

Winter Newsletter

Featuring
Exhibition



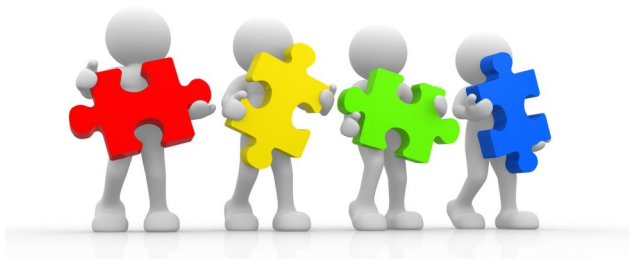
strive
rehabilitation

MANAWATŪ

*For a Positive Future
Mo te heke mai pai*

Our Staff...

<i>Service Manager</i>	<i>Terry Lloyd-West</i>
<i>Officer Manager</i>	<i>Norma Moran</i>
<i>Workshop Coordinator / Coach</i>	<i>Paul Walton</i>
<i>Program Coordinator / Coach</i>	<i>Teresa Winterburn</i>
<i>Key Worker / Coordinator</i>	<i>Lou Angus</i>
	<i>Chris Hattle</i>
	<i>Katie Trembath-Warren</i>
<i>Rehabilitation Coach</i>	<i>Angela Shailer</i>



*For a Positive Future
Mo te heke mai pai*

Cover Art Work

"DIAMOND ART"

By

Stacey Mulligan

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"find a mistake in the newsletter !

See Teresa to collect your chocolate :)

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Tēnā koutou katoa,

Welcome to the **Winter** edition of the **Strive Rehabilitation Manawatū newsletter 2023!**

Winter is here. **It is only a week before we reach the shortest day!** I trust you are all **keeping well**, and enjoying all those special moments that winter brings—like roaring open fires, warm woolly jumpers, hot milk milos and snuggling into a hot water bottle.

Thank you to all those who have contributed to the newsletter this quarter. Clients never cease to amaze and inspire me with all their achievements. **You are my heroes!**

In this edition:

- ⇒ **HB Exhibition:** It was a real privilege to be able to accompany some of our clients to the opening of **'My Story'** art exhibition at the **Hastings Community Arts Centre**. The look on their faces, as they saw their work being displayed in a professional art gallery, was priceless. I am so proud of you all. Read more P4-5
- ⇒ **Talk Time:** An interview with **Emaraina Paewai**. Emaraina has been in the Service for a while now, so it is great she has introduced herself to you in this edition of **Talk Time**. P6
- ⇒ **Museum in a Box:** Thank you **Pru Pim** for bringing us another interesting 'Museum in a Box'. This time the focus was on **Palmerston North Square (Te Marae O Hine)**. It was quite a walk down memory lane as we looked at the photos of the Square from yester-year. P7
- ⇒ **Brain Facts:** Learn about the **'brain waves'**, the electrical pulses that carry information between neurons in the brain. So saying you're having a 'brain wave', is actually quite accurate neurologically speaking. P8
- ⇒ **Haere Ra Gail Parker:** It is with sadness that we say farewell to **Gail Parker**, who **passed away** on **23 April** this year. P9
- ⇒ **Foxton Visit:** A group from Strive visited **Foxton township** recently. There is so much history there. The **Te Awahou Nieuwe Stroom Riverside Cultural Park** offers museums and exhibitions dedicated to the stories of Te Awahou-Foxton, and the people who have connections there. P10-11
- ⇒ **Environment Network Manawatū:** A group of clients have been participating in a series of **Future Living Skills workshops** at **Te Patikitiki Library in Highbury**. They have learned a number of life skills ... everything from recycling and composting to home insulation. P12
- ⇒ **ANZAC Day:** Every year we do a variety of activities at Strive to commemorate ANZAC Day. This year was no exception. Thanks to **Stacey** for finishing her **diamond art poppy project** (front page of this newsletter) P13 and front cover.
- ⇒ Check out the back pages for **Diary Dates, Puzzles** and **A4H Calendar Activities**

Be safe everyone. Stay **warm**. Arohanui , *Terry*

OUR STORY

Our Story an exhibition developed by the Brain Injury Association of Hawke's Bay. All artists exhibiting as part of Our Story have been affected by brain injury.

Artists have worked towards the exhibition over time and the result is that they can display and sell their art from the Hastings Community Arts Centre. The exhibition removes many of the barriers that may hinder these artists from exhibiting their art. Without this exhibition, many of these artists would not have the opportunity to showcase their talent.

Art is a wonderful medium to support storytelling for those affected by brain injuries. This year, there were over 20 artists exhibiting a wide range of mediums including paintings, pottery, photography, quilts and sketches.

The Our Story exhibition is part of the community outreach and is an opportunity to raise awareness on what a brain injury is and how anyone who is affected can seek support. Overall, their goal is to support people to live full and independent lives and lessen the impact of brain injury in the community.

Ultimately this exhibition is about connection and support, the artists can work alone on their projects at home or alongside others.

Strive Rehabilitation clients were fortunate to receive an invitation to participate in this wonderful opportunity. After carefully choosing which piece they wanted to show, all art works were packaged up and sent off to Hawkes Bay. On Monday 20th March staff & clients set off to Hastings Community Arts Centre to the opening of the Exhibition.

Not only to see their own works but the works of many other aspiring artists, from the Hawkes Bay and surrounding areas. Our clients were delighted to see their creations on display in the gallery. Something some of them had not experienced before.

It was a fantastic day trip and all here at Strive are grateful for the invitation from BIA Hawkes Bay, without them this may not have transpired.



CLIFF



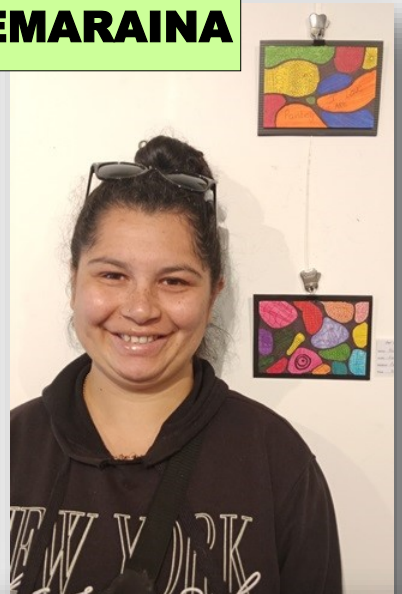
BARRY

RUTH



DION

EMARAINA



MARIE



ROBERT



Talk Time

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 a little better.

What are your interests/hobbies?

Art, diamond art, horses. Catching up with my friends.

AN INTERVIEW WITH



EMARAINA PAEWAI

What is your connection to Strive Rehabilitation?

I'm deaf and have communication difficulties. I hope to improve my communication by engaging with others.

How is Strive Rehabilitation helping you?

Strive helps me with education about the brain, communication, stroke and seizures. I also socialise with others at Strive.

Could you tell me a bit about yourself ?

I have seizures that impact my life. I have the use of 2 hearing aids, but I mostly choose to use one. I can and do use sign language with family and friends. I also speak te reo.

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

Strive has a good variety of programs available for me/us all.

An Interview with Angel.

MUSEUM IN a BOX

It's always such a pleasure to have Pru Pim from Te Manawa visit us with a box of goodies, from her vast selection of "Museum In A Box" treasures.

This box was called "The Square Box - Te Marae O Hine" filled with so much history. It looks at the heart of Palmerston North, its creation and changes over time.

An amazing selection of photographs old and new to sift through.

Clients and staff thoroughly enjoy Pru's presentations as she herself is a box of knowledge and is happy to share in such an exuberant manner. Stories are exchanged from many during this time evoking lots of wonderful memories and laughter. Pru has put her heart & soul into these amazing resources and is happy to visit other organisations too, just contact her at Te Manawa.

We look forward to her next visit where we will play "The Square Box Game" Pru has created.



"Now where was that place Pru?", "I know it's here somewhere Terry."



Norm sharing his thoughts on this pic with Ruth & Hemi.



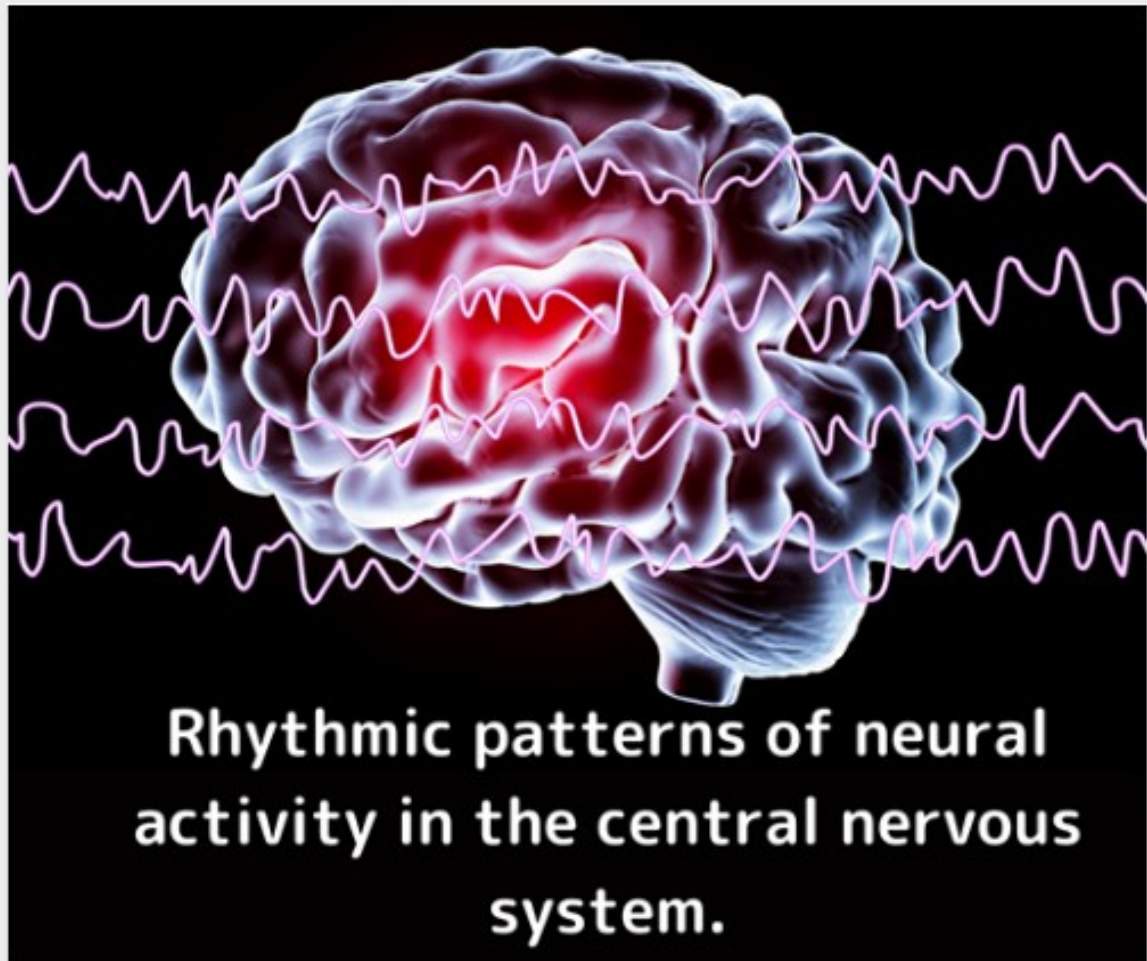
A walk down memory lane for many.



Pete, Ang & Paul check out Pru's awesome panoramic view of the entire square.



BRAIN FACTS



Rhythmic patterns of neural activity in the central nervous system.

Think you're having a brain wave? Well you are! The communication between neurons in your brain creates the electrical pulses that form brain waves. And the patterns of those brain waves are unique to you!

At the root of all our thoughts, emotions and behaviours is the communication between neurons within our brains. Brainwaves are produced by synchronised electrical pulses from masses of neurons communicating with each other. Brainwaves are detected using sensors placed on the scalp. They are divided into bandwidths to describe their functions but are best thought of as a continuous spectrum of consciousness; from slow, loud, and functional - to fast, subtle, and complex. Recent research suggests that similar abnormalities occur in brainwaves of those with tinnitus, depression, neuropathic pain, and Parkinson's disease.

Haere Rā

R.I.P Gail Margaret Parker

27.09.1951 - 23.04.2023

We are so fortunate to have been a part of your
journey Gail.

We will certainly miss the smiles and sparkle
you shared with us all...



Foxton Visit



A beautiful sunny day awaited us as we ventured out to explore Foxton and all it has to offer. Te Awahou Nieuwe Stroom Riverside Cultural Park offers museums and exhibitions dedicated to the stories of Te Awahou–Foxton, and the people who have connections there. Oranjehof is the centre point for the Dutch community in New Zealand, it is a museum with a difference, where all things Dutch come together. Mustn't forget the eye catching feature, the replica of a 17th century mill of the Netherlands, fully operational and powered by the winds that drift past Foxton. Treat yourself to some of the delicious Dutch cuisine at Café de Molen. Piriharakeke Generation Inspiration Centre is the Māori museum, arts and learning centre that provides an insight into the lives of Māori in Aotearoa. Plus the Foxton Library is situated within this amazing Community Hub.



Daryl enjoying the vast area of the park. Here he's testing out his Frisbee skills, a childhood art that is not forgotten and apparently it's all in the flick of the wrist.



Always a kid at heart and one is never too old to see how high we can launch the swing up in the air. Josh confidently shows Chris how it's done.



A lovely day for a walk in the park as Dion casually meanders along the pathways.

“Come on Katie catch up.”

Norm making the most of the fabulous weather and the perfect opportunity to race around the smooth pathways with Dan & Lucas following closely.

Looks like Bethany is about to embark on an adventure, Ang is ready to launch her into the air. Lots of fun and laughter today.



ENVIRONMENT NETWORK MANAWATŪ



On a Monday morning Marie, Lindsay, Cliff & Teresa head off to Te Patikitiki Library, Highbury, to the Future Living Skills workshop which is facilitated by Sally Pearce, this was developed collaboratively by local government in NZ and is supported by the Palmerston North City Council. During the eight-week series of interactive and informative workshops, we hear from council and community experts on a range of topics, each with their own learning guide which are available on the Sustainable Living Education Trust website.

A wonderful opportunity for clients to learn more about our precious water, eco building, energy, food, travel and community resilience. They learn how to set up a **lasagne** garden, save money on power, recycling and minimising waste, insulating your home and reducing moisture. Clients also enjoy interacting and chatting with others from the community at these workshops.

Each week we learn more about taking care of ourselves and our environment. Tips on how we can improve the way we live and reduce our footprint.

Reduce, reuse, and recycle. Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

Educate. When you further your own education, you can help others understand the importance and value of our natural resources.

Plant a tree.

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



ANZAC DAY

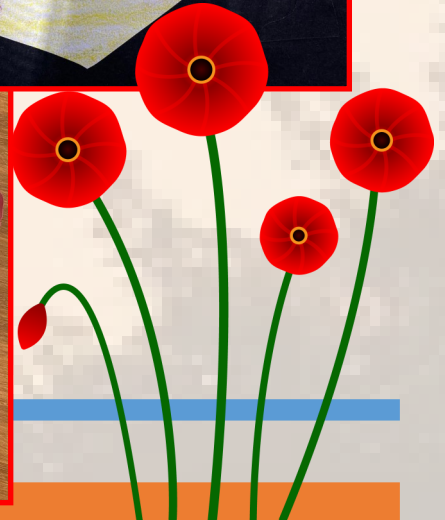
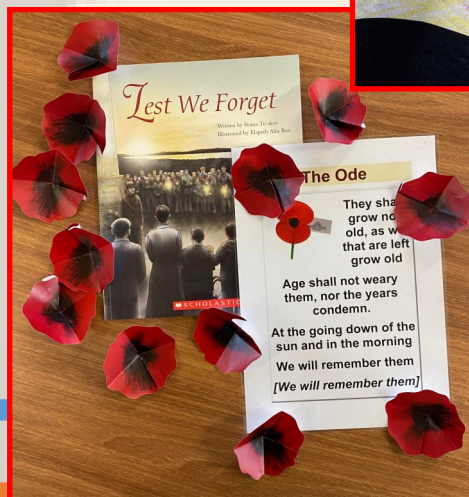
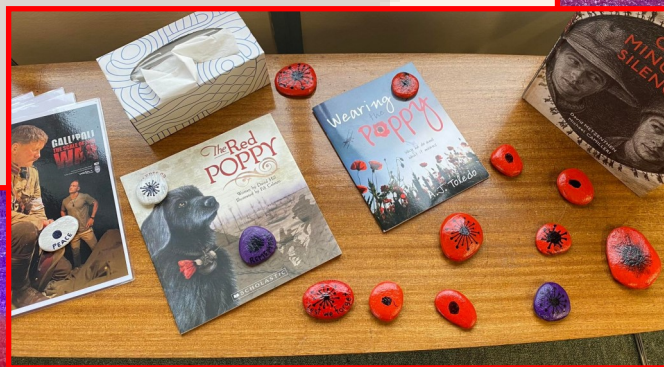
Anzac Day is a commemoration of the anniversary of the landing of Australian and New Zealand troops at Gallipoli, Turkey on 25 April in 1915. It's important for us all to acknowledge this national day of remembrance.

Here at Strive we start a few days early making resources available to clients, including a vast selection of library books with wonderful stories for all reading levels. Information sheets, quizzes and puzzles to ponder over during breaks.

We also have a great time creating poppies and other art works. This year one of our activities was painted rocks and created fabulous poppies. The Explorers group went on a mission to the Square on Monday and placed them around the Cenotaph.

A BIG thankyou to Stacey who worked tirelessly for weeks on her diamond art poppy project, she wanted to get it finished in time and gift it to Strive. This lovely piece is on our front page so do turn back the pages and check it out.

"WE WILL REMEMBER THEM"



PUZZLE TIME: Strive Rehabilitation



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

STROKE
 EXERCISE
 ART
 GARDENING
 SOCIALIZATION
 REHABILITATION
 COMMUNICATION
 ENGAGEMENT
 CONNECTIONS
 STRENGTH

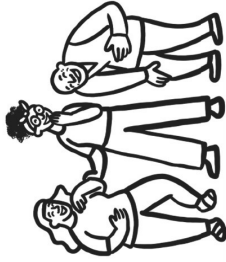
BRAIN
 THERAPY
 TECHNOLOGY
 SPORT
 INTERACTION
 WHANAU
 HEALTH
 COGNITION
 MAINTENANCE
 SUPPORT

INJURY
 TAICHI
 CULTURE
 MUSIC
 PARTICIPATION
 MANAAKITANGA
 CREATIVITY
 ABILITY
 COMMUNITY
 COORDINATION

Joyful June 2023



MONDAY



5 Think of 3 things you're grateful for and write them down

TUESDAY



6 Get out into green space and feel the joy that nature brings

WEDNESDAY



7 Do something healthy which makes you feel good

THURSDAY

1 Decide to look for what's good every day this month

8 Find joy in music: sing, play, dance, listen or share

FRIDAY

2 Say positive things in your conversations with others

9 Ask a friend what made them happy recently

SATURDAY

3 Re-frame a worry and try to find a helpful way to think about it

10 Bring joy to others by doing something kind for them

SUNDAY

4 Take a photo of something that brings you joy and share it

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)

31 Write a letter to yourself from the future

32 Create a vision board



ACTION FOR HAPPINESS

Happier · Kinder · Together

LOOK

Dates For Your Diary

June:

APHASIA AWARENESS MONTH & BOWEL CANCER AWARENESS MONTH.

Te Rangimarie Marae, Rangiotu visit: Monday 19th.

Mid Winter Lunch: Cossie Club 22 Linton Street, PN 11:30 - 2pm Tuesday 27th.

July:

Feilding Craft Market: Sunday 9th—Monday 10th Manfield Park .

Matariki: Friday 14th **STRIVE CLOSED**

Manawatū Art Expo: Friday 14th Conference & Function Centre 354 Main St.

Manawatū Home & Lifestyle Show: Friday 21st –Sunday 23rd, Arena 3 Pascal St.

August:

Armageddon Expo: Saturday 5th—6th @ Central Energy Trust Arena PN.

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, whanau & friends to come together and enjoy each others company...

We will keep you updated on our social afternoons and depending on the Covid situation, 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

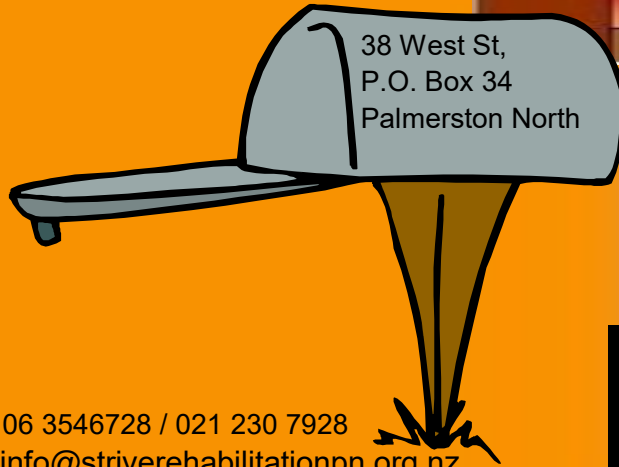


Community Contacts

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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Email: info@striverehabilitationpn.org.nz
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.

