

November 2019 – January 2020 Newsletter

“Kia u ki te whakapono, kia aroha tetahi ki tetahi”

Hold strong to your beliefs and love one another

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

Fatigue

By William Morris

Nothing prepares you for the mental exhaustion.
Your body aches, begs, and cries for the comfort of sleep,
Yet the mind wants to continue pushing,
Struggling to make the claim, 'I AM ALRIGHT'.

But in doing so, bodily functions betray you,
Symptoms of a person that has finished a half litre of bourbon,
'NO, I AM NOT DRUNK'.
Although that is how I am presenting,
Twisted, slurred speech, and balance issues...
When it is really bad,
Incoherent ramblings of a fractured mind.
Thoughts racing around in my fatigued state,
Wanting to be released.

I am living in the discomfort of my invisible disability,
I feel the judgemental eyes that gaze over me,

When I step out of my car that is parked in the....
You guessed it,
The disability park.
Yes, I look and if you speak to me....."Normal"

Aside from when I'm drunk on fatigue.
That is the burden of the invisible disability.
Before you send that piercing societal judgement in any direction.
Stop and take a moment to think,
"What have they been through?"
For those you that are brave enough,
I challenge you, go up and ask the person,
The stories will surprise you.
'I was never supposed to walk again.'

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

Meet the staff and a special volunteer Page 2

Meet the staff and our volunteer 'Girl Friday'

Report from Marion Page 3

Attitude determines the outcome Pg 4

Eltje talk about her injury, her attitude and how she was able to win two gold medals

Thank you for your support Page 5 - A big THANK YOU to funders, sponsors and supporters.

Social events Page 6

Meetings and events for you

Fundraising/donating Page 6

The different ways you can support us

End of year picnic and closing of office dates Page 7

Your invite to our end of year picnic - put this date in your diary

Membership/donation Pg 8

Your contribution impacts lives

Meet the staff and volunteer

Some of you have had the opportunity to meet the staff. For those of you you haven't, below is more information to get to know the staff a bit better.



Wendy Kimble

I am the new Liaison Officer, working part time for 3 days a week. I am from South Africa and have been in New Zealand since 1997 and started my studies in Social Work and Ataarangi Te Reo.

I qualified as a Social Worker and became a novice at speaking Te Reo. Almost the whole of my new life as a Kiwi has been working with people with some form of a disability whether it be physical, mental or intellectual.

I have 3 children who now have their own families. I really look forward to meeting you all.



Marion Baird

I have been with Brain Injury Waikato and our various trading names since 2011. I have a background health qualification and years of experience in both health and disability services.

My expertise is in advocacy, support and navigation of services in a wide variety of fields, and I have built enduring relationships with clients, families, health professionals and providers alike.

Mainly it is the people I work alongside that brings the real learning and the rewards. I love the role with its challenges, scope and diversity.



Ella Scheepers

Most of you would know me or recognise my name or voice. I have been working in this office since October 2007 and became the Manager in 2012. I enjoy my work immensely where no two days are the same.

I have a real passion to help people and enjoy talking to people face to face and on the phone. I have learned so much from all of you, you are an inspiration to me.



Nola Braithwaite

Nola here. I am a regular volunteer in the office, otherwise known as 'Girl Friday'. I help out with admin tasks including putting your newsletter in envelopes as well as the general upkeep and cleaning of our office.

You will also find me taking photos at events and meetings. I am an important part of the team at the office.

Report from Liaison Officer

by Marion

Greeting all, Kia ora koutou

This is our end of year newsletter. As usual, we wonder how we got here so quickly.

We could all do with some sunshine so here's hoping it is coming our way.

It has been a pleasure meeting new people this year and continuing contact with familiar faces.

Two "new and good" things to report, are the appointment of our new staff member Wendy – photo on [page 2](#). Wendy has fitted in extremely well. She joined us just over a month ago and understandably is still on the learning curve. A number of you who have been to our events have met and chatted to her already.

The other one is the success of our Seminar for Health Professionals and Service Providers at Hamilton Gardens earlier in October. We can blow our own trumpet for a moment on the fine selection of speakers and the great feedback we had. We aimed for diversity this year with A Neurologist Perspective, Alison King, Corrections Clinical Director Kay Sloan spoke on a screening tool for TBI in prisons, Psychologist Hamish Bartle on Working with Resistance and Motivation

following a brain injury and a new and timely Research project on Experiences of Maori in the Waikato with Traumatic Brain Injury Rehabilitation Services (both within and outside the Waikato). We are right behind this project. This research is led by Dr Tai Kake, and his research assistant Maia Silvera, based at Waikato Hospital. They are looking for participants to interview, whanau are most welcome to attend.

Research study on experiences of Maori with traumatic brain injury

You are invited to take part in a research project on the experiences of Maori with traumatic brain injury and their whanau in the Waikato region. Researchers are interested to hear from you and your whanau about your experience of the health service you received for your brain injury. How were these services for you and for your whanau? and whether your experiences were good or bad. How do you think these services could be improved, particularly for Maori.

Please contact Marion or Ella. We can send you written details that Tai and Maia have provided, for your consideration.

The main goal is to use this research to improve health services in the Waikato for Maori with traumatic brain injury.

I would like to encourage you to complete the enclosed survey on all our services. We really need to know if we are meeting your needs. Please post or email your feedback.

We have one more Education Session on 13 November. Several people came to our fun interactive exercise session (including sit and be fit movements) facilitated by Sport Waikato last year. Jodie and Noor are repeating this, so do come along.

Our end of year picnic is on Friday, 6th December and follows the great success of our most enjoyable event last year. We hope for sunshine again this year. Lunch and drinks will be provided. More details on [page 7](#).

Congratulations to Scott, who is our lucky winner of our mystery prize for financial members this time around.

Our office will be closed from Friday, 20 December and reopen on Tuesday, 14 January 2020.

Best wishes for the Christmas period and New Year.

Nga mihi
Marion

Attitude determines the final outcome

Many people may have met me at Brain Injury Waikato meetings and events. For those who haven't, let me introduce myself, I am Eltje Malzbender, a former physiotherapist. I grew up in Germany and have been an enthusiastic competitive cyclist all my life.

In March 2016, whilst out training on my bike, I was involved in an accident and suffered a traumatic brain injury. On arrival at Waikato Hospital I was at the lowest level on the Glasgow coma scale, from which you can survive. After 4 weeks, still unconscious and not responsive, I was transferred to ABI Rehab in Auckland where I stayed for six months, and then another 6 months at Laura Ferguson in Auckland.

On discharge from rehab, I chose to move to Cambridge. We all meet adversity in our lives, at some stage or another, and I would like to demonstrate that without doubt, we can achieve success through the adversity we have been presented with. I believe that attitude is everything, in sickness and in health, although we can't control what happens to us, it is our attitude to it which determines the outcome.

The injury left me with Cerebellar Ataxia, it severely affected my balance and coordination, produced involuntary movements, and left me with no movement on my right side at all. I have loss of memory, great difficulties communicating, but I have gradually learnt to speak and make also my hands do what I wanted so I could write. My eyesight was compromised with ataxia affecting eye focussing and movement, depth or distance perception and also with double vision.



I lost my independence and was unable to ride my bike. I have been determined to change that. My previous experience as a physio, showed me that if people stick to a plan and an exercise regime, the body responds by repairing and modifying itself. The same is true of the brain, and the term neuroplasticity has become accepted as mainstream, the idea that cells will adapt to other roles and additional

connections can be made between them.

I believe that attitude is everything, in sickness and in health, although we can't control what happens to us, it is our attitude to it which determines the outcome.

The required exercise, whether to train neuro connections, for physical movements, or cognitive exercises to improve cognition, it has to become habit, be made a part of life. In that way, they get repeated every day. It would be easy to get frustrated, with the things being knocked, dropped, spilled and spoilt, which happens day after day, but my way of looking at it, is that it's another opportunity for my brain to learn, to make the connections, to adapt.

Whilst I could have resigned myself to life with an electric scooter, I chose an Alinker, a walking bike instead, as that will give me independence AND provide me exercise. Sure, it's also easier to use my left hand and left leg I carry out everyday tasks, but I choose to make my right arm and leg do the tasks, to train them and the neuro connections which enable them. In order to manage my lack of memory, and cognitive issues, I live my daily life by strict rules, physical

placements, planning and routines – No exceptions to the rule!

Cycling was my life. I was fortunate to be encouraged by my supportive and former velodrome coach, to tackle riding a tricycle. Three years ago, I managed to ride a tricycle in the velodrome in Cambridge. Because I was unable to stay upright, I had someone running alongside ready to grab me if needed. Gradually we were able to venture outside. Each step has been a great achievement and spurred me on to take more steps. Paralympics NZ took an interest and encouraged me to train and compete. Although I have no sense of direction, I have managed, with preparation, to memorise enough to ride alone on 2 or 3 routes which I have learned. Independence!!

I raced the trike all over NZ, in 3 National Championships in 2017, 2018 and 2019, World Championships in Italy 2018, a World Cup in Belgium 2019, I represented NZ at the UCI World Championships in Emmen in The Netherlands in September 2019. I managed to win the 20km Time Trial, beating the 13 times World Champion from Canada. Then, 2 days later, a double gold-medal; I won the 22km road race, despite crashing on the last lap. Like my rehab

philosophy, the job wasn't finished, so I didn't hesitate to try and get back on and complete the race. I completed it before everybody else, I was World Champion again.

I always used to enjoy climbing mountains on my bike; after a severe brain injury, I have chosen other mountains to climb – being able to communicate, being able to get around, being more independent, being able to ride a trike, and ride it faster and further. Now I have become world champion, in the individual time-trial and road race, I intend to attempt to become a Paralympic champion.

I accepted that I can't continue my work as a physio, but I realised that my rehab is ongoing, it is my new career. Although I can no longer enjoy my work as a physio, I know that I can enjoy trying to make a difference by encouraging others with impairments to work away at improvement and never give up.

Attitude largely determines the final outcome of things that happen in life, and make no mistake about it, success is always possible through the adversity we are presented with.

Read more about me on my website www.pedals.co.nz

Our SINCERE THANKS to all our funders, sponsors and supporters



4Good NZ, A-Lectrics, C1 South, Compuhub NZ, D.V. Bryant Trust, Donny Charitable Trust, Glenice & John Gallagher Foundation, 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 WDFE Karamu Trust. Thank you to everyone who has given a donation.

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.

Yoga sessions at the office

Join James Fowle, Yoga Teacher, for gentle yoga.

When: Every Thursday

Time: 10:30am or 11:30am

Where: 11 Somerset Street, Frankton, Hamilton. Go on the mailing list to get weekly reminders.

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.

Education sessions with Healthcare Rehabilitation

Nov Wednesday, 13th

Topic: Be Active and Well

Jodie and Noor from Sport Waikato will share how being active and well is easier than you think. Small changes to your lifestyle can improve your overall health.

Waikato NeuroTones

Join the choir and enjoy the benefits of singing.

When: Every Tuesday

Where: Dementia Waikato, 8 Keddell Street, Frankton (parking available behind building in Kent Street with entrance to office)

Time: 10:30am

Entrance fee: \$3

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

No singing during the school holidays – last session on 17 November. Contact the office for the starting date in January 2020.



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

THERE WILL BE NO MEETINGS DURING DECEMBER OR JANUARY. ALL MEETINGS RESUME IN FEBRUARY 2020

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

END OF YEAR EVENT FOR CLIENTS, WHANAU AND CARERS

END OF YEAR PICNIC

We are excited to invite you to our end of year picnic in the Rose Garden at Hamilton Gardens.

A packed lunch and drinks will be provided. Please ensure I receive your confirmation and dietary requirements by the RSVP date, otherwise you won't have lunch on the day.

We will go for a wander through the gardens after lunch.

When: Friday, 6 December 2019

Where: Rose Garden Pergola, Hamilton Gardens (entrance through gate 2 there is a sign to the Rose Gardens)

Time: 11:30am

Please **RSVP** by Monday, 2 December 2019



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.

We wish you a Merry Christmas and a Prosperous New Year

This office will be closed from 20 December 2019 and reopen on Tuesday, 14 January 2020



LIKE US ON FACEBOOK

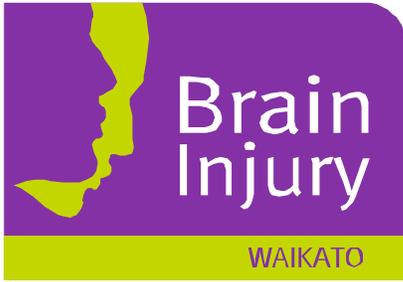
Like us on Facebook and connect with like minded people from around the World!



BrainInjuryWaikato

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.



11 Somerset Street,
Frankton PO Box 1168,
Hamilton, 3240
Phone: (07) 839 1191 Fax: (07) 839 5648
Email: admin@braininjurywaikato.org.nz
Website: www.braininjurywaikato.org.nz
www.facebook.com/BrainInjuryWaikato
www.givealittle.co.nz/org/braininjuryw

CC 23785

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