptual skills

Sensory and perceptual problems commonly occur following damage to either the right side of the brain or the parietal and occipital lobe region.

The effects of brain injury may involve a range of sensory and perceptual problems which are often described according to the sensory perceptual system involved. These systems include:

- auditory (perception of sounds)
- visual (perception of colour, shape, size, depth and distance)
- tactile (perception of touch relating to pain, pressure and temperature)
- olfactory (perception of smells)
- gustatory (perception of taste).

A Closer Look at Visuo-Spatial Skills

While deficits may occur within each sensory system, the area of visuo-spatial is often more dramatic. Visuo-spatial deficits may include difficulties in the following areas:

- drawing or copying objects
- recognising objects
- telling left from right
- doing mathematics
- analysing and remembering visual information
- manipulating or constructing objects

- awareness of the body in space e.g. climbing stairs
- perception of environment e.g. following directions.

People may experience select difficulties or several deficits depending upon the nature of their injury. One well known syndrome involves neglect where the individual ignores certain aspects on one side of the world in front of them, which is most typically the left hand side. For example, a person may ignore food on the left side of a plate or fail to copy aspects on the left side of a picture.

Management of Visuo-Spatial Deficits:

Individuals with neglect are often unaware of their problems and tend to use other explanations for the mistakes.

Retraining skills

Retraining typically involves repetitive and intensive exercises for a specific skill or task e.g. practise at drawing an object while receiving feedback. This approach tends to be more effective with specific skills.

Changing the environment or expectations

Modifying the environment to provide more support or reduce the demands of a particular skill. Sometimes, the change in the environment can be as simple as shifting furniture to ensure greater space when walking around the house. The person may

also learn to adjust their expectations and educate others about their difficulties.

Compensatory strategies

This may be as simple as a person learning to turn their head or body to scan their environment, or moving objects into their ideal position. Some external prompts may include colour stickers for object recognition, bright lights on the floor, musical or sound prompts, stencils or transparent paper for copying, hand rails and other safety devices.

Case Study - Lincoln

Lincoln was in a car accident and sustained an injury to a very specific area of his brain. As a result, he cannot recognise faces. His ability to recognise and name objects is unimpaired but, although he can recognise a face as a face, he cannot recognise whose face it is, although he can see each individual feature.

Lincoln cannot even recognise a photo of himself. If he is separated from his wife or friends, while in a large crowd he is completely unable to find them again. One of the biggest problems he faces, however, is that other people find it so hard to understand that he can see, and can recognise objects, but cannot recognise their face.

Content taken from <http://synapse.org.au/information-services/sensory-perceptual-problems-after-a-brain-injury.aspx>

SUPPORT GROUP MEETINGS



Huntly

1st Friday of every second month at 10:30am at Friendship House, 22 William Street. 1st meeting on 3 March

Tokoroa

2nd Thursday of each month at 10:30am at Tolloch House, Gate One, Maraetai Road.

Cambridge

3rd Tuesday of each month at 10:30am at Cambridge Community House, 193 Shakespeare Street.

Te Aroha / Morrinsville

Third Friday of every 2nd month at 10:30am. Alternate between the two towns. First meeting in Te Aroha on 17 February. Venue will be announced in the flyer

Kirikiri

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

Horsebirds over Waikato

A social group for women who have had a brain injury and a love of horses in common. Meeting once a month on the last Saturday of the month.

Meetings **start in February** unless otherwise indicated.

Please contact the office for more information about these meetings, or to be added to our mailing list.

Education sessions with Healthcare Rehabilitation

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 office.

February: Wednesday, 8th

Topic: Resilience & Wellbeing

Marion & Ella will be presenting on this interesting topic. What is resilience, how to build resilience following a brain injury and create greater wellbeing. This will be an interactive, session with opportunities for you to share. We look forward to having you join us.

March: Wednesday, 8th

Topic: To be confirmed

Information about these meetings is on our website www.braininjurywaikato.org.nz

Our SINCERE THANKS to all our funders and supporters

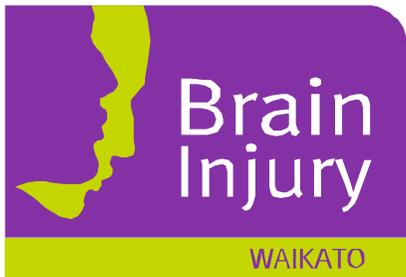


Sir John Logan Campbell Residuary Estate

Waikato WDFW Karamu Trust, NZ Community Post, Hamilton City Council, Jumble Around, Donny Charitable Trust, The Norah Howell Charitable Trust, Page Trust; Len Reynolds Trust, Waikato Lyceum Charitable Trust, Waikato Provincial Rural Women NZ, Ministry of Health, D.V. Bryant Trust, Grassroots Trust, C1 South, 4Good NZ, Oosh Cambridge, A-Lectrics, Hinuera-Te Poi Lions Club Thank you to everyone who has given a donation, but for privacy reasons cannot be named.

FEEDBACK /SUGGESTIONS

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



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www.facebook.com/THINKHeadInjuryAwarenessNZ

CC 23785

NEW MEMBERSHIP / RENEWAL

We invite you to become a member and support our work

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

Please note membership fees are due on 1 April