



Integrated Neurological
Rehabilitation Foundation

Newsletter

October 2014

My name is Kirk Wallace and I've been attending Conductive Education classes for nineteen years. In February 1995 I'd just arrived in Perth on what was intended to be a short business trip. I was in my room catching up on the news when I suffered a moderate / severe stroke without any warning. I spent the night on the floor of my hotel suite until housekeeping found me the next morning. I was paralysed down my left side unable to stand or even sit up. I was taken to Royal Perth Hospital where I received physiotherapy that I didn't really respond to.



I was lucky to have insurance and a nurse from Auckland came to accompany me on my flight home. I then went to Auckland hospital where I stayed for several weeks before transferring to Rehab Plus. There I learnt to walk (after a fashion) leaning heavily on a walking stick but anytime I left the building it was in a wheelchair. At the end of my stay I was told that was that, and I'd improved as far as I was going to. I should just accept that this was the way I would spend the rest of my life. I didn't accept this, and I was determined to get my life back to normal as best as I could.

I was in my mid forties at the time and I heard about an organisation called Conductive Education now (Integrated Neurological Rehabilitation Foundation). After meeting with the conductors at iNRF, I just knew this was the best place to be. Conductive Education has helped me immensely, physically and mentally. I can't speak highly enough of the benefits I have received. I went from walking with a stick to walking independently, I gained confidence, and it gave me the motivation to start driving again. Over the years of attending Conductive Education I have learnt many skills and techniques to help me in my everyday life. The reason I continue to attend is to maintain that ability and flexibility.

My association with Conductive Education has not just been on a client level but I also spent over fifteen years as a member of the Board of Trustees. The quality of staff at iNRF are second to none and I've made acquaintances with many people in a similar position to myself over the years.

If I could give one bit of advice to a Stroke survivor I would say

" After a stroke there is a dark tunnel and the Integrated Neurological Rehabilitation Foundation is the light at the end of that tunnel".

A Message from the General Manager

Kia Ora

Spring is here and what a welcome sight it is to see some sunshine! Hopefully some of you are joining us in 'operation spring clean-up' in conjunction with the council on the 3rd October 2014 here at Tui Glen. We thought it would be a great opportunity to talk to people about what we do and let them know about the up and coming open day events.

I am very excited to be here for what will be my first open day event on the 7th October and I am hopeful that we will get a large crowd of people come along to all three events. In anticipation of these events I want to say thank you to everyone who has volunteered to help out on each of the days – especially those in the classes. I was lucky enough to go along to Westwaves on the 25th September and observe Allan, Kirk and Ray in action with Nora and Kumiko', it was great to see the audience participating alongside the class.

I would like to welcome Michelle our new cleaner, she starts at 6am every day so that's why you never see her, but she does a great job looking after things for us here.

I hope those of you who attended Te Tiriti o Waitangi enjoyed the course as much as I did, I thought it was great and I learnt loads. We have been lucky enough to get some funding from The Rehabilitation Welfare Trust towards training which means that we are all now booked to do some First Aid Training, the Fire Wardens who are Nora, Lisa and Stacey will all receive training and Kumiko who is our Health and Safety Rep will also be attend the relevant training.

Please let us know if you have any news you would like us to put in future newsletters.

Carolyn

General Manager





Hello I am Karen Vesey and I joined the Board of Trustees in February 2014. I am a Registered Nurse and also have a Post Grad Diploma in Health Management. I worked for many years as a District Nurse in the local community, and from there I progressed to being a Nurse Manager with Waitemata District Health Board(WDHB).

I bring to the board significant experience from working for WDHB, along with skills in staff management, change management, and I am enjoying working with the committed staff in order

to understand and streamline processes and assisting them in bringing about any changes needed to continue and build on their effective service delivery. Having spent many years working with patients, in their own homes, I understand the challenges that are faced by caregivers and clients, who live with an illness and or a disability.

Along with the staff members we have examined the processes being utilised, within the Trust. These provide supportive and caring rehabilitation for the clients who attend these classes and we are sure there is capacity to extend these benefits to even more people. There is a considerable amount of work being done at present visiting various sites and providing information about our service and we appreciate the assistance of everyone who hears about our service in telling other people.

The staff here at the Trust, are very skilled and have a vision for the future not only here in Auckland but in other centres in New Zealand. Their long term objective is to build this service to capacity and at the same time develop as a centre of excellence, firstly within New Zealand and potentially expand the vision to services overseas. Initially we are looking at how the service can be developed and expanded here at Tui Glen. This is the only adult conductive education service in New Zealand and has the potential to expand and provide the services and benefits for many more clients.

I consider I am privileged to be involved with the dedicated staff at this exciting stage and I look forward to continuing to work with these enthusiastic staff members in order to achieve this outcome in the future.

Karen Vesey
Board Of Trustees

Term Ends Friday 19th December

Solidifying our Foundation, and Extending our Reach

Hello clients, families, and supporters of Integrated Neurological Rehabilitation Foundation. It is my pleasure to write a few words to update you all about what's new and what's happening with our services.

Behind the scenes, the conductive team has been looking at how the iNRF can continue to grow and develop while protecting the integrity of our unique service. We are working to build upon our strong foundation and existing programs to increase our capacity and we are looking at how we can extend our reach beyond Tui Glen. Such growth takes a lot of planning. The conductive team have been busily working to articulate what we see as best practice standards for Adult Conductive Education in New Zealand, and working with our General Manager and the Board of Trustees to develop a comprehensive service delivery framework for our centre.

We have had a very busy few months, and are delighted to have had many new enquiries and referrals from various sources and to be able to welcome so many new clients over the past few months. Stacey and Carolyn have been out delivering flyers and promoting our upcoming open days at various community and health facilities; Lucy has graced the front cover of the Western Leader and has attended several 'meet the candidates' meetings ensuring that disability stayed on the agenda for our local candidates and representatives. Nora led a demonstration at West Auckland's 'Active Aging' event showing the general public that there are options for being healthy and active, even with a disability. Linda's article about CE for people, with MS from last newsletter was republished by the MS Society's newsletter 'Multiple News'. We would like to extend a special "thank you" to Davorin and Leota for the referrals that have come directly from your very positive words of mouth.

We are thrilled to announce the launch of our first Outreach Program. We are now running a large group in Birkenhead on Friday mornings for 10 people with Parkinson's Disease. Special thanks to COGS North Shore for the project funding for this start up, to Parkinson's Auckland community educator Mary Lythe for her continuous advocacy and support, and to our long standing client Joe Watt for his idea and the initiative to bring our services to the North Shore. We hope that this will be the first of many Outreach Programs for us, and look forward to extending the initiative to include more people in various programs and locations.



I am travelling to Christchurch in October to talk about iNRF and Adult CE at a meeting that will be attended by key agencies and people involved with disability services in Christchurch. This meeting has been organised by Adult Conductive Education Trust (ACET), who currently provide Conductive Education to a small group of young adults with cerebral palsy. ACET is working towards a centre like ours for Christchurch, and we are looking at how we might collaborate with ACET on this exciting project in the future.

We are racing towards the Christmas season and starting to plan our end of year party for clients - which means that I will also have to face my 40th birthday too - gulp! Good thing that I have you all to keep me from obsessing about that!

With my warmest regards,

Lisa Gombinsky Roach

Senior Rehabilitation Specialist

Manager of Conductive Education Services

Last month was an important time for our government and all the political parties as it was voting time. This is a chance for everyone to have their say on what they, want by voting. I attended two of the meetings that were held in Auckland to see what they are offering in the way of support for the disability sector.

Mojo Mathers (Greens) said if they got a seat they have two candidates in wheelchairs that would enter parliament with her. They want to see the disability sector better represented and have better access to real jobs and better training.

Maggie Barrie (National) has a plan to enrich the lives of the younger disabled community. They want to spend money at the high school and tertiary level to improve the employment chances for those with a disability.

Carmel Sepuloni (Labour) has been a spokesperson on disability and victims' rights.

They would like to

- see better housing and accessibility for this community.
- Overhaul the Ministry of Health system to try to filter the money into all areas of the community through places like ACC and Taikura Trust. She said this is a major job and it would be unlikely to happen in a single term.

The other minor parties were either still working through their policies or did not have anything that would add value to our community.

They all agreed and said there would be cutbacks and a reorganising of the monies in the Health Sector which means that it will still be a struggle to maintain the services that we now enjoy.

**Lucy
Markie**



October Open Days

During the month of October we are demonstrating a selection of our classes.

Multiple Sclerosis Demonstration — 7th October 1.30 — 3.30pm

Stroke Demonstration — 17th October 10 am — 12 pm

Parkinson's Demonstration 20th October 10 am — 12 pm

Mid Christmas Lunch

If I ask you "How was the Mid Christmas Lunch ?" I believe everyone would say "Yeah, it was great! I can't wait for the next one" as if it was only a few weeks ago. I feel the same!

It was certainly one of the biggest and most fun events for us. I'm sure everyone enjoyed the lunch and the entertainment. Thanks to the Te Atatu Men's Choir, they made it even more memorable. It was great to hear nostalgic songs. Music never has boundaries does it? It was great to see Cam singing and dancing without his stick! I enjoyed the nice bonnet on Denise too. The entire performance was so memorable. Thanks again to Cam and the Te Atatu Men's Choir!

Also thank you to those of you who gave us donations for the raffle baskets and congratulations to the people who won the baskets!

I look forward to seeing you at our next party, on the **12th of December** at the **Swanson RSA**.

We will keep you updated on ticket prices and this years entertainment.

Kumiko



Seeking Donations for the Christmas Raffle

We are getting closer to Christmas and we're starting to think about our next raffle.

We want to make it bigger and better than last year but we need your help to do that.

Do you know any local companies or business that would be willing to donate a prize towards our raffle??

This year we are raising money for a new dishwasher and hopefully a professional carpet cleaner to come out and clean our carpets.

Congratulations

Jolene Rose



Jo is part of a tenpin bowling team that play each Saturday in Henderson. Jo and her team were lucky enough to be able to compete in the Special Olympics they came second.



Well done JO!



Birthday Celebrations

Last month the centre held a special 21st birthday.

Miro Cliffe has been a client at The Integrated Neurological Rehabilitation Foundation

since he was sixteen years old .

It was wonderful to see him and his family and friends celebrating a huge milestone.

There was plenty of yummy food and entertainment from a local fiddler and Irish dancing group.

It was great to see the centre being used for such a joyous occasion.

Happy Birthday Miro !



Thanks to our funders and volunteers



Successful grant applications

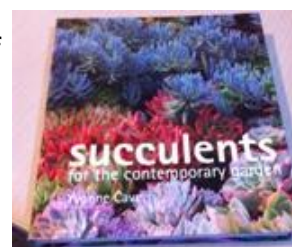
A huge thank you to,

- BlueWaters Community Trust who granted us \$700 towards a defibrillator and the relevant training for staff
- COGS North Shore, towards Outreach on the North Shore
- COGS Henderson, towards salaries and operating Costs
- TTFC and Lotteries who have given us funding again this year towards salaries
- The Rehabilitation Welfare Trust, towards staff training
- The James Lewis Charitable trust for \$2000 towards young peoples groups

Another big thank you to Jody Lusk, who donated a number of gardening books.

The books cost \$10 and the money goes to the foundation.

If you are interested in buying a book, talk to Lucy at reception.



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