



Paste-up Project  
**COMMON...PAUSE**  
Art Gallery | Until 28th of August

# Our Staff...



<b>Manager</b>	<i>Terry Lloyd-West</i>
<b>Officer Manager</b>	<i>Norma Moran</i>
<b>Workshop Coordinator</b>	<i>Bruce Roberts</i>
<b>Program Coordinator</b>	<i>Teresa Winterburn</i>
<b>Rehabilitation Coordinators</b>	<i>Lou Angus</i> <i>Paula Crowe</i> <i>Chris Hattle</i>
<b>Rehabilitation Coaches</b>	<i>Claire Davis</i> <i>Claire Matena</i> <i>Angela Shailer</i>



# In this issue...

<b>Managers Report</b>	3
<b>Mid Winter Lunch</b>	4-5
<b>Strive Harmony</b>	6
<b>Covid-19</b>	7
<b>Common Pause</b>	8-9
<b>Independent Living</b>	10
<b>Word find</b>	11
<b>Pokerwork</b>	12
<b>GUAGo</b>	13
<b>Workshop</b>	14-15
<b>Diary Dates</b>	16
<b>Sponsors</b>	17

  
**strive**  
 rehabilitation  
 MANAWATU  
*For a Positive Future  
Mo te heke mai pai*

38 West Street  
 Palmerston North 4412  
 P.O. Box 34  
 Ph: 06 3546728  
 Cell: 021 2307928

# From the Manager

Tēnā koutou katoa,

Welcome to our **Spring edition** of the Strive Rehabilitation Manawatu newsletter for 2020!

It has been trying times for all of us with the **Covid-19** pandemic and having to navigate the various alert levels as a Service. I want to **thank everyone** for your patience and flexibility around the changes to the weekly programme schedule to accommodate social distancing. Fortunately, as I write this, the region is back to **Alert Level 1**, so the Service is in full swing again.

I trust you have survived the winter months without too many winter ailments ... and that you have started to enjoy the tell-tale **signs of Spring**. It is so refreshing to see all the new born lambs in the fields and spring flowers everywhere!

**Congratulations** and thanks to clients for all your achievements over the last quarter. May you continue to achieve and thrive. **You are my heroes and inspire me every day!**

In this edition:

- **Mid-Winter Lunch:** Palmerston North **Cossie Club** provided us with another opportunity to mix and mingle with fellow clients, family members, friends and people from other agencies for our annual mid-winter lunch. For me this is always a great opportunity to catch up with others I don't see on a regular basis ... especially former clients.
- **Strive Harmony:** Thank you Claire and 'Strive Harmony' for your wonderful contribution to the elderly in our community. Strive Harmony is our singing group that regularly visits the rest homes in the area, bringing massive smiles to residents faces and brightening their day.
- **Bubble Art:** Clients have been working on various '**bubble-themed**' **art** pieces as a creative way of expressing their experiences during lockdown. This has helped us all to process this worldwide pandemic, and the affect it has had on our lives. A big '**Thank You**' to **Mirjam De Oude** for inviting us to contribute to the latest 'We Are All Artists' project, '**Common... Pause**'. This was a digital exhibition at Te Manawa. The theme was 'lockdown' and several of the clients contributed digital photographs as part of this exhibition.
- **Independent Living:** Thanks Michael for another edition of 'Independent Living'. This time he comments on '**Cooking and Cleaning**' - two very important living skills. Thank you for creating the '**Spring Wordfind**' also.
- **Pyrography:** Several clients are part of a **pokerwork group**, using their artistic skills to produce some **quality projects**. Some of the pieces I have seen are outstanding!
- **Get Up And Go!:** A very successful falls programme developed by Chris, our Physio is called '**Get Up And Go!**' Clients learn practical ways to prevent falls, but also what to do when you do fall ... how to move safely across the floor .. how to summons help ... how to manage people who rush in to help ... These are all situations to problem-solve together and develop sound strategies for.
- **Woodwork Activity:** There has been so much amazing work coming out of the wood workshop these days. Congratulations to all who have completed such stunning projects.
- **Diary Dates:** Check out the back of this newsletter for important dates that are coming up. We have also included our Christmas closedown dates for December 2020.

My warmest wishes to all our stakeholders. Thank you for your continued love and support.

Be well. Arohanui, *Terry*



# Mid-Winter



Our annual Mid Winter lunch at the Palmerston North Cosmopolitan Club. Where there is a great selection on the menu, it's always an awesome opportunity for friends clients and whanau, past and present to come together. To share a meal or just to simply enjoy the company of friends and acquaintances. Amongst the clatter of cutlery and crockery there's always lots of stories and laughter to be heard around the room. It's also great to see other agencies such as Ryder Cheshire and B.I.A. there for lunch too.

**OUT 2  
LUNCH**



# Lunch



Today was also a time when we all came together as one to sing some of our favourite waiata to farewell Michael and Allan. We wish them both all the best as they move onto the next part of their journey in life and for whatever the future may hold for them.



# STRIVE HARMONY

"I love to interact with the residents."

David.

"I'm enjoying it more than I did at the start."

Marie.



"It's a buzz when you see the smiles of the clients in the homes we visit, enjoying themselves with us Strive Harmony."

Rob.

"I think when we go to the rest home, I feel the people seem sad. But when we are about to leave I feel like we have given them hope. Because of all the laughs they have."

Lance.

On another note ☺ Friday mornings with ukulele and music books in hand, Claire sets out with the music group **Strive Harmony** to visit some of the local rest homes. To entertain with waiata and a few golden oldies to evoke memories and to bring a little joy to the residents.

" I love all of the above comments, we are all awesome on the day."

Angel.

# Be kind



Just a few gentle reminders we give out to our clients on a daily basis to help keep us all safe and well:

- Continue to **WASH YOUR HANDS** on a regular basis.
- If you need to **SNEEZE** do it into your **ELBOW**.
- It's OK to **WEAR A MASK** when out in public.
- Maintain your **SOCIAL DISTANCING** wherever you are.
- Keep a list of people you have had **CONTACT** with or.
- Use the **QR CODE TRACER** if you have a smart phone.
- If you are unwell with any flu-like symptoms **STAY HOME**.
- Ring Healthline on **0800 358 5453** if you have any concerns.
- Be **KIND**
- Be **SAFE**



# Bubble

BETHANY



DAN



BRUCE



LINDSAY



GAIL





Strive clients were encouraged to use various art mediums to create bubble art pieces depicting their Lockdown experiences. These pieces are now proudly displayed around the centre. A BIG thanks goes out to Mirjam De Oude from Te Manawa, for inviting us all to join in the latest We Are All Artists project '**Common ... Pause**' which is a digitally projected exhibition in the physical space of Te Manawa's art gallery. In direct response to the Covid -19 lockdown, the project plays with ideas of inclusion, exclusion and the connectivity that has come through New Zealanders sharing a common experience. The project began with the white walls of the gallery while the first participants were working on their responses. Mirjam says the empty walls represent the uncomfortable blank space that is there at the start of a new artwork, big project or the sudden stillness of lockdown. The exhibition is now open in the Te Manawa art gallery – **free entry**. It will be updated as more people become involved.

## Independent Living “Cooking / Cleaning”



### CAN YOU SAFELY COOK A MEAL?

The first thing to do in your new flat is to get used to your new kitchen space. Familiarise yourself with where everything is, move things around to suit you if you can and use your cupboard space wisely, by putting things where you can access them easily. Cheap easy recipes are always a great help.

#### **Cooking:**

The best advice I can give is to try simple things first like, pasta or just grilling a chop/sausage. Then as you improve you can move onto stuff like stir fry or maybe even roasting a chicken. You could ask your friends for recipes and start your own cook book or ask Mum for some of hers. Make sure you always keep yourself safe when cooking. Watch out for hazards and do not create any with cords lying about or pot handles sticking out when you are cooking. Having a microwave is good too as I can reheat any leftovers, or cook instant meals.

When I do my grocery shopping, I am always looking for bargains and good deals. Frozen and instant meals are always a good find, especially if they are cheap.

### HOW ARE YOUR CLEANING SKILLS?



#### **Cleaning:**

In the beginning, I needed lots of help with the household cleaning chores. I eventually got used to vacuuming and mopping floors. However, I never dusted or cleaned very much so I had to have a support person to make sure it was done properly. She would support me twice a week to do the cleaning, which made it fun. Then when she left and I had to do it myself! Which I admit I was not very good at all this cleaning stuff. Thanks to my Mum I was fortunate enough to find a company to come and clean, which was the best option for me.



**Mike Webb**

# Spring Wordfind



T	Z	S	N	S	I	W	I	Y	E	R	R	K	M	S	A	H	I	L	P
D	E	B	Z	M	S	T	N	A	L	P	P	Q	L	N	X	N	A	B	A
R	C	U	S	D	R	I	B	R	U	O	P	N	W	O	D	M	I	B	E
A	E	S	L	L	B	S	P	D	W	Y	O	D	K	E	B	S	S	G	R
H	S	L	C	F	A	W	D	H	G	S	Y	X	U	S	M	N	E	N	U
C	R	D	A	E	X	L	A	L	G	S	S	F	C	Y	C	W	V	I	T
R	E	G	G	B	E	M	N	K	A	K	X	I	L	B	R	A	L	N	A
O	W	U	M	S	M	W	E	Q	M	U	M	B	R	E	L	L	A	E	N
M	O	S	S	O	L	B	Y	R	R	E	H	C	Y	C	Z	J	C	D	K
T	H	U	C	G	B	X	R	S	P	R	I	N	G	T	I	M	E	R	E
N	S	K	O	Y	L	A	V	A	P	T	M	A	O	I	H	O	Y	A	S
N	L	S	S	J	O	G	B	O	L	S	W	O	B	N	I	A	R	G	T
H	V	E	O	L	R	O	L	I	S	L	J	H	K	M	Y	K	X	O	O
S	T	E	W	K	I	L	C	K	E	Q	I	S	V	V	S	G	T	L	O
T	X	D	O	Y	I	D	N	R	K	S	B	P	R	D	B	T	E	U	B
E	G	S	F	N	N	R	O	B	W	E	N	I	R	E	T	Q	F	L	M
K	R	M	A	G	C	E	T	F	E	E	M	Q	M	E	W	O	I	U	U
C	E	T	C	G	X	R	W	S	F	V	M	Y	M	T	T	O	L	P	G
A	E	S	S	S	M	P	S	X	B	A	J	C	I	G	W	A	L	K	F
J	N	B	Q	U	Z	B	I	R	T	H	D	Q	Z	P	A	D	C	F	I

BEES	BIRDS	CALVES
CHERRYBLOSSOM	DAFFODILS	DOWNPOUR
GARDENING	GREEN	LAWNS
FLOWERS	BIRTH	NEWBORN
UMBRELLA	ORCHARD	LAMBS
BABIES	PUDDLES	RAINBOWS
PLANTS	SEEDS	GUMBOOTS
JACKETS	CATERPILLAR	POLLINATE
SHOWERS	LIFE	SPRINGTIME
HAMMOCK	NATURE	



# Pyrography



The art of **pyrography** has been around for centuries. It is an age-old technique where a heated metal pen is used to burn wood, leaving behind a decorative pattern. Also known as **wood burning**, pyrography is a fantastic technique for clients to try their hand at a different medium. The history of this craft dates back to the Egyptians and some African tribes, and in China it was known as **fire needle embroidery**. Throughout history, artists have been able to express themselves by creatively burning strokes into wood, leather, and even gourds.

Once a week our Pokerwork group comes together for the morning. We start with lots of practise using and learning various techniques. Then clients can move onto the next stage of creating their masterpieces. They carefully select an image, which is at times not as easy as it sounds, mindful colouring books are a wonderful source for our images. This image is then transferred to a wooden plaque or other project and the burning begins.

**Pokerwork** is also great for hand eye coordination, fine motor skills, creativity, patience, control and so much more. There's always a chance for clients to learn some new skills or simply perfect old ones.





Strive Clients shared their ideas on preventing falls and managing after a fall, in many various settings.



### There were several practical parts of the program:

# working out different ways of moving across the floor – the group worked out:



# 8 ways of moving across the floor.



# managing and guiding people who rush to help.



confidence - new skills – achievement

**Success!**



**Chris, Ang, Paula.**

# Workshop Activity

In the woodwork shop a variety of skills are extended by clients engagement in process activity using their bodies and their minds. It is always a pleasure to see them working on new techniques and improving old ones, with help, to achieve some special personal projects.

Ring, ring...  
"It's a bird  
call!"



"This is a gift  
for my friend,  
something a  
little different.  
A key  
shaped box  
to hide his  
stuff in."



"Mrs Cox expressed a desire for a handcrafted coffee table. I began by turning some legs and a number of sessions were required for this task. Creating four identical legs is harder than one might think. The sides have been made in readiness for construction as has the top section. Shellac will be applied, not only for protection, but also to add lustre. Final assembly is imminent."



"I find time in the workshop great. It gets my brain working and it's fantastic to see my finished projects next to the plans of them in the book we use. It has also been fantastic with increasing my confidence around machinery that can be dangerous to use."



"Amazing time with Bruce and the crew. Love the things we make."



"Really good working in there making different things and getting a result your happy with."



# LOOK

## Dates For Your Diary

Diary  
Dates

### October:

Friday Oct 9th-Saturday 10th-Feilding Craft Market @ Manfeild Stadium  
Saturday 24th 10am-Women's Lifestyle Expo @ Central Energy Trust Arena

### November:

Thursday's "Morning Tea" @ Awapuni Library 10am-11am



### December:

Saturday 5th-Manawatu Craft & Food Fair @ Barber Hall

Sunday 13th-Christian Community Church Christmas Party 54 Pascal Street 11am-2pm

### CHRISTMAS CLOSURE DATES:

Last Day: Wednesday 23rd at 12:00 noon

Re-Open: Monday 11th January

### ATTENTION:

#### COVID - 19

If you have any of these symptoms.

- Cough
- High temperature
- Shortness of Breath

Please do not attend Strive!

If you have any concerns  
please contact:

Healthline

**0800 358 5453**

### Social Afternoon Dates

#### 2020 !!!

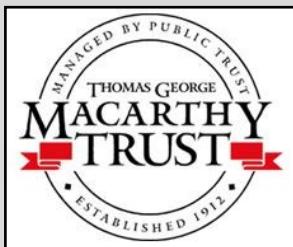
Bi-monthly social gatherings a time for staff, clients, ex-clients, whanau & friends to come together and enjoy each others company...

October: Monday 19th

February: Wednesday 3rd



# Strive Rehabilitation Manawatu would like to thank the following sponsors.



## Community Contacts

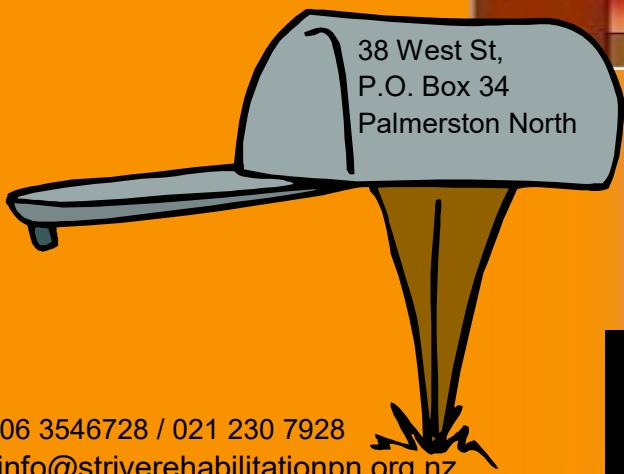
PALMERSTON NORTH HOSPITAL :	06 356 9169
PALMERSTON NORTH POLICE:	06 351 3600
A1 WHEELCHAIR SERVICES:	0800 222 284
ACC:	0800 222 822
WINZ:	0800 559 009
MENTAL HEALTH CRISIS TEAM:	0800 653 357
HEALTHLINE:	0800 611 116
ALCOHOL & DRUG HELPLINE:	0800 787 797
SAMARITIANS 24 HOURS:	0800 726 666
CITIZENS ADVICE BUREAU:	0800 367 222
LIFELINE NZ:	0800 543 354
JUST ZILCH:	022 597 2569
WOMENS REFUGE CRISIS LINE:	06 356 5585





For a Positive Future  
Mo te heke mai pai

## STRIVE REHABILITATION MANAWATU



38 West St,  
P.O. Box 34  
Palmerston North

Phone: 06 3546728 / 021 230 7928  
Email: [info@striverehabilitationpn.org.nz](mailto:info@striverehabilitationpn.org.nz)  
[www.facebook.com/StriveRehabilitationManawatu/](http://www.facebook.com/StriveRehabilitationManawatu/)



WE'RE ON  
FACEBOOK!

Website

[www.striverehabilitationpn.org.nz](http://www.striverehabilitationpn.org.nz)



How can you tell if  
someone is having a  
stroke?

By learning to recognise  
the symptoms of stroke  
you could save a life!

Learn the **FAST** check.

