

OUTSTANDING PAYMENTS

Dear Clients, please ensure any outstanding session payments are settled prior to the Christmas break on Thursday, 22 December. These payments are necessary for equipment maintenance and repairs which will be attended to over the Christmas break.

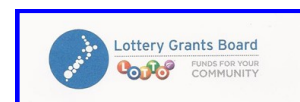
Going forward, all session payments must be made on day of attendance.

From all of us to all of you,
Merry Christmas, Happy New Year
and enjoy the holiday season !



INRF reopens on Monday, 16 January 2017.

We acknowledge the generous support of our sponsors:



iNRF

Integrated Neurological
Rehabilitation Foundation

Newsletter Summer 2016



Letter from the Chair



Welcome to the festive season, time to celebrate the birth of our Lord. It's also time for fun and reflection, sharing the joy of family and friends. For those of you who may not have your family's around, partake in the spirit of family that exists at INRF.

INRF have experienced many changes over recent times, most of which have been positive. The energy of your caring staff and support of this Board will ensure continued improvements in the coming year commencing with a name change. Neuro Workout Foundation is a serious contender which we welcome your feedback on.

The team are also currently identifying uniforms to project a friendly but professional image.

Personally I'd like to see a different colour palate on the interior of our building, so hands up anyone with an eye for colour and handy with a paint brush!

The Board are in awe of the hard working, committed and caring staff that operate INRF. My thanks to the Board Members, for their time, energy and commitment, especially Colleen Young who worked diligently with Inna on marketing, planning and funding and Jan who continues to juggle work commitments to attend.

With more activities planned, 2017 will be a great year for the Foundation. We hope you'll participate and submit your ideas.

Warmest wishes for the festive season to you and your loved ones.

Namaste
Christine Clark



Book your seat for the end of year Christmas event at our usual venue the Swanson RSA, 663 Swanson Road, Swanson. Dine on a great assortment of foods, in convivial surroundings in the company of friends.

**Date: Wednesday, 14 December 2016
Arrival 11.30am for 12 noon dining.
Cost, \$18.00 per head.**

To those of you attending class in the morning, we will commence at 9.30am and finish at 11.00am.

Come and share some Christmas cheer at this very special time of year.



A gift of Love

A huge note of gratitude to Liz and Neil for the beautiful piano.

Admired by many, played by few, we welcome talented musicians to tinkle the ivories.

Taking pride of place in the family home for 50 years, this beautiful mahogany piano stands proud and tall in our Reception area.



Room Hire

For those of you not currently aware, we hire our premises weekdays and weekends (subject to confirmation) to individuals looking for a venue for business, parties, birthday's, anniversaries or other appropriate occasions.

Help us to advertise. Located in the beautiful Tui Glen Park, our building offers plenty of parking, good sized rooms, disability access and affordable rates.



Welcome to the team Jessica

We're delighted to advise that Jessica Thorne has joined the iNRF Board of Trustees.

Through her employment, Jess has been exposed to and responsible for the accounting of Not-For-profit entities. She also works along side For-Profit entities providing management accounting services to assist these entities with making informed decisions around their strategic and financial objectives.

There's something about Shirley

Shirley attends iNRF sessions on Tuesday's. Recently she was awarded a medal for 12 years voluntary service at St John's. The ceremony at St Marks Church in Remuera was followed by a luncheon.

So many people like Shirley work diligently unseen and unheard in the Community. We're proud of your efforts Shirley. Congratulations!



World Congress, Budapest

Our Senior Rehabilitation Specialist Nora is currently enjoying time with family and friends in Hungary before attending the 9th World Congress on Conductive Education in Budapest from 10—13 December. Nora sends her warmest wishes to all and is looking forward to reporting back on her Congress attendance in the next Newsletter.

Workshops and Seminars

Over the past year our Rehabilitation Specialists have been busy attending various workshops and seminars to incorporate new and improved techniques and procedures into your programs. Some of these include:

Counter-punch Boxing, Neuroplasticity, Locomotion Presentation, Nordic Walking.

These events were attended for your well-being. As programs are introduced, we encourage your participation.



In the event of a mishap it's assuring to know all First Aid requirements will be promptly attended by Inna or Reka both A1 First Aid workplace providers.



A message from Inna



A whole new team came on board as we entered 2016. iNRF welcomed Reka and Christine, then later Steffi who was replaced by Margaret and of course Neda. Myself, Nora and Koko continued in our current roles.

We are constantly encouraged by the slow but steady progress many of you are showing. 2017 will be another year full of hope and possibility.

Our intention is to significantly increase attendance in 2017. This will be assisted through new branding and campaigns. Feel free to recommend us to Churches, Clubs or Groups where guest speakers are required so enable us to promote our service and the benefits of Conductive Education.

Hospital visits and stroke groups will also be on the radar. There currently appears to be a short-gap of affordable, long term rehabilitation available in the community.

The comradery that exists at iNRF and the encouragement you show each another on your journey of rehabilitation is commendable. Please remember that regardless of your physical disability, you have something to offer. Use what you have. Share your sight, your voice your heart with others who need it.

I challenge you to make 2017 your best year ever.

Merry Christmas everyone!

Inna Chochina
Senior Rehabilitation Specialist & General Manager



Join us for sing-a-long at iNRF Wednesday 30th November and Wednesday 7 December 2016. Margaret will accompany us on the ivories.

Bring your lunch and/or enjoy a cup of tea in the Boardroom from midday until

12.30pm before joining in song from 12.30pm - 1.00pm in the lobby. Song sheets will be provided.

To make these events more joyful, Aphasia NZ and our Alzheimer's rehabilitation group will accompany us !

In 2017 on the first Wednesday of the month commencing 1 February, this sing-a-long group will recommence.

Got money worries?

Are you familiar with the Henderson Budget Service Inc., they're our new tenants.

Henderson Budget Service Inc now occupy the space vacated by Aotea Security. Their 23 years of experience in sorting money issues tells us they know what they're doing.

Be it from misfortune or circumstance, adjusting from full time remuneration to reduced earnings is difficult.

This FREE service is available to anyone who needs it. Contact Catherine or Rebecca to assist you.

Family friendly, this local organisation operate Mon-Fri from 9.00am—6.00pm or by appointment.

Contact them on (09) 836 4141. They're ready and waiting for your call.

Committed to helping people achieve financial stability



Henderson Budget Service Inc

