



strive
rehabilitation

MANAWATŪ

*For a Positive Future
Mo te heke mai pai*

Featuring
Summer Fun



Autumn Newsletter

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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

Kia ora

Greetings from Strive Rehabilitation Manawatū! Welcome to our **Autumn newsletter**, and the first edition for 2024!

It is hard to believe it has already been over a year since **Cyclone Gabrielle** hit the east coast of the north island, causing such devastation and disruption. Fortunately this year has been a better summer.

Summer is slowly fading, although there are still some beautiful blue sky days. I have noticed the days are shortening and leaves are starting to fall though. **Autumn is on its way!**

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:

- ◆ **Waimanaaki Camp (Teaser):** We are just back from a wonderful three day camp at Riversdale, staying at the Waimanaaki camp site. Here are a few pics to whet your appetite (P. 4) ... More to follow in the Winter edition.
- ◆ **Talk Time:** In this edition, our roaming reporter Angel, interviews **Stacey Mulligan**. We learn a little about Stacey's interests and hobbies, her involvement with Strive and something about herself (P.5)
- ◆ **Summertime snapshots:** Clients and staff have been enjoying summertime visits to Te Manawa, the Esplanade, Foxton Beach, Feilding Market and Ashhurst Domain. (Pp 6 -7)
- ◆ **Brain Facts:** In this edition we learn about the **Cerebral Cortex**. It's that outermost layer of the brain where thinking and learning happens ... the grey matter! (P. 8)
- ◆ **Back Care Education: Physiotherapist, Chris,** has been delivering **back care education** sessions to clients ... Sharing some really important information on how to care for your back when moving, bending, lifting and sitting. (P. 9)
- ◆ **Shop Day Gala: Our annual shop day gala raised a grand total of \$2,393!** Well done to all those clients who contributed products and produce, and to all those who supported the day. A **big thank you** to **Benny Tipene & Warren Haste** for entertaining us with their **incredible talent** (Pp. 10-11)
- ◆ **Music Group: Wednesday Music Group** is always a lot of fun and a highlight of the week. It is encouraging to see so many clients picking up an instrument. You are all becoming very skilled with your playing! (P. 12)
- ◆ **Triumphs and Successes: Josh:** Congratulations on being gifted an amazing piece of equipment that enables you to continue to play **golf**. You remind all of us that there is always a way to **persue your passion** in life.
Norman: Congratulations on your recent **trip to Brisbane** with your whānau to celebrate a family member's 50th birthday! P.13)
- ◆ **Puzzle Time:** This **PuzzleTime** uses a lot of these '**Summer**' words. We are trying our best to keep summer alive! (P.14)
- ◆ **Calendar/Diary Dates:** Please take time to check out the Diary Dates on P.16 for **upcoming events**

Thank you all for your continued love and support. Look after yourselves. Be well everyone.

Ngā mihi nui, Terry



**WaiMANAaKi
Camp:
Watch this
Space in the
Next
NeWSletter**



Talk Time

AN INTERVIEW WITH



Stacey Mulligan

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?

I like doing diamond art, knitting, and horse riding.

I have 5 nieces and 2 nephews that keep me on my toes. I enjoy family time away at our bach in Taupo.

I dream about being a professional horse rider and would love to go to Paris.

What is your connection to Strive Rehabilitation?

I have a brain injury and coming to Strive helps me.

How is Strive Rehabilitation helping you?

Communication, socialising, various projects, activities, crafts.

I love when it is relaxed and I feel comfortable.

Going to OutReach in Feilding helps me.

Could you tell me a bit about yourself ?

I tend and look after our chickens and help with family chores.

I help at BABCO too our family bakery.

I especially enjoyed looking after horses for work experience.

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

Just do your best.

An Interview with Angel.



SUMMER TIME



Te Manawa Museum



Esplanade



SNAP SHOTS

Foxton Beach



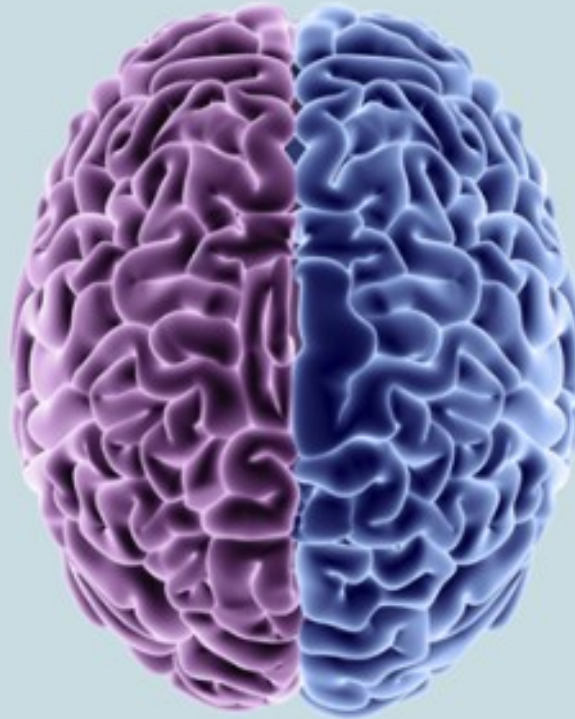
Feilding Market



Ashhurst Domain



Cerebral cortex



The outermost layer of the brain made up primarily of grey matter.

These are the kind of wrinkles you want! The wrinkles on your cerebral cortex allow more neurons to be packed into your head – helping to give you more brain power.

The outermost layer of the brain made up primarily of grey matter.

The cerebral cortex is only a few millimetres thick but it comprises about half of the brain's weight. The surface is folded and this creates ridges called gyri and valleys called sulci. By being folded, the surface area of the cerebral cortex is increased and this allows space for more neurons.



Physiotherapist, Chris has been delivering Back Care educational sessions to all clients over the past 3 days. Sharing some really important information on how to take care of our backs when moving, bending, lifting and sitting.



Also sharing some great tips on posture and ways we can prevent some of those injuries. Demo's on correct ways to lift and opportunities for clients to test them out.



Back Care Education

SHOP



Grand Total
\$2,393.00



Shop Day morning and it's all hands on deck first and foremost praying for nice weather. Tables, chairs, gazebo's and equipment are hauled out on the front lawn and set up. Then all the effort clients have put in over the past year begins to show as displays are organised. Woodwork, pokerwork, art & crafts, plants, baking, games, bric-a-brac, info stall, plus the entertainment area. A busy time for everyone and this is just the beginning, staff and clients manage the stalls for the day. Welcoming the many shoppers who are looking for that unique Christmas gift for that special person.



This annual event also provides an opportunity for clients to interact with the public, problem solve, improve communication skills and also gain confidence managing their stalls. The music was flowing “a **BIG thanks to Benny Tipene & Warren Hastie**” for the fabulous sounds that emanated across the lawn. I must also mention “ **K9 Friends**” **thank you** for bringing along your furry buddies, Claire had our wee mate **Tipi** in tow as well.

The rain arrived and doused us all for a short time but it didn't dampen our spirits everyone soldiered on. Aromas of fried onions and sausages drifting from the BBQ area keeping the visitors walking through the gate and tempting the taste buds.

Thankyou to all clients for your time and the huge efforts you put into making this a successful day. All proceeds go towards our 2024 Camp.



DAY



Music Group

On a Wednesday afternoon the sounds of voice and musical instruments fill the air at Strive. Band leader Paul encourages clients to pick up an instrument and have some fun learning a new skill. Testing their knowledge with quizzes based on dance moves, music genres and artists. Video clips are fun to watch and evoke memories of times gone past. It's a small group but at times they are capable of letting the neighbourhood know they are busy jamming.

Music has numerous benefits for brain injury. It can improve self-expression, mood levels, cognitive functioning, social skills, and physical ability. Singing can help with speech stimulation, pronunciation, articulation, projection, and of course vocabulary recall.



TRIUMPHS & SUCCESSES

“Off To The Nineteenth Hole”

Recently Josh was very fortunate to have been gifted this amazing cart, which enables him to continue with his golf passion. An awesome piece of equipment makes getting around the golf course so much easier for him. It also gives Josh stability and confidence when standing to take that crucial shot.



Norman had an unexpected surprise over the holiday period. What started off with a casual day trip to Wellington, ended with him on-board a flight to Brisbane. For a special family members 50th surprise Birthday party. Norman's very first international flight was a huge success. Once he got over the initial shock he was super excited and had a fantastic time.



PUZZLE TIME: Summer Fun



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

SUNSHINE
 TOWELS
 WAVES
 HATS
 BUSHWALK
 FESTIVALS
 SUNSCREEN
 TOGS
 CHILLYBIN
 JANDALS

BEACH
 GAMES
 BREAD
 DOMAIN
 TRAVEL
 HOLIDAYS
 ICECREAM
 FRISBEE
 HOKEYPOKEY
 FISHNCHIPS

SAND
 BBQ
 SAUSAGES
 CRICKET
 POOLS
 SUNBURN
 SALADS
 JELLYTIP
 FRUJU
 SPRINKLER





APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 STRIVE CLOSED	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 STRIVE CLOSED	26	27
28	29	30	1	2	3	4

Homemade



LOOK

Dates For Your Diary

March:

Friday 29th Easter Good Friday **STRIVE CLOSED**

April:

Monday 1st Easter Monday **STRIVE CLOSED**

Monday 1st April Fools Day

Sunday 7th Daylight Savings Ends **CLOCKS FALL BACK 1 HOUR**

Wednesday 24th Social Afternoon

Thursday 25th ANZAC Day **STRIVE CLOSED**

May:

Sunday 12th Mothers Day

Friday 17th Pink Shirt Day



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 2024 !!!

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

Wednesday 24th April

Thursday 27th June

Friday 23rd August

Tuesday 29th October



Strive Rehabilitation Manawatū
would like to thank the following sponsors.

**Te Pou o te
Whakaaro Nui**

Housing New Zealand
Housing New Zealand Corporation

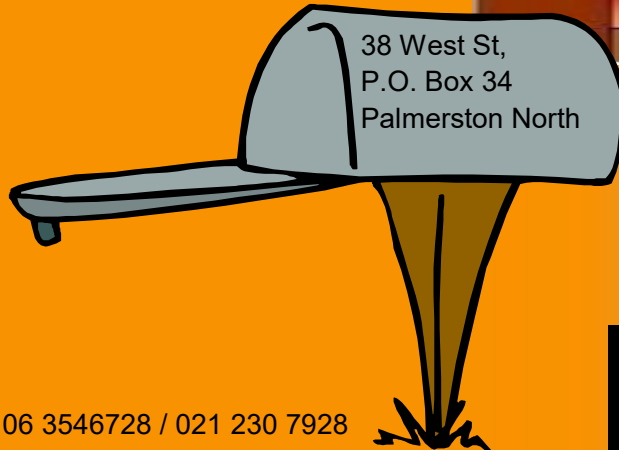


Community Contacts

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
GOLD & BLACK TAXI	06 3512345
PALMERSTON NORTH TAXI	06 3555333



STRIVE REHABILITATION MANAWATŪ



WE'RE ON FACEBOOK!

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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.

