

# CentreLink



**Stroke Central Newsletter: Issue 91, Winter 2022**

**PARTNERS IN RECOVERY**  
NGA HOA KI TE WHAKAORANGA

## SCNZ Staff training 2022



**PARTNERS IN RECOVERY**  
NGA HOA KI TE WHAKAORANGA

## World Stroke Day 29th October 2022

**Donate now to our GoFundraise Page**

[www.gofundraise.co.nz/beneficiary/strokecentral](http://www.gofundraise.co.nz/beneficiary/strokecentral)

**Supported by the Thomas George Macarthy Trust**

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## The President's Pen

From the loss of three valued members from the Board plus, more recently, Sara Joice – her resignation due to an increased work load and a change in her role – we can now report a productive gain of three to it.

We have been fortunate to welcome Tony Biss, an accountant and very useful consultant to our Interim CEO on all matters of money, Michele Halford, who has a background in nursing and Sharalyn Fraser (our Minutes Secretary). All three are valued resources for the Board and we are fortunate to be able to welcome them.

Our nominee for the World Stroke Organisation, member Valery Feigin, was ineligible to stand having served the regulatory years. In his stead and on his recommendation, we have nominated Rita Krishnanurthi, Associate Professor of Public Health, for this role. We are the only Stroke organisation in NZ to have had

representation on this body and we are hopeful that our nomination is successful. Time will tell.

We are in regular contact with Stroke Foundation NZ over concerns of common interest. Some interaction on events where there has been public engagement, have been particularly useful in the exposure. We have had, via our Interim CEO, a similar connection with Tairawhiti.

Like many other organisations we have been hit by the impact of the viruses with our finances bearing the brunt. The fact that some bequests have been mistakenly dispatched to Stroke Foundation NZ, has not helped. Competition for funding is keen and that is a hurdle not easily surmounted. We are working to address that imbalance with our Interim CEO leading the charge.

We value the support of our membership as we unite together for the common good of all those stroke survivors with who we come into contact either in a practical way via our workers in the field or in the social inter-action that our clubs and ad hoc groupings provide, and thank you.

Robin Boldarin  
President

## SNZ Annual Staff Training 2022

At the end of June 2022 we had our annual, two day staff training workshop in Paraparaumu. It's always great for all our staff to get together, catch up in person and upskill our knowledge.



This year we had presentations from MSD about their support and services so we have a better understanding of what our clients can receive; Jennifer Buckley, from Aphasia NZ gave us a presentation about Aphasia and the latest work they are doing; we had a presentation on Continence as well as an in depth workshop for Harry McNaughton's Take Charge After Stroke Program from the ORA



Wellington Community Team, which is something we are looking at rolling out as part of our support services to our clients and members in the near future.



## Feilding Seniors Expo Friday 14th Oct 2022, 10am-2pm

Our local Community Stroke Advisor Nicola will be there with a stand so come on down and say 'hi' to her.

# Seniors Expo

Independent – Engaged – Connected

Over 40 exhibits  
Promoting positive aging

## Free entry

- Clubs & Organisations
- Health & Support agencies
- Mobility Services & Equipment
- On the spot expertise & Advice
- Refreshments available

## Civic Centre

84 Aorangi Street  
FEILDING

**Friday  
October  
14<sup>th</sup> 2022  
10am – 2pm**

MANCHESTER HOUSE  
11 WARD & MARLBOROUGH

SENIOR HUB  
11 WARD & MARLBOROUGH





# World Stroke Day 29th October 2022

## The Big Blue Brunch

October 2022

Organise a Big Blue Brunch with your friends and colleagues in the lead up to World Stroke Day (29th Oct) to raise awareness for stroke in your community. Bring a gold coin donation or donate directly to our GoFundraise page to raise much needed funds for our ongoing stroke support services. Don't forget to wear blue!



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Registration/Information

Call: 0800 298 858

Email: [anne@strokecentral.org.nz](mailto:anne@strokecentral.org.nz)

[www.strokecentral.org.nz](http://www.strokecentral.org.nz)

[www.gofundraise.co.nz/beneficiary/strokecentral](http://www.gofundraise.co.nz/beneficiary/strokecentral)

(If you register your BBB with us you'll receive a Stroke Quiz to play with your attendees)



## Blue For Stroke

October 2022

We are asking all schools to organise a blue mufti day or crazy blue hair day this October in the lead up to World Stroke Day (29th Oct).

Bring a gold coin donation or donate directly to our GoFundraise page to help us raise much needed funds for our ongoing stroke support services.



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Registration/Information

Call: 0800 298 858

Email: [anne@strokecentral.org.nz](mailto:anne@strokecentral.org.nz)

[www.strokecentral.org.nz](http://www.strokecentral.org.nz)

[www.gofundraise.co.nz/beneficiary/strokecentral](http://www.gofundraise.co.nz/beneficiary/strokecentral)

Donations will go towards Stroke Central NZ services which includes supporting stroke survivors and their families, stroke prevention education and stroke awareness work.





With the support of the Health Promotion Agency/Te Hiringa Hauora we ran a F.A.S.T. awareness Campaign in Wairoa, Whanganui and Porirua over the last few months.



Every hour, someone has a stroke, every 5 hours, someone dies from stroke, stroke is the third leading cause of death.

If you think someone is having a stroke, **call 111 immediately.**

After a few minutes without oxygen and food from your blood, your brain begins to suffer damage. If treatment is started within a few hours, permanent damage can be avoided.



### **F.A.S.T. Presentations**

We are bringing our F.A.S.T. Presentation to our other communities later in the year so keep an eye out for dates and locations on our website and Facebook page.

**Wairarapa, Wellington, Hutt Valley, Kapiti (October/November 2022)**

**Levin, Palmerston North, Hawkes Bay (November/December 2022)**

## Green Spaces by Simon Broad

### Winter 2022

**Welcome:** I had my Stroke on the 23<sup>rd</sup> of December 2008.

As I always had a rather prosperous Vegetable garden, why should a “Little Setback” in life stop me having another one. My 2 sisters actually got me restarted by getting me some polystyrene medical boxes and a propagating setup, and I was away!!!.

**“Container Gardening”:** I hear a lot of disabled people, and not just Stroke survivors say they “Can’t” garden because of their disability stopping them from digging, bending down, kneeling etc., But there are ways and means.

One is the benefits of **Container Gardening**. For a start you can have a “Whole Garden” in a small space such as a small section in a flat or retirement village setup.

When I lived in my previous house I had 12 raised vegetable gardens and a medium sized glasshouse. The amount of vegetables I grew was always far too much for me, so the neighbours and local foodbanks did alright. But since moving to where I am now, and with some uncertainty of how long I will be here, I have set up my own **Container Gardens**. I actually use the 54lt Fish bins, and blue bins cut in 2 by my lawn mowing guy, Trevor. I also brought 4 Potato Planters online. The good

thing about these Potato Planters is that you don't actually need to put Potatoes in them. Tomatoes, Capsicums and Chillies will do extra well in them as well. So if you are limited for room, give **Container Gardening** a go. You will be pleasantly surprised by the yield. I certainly am.

**“What To Plant In Winter”** Winter is not far from becoming Spring, but there is plenty you can still put in. I am going to list just a few, but if you have a particular favourite go for it. These are just an indication:

**Beetroot (Seeds), Broccoli (Seedlings), Cabbage (Seedlings), Cauliflower (Seedlings), Lettuce (Seedlings), Leeks (Seeds), Parsnip (Seeds), Peas (Seeds), Radish (Seeds) Spring Onions (Seedlings) .**

If any of you have a suggestion for this column or if you have a gardening question or query, just drop me a line or give me a call. I can be reached at any of the means at the end of the Winter edition of:

**“Green Spaces” By Simon Broad**

See you all in Spring.

**Simon Broad (“Green Spaces” By Simon Broad.**

**Ph: 06-363 8855**

**027 769 0674**

**sf.broad@xtra.co.nz**



## Johnsonville Stroke Club -Stroke Awareness Month – ~~March~~ May 2022

The Stroke Club observed March as the designated Stroke Awareness Month – by a display table in the Johnsonville Mall – on 5<sup>th</sup> May!

The Mall management couldn't accommodate us in March, so we were given a date in April, which the Mall

management then canceled because the traffic light hadn't yet changed.



## Walking Rails for Sale (Dannevirke)

One of our clients got some walking rails built and he said these made his progress much quicker. Now wanting to sell them on as he doesn't need them anymore. He is happy to transport them to the buyer, may need to discuss cost of same.

6 m long, easily adjustable height and width. Made from galvanised pipe so can live outside without deteriorating. \$250

**Contact: Nicola Hosking (Palmerston North CSA) 021 962 376 / 06 353 6776**

## Free Mobility Scooter (Wairarapa)

One of our members in Masterton has a 3 Wheel Mobility Scooter that she no longer needs. If you are interested please **contact Joan Davies**

**Ph: 027 662 0134**



We have changed the name of our Field Officers to Community Stroke Advisors. Or **CSA's** for short.





## Neurological Foundation

The Neurological Foundation is a New Zealand charity that funds vital research and ongoing education into neurological conditions, which includes diseases and disorders of the brain and nervous system.



The focus of their latest Headlines Magazine is on stroke. You can access the full magazine online [www.neurological.org.nz/what-we-do/awareness-and-education/headlines-archive/](http://www.neurological.org.nz/what-we-do/awareness-and-education/headlines-archive/)

Or ask your local SCNZ Community Stroke Advisor for a hard copy.

As part of their magazine launch they also ran the webinar "Improving the outcomes of stroke in New Zealand", presented by leading stroke clinicians and researchers Professor Cathy Stinear and Professor Alan Barber. You can watch the whole webinar online <https://www.youtube.com/watch?v=I9MJPlao-rw>

### SCNZ Online Café

Stroke Central New Zealand is offering free, online meetings for stroke survivors, carers, and anyone else who wants to connect with people and community organizations from within their home.

**Wednesday 24<sup>th</sup> Aug, 11am: FASTER (Fatigue After Stroke Educational Recovery Program) Research Study with Associate Professor Kelly Jones** - Fatigue is a common and persistent deficit in up to 92% of stroke survivors. Building on promising findings from their pilot study, this full-scale randomized controlled trial aims to assess the effect of the intervention on reducing physical, psychological and mental fatigue and improving quality of life in stroke survivors. Professor Kelly Jones will join us to explain her ongoing research and what they hope to achieve with their study.

**To attend any of our free meetings or receive info on upcoming meetings simply email [anne@strokecentral.org.nz](mailto:anne@strokecentral.org.nz) to register.**



Due to Covid numbers still increasing in our communities the SCNZ Board has decided to hold this years AGM via Zoom. Everyone is welcome to attend. Voting is only open to paid members.

**Membership renewals are due now for July 2022-June 2023.**

**You can either renew your membership Online**

**[www.strokecentral.org.nz/membership/](http://www.strokecentral.org.nz/membership/)**

**Or request a membership form from our Head Office.**

For further info on the AGM or Membership please contact the Head Office on 0800 298 858 or email [stroke@strokecentral.org.nz](mailto:stroke@strokecentral.org.nz)

**15% Discount for Stroke Central Members:**

Stroke Central members are entitled to a 15% discount off the price of an online will or mirror will with Public Trust.

**Internet Banking Option for Membership Renewal:**

Account # : 02-0500-0887445-97  
Ref: Surname & Initials Code: Subs

# THE BIG BLOOD PRESSURE CHECK ROAD TRIP



## 10 minutes could save your life! BIG BLOOD PRESSURE CHECK VANS

We have partnered with the Stroke Foundation of NZ on their Big Blood Pressure Checks.

If you see them in your community, go and get your blood pressure checked. We aim to have our CSA's attend the Blood Pressure Checks, but if they can't be there in person, then you can always get in touch with them for more information afterwards.



Our Wellington CSA Christina at the Big Blood Pressure Check



Our Manawatu CSA Nicola at the Big Blood Pressure Check

**1 IN 4 OF US**

will have a stroke in our lifetime, but most strokes can be prevented with a few simple steps. Here's one tip to reduce our risk of stroke.



### Control high blood pressure.

Half of all strokes are linked to hypertension. Knowing your blood pressure and controlling it with lifestyle change or medication will reduce your risk of stroke.

**DON'T BE THE ONE**



[www.WorldStrokeCampaign.org](http://www.WorldStrokeCampaign.org) #DontBeTheOne

## **PALMERSTON NORTH GROUPS**

**Shona – 027 370 3001/06 323 3446**

### **Milson Community Centre**

**Activities Day** - Tues 2.00pm-4.00pm. \$2.00pp.

**Boccia Group** - Fri 1.30 – 3.30pm. \$2.00pp.

**Swimming** – Pool has been closed until further notice due to Covid.

### **4 Stroke Engine Club**

**Stew - 027 221 9683**

Monday & Tuesday mornings, 9.00am – 12 noon at Manfeild.

### **Feilding Coffee Group**

**Nicola – 021 962 376/06 353 6776**

Coffee Group is suspended at this time due to Covid.

## **WHANGANUI STROKE SUPPORT GROUP**

**Sharon – 027 294 9897**

3<sup>rd</sup> Tues of each month, 1.30pm, Social Centre for The Blind, Peat St, Whanganui.

## **LEVIN STROKE SUPPORT GROUPS**

**Kate – 021 962 378**

The Levin Stroke Support Group is now in recess. If anyone would like to establish a new Group, please contact Kate.

## **OTAKI STROKE SUPPORT & WELLNESS GROUP**

**Marian - 06 364 5028**

Every Fri 10.00am - 12.00 noon, 'Sit and be Fit' plus brain teasers with Joseph  
Te Wiata, Senior Citizens Hall, Rangatira St, Otaki. \$5.00 pp morning tea included.

## **KAPITI STROKE SUPPORT GROUPS**

### **Kapiti Boccia Group**

**Kate – 021 962 378**

4<sup>th</sup> Tuesday of the month, 10.00am – noon, at the Ocean Road Community Centre, 45 Ocean Rd, Paraparaumu Beach. \$3.00pp includes morning tea.

### **Kapiti Aphasia Group**

**Jennifer Buckley – 021 063 9934**

**Email - [wellington@aphasia.org.nz](mailto:wellington@aphasia.org.nz)**

Meets every 2<sup>nd</sup> Wednesday, 10.30am.

### **Kapiti Men's Coffee Group**

**Kate – 021 962 378**

Meets 3<sup>rd</sup> Tues each month, 2.00pm at Columbus Café, Mega Mitre 10, 135 Kapiti Rd, Paraparaumu.

## **PORIRUA STROKE CLUB**

**David – 04 232 4300/027 277 0843**

Meet 2<sup>nd</sup> Wed, 10.30am each month at the Café Kaizen, Porirua Library, Pataka Art & Museum, Porirua City. Stroke survivors and carers are welcome. Contact David to confirm venue as changes may be likely during the year.

## **WELLINGTON STROKE SUPPORT GROUPS**

### **Southern Suburbs Stroke Group**

**Rosalind – 027 393 3166/04 389 7164**

2<sup>nd</sup> & 4<sup>th</sup> Tues each month, 1.45pm, Trinity Union Church Hall, 11 Hall Ave, off Hall St, Newtown.

### **Northern Suburbs Stroke Survivors Group**

**Tony - 04 237 0376**

1<sup>st</sup> Wed each month, 2.00pm, Zampelles Coffee Bar, Johnsonville Mall.

For other activities, usually on a 3<sup>rd</sup> Wednesday, contact Tony.

### **Western Suburbs Stroke Survivors Group**

**Peter - 021 431 561**

2<sup>nd</sup> Tues of each month, 10.30am, Huntleigh Home, 221 Karori Rd, (in the recreation room just past the kitchen).  
4<sup>th</sup> Tues of each month, 1.30pm, Meeting Room 1, Karori Community Centre, Wellington. Car access – 7 Beauchamp Street.

### **Eastern Suburbs Coffee Group**

**Terry – 021 112 6528**

Last Wednesday of each month, 10.00-11.30am. Breakfast/brunch at various Eastern cafes. Possible walks.



## **UPPER HUTT STROKE SUPPORT GROUPS**

### **Coffee Club**

**Mike – 027 454 5486**

10.00am, 2<sup>nd</sup> Tues of the month, Mitre 10 Café, 9 Park St, Maidstone, Upper Hutt.

### **Women's Carers Group**

**Jenny - 04 529 8331**

10.30am every 2<sup>nd</sup> Monday, St Johns Hall, Smallfield Lane, off Moonshine Rd, Trentham.

## **LOWER HUTT STROKE SUPPORT GROUPS**

### **Hutt Valley Aphasia Group**

**Virginia - 027 443 8316**

10.00am-1.00pm, every 2<sup>nd</sup> Thurs, Seventh Day Adventist Church Hall, 50 Witako St, Lower Hutt.

### **Coffee Group**

**Helena – 021 962 375**

1<sup>st</sup> Thurs of each month, 10.00am, Atrium Café, 215 High St, Lower Hutt.

## **WAINUIOMATA STROKE CLUB**

**Barry – 027 444 9973**

1<sup>st</sup> & 3<sup>rd</sup> Thurs of each month, Holy Trinity Church, 40 Wainuiomata Rd.

## **HAWKE'S BAY STROKE SUPPORT GROUPS**

### **CHB Stroke Support Group**

**Heather - 06 856 8297**

New venue for coffee Group to be advised shortly.

### **Hastings Stroke Support Group**

**Katie-Ann - 06 878 7875**

3<sup>rd</sup> Fri of the month, 10.30am-12.00 noon, Red Cross Meeting Rooms, 823 Heretaunga Street West, Hastings.

## **Napier Greendale Stroke Group**

**Helen – 021 866 372**

2<sup>nd</sup> Wed of the month, 10.30am, at Taradale RSA, Gloucester St, Taradale, Napier. Every 4<sup>th</sup> week, lunch, outing or other activity. No set day of the week.

## **Wairoa Stroke Support Group**

**Rose – 021 962 372**

Meets 1<sup>st</sup> Wed bi-monthly, 10.30am, St Peter's Hall, 64 Queen St, Wairoa. (Gold coin.)

## **WAIRARAPA STROKE SUPPORT GROUPS**

### **Wairarapa Stroke Club**

**Peter - 06 304 9203/021 436 353**

**Email - [peter\\_thompson@outlook.com](mailto:peter_thompson@outlook.com)**

2<sup>nd</sup> Wed of the month, 1.30pm, South Wairarapa Workingman's Club, Main Street, Greytown.

### **Stroke Lunch Club**

1<sup>st</sup> Wed of the month, 12 noon. For venue information please contact Joan.

**Joan – 027 662 0134**



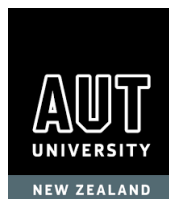
## **Western Suburbs Stroke Survivors Group**

**July 2022**





Hutt Mana Charitable Trust  
Chairperson Nick Leggett  
presenting the grant certificate to  
Stroke Central NZ's Community  
Partnerships Officer Anne Jäger-  
Annear.



Here for your community



WHANGANUI  
DISTRICT COUNCIL  
Te Kaunihera a Rohe o Whanganui





## PARTNERS IN RECOVERY

NGA HOA KI TE WHAKAORANGA

At Stroke Central we are committed to providing an excellent service for our members and clients.

Some of the services we provide are: The CSA Service, FAST, Advanced Care Planning, Stroke Prevention, Stroke Awareness, Stroke Clubs and Groups and Information and resources.

We need your **FEEDBACK**, to improve our services and resources.

Let us know what you think, and how you think we can do better! Or if everything is just fine, we'd like to know that too!

Please write any comments in the box below and send via the address on the back page.

**Thank you for your feedback!**

*Thank You for Supporting Stroke Central New Zealand!*



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**World Stroke Day**  
**29th October 2022**

**Donate now to our GoFundraise Page**

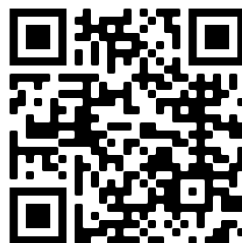
[www.gofundraise.co.nz/beneficiary/strokecentral](http://www.gofundraise.co.nz/beneficiary/strokecentral)

Name

Address

Email

Tel:



I wish to donate

\$500 ☐ \$250 ☐ \$100 ☐ \$20 ☐ Other

Please take \$15 of my donation as membership fee!

Annual ☐ Monthly ☐

☐ Please charge my credit / debit card: Visa ☐ Mastercard ☐ Amex ☐

Card number

Expiry

Card holder name

Sec. No.

Signature

☐ I would like to know more about leaving a gift in my will

☐ Pass my details on to the local stroke group so that they can contact me

**Direct Internet Banking Acc # 02-0500-0887445-97 Ref: Surname & Initials,  
Code: Subs (for memberships) or Don (for Donation)**

You can also donate online at [www.strokecentral.org.nz](http://www.strokecentral.org.nz) or by phone **0800 298 858**