

## Thanks to our funders and volunteers



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supported by ASB

Rehabilitation Welfare Trust  
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We would like to thank all the businesses that have kindly donated goods for our Movie Night

A warm thank you goes to:



KUMEU RIVER



### Integrated Neurological Rehabilitation Foundation

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## Integrated Neurological Rehabilitation Foundation

Newsletter  
April 2015

### A week at iNRF



My name is Emily Sheppard and I have spastic triplegic Cerebral Palsy.

In 2013, my dear friend and Conductor, Lisa, skipped over the pond to become a part of the iNRF team. This not only meant that we could not continue our weekly (torturous) sessions, but I also lost my connection to the “disability” world – Lisa, much to her credit, saw me through all my teenage angst, which was largely related to my Cerebral Palsy. I did not want to associate with anyone “disabled”, nor did I really understand the benefits of Conductive Education (CE) as a teenager. So when the opportunity arose last January to visit my favourite Canadian at her new work, I was a tad nervous. Lisa and I had focused more on physical fitness the last few years; CE had become foreign to me.

Walking into iNRF, the faculty itself looked amazing – multiple classrooms, administration area, kitchen ... and all accessible! Very different to my experience! In Australia, there is little funding for CE, so to have a relatively inexpensive program available to a variety of people with neurological conditions was surprising. I wish I could take the INRF back with me to Sydney! I know many people who would love access to CE like this, myself very much included.

Besides the incredible Conductors and space, by far the best aspect of my INRF experience were the clients. Having been around people with disabilities all my life, I'm rarely astonished; this time was different. These clients were not only inspiring but motivating. Each person comes once (or more) a week for almost three hours of intensive CE; they do not complain or question the exercises because they *understand* the benefits. They give it their all, every time, in an effort to be the most physically able person they can be, whether after a stroke or dealing with a condition like multiple sclerosis, Parkinson's or cerebral palsy. I was, and continue to be, blown away. What's more, they love attending class; they are all so supportive, catching up on news or gossip, and cheering each other on.

Now, whenever I'm having a down moment I reflect on those people, and take strength from their courage. For that, I am so grateful.

Integrated Neurological Rehabilitation Foundation (iNRF) - can truly change lives, in more ways than one.

**Emily Sheppard Client with Cerebral Palsy**

## Message from the Chairperson



This year has certainly moved along very rapidly and here we are in April already.

Since the last newsletter many changes have taken place. Firstly Tracy who had come on board last year as our marketing person was offered a position elsewhere that was most beneficial for her, therefore she left our services. In the short time she was with us she worked hard to organise fundraising events and left us with a positive plan for the future.

Then early this year two of our Board Members, Frank and Angeline resigned because their work and family commitments did not allow them the time they felt was needed to do justice to the Board work. Our General Manager Carolyn had also resigned and left us at the same time. The staff and remaining members of the board of trustees would like to thank them for all the work and time they gave to the iNRF.

Sadly a couple of weeks ago our Board Chairman Greg Bateman died following a year long battle with Malignant Melanoma. He had not been able to attend Board Meetings this year but had hoped to be able to provide advice and assistance from his home. Greg was a caring Chairman and worked hard to engage with all the staff and board members. He was always encouraging and took an Interest in other people and what they were doing. Since joining the Board he came to understand the work being carried out here at Tui Glen and had formulated plans for a positive future. For those of you who were at his funeral you will have heard that he believed in having plans. He was committed to iNRF and his wish was we all continue working to ensure its success. Thank you Greg for all the work you did for iNRF, you will be missed.

You are probably all aware that funding for charities is very tight at present and like other charities we need a regular flow of income. So far this year we have had a most enjoyable movie fundraising night, and the film was well worth seeing too. Last week there was a street appeal and the staff members I saw returning to the office were delighted with the response from the public. Thank you to all those who provided support for these fundraising events. Your support was very much appreciated by all of us. We are also looking for donors who can commit to giving a small amount each week, many people giving regular small amounts will grow to a large amount that will benefit all clients at iNRF, and remember donations can be claimed back from your taxes

With the resignations and loss of Board members the remaining board members have elected me to be your chairperson. I look forward to continuing to work with all at iNRF and into a positive financial future.

**Karen Vesey—Chairperson**



Hi everyone, I'm Lauren!

Some of you have met me already, but for everyone else I'm the new face you might see around iNRF during the week. I started volunteer work here in January helping out in the office, which I am absolutely loving. I am a full-time student at Unitec and I am studying towards a bachelor of Business, majoring in Accounting and Finance. I am also completing my work-experience project for University here at iNRF too, which is giving me the opportunity to gain some practical experience in my field of study. I am really enjoying my time here and I look forward to getting to know you all.

**Lauren—Volunteer**



### Thank You Greg—Be at Peace

The staff at iNRF wish to pay respect and acknowledge the years of dedication and service our former Chairman Greg Bateman made to our organisation.

Greg sadly passed away on Tuesday March 31<sup>st</sup>, 2015 at the age of 62. Our thoughts are with Greg's family at this sad time, in particular with Greg's sister Karen Vesey who now stands in his place as our Chairperson.



## Boccia New Zealand

Last month we played Boccia at the iNRF Centre. We were all introduced to the game by Luke, who brought the set of balls, skittles, and targets. There were warm-up exercises using flat targets on the floor, or skittles that you tried to knock down. About seven of us took part, and you have to be sitting down to play!



The main game we played (which I enjoyed the most) was similar to bowls. There is a white jack, and everyone has two balls. There are soft balls and slightly harder ones. The soft one you try to get as near to the jack as possible, and with the hard one you can try to get someone else's ball out of the way and your own closer.

It can become quite competitive. We had two teams with different coloured balls, the red and the blue, so it was easy to see which ones were closest to the jack. But you could never be sure because it was always possible that you could be knocked away, and that made the game more interesting.

We all enjoyed playing it and we want our own Boccia set so that we can play it more often. I would definitely encourage people to try Boccia and come along when we play again.



### Leslye Nemec — Client and stroke survivor

*Boccia New Zealand has kindly allowed us to borrow a Boccia set. If you are interested in playing a game of Boccia please let us know at reception .*

## Support our work regularly



We are looking for people who want to invest in the work iNRF does in the local community.

Can you give up two coffees a month to make a regular donation of \$10 per month to support our work?

**It's easy to set up via automatic payment or direct debit.**

**For more information contact Stacey on 09 836 6830 or [info@inrf.org.nz](mailto:info@inrf.org.nz)**

## Conductive Education News



Hello wonderful Clients, family and whanau, and friends of Integrated Neurological Rehabilitation Foundation! A lot has happened and life has been super busy since the time of our last newsletter. I would like to acknowledge some of the changes to our team here at iNRF over the last few months.

We have said farewell to our general manger, Carolyn Hegh, who resigned from her post in March. During Carolyn's year with us she worked hard to bring grant money in to our charity, to raise our profile in the community, to bring important organizational policies and procedures into line, to ensure training and professional development opportunities for all staff including Treaty of Waitangi, First Aid, and Safe Manual Handling, and to provide a positive, supportive work environment for our team. We wish Carolyn all the best in her future endeavours and hope to see her at our future events.

Our team has been enriched by the addition of several volunteers, many of whom are local university students. These wonderful people are giving their time and energy to our organization and gaining valuable practical experience both in front line rehabilitation and disability services or behind the scenes with administration support. Thank you for helping us welcome our volunteers and we look forward to seeing this volunteer army continue to flourish.

In terms of services, our groups have continued to be busy. We have welcomed several new clients and as always appreciate the way you embrace new people and welcome them into the iNRF community. We are excited that our North Shore Parkinson's group has started up again and are looking forward to introducing a second exercise group for people with Alzheimer's / dementia and their carers later this month. Special mention to Mary Lythe from Parkinson's Auckland and to Lynn Hubbert from Alzheimer's Auckland for your continued support, referral generation, and hands on facilitation of these groups. We have also introduced private sessions and disability specific personal training into our services offered, providing our clients and people with disabilities from the greater community the opportunity for targeted individual coaching, stretch and mobility sessions, passive stretching and relaxation, fitness and strength training, core conditioning and balance, boxing for fitness, and healthy lifestyle and fat loss coaching. Please speak to one of our team for further details.

On a personal note – as always, if is an honour and privilege to be a part of your rehabilitation journey, and my husband and I are very grateful for the opportunity to get out and explore this beautiful country.

**Lisa Gombinsky Roach — Senior Rehabilitation Specialist  
Acting General Manager**



## Movie Night

**Thank you to everyone who attended our first movie night .**



It was great to see so many people at our first movie fundraiser at the JC Ryder cinema in Avondale. Thank you to everyone that bought a ticket and helped make the night a success

We raised **\$1700** for our rehabilitation services—Awesome !

We would also like to thank all the businesses that kindly donated goods for our Movie Night, all business who contributed are listed on the back page of this newsletter

I would like to acknowledge Stacey for all the hard work she put into organising this fantastic event, we all look forward to the next one.

**Nora Keszan— Senior Rehabilitation Specialist**



Thank You for your support

## Street Appeal

Friday the 10th of April the rain stayed away so that we could hold our street appeal in West Auckland.

We had over 30 volunteers at various location such as West City Warehouse, Kmart , and West Gate Warehouse.

Thank you to all our volunteers, we could not have done it without you !!

A number of our clients gave up their time to help make this a success—thank you so much.

We raised over \$4000—Thank You !!

I would also like to thank Therese Russel from the Multiple Sclerosis society for letting us borrow their collection buckets.



givealittle  
from the Spark Foundation

**If you or someone you know would like support our street appeal**

**You can still make a donation online at  
[www.givealittle.co.nz/cause/streetappeal2015](http://www.givealittle.co.nz/cause/streetappeal2015)**