

# INTEGRATED NEUROLOGICAL REHABILITATION FOUNDATION

*Through Conductive Education*

## JULY 2010 - NEWSLETTER

### *Chairman's Message*

Hello Everyone,

I hope the winter chill is not felt by you in our new Centre and that the programmes are as good and fully attended as always. The two new Conductor Assistants are a good asset and we are in a position to increase the number of clients. Inna and Nora are very happy with the team and the progress that you are making.

Three months ago I wrote a twelve page letter to our Prime Minister outlining our Foundation's short and long term plans and seeking his support. Copies of the letter were sent to the Ministers of Health and Social Welfare. This has resulted in a teleconference with two Ministry of Health top executives. Jan Brown, our highly valued Trustee, and I spoke to the two Executives. The main issue was funding our plans. During the ninety minute Teleconference the two Executives raised issues that we have heard for the past seventeen years. They recommended that we approach various Health Funding Authorities knowing full well

that they don't have any surplus funding. We have had this situation now for seventeen years. My letter was factual and positive outlining the benefits the effective aspects of Conductive Education. We plan to have C.E. established nationwide. There are thirty thousand Stroke Survivors needing effective rehabilitation services. The bureaucrats are not interested. They take the easy option and maintain the status quo. The truth is that there are ample funds, but they are distributed willy-nilly without examining what the benefits are to the disabled. We are not giving up. We will go back to the high authority and fight on for the benefit of people in need.

We have a small Board of Trustees but a determined one and we will ultimately succeed. You just keep up the good work and we will tell more of the progress we hope to make at our upcoming AGM.

Wishing you all well.

*Frank Schwanner - Chairman*

### *Conductors Column*

Disability Information Waitakere Network held an information morning in May at Kelston Community Centre, which was about how to keep fit and well in our community. We were promoting Conductive Education there and we were glad to see that there are so many different organizations who are willing to help people.

We saw two very impressive demonstrations. One from Tai Chi and another from a lovely group of ladies who called themselves "Women on the move".

Tai Chi is about generating energy through movement which requires the coordination of your body. It is a form of meditation

combined with a series of movements. People who practice Tai Chi find that they become revitalized, relaxed, stronger and healthier in both body and mind. It can also improve your balance and posture.

We also saw the "Women on the move". They were demonstrating rhythmic exercises to music. These are low impact exercises for women of all of ages. But as we know we can exercise in water too. West Wave centre in Henderson provide hydrotherapy classes. specifically designed for those, who suffer from arthritis, joint and circulation problems or have limited mobility.

A very interesting stand caught my eyes. It was named Antara

Free Natural Health Clinic. The therapists are qualified professionals. They support beneficiaries who can't otherwise afford natural health care. They provide naturopathy, therapeutic massage, Bowen technique, homeopathy, osteopathy etc. And last, but not least a good and very important way to a healthy body is a healthy diet with full of nutrition and vitamins.

If you would like to know any information about any of these organizations, please ask me or Janet at Reception.

*Nora Keczan -  
Rehabilitation Specialist*

## *Community Services Column*



# *Tui Glen Art Class*

*The Art Class is up and running again for up to 25 weeks*

*We have several spare places in the Learn to Paint Class in oils or acrylics*

*Challenge yourself: start painting. Learn a new skill. Paintings make great personal Christmas presents*

*Full tuition is available if unsure what it involves*

*Partners are most welcome*

*Everything is supplied Brushes, Canvas, Paints, Good Company, Coffee, Tea and if you're good biscuits*

*The cost \$7.50 per 2 hour lesson Thursday 1.30 - 3.30*

*This a Community Service for Integrated Neurological Rehabilitation Foundation*

*John Toole, - Community Support Co-Ordinator*

## *Administration Column*

- Many thanks to our wonderful volunteers who help keep our Centre organised and running smoothly – Bebe, Jane, Frank, Barry,
- Also many thanks to all the ladies who have given old bras to the Girl Guides. Let's hope they break the Guinness World Record. If you have any more you'd like to give them, please send them direct to Girl Guides, C/- 550 Mahuta Road, RD1, Dargaville.
- Centre for hire – Centre available evenings and weekends for private use at competitive hourly rates



Our Client Helper/Cleaner completed her 100kms sponsored walk in 28 hours and raised \$3,500 for Oxfam. Well done Ali. Hope the feet have recovered.

## *Dates to remember*

<i>Last day</i>	<i>Term, 1</i>	<i>Friday</i>	<i>2 July 2010</i>
<i>First day</i>	<i>Term 2</i>	<i>Monday</i>	<i>19 July 2010</i>

*Any queries phone INRF on 836 6830*

## *MISSION STATEMENT*

*Our vision is to empower all people involved with Conductive Education to embrace its healing power, thereby enabling them to accomplish a lifestyle in which human potential is celebrated.*

# The Wellington Trip

Sitting around the lunch table was the beginning of our journey. Paul from the Friday group was saying how he would love to go for a train ride and that is when our plan was hatched. A train ride to Wellington was decided upon

We ended up with six people from the Friday class – Paul, Shirley, Miriama, Jeff, Robert and me. I planned the trip and the accommodation and the details were left to Robert to iron out.

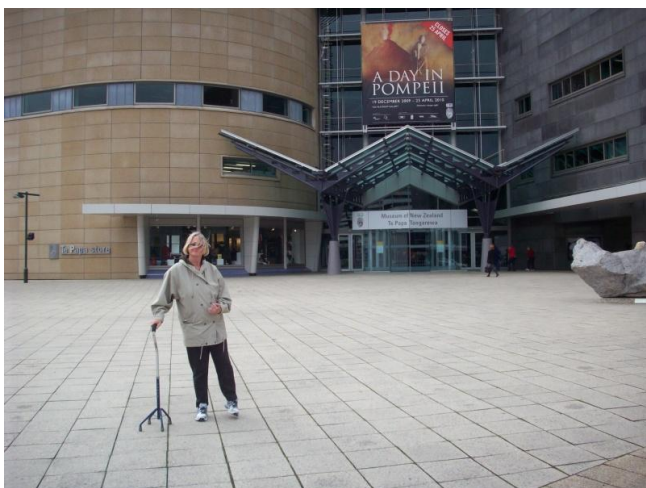
New Zealand has some stunning scenery, which made the train ride extremely worthwhile. Thanks to Miriama's husband, Terry, we were well looked after on the train. They got out the ramps at all the stops so that we could get off the train and take advantage of the scenery and get some fresh air too. It was much appreciated.

We booked into the Wellington Backpackers. It was affordable and a great location. We jumped out of the train and crossed the road to our hotel which was a good plan because we were quite tired after the 12 hour ride. We even managed to pick up some supplies for breakfast on the way to the hotel!

Being in the backpackers was a challenge as it had bunk beds and we had to throw the mattresses on the floor. It was easy to decide who got a bed and who got the floor. It was a matter of who could get on the floor! Everyone knew how to snore so we took turns at that all throughout the night.



The first day was great and we went to Te Papa and had a special tour. Mc Donalds for lunch then onto the Cable Car. We had walked from our hotel to the museum, then up to the cable car, so all the practice Nora and Inna have been giving us really paid dividends. We knew Inna and Nora would have been very proud of us.







Robert and I managed to cook a lovely pasta meal for everyone before we retired for the evening. We were very tired and snored even louder the second night!



The second day we were a bit more sedate, but we managed to do the Parliament Tour .....

– well some of us did.,

The others went to the Backbenchers hotel across the road. It was a very interesting hotel with caricatures of the parliamentarians to keep us amused while we ate a yummy lunch.



We gathered our luggage and made our way back out to the airport to wait for the plane ride home. Our cab driver was wonderful, giving us a tiki tour commentary along the way. We went passed Weta Workshop which will have to wait for the next time we come down.



*Written by Lucy - April 2010*

*Having a disability can be a challenge, but it does not stop you from having a life.*