



Integrated Neurological
Rehabilitation Foundation

Newsletter
October 2013

[A Stroke... Opening Doors to the World?](#)



From being a multitasker to not being able to put on my socks was a huge shock after i had my stroke 4 and half years ago. Your life stops, you can't dress yourself, you can't peel a potato. My life changed forever. Thank goodness for iNRF and Conductive Education. I was informed of their wonderful work through my friends at the Stroke Club. When leaving the hospital I was in a wheelchair now I walk with a stick and unaided whilst inside.

Doing an exercise programme like then one at iNRF is invaluable iNRF is a wonderful facility. The recovery after stroke is slow and any small improvement is a celebration for me. I have seen great results in myself and fellow clients. We all arrive scared, see the exercise as impossible but they are not. Just give yourself time. Two years of patience and kind help from the staff at iNRF. I've gained confidence again.

I set goals after my stroke. I was determined to walk and I wanted to travel again. Last year I decided I would travel again. At first I thought I can't do this then with support from iNRF and my family. I thought yes I can!

I travelled to Asia and the Middle East which was frightening because of the crowds. We walked the streets ate the local food and travelled on the local buses. Quite an achievement. Then we boarded a cruise ship around Europe. This year I'm planning a trip in November to Honolulu and LA and then on a cruise ship to the Caribbean. Cruise ships are well equipped for people with disabilities— I have no problems, plenty of staff on hand to help. There are plenty of things to do to keep you occupied. I may have a disability but there is no reason why I can't travel. You'd be amazed at what you can do with help at the airports, hotels and on board the cruise ships. I could walk everywhere with no fears of falling.

Travelling when you have a disability is possible. You need plan ahead of time; get a good travel agent with plenty of knowledge on the places you are travelling. They can organise wheelchair services and a hotel with the right facilities for your personal needs. I know many people that have a disabilities and travel hassle free, with the right planning. Its great to get back into the real world again. We have to believe and make our dreams real. **Leota Doo– Client**

Next term starts 14th October

Message from the General Manager

Kia Ora Clients, Whanau, Carers, Staff, Friends, Supporters and Community of the iNRF. Thank you so much for your support over the last months. Your enthusiasm and commitment is appreciated.

Thank you to all of you who helped make the Open Day in August so successful, we have a stream of new assessments coming directly from this event. Special mention needs to go to our Clients who participated in Classes on the Friday and the wonderful artwork provided by our Art Class, what an awesome expression of your ability.

The last few weeks have been a time of staff change, we farewelled Ali and Janet in August as each chose different lifestyles that took them away from the iNRF. We have worked hard to find staff to replace both of these valuable staff and are pleased to announce Lucy Markie as our new front of house Administrator. Lucy is with us for a couple of months and is one of our Clients. Lucy is excited by this opportunity to contribute to the iNRF in a different way and to rekindle a prior career path. I'd also like to thank you all for your understanding and help as these changes have taken place.

I am happy to announce that both Lucy Markie and John Toole have agreed to be our Client Advocates. If you, as a Client, need to raise any challenge or success formally with the iNRF then Lucy or John will take your correspondence direct to our Operations meeting. I am also happy to announce that Lisa (Gombinsky) Roach has agreed to be our interim Privacy Officer and will handle any matters relating to privacy.

We are constantly reviewing our associations and I am pleased to advise you that the iNRF have become an affiliate of the New Zealand Foundation for Conductive Education (NZFCE) and the NZ Carers Alliance. Both of these organisations provide direct value to our staff, Client, Whanau or Carer communities.

Last newsletter I asked you to share your stories with anyone who will listen, I urge you to keep sharing. I have been overwhelmed and humbled by each of you who have shared your stories with me. It takes courage to share your personal journey and hope that what you learn at the iNRF continues to help you live your journey to its fullest. I also ask you in this newsletter to be aware of your environment, at home, at the iNRF and wherever you may travel. Having an awareness of where we are in the world helps us come up with solutions that are appropriate for our circumstance.

I am excited about the next steps on the iNRF journey and hope to share these with you in an upcoming newsletter.

Nga Mihi Nui

Darrin



Conductive Education Services – News and Notes

Settling into a new country and a new job is always a challenge; I am so grateful to have the opportunity to be here with you, and even more grateful for everything the iNRF client community have done to make me feel welcome and to help me settle in – thank you most sincerely.

I also want to congratulate you all – there has been a lot of shuffling around and people coming and going over the past several months and you have breezed through this time of transition. You have had to get used to me, to my 'funny English', and to my style of conduction. Conductors have been away for prolonged periods, Kumiko went home to be with her family when her grandmother passed away, Ali and Janet have opted for lifestyle changes and we have said goodbye to them both, Adrienne came in as a temporary receptionist and has since left, and Lucy has taken up a short term administration and receptionist role with us. That is a lot of change for a little organization to cope with and I really appreciate your patient support during this time. Please know that my key priorities are around making sure that Conductive Services continue to be delivered at the highest possible standard and that we continue to reach out to people so that as many people as possible can benefit from what iNRF has to offer.

I look forward to welcoming both Inna and Nora back later this month, and to moving forward with a full conductive team. We have several new clients joining the program over the next couple of weeks and I know you will take them under your wings and make them feel at home. iNRF will be featured in the next issue of MS Auckland's newsletter *Multiple News*, and I will be meeting with all of MS Auckland field workers at their next team meeting and look forward to working closely with them to extend our services for people with MS. We have recently introduced a new MS group for people with higher levels of impairment. We have also introduced an aphasia program to some of our weekly sessions to meet the needs of new and longstanding clients in those groups.

I am so excited about the potential at iNRF for building on and growing our existing services and am really keen to hear your ideas about how we can be doing more, and better. I have really loved getting to know you all and seeing how hard you work in your classes over this last term, and look forward to continuing to work with you all and to celebrating your achievements with you.

Lisa (Gombinsky) Roach - Senior Conductor and Manager of Conductive Education Services



Building plans

As many of our clients would have experienced, it is really hard to get to Tui Glen, get out of the car, and into the building without getting very wet especially if you are in a wheelchair!

The Board of iNRF have been considering solutions to this problem for some time, and a year ago opted to erect a canopy over the disability parking by the main entrance of the building.

This has been a very complicated process, as we found we did not have a lease over the car park and this necessitated us applying to Council to extend our lease. Well, a year, later I can say we now have the lease amendment!!

We have contacted an architect who will draw up the plans ready for us to lodge a building consent.

Our next challenge is to raise the \$30 000 needed to build the canopy. We have approached a couple of funding agencies who have indicated that they would be happy to receive an application from us.

If we are successful in getting a grant we will be working to have the canopy built before next winter—so cross your fingers for us that we get the money we need to build the canopy. We look forward to bringing you good news updates about this.

Jan Brown—Trustee



Information Evening and Open day

We held an information evening and open day back in August. It was a great opportunity to showcase iNRF's beneficial approach to rehabilitation. Visitors and potential clients had the opportunity to view our programmes, meet clients and see the hard work that they do here at the centre and of course meet our friendly staff.

A big thank you to all who attended our information evening and open day. An additional thank you to our guest speakers, Dr Bruce Arroll, Fiona Given, John Carr and to Kaz from the Independent Living Services. It was also great to see wonderful art work on display from our Monday art class.

I saw many new and familiar faces passing through the Foundation showing support for iNRF. It was a successful event, with relationships renewed and initiated and exciting new opportunities arising.

Our next open day event is scheduled for the end of February– watch this space for details!!

Stacey O'Gara



Kiwi Ability Art Class

We would like to welcome Edward to the Art Class so we are at full capacity for this year. If you want to join the art class next year from February see John Toole at the front office. If you do not want to paint pictures Gabrielle can teach you to draw.

The Art Tutor – Gabrielle Ryburn

Gabrielle Ryburn has been a painter for over forty years. Her core training was at a portraitist. Mediums that are used are: pencil, conte crayon, charcoal, pastel oils and acrylic and occasionally water colour.

Her particular joy is in teaching others to draw and paint what they see. Her students have ranged from to five to eighty years of age and her work included teaching her own specials art units at primary schools as a guest tutor, individual tuition for struggling school C and Bursary (levels 1&2 NCA) students and teaching classes from her personal studio. Currently she enjoys teaching art to those with neurological disorders at iNRF.



John Toole

Moroccan bowls By Gabrielle Ryburn

Finding work as a person with a disability



Our new administrator Lucy Markie

Hi, I'm Lucy and I've been employed as an administrator since Janet decided it was time to retire.

I'm looking forward to getting to know everyone. I feel a bit intimidated to be stepping into Janet's shoes as she was so hospitable and efficient. Being able to work with people who help those of us who have a disability is awesome. I'm passionate about assisting those who need help in adjusting to living life with an impediment. Finding paid employment is difficult when you have had a stroke or incident but there are several places you can go to get the help and support you need get you back into the work force if that is your desire. Work & Income have a branch that is

designated to helping people get back to work, called **Elevator**. Contact **WINZ** for more information.

Workbridge is another starting place if you are looking to be employed. It offers assistance to get your CV up to date and help with any equipment you need to help keep your employment as well as assisting you in your endeavours to find work. **CCS** is also offering assistance. This is the agency that helped me into my present job and I am extremely grateful for all their help. I have been in contact with all three of these agencies and the only pitfall for me is that you can only use them one at a time.

Carers Alliance - have your say as a care giver

Please help to recruit family carers to complete New Zealand's first in-depth longitudinal study, being developed in partnership with the University of Auckland's Faculty of Medical and Health Sciences.

The *State of Caregiving Study* will explore responses from hundreds of carers across age groups and caring situations (and track their feedback over time) to provide a long-term view about how carers are faring, their physical and mental wellbeing, ability to save for retirement, and more.

The survey takes about 25 minutes to complete and the research findings will be shared with community organisations, government agencies, and via public messaging across society.

Currently we are very reliant on international care giving research to inform decision-making for carers in New Zealand. We would appreciate it if you could take a few moments to promote the survey link to carers and supporters in your network, and encourage them to take part.

<https://www.surveymonkey.com/s/7L3N9Q2>

Thank you for helping us to strengthen New Zealand's evidence base about carers and family care giving.

Sara Rogers

National Coordinator

<http://www.carealliance.co.nz/>

Counselling Workshops

Free Counselling Workshops - Last Chance for Expressions of Interest!

Flora Nazari of Prospective Counselling provides individual and group counselling services to people coping with change, family situations, anxiety, stress, grief and loss from her offices based here at Tui Glen Centre. She has offered to run facilitated group workshops to iNRF clients and their families free of charge which will be supported by the iNRF conductive team, and is seeking expressions of interest *as soon as possible* so she can determine if there is enough interest for the groups to go ahead. The following four workshops are available:

- *Life Balance and Stress Management - Self worth – knowing yourself*
- *Self care for anxiety and depression - Grief and loss*

If you or someone you know might be interested, please let Lisa know as soon as possible, so she can work with Flora to get these groups up and running!

Lisa@inrf.org.nz 09 836 6830

The New Zealand Foundation for Conductive Education



From The NZ Foundation for Conductive Education (NZFCE)

NZFCE welcomes the iNRF back into the national network of Conductive Education facilities in NZ as a newly affiliated member.

NZFCE is the national umbrella group set up to promote the profile of Conductive Education throughout NZ and to advocate at the national level for those facilities that deliver the programme.

There are now eleven NZFCE affiliated facilities throughout the country delivering this rehabilitation programme to around 160 children, young persons and approximately 70 adults.

These facilities are in Auckland, Hamilton, Wellington, Christchurch and Invercargill. NZFCE's board is made up of six elected trustees and employs a National Coordinator on a part time basis, accountable to the board for progressing the aims and objectives of NZFCE, advocating for the centres, the people they serve and increasing the profile of Conductive Education throughout NZ.

The Auckland facility at Tui Glen has led the way in the provision of the programme for adults and it is now recognised as providing a leading programme for maximising the levels of independence for adults who live with a motor disorder.

In Christchurch a newly formed trust is working through the process of establishing a facility for adults and the facility in Invercargill has also begun to accept adults into its programme. NZFCE will look to INRF to provide valuable support and guidance to other facilities around NZ as they introduce adults into their programmes.

Dave Ching— NZFCE

iNRF Art Class Christmas Cards for sale

Contact Lucy at Reception for your packs.



Welcome to all new clients that started in the third term. We hope you're settling in to your classes at the Foundation

Dates for your Calendar

Parkinson's Awareness Week

1-7 November

For more information on this contact the Parkinson Society or visit

www.parkinsons.org.nz

MS bike the bridge

10th November

A chance to bike across the iconic Auckland harbour bridge and northern bus ways and raise money for the MS society.

There will be 35,000 worth of prizes to be given away.

More details on this event
Phone: (09) 446 3354 or visit

www.bikethebridge.co.nz

Birthdays

October

22nd – Shirley 23rd – Julius
24th – Pops 27th – Linda

November

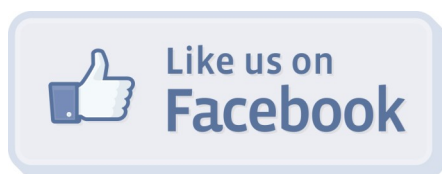
8th – Epp 18th – John Peterson
25th – Clive 28th – Bob

December

5th – Anne
17th – Kirk
18th – Edward
19th – Narcisa
25th – Chris Copeland
25th – Heather
28th – Chris Harvey
31st – Kardy



Hope you all have wonderful birthday.



<https://www.facebook.com/pages/Integrated-Neurological-Rehabilitation-Foundation/331789526952914>

Our mission statement

*To provide the highest quality of rehabilitation through
Conductive Education for people
with neurological disorders in
New Zealand*

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Thanks to our funders and volunteers

