

## February – April 2020 Newsletter

**“Naku te rourou nau te rourou ka ora ai te iwi”**

*With your basket and my basket  
the people will live*

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

### People like you

By Joanna Fuchs

A brand new year!  
A clean slate on which to write  
our hopes and dreams.  
This year:

Less time and energy on things;  
More time and energy on people.  
All of life's best rewards,  
deepest and finest feelings,  
greatest satisfactions,  
come from people--  
people like you.

Happy New Year!



**RELOCATION NOTICE**

We are moving on Friday,  
**20 March 2020**

**Our new address:**  
**8 Keddell Street, Frankton**  
We are sharing the offices  
of Dementia Waikato  
Our phone numbers will  
remain the same.

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

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research studies & findings

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Tips to help you in everyday  
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Our focus is on fatigue

### Thank you for your support

**Page 5** - A big THANK YOU to  
funders, sponsors and  
supporters.

### Wellbeing Show Waikato Pg 5

We will be there with a  
variety of exhibitors on  
wellbeing

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Your contribution impacts  
lives



## Research Report



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

Tēnā koutou katoa,

Happy New Year to you all! Hope you have all enjoyed some quality time with your loved ones over the festive season.

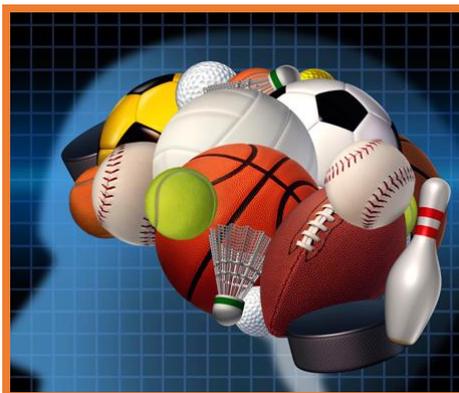
At our end, the year kicks off to an exciting start as we finalise plans to follow-up those adults and children who took part in the 2010-2011 Brain Injury Incidence and outcomes (BIONIC) study. There is still plenty to learn about the longer-term effects of traumatic brain injury, especially mild brain injuries.

If you know of anyone who took part in the BIONIC study, please feel free to let them know that we will be trying to get in touch. If folks have moved or changed phones, we'd love to hear from them so that we can update their contact details.

People are welcome to send me an email at [kelly.jones@aut.ac.nz](mailto:kelly.jones@aut.ac.nz) or to phone me on 021 246 0587.

In terms of recent publications from the research team, Professor Alice Theadom and colleagues have recently published a systematic review looking at the incidence of sports-related traumatic brain injury.

Published in *Neuroepidemiology*, the incidence of sports-related TBI based on hospital studies ranged from 3.5 (Italy) and 31.5 (USA) per 100,000 people.



However, our community-based BIONIC study identified an even higher incidence of 170 (NZ) per 100,000 people. One of the included studies looked at sports-related traumatic brain injury (TBI) over a five year period, and suggested an increasing trend in incidence over time.

Of course, increasing figures may be, at least in part, due to improved public awareness of the importance of TBI.

**There is still plenty to learn about the longer-term effects of traumatic brain injury, especially mild brain injuries.**

Males were at more risk than females, with adolescents and young adults at greatest risk of having a sports-related traumatic brain injury. While only examined by two studies, rugby/football, off road vehicles (including cycling) and equestrian sports were associated with the highest risks for injury.

If you would like to read more, you can access this publication for no cost by copying and pasting this link into your web browser <https://www.karger.com/Article/FullText/505424>

Finally, I'd like to reflect on a highlight of 2019 that involved the delivery of a pediatric TBI workshop in the Hawkes Bay. Around 30 health professionals attended this one-day workshop hosted by Brain Injury – Hawkes Bay. It was such a pleasure to spend the day with likeminded individuals who are working hard to provide the best possible support for affected children, teenagers and their families/whanau. And so the collective good mahi continues....

Ngā mihi nui,  
Kelly Jones

## Report from our Liaison Officers

### Kia Ora Koutou

The New Year brings a few changes. We are all back on board after a lovely break. Now it's hands-on deck and away we go again. As shown on front page, we are literally on the move. Our lease expires and we are relocating to 8 Keddell Street, Frankton sharing offices with Dementia Waikato. We have access to a very nice open space for events / education sessions and a separate boardroom for meetings and our support group. Importantly, there is ample parking in Kent Street behind the building.

This venue is utilised for the combined choir Neurotones which is going from strength to strength with our music director Sue. It would be great to have more representation from Brain Injury Waikato.



**Awareness Week is from 16 to 20 March. Due to our move, we will have an awareness event at the office on Wednesday, 11 March see Page 5. Our Black out for Brain Injury awareness theme is Fatigue, a very familiar topic for many. We will have a guest speaker on fatigue.**

## We invite service providers and health professionals to support us on Friday, 20<sup>th</sup> March by wearing black to raise awareness of brain injury.

Sadly, three of our funders who have supported us in the past, have changed their criteria and we will not receive their financial support in 2020. Hence, we need to reduce our outgoings until some alternative funding is sourced. Support Groups and travel to outer regions will be curtailed until such a time. We are also doing a plug for donations and membership please. Every little bit counts.

ACC is also undergoing considerable change from February. Some of you may have been advised that they are moving into a phone team system rather than individual case managers. Serious injuries may maintain face to face contact with the case manager. If you are affected by these changes, a notification should go out to you. It remains to be seen how this works in practice.

I look forward to meeting you again very soon at our new surrounds. We are excited about our new premises. I sincerely hope that 2020 brings positive things for you, your family, and the world in general.  
Nga mihi  
Marion

New Year Greetings to you all I really look forward to all the exciting things that Ella, Marion and myself have planned for the year. We had our first staff meeting and added a few exciting things that we would like to achieve this year.

I am looking forward to the Wellbeing Show Waikato at Claudelands from 28 February to 1 March. We will be there with a wide range of other providers sharing what, where and how about their service. Marion and I have entrance tickets for \$5 each (available at the office) of which \$1 will be donated to our organisation, please support us by purchasing tickets from us.

**Due to changes in funders' criteria, we have lost thousands of dollars. We truly need your financial support to ensure we continue vital services.**

Congratulations to Joy, who is the lucky winner of our mystery prize for financial members.

I have only met some of you, but I am really keen to get to know you all. Please remember my door is always open and I'm pretty good at listening.

Go well Be well  
Wendy

## Fatigue following brain injury

Fatigue is one of the most commonly reported effects of a brain injury. Unlike 'normal' fatigue, which is time-limited and alleviated by rest, the intense feeling of fatigue after brain injury may be present most of the time and can have a significant impact on quality of life.

Some tips to try:

Watch your mood – be aware of and acknowledge your feelings and emotions but try not to dwell on them. Plan time in your schedule to do pleasurable activities that will make you feel good about yourself. Acknowledge that you may not be able to do as much as you did previously. Notice when you have done things well and celebrate these achievements. If you are struggling, talk to your GP.

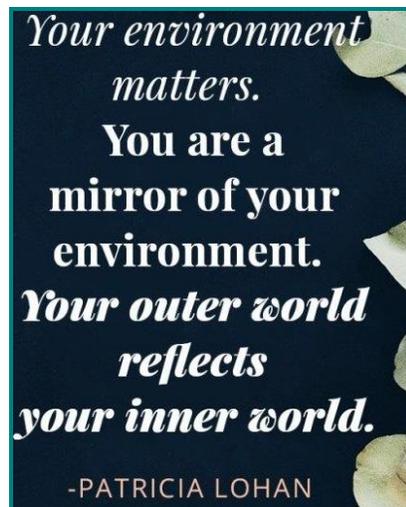
Pace yourself - pacing is a way of balancing activities that you do throughout the week. By spreading tasks out, you may be able to reduce fatigue. Prioritising where to use your energy.

Sleep hygiene - establish a regular routine by going to bed at the same time each day and getting up at the same time. Create a calm bedroom that is cool, dark and quiet. Use relaxation techniques. and avoid taking a nap after 4pm.

Exercising improves our capacity to undertake physical activities. Try to choose something which you enjoy as you are more likely to stick to it. Exercise has an energising effect and research shows that it can have a positive effect on mood.

Monitor your nutrition and hydration - eating the right things at the right times, according to what you are doing, is important in managing fatigue. Drinking enough fluid, particularly water, keeps the brain and body hydrated. This is important to help the brain and body to work effectively.

Discuss medication - Medication may be helpful in managing other factors associated with your injury, such as anti-depressants for low mood, but it may also influence the fatigue you experience. It is important to discuss this with your GP.



Modify your environment - Keep things in the same place so that you don't waste energy searching. Use labels/signs to help you to find things more easily. Think about turning off the TV or music when you are trying to concentrate on a task. Prevent interruptions from other people – put a 'Do Not Disturb' sign on the door.

Notice when you have done things well and celebrate these achievements.

Explore cognitive (thinking) strategies - Doing one thing at a time to help your concentration. Using checklists to help you stay on track, such as a shopping list. Scheduling your time using a diary or phone organiser. Using alarms to prompt you to stay on task and take breaks.

Headway (2019) *Drained by fatigue? Try these 8 ways to cope after brain injury.* Retrieved from <https://www.headway.org.uk/news-and-campaigns/news/drained-by-fatigue-try-these-8-ways-to-cope-after-brain-injury/>

## FEEDBACK / SUGGESTIONS

We welcome your suggestions and feedback. We want this organisation to work for you. Please forward feedback to Ella at [admin@braininjurywaikato.org.nz](mailto:admin@braininjurywaikato.org.nz)

**Brain injury Awareness Week 16-22 March 2020**



**Focus on FATIGUE**

Join us at the office for our Black out for Brain Injury event.

**When:** Wednesday, 11 March 2020

**Time:** 10:30am

**Venue:** 11 Somerset Street, Frankton (office)

We will have a guest speaker talking about fatigue and strategies dealing with it.



Hamilton Dinsdale Lions Club in conjunction with Hamilton Zoo and Friends of Hamilton Zoo invite you to an event for people with disabilities. Free entry for one person and one carer is provided by Hamilton Zoo. Free entertainment, barbeque, ice blocks and drinks for attendees. March 2020 - day to be confirmed.



**REMINDER**  
We will be moving out of this office on **20 March 2020**  
Our new address:  
**8 Keddell Street, Frankton**  
We will be in the same building as Dementia Waikato office



We will be there!!  
Engage with the Community - with a wide range of Wellbeing-themed exhibitors, this special show offers something for everyone.

**When:** 29 February to 1 March

**Where:** Claudelands event centre

**Time:** Saturday 10 – 5pm  
Sunday 10 - 4pm

As a fundraiser, we are selling entrance tickets. Tickets are \$5 each, \$1 of each ticket will be donated to us. Please support us by purchasing tickets from us and/or help us sell tickets.

**Our SINCERE THANKS to all our funders, sponsors and supporters**



Sir John Logan Campbell Residuary Estate

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 WDFW Karamu Trust. Thank you to everyone who has given a donation.

## SUPPORT GROUPS



### Cambridge

3<sup>rd</sup> 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

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

### Yoga sessions at the office

Join James Fowlie, 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 Feb Wednesday, 12<sup>th</sup>

**Topic:** Plans and aspirations for the year

An interactive session with staff to look at the year ahead. An opportunity to look at your priorities, lifestyle choices, and strengths.

### March Wednesday, 11<sup>th</sup>

**Topic:** Fatigue and how to cope everyday

A person will share strategies on managing your fatigue levels – speaker to be confirmed.

### April Wednesday, 8<sup>th</sup>

**Topic:** Gambling harm

Makarita Tangitu-Joseph, Public Health Coordinator, Te Kohao Health will talk about their FREE gambling support service & introduce a basic screening tool to ascertain if someone needs help to reduce gambling harm.

### Waikato NeuroTones

Enjoy the benefits of singing.

**When:** Every Tuesday

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

**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](http://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](http://www.fundraisingfirstaid.co.nz)

## PHOTOS FROM EVENTS HELD IN NOVEMBER AND END OF YEAR PICNIC FOR CLIENTS, WHANAU AND CARERS

Education sessions with Sport Waikato



### 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.



End of year picnic photos

### Brain Injury Advocates

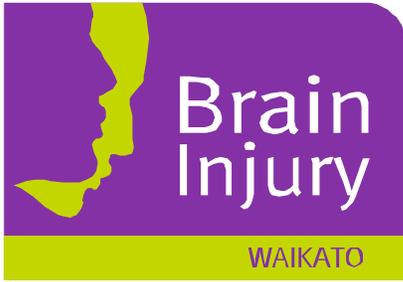
Staff members are advocates for clients. No one else can represent clients in an advocacy role or use the name of the organisation for other purposes not approved by the Board. Consultation with staff is recommended for any suggestions made by other brain injured people for treatment of a brain injury.

### LIKE US ON FACEBOOK

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

BrainInjuryWaikato





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[www.facebook.com/BrainInjuryWaikato](https://www.facebook.com/BrainInjuryWaikato)  
[www.givealittle.co.nz/org/braininjuryw](http://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**