

May – July 2019 Newsletter

“He taonga rongonui te aroha ki te tangata”

Goodwill towards others is a precious treasure

The voice of those affected by brain injury
Te reo o nga taangata i paangia i te mate roro

Brain Injury

By Sue K Green

Only those there with me could truly understand.

Simple tasks are quite a chore;
no things easy anymore.
Unseen injury holds me steady;
thoughts are mixed up in my head.
Conversation, ease of thought,
words expressed are not ones sought.

Multi-tasking, lost the knack;
keep things simple, stay on track.
Can't explain, can't show you how,
but every day is so hard now.
Puzzle pieces to put in place,
still I show a smiling face.

Life is good. All is fine;
but often plans must realign.
Life is precious, that I know.
Be patient with me, let friendship flow.



Our mission

To raise awareness and promote prevention of brain injury. Brain Injury Waikato empowers people and families affected by brain injury through the provision of advocacy, support and education.

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

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Your contribution impacts lives

LIKE US ON FACEBOOK

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



BrainInjuryWaikato

Research Report



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

Since our last research update, TBI continues to attract increased recognition. A new international TBI Network directed by Associate Professor Alice Theadom is in development and will be formally launched on 21 May 2019. The recent formation of the TBI Network aims to bring together people, services, and research to discover how to prevent and optimise recovery from TBI across the lifespan from birth to older age.

Associate Professor Alice Theadom, Director of the network, strongly believes that more can be achieved by working together. This new network aligns closely with the aims of the Pediatric TBI Consortium and as such will be a valuable network to be linked to going forward.

The establishment group are keen to hear from patients, clinicians, parents, community groups and stakeholders. To find out more about the network, or how you can be involved, download a summary of recent research findings at

<https://www.aut.ac.nz/traumatic-brain-injury-tbi-network>

Keep up to date with tweets from the TBI network by following [@atheadom](https://twitter.com/atheadom).

Geneva Healthcare, in partnership with Auckland University of Technology (AUT) are busy planning for a 2nd Brainstorm conference to be held at AUT's City Campus in Auckland from 21-22 November 2019 – find out more

<https://www.genevahealth.com/geneva-brainstorm-concussion-conference>

We have also been busy analysing data and preparing research findings for publication. One recent study looked at patterns of children's recovery after mild traumatic brain injury (TBI). Most studies look at children's recovery over the year following injury. In contrast, recent research from our BIONIC study followed 196 children over four years after mild TBI to look at longer term patterns of recovery.

Findings showed that children had significantly fewer

behaviour problems, better adaptability and quality of life over the first year after injury, based on parent reports. Unfortunately, these patterns of improvements were not observed 1 to 4 years after mild TBI. During this time, parents reported that their children's quality of life reduced while child behaviour plateaued with no further improvements over this time. Those children found to be at increased risk for poor recovery from 12 to 48 months after injury tended to be from families with low socio-economic status and those with parents who were experiencing greater levels of anxiety.

Overall, these findings suggest that there are important changes in children's behaviour and quality of life after even a mild TBI. Interventions to identify and treat parent mental health issues may offer valuable opportunities to reduce the negative outcomes for children. To read more about this findings, please access the full publication at <https://www.tandfonline.com/eprint/hPiDEz8XszE7wg7iUkbA/full?target=10.1080/02699052.2019.1606445>

Keep warm as the cooler months head our way.

Best wishes, Kelly Jones

Report from Liaison Officer

by Marion

Welcome to autumn and cooler nights. The season's colours are on show. This year is proving to be as fast as 2018.

Our nationwide Black Out for Brain Injury came at the back of the horrendous event in Christchurch. Some fundraising and Appeals were cancelled as deemed inappropriate at a time when people were donating to support victims.

Medical Centres were approached in advance, to give support by wearing black and brain injury stickers. Hospital wards raised awareness, buying our Black Out for Brain Injury t-shirts and wearing them on a shift. One ward had an international lunch for staff. Brain Injury Awareness was raised by Hamilton Rehab, Community Living and Hamilton Aluminium to name a few. We are thankful for all the donations we have received.

We went ahead with our planned Morning Tea with Stephanie McLennan, sharing tips on improving strength and balance to prevent falls. We had a great attendance and most enjoyable time. Stephanie introduced easy exercises to strengthen core muscles in newly discovered places. Thanks to everyone

who purchased and wore their Black Out t-shirts.



Ella and I were invited to present to University 3rd year teacher students on the impacts of brain injury on children and learning. We hope as future teachers, the students will be more aware of the issues for a student with a brain injury in the classroom. Next time we plan to take a parent with us as their perspective of how the education system can best address the needs of a child, will be of great value.

It is a new financial year and I would like to remind you to renew your membership or join if you are not a member. We encourage you to give a donation. We rely on grants and donations to continue doing this life changing work we do.

We also presented to 3rd year Occupational Therapy students at Wintec, who are doing a module on brain injury. The Tutor thought input on how our services support people with a brain injury in the community would be valuable. A special thanks to

our client Jeremy, who was willing to share his story. He really brought the session to life and his contribution went down very well with the students.

In March our Education focused on living with a chronic condition. The overriding feedback from attendees was that they loved the relaxed inter active sharing in the group.

Our Education Session in April deserves a special mention. Five of our client forum members did a fantastic job of presenting tips and tools they found helpful in adjusting to the new norm of brain injury, and how to live well on this very individual journey. We are very proud of their efforts and humbled by their stories. Read about it on [page 7](#).

We are kept very busy with our different roles in the office.

Congratulations to Dennis, who is the lucky winner of our mystery prize draw.

We hope you enjoy our latest edition and look forward to meeting you again soon.

Best wishes, Marion

We are looking for a vaccuum cleaner in a good condition, for use at the office. Please help if you are able to.

Positive Things

By Tobie-Lynn Andrade

Life changes after brain injury. I have learned many positive ways to view things that happen after a TBI. I have found a humorous and humble approach to being happier, that I would like to share.

You will learn who is real in your life. Honestly, the false & good weather friends will drift away & family & friends who remain during your worst days will celebrate your best.

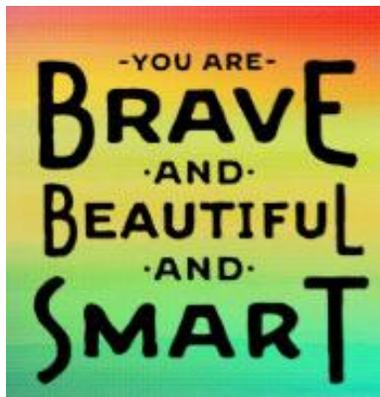
You will forget things. Little things, big things, in-between things. You will forget what you are doing while you are doing it. You will forget to finish sentences, eat meals, and endings to books and movies. Take it in stride.

Vision issues. You probably didn't realize you would have issues. I didn't expect it. Whether it be floaters in your vision, lack of depth perception or sensitivity to light, own it!

Not working. Sure, the financial aspect of not working, but no more terrible bosses, long meetings, awful co-workers. Also, you are now on your own schedule. Don't shy away when people ask what you do for work, tell them you get to stay in your pj's all day on a weekday, or have a nap when others are working through lunch.

You are now an expert. Yep. People spend thousands of dollars and years and energy to try and understand what you are going through, and you are living it. No one knows your brain, your body, your experience better than you.

You learn to value the little things. Health is something I didn't consciously take for granted, but every migraine, seizure, or neurological issue that has come since my TBI makes me ever so grateful for the good moments when my body doesn't seem to be betraying me.



Physical trials don't define us. Some of us are walking, some are sitting, and some are bed-ridden. Whatever abilities remain, however varied, are ours. Use what tools you can to live life fully. Make jokes at your own expense.

Depending on others. Be it driving, shopping, or personal hygiene tasks, we need help in some areas. Sure, it isn't ideal, especially if you were very independent before your injury. But you know the

people who are still here want to be, so lean on them for support.

People's expectations are lower now. And that is OK. You might exceed them or miss them altogether on your journey, but those who love and support you don't expect you to function like you did before. That is a good thing.

You will laugh at yourself. It will happen when you least expect it, during your bleakest moments, you will fumble a word or replace it with something entirely wrong and hilarious and will laugh your butt off.

Others will laugh with you if they see you laughing, and you will have funny memories to recall (or to listen to others recall, because you know, the memory thing!).

Bravery. Unlike anything you ever went through before, you will find inner strength to draw on and you will be braver than you ever thought possible.

Maybe not in your exact current situation, but you will overcome and succeed and realize you belong at the round table, or in Gryffindor House, or that you deserve to lead a country because You Are Brave.

Hope Magazine, April 2019.
Pages 28-31 Retrieved from <http://tbihopeandinspiration.com/April2019.pdf>

Workshop with Dr Gil Newburn

Dr Gil is a Neuropsychiatrist who has extensive knowledge of brain injury. We look forward to hear Gil present again.

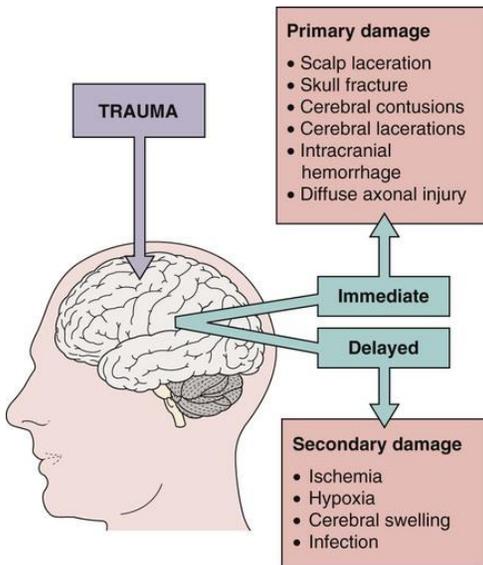
When: Wednesday, 3 July

Time: 3:30pm

Where: 11 Somerset Street, Frankton, Hamilton

Topic: Secondary effects of brain injury.

Secondary injury is an indirect result of the initial injury. It may start immediately or take a few days to begin. It involves a complex process of cellular degeneration & deterioration. Secondary effects may continue for some time post injury and go unrecognised.



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.

CLIENTS' CORNER

Clients' advice to help in daily life

Rather than watching TV programmes live, record them then watch the recordings. That way, if you now have trouble comprehending new material because of your brain injury, you'll be able to play it again and again until you get it. Just saves losing the plot.

When at home, always put your valuables (wallet, keys, cell phone etc.) down in only 2-3 places. Or if you're out somewhere make a mental note of where you put them down when you do. That way it'll be easier to find them again.

Using post-it notes is really helpful. Write on them what you need to remember to do, then stick them on say the back door, the car dash, the T.V. screen, wherever. Makes remembering what you should easier.

Have any great tips or advice you want to share? Please email it to Ella at admin@braininjurywaikato.org.nz



Our SINCERE THANKS to all our funders, sponsors and supporters



Sir John Logan Campbell Residuary Estate

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

SUPPORT GROUPS



Cambridge

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

Kirikiri

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

Tokoroa

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

Morrinsville

Meetings are currently in recess due to funding restraints. We will keep you posted.

Yoga sessions at the office

Join James Fowlie, Yoga Teacher, for gentle yoga poses at our office.

When: Every Thursday

Time: 10:30am or 11:30am

Where: 11 Somerset Street, Frankton, Hamilton

Go on the mailing list to get weekly reminders.

Education sessions with Healthcare Rehabilitation

May Wednesday, 15th

Topic: Role of Occupation Therapist

An interactive session with Lisa, sharing what has worked for you and learning skills to help in everyday life.

June Wednesday, 12th

Topic: Depression and Anxiety

Andre Jackson will have an interactive session discussing what depression looks like and barriers stopping you from getting well.

July Wednesday, 12th

Topic: Visual conditions following brain injury

Kim Stedman, Optomotist, will talk about diagnosing visual conditions & treatment options. Learn how you can adapt your environment to minimize the effects of these conditions.

Waikato NeuroTones

Join the choir and enjoy the benefits of singing.

When: Every Tuesday

Where: Central Baptist Church, 33 Charlemont Street, Hamilton

Time: 10:30am

Entrance fee: \$3

Please contact the office if you want to join the choir.



Fundraising

Give a Little

We are registered with givealittle. Please support our work by donating at www.givealittle.co.nz/org/braininjuryw



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

You can still order your kit from the office today. We get \$12 for each kit sold. This 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

EDUCATION SESSION – TIPS JUST FOR YOU



Rachel

Rachel - 'Goodenough' theory – learning to let go of not being able to complete all tasks in a day – it is okay to take small steps and be satisfied.
Using Wunderlist list to help with groceries and providing support to initiate tasks that need doing.

FEEDBACK /SUGGESTIONS

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

Stefan - Get back into things you can do that you love doing
Don't think about the things you can't do - **think about the things you can do**
Try stuff – the more the better (but don't overload)
Be happy to take small steps
Become someone different – rather than who you were before



Stefan

Jenny - as a wife and mother **learning to use diaries and weekly menu lists** for cooking was important. Being able to see it all written down helped.



Steve, Nola and William (from L to R)

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.

Steve - breaking up your activities, **do an activity for 15 minutes, then take a break.** Yoga, mindfulness and the choir each have their own therapeutic benefits.

Nola – using a toolbox with different items – use as necessary. Have patience with your situation – **roll with the flow.** Stay in the moment and focus on the here and now. Believe in yourself – you can achieve your goals.

William - building self-belief, it starts with how you talk to yourself. Start with saying **I AM ENOUGH.** Implement it as a habit, you could habit stack it, as I have just learned the meaning, with brushing your teeth or find some lipstick and write it on the mirror and repeat it every time you see it. I have used that to improve my own self-confidence and to remind myself that I have to keep pushing forward.



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www.givealittle.co.nz/org/braininjuryw

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NEW MEMBERSHIP / RENEWAL

We encourage you to support our work

Brain Injury Waikato empowers people and families affected by brain injury through the provision of advocacy, support and education to make informed choices in ways that create a long-term and sustainable difference in their lives. We also raise awareness and promote 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 by Direct Deposit into SBS bank account no 03-1355-0691730-00. Please use your name as reference. All donations over \$5, are tax deductible. You can claim 33% of all donations made. We provide help to complete the 'Tax credit claim form' at the end of the financial year.

Name:.....

Address:.....

Contact numbers:.....

Email address:.....

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