

Spring Newsletter

Featuring
OutReach

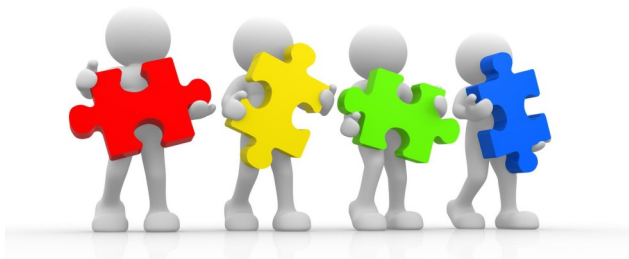


strive
rehabilitation
MANAWATŪ

*For a Positive Future
Mo te heke mai pai*

Our Staff...

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*For a Positive Future
Mo te heke mai pai*



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“find a mistake in the newsletter !

See Teresa to collect your chocolate :)

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From the Manager

Tēnā koutou katoa,

Welcome to our **Spring edition** of the Strive Rehabilitation Manawatū newsletter for 2023!

I trust you have **survived the winter months** without those winter ailments. I hope you have all started to enjoy the tell-tale **signs of Spring**. The days are getting longer, the spring flowers are out and daylight saving just a few weeks away! **Spring has sprung!**

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:

- **Te Rangimarie Marae, Rangiotū:** It was a real joy for Strive clients, family members and staff to visit Te Rangimarie marae in Rangiotu. Many thanks to **Wiremu and Trieste Te Awe Awe** for their manaakitanga and kindness. It was fascinating to hear Trieste sharing something of the **rich history of the marae**. As the name implies, the marae is set in a beautiful and peaceful location. It was built to commemorate peace between Ngati Raukawa and Rangitane iwi. We at Strive look forward to building strong connections with this marae. P4

We finished off our day's outing with a trip to the **Waireki Honey Shop** where we were able to sample a range of honey products, including their legendary honey-based ice-creams. Delicious! P5
- **Talk Time:** In this edition **Angel** introduces **Ruth Alp**. Ruth is a stroke survivor and a regular member of the Strive community. She enjoys the social environment at Strive and has made many friends here. Ruth loves to sing, dance, play the ukulele and go for long walks. She is always smiling and a delight to be around. P6
- **Matariki Celebrations:** The appearing of the Matariki star cluster in our southern skies marks the beginning of the Maori New Year. It is also a national holiday! This year's theme was '**Matariki Kainga Hokia**' (Matariki calls you home) encouraging people to spend time with their friends and whanau. Strive celebrated with a variety of activities including art, waiata, karakia and kai. It was encouraging to see so many families attending the shared lunch. P7
- **Brain Facts:** Another episode of brain facts we learn something about the **Central Nervous System**. The CNS includes the **brain and spinal chord**, so as the name implies, it is the command centre for the body. P8
- **Outreach Feilding, Happy Birthday:** The Feilding Outreach group celebrated their **first birthday** on 30 June. The group meets on a Friday for a variety of exciting activities in the heart of Feilding. Congratulations team and Happy Birthday! P9
- **Mid Winter Lunch:** It was great to see everyone at the **Cossie Club** as we celebrated mid-winter! Pp10-11
- **Weaving group:** There have been some **wonderful pieces** coming out of the weaving group! Well done everyone. P12
- **Puzzle Time:** Check out the 'Aphasia' puzzle on P14. If you don't know what aphasia is, ask someone in the Thursday Communication Group at Strive.
- P15. **Action for Happiness calendar:** The theme for September is around **Self-care**.
- **Diary Dates:** Don't forget to check out the **diary dates** on **Page 16**. for activities coming up in the next three months.

Take care. Be well, be safe and be happy everyone!

Terry

Te Rangimarie Marae Rangiotū



Te Rangimarie marae at Rangiotū was built in 1858 to commemorate peace between the Ngāti Raukawa and Rangitāne peoples. In recent years the marae has offered programmes to tell its own story and others bearing on the Māori history of Manawatū. Rangitāne kaumātua Wiremu Kingi Te Awe Awe and his wife Trieste Te Awe Awe welcomed Strive clients, staff and whānau into the peaceful settings of this beautiful historical marae. Trieste spoke of wahine roles on the marae, including how to direct the tane to their chores and responsibilities. Strive staff and clients had been polishing up on their waiata for this special occasion, which was a great success.

A fantastic day was had by all that were able to attend.





Waireki Honey Shop is so much more than just honey and it was definitely worth stopping in for a quick visit , after our visit to the marae. Yes we did try one of the legendary honey based, all berry ice creams which was extremely yummy. They also have a vast range of native NZ honey and bee products.



Talk Time

AN INTERVIEW WITH RUTH ALP



Let me introduce you to 'Talk Time'.

In each edition of the newsletter, I will be interviewing different people connected with Strive Rehabilitation, so you can get to know them better.

What are your interests/hobbies?

Puzzles on Computer and/or table. I love dance and music, one favourite is Abba, I have shared my Dennis Marsh CD with our music group. I also like New Zealand songs and artists. I enjoy walking for health and fitness.

What is your connection to Strive Rehabilitation?

I had a Stoke in 2002. I now live in Levin, and have made more new friends.

I enjoy my various programs at Strive.

How is Strive Rehabilitation helping you?

Communication, talking and socialising. I am RE-LEARNING... to play the ukulele

Could you tell me a bit about yourself ?

I am a widow from Tauranga, I have 4 girls and live in Levin.

Do you have any advice for someone who has sustained a Brain Injury?

Walk and talk often. I carry a note book, and use my cell phone to help me communicate.



An Interview with Angel.

Matariki Celebrations



This year's theme was **Matariki Kāinga Hokia** - encouraging people to return to their whānau and their people. The rise of Matariki in the winter skies above Aotearoa is an important time in the Māori calendar as it signifies the start of the Māori new year.

Historically new year celebrations provided the opportunity for whānau to come together to acknowledge the year gone by, prepare and plan for the year ahead; to celebrate with kai, kōrero, ceremony and entertainment. On this day everyone in Aotearoa had the opportunity to celebrate the unique places we live in, show respect for the land we live on, and to share and grow together through traditions that continue each year.

Here at Strive Rehabilitation we celebrated by encouraging te reo, art, waiata, karakia and sharing kai. Inviting our clients and whānau back to share home-made pumpkin soup and Rewena. To also share stories and memories of the past and present.

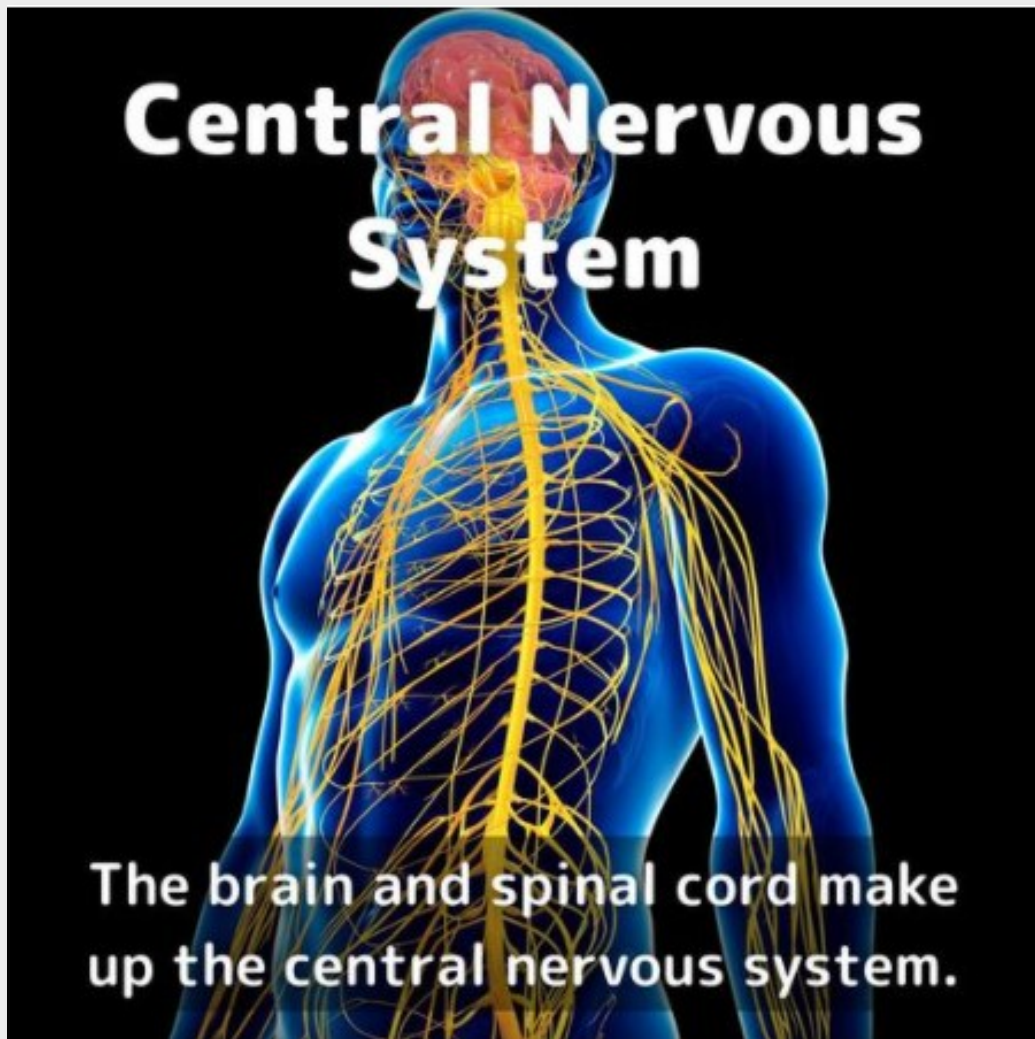
He aha te mea nui o te ao

What is the most important thing in the world?

He tangata, he tangata, he tangata

It is the people, it is the people, it is the people

BRAIN FACTS



What's so "central" about your central nervous system? It's because it is the central command centre for your body – bringing in information, processing it and then sending out responses.

The central nervous system (CNS) controls most functions of the body and mind. It consists of two parts: the brain and the spinal cord. The brain is the center of our thoughts, the interpreter of our external environment, and the origin of control over body movement. The spinal cord is the highway for communication between the body and the brain. When the spinal cord is injured, the exchange of information between the brain and other parts of the body is disrupted. If neurons are damaged it can lead to neurological disorder.



Happy Birthday



OutReach celebrated it's first Birthday on the 30th June. Staff, clients, whānau and friends gathered together at the Community House in Feilding to celebrate a very successful year. You will find some of us there all day Friday. A great central space with easy access to

Feilding township and all it has to offer such as Makino pools, Mini golf ,F.A.D.A.S. with wonderful ever changing exhibitions. Coach House Museum, the Sale Yards, Market Day and so much more to explore. Clients are able to familiarise themselves to all that is available to them and their families, in their own environment. At the hub we have a program to suit all, which covers many areas of rehabilitation. Cognitive exercises to stimulate the brain, physical exercise which may simply be a walk down a tree lined path or to the local library. Creative writing and story telling which is often very comical, communication amongst ourselves or with others in the community like the Stroke Club whom we connect with once a month, or the coffee morning at the Salvation Army where we meet a vast array of people. Creative art to target hand/eye coordination and dexterity, not forgetting team work. Games, puzzles,

Pokerwork and so much more. We all look forward to another year of adventures, new clients and opportunities.

Happy Birthday
OutReach Feilding





Clients, staff, whānau, friends, ex-clients, ex-staff come together to reconnect and enjoy each others company.

This year we were off to the Palmerston North Cosmopolitan Club for our annual meal out ,a time to connect on a different level and in a more relaxed atmosphere.

The perfect opportunity to chat and share stories while enjoying a nice, very affordable meal. Many of the clients who would usually go for the buffet, stepped out of their comfort zones and selected off the menu this time. Which certainly gave everyone something to talk about, while a varie-

Mid-Winter





Lunch

Whilst some prefer to relax after their meals and chat, others “**meaning most of the blokes**” are tempted by the sight of the pool tables. A great idea to stand up to stretch the legs and arms. Have a few good laughs and a chance to walk off some of the calories from lunch, especially if there was a dessert included too.

It was a very successful gathering of forty five ☺ a great mid-winter catch up with old friends and new...

A BIG thank you to the **Palmerston North Cosmopolitan Club**.



“The mat I made is on my bedroom floor.
Now I am making a hat for my new niece in

Christchurch.”

Bethany.



“I like weaving because I can do it at home too.”

Stacey.



Weaving

“ I started and it wasn't as hard as it seemed! I worked hard to finish each pattern. I had an accident and Stacey finished it for me. Great things from a great team effort.”

Alison.

“Spin lassie spin an even thread and thin...
Through this fleecy wool of thine...
I shall make a lady fine...
And when I'm in my lady fine...
I shall be a lady fine.”

Poem by Rachel



VICTORIES & ACHIEVEMENTS



**HEMI MONTGOMERY.
CONQUEROR VIRTUAL
CHALLENGE.
WALKING MEDALS**



**ANDREW CHANDLER.
29 YEARS VOLUNTEER
SERVICE S.P.C.A.**



**SAVANNAH SANDS.
SPECIAL OLYMPICS
MEDALLIST**



PUZZLE TIME: APHASIA



X E Z I J N W S I K V L Z P L S S A B O
 U N D E R S T A N D I N G B L T P N P U
 V U A U H F R C C E D L C K R R E B Z C
 O E J C Y R O M E M V U E Y N O X X O D
 B W K V M F R M H C E E P S U K C M F I
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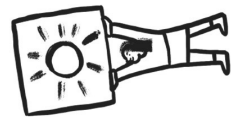
APHASIA
 BRAIN
 SILENCE
 WERNICKES
 DISABILITY
 READING
 JUMBLE
 LETTERS
 PRONUNCIATION
 TONGUE

SPEECH
 STROKE
 PRIMARY
 BROCAS
 UNDERSTANDING
 SPEAKING
 THERAPY
 NUMBERS
 MUFFLED
 COMPREHENSION

TALK
 DISORDER
 PROGRESSIVE
 LANGUAGE
 WRITING
 WORDS
 MEMORY
 SOUNDS
 QUIET
 MOUTH



Self-Care September 2023



MONDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

WEDNESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would be to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



ACTION FOR HAPPINESS

Happier · Kinder · Together

September:

Saturday 23rd St Mathews
Church Plant & Fun Fair 109
College St 9am

Saturday 23rd Manawhaikaha-Your Personal Budget-Easie Living Store-10:30

Sunday 24th Day Light Saving Starts

Tuesday 26th Lotteries Application Process for Scooters-Easie Living Store-10am

LOOK

Dates For Your Diary

October:

Pink October @ Strive

Saturday 14th Art Trail Manawatū-Square Edge-10am

Saturday 21st Celebration of Quilts-Community Leisure Centre-10am

Monday 23rd Labor Day

November:

Tuesday 7th Melbourne Cup

Saturday 11th Armictise Day

Sunday 12th Diwali

Saturday 25th-Sustainable Fashion Market @ Bell Hall-10am



ATTENTION:

COVID - 19

If you have any of these symptoms.

- **Cough**
- **Scratchy throat**
- **High temperature**
- **Shortness of Breath**

Please do not attend Strive! If you have any concerns please contact:

Healthline

0800 358 5453

Social Afternoon Dates 2023 !!!

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

We will keep you updated on our social afternoons, possibly the return of regular dates in 2023.



Strive Rehabilitation Manawatū
would like to thank the following sponsors.

**Te Pou o te
Whakaaro Nui**

Housing New Zealand
Housing New Zealand Corporation

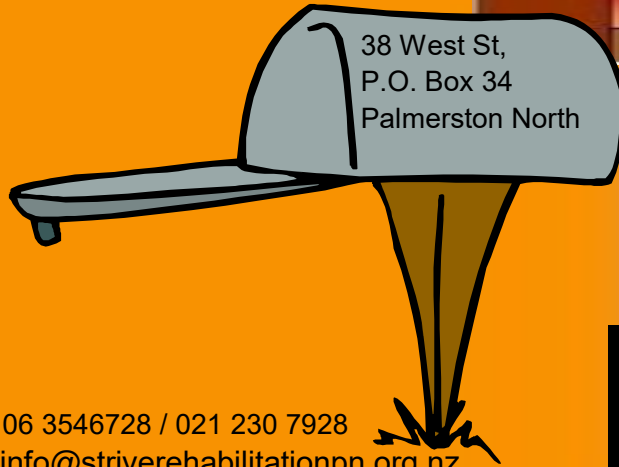


Community Contacts

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
SAMARITANS 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



STRIVE REHABILITATION MANAWATŪ



WE'RE ON FACEBOOK!

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www.facebook.com/StriveRehabilitationManawatu/

Website
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.

