In this Edition...

From the EO ................. 2
AphasiaNZ CAAs ............ 3
Up and Coming Aphasia Days ..................... 4
Aphasia News ................ 5
Music Therapy ................ 7
Speechifying .................. 9
Aphasia Resources on the Web ..................... 11
Library books................. 13
Our contact details ...... 14
Donations .................... 15
Challenges! .................. 16

Planned Aphasia Days

We’re planning aphasia events in both New Plymouth and Whanganui.

These will be held in October.

More information to come soon!
From the EO

2019 is racing past at an alarmingly fast pace. It will be Christmas before we know it!

We are continuing to work on and plan a number of projects and activities, and we are excited for the Aphasia Days later in the year (see page four, for more details about where and when).

The CAA Team recently revamped our 8-page Aphasia? booklet – which is now a 12-page resource with the addition of some useful information about fluent and non-fluent aphasia. A huge thank you to Legacy Trust for the funding to produce these updated booklets. This resource – along with our wallet cards, and aphasia and communication tips cards, is available for anyone with and affected by aphasia. So please contact us for copies.

Without grants and donations, we would be unable to do what we do – in particular donations from our supporters with and affected by aphasia, and those of you who have joined as Friends of AphasiaNZ.

If you have joined as a Friend, or given us a donation, please accept my personal thanks. You have made our work and services possible. Not having guaranteed or certain funding does make long term planning challenging, but we are determined and resourceful, and remain positive in what the future will bring for AphasiaNZ.

Until next time... Emma
AphasiaNZ’s Community Aphasia Advisors (CAAs)

**Auckland South** – Marie Ualesi  
Email: aucklandcs@aphasia.org.nz

**Auckland Central and Waitemata** – Jan Wanless  
Email: aucklandnw@aphasia.org.nz

**Waikato West Central** – Christa Grbin  
Email: waikatowc@aphasia.org.nz

**Tauranga** - Kate Milford  
Email: tauranga@aphasia.org.nz

**Eastern Bay of Plenty** – Jennifer Sissingh  
Email: easternbop@aphasia.org.nz

**Central North Island** – Melinda Dakin  
Email: centralnorth@aphasia.org.nz

**Wellington** - Stephen Gibbs  
Email: wellington@aphasia.org.nz

**Christchurch** – Georgia Holibar  
Email: christchurch@aphasia.org.nz

**Dunedin** – Kathryn Palmer  
Email: dunedin@aphasia.org.nz

Please note new email addresses

All CAAs work part time hours, and may be unable to respond to you immediately. You can contact the office in Tauranga during business hours Monday-Friday by emailing info@aphasia.org or calling 07 220 9973.
Up and Coming Aphasia Days

We are currently planning two Aphasia Days in the North Island, in **New Plymouth** and **Whanganui**.

- Both will be held in October 2019, one day after the other;
- They will be morning events from approximately 9am-12pm, with the option for attendees to stay on for lunch if they would like to;
- There will be no cost to come along, but we do ask people RSVP in advance for catering purposes.

Aphasia Days are for people with aphasia, whanau, carers and health professionals.

They include guest speakers, access to information, education and resources about aphasia and communication, networking opportunities with others with aphasia and professionals, and, you can find out what is happening around New Zealand for people with aphasia.

People with a loved one with aphasia benefit from meeting others facing similar challenges, and, people working in care settings and in the community learn about strategies to support and enhance communication. There are lots of free resources available to take home.

Keep an eye on our [Facebook page](http://www.facebook.com) and website for updates. To express your interest in attending one of these Aphasia Days, email [admin@aphasia.org.nz](mailto:admin@aphasia.org.nz)
Aphasia News

Joys of singing change Aucklander’s life for the better after major stroke at 32

Nearly 20 years ago, Tony suffered a haemorrhagic stroke, leaving him with aphasia.
As well as helping his language and making him feel positive, the choir is an important source of social contact.

Click here to read the article.

New Zealand website for Māori with stroke-related communication disorders

https://stroke.blogs.auckland.ac.nz

Dr. Karen Brewer is a Māori speech-language therapist working in Auckland.

She created this website for Māori whānau who are affected by communication difficulties after stroke.

There is lots of information, support, stories, activities and useful links to other websites and resources.

Click on the link above to go to the Communication After Stroke website.
App to support the creative writing of people with aphasia


City, University of London researchers and people with aphasia have created the MakeWrite app to support users in producing creative writing, including poetry, which can be shared via their social media channels such as WhatsApp and Twitter.

Launched to mark World Poetry Day the app is currently available for free download at the Apple Store.

MakeWrite was co-designed by and for people with aphasia. MakeWrite enables users to choose a piece of text, redact or erase some of the text, arrange the remaining words, and then share the text with friends or via social media. MakeWrite can be used by anyone with a love for words and language.

Have you got some aphasia news from New Zealand or around the world, that would be of interest to newsletter readers?

Email us at info@aphasia.org.nz and if we include the news in the next edition of the newsletter, we’ll send you an iTunes card for you to purchase apps!
What is Music Therapy?

From Kimberley Wade
Senior Registered Music Therapist and Director of Southern Music Therapy

Music Therapy is an evidence-based allied health service. We work alongside physical therapy, occupational therapy and speech-language therapy. We use music as the therapeutic tool to address physical, cognitive, social and emotional, and communication needs.

Southern Music Therapy is a Private Practice servicing the Canterbury region and beyond. Our therapists have Master’s degrees in music therapy, as well as further training with Neurological Music Therapy.

Music therapy uses the expressive elements of music as the primary means of interaction between therapist and client. Regardless of ability, everyone can appreciate and respond to music and sound, so you don’t have to be a musician to benefit from the sessions.

We work with people with varying needs, and with all ages. We are able to offer in-clinic sessions at our Music Therapy Clinic in Halswell, or we can come to you. We are also contracted to some facilities to provide services for their clients.

We work with people with different types of aphasia. Music is a powerful tool to use with people with speech and language issues, as music stimulates both hemispheres in the brain.

For example - we use specific neuro music therapy interventions like Melodic Intonation Therapy and
Musical Speech Stimulation to work towards language rehabilitation with someone who has had a stroke. This has been successful with many of our clients in Christchurch, who previously thought they would never hear their own voice again.

An important part of our work is giving people who are non-verbal a voice! We provide a safe space and use music to assist people for self-expression or emotional release work. This could be through improvisation on a musical instrument, playing/singing pre-composed songs, or having a musical conversation which puts both people on an even platform where their speech isn't needed but they feel heard.

We often get a client say they will trial music therapy for a couple of weeks, and stay months and sometimes years.

"We all want a voice, a physical one, a mental one, in a sense you feel you can communicate, you have some control of your voice – having a voice in every sense of the word."

Many of our private clients go on to join the Cantabrainers Choir. The choir provides an extension of the work done in individual therapy, to allow ongoing practice through the choir sessions and the social morning teas.

If you would like to know more about our service, and how we work with people with aphasia, please contact us.

Email: info@smt.nz / Website: www.smt.nz / Click here for the Facebook link / and click here for information about the Canterbrainers Choir.
Some tips from Stephen for people with aphasia – and others – who are wanting to (or have to!) speak in public. Also, for those looking for some ideas about structure when planning a speech

You can adopt a **S.T.A.G.E.** approach for your **speechifying**.

**S:** The first step is to choose your **Subject**.
  - It could be a random pick, or it could be suggested to you, or a topical news story.
  - The most successful speeches are the ones you are enthusiastic about.

**T:** The next step is your **Title**.
  - It could be straight-forward, but it could be catchy, interesting or humorous.

**A:** The ‘**A**’ statement is the initial statement of your speech.
  - It readies the audience. It should be one or two sentences only – a greeting and a summary of what you are speaking about. This should be **30 seconds** of your speech.
  - It could include what you want your audience to understand or learn from your speech. It is a very good idea to restate or paraphrase the ‘**A**’ statement immediately.
**G:** The ‘Guts’ - this is the body of your speech. Flesh it out.

- Give information but never have more than 5 points of interest – *usually 3 is enough.*
- Personalise it. Props: photos, objects, tables, posters, bullet points on the whiteboard….Depending on your intention, this should be 3½ - 4 minutes long.

**E:** The ‘Ending’

- You have to close off your speech, making sure everyone knows you are finishing.
- It could be your personal opinion of what you are talking about or it could be a development of your ‘A’ sentence - 1 minute long.

**S.T.A.G.E.** This is *Speechifying.*

I hope you have some ideas about effective public speaking.

I encourage – and challenge you – to **S.T.A.G.E** your speechifying.

And I wish you well in your public speaking.

Ngā mihi nui.

Stephen Gibbs, Wellington CAA
Aphasia Resources on the Web

There is so much information on the internet and it can be hard to figure out what is useful. Trying to decide what to look at can be frustrating. Here are two of our favourite places to look for tips and resources when you have aphasia or have a loved one with aphasia.

The TalkLink Trust
www.talklink.org.nz

Like AphasiaNZ, TalkLink is a Charity. They provide Assistive Technology tools and strategies and are a team of Speech-language Therapists, occupational therapists, teachers and technicians. TalkLink team members work with people of all ages in New Zealand who have impairments that impact speech, written communication, learning or controlling their environment.

What we Like

- The tips of the month. Click here for some great information about multimodal communication.
- Information about what Assistive Technology and AAC (Augmentative and Alternative Communication) is
- Being able to call TalkLink for help, ideas and suggestions

Click here for TalkLink’s contact details.

TalkLink has 3 regions/branches; the Upper North Island, the Lower North Island, and the South Island.
Based in Canada, Tactus Therapy aims to deliver quality speech, language, and cognitive rehab applications to people who need them around the world.

You may have heard about some of their apps which are used by people with aphasia and other communication challenges on mobile devices. But they offer more than just apps – their website has *lots and lots* of useful information for people with aphasia and professionals.

**What we Like**

- The page dedicated to information about and resources for aphasia. App guides, app reviews, and education and support. [Click here to go to the aphasia page](#)
- The free list of the best speech therapy apps for adults. [Click here to find out how to access this list](#)
- The blog with interesting and insightful articles addressing important issues in speech therapy, stroke recovery, and technology. [Click here for the blog page](#)

There is specific information for both professionals (such as Speech-language Therapists) and those who are wanting information and help for home use – people with aphasia and communication difficulties, and their spouses and family members.

*Most of AphasiaNZ’s loaning iPads have some Tactus apps loaded...feedback from people about them is positive.*
AphasiaNZ Resource Library

Please return your items!

AphasiaNZ’s resource library contains a large selection of books, workbooks and other resources. Some are for people with aphasia, others for carers and family members, and the library includes a selection of books for health professionals.

There are a number of overdue items which have not yet been returned.

Please return these to AphasiaNZ ASAP so that others can benefit from this free service!

Your items can be posted to us at:
PO Box 13435
Tauranga Central
Tauranga 3141

Thank you 😊
Our Contact Details

You can get in touch with us in the following ways:

**By writing to us:**
AphasiaNZ, PO Box 13435, Tauranga Central, Tauranga 3141

**By making an appointment and visiting us:**
At 36 Cameron Road, Tauranga 3110

**By calling us:**
In the office on (07) 220 9973, OR
On our free phone number 0508 APHASIA (0508 274 274)

**By emailing us:**
info@aphasia.org.nz

**Through our website:**
www.aphasia.org.nz

**On our Facebook page:**
www.facebook.com/AphasiaNZ

We look forward to hearing from you
Can you Help with a Donation?

As a Charitable Trust which does not have members, we do not ask for a yearly ‘membership’ fee or payment.

But as you may know, we do not receive government funding and grants and donations enable us to provide all services and resources.

It is only with your help and support that we can continue to provide vital and much-used services and resources in our communities.

Can you help us by making a donation?

Your donation will be used to ensure people with and affected by aphasia can access support, information and resources.

Donations enable us to provide Community Aphasia Advisor (CAA) field officer services throughout the country. **We have 9 part-time CAAs.**

Donations can be made online into the AphasiaNZ bank account, by posting a cheque, or by credit card via PayPal online.

As AphasiaNZ is an approved donee organisation, you can claim a 33.33% tax credit for all donations over $5.00. [Information about tax credits from the IRD is available here.](#)

**Please click here to donate online today!**

*Thank you for your support!*
A few challenges to get you thinking from a different angle

Move three sticks to make a figure with 5 different triangles

Can you take away just two matches, so that two squares are left?

Changes to

What is the smallest number of counters you have to move for this to happen?